

Nee Soon Link

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Food in Nee Soon East

Did you know these wallet-friendly places exist? Read on to find out where your next hangout could be!

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15 Great Things About Nee Soon

We live in a heartwarming community. Discover how residents care and share resources with one another.

Pg 10-11



My Home Maintenance Checklist

Do not take safety and comfort of your home for granted. Go through the list to ensure everything is in working condition!

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DEMENTIA-FRIENDLY SINGAPORE

1 in every 10 persons aged 60 years and above has dementia

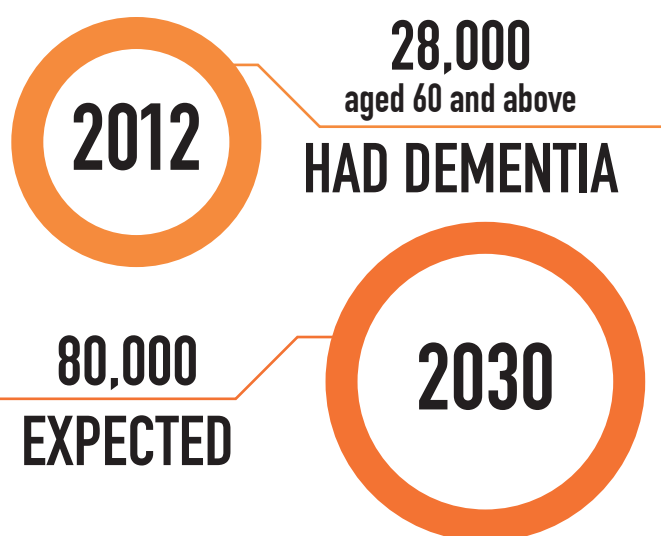


It can affect adults of any age but is more common in those who are above 60 years old.

Together, We Can Build a Dementia-Friendly Community

Do you know of any person living with dementia?

Singapore has one of the fastest ageing populations in the world. In 2012, about 28,000 people in Singapore aged 60 and older had dementia. By 2030, the number is expected to soar to 80,000.



Dementia is a condition that affects the brain resulting in:

- Memory loss
- Difficulties with communication
- Declining ability to recognise familiar faces and objects
- Declining ability to plan and perform tasks

Imagine if one day, your loved one were to have dementia – would you like him/her to continue enjoying their usual routine such as going to the coffeshop or meeting their friends? For them to live among neighbours who understand dementia and know how to communicate with them, support of the community is required.

Dementia-Friendly Community in Nee Soon

The Lien Foundation, together with Khoo Teck Puat Hospital and the Agency for Integrated Care, have been reaching out to the community to raise awareness of dementia in Nee Soon. Nee Soon GRC has taken steps to make our community dementia-friendly. For example, Adviser Er. Dr. Lee Bee Wah is taking the lead to invite her residents to learn about dementia and keep a lookout for seniors who may need help.



What has been done in Nee Soon?

- Creating awareness of dementia through roadshows, getai shows and talks
- Training of staff from businesses such as McDonald's, retailers at Northpoint shopping centre, as well as students
- Setting up Dementia-Friendly Go-To Points providing resources and support, and working with partners to support seniors with dementia and their caregivers in the community e.g. Community Centres, Nee Soon Town Council, HDB, the police, CRSS Yishun, Flora Spring SAC Clarity Singapore, Sree Narayana Mission, St Luke's Eldercare Centres, Thye Hua Kwan, etc.



Forget US NOT 勿忘我
Building a Dementia Friendly Community

Raising awareness through getai shows



Start by knowing your **ABCD** and be **KIND**

You may start by learning more about dementia and how to communicate with them. If you come across any senior who may appear to have the ABCD signs and symptoms of dementia, you can practise the following KIND approach to support them. You can play a part to support our residents with dementia and their families.



Keep a lookout for people who show the ABCD signs and symptoms of dementia



Interact with patience

- Be patient and ask "Can I help?"
- Talk and communicate slowly



Notice their needs and offer help

- Ask for Next-of-Kin's whereabouts or contact number
- Look for identification sticker with Next-of-Kin's details e.g. EZ-Link Card



Dial for help

- Call the Next-of-Kin
- Bring the person to the nearest Go-To Point (GTP), that will assist a lost person with dementia (for the list of GTPs, visit <http://tiny.cc/dementiafriendly>)
- In the event of emergency, please call the police at 999 as the last resort

Learning more about Dementia

ABCD Signs and Symptoms of Dementia

If someone appears to be lost or seems anxious, there might be a chance that he/she has dementia. Here are the ABCD signs and symptoms of dementia.



