



REDUCE BEFORE YOU RECYCLE

MP Louis Ng Kok Kwang gives his unique perspectives on going green and family bonding

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FOODIE STOPS

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义顺情缘 Rangkaian Nee Soon நீ சூன் இணைப்பு

The Nee Soon Link

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Nee Soon Awarded For Green Efforts

义顺绿化组织获奖 | Nee Soon Diberi Anugerah Bagi Usaha Hijau |

பசுமை முயற்சிகளுக்காக நீ சூன் நகரமன்றத்திற்கு விருது வழங்கப்பட்டது



Nee Soon was awarded for its efforts towards a cleaner, greener and more sustainable Singapore at the Clean and Green Singapore (CGS) Carnival, held on 5 November at the open field opposite Khatib MRT station.

Guest-of-Honour Prime Minister Lee Hsien Loong congratulated North West District for winning the Best Community Achievement Award for the third time. Nee Soon South Environmental Committee received the Best Team Effort Award, and Nee Soon South

clinched the Best Improvement (Energy Efficiency & Resource Conservation) Award.

Two cleaners from Nee Soon Town Council, Mr Ang Boon Heng and Mr Ang Cheng Peow, also received the Best Cleaner (HDB Estates) Awards.

After planting a *Keruing Belimbing* tree to mark the launch, PM Lee spoke on environmental challenges and the need to get everyone involved. Mr Lee highlighted that green habits such as reducing waste, saving water, driving less and embracing green technology contribute towards sustainability.

Nee Soon residents flocked to the CGS Carnival to learn about green lifestyles. They picked up useful skills such as learning how to repair, reuse and upcycle products.

Among them was Mr Sri Jai, 37. He told us, "I learnt how to save water by installing thimbles on water taps. This is something I can immediately implement once I get back home."

Nee Soon GRC MPs Minister K. Shanmugam, Assoc. Prof. Muhammad Faishal Ibrahim, Er. Dr. Lee Bee Wah, Louis Ng and Kwek Hian Chuan Henry also joined the carnival.

义顺对于推广更洁净、绿化并且具有可持续性的新加坡环境向来不遗余力，顺利在11月5日于义顺南举行的清洁与绿化新加坡运动(CGS)嘉年华会获得认可。

西北社区第三度荣获最佳社区成就，连嘉宾李显龙总理也献上祝贺。此外，义顺南环保委员会获颁最佳团队精神奖，而义顺南亦不负众望，夺取了最佳进步(能源效益与资源节约)奖的殊荣。

来自义顺市镇理事会的两名清洁员工洪文兴先生以及洪钟标先生更获得最佳清洁员工(政府组屋区)奖。

总理在义顺南种了一棵大花龙脑香树为活动掀开序幕。他在发言时说，我国面临种种环境挑战，需要全民参与才能克服。总理还强调了一些有助于实现可持续发展的绿色生活习惯，如减少浪费、节省用水、多乘搭公共交通，以及采用绿色技能等。

义顺居民们都踊跃出席CGS嘉年华会，以了解更多关于绿色生活方式的知识。他们通过活动吸取了有用的技能，包括如何修复、再利用和改造产品。

其中一名参与者是37岁的Sri Jai先生，他说：“我学会了如何在水龙头上安装套管以节省用水，这是我回家后能马上实践的实用贴士。”

义顺集选区国会议员尚穆根部长、费绍尔副教授、李美花博士、黄国光先生以及郭献川先生也出席了本次嘉年华会。

Nee Soon telah diberi anugerah bagi usahanya ke arah Singapura yang lebih bersih, hijau dan mampan di Karnival Singapura Bersih dan Hijau (CGS) yang diadakan pada 5 November di padang terbuka bertentangan stesen MRT Khatib.

Tetamu Kehormat Perdana Menteri Lee Hsien Loong mengucapkan tahniah kepada Kawasan Barat Laut kerana memenangi Anugerah Pencapaian Masyarakat Terbaik buat kali ketiga. Jawatankuasa Sekitaran Nee Soon South menerima Anugerah Usaha Pasukan Terbaik, dan Nee Soon

South merangkul Anugerah Peningkatan (Kecekapan Tenaga & Pemuliharaan Sumber) Terbaik.

Dua orang pekerja pembersihan dari Majlis Bandaran Nee Soon, Encik Ang Boon Heng dan Encik Ang Cheng Peow, juga menerima Anugerah Pekerja Pembersihan (Estet HDB) Terbaik.

Selepas menanam pokok Keruing Belimbing untuk merasmikan pelancaran, PM Lee telah berucap tentang cabaran-cabaran sekitaran dan perlunya penglibatan oleh semua pihak. Encik Lee menekankan bahawa amalan-amalan hijau seperti mengurangkan pembaziran, menjimatkan air, kurangkan memandu dan menghayati teknologi hijau menyumbang ke arah kemampanan.

Penduduk Nee Soon telah berpusu-pusu ke Karnival CGS untuk belajar tentang gaya hidup hijau. Mereka mempelajari kemahiran berguna seperti cara memperbaiki, mengguna dan mengitar semula produk.

Antara mereka ialah Encik Sri Jai, 37 tahun. Beliau memberitahu kami: “Saya belajar cara untuk menjimatkan air dengan memasang lapik wasir pada paip air. Ini adalah sesuatu yang saya boleh laksanakan dengan segera sejourus saya pulang ke rumah.”

Para AP GRC Nee Soon, Menteri K. Shanmugam, Prof. Madya Muhammad Faishal Ibrahim, Er. Dr. Lee Bee Wah, Louis Ng dan Kwek Hian Chuan Henry turut menyerikan karnival tersebut.

காதிப் பெருவிரைவு இரயில் நிலையத்திற்கு எதிரே அமைந்துள்ள திறந்த வெளியில் நவம்பர் 5 அன்று நடைபெற்றும் தூய்மை மற்றும் பசுமை சிங்கப்பூர் (CGS) விழாவில் தூய்மையான, பசுமையான மற்றும் மேலும் நீடித்து நிலைக்கத்தக்க சிங்கப்பூருக்கான தனது முயற்சிகளுக்காக நீ சூன் நகரமன்றம் விருது பெற்றது.

