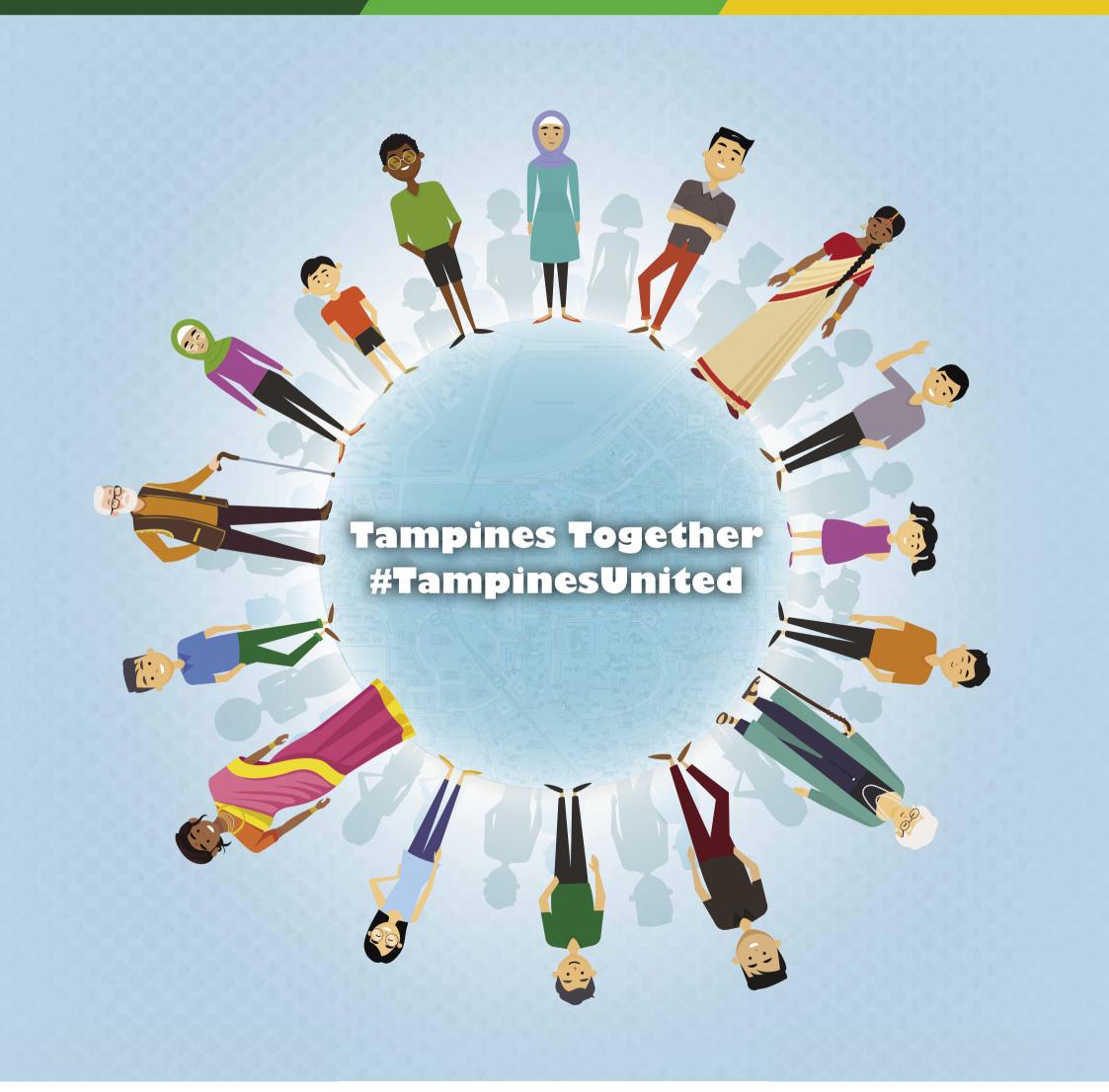




MCI (P) 131/03/2020







P4 Leading the Way in Smart Facilities Management



P7 Sustainability @ Tampines Park



P14
A Taste of Thailand in Tampines



P15 Feel at Home With Keep It Handsome

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CHAIRMAN'S MESSAGE



Dear Residents,

2020 has been a disruptive and challenging year for everyone. However, we have emerged stronger as one Tampines by supporting one another.

Our migrant workers play a crucial role in keeping our home clean and safe from COVID-19. Some even volunteered to join our community partners and myself to clear the estate of potential mosquito breeding grounds. It was heartening to see people from different backgrounds coming together to keep Tampines safe from dengue.

The #TampinesUnited spirit was highlighted in a the Drawing Competition that we organised. We received many entries depicting how we supported one another during the crisis. The drawings fill our hearts with warmth and encourage everyone to push on further, together.

Our plans to make Tampines a smarter and more sustainable town will not be affected by the pandemic. During the launch of Sustainability @ Tampines Park, we announced exciting plans to make Tampines Singapore's first Eco-Town by 2025. Residents will enjoy beautiful themed gardens and park connectors, solar panels on residential blocks and eco-digesters that convert food waste into fertilisers.

With your support, I have every confidence that Tampines will become a more inclusive, smarter and greener home!