Activities

Unable to do daily activities or tasks such as wearing clothes and may look unkempt



Behavioural changes

Social withdrawal, loss of initiative, losing interest in activities, changes in mood and personality



Cognitive decline

Unable to make decisions and perform calculations. Falls easily and is forgetful



Disorientation

Finds difficulty in distinguishing time, place and space

To find out more, you may visit www.forgetusnot.sg and www.dementiafriendly.sg.

If your family member has dementia and you are worried about them getting lost, you can share their details with Agency for Integrated Care at careinmind@aic.sg

Join them in taking the lead!

Neighbours helping neighbours

An elderly woman was found looking lost under a void deck in Yishun and the police was alerted. The police shared her contacts with partners and GRLs within the police-community partners' network, hoping that someone knows the elderly woman. Through a grassroots leader's extensive contacts in the community, the elderly woman's next-of-kin was identified and she was able to get home safely.

Volunteering makes my life meaningful

Bob shared, "I started volunteering at KTPH's dementia ward after my retirement.

Since then I have learnt so much from interacting with persons living with dementia. Presently, I serve as an interpreter and exercise assistant for them. Helping them feel more understood, comforted, and trusting of others is immensely fulfilling."

Caregivers supported by the community

Mdm J, a caregiver, takes care of her husband with dementia, and was stressed by her husband's condition. The community outreach team from Thye Hua Kwan Chong Pang Social Service Hub reached out to Mdm J, provided emotional support and linked her husband to other community services so that she can continue her job.

新加坡是全球人口老龄化速度较快的国家之一。2012年，大概有2万8000名年龄60岁以上的老人患上失智症。到了2030年，人数估计会增加到8万。

试想，当您的亲人患上失智症时，您是否希望他们依然能如常生活，自己步行到咖啡店喝咖啡或跟好友见面？如要做到这点，邻居和社区必须同心协力，了解失智症和如何跟这群失智症人士更好地沟通。您要如何帮忙他们呢？



细心观察

- 留意周边是否有失智症人士



关心慰问

- 有耐心地问候：“请问您需要帮助吗？”
- 交谈时放慢说话的速度



留意需求，爱心协助

- 问他是否知道家属的地址或联络号码
- 看他是否携带任何能帮助联络家属的证件，例如贴在易通卡上的贴纸



热心拨电

- 替他拨电话联络家属
- 将迷路的失智症人士送到附近的社区友善站帮助失智症人士回家
- 若情况紧急，可拨电 9 9 9 联络警方

查询附近的社区友善站：
<http://tiny.cc/dementiafriendly>

认识失智症



日常生活

无法自己进行穿衣或梳理等日常活动。



行为改变

心情或个性出现变化，变得消极孤僻，没兴趣参加活动。



认知退化

无法进行简单的计算和做决定。容易跌倒，记忆力衰退。



定向障碍

无法辨别时间、地点和空间，容易迷路。

உலகத்திலேயே மிகவும் வேகமாக வயதாகி வரும் மக்களைக் கொண்ட நாடாக சிங்கப்பூர் உள்ளது. சிங்கப்பூரில் 2012- ஆம் ஆண்டு 60 வயது மற்றும் அதற்கு மேற்பட்ட வயதுடைய சுமார் 28,000 நபர்களுக்கு டிமென்ஷியா எனப்படும் முதுமை மறதி நோய் காணப்பட்டது. 2030 ஆம் ஆண்டில் இந்த எண்ணிக்கை 80,000 ஆக உயரக்கூடும் என எதிர்பார்க்கப்படுகிறது.