முன்றாவது முறையாகச் சிறந்த சமூகச் சாதனை விருதை வென்றதற்காக வடமேற்கு

மாவட்டத்திற்கு மாண்புமிகு பிரதம மந்திரி திரு லீ சியன் லூங் அவர்கள் வாழ்த்து தெரிவித்தார். நீ சூன் தெற்கு சுற்றுச்சூழல் குழு சிறந்த குழு முயற்சி விருதைப் பெற்றது. மேலும், சிறந்த மேம்பாட்டு (எரிபொருள் சிக்கனம் மற்றும் வளஆதாரங்களைப் பாதுகாத்தல்) விருதையும் நீ சூன் தெற்கு தட்டிச்சென்றது.

திரு ஆங் பூன் கெங் மற்றும் திரு ஆங் செங் பியோவ் ஆகிய நீ சூன் நகரமன்றத்தின் இரண்டு துப்புரவாளர்களும் கூட சிறந்த துப்புரவாளர் (வீவக குடியிருப்புப்பேட்டைகள்) விருதுகளைப் பெற்றனர்.

இவ்விழாவின் தொடக்கத்தைக் குறிப்பதற்காக *கெருயிங் பெலிம்பிங் (Keruing Belimbing)* மரத்தை நடத்தற்குப் பிறகு, சுற்றுச்சூழல் சார்ந்த சவால்கள் குறித்தும், அதில் அனைவரும் ஈடுபட வேண்டியதன் முக்கியத்துவம் குறித்தும் பிரதம மந்திரி திரு லீ அவர்கள் பேசினார். கழிவைக் குறைத்தல், தண்ணீரைச் சேமித்தல், வாகனம் ஓட்டுவதைக் குறைத்தல் மற்றும் பசுமைத் தொழில்நுட்பத்தை ஏற்றுக்கொள்ளுதல் போன்ற பசுமை சார்ந்த பழக்கவழக்கங்கள் நீடித்து நிலைக்கத்தக்க தன்மைக்குப் பங்களிக்கின்றன என்றும் திரு லீ வலியுறுத்திக் கூறினார்.

பசுமை சார்ந்த வாழ்க்கைமுறைகளைப் பற்றி அறிந்துகொள்வதற்காக, நீ சூன் குடியிருப்பாளர்கள் CGS விழாவிற்குப் பெருமளவில் திரண்டனர். அவர்கள் பொருட்களை எவ்வாறு பழுதுநீக்குவது, மறுபயனீடு செய்வதற்கு மற்றும் மறுசுழற்சி செய்வது போன்ற பயனுள்ள திறன்களை அறிந்துகொண்டனர்.

அவர்களில் 37 வயதான திரு ஸ்ரீ ஜெய் அவர்களும் ஒருவர். “தண்ணீர் குழாய்களில் சிறு உருளைகளைப் பொருத்துவதன் மூலம் எவ்வாறு தண்ணீரைச் சேமிக்கலாம் என்பதை நான் கற்றுக்கொண்டேன்”. நான் வீடு திரும்பிய உடனே என்னால் நடைமுறைப்படுத்த முடியும் விஷயங்கள் இதுவும் ஒன்று.” என்று அவர் நம்மிடம் கூறினார்.

நீ சூன் குழுத்தொகுதி நாடாளுமன்ற உறுப்பினர்கள் அமைச்சர் கே. சண்முகம், துணைப் பேராசிரியர் முகமது .:பைஷல் இப்ராஹிம், பொறியாளர் டாக்டர் லீ பீ வா, லூயிஸ் இங் மற்றும் குவெக் ஹியன் சுவான் ஹென்றி ஆகியோரும் இவ்விழாவைச் சிறப்பித்தனர்.

5 Pillars of Sustainable S'pore Blueprint



An Active and Gracious Community



Eco-Smart Endearing Towns



A Car-Lite Singapore



A Leading Green Economy



Towards A Zero Waste Nation



Louis Ng: “Reduce before you recycle”

We asked Louis Ng, MP for Nee Soon East and environmental and animal rights activist, what residents can do to lead a more sustainable lifestyle. His answer surprised us. He said, “Nowadays, there’s so much emphasis on recycling that many people believe it is the only solution. But actually we should first reduce what we consume, reuse what we can, and only when we can’t do that, then we recycle.”

“As Gandhi said, ‘The earth provides enough to satisfy every man's needs, but not every man's greed.’ We have to focus on consuming only what we need, otherwise our resources will be depleted.”

He added that this is one of the positive values parents should instil in their kids. Since becoming MP in September last year, Louis has championed family bonds both by speaking up in Parliament and by example. He was one of the MPs who spoke up in support of extending maternity leave to unwed mothers, and extending paternity leave and shared parental leave. He also brings his adorable toddler Ella along to many events and meetings.

Louis revealed that he and his wife do not have a helper at home. They take care of their toddler Ella mostly by themselves. Even with his wife expecting twins now, they still don’t intend to employ a helper. He says, “I know helpers are necessary for many families, but we need to look into how parents can spend more time with their kids. Having childcare centres near workplaces instead of

near homes, and encouraging more fathers to utilise their paternity leave, could be some ways. When parents spend more time with their kids, we’ll build a more values-driven and happier society.”

Experiencing the work of cleaners and counter staff

As Chairman of Nee Soon Town Council, Louis wholeheartedly embraces NSTC’s slogan “Home with a Heart”. He believes that to build a caring home, NSTC must first become an ‘Organisation with a Heart’. Staff and cleaners should have better working conditions and be appreciated for their hard work.

Louis has experienced working as a cleaner and an NSTC Customer Relations Assistant. From this experience, he has come up with ways to reduce their workload and increase their efficiency.

For cleaners, NSTC has introduced tricycles-with-bins, both manual and powered, so that cleaners cut down on pushing heavy trolleys with heavy bins. For Customer Relations Assistants at NSTC counters, he realised that residents come with many issues not related to the Town Council. So NSTC has installed iPads at the counters, so residents can key in such feedback to the OneService app, with our staff helping them to do so if necessary.

He stressed that such automation is not to make staff redundant, but to ease their workload and free them up to do more valuable tasks.

