

Tampines Tempo

July-December 2019

MCI (P) 137/01/2019

Well-connected
and convenient

Warm and friendly
neighbours

#ILOVE
Tampines

because...

Lots of good food!

Unique public amenities



P4

The Upgraded Round Market & Food Centre



P9

Growing Our Green Future with 100 Fruit Trees



P14

Dreaming About the Best Steak? Tampines Has It!



P15

Gifting Health with a Green Way of Life

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CHAIRMAN'S MESSAGE



2019 was a year of huge celebrations as we celebrated the Singapore Bicentennial and our 54th National Day at the Padang. Tampines residents soaked in the celebrations with camaraderie and immense Singaporean pride.

It is also clear from our #iloveTAMPINESbecause campaign that our residents are proud of our infrastructure - connectivity and facilities - in our town. From the growing network of cycling paths and the park connector network to the many estate enhancements, Tampines has something for everyone!

However, it is the people - from our neighbours and hawkers to our volunteers and cleaners - that make Tampines truly home. Your involvement in building a better Tampines is important. Many of our programmes involve residents so that we all have a sense of ownership in the developments of our town.

One good example is the Tree Planting Carnival in October last year. We grew 100 fruit trees in Sun Plaza Park as one community to show our commitment to building a green and sustainable town together. Let's care for them and enjoy the fruits together in years to come. We will continue to embark on more initiatives with our residents to build an eco-friendly town.

Last but not least, my fellow MPs and I would like to thank you for your continued support. Together, we will make Tampines the best home for everyone!

Yours Sincerely,

Cheng Li Hui
Chairman
Tampines Town Council

2019年是个举国上下欢庆新加坡开埠200年及在政府大厦大草场迎接我国54周年国庆的一年。淡滨尼居民随着庆祝活动沉浸在欢腾的气氛里，处处洋溢爱国情谊，同时也为新加坡感到自豪。

从“我爱淡滨尼因为”的活动中，可以感受到淡滨尼的居民为社区完善的设施与衔接性感到自豪。从增加公园连道和脚车道，到提升社区的许多设施，这一切淡滨尼的居民都能享用。

然而，还是这里的人能让淡滨尼成为一个温暖的家园，从邻居、小贩、义工到清洁工人，这些在我们生活各层面接触到的熟悉脸孔。我们希望你参与建设更美好淡滨尼的愿景。我们许多活动都积极收集居民的意见，与他们一起共创市镇未来的发展。

一个好的例子是去年10月的植树嘉年华。我们总共在太阳广场公园栽种了100棵果树，显示我们不遗余力一起建设环保及可持续发展的市镇。让我们用爱心灌溉这片果林，期待未来的岁月里共同享用果实。我们会继续与居民协商，推出计划建设环保市镇。

让我们同心协力，努力使淡滨尼成为大家最理想的家园！最后，我的同僚议员和我感谢你们一直以来的支持。

鍾丽慧
主席
淡滨尼市镇理事会

2019 menandakan tahun penuh perayaan besar di mana kita meraikan Bicentennial Singapura dan Hari Kebangsaan ke-54 kita di Padang. Penduduk Tampines sungguh asyik meraikan perayaan-perayaan ini dengan semangat persahabatan dan kebanggaan Singapura yang penuh agam.

Ternyata kempen #iloveTAMPINESbecause menandakan kebanggaan penduduk kami terhadap kemudahan di bandar ini. Ada sesuatu untuk setiap orang di Tampines, sama ada rangkaian laluan berbasikal dan penyambung taman yang bertambah.

Namun, setiap orang yang mengwujudkan rasa bekeluarga di Tampines. Sama ada anda penjaja, sukarelawan atau pembersih, pembabitan anda dalam pembinaan Tampines yang lebih baik amat penting. Acara-acara kami melibatkan penduduk supaya mereka mempunyai rasa hak milik di atas perkembangan bandar kita.

Satu contoh adalah Pesta Menanam Pokok yang diadakan pada bulan Oktober tahun lepas. Kita menanam 100 pokok buah-buahan di Sun Plaza Park secara bermasyarakat untuk menunaikan janji

kita untuk bersama-sama membina bandar yang mapan. Mari kita menjaganya dan nikmati hasilnya pada tahun yang akan datang. Kami akan terus memulakan lebih inisiatif untuk membina bandar bermesra alam bersama penduduk.

Akhir sekali, saya bersama dengan Anggota Parlimen anda ingin mengucapkan ribuan terima kasih atas sokongan padu anda. Bersama-sama, kita akan membuat Tampines rumah terbaik untuk semua!

Salam hormat,

Cheng Li Hui
Pengerusi
Majlis Perbandaran Tampines

சிங்கப்பூரின் இருநாற்றாண்டு நிறைவையும் நமது 54வது தேசிய நாளையும் முன்னிட்டு பாடாங்கில் நடைபெற்ற கொண்டாட்டங்களுடன் 2019ஆம் ஆண்டு அமோகமான ஆண்டாக அமைந்தது. தெம்பளில் குடியிருப்பார்கள் தோழ மூலம் உணர்வோடும் சிங்கப்பூர் என்ற பெருமித்ததோடும் கொண்டாட்டங்களில் பங்கெடுத்து உற்சாகமடைந்தனர்.