Yours sincerely,

Cheng Li Hui Chairman Tampines Town Council 亲爱的淡滨尼居民,

2020 年对每个人而言,充满颠覆性的冲击及挑战。但是 我们也因为彼此互相扶持,而变得更加坚韧。

我们的客工在保持我们的家园卫生,防止冠状19疫情来袭上,扮演重要的角色。有些客工甚至自愿加入我与社区伙伴们的团队,清除市镇潜在的伊蚊滋生处。目睹来自各种背景的人们群策群力杜绝伊蚊滋生,严防淡滨尼受到骨痛溢血热症的侵袭,让我倍感欣慰。

我们最近举办的绘画比赛,突显淡滨尼可贵的众志成城精神。我们收到了许多刻画居民们互相扶持,共同度过疫情的参赛表格。这些温馨的绘画佳作赋予我们正能量,鼓励大家继续坚持,勇敢应对疫情。

我们一直以来,要把淡滨尼打造成更加有智能且持续发展计划,将不受疫情的影响。我们在淡滨尼公园举办可持续发展开幕典礼时,宣布许多2025年把淡滨尼打造成新加坡首个绿色生态市镇,令人鼓舞的计划。居民可漫步在主题花园与公园连道,并受惠于设在组屋区的太阳能电池板及转化厨余为肥料的厨余处理机。

我深信有你们的支持,淡滨尼将成为更具包容性,更加有智慧且绿意盎然的家园!

鍾丽慧 主席 淡滨尼市镇理事会

Para penduduk Tampines yang dihormati,

Tahun 2020 cukup mencabar dan mengganggu gugat bagi semua. Namun, kita muncul dengan lebih kuat sebagai satu Tampines dengan menyokong antara satu sama lain.

Pekerja asing kita memainkan peranan yang amat penting dalam memastikan rumah kita bersih dan selamat dari COVID-19. Malah sebilangan mereka dengan sukarelanya menyertai saya dan rakan kongsi masyarakat untuk membersihkan kawasan yang berpotensi menjadi tempat pembiakan nyamuk di sekitar estet. Saya berasa terharu melihat orang ramai dari pelbagai aspek kehidupan bekerjasama demi mencegah denggi di Tampines.

Semangat #TampinesUnited amat terserlah melalui Pertandingan Melukis yang kami telah menganjurkan. Kami menerima banyak penyertaan yang menggambarkan bagaimana kita menyokong satu sama lain dalam krisis ini. Lukisan-lukisan tersebut memenuhi hati kami dengan kemesraan dan memberi galakan kepada semua untuk meneruskan perjuangan ini bersama.

Rancangan kami untuk menjadikan Tampines sebuah bandar pintar dan lestari tidak akan terjejas akibat pandemik ini. Semasa pelancaran Kemampanan @ Taman Tampines, kami telah mengumumkan rancangan-rancangan menarik untuk menjadikan Tampines Bandar Eko Singapura

yang pertama menjelang tahun 2025. Para penduduk akan menikmati taman bertema yang indah sekali, rangkaian penghubung taman, panel solar di blok-blok kediaman serta pencernaan eko yang mengubah sisa makanan kepada baja.

Dengan sokongan anda, saya amat yakin bahawa Tampines akan menjadi kediaman yang inklusif, bijak dan hijau!

Salam hormat,

Cheng Li Hui

Pengerusi

Majlis Perbandaran Tampines

அன்பார்ந்த குடியிருப்பாளர்களே

2020-ஆம் ஆண்டு நம் அனைவருக்குமே சவாலான. சீர்குலைவான ஆண்டாக இருந்தது. ஆயினும் நாம் ஒருவருக்கொருவர் ஆதரவளித்து ஒன்றிணைந்த தெம்பனிஸ் மக்களாக அனைத்தையும் வலுவுடன் கடந்து வந்திருக்கிறோம்.

நமது வெளிநாட்டு ஊழியர்கள் நம் இல்லத்தைச் சுத்தமாகவும் கொவிட்-19 கிருமித் தொற்றிலிருந்து பாதுகாப்பாகவும் வைத்திருப்பதில் முக்கிய பங்காற்றுகிறார்கள். சிலர் நமது சமூகப் பங்காளிகளோடும் என்னோடும் சேர்ந்து செயல்பட முன்வந்து கொசு இனப்பெருக்கம் செய்யக்கூடிய இடங்களைத் துடைத்தொழிக்க உதவினர். பல்வேறு பின்னணிகளையும் சேர்ந்த மக்கள் தெம்பனிஸ் நகரை டெங்கியிலிருந்து பாதுகாக்க ஒன்றுசேர்ந்து செயல்பட்டதைக் கண்டு மனம் நெகிழ்ந்தது.

நாங்கள் ஏற்பாடு செய்திருந்த ஓவியம் வரையும் ஒற்றுமை போட்டியில் தெம்பனிஸ் நகரின் உணர்வு (#TampinesUnited) வெளிப்பட்டது. நெருக்கடி நிலையின்போது நாம் ஒருவருக்கொருவர் எப்படி ஆதரவாக இருந்தோம் என்பதைச் சித்தரித்த பல ஓவியங்கள் எங்களுக்குக் கிடைத்தன நம் தொட்ட ஓவியங்கள் இதயங்களைத் அந்த அனைவரும் தொடர்ந்து ஒன்றிணைந்து செயல்பட ஊக்கமளிக்கின்றன.

தெம்பனிஸ் நகரை நுண்திறன்மிக்க. நீடித்து நிலைக்கத்தக்க நகராக உருவாக்கும் திட்டங்கள் கிருமிப்பரவலால் பாதிக்கப்படாது தெம்பனிஸ் பூங்காவில் நீடித்த நிலைத்தன்மை திட்டத்தைத் தொடங்கி வைத்தபோது தெம்பனிஸ் சிங்கப்பூரின் 2025-ஆம் ஆண்டுக்குள் சுற்றுப்புறம் காக்கும் நகராக உருவாக்கப்போகும் விறுவிறுப்பான திட்டங்களை நாங்கள் அறிவித்தோம் கருப்பொருட்களை மையமாகக் கொண்ட அழகிய தோட்டங்கள் பூங்கா இணைப்புகள் குடியிருப்புக் கட்டடங்களில் தூரியவொளித் தகடுகள் உணவுக் கழிவை உரமாக மாற்றும் இயற்கை செரிமானிகள் ஆகியவற்றைக் குடியிருப்பாளர்கள் அனுபவிப்பார்கள்.