黄国光： “先减少浪费，才来再循环”

我们问义顺东国会议员兼环境与动物保护工作者黄国光，如何打造可持续的生活方式。他的答案相当有见地。他说：“现在许多人都把焦点放在再循环上，相信那是保护环境的唯一途径，其实不然。我们应先避免过度消耗物品，尽量重新使用物资。只有在完全没办法的时候才考虑再循环使用。”

“印度圣雄甘地曾经说过：‘地球的资源可以满足每个人的需要，但不能满足每个人的欲望。’如果我们不减少消耗，资源总会有被耗尽的一天。”

他也补充道这也是父母们应该灌输给孩子的正面价值观之一。自去年9月担任国会议员以来，黄国光也身体力行提倡亲情的重要。他是在国会上表示支持给未婚妇女产假，延长陪产假及父母共用产假的议员之一。此外，他时常带年幼的女儿Ella一起出席各种基层活动。



黄国光透露他和太太没有聘请女佣，女儿由他们合力照顾。即使现在太太怀有双胞胎，他们也不打算聘请女佣。他说：“我知道女佣是许多家庭重要的帮手，但我们必需探讨别的途径，让父母能和孩子有更多的相处时间。例如在工作地点附近设立儿童托管中心，或鼓励更多爸爸善用陪产假。当父母有更多的时间和孩子沟通时，我们才能建立一个价值观正确、家庭美满的和谐社会。”

体验清洁工与柜台人员工作

身为义顺市镇理事会的主席，黄国光相信要为居民建立温馨的家园，必须先把市镇会变成温馨的工作场所，让工作人员和清洁员工都享有更好的工作环境，并获得他们应得的肯定与赞赏。

黄国光体验过市镇会清洁工人和客户关系服务助理的工作。因为有了切身经历，他认识到市镇会基层员工遇到的问题，并设法为他们减轻负担和提高工作效率。

例如，市镇会引进了垃圾收集三轮车，包括电动三轮车，减少手推车的使用，让清洁工推垃圾回垃圾站时更省力。他也发现，许多前来柜台询问的居民，要求都不在市镇理事会的管辖范围内。于是，市镇会在柜台安装了平板电脑，让居民在员工的帮助下，通过一联通(OneService)应用软件向相关机构提出他们的要求。

他特别强调自动化设施将不会取代人工工作，却能为他们减轻工作负担，让他们有充裕的时间负责更有意义的项目。

Active Recycling in Nee Soon South

Singapore lags behind similar cities in household recycling rate – 19 per cent compared to Taiwan's 55 per cent. About half of what we put into blue recycling bins is actually not recycled, because it is not recyclable or has been contaminated by organic waste.

Nee Soon South is working with the Tzu Chi Foundation to run active recycling points where families may bring their recyclables to a certain void deck every month. Adults and children alike learn how to distinguish recyclables from non-recyclables from volunteers. They also sort the trash on the spot so that it can be immediately sent for recycling.

As MP Er. Dr. Lee Bee Wah noted, Singapore's only landfill on Pulau Semakau is expected to run out of space by 2035. We need to improve our household recycling system fast. Nee Soon residents can help by bringing their recyclables to the following recycling points, on the second Sunday of every month from 9am to 11.30am:

- Void deck of Blk 805 Yishun Ring Road
- Void deck of Blk 873 Yishun Street 81



Nee Soon Central Tree Planting Day A place to age gracefully



In the near future, beautiful red blossoms will greet residents around Blk 701 Yishun Avenue 5. MP Assoc. Prof. Muhammad Faishal Ibrahim, together with residents, planted Cat's Tail shrubs there on 6 November. When they are fully grown, they will line the road with vibrant red flowers and lush green leaves.

Assoc. Prof. Muhammad Faishal Ibrahim also joined residents in a Zumba session, followed by litter picking. To everyone's delight, he unveiled a new TV at the Residents' Corner.

He said, "I know there are many seniors in this part of Nee Soon. Today they took action to beautify and clean up their living environment, and take charge of their health. I hope these will help them to age gracefully and actively near their homes."

Young residents appreciated the efforts too. Resident Kelly Wong, 16, commented that trees not only beautify the precinct but also help to improve air quality by absorbing carbon dioxide.



Trial Project to control mosquito population in Nee Soon

控制伊蚊数目的实验在义顺展开

NEA is conducting a field study in Yishun Street 21 that could help beat dengue.

From October onwards, they are releasing male *Aedes aegypti* mosquitoes in the area. These male mosquitoes carry the *Wolbachia* bacteria. After they mate with female mosquitoes, the females will lay eggs that do not hatch. Over time, this can control the population of *Aedes* mosquitoes that spread dengue and zika.

According to NEA, as male mosquitoes do not bite, they will not transmit diseases or pose any risk to human health. The trial is being done in Nee Soon East, Tampines East and Braddell Heights, as these estates represent the typical housing mix in Singapore.

The trial will continue till March 2017. During the period, NEA will study the lifespan of mosquitoes, how far and high they can travel and other important data that will help us better understand and control its population. Nee Soon East MP Mr Louis Ng also visited the affected blocks to explain to residents this small-scale field study.

新加坡国家环境局正在义顺21街进行一项有助于防抗骨痛热症的实验。

自10月起，他们在该区释放雄性伊蚊。这些雄性伊蚊带有沃尔巴克氏菌，在与雌性伊蚊交配后，雌伊蚊产下的卵将无法孵化。久而久之，传染骨痛热症和兹卡病毒的伊蚊数量可能就会受到控制。



据国家环境局称，由于雄性蚊子不会叮人，所以不会传播疾病或对人体健康构成任何危害。该试验项目正在代表了新加坡典型住宅结构的义顺东、淡滨尼东以及布莱德岭社区进行。

试验项目将持续进行至2017年3月。在此期间，国家环境局将继续研究蚊子的寿命、飞行的高度、距离和其他重要数据，以便使我们更好地了解并控制蚊子的繁殖。义顺东国会议员黄国光先生也访问了受影响的组屋居民，向他们解释这项实验。

Trials of Anti-Insect Paint



Nee Soon Town Council is adopting an innovative anti-insect paint. Our trials show that it reduces cobwebs and deters insects from landing on the walls. The paint is environmentally-friendly and does not harm humans.

This paint is meant for use on internal walls like void decks, lift lobbies and corridors. NSTC plans to use it in scheduled repainting of blocks. This year, we will use it on 18 blocks in Nee Soon East.

NSTC is also trying out an anti-stain paint that is easier to clean. We hope these new technologies will improve residents' living environments and improve the productivity of our cleaners.

Return this newsletter and get a gift!