ஒரு நாள் உங்கள் அன்புக்குரியவர்களுக்கு முதுமைமறதி நோய் ஏற்படுவதாக கற்பனை செய்து பார்க்கும்பட்சத்தில், கா.பி ஷாப்புக்குச்



விழிப்பாக இருங்கள்
மூளைத்தளர்ச்சி அறிகுறிகளுடன் தென்படும் முதியவர்களை அடையாளம் கண்டு கொள்ளுங்கள்



பொறுமை காத்துப் பேசுங்கள்
• “நான் உங்களுக்கு உதவி செய்யலாமா?” எனப் பொறுமையுடன் கேளுங்கள்
• அவர்களிடம் பேசி மெதுவாகக் கருத்துப் பரிமாறுங்கள்




முதியவரின் தேவைகளை அறிந்து, உதவி செய்ய முற்படுங்கள்
• உறவினர்களின் இருப்பிடத்தையோ தொடர்பு எண்ணையோ கேளுங்கள்
• உறவினரின் விவரங்கள் கொண்ட அடையாள ஒட்டுவில்லையைப் பார்த்து வைத்துக்கொள்ளுங்கள்.
உதாரணத்திற்கு. ஈசி-லிங்க் பயண அட்டை




உதவிக்கு தொலைபேசி அழைப்பு விடுங்கள்
• உறவினரை அழைக்கவும்
• அவசர நிலை ஏற்படுமாயின், 999 என்னும் எண்ணில் காவல் துறையினருடன் தொடர்பு கொள்ளவும்

Singapura mempunyai jumlah penduduk lanjut usia yang paling cepat pertumbuhannya di dunia. Pada tahun 2012, terdapat kira kira 28,000 penduduk lanjut usia berumur 60 tahun ke atas yang menghidap penyakit demensia. Menjelang tahun 2030, jumlah ini dijangka meningkat ke 80,000 orang.


Bayangkan seandainya satu hari nanti orang yang anda sayangi pula menghidap penyakit demensia. Apakah anda ingin mereka



SENTIASA MENGAWASI
Awasi warga tua yang menunjukkan tanda-tanda dan gejala-gejala demensia menerusi ABCD



BERINTERAKSI DENGAN KESABARAN
• Bersabar dan bertanya “Boleh saya bantu?”
• Bertutur secara perlahan



PERHATIKAN KEPERLUAN WARGA TUA DAN HULURKAN BANTUAN
• Tanya “Di manakah ahli keluarga anda?” atau nombor telefon mereka
• Cari pelekat pengenalan yang mengandungi butiran ahli keluarga mereka, contohnya Kad EZ-Link



HUBUNGI BANTUAN
• Hubungi ahli keluarga mereka
• Jika berlaku kecemasan, hubungi polis di talian 999

செல்லுதல் அல்லது அவர்களுடைய நண்பர்களைச் சந்தித்தல் போன்ற வழக்கமான செயல்களை அவர்கள் தொடர்ந்து செய்ய வேண்டும் என நீங்கள் விரும்புகிறீர்களா? முதுமை மறதி நோய் குறித்து புரிந்து கொண்டு முதுமை மறதி நோய் கொண்டவர்களுடன் எப்படி தகவல் தொடர்பு கொள்ள வேண்டும் என்பதை அறிந்துகொண்ட அக்கம்பக்கத்தினருடன் அவர்கள் தங்கள் வீட்டில் வாழ்வதற்கு சமூகத்தின் ஆதரவு தேவைப்படுகிறது. இதற்கு உங்களால் எப்படி உதவி செய்ய முடியும்?

முதுமை மறதி நோய் (டிமென்ஷியா) குறித்து மேலும் அதிகமாக அறிந்து கொள்ளுதல்



நடவடிக்கைகள்
உடை அணிதல் போன்று, தனி நபர்கள் சுயமாகச் செய்துகொள்ளக் கூடிய அன்றாட நடவடிக்கைகளைக் கூடச் செய்ய இயலாமல் அசுத்தமாகக் காட்சியளித்தல்



பழக்கவழக்கங்களில் மாற்றங்கள்
மற்றவர்களிடமிருந்து விலகி இருத்தல், தன் முனைப்பின்மை, நடவடிக்கைகளில் ஆர்வமிழப்பு, மனோநிலையிலும் சுபாவத்திலும் மாற்றங்கள்



அறிவாற்றல் இழப்பு
முடிவெடுத்தல், தீர்மானித்தல் போன்றவற்றைச் செய்ய இயலாது. எளிதில் தடுமாறி விழுவர். ஞாபக மறதியும் இருக்கும்