உங்கள் ஆதரவுடன். தெம்பனிஸ் நகரம் அனைவரையும் உள்ளடக்கும் நுண்திறன்மிக்க. பசுமையான இல்லமாகத் திகழும் என நான் முழுமையாக நம்புகிறேன்!

உங்கள் உளமார்ந்த

செங் லி ஹுய் தலைவர் தெம்பனிஸ் நகர மன்றம்



ECO BOARDS SHOW RESIDENTS' UTILITIES CONSUMPTION IN REAL-TIME

To reduce daily water usage from 140 to 130 litres per person by 2030

If your HDB block is part of the "Eco Boards" pilot programme in Tampines, you will soon be able to see your block's impact on the environment by monitoring how much electricity and water your entire block uses. Each digital board tracks real-time statistics (i.e. every four hours) of the block's aggregated water and electricity consumption, plus carbon emissions generated over the last 24 hours. Utilities provider SP Group partnered with Tampines Town Council to design and develop these boards.

Unveiling these digital boards on 12 December was Mr Masagos Zulkifli, Minister for Social and Family Development, Second Minister for Health and Minister-in-Charge of Muslim Affairs. He explained that these Eco Boards are part of Tampines Town Council's efforts to transform Tampines into a model Eco-Town.

The event was held at Block 878A in Tampines and Mr Masagos was joined by fellow MPs for Tampines GRC, Mr Desmond Choo, Mayor of North East District, Mr Baey Yam Keng, Senior Parliamentary Secretary, Ministry of Transport and Ms Cheng Li Hui, Chairman of Tampines Town Council.

Mr Masagos revealed that Singapore is aiming to reduce the amount of water used by households to 130 litres per person daily by 2030, down from the current amount of about 140 litres daily.

"To get there, there are a lot of things that need to be done. First, we need to get information to our residents for them to know how they compare with others in terms of usage and what they can do to reduce their water usage over time. Elements of gamification will also encourage our residents to adopt sustainable habits in a fun and interactive way," Mr Masagos said.



In addition, smart meters installed alongside the Eco Boards can alert residents of utilities disruptions such as leakages or even pilfering. This enables the Town Council to swiftly rectify any issues that arise, added Mr Masagos.

By the end of January, 10 HDB blocks in Tampines will each have an Eco Board under the pilot programme benefitting more than 1,300 residents.

Alvin Teo, an 18-year-old student, welcomed these Eco Boards. "As a visual person, I find the various graphs of energy consumption [depicted] on the boards useful. The tips on reducing consumption of utilities are also helpful. I now take shorter showers to save water, and also make a conscious effort to wake up earlier every morning to switch off the aircon," he said.

Nudging residents towards a low-carbon future is an on-going effort that requires commitment from the ground as well. "We will always engage our residents and gather input from different stakeholders. With the support of our residents, grassroots organisations and SP Group, I am confident that the Eco Boards will be a success," said Ms Cheng.





Lighting up a Smart Tampines Town



Our Chairman Ms Cheng Li Hui

inspecting the Smart LED Lights

Tampines took one more step towards becoming a model Eco-Town when we installed IoT-enabled Smart LED Lighting in Tampines Park and its vicinity. These are some of its benefits:

Smarter and more energy-efficient

The smart lighting will dim in the absence of human activity, saving up to 80% of energy consumption without compromising the safety of our residents.

The lights are controlled wirelessly and programmed to meet pre-defined conditions. For instance, the lift lobby lights can brighten up automatically when the sky is overcast.

Data analytics is built in to study the pattern of residents' usage of common areas. Estate planning and management becomes more efficient as a result.

Improves safety and security

The IoT sensor platform provides information on abnormal activity during late nights enabling more effective checks to be carried out

Enhances productivity and efficiency in maintenance works

Periodic device status reporting leads to timely maintenance of the lights. The Town Council can rectify a problem before it happens, thus reducing any downtime.

LEADING THE WAY IN SMART FACILITIES MANAGEMENT

Becoming smarter and more sustainable with robotics



Robots that disinfect lift panels, clean floors, trap mosquitoes, chase away pigeons and mynahs are smart technology initiatives to upkeep sanitisation and raise public health standards in Tampines. Showcased on 19 September at the Tampines Round Market and Food Centre, five robots (Emu, hTetro, Hornbill, Dragonfly and Falcon) are fruits of a successful partnership between Singapore University of Technology and Design (SUTD) and Tampines Town Council.

Mr Masagos Zulkifli, Minister for Social and Family Development, Second Minister for Health and Minister-in-Charge of Muslim Affairs, and fellow MPs Dr Koh Poh Koon, Senior Minister of State, Ministry of Health, Mr Baey Yam Keng, Senior Parliamentary Secretary, Ministry of Transport and Ms Cheng Li Hui, Chairman of Tampines Town Council officiated the launch of using robotics for smart facilities management.

"Robotics is a very important part of how we are going to transform the economy. This is important for the now, so that we are able to be more productive, and also for the future, when in Singapore particularly, manpower is going to be a very big challenge 10, 15 years down the line," Mr Masagos said.