STOP!
Don't throw this newsletter away after reading.



Do your part in recycling by returning this copy to any Nee Soon Town Council office. You'll receive this cute towel in return!

New Way to Get to Town

“Speed like taxi, price like bus”. Sounds impossible? That is exactly what a new transport app, Swat Mobile, wants to provide to Kebun Baru residents.

To understand residents’ experiences on various modes of transport, Kebun Baru MP Kwek Hian Chuan Henry tried out the ride on 7 November. The three passengers the bus picked up were very surprised to see him in the bus!

Kebun Baru resident and commuter Summer told Mr Kwek, “To get to work in Marina Bay Sands, public transport takes a long time. So I used to take a cab every morning, which costs about \$28 and takes 20 to 30 minutes. Swat only costs \$5, and on good days takes around 35 minutes. Now I take it almost every day!”

CEO of Swat Mobile Lin Shijing explained how the app works. Swat operates in an area stretching from Yio Chu Kang to the city. Any ride in the area costs a flat \$5. Each bus carries several people, but Swat’s algorithm ensures that this does not make the ride too long. To make the pickups and drop-offs more efficient, commuters must walk to pre-determined points nearby. Currently, Swat only operates from 7am to 10am on weekdays, except public holidays.

We asked if Swat Mobile intends to serve Yishun too. Mr Lin told us, “Nee Soon GRC residents can download the app and send a request! We’ll expand our service if we see enough demand from other parts of the GRC.”



Mr Kwek said, “I was very impressed with the ride! Many Kebun Baru residents have to take the bus to Ang Mo Kio or Yio Chu Kang, then transfer to the MRT. The upcoming Mayflower and Lentor MRT stations will improve the situation, but in the meantime, apps like this provide another quick and reasonable choice.”

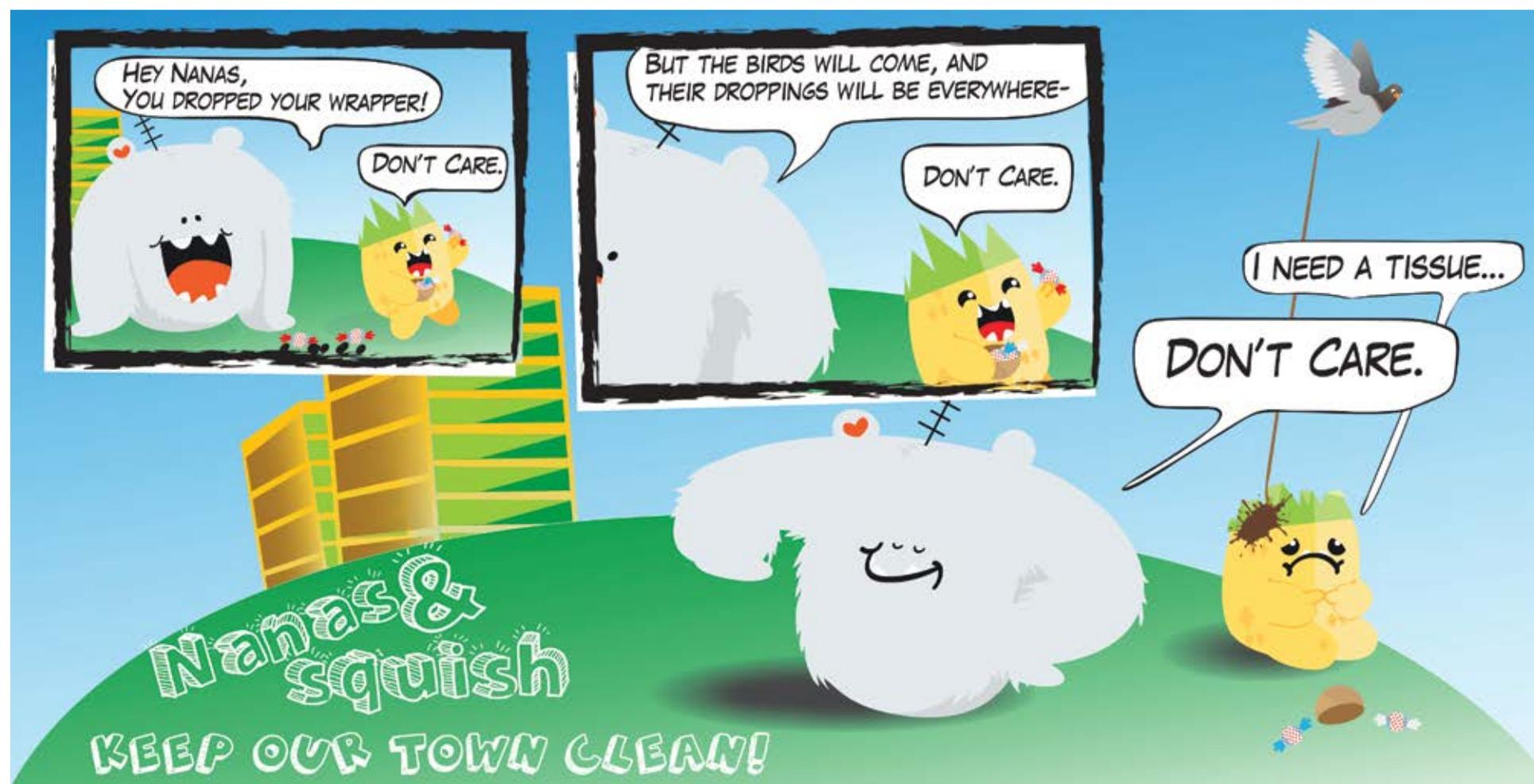
To learn more, stay tuned for the video of Mr Kwek’s ride on his Facebook page. Swat Mobile is providing free rides for Kebun Baru residents – just download the app on the Apple app store or Google Play, and use the promotional code printed here.

Apply this promo code within the SWAT app and get a free ride!



Promo Code:
SWATKEBUN

Each account can only use the promotional code once. For rides from Kebun Baru constituency to areas that are covered by SWAT’s geofence between 7am and 10am (Monday - Friday, excluding public holidays) only. While stocks last. Subject to terms and conditions. This offer is made by Ministry of Movement Pte. Ltd. and not the Town Council. Users shall bear sole responsibility for any damages or liabilities resulting from the use of the service.