நம் நகரிலுள்ள இணைப்பு கள்' வசதிகள் உள்ளிட்ட உள்கட்டமைப்புகள் குடியிருப்பார்களுக்குப் பெருமை அளிக்கின்றன என்பதை நமது #iloveTAMPINESbecause இயக்கம் தெளிவாகப் புலப்படுத்துகிறது. விரிவடைந்து வரும் மிதிவண்டி பாதைகள், பூங்கள் இணைப்புகள் முதல் பற்பல பேட்டை மேம்பாடுகள் வரை, தெம்பளிலில் அனைவருக்கு ம் ஏதாவது இருக்கிறது!

ஆனால், தெம்பளிலை உண்மையிலேயே சிறந்த இல்லமாக்குவது இங்குள்ள மக்கள்தான் - நமது அண்டைவீட்டார்கள், உணவங்காடி கடைக்காரர்கள், தொண்டியிருப்பார்கள், துப்புரவாளர்கள் என அனைவரும் இதற்குப் பங்களிக்கின்றனர். மேம்பாட்டு தெம்பளிலில் உருவாக்கத்தில் உங்களின் ஈடுபாடு முக்கியம். நாங்கள் குடியிருப்பார்களை ஈடுபடுத்துவதையில் பல திட்டங்களை நடத்துகிறோம். இதன்வழி, நம் நகரின் மேம்பாட்டில் குடியிருப்பார்களுக்குப் பொறுப்புணர்வு ஏற்படுகிறது.

சென்ற ஆண்டு அக்டோபர் மாதம் நடைபெற்ற மரம் நடுமே கேளிக்கை விழா இதற்கு ஒரு சிறந்த எடுத்துக்காட்டு. பசுமையான, நீடித்து நிலைக்கத்தக்க நகரை உருவாக்குவதில் நாம் மரங்களை கட்டப்பட்டை வெளிக்காட்ட, ஒரே சமூகமாக ஒன்றியனந்து சன் பிளாசா பூங்காட்டி, 100 பழ மரங்களை நாம் வளர்த்தோம். இனிவரும் ஆண்டுகளில் இந்த மரங்களைப் பராமரித்து, அவை தரும் கனிகளை ஒன்றாகச் சுவைத்திடுவோம். அதோடு சுற்றுப்புறம் காக்கும் நகரை உருவாக்க, குடியிருப்பார்கள் ஞாட்டு கூட்டினைந்து மேலும் பல திட்டங்களைத் தொடர்ந்து செயல்படுத்துவோம்.

இறுதியாக, நீங்கள் தொடர்ந்து அளித்துவரும் ஆதரவுக்கு எனது சக்காடாளுமன்ற உறுப்பினர்களும் நானும் நன்றி தெரிவித்துக் கொள்கிறோம். ஒன்றிணைந்து, நம்மால் தெம்பளிலை சிறந்த இல்லமாக்கமுடியும்!

உங்கள் உளமார்ந்த,
செங் லி ஹூய்
தெம்பளில் நகர் மன்றம்

COMPLETED PROJECTS



Upgrading of Multi-Purpose Court

Block 842F Tampines Street 82



New Planter Box

Block 842G Tampines Street 82



Repairs and Redecoration

Block 257 Tampines Street 21



Upgrading of Playground

Block 385 Tampines Street 32



New Play@West

Tampines Street 81



Upgrading of Senior Citizens' Corner

Block 111 Tampines Street 11



New Reflexology Path

Block 327 Tampines Street 32



Upgrading of Multi-Generation Fitness Corner

Block 804 Tampines Avenue 4



Upgrading of Playground

Block 811 Tampines Avenue 4



Repairs and Redecoration

Blocks 497-498 Tampines Street 45



The Upgraded Round Market & Food Centre

The iconic circular market and food centre at Block 137 Tampines Street 11 was officially reopened on 7 July 2019 after two months of renovation work and enhancements.

The Mayor of North East District and MP for Tampines GRC, Mr Desmond Choo, highlighted that the 36-year-old market and food centre is more than just a place to enjoy good food. "Many of our residents, whether they are living in Tampines or have moved away, continue to come back to our round market and food centre not only to enjoy the food but also to meet up with old friends," Mr Choo said during his opening address. "It is an important node - a community space where Tampines residents can meet and mingle."

After his opening address, Mr Choo joined Mr Heng Swee Keat, Deputy Prime Minister and Minister for Finance, and Mr Masagos Zulkifli, Minister for the Environment and Water Resources and Minister-in-charge of Muslim Affairs, in unveiling a plaque commemorating the occasion.

Improving your dining and marketing experience



Anti-bird spikes have successfully kept most birds from entering the eating area.



The entire public area is brighter and better ventilated thanks to new LED lights, which have replaced fluorescent ones, as well as the 22 new ceiling fans.



A fresh coat of paint gives the façade a new lease of life.



New tray return racks to encourage the diners to clean up after their meals.

These all-new amenities are also available!