Based on the 'cobot' principle wherein humans and robots work together as a team, there is no reduction of manpower, and cleaners can move to high-value tasks, such as robot-handling and sanitising frequently touched surfaces that are difficult for robots to handle.

"Robots will never take over our jobs... We will find use for the robots where it is either dangerous for our workers to go, or where it is not productive to deploy labour," Mr Masagos added.



Read on to learn more about how these robots can help promote public cleanliness and hygiene!



hTetro



Reconfigurable Floor Cleaning Robot

- Pioneering, shape shifting floor cleaning robot
- Efficiently cleans room corners, narrow and complex spaces

......

..........

• Equipped with sensors that map optimal cleaning paths

Hornbill



🤲 Water Jet Floor **Cleaning Robot**

Enclosed hydro blasting method to remove stubborn dirt from floors and suck up waste water





Mosquito Density Mapping Robot

- Automatic mosquito surveillance and delivery of anti-mosquito agents
- · Attracts mosquitoes using UV light and CO₂ into a confined chamber
- Al-powered sensor system recognises and timestamps the density of mosquitoes in an area







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Intelligent Lift Panel Disinfection System



- Cleans lift buttons using existing certified disinfectant solutions
- Adaptable to any lift panel wall without interfering with lift usage



False Ceiling Inspection Robot

Falcon



- Equipped with functions such as visual inspection, autonomous navigation, rodent dropping detection and collection
- Operates with minimal human intervention and dispenses rodenticide





STRIVING TOWARDS SUSTAINABILITY THROUGH TECHNOLOGY

Our Tampines Hub (OTH) is Singapore's first and largest integrated community and lifestyle hub — a dynamic, open and sustainable environment for communities to engage. Its focus on eco-sustainability and the use of technology is part of the five-year GRC masterplan to promote Tampines as an Eco-Town.



CURRENT FEATURES AND INITIATIVES

Energy savings

OTH saves up to 8,715,330 kWh of energy and 357,193 cubic metres of water per year — enough to power over 400 HDB flats for a year and fill 142 Olympic-size swimming pools! Its ETFE roof maximises natural ventilation, while sensor-activated lights and solar panels help reduce energy consumption.

Encouraging recycling

Accessible drinking fountains help save up to 200,000 plastic bottles per year, while Reverse Vending Machines provide



convenience for residents to donate reusable plastic drink bottles and cans. A Bounce Bag initiative also encourages the use of reusable bags. OTH also hosts community-driven repairs initiative Repair Kopitiam and pop-up flea markets like REFASH.

Closed-loop food waste management system

OTH generates an average of 1.4 tonnes of food waste daily. An eco-digester turns this waste into three by-products — non-potable water, liquid plant nutrients and organic fertiliser. Annually, it processes an average of 500 tonnes of food waste, which converts to 5.4 tonnes of organic fertiliser.

UPCOMING PROGRAMMES

Annual signature Green event

Hosted every November, this event aims to celebrate eco-milestones attained over the year and inspire future efforts through a variety of engaging eco-related activities. The 2020 inaugural theme was "OTH Goes Green with Tampines" and the event lasted till 29 November.

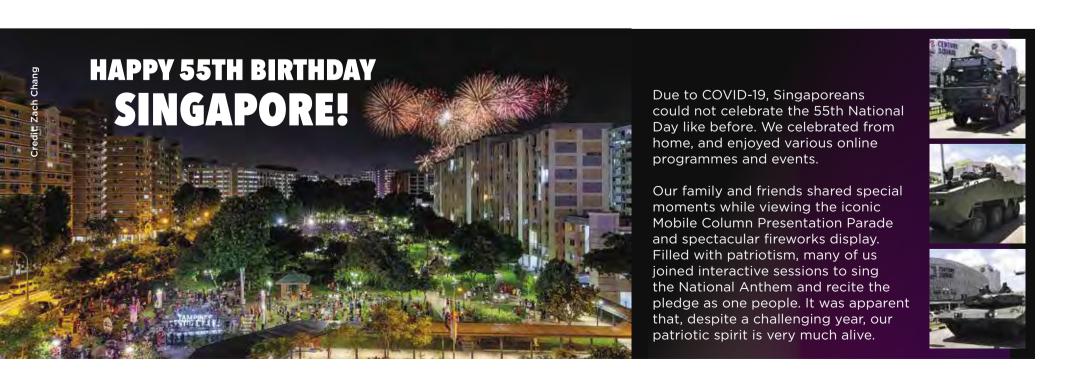
Eco-Community Garden and Wellness Centre

Harvest Day (when vegetables and fertiliser are given away) is a fortnightly affair, where seeds, seedlings as well as urban farming starter kits are distributed. There will also be gardening clinics, farming workshops and health workshops open to public.



Volunteer recruitment and engagement

Through these eco-related activities, volunteers — called OTH's Eco-Warriors — are recruited to support various programmes such as weekend tours of the Eco-Digester Centre.





PLANTING AS ONE TAMPINES, ONLINE AND ON-SIT

Keeping the Tree Planting Day tradition

Tampines has demonstrated that we can continue to celebrate special moments together, even during the COVID-19 pandemic. On 5 December, the annual Tree Planting Day at Tampines Park was broadcasted live on Zoom and Facebook Live with over 2,000 residents joining in virtually. Tampines made a strong statement on that very day: harnessing video conferencing technology to rally the community for a significant event despite the pandemic.

Our MPs for Tampines GRC and Guest Adviser Minister of State Mr Desmond Tan planted two Terap trees (Artocarpus odoratissimus) while our partners and grassroots leaders planted five Island Lychee trees (Pometia pinnata). Zoom participants also joined in the fun by planting microgreens using small gardening kits given to them by Tampines Town Council. They were featured on the LED screen display holding up their small pots of edible greens proudly. It was an uplifting sight of a united Tampines!