Easy Ways to Go Green

Pull out and keep this guide!



BUY OR DONATE PRE-LOVED GOODS

Save money while saving the earth!

- **Something Old, Something New**
at Blk 426A Yishun Ave 11 #01-74, Tel 6257 2588
 - They also provide training and employment opportunities to people recovering from psychiatric conditions.
- **Donate pre-loved items at**
 - Siloam Xperience.
APosh Biz Hub #05-15, 1 Yishun Industrial St 1, Tel 6694 1330
 - Or contact The Salvation Army at 6288 5438 or redshieldindustries.com
- **Visit NSTC's book exchange shelves, which are open 24 hours, outside our Blk 290 and Blk 845 offices!**



RECYCLE ELECTRONIC WASTE

E-waste like computers, phones and home appliances contain small amounts of harmful substances. If you just throw them away, they could contaminate the environment and harm human health.

- **Bring your used computers, smartphones, etc to Chong Pang CC.**
- **Drop off your used printer toners and cartridges at any public library, including Yishun Library.**
- **If your child attends these schools, they have e-waste recycling bins too.**
 - CHIJ Saint Nicholas Girls' School
 - Chung Cheng High School, Yishun
 - Jiemin Primary School
 - Naval Base Primary School
 - Northview Secondary School
 - Orchid Park Secondary School
 - Yishun Primary School



REDUCE WASTE

Buy only what you need, and select products with minimal packaging.

- **Bring your own water bottle, utensils and food containers when eating out. Avoid using non-biodegradable plastic utensils and Styrofoam plates, cups and bowls.**
- **Choose reusable bags rather than plastic bags. You can get 10 cents off at most supermarkets for bringing your own bags! If you have to take plastic bags, reuse them to bag your trash.**
- **If anything is spoilt, try to repair it. Visit www.repairkopitiam.sg for repair tips.**



RECYCLE

To learn more about how to sort recyclables, you can join the active recycling corners at Blk 701, 805 and 873 in Yishun, on the second Sunday of every month from 9am to 11.30am.

- **Choose recycled products.**
- **Have a recyclables collection corner at home.**



CONSERVE ENERGY

Ask North West CDC at 6248 5566 about your free energy audit. You can reduce your electricity bills, win vouchers and defray electricity costs for a needy family.

- **Choose air-conditioners and refrigerators with a 3-ticks energy rating.**
- **Choose washing machines with a 3-ticks rating for water efficiency.**
- **Choose a television with a 5-ticks energy rating.**
- **Choose an instantaneous water heater for all water heaters in the home.**
- **Opt for natural ventilation in your common living space.**
- **Set air-conditioners at 25°C to save energy.**
- **Remember to switch off lights and electrical appliances when not in use.**
- **Take public transport.**



减少浪费

- 前往 Something Old, Something New 购买二手用品, 地址: 义顺11道第426A座#01-74, 电话: 6257 2588
- 前往义顺市镇理事会24小时开放的书架, 捐赠或免费拿书籍, 地点就在我们位于第290和第845座的办公室外!
- 拨打6248 5566向西北社区发展理事会咨询您的免费能源审计。您可减少电费开销、赢取优惠券, 并为有需要的家庭支付电费。



再使用

- 出门用餐时请自备水瓶、餐具与餐盒, 避免使用塑料和保丽龙制作的餐具。

- 优先选择环保袋而非塑料袋。自备购物袋可让您在多数超级市场获得1毛钱的回扣!
- 如果任何物品出现破损, 请尝试修理, 而不是丢掉。浏览 www.repairkopitiam.sg 了解更多修理贴士。



再循环

- 电子废品可对环境造成污染。将您的旧电脑、智能手机等带到忠邦民众俱乐部的回收桶, 或询问孩子的学校是否提供电子废品回收桶。
- 将您使用过的打印机碳粉和墨盒放入义顺图书馆的回收桶。
- 欲了解更多关于如何对回收物品进行分类的知识, 您可在每月第二个星期日上午9点至11点半前来义顺第701、805和873座组屋参加活跃环保角落。

SORT YOUR WASTE CORRECTLY



What CAN go into The Recycling Bin?



Drink carton	Shopping bag
Detergent bottle	Drink can
Plastic bottle	Glass bottle
Milk tin	Newspaper/magazine



What CANNOT go into The Recycling Bin?



Food waste	Soft toy/Toy
Polystyrene foam	Shoes
Porcelain	Tissue
Pizza box	Half-filled drink bottle

7 Stops for Hungry Foodies

义顺中七大美食站

When you're passing through Yishun MRT, Northpoint isn't the only place to eat. Check out these seven popular eateries and coffeeshop stalls in Nee Soon Central. They include one of the best Hokkien Mee in Singapore!



美食站 1 : Pak Mandor and Family

地址 : 大牌 645 义顺 61 街

美食亮点: 香兰椰浆饭

Foodie Stop 1: Pak Mandor and Family (Blk 645 Yishun St 61)

Owner, Mdm Misniati Binte Sagio, 60, created the unique pandan flavoured nasi lemak 15 years ago, causing quite a stir in the neighbourhood. Every morning, residents unfailingly queue up for their fragrant green-coloured nasi lemak, together with equally tasty spice-flavoured chicken wings.

美食站 2 : 兴化美食

地址 : 大牌 748 义顺 72 街

美食亮点: 药膳竹筒虾、酥炒香芋、豆皮芥兰

Foodie Stop 2: Heng Hua Restaurant (Blk 748 Yishun St 72)

Next stop — Hakka cuisine located a stone's throw away from Yishun MRT. 55-year-old Zheng Jinlian revealed that he imports fresh ingredients from his hometown in China. Light in taste and nutritious, Hakka cuisine has captured the taste buds of residents since he opened the café 12 years ago. Popular dishes are Herbs-Food Prawns in Bamboo Shoot, stir-fried sliced yam and braised bean curd skin with broccoli.



美食站 3 : 成兴驰名酿豆腐

地址 : 大牌 925 义顺中 1 路

美食亮点: 各种风味的酿豆腐, 特制辣椒酱和甜酱

Foodie Stop 3: Seng Heng Family Restaurant (Blk 925 Yishun Central 1)

Residents flock to Seng Heng for a variety of over 30 Yong Tau Foo items. Stall owner, Kenny Chua, 61, has 48 years of experience in the industry. He said that while the recipe was passed down from his late grandmother, he fine-tuned it to accommodate the palates of younger residents.