- New tables and chairs
- Wheelchair-friendly pathways

- Baby chair and diaper changing station in the public toilets
- Baby chairs



The butterfly garden is bigger, now covering more than 200sqm compared to 120sqm previously, and includes a community plaza for residents to participate in activities like yoga and qigong among the flitting butterflies.



An ample amount of open spaces, like this community plaza, is suitable for hosting activities for big groups.

Enjoy the breeze and a chat with your neighbours on these new swings.

Other enhancements include:

- More butterfly host plants
- Wider wheelchair friendly pathways
- Energy-efficient LED lights

An Eco-Friendly Butterfly Paradise

A rejuvenated Tampines Changkat Butterfly Garden welcomed visitors during its reopening ceremony on 14 September. Located beside Block 124 Tampines Street 11, this garden is home to more than eight species of butterflies.

The Mayor of North East District and MP for Tampines GRC, Mr Desmond Choo, together with Ms Irene Ng (former MP for Tampines GRC) and other grassroots leaders unveiled the plaque and released butterflies to commemorate the reopening. "The garden that Ms Irene Ng conceptualised had a vision behind it. The vision is about connecting residents with nature, providing a community space in which everyone can mingle and enjoy nature. It is a garden that unifies the community here, as well as a place for future generations to learn more about biodiversity," Mr Choo said.



Towards a Smart Nation: Digital Display Panels

Residents are getting information and news from digital screens in lifts, as part of the Republic's Smart Nation drive to leverage digital technologies. This project is sustained by Target Media and is at no cost to Tampines Town Council.

The panels complement our traditional noticeboards, which have limited space and require notices to be replaced when their content becomes outdated. The digital display panels offer a rolling display of news and information from community organisations, government agencies and advertisers.

Residents get updates from content ranging from notices on activities in the estate to nationwide updates on emergencies and public health advisories.

Commercial advertisements can also be displayed, but these will be limited to 30 per cent of the total screen time. To support better engagement for community organisations and brand partners, Target Media is taking on the setup and upkeep of the digital screens.



Learning Best at the Learning Fest!



Tampines Learning Festival returns for yet another year! This annual festival encourages cross-skill learning in children and offers a supersized variety of fun for the little ones and their families. Mind-bending quizzes, mini bowling, bouncy castles, and murder mysteries were just some of the activities available at the Tampines Community Plaza festival grounds. The festival also incorporated a Singapore Bicentennial theme.



Mr Heng Swee Keat, Deputy Prime Minister and Minister for Finance, Mr Masagos Zulkifli, Minister for the Environment and



Water Resources and Minister-in-charge of Muslim Affairs, Mr Desmond Choo, Mayor of North East District, Mr Baey Yam Keng, Senior Parliamentary Secretary for Culture, Community & Youth and Transport, and Ms Cheng Li Hui, Chairman of Tampines Town Council officiated the event. They toured the festival grounds and took group photos with event performers, some of whom were children enrolled in preschools and childcare centres all across Tampines.



Ms Cheng said, "Children's performances always make us smile. They have so much energy and innocence. The Learning Festival is a good platform for children to have public performances."

Mr Sudirman, 39, a teacher from Junyuan Primary School, revealed that much planning went into choreographing his students' dance performance to incorporate the Bicentennial theme. "Our students have also overcome stage fright and have become more confident through the stage performances," he added.

The Learning Festival brings great joy as it showcases the talents and dreams of children, the future of Singapore! Let's put our hands together for our educators who work hard to plant the seeds of knowledge in our little ones!



Project 100=50 offers low- and middle-income families an opportunity to purchase daily necessities at subsidised rates. The project was launched on 24 August at the Arena @ Our Tampines Hub by Mr Heng Swee Keat, Deputy Prime Minister and Minister for Finance, Mr Desmond Choo, Mayor of North East District, Mr Baey Yam Keng, Senior Parliamentary Secretary for Culture, Community & Youth and Transport, and Ms Cheng Li Hui, Chairman of Tampines Town Council.

The subsidies apply to 330 different grocery items, including canned food, frozen food, rice, oil, laundry supplies and personal care items. The discounts are capped at 50 per cent of the total bill, or \$50 - whichever is lower. Five hundred families received assistance from the project, which was organised by Sheng Shiong Supermarket and Heartwarmers Volunteer Group.

"We want to help low- and middle-income residents cope with the cost of living. Residents can get things that they need at below the usual supermarket prices. This will allow them to save on cost, as well as reduce wastage," Mr Choo explained.

Kamariah, 59, said, "My sister is living alone. Her legs are not so good, so she cannot work. This programme can help her save significantly."

A big thank you to our volunteers, grassroots leaders and community partners for making Project 100=50 a success. Tampines will continue to work on similar projects to build a caring and inclusive society.



Celebrating Singapore's 54th National Day!

With fun, friends, family and fireworks; that's how we celebrated Singapore's birthday at Our Tampines Hub (OTH) over the National Day long weekend.

To kick off the celebrations for our nation's birthday, over 1,500 students in red and white joined all five MPs for Tampines GRC to launch the National Day Observance Ceremony.

More than 10,000 people gathered at the Town Square for the much-awaited live broadcast of the National Day Parade. Patriotic spirit was soaring high as everyone cheered on while enjoying the spectacular fireworks and laser display.