The tree planting ceremony launched the Sustainability @ Tampines Park project to promote community food security. The distribution of gardening kits encourages our residents to grow their edible greens in support of the nation's "30 by 30" goal.





DID YOU KNOW?

WHERE IT ALL BEGAN ...

The first Tree Planting event took place in 1963 when Singapore's founding father, the late Mr Lee Kuan Yew, planted a Mempat tree in Farrer Circus. His vision for a garden city teeming with abundant, lush greenery gradually turned into reality with the commencement of the Tree Planting Day campaign in 1971. Over the years, this tradition of planting trees has become deeply entrenched in our "greenery DNA". It is an annual event where MPs, community leaders and residents come together to plant new trees that will provide shade and greenery to future generations.

About the Terap tree

Grows up to 35m tall and produces fruit that turns from green to yellowish-brown when ripe. The edible flesh of the fruit is juicy.

About the Island Lychee tree

Grows up to 50m tall and produces fleshy fruit with a stone-like core. It is a native tree that is found naturally occurring in Singapore.





Photo credit: NParks Flora & Fauna Web



SUSTAINABILITY @ TAMPINES PARK

Strengthening our community's food resilience



Sustainability has to be rooted in a community effort for it to blossom within the hearts of Tampines residents. With the launch of Sustainability @ Tampines Park on 5 December, Tampines is well on its way to becoming the first Eco-Town in Singapore.

MPs for Tampines GRC, Minister for Social and Family Development, Second Minister for Health and Minister-in-Charge of Muslim Affairs, Mr Masagos Zulkifli, Senior Minister of State, Ministry of Health, Dr Koh Poh Koon, Mayor of North East District, Mr Desmond Choo, Senior Parliamentary Secretary, Ministry of Transport, Mr Baey Yam Keng and Chairman of Tampines Town Council, Ms Cheng Li Hui, officiated the launch event. Mr Desmond Tan, Minister of State for Ministry of Home Affairs and Ministry of Sustainability and the Environment, was Guest Adviser at the event.

Our MPs and Guest Adviser toured the sites of Singapore's first community-based circular ecosystem, which includes a tilapia fish farm, a vertical high-tech farm for leafy vegetables such as lettuce, bayam spinach and nai bai, as well as a black soldier fly (BSF) facility.

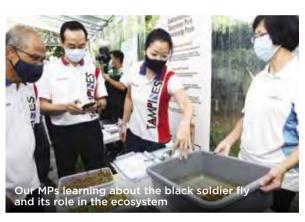
Residents can now contribute food waste, which is broken down by BSF larvae into frass to fertilise the pesticide-free and organic vegetables grown in the vertical farm at Block 146 of Tampines. The nutrition-

packed larvae are then fed to the tilapias. Finally, residents can buy vegetables and tilapia using their 'green currency' accumulated from contributing food waste. Also showcased at the launch was a robotic arm capable of sorting harvested vegetables into lockers for residents' collection.

"We need to make sure sustainability is felt on the ground. Only then can we build circularity into what we normally throw away. We usually take, consume, and throw away. Whereas in this case, we consume, put back into the system, and the food that we could have wasted becomes food again," Mr Masagos explained.

















COMETHER TOWN safe moines

Neeping our town E Tampines

Keeping our as ONE Tampines

From dengue as

Dengue cases have been on the rise in Singapore, with this year's cases surpassing that of previous years. Tampines Town Council responded promptly by ramping up its efforts to combat the spread of dengue.

On 11 August 2020, our Chairman Ms Cheng Li Hui led a team of volunteers — including National University of Singapore (NUS) students and migrant workers — in a coordinated dengue sweep in Tampines. This effort was in joint partnership with the National Environment Agency (NEA), SG Accident Help Centre, and NUS.

The group from NUS was headed by Dr Tan Lai Yong, who teaches community health at the Yong Loo Lin School of Medicine and volunteers with migrant workers on a regular basis. According to Dr Tan, "Many migrant workers are thankful to be working in Singapore and want to give back to society."

One of the volunteers was 32-year-old Arsad from Bangladesh. He was invited to join the event by the SG Accident Help Centre, which engages migrant workers who are unable to work after getting injured on the job. He said: "The SG Accident Help Centre helps me with food and my visits to the clinic to see the doctor. When they told me about this event, I was happy to come and help."

During the event, volunteers walked around the estate to pick up litter that could potentially collect water and turn into mosquito breeding grounds. At the same time, teams from NEA and the Town Council oiled drains to kill mosquito larvae. "All it takes is five days, and mosquitoes will reproduce by the thousands," Dr Tan cautioned.

PROJECT WOLBACHIA — SINGAPORE TO HELP FIGHT DENGUE IN TAMPINES

Releasing more mosquitoes to have less mosquitoes — this is the paradox of Project *Wolbachia* — Singapore, a pilot study of the National Environment Agency (NEA).

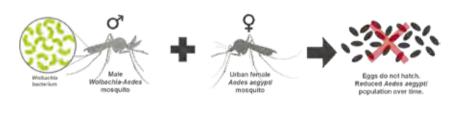
As part of the Project, male *Wolbachia-Aedes* mosquitoes are being released in parts of Tampines! They cause female dengue mosquitoes (*Aedes aegypti*) in the community to lay eggs that do not hatch. This has successfully reduced the number of dengue-causing mosquitoes in many areas of the study site.