美食站 4 : 义顺 925 海南鸡饭
地址 : 大牌 925 义顺中 1 路
美食亮点: 海南鸡饭

**Foodie Stop 4: 925 Yishun Hainanese Chicken Rice
(Blk 925 Yishun Central 1)**

50 year-old, owner Jeffrey Chan, has braved through 30 years in the food business. "I use tender boneless chicken meat, and freshly-made chilli. This helps my chicken rice to appeal to everyone," he shared.



美食站 5 : 大巴窑 (一巷) 天天来炒福建虾面
地址 : 大牌 925 义顺中 1 路
美食亮点: 福建虾面和炒粿条

**Foodie Stop 5: Come Daily Fried Hokkien Prawn Noodle
(from Toa Payoh Lor 1,
now at Blk 925 Yishun Central 1)**

In the same coffeshop is the famous Come Daily Fried Hokkien Prawn Noodle. When they were at Toa Payoh Lor 1, food blog ieatishootipost called them one of the five best Hokkien mee in Singapore. Owner Ng Mei Hua, 54, says the secret to having patrons coming back for more is wok hei, otherwise known as 'breath of a wok'. "How you fry, when you sprinkle the ingredients, are crucial," she reflected. She also serves Char Kway Teow for those who avoid seafood.

美食站 6 : 925 义顺砂煲活田鸡
地址 : 大牌 925 义顺中 1 路
美食亮点: 田鸡粥

**Foodie Stop 6: 925 Fresh Frog Porridge
(Blk 925 Yishun Central 1)**

Just beside the fried hokkien prawn noodle stall is 925 Fresh Frog Porridge. Cindy Ng, 50 has a big heart for the less fortunate. She hired school dropouts so that they will not be led astray. "Frog porridge is a healthy cuisine. It helps digestion and improves blood circulation," she said.



美食站 7 : 928 义顺叻沙
地址 : 大牌 928 义顺中 1 路
美食亮点: 叻沙

**Foodie Stop 7: 928 Yishun Laksa
(Blk 928 Yishun Central 1)**

A long queue was sighted at 928 Yishun Laksa. Mdm Tan Ngiak Siok, 63, let on that before she started out 20 years ago, she invited friends to her house to sample her Laksa. Along the way, she improved her recipe based on their feedback. A Yishun resident herself, she highlighted that being located near Northpoint helps in drawing in the crowd.



People of NSTC

You can always turn to somebody for help at Nee Soon Town Council. Our staff listen to your issues and try their best to solve them. Now meet the people behind the titles.

Follow #PeopleOfNeeSoon on Facebook to read more stories of people around you.



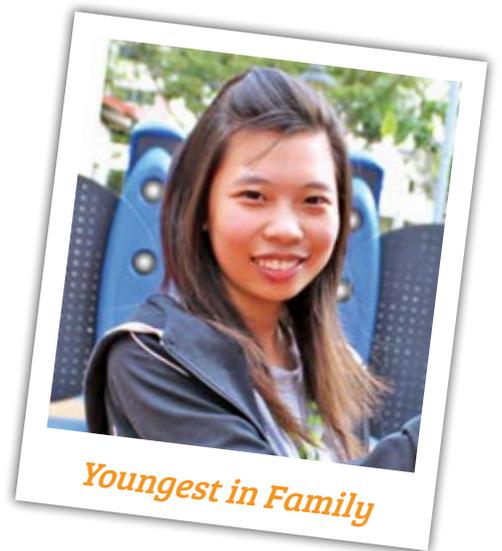
Mother of Three

“I am honoured to have sat beside Louis Ng, our Town Council Chairman during one of his work stints with us to gain first-hand experience. I feel proud to be working for such a dedicated Chairman.”

Katherine Ang
Customer Relations Assistant

“Over the past months, I have learnt new things. The best moment was when I saw that my hard work was transformed into improvement in the estate. Residents appreciated what I have done and greeted me during my patrols.”

Eileen Tay
Property Officer



Youngest in Family



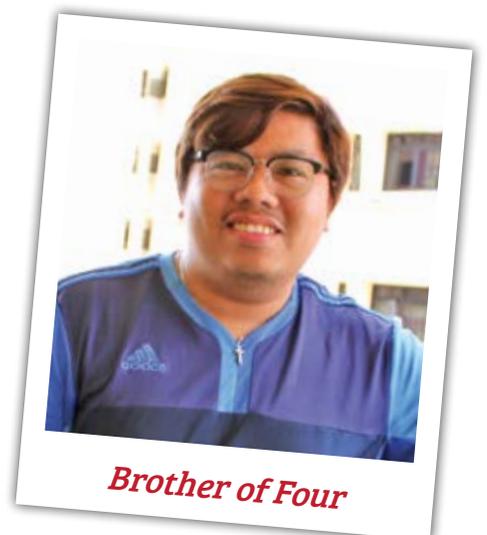
Father of Two

“Residents often share with me their cookings. We even celebrated Lunar New Year together! I like my job very much. I feel happy when I see dirt being washed away.”

Mazibur
Conservancy Worker

“After receiving feedback from residents, I managed to eradicate a mosquito breeding site at Yishun Riverwalk and was thanked for being efficient. I feel a sense of achievement working in NSTC.”

Stanlee Lau
Property Officer



Brother of Four

Nine Emperor Gods Festival

欢庆九皇大帝诞辰



"Devotees and the gods will also make a special tour around Nee Soon to pay mutual respects to the various temples, including the Indian temples who warmly welcome them," the Minister added.

The festival ended with a fiery ceremony at Sembawang Beach on 9 October. Minister Shanmugam and temple volunteers went into the sea, and lit up a large dragon boat, symbolically sending the Nine Emperor Gods off.

在义顺，九皇大帝（又称九皇爷）的诞辰，已经不再只是华族的节日，各个种族的居民都能皆参与其中。

尚穆根部长已连续近30年出席该庆典，他指出：“每一年，举办者都将欢乐散播至每一户人家，包括分发礼品袋、每天供应素食以及为年长居民们准备晚宴和红包。”

今年，3000位来自不同种族的年长居民们都收到了礼品袋，也有超过950人享用了10月8日举办的素食晚宴。

部长也说：“信徒带着神明塑像在义顺区内游行，走访各个寺庙时，连兴都教寺庙也热烈欢迎他们。”

庆典在10月9日于三巴旺海滩结束。尚穆根部长与寺庙信徒们齐齐步入大海，点燃了一艘巨大的龙船推向天际，以象征恭送九皇大帝回銮。

The Nine Emperor Gods Festival, also known as *Kew Ong Yah* or *Jiu Huang Yeh*, is no longer just a Chinese tradition. In Nee Soon, everybody is included in the festivities.