The undeniable highlight of the National Day celebrations was the Mobile Column

Presentation Parade. Proud Singaporeans lined the main road along Tampines Avenue 5 and waved our national flag to welcome the Mobile Column Presentation vehicles. Mr Heng Swee Keat, Mr Masagos Zulkifli, Mr Desmond Choo and Mr Baey Yam Keng also joined the residents to view the impressive parade.



National Pride Extends to Play@West

Residents of Tampines West had much to cheer about when they celebrated National Day at Play@West. After five months of renovation, residents can now enjoy a brand new fitness corner, playground, basketball court and jogging track.

To officiate at the opening of Play@West, Mr Masagos Zulkifli joined more than 3,000 residents of all ages for an evening of camaraderie and shared the pride of being Singaporean. Looking around at the residents enjoying their evening, Mr Masagos added, "We can do this only because we are a peaceful country. Let us continue to be good neighbours to one another and respect each other."

It was indeed an evening that brought residents together as they enjoyed performances, delicious snacks, a breath-taking laser show and fireworks.



National Day Awards 2019

Our heartfelt congratulations to our Tampines Grassroots leaders who were given recognition for their valuable contribution to the community at the National Day Awards (NDA) 2019!



**Mdm Hayati Rahim, PBM
(Tampines Central)**



**Mr James Lim
Tian Soon, PBM
(Tampines East)**



**Mr Chong Thim
Pheng, BBM
(Tampines Changkat)**



**Mdm Brenda
Tan, PBM
(Tampines North)**



**Ms Evelyn Lim
Sing Ee, PBM
(Tampines West)**



**Mdm Linda
Wong, PBM
(Tampines Central)**



**Mr Murali B,
PBM
(Tampines East)**



**Mr David
Sim, BBM
(Tampines
Changkat)**



**Mr Edwin
Tay, BBM
(Tampines
North)**



**Miss Veronica
Tay, PBM
(Tampines
West)**



Tampines Sunrise (Blocks 701-711), Tampines Starlight (Blocks 712-723) and Tampines Courtview (Blocks 724-734) along Street 71 and 72 will undergo a facelift under the Tampines Central Neighbourhood Renewal Programme (NRP).



"The whole NRP will cost about \$15 million. This will be an even nicer neighbourhood with more trees and plants," Deputy Prime Minister, Minister for Finance and MP for Tampines

GRC, Mr Heng Swee Keat announced on 21 September, at the NRP Consensus Gathering Batch 11 event.

Residents can look forward to new linkways, drop-off porches, precinct gardens, playgrounds, park shelters, fitness areas, and upgraded senior citizens' corners. Block-level upgrades include facelifts for void deck furniture, letterboxes and bicycle racks.

Mr Loo Chew Ming, 40, welcomed the building of the covered linkway connecting Poi Ching Primary School and Block 707. "I will no longer need to bring umbrella when I fetch my son, who is a student there," he said enthusiastically.

More than 75 per cent of the residents voted "yes", and this means that their wish lists will soon become a reality!

Say Yes ... to Neighbourhood Renewal Programme!

No More Crying Fowl

Did you know the feeding and rearing of chickens is considered to be animal cruelty?

Tampines East and Tampines Changkat residents would have seen our feathered friends in the estate the past few months. These free-ranging chickens were often seen with their young, feeding on the leftover food scattered across the ground.

Unknown to many, human food which contains oil, sugar and salt may affect our feathered friends' health negatively. The leftover food also attracts pests and creates hygiene problems.

Also, rearing these chickens at home will not benefit the animals, as keeping them in small cages prevents them from roaming freely. HDB apartments can never be the best homes for them.

Animal Concerns Research and Education Society (ACRES) shared useful information during two engagement sessions held with Tampines residents. ACRES also reassured our residents that the chickens in Tampines East and Tampines Changkat were rehomed to a suitable environment and were not culled. ACRES also evaluates the new environments and living conditions before sending the chickens there. Animal lovers can have peace of mind knowing that ACRES has the chickens' best interest at heart.

While these chickens bring back memories of the good old kampong days, the right way to love them is by giving them a more suitable home.



Picture Credit: ACRES

Growing Our Green Future with 100 Fruit Trees



100 trees that will bear fruits were planted by our five MPs for Tampines GRC along with over 1,000 residents at Sun Plaza Park on the morning of 26 October 2019, as part of the annual tree planting carnival.

"The tree planting campaign was launched in 1963 by founding Prime Minister Mr Lee Kuan Yew. Today's tree planting ceremony has added significance because of climate change. Climate change affects every Singaporean and is an issue many of us are concerned about. After all, future generations will bear the consequences of our actions today," said Ms Cheng Li Hui, Chairman of Tampines Town Council.

Akin to an orchard within the park, a plethora of fruit tree species, such as Kedondong, Langsat, Terap, Longan and Rambutan were planted. Ms Cheng added that consolidating these fruit trees within a single plot of land makes it easier to maintain them and harvest the fruits.

A series of eco-seminars and workshops that drove home the importance of eco-consciousness and sustainable lifestyles served to educate residents on eco-friendly practices. This included useful tips on growing nutritious microgreens, leading a zero-waste lifestyle and even cultivating Phalaenopsis orchids at home!