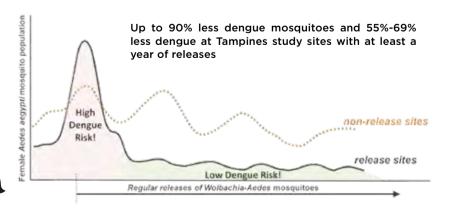
Unlike female mosquitoes, male *Wolbachia-Aedes* mosquitoes do not bite or transmit disease.

By early 2022, Project *Wolbachia* will cover the whole of Tampines town to benefit more residents.



Scan the QR code for more information.





Infographic: National Environment Agency

PRIMARY SCHOOL CATEGORY



1st Prize Chng Ya Hui



2nd Prize Lim SiQi Sophie



3rd Prize Tan Xuannyn



Consolation Prize Kong Zhe Ning



Consolation Prize **Elodie Guillet**



Consolation Prize **Lim Sin Jie**



Consolation Prize **Kendra Cheah**



Consolation Prize **Pearlyn Chee**



Consolation Prize **Valerie Poon**



Consolation Prize Joanna Soh



Consolation Prize **Quek Kean Shen**



Consolation Prize **Jeanette Phua**

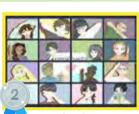


TAMPINES TOWN COUNCIL DRAWING COMPETITION 2020

SECONDARY SCHOOL CATEGORY



1st Prize Jason Phua



2nd Prize Pedranza Alexa **Gwyneth Dela Cruz**



3rd Prize Mihika Sharma

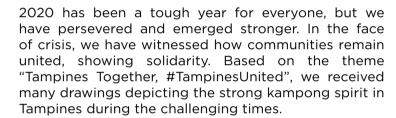
Consolation Prize







Consolation Prize



Congratulations to all the winning entries and thank you to those who have participated! Your drawings are a source of inspiration for everyone to push on further, together.

Stay strong and be well!



Consolation Prize Koh Yi Xin



Kum Hao Wen



Consolation Prize Md Shakeel



Consolation Prize **Jeslyn Nicole Piloton Tolentino**



Consolation Prize **Aaron Sirhan Tay**



Consolation Prize **Chong Hui Yi**

OPEN CATEGORY

Consolation Prize

Rey Clarenz Castillo

Castro



1st Prize **Nur Insyirah**



2nd Prize Goh Yu Jie



3rd Prize **Chloe Lim**



Consolation Prize Elicia Low



Consolation Prize Eileen Su



Consolation Prize **Keer Soong**



Consolation Prize Jasmin See



Consolation Prize Ravis Azor David



Consolation Prize Consolation Prize **Doreen Su Rachel Tan**





Consolation Prize Calista Ng



Consolation Prize **Teo Aik Cher**



Primary School Category Chng Ya Hui

Secondary School Category **Pedranza Alexa Gwyneth Dela Cruz**

> Open Category **Goh Yu Jie**



Consolation Prize Putri Darwisyah





TAKE
CONTROL
OF YOUR
JOB SEARCH
TODAY!

Job hunting in 2020 has its share of challenges and it can get tiresome. Career coaches from Workforce Singapore's Careers Connect (Our Tampines Hub) share job search tips to help you in your journey.



Certified career coach Maurice Ng shares how to stand out from others and regain your confidence.

1. Know yourself

"Employers look for candidates who are confident, understand their strengths and weaknesses," said Maurice. List down your work values, interests, personality and skills (VIPS), possible job opportunities, as well as your career goals and aspirations in the next three to five years.

2. Know the environment

Find out key aspects, such as the nature of work, required skills, company culture, learning opportunities etc, through reviews and the company's corporate sites. Maurice advised, "When job seeking, check if your VIPS aligns with what the role needs."

3. Acquire job search strategies

A key step to job hunting requires "equipping yourself with strategies to make the best impression on potential employers", he said. This includes having a well-written resume and a unique value proposition on why employers should hire you.

4. Connect with employers

Submitting tailored job applications on online job portals like MyCareersFuture and developing a strong network of professional contacts will help you to connect with prospective employers



The Resume: HOW TO SHOW YOUR JOB FIT

Angeline Chiang taps on her 18-year career coaching experience, sharing how to craft resumes that detail your tailored competencies and accomplishments.

1. Start by familiarising the employer's requirements

The job description "is a great way to identify what employers are looking for in a candidate", Angeline shared.

2. Make a list of your core competencies

It helps to highlight your unique selling points through your core competencies and skills "instead of simply listing down your day-to-day tasks", she advised.

3. Support your accomplishments using the CAR model

Show relevant evidence of past successes through Context, Action and Result, said Angeline, as your accomplishments can show you are "a potential performer and key contributor to the organisation's performance and bottom line".



The Interview: TIPS ON HOW TO PREPARE

A headhunter for eight years, Christine Gan talks about how to prepare for a job interview.

1. Practise with someone to gain confidence

Interviews present a chance for employers to gauge how well you fit into the job, team and culture. The best way to prepare is to practise the questions, said Christine. "If time permits, work with a career coach who can help you shape your responses and identify any blind spots."

2. Know your facts

Knowledge and understanding about the company, the job and how you can add value will give you an advantage. As such, she always asks clients to research the company and its culture, and prepare answers to some common questions prior to the interview.

3. Be positive

Presenting yourself professionally is important. "Think about the image you want to present and carry yourself the way you want people to see you," advised Christine. "Always answer positively and end each answer on a positive note."

Seeking employment help?

Visit **go.gov.sg/careeradvice-tc** to register your interest to meet with a Careers Connect officer from Workforce Singapore (WSG) and find out more about our other programmes and services.