Minister K. Shanmugam has been attending the festival for almost 30 years. He told us, "Every year, the organisers extend the celebrations to everyone – goodie bags are distributed, daily vegetarian meals are offered, and the elderly residents are treated to a dinner and given red packets."

This year, 3,000 goodie bags were distributed to elderly residents from various ethnic groups. More than 950 residents joined the vegetarian dinner held on 8 October.

Lighting Hearts and Homes

லைட்டிங் ஹார்ட்ஸ் அண்டு ஹோம்ஸ்

Some 750 needy and elderly families were cheered by festive packs filled with household essentials and Deepavali goodies on Saturday morning (22 October). 300 volunteers from Lighting Hearts and Homes, a local ground-up initiative, personally packed and delivered these to homes.

Speaking to volunteers gathered at the hardcourt of Blk 330 Yishun Ring Road, Minister K. Shanmugam said, "When we celebrate, it is also a time to remember those who are less well-off." He added that it is equally important to pursue the right values in life and having young people, especially children, getting involved will help them understand the value of giving.

Nee Soon GRC MPs and grassroots organisations also organised other donation drives and Deepavali celebrations, to bring the Festival of Lights to every household.

சனிக்கிழமை அன்று காலையில் (22 அக்டோபர்) வழங்கப்பட்ட குடும்பத்திற்குத் தேவையான பொருட்கள் மற்றும் தீபாவளிப் பரிசுப்பொருட்கள் நிரம்பிய விழாக்காலப் பொதிகளால் ஏழ்மையில் வாடுகின்ற 750 முதியோர் குடும்பங்கள் மகிழ்ச்சியில் திளைத்தனர். ஒரு உள்ளூர் அடித்தளத் தொடக்க முயற்சியான லைட்டிங் ஹார்ட்ஸ் அண்டு ஹோம்ஸ் என்ற திட்டத்தில் இருக்கின்ற 300 தொண்டுறியர்கள், இவற்றைத் தனிப்பட்ட முறையில் பொதியிட்டு, ஒவ்வொரு வீட்டிற்கும் நேரில் சென்று விநியோகித்தனர்.



அமைச்சர் கே. சண்முகம் அவர்கள் புளோக் 330 யீஷூன் ரிங் ரோடின் ஹார்ட்கோர்ட்டில் திரண்டிருந்த தொண்டுறியர்களிடம் பேசுகையில், "நாம் கொண்டாடும் போது, வசதியில்லாதவர்களைப் பற்றியும் நாம் நினைத்துப் பார்க்க வேண்டிய நேரம் இது" என்று கூறினார். வாழ்வில் சரியான மதிப்புகளை தேடுவதும் இதற்கு இணையாக முக்கியமானது, குறிப்பாக, குழந்தைகளை இதில் ஈடுபடுத்துவது அவர்கள் மற்றவர்களுக்கு உதவுவதன் மதிப்பைப் புரிந்துகொள்ள உதவும் என்றும் கூறினார்.

ஒவ்வொரு வீட்டிற்கும் தீப ஒளித் திருநாளைக் கொண்டு சேர்ப்பதற்கு, நீ சூன் குழுத்தொகுதி நாடாளுமன்ற உறுப்பினர்களும் அடித்தள அமைப்புகளும் கூட பிற நன்கொடை வழங்கும் நிகழ்ச்சிகள் மற்றும் தீபாவளிக் கொண்டாட்டங்களுக்கு ஏற்பாடு செய்தனர்.



NSS Countdown 2016

No need to sign-up, just walk-in that day to join us.



LOCATION:

Hard-courts opposite Khatib MRT (beside Block 838, Yishun Street 81)

JOINING US:

Er. Dr. Lee Bee Wah, Adviser to Nee Soon GRC Grassroots Organisations

HIGHLIGHTS OF EVENT:

Performances by popular artistes, such as Tosh Zhang and Wang Wei Liang (Ah Boys to Men), Kelly Poon (Project Superstar), MiCappella (Singaporean Cappella Group), hosts from 88.3 JiaFM Charlene (吴诗涵) and Power 98FM Jeremy Ratnam, Didicazli (Malay singer), Shabir (Vasantham) and others. There will be booths set up to engage and entertain our residents.



Contact person/organisation for more information
– Mr John Goh, Nee Soon South CC at 6753 3121

Nee Soon South Residents Clean Up after their Pets

Nee Soon South encourages residents to clean up after their pets. They have installed 34 plastic bag stations at parks, so dog walkers who have forgotten to bring a bag can also bag up their dog's poo. Recently, they went further to combat the problem of dog pee too.

On 9 October, MP Er. Dr. Lee Bee Wah launched a public education campaign about dog pee. She reminded pet owners that they should clean up their dogs' pee in public areas, otherwise the smell of urine will attract other dogs to urinate there too. She reminded pet owners to carry not just a plastic bag, but also a bottle of water and newspapers when they walk their pets. This way, they can clean up the pee and wash it away with water.



She added that posters will be put up in all lifts in Nee Soon South to raise the awareness of pet owners.