Mr Partha, 39, a resident who accompanied his son to plant trees, commented, "Raising awareness of eco-consciousness is crucial, especially as we are now in the midst of global warming."

Young children were awed by ethereal bubble shows and whimsical magic performances. The National Environment Agency also put up a humorous "Towards Zero Waste" skit that drew chuckles from the residents while showing how they can use less plastic in their daily lives.



Ride it Right with your PMDs

The riding of personal mobility devices (PMDs) was banned at void decks and common property from 1 September 2019. The ban includes e-scooters, skateboards and bicycles, all of which must be dismounted from and pushed in the common property managed by town councils. PMD riders who violate the rules will be penalised under Town Council's (Common Property and Open Spaces) By-laws. Offenders may be fined up to S\$5,000 upon conviction.

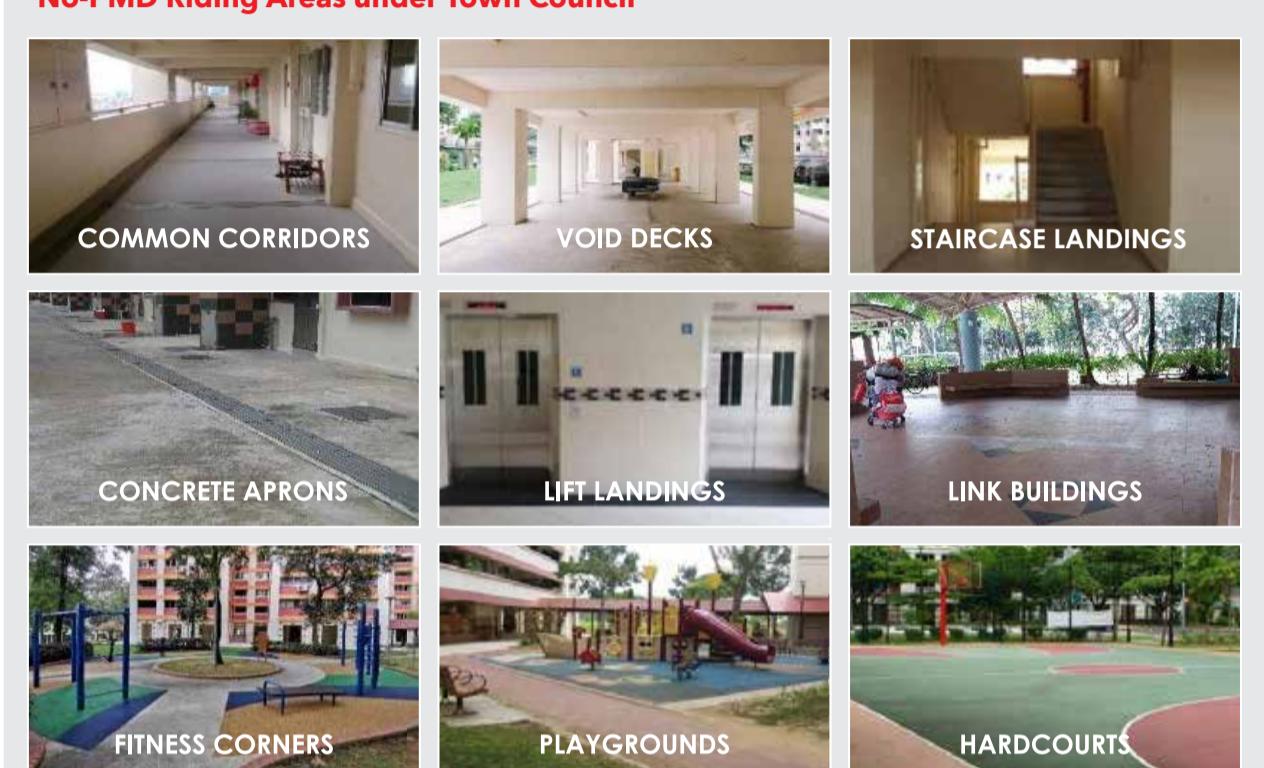
Ban of e-scooters and PABs on footpaths by LTA

To further safeguard the safety of our pedestrians, Land Transport Authority (LTA) banned all e-scooters and PABs (power-assisted bicycles) on footpaths on 5 November 2019. With the ban, e-scooter and PAB riders can only ride on shared paths (cycling paths and park connector network). Offenders face fines of up to \$2,000 and jail time of up to three months once the ban is strictly enforced starting in 2020.

Do your part and report errant PMD riders using the Report PMD/PAB Incident feature in MyTransport.SG app. Scan the QR Codes to download the app now.



No-PMD Riding Areas under Town Council



Good news for Tampines residents!

The cycling path network in Tampines will be tripled from 6.9km to about 21km, as part of plans to transform the estate into a walking and cycling town by 2022.