சிந்தனை, செயல், முடிவெடுக்கும்
ஆற்றலில் குறைபாடுகள் ஏற்படுதல். நேரம், இடம், வெளி ஆகியவற்றைப் புரிந்துகொள்வதில் சிரமத்தை எதிர்நோக்குதல்

terus menikmati rutin harian seperti ke kedai kopi atau bertemu teman teman mereka? Sokongan masyarakat sangat perlu untuk mereka hidup di sekitaran yang kondusif di mana jiran tetangga boleh memahami pesakit demensia dan berkomunikasi dengan mereka. Bagaimana anda boleh membantu?

Mempelajari Tentang Demensia



KEGIATAN (ACTIVITIES)
Tidak berupaya melakukan kegiatan atau tugas harian seperti memakai pakaian dan kelihatan tidak terurus



PERUBAHAN KEPERIBADIAN (BEHAVIOURAL CHANGES)
Mengasingkan diri, hilang daya usaha, hilang minat dalam sesuatu kegiatan, kemurungan dan perubahan personaliti



KEMEROSOTAN DAYA KOGNITIF (COGNITIVE DECLINE)
Tidak mampu membuat keputusan dan pengiraan. Mudah terjatuh dan pelupa



KEHILANGAN ORIENTASI (DISORIENTATION)
Sukar membezakan masa, tempat dan ruang

MOTHER'S DAY 2017: LOVE THROUGH THE LETTERBOX



The concept of Project Postbox is simple. Residents pick up postcards outside our Nee Soon Town Council offices, write down something for their loved ones, and put them into the postbox provided. We will then send the cards to their loved ones.

This year for Mother's Day, we worked with local schools, to help 4,800 kids express their love to their mothers! Four kids also won prizes for their beautifully written cards. Watch the video on our Facebook page: www.facebook.com/neesoon.tc.



**COME
FATHER'S DAY,**
say thanks to your father through us!
Our Postboxes are located at all the four offices:

Main Office

Blk 290, Yishun Street 22,
Singapore 760290

Nee Soon Central Branch

Blk 751, Yishun Street 72,
#01-186, Singapore 760751

Nee Soon South Branch

Blk 845, Yishun Street 81,
#02-00, Singapore 760845

Kebun Baru Service Centre

Blk 161, Ang Mo Kio Ave 4
#01-500, Singapore 560161

GIRLS RETURN WALLET WITH \$1500



Two girls from Yishun Primary School, Chelsea Oh and Ng Sin Hui, were going home on 2 March when they spotted a wallet on a path. Picking it up, they were surprised to discover \$1,500 and an identity card (IC) inside.

"The first thought that came to our minds was that the wallet owner must be extremely worried," Chelsea recalled.

When they saw the IC photo, the girls realised that the owner was the mother of a schoolmate. As she lives nearby, Chelsea and Sin Hui decided to return the wallet directly to her.

The owner was so relieved and grateful that she treated both girls to a sumptuous McDonald's meal, on top of giving them chocolates. She also posted on the online web portal STOMP about their gracious acts.

This was not the first time Yishun Primary School students had made headlines for doing good deeds. Last year, Ashvin Gunasegaran received the Public Spiritedness Award from the Singapore Civil Defence Force for helping victims of a car accident in Yishun. This incident, and the school's emphasis on moral education, inculcated in the girls that kindness begets kindness.

"Our schools and parents teach us not to keep money that don't belong to us. Doing otherwise will make the rightful owners anxious," Sin Hui explained.

Watch the interview with Chelsea and Sin Hui on our Facebook page: www.facebook.com/neesoon.tc.





CLEANERS' APPRECIATION DAY 2017



A clean environment speaks volumes of the hard work put in daily by Nee Soon Town Council's dedicated cleaners. Picking up litter under the hot sun is tiring, but our cleaners nevertheless do it wholeheartedly. On 6 May, some 280 cleaners were taken on a visit to the Singapore Flyer, as a form of appreciation for their hard work.

The event commenced with Town Council Chairman Louis Ng's speech, where he emphasised the importance of appreciation. "Many of our cleaners leave their homes to come to ours so that we can have a clean environment to live in. This evening is all about saying a BIG thank you to our foreign and local cleaners."