CHONG PANG



Mr. K. Shanmugam
Minister for Home Affairs and
Minister for Law
MP for Nee Soon GRC
Adviser to Nee Soon Town Council

Meet-the-People Sessions

Every Tuesday at 7.30pm
(except public holidays & eves of public holidays)
at Block 107 Yishun Ring Road #01-207 Singapore 760107
Tel: 6758 3039
Email: k_shanmugam@mlaw.gov.sg
Facebook: K Shanmugam Sc
Youtube: K Shanmugam

NEE SOON CENTRAL



Assoc. Prof. Muhammad Faishal Ibrahim
Parliamentary Secretary,
Ministry of Education and Ministry
of Social and Family Development
MP for Nee Soon GRC
Adviser to Nee Soon Town Council

Meet-the-People Sessions

Every Monday at 7.00pm
(except public holidays & eves of public holidays)
at Block 609 Yishun St 61 #01-235 Singapore 760609
Tel: 6752 2532
Email: muhammad_faishal_ibrahim@msf.gov.sg
Facebook: muhammad.faishal.ibrahim1

NEE SOON EAST



Mr Louis Ng Kok Kwang
MP for Nee Soon GRC
Chairman, Nee Soon Town Council

Meet-the-People Sessions

First four Mondays of the month, 7.30pm to 9pm
(Except the eves of/and a public holiday).
at Block 227 Yishun St 21, #01-520 Singapore 760227
Tel: 6755 1946
Email: louisng4nse@gmail.com
Facebook: louisngkokkwang

NEE SOON SOUTH



Er. Dr. Lee Bee Wah
MP for Nee Soon GRC
Vice-Chairperson,
Nee Soon Town Council

Meet-the-People Sessions

Every Monday at 7.00pm
(except public holidays & eves of public holidays)
at Block 850 Yishun St 81 #01-94 Singapore 760850
Tel: 6759 3413
Email: mp4nss@gmail.com
Facebook: leebewahpage

KEBUN BARU



Mr Kwek Hian Chuan Henry
MP for Nee Soon GRC
Vice-Chairperson,
Nee Soon Town Council

Meet-the-People Sessions

Every Tuesday at 7.30pm
(except public holidays & eves of public holidays)
at Block 109 Ang Mo Kio Ave 4, #01-14 Singapore 560109
Tel: 6454 8792
Email: HenryforKebunbaru@gmail.com
Facebook: Henrykwek

LOCATE US

Yishun
Blk 290 Yishun St 22
S(760290)

Nee Soon Central
Blk 751 Yishun St 72,
#01-186, S(760751)

Nee Soon South
Blk 845 Yishun St 81,
#02-00, S(760845)

Kebun Baru
Blk 161 Ang Mo Kio Ave 4,
#01-500, S(560161)



Tel:
6758 0129
Email:
feedback@nstc.org.sg
Facebook:
Nee Soon Town Council
SMS/MMS:
9110 9877



Essential Maintenance Service
(EMSU)
after office hours:
1800 275 5555
1800 241 7711 (Kebun Baru)



EDUCATOR WHO FOCUSES ON VALUES



Educator Anna Chan, 59, sees a gap in how Singapore is educating its children. She sees many children and youths who know a lot of facts, but don't display good values.

"Many of them are caught up in the virtual world, oblivious of what is happening around them. I see teenagers leaving behind unfinished burgers and fries. I also see domestic helpers carrying school bags for able-bodied kids," she said with a hint of exasperation.

Anna didn't just see the gap, but is working to fill it. Together with like-minded volunteers, she started The Fun Factory in January this year. This is a programme that aims to inculcate good moral values through games and activities. Its volunteers include polytechnic students and working adults, each with aptitude in areas such as art and craft, computer skills, reading and psychology.

This programme is held every Saturday at Blk 216 Yishun St 21. It's open to children between ages seven to ten. So far, 35 families are involved. "I want these kids to really internalise what we teach them. This also mean that we have to keep the class small." Anna explained.

Ms Anna Chan also brings her big heart and wealth of experience to Nee Soon Town Council's Projects and Development Committee. This committee ensures our town improvement projects are progressing well and provide maximum value for money to residents.

Skeptical parents won over

Anna told us a few heartwarming examples of positive change in the kids there. There was a boy who didn't like sharing, and said it was because he was an only child. Anna paired him up with a companion and encouraged them to help each other in completing certain tasks. He has since become much more willing to share.

A brother-and-sister pair used to keep to themselves, refusing to mingle with their peers. After three weeks of "self-imposed isolation", they started to open up when they saw how the others were enjoying themselves. They even exchanged contact numbers and email addresses with the other kids!

"There was another boy who used to just kick his water bottle away when he dropped it. When confronted, he said his domestic helper will pick up after him," Anna said. One day, Anna brought him to a corner, and gently reminded him that he cannot, and should not, depend on the helper to do everything.

"In the beginning, many parents were skeptical about our programme. However, when they experienced for themselves how their kids become more courteous, sociable, considerate and helpful after the classes, they start feeling like they have made the correct decision."



德育至上的教育工作者



教育工作者Anna Chan (59岁)认为新加坡的教育制度仍然存在不足之处。她发现很多年轻人知识很丰富，却没有正确的价值观。

她懊恼地说：“很多年轻人沉迷于虚拟世界，对周遭发生的事情漠不关心。我曾经目睹他们对没吃完的食物视若无睹，以及女佣帮四肢健全的孩童们背书包。”

Anna不只是动嘴批评而已，她正在积极动手改善情况。今年一月，她与几位志同道合的义工创立了欢乐工厂(The Fun Factory)，旨在通过游戏与活动灌输正确的道德价值观。这些义工各有所长，其中包括美术与手工、电脑、阅读、心理学等多方面领域。

该项目每周六都会在义顺21街第216座组屋举行，开放给年龄介于7至10岁之间的儿童参与，迄今已吸引了35个家庭的报名。Anna表示：“我们坚持小班教学，希望这些孩童可以真正消化我们所教的内容。”

同时，Anna Chan女士也是义顺市镇理事会的项目与发展委员会成员。该委员会将确保我们的市镇改善计划进度良好，并为居民们提供最“物有所值”的项目。

成功消除家长的疑心

Anna讲述了一些小孩改掉坏习惯的例子。她说，曾经有一名男孩说他是家中的独生子，所以不习惯分享。Anna指定他和另一名小朋友配成伙伴，鼓励他们一起完成某些任务。从此，男孩变得更乐于与他人分享。

另有一对兄妹也一度表现孤僻，不愿与其他小朋友交流。三周的“自我隔离”之后，他们看到其他人玩得多么开心，于是也逐渐敞开心怀，甚至与其他孩童交换联络号码和电邮地址！

Anna透露：“还有一名男孩习惯在水瓶掉落时，将它随意踢开。我问他为什么这么做，他说习惯有女佣帮他捡起来。”Anna因此劝他，不该凡事依赖女佣。

“一开始，很多家长怀疑，送孩子来会有什么用。然而，当他们看到孩子变得更有礼貌、更友善、更乐于助人时，就逐渐改观了。”