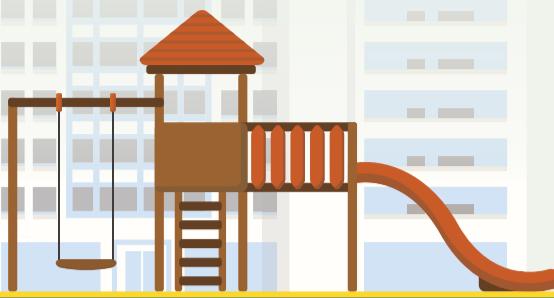
LEGEND

	MRT STATION		SCHOOL
	COMMUNITY CLUB		SHOPPING MALL
	FOOD CENTRE		PARK
	CYCLING ROUTE		PARK CONNECTOR
	FUTURE CYCLING ROUTE		EXISTING TOWN COUNCIL CYCLING ROUTE
	REGIONAL CENTRE		NEIGHBOURHOOD CENTRE
	TAMPINES CONCOURSE 100 CYCLE LOTS (COMPLETED IN APR 2019)		
	TAMPINES CYCLING PATH - 1.6KM (COMPLETED IN APR 2019)		
	UPCOMING TAMPINES CYCLING PATH - 4KM (COMPLETION BY 2020)		

About your S&CC Rebate

The Service & Conservancy Charges (S&CC) rebate was announced during Budget 2019 to help households better budget their expenses. As reported, 930,000 HDB households will receive \$132m in S&CC rebates. Depending on the HDB flat type, each eligible Singaporean household will receive a rebate amounting to 1.5 to 3.5 months of S&CC fees. Residents received rebates in April 2019, July 2019, October 2019 and some will receive another rebate in January 2020.

Did you know that the S&CC rebate has been paid out annually by the Government since 2013? It will be used to offset a household's S&CC payment directly. For households who pay their S&CC through GIRO, the Town Council will make the necessary arrangement with their banks. Residents with enquiries on their S&CC payment or account status can contact Tampines Town Council at 6781 2222 or email feedback@ttc.org.sg



S&CC Rebate			
HDB Flat Type	July 2019	October 2019	January 2020
1-and 2-room	1 month	1 month	0.5 month
3-and 4-room	0.5 month	0.5 month	0.5 month
5-room	0.5 month	0.5 month	0.5 month
Executive/ Multi Generation	0.5 month	0.5 month	-

#iloveTAMPINESbecause...

Following our #iloveTAMPINESbecause photo contest, we hit the streets to hear what our residents love about Tampines! This three-part series uncovers the reasons why Tampines is loved for its Facilities & Connectivity, Food and People!

Scan the QR codes below to watch the three-part series now!



#iloveTAMPINESbecause...
(Facilities & Connectivity)



#iloveTAMPINESbecause...
(Food)



#iloveTAMPINESbecause...
(People)

How Can You Achieve Your #CareerGoals?

These two Tampines residents took control of their career needs by visiting Workforce Singapore's (WSG) Careers Connect for assistance.



What She Wanted: To Return to the Workforce

Ms Lim Luck Cher left her job after 26 years in manufacturing to care for her elderly mother. However, after three years of unemployment, she decided it was time to re-enter the job market in a new industry to pick up new skills, but met with roadblocks. "Though I had sent out many applications, I didn't get much response," she said.

Her sister then told her about Careers Connect at Our Tampines Hub. She says, "There, I was matched with a career coach who shared information about different jobs that I could explore and the industries I could consider entering."

Retail was one of these industries as she wanted a people-facing role. "My coach suggested that I join the learning journey at Giant Singapore," she recalls. "The learning journey let me shadow existing staff and allowed me to see for myself what I needed to do if I joined full-time."

After speaking to team members, Ms Lim grew confident of her ability to do the job, despite having no experience in sales or retail. And thankfully, she gave it a try because she soon got a position as a sales assistant at the hypermarket in Tampines.

"I'm glad I managed to find a job near my home!"



What He Wanted: To Enter a New Industry

It isn't easy switching careers, especially when you've been in the same job for years. But for Mr Mohammed Samsi Bin Nawi, he knew it was important to take on something new. He decided to take a different career path after 10 years in the police force. He shares, "I wanted to challenge myself, push out of my comfort zone and see how far I could grow."

At the time, the construction industry was booming and he wanted to get into it. "I was interested in the safety aspects," he says. But Mr Samsi knew that being less experienced would make him vulnerable. As such, he attended safety courses to upgrade his skills. However, finances started getting tighter after his wife became pregnant, so he decided to seek help from the North East Community Development Council at Our Tampines Hub and was referred to Careers Connect.

"That was where I met my career coach." She often called to check on his job search and gave additional interview tips. These follow-ups comforted him because he felt someone was helping him re-enter the workforce.

With the help received, Mr Samsi soon received a job offer as a Safety Officer at a Singapore-based construction company. "Meeting my coach was timely and her calls gave me the push to update her with positive news. I have my wife to thank for persuading me to get help with my job search," he reveals. "If I hadn't, my job search would probably have been slower."

You too can take control of your career with MyCareersFuture.sg. Visit bit.ly/Tampines1219 for available openings in the East.

Living an Active Lifestyle with the Benefits of the Merdeka Generation Package (MGP)

Betty and Ronald are a husband and wife couple who enjoy an active lifestyle. As part of the Merdeka generation, they are very thankful for the MGP because they have greater assurance regarding their healthcare costs and can now focus on making the most of their golden years.