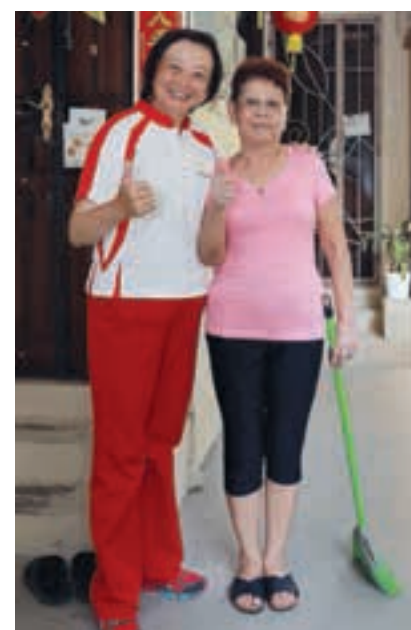


The cleaners were treated to a buffet dinner, caricature portraits of themselves and a photo booth. The emcee kept the energy high, with cleaners and staff dancing to songs. Louis Ng presented roses to all ladies in an early celebration of Mother's Day. The event concluded with a breathtaking view of the Singapore skyline on board their Singapore Flyer ride. When you next see one of our cleaners, why not say 'thank you' to them too?



KEEP NEE SOON CLEAN

The Keep Singapore Clean movement is a national rallying call for Singapore to move from being a 'cleaned city to a truly clean city'. In a concerted effort to inculcate in residents the importance of cleanliness, Nee Soon GRC MPs led residents to pick litter throughout their constituencies.





8 Food Gems in Nee Soon East

Your next favourite foodie haunt could be just a bus ride away.

Nee Soon East is chock full of foodie gems that will keep your tummy satisfied. We bring you our eight best finds from around the neighbourhood. Let our journey begin!



1

Sushi Mentai

18 Yishun Avenue 9,
#01-23, Junction Nine

A household name in Malaysia, Sushi Mentai broke into the local culinary scene two years ago. One of the family members, Evelyn Ho, 38, felt that setting up shop in Yishun is like homecoming, as she used to live here. Their signature mentai sauce brings out flavours of the sea when drizzled over sushi. Be sure to try their salmon mentai dragon maki and chicken cutlet rice with curry sauce!



5

Fu Man Yuan Restaurant

Blk 261 Yishun Street 22

As the name implies, Fu Man Yuan symbolises good fortune. A Yishun resident himself, owner Wang Ming Hua, 43, offers both Sichuan and local Chinese cuisines. Residents like his traditional duck soup which nourishes the body, yet is not too 'heaty'. For chilli lovers, the Chong Qing grilled fish is the perfect combination of spicy fragrance and fresh fish.



2

Sin Heng Kee Porridge

18 Yishun Avenue 9,
#01-33, Junction Nine

If you crave for creamy Cantonese style congee, Sin Heng Kee Porridge is the place to go. Owner Kash Chee, 28, said, "It's not easy to arrive at the standard we attain today. I took one whole solid year to master the art of cooking porridge." His seafood porridge, with generous portions of prawns, Hokkaido scallops, abalone and cuttlefish, is a must-try.



3

Delhi Chilli Mast Tadka

18 Yishun Avenue 9,
#01-13, Junction Nine

Authentic Mughlai and North Indian cuisine is rare in the heartlands of Singapore. Owner of Delhi Chilli Mast Tadka, Rupinder Kohli, 37, stays loyal to traditional cooking methods by using tandoor (Indian clay oven), charcoal and over 70 types of spices. Signature dishes include chilli fish, garlic naan, and Delhi special butter chicken. For a sweet end to your meal, make sure you order their cooling mango lassi.



4

Chef Recipe™ Pte Ltd

Blk 317 Yishun Ave 9

Fine dining in a coffeshop setting – that is how one describes Chef Recipe. It was founded in 2016 by childhood friends Peter Ho and Alex Thoo, who is one of the Head Chefs for World Expo Shanghai 2010. Try the tender and succulent Chef Recipe Kurobuta pork that will melt your heart and taste buds with every bite. Equally memorable are the Chef Recipe salmon and salted egg yolk chicken.