If you have noticed the lush, well-groomed greenery surrounding Tampines, then you have 55-year-old Mr Lee Kim Teck, a full-time gardener, to thank. So committed to his job, he even walked into our interview with a large pair of pruning shears before being told he could leave them behind.

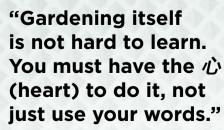
An average day for Mr Lee starts as early as 7am, when the sun is still low on the horizon. "Otherwise, it'll be too hot to work," Mr Lee said, citing the hot weather as a challenging factor when it comes to gardening.

After Mr Lee lost his job as an aluminium window installer about three years ago, he happened to stumble upon gardening. He was restless from months of inactivity and decided to give gardening a try when he came across a job opening.

Mr Lee has always loved plants and flowers, but this job is especially rewarding because he gets to beautify his own backyard in Tampines where he has lived for 30 years. On some weekends, he would go around town to look for plants or common areas that need special attention, and make a note for his colleague or himself to fix those areas.

He goes through a relatively simple routine every day — plant, water, weed, clean, and repeat. "Gardening itself is not hard to learn," he told us. But doing it properly is a whole other story. "You must have the 心 (heart) to do it, not just use your words." Mr Lee said that the workload is not too heavy, but values such as diligence and responsibility are essential for this job.

Mr Lee now leads a team of apprentices. "Leading a team is not easy — you need to have a sense of camaraderie; otherwise, you can't delegate the work properly." Now that Tampines has developed so much, with MRT stations and shopping malls, Mr Lee takes pride in making sure that the town is clean, beautiful, and filled with flowers.



- Mr Lee Kim Teck





A TASTE OF THAILAND IN TAMPINES

Satisfy your taste buds with authentic Thai cuisine at Nimman Soi 9

It is said that food becomes tastier when cooked with lots of love. That saying certainly applies to Ms Jane Pamakham, 57, the former co-owner of Jane Thai restaurant at Orchard Towers. A Singapore permanent resident who has lived in Tampines since 1987, Jane returned to Singapore in 2013 after spending a six-month hiatus in her hometown Chiang Mai, Thailand.

"I missed my four daughters, granddaughters and circle of friends in Tampines. I told myself since I can cook so well, why should I give up my life here?" Jane reasoned. Proximity to her daughters (two of them live in Tampines) and the close-knit Tampines community are the reasons Jane set up her stall at Block 201 Tampines Street 21 in 2015. The stall is named after the street she resided in back in Chiang Mai, and business is brisk owing to her authentic Thai dishes.

Jane went through the school of hard knocks ever since she began learning Thai culinary skills at age 13 under the apprenticeship of various chefs. "They can be hot-tempered; I have learnt to not take the scolding personally and even cracked funny jokes with them after work," Jane recounted.

Among her popular dishes are Thai fried kway teow, fried tang hoon, prawn cake, basil pork/chicken rice, Thai barbecue pork and stir-fried bean paste kang kong. The crunchy prawn cake is a must-try, with generous portions of fresh prawns stuffed within a golden-brown crust.

While her kway teow is spicy, it does not linger in your mouth. Even if you do not fancy spicy food, we recommend that you try it.

"Many patrons who have travelled to Thailand said my Thai dishes taste exactly the same as what they have eaten there, no difference," she shared. Her secret? The ingredients, even down to the chilli padi, are imported from Thailand. She also cooks her dishes over a large fire, so that the meat and kway teow soften and become more flavourful.

Address: Blk 201 Tampines Street 21 #01-201 Singapore 520201

"Many patrons who have travelled to Thailand said my Thai dishes taste exactly the same as what they have eaten there, no difference."

- Ms Jane Pamakham





When you first enter the barbershop at Block 820 Tampines Street 81, you are immediately met with walls decorated with vintage motorcar posters, upbeat hip hop music, and a couple of barbers looking out from their chairs. Mr Tahir Aziz, a taxi driver turned barber and shop owner, fits in nicely with his t-shirt and matching grey suit.

your mane well-groomed

Beyond the hipster exterior (or interior) of the Keep It Handsome Barbershop, lies a tight-knit family of five barbers, most of whom are Tampines residents.

A Tampines resident since the 1980s, Tahir first opened his barbershop in Chai Chee before moving it to Tampines in 2017. As to why he chose Tampines, he explained, "Tampines is a very convenient and nice place that's unlike any estate. You have schools, amenities, food, transport — very accessible. At the same time, you can still enjoy the kampong spirit here." Now that the shop is closer to home, his mother and

wife help out all the time. His wife even prepares food for him and his fellow barbers to eat together occasionally. Tahir values treating his employees well. "Without them, we would not be able to operate the shop," he said. Without hesitation, he attributed this hominess to his upbringing in Tampines.

On why his barbershop is successful, Tahir elaborated, "Barbering is not only about cutting hair. You must have customer service skills - that's the most important." When he first started out, only locals would frequent his barbershop. Now, he has loyal customers of all races whom he can call friends. He recalled that during Chinese New Year, the shop was filled with Chinese customers. "We have achieved what we want — to bring togetherness in society," Tahir said proudly.

Besides making his hair products affordable, Tahir wants to give back to the community. "We cannot go out to do charity work because we're busy in the barbershop, so we contribute money from the sales of the products to charity," Tahir said. Their first charity was the Bedok Youth Society for the Disabled (BYSD). He has plans to donate to a Tampines charity in the near future.