Both Betty and Ronald are self-employed with their own sports equipment and general insurance businesses. Without the usual medical benefits that come with working for a company, visits to a General Practitioner (GP) can be expensive. However, with the MGP outpatient care subsidies, the couple can visit Community Health Assist Scheme (CHAS) GP and dental clinics nearby for subsidised care. If they visit the polyclinic or need further check-ups at public hospital Specialist Outpatient Clinics (SOCs), they will get an additional 25 per cent subsidy.

The couple places much emphasis on keeping themselves healthy so that they can live life to the fullest. Betty goes for her regular health screening diligently, and Ronald jogs every day to stay fit. Nevertheless, they are worried about coping with chronic illnesses in the long-run.

With the MGP Medisave Top-up, the couple will pay lesser out-of-pocket costs for chronic disease treatments. They can also enjoy the additional 5 per cent MediShield Life Premium subsidies. MediShield Life coverage will protect them against large hospital bills for life. Betty and Ronald also appreciate how MGP offers a participation incentive for the national insurance scheme CareShield Life, so they are more assured should they require long-term disability care in the future.



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3 HEALTHCARE TOUCHPOINTS FOR ADDITIONAL OUTPATIENT CARE SUBSIDIES

OUTPATIENT CARE IS EVEN MORE AFFORDABLE THAN BEFORE!



Scan to sign up for Merdeka Generation Package updates on WhatsApp

 or WhatsApp 'hello' to 8129 0065



From November 2019 onwards, get additional subsidies for outpatient medical and dental care through 3 Healthcare Touchpoints – CHAS GP and dental clinics, polyclinics, and public Specialist Outpatient Clinics (SOCs). Simply flash your Merdeka Generation card to enjoy these subsidies!

At polyclinics and public SOCs:				
Additional 25% off remaining bill for subsidised services and medications				
At CHAS clinics:				
Common illnesses (eg. cold, cough)	Simple chronic condition	Complex chronic condition	Selected dental services	Recommended health screening through Screen for Life
Up to \$23.50 subsidy per visit	Up to \$85 subsidy per visit (Capped at \$340 per year)	Up to \$130 subsidy per visit (Capped at \$520 per year)	\$16 to \$261.50 subsidy per procedure (Dependent on procedure)	\$2 fixed fee

\$100 PAssion Silver Card Top-up

\$200 MediShield Top-Ups

3 Healthcare Touchpoints for Additional Outpatient Care Subsidies

\$4,000 Incentive to join CareShield Life

5% More MediShield Life Premium Subsidies

Visit www.merdekageneration.sg/roadshows to find a Merdeka Generation roadshow near you!

As young adults, Betty worked in a department store, and Ronald helped out at his family's confectionery business. Life in Singapore was harder at that time, but they both worked hard so that they can have enough savings to pursue their passion today.

The \$100 PAssion Silver Card top-up has enabled Betty and Ronald to pursue an active lifestyle. Ronald volunteers as a referee for school tournaments and needs to travel a lot. The \$100 top-up helps Ronald with his daily commute on public transport. Betty loves cooking for her family and uses the \$100 top-up to take her cooking skills up a notch with classes at the Community Clubs.

Betty and Ronald believe that it is essential for the Merdeka generation to keep themselves abreast of the latest news about the MGP. They are thankful for the Silver Generation Ambassadors, who have been active in their outreach efforts to ensure that people like them understand the benefits of the MGP.

To learn more about the Merdeka Generation Package, visit <http://www.merdekageneration.sg> or reach out to your neighbourhood Silver Generation Ambassadors at Our Tampines Hub.



Dreaming About the Best Steak? Tampines Has It!

On an unassuming corner of Tampines Street 11 stands a modern glass-covered white-and-red-brick shop. Anyone can misconstrue this place for an upscale café given its quaint exterior. However, this is actually 'The Meat Up' Butchery, a premium halal butchery in the heartland of Tampines.

'The Meat Up' Butchery was founded by Mr Cantarella Cesare, an Italian chef with over 20 years of experience in Singapore's F&B industry. While most butchers provide fresh beef, 'The Meat Up' specialises in dry-aged meats. In addition to various dry-aged meats, they also carry Italian condiments, Italian herbs, vinegar, olive oil, and French dairy products!

"We want to provide high quality and remarkable meat products with the highest food safety standards to suit everyone's needs at a competitive price," said Cesare.

'The Meat Up' is a well-established meat butchery in Singapore, and continually strives to be Singapore's No. 1 halal certified premium dry-aged meat producer and supplier. Given its eminence in Singapore's meat culture, you would expect the butchery to be at a high-end street. However, you would be surprised to know that Cesare chose to have his premium butchery in none other than Tampines Street 11! But why Tampines? According to Cesare, Tampines "has a vast number of people from all sorts of backgrounds and it is a very large and mature estate". He went on to say that Tampines "is relatively easy to do business in because certain costs such as rental can be maintained easily, given its lower cost of living". Cesare is also a Tampines resident and has been for the past 25 years!

"I noticed that no one imported dry-aged meat anymore, so I came up with this idea of going back in time and bringing back the old way of treating meat and having an original product," says Cesare when asked about his premium dry-aged meat butchery. Ultimately, "quality and execution" is the butchery's "utmost priority".