"Success doesn't come overnight," Tahir advised. Even though he has been cutting hair for almost four years now and has outlets in Johor Bahru and Batam, he claims that he has a lot more to learn. He urged young barbers to be patient, diligent and honest: "Trust your skill because that's your craft. Not everyone can do it, so be proud of what you do and the money will come." To those who aspire to own a local neighbourhood business like his, he advised them to trust their instincts.

Tahir trusted his instincts, and it looks like he has made the right decision in opening his barbershop at the heart of his community, where people all over can feel at home.

Address: Blk 820 Tampines Street 81 #01-508 Singapore 520820

"We have achieved what we want - to bring togetherness in society."

— Mr Tahir Aziz



MEET-THE-PEOPLE SESSION

For the latest blocks in each division, scan this QR code.



Week Us on Monday

Meet-the-People Sessions are held every Monday except for the fifth Monday of the month and public holidays. 敬请注意议员会见民众时间将是每个星期一,除了每个月的第五个星期一以及公共假期。

Sesi Bertemu Rakyat (Ahli Parlimen) akan diadakan pada hari Isnin kecuali pada hari Isnin yang kelima setiap bulan dan cuti umum. நாடாளுமன்ற உறுப்பினர் சந்திப்பு அங்கம் மாதத்தின் ஐந்தாவது திங்கட்கிழமையும் பொது விடுமுறை நாட்களும் தவிர்த்த மற்ற ஒவ்வொரு திங்கட்கிழமையும் நடத்தப்படும்.



MR MASAGOS ZULKIFLI

Second Minister for Health & Minister-in-Charge of Muslim Affairs Elected Member of Tampines Town Council Member of Parliament for Tampines GRC

TAMPINES WEST

Blk 143, Tampines Street 12, Singapore 520143

6782 1177 Mondays: 8pm - 10pm

(Except 5th Monday of the month & Public Holiday)

Blocks in this Division:

140-151, 156-166, 801-820, 821-829, 823A, 826A, 827A-B, 828A, 870A-C, 871B-C, 872A-C, 873A-B, 874B-D, 875A-B, 876A-C, 878A-C, 879A-D, 887-889, 887A, 888A, 889A, 890, 890A-D, 891-899, 891A-B, 892A-899A, 902-903, 906-916, 921, 921A, 922, 924-946



Senior Minister of State, Ministry of Health Senior Minister of State. Ministry of Manpower Elected Member of Tampines Town Council Member of Parliament for Tampines GRC

TAMPINES CENTRAL

Blk 856, Tampines Street 82, #01-279 Singapore 520856

4 6783 3090

Mondays: 8pm - 10pm

(Except 5th Monday of the month & Public Holiday)

Blocks in this Division: 601, 601A-D, 602A-B, 603, 603A, 604, 604A-B, 605, 605A-D, 606, 606A-D, 607A-C, 608, 608A-C, 609, 609A-D, 610, 610A-C, 611, 612A-B, 613, 613A-B, 614, 614A-B

D 12A-B, 613, 613A-B, 614, 614A-B 701-723, 701A, 704A, 708A, 716A, 720A, 723A, 724-734, 727A, 730A, 735-742, 742A 830-856, 842A-H, 856A-F, 857-864, 857A-B, 858A-B, 869A-B, 860A-B, 861A, 862A, 863A-B, 864A-B, 865-874, 867A, 868A-D, 869A-C, 871A, 874A, 875-886, 880A, 882A, 885A, 886A



Member of Parliament for Tampines GRC

TAMPINES EAST

Blk 209, Tampines Street 21, #01-1347

4 6783 5577

Mondays: 7:30pm — 9:30pm

(Except 5th Monday of the month & Public Holiday)

n chenglihui.sg

 pap261@singnet.com.sg Blocks in this Division:

201-209, 201A-E, 201G, 202A, 208A, 210-230, 230A-H, 230J, 231-238, 239-271, 501-510, 512-513, 512A, 515-520, 515A-D, 518A-D, 519A-D, 520A-C, 522, 522A-C, 523A-D, 524, 524A-B, 618A-B, 619A-B, 620, 624A-B, 625A-B, 626A, 627, 627A-B



MR DESMOND CHOO

Member of Parliament for Tampines GRC

TAMPINES CHANGKAT

Blk 114, Tampines Street 11, #01-167 Singapore 521114 (Every 1st and 3rd Mondays) Blk 358. Tampines Street 33, #01-666 Singapore 520358 (Every 2nd and 4th Mondays)

6781 5329 / 8831 2368

Mondays: 8pm — 10pm (Except 5th Monday of the month & Public Holiday)

DesmondChooPeyChing desmondchoopc@gmail.com

Blocks in this Division: 101-114, 117, 124-127, 136-139, 136A, 272-298, 299A-B, 301-343, 307A, 311A, 316A, 330A, 331A, 340A, 345-370, 351A, 354A, 359A 364A, 366A, 367A, 371-374, 374A, 381-396, 384A, 390A



MR BAEY YAM KENG

Ministry of Transport Flected Member of Tampines Town Council

Member of Parliament for Tampines GRC

TAMPINES NORTH

Blk 444. Tampines Street 42. #01-136

Singapore 520444 **6782 2177 / 8654 4951**

Mondays: 8pm - 10pm (Except 5th Monday of the month & Public Holiday)

x ykbaey@gmail.com

Blocks in this Division: Hocks in this Division: 401-450, 450A-G, 451-484, 485A-B, 486A-C, 487A-C, 488A-B, 489A-C, 490A-B, 491A-H, 492, 492A-H, 492J, 493A-E, 494, 494A-H, 494J, 495A-F, 496A-G, 497A-H, 497J-L, 498A-H, 498J-N, 499, 499A-D