Meat trends are constantly changing. However, Cesare's intention will always remain the same: to bring a sense of nostalgia to his customers through his authentic dry-aged meats.



Gifting Health with a Green Way of Life



Wang Yuan Fish Soup's nutritious broths and fresh ingredients have filled the stomachs of many Tampines residents for the past nine years. The owners', Mr Derrick Ng and Ms Eunis Lim, journey in providing the community with wholesome, natural food started with a box of plants at their HDB corridor.

Derrick and Eunis grew up in Tampines and settled down here after their marriage. It was not until they embarked on corridor farming that they realised how green Tampines residents could be.

"I was in my transition from military to civilian life. It was then that I injured myself. For about six months to a year, I was not working, so I started my corridor farming," Derrick recalled.

"We started with only four boxes of vegetables that we grew for our consumption. What we wanted was to harvest chlorophyll," Derrick said. "As we grew more vegetables, neighbours asked if I could grow some for them."

The neighbours noticed obvious health benefits after consuming Derrick's organic produce. As the word spread, his corridor farm expanded.

Another neighbour recommended to him that he tends to our community garden. Confident that he could convert it into "something productive", Derrick toiled for a year before the garden served a bigger group of residents.

Seeing how some neighbours had no time to cook, Derrick began to prepare soup with wild-caught fish and the organic vegetables that he grew. "With positive feedback from residents, I was inspired to do even more to provide quality food," Derrick said.



Eunis said, "We happened to see an available stall. We just dived in to start a fish soup business so that there would be an avenue for us to use all these organic vegetables for fish soup."

Consuming the wholesome and natural food that he cooked, Derrick's eyesight improved naturally. "If you eat good food, you nourish your own body and your body will heal itself," Derrick explained. Customers are happy to know that they are paying for the same nourishing ingredients that Derrick uses for his family's consumption.

The couple is blessed to receive the priceless gift of friendship selling nourishing fish soup. "When customers come to our stall, it is not a one-off transaction. We have made so many friends providing nutritious food!" Eunis exclaimed. "We sleep peacefully knowing that people trust us to be their regular source of nutritious food."

Meet-the-People Session

Come and Meet 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 HENG SWEE KEAT

Deputy Prime Minister and Minister for Finance
Elected Member of Tampines Town Council
Member of Parliament for Tampines GRC

TAMPINES CENTRAL

Mondays: 7:30pm. (Except 5th Monday of the month and Public Holidays)
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Blocks in this Division:

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, 859A-B, 860A-B, 861A, 862A, 863A-B, 864A-B, 865-874, 867A, 868A-D, 869A-C, 871A, 874A, 875-886, 880A, 882A, 885A, 886A



MR MASAGOS ZULKIFLI

Minister for the Environment and Water Resources and Minister-in-charge of Muslim Affairs
Elected Member of Tampines Town Council
Member of Parliament for Tampines GRC

TAMPINES WEST

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Blocks in this Division:

140-151, 156-166, 801-820, 821-829, 823A, 826A, 827A-B, 828A, 870A-C, 871B-C, 872A-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



MS CHENG LI HUI

Chairman of Tampines Town Council
Member of Parliament for Tampines GRC

TAMPINES EAST

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Blocks in this Division:

201-209, 201A-E, 201G, 202A, 208A, 210-230, 230A-H, 230J, 231-238, 239-271, 371-374, 374A, 381-396, 384A, 390A, 501-510, 512-513, 512A, 515-520, 515A-D, 518A-D, 519A-D, 520A-C, 522, 522A-C, 523A-D, 524, 524A-B



MR DESMOND CHOO

Mayor, North East District
Vice-Chairman of Tampines Town Council
Member of Parliament for Tampines GRC

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MR BAEY YAM KENG

Senior Parliamentary Secretary,
Ministry of Transport & Ministry of Culture,
Community and Youth
Vice-Chairman of Tampines Town Council
Member of Parliament for Tampines GRC

TAMPINES NORTH

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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, 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



Tampines Town Council 2019 Photo Contest - Winning Entries

The annual photo contest last year featured three different categories - People, Food and Facilities & Connectivity. The photo contest encouraged our residents to share their love for Tampines through these categories.

Congratulations to all the winning entries and thank you to those who have participated. It was heart-warming to learn about your love for Tampines and we couldn't agree more!

We look forward to seeing your photo entries in our Photo Contest 2020!

People Category



Jasline Tan



Terence Lee



Tricia Yeo



Chua Khong Huat



Grace Chan



Loh Charn Whye



Samantha Seah



Steven Liew

Food Category



Steven Liew



Samantha Seah



Hang Loo Ming



Ally Chua



Joey Lim



Lily Yuri



Rochelle Tan

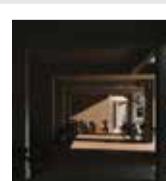


Teo Ting Wei

Facilities & Connectivity Category



Keith Shepherdson



Samantha Seah



Steven Sung



David Hong



Ivan Ng



Izuddin Sufian



Jasline Tan



Kevin Wong

DISCLAIMER

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