6

Nakhon Kitchen

Blk 233 Yishun Street 21

Owner Benedict Ong, 36, loves the culture of Nakhon Phanom (a northeastern province of Thailand) so much that he named his chain of Thai food restaurants after it. Believing firmly that authentic Thai cuisine should be affordable, he imports most ingredients from Thailand while managing to keep a lid on cost. Among his most popular dishes: green curry chicken, red curry prawn and Phad Thai.



7

Rong Kee Roasted Delights

Blk 256 Yishun Ring Road

A home-grown brand with more than 30 branches islandwide, Rong Kee (a division of Chang Cheng Group) has been providing a great variety of Hong Kong style roasted delights in Singapore. The familiar tastes of crispy roasted pork, sweet and savoury barbecued pork and tangy roasted duck comfort the palates of many residents.



8

Zi Zai Vegetarian

Blk 236 Yishun Ring Road

Owner Lau Chee Ming, 43 has been cooking vegetarian dishes for over twenty years. A vegetarian himself, he believes that vegetarianism is a healthier and more environmentally-friendly option. Therefore, he serves vegetarian food to encourage people to reduce their meat intake, or influence people to be vegetarian. Signature dishes include roti prata, curry fish head, cereal prawn and hotplate brinjal.

15 GREAT THINGS ABOUT NEE SOON

#PEOPLEOFNEESOON #HOMEWITHAHEART @NEESOONCARES

Share this with your friends if they criticise Nee Soon!

You can find it online at <http://bit.ly/2qrbl0B>.

01

PEOPLE WHO RUSHED TO HELP A TAXI DRIVER



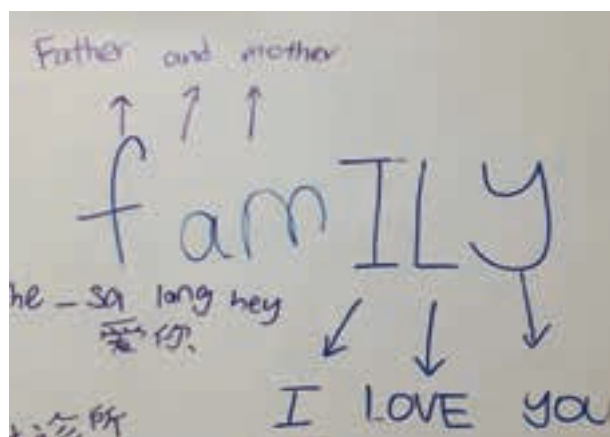
02

12 YEAR-OLD ASHVIN WHO RUSHED TO HELP WHEN HE SAW AN ACCIDENT, EVEN THOUGH HIS FRIENDS TOLD HIM IT WAS TOO DANGEROUS



03

THIS EXPLANATION OF "FAMILY" SEEN IN NEE SOON EAST



04

MEDICS WHO HELPED AN AUNTIE WHO FELL AT YISHUN MRT



We share our home with many NSFs and soldiers from the nearby camps. Sometimes they are pretty awesome. Like these SAF medics who helped an auntie after she fell. They bandaged her wound and stayed with her till the ambulance came.

05

SHARING THE LOVE ACROSS RACES AND RELIGIONS



We have several signature events that involve people from different races and religions.

For example, Minister K. Shanmugam receiving Kew Ong Yah deities in the sea, Hijrah Night Leisure Cycling in Nee Soon South and Sree Maha Mariamman's Silver Chariot procession that visit different religious sites in Nee Soon.

06

MALAY MP WHO CAN SING BETTER HOKKIEN SONGS THAN YOU



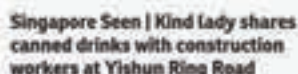
No we didn't forget Assoc. Prof. Muhammad Faishal Ibrahim. Did you know he can sing popular Hokkien songs 爱拼才会赢 and 我问天 in full?

07

KEBUN BARU RESIDENT SARAH, WHO HAS USED HER BAO BUSINESS TO SHELTER ABOUT 60 SINGLE MOTHERS AND CHILDREN, AND EMPLOY HUNDREDS MORE



THIS LADY WHO GAVE DRINKS TO CONSTRUCTION WORKERS



It was a surprise when the author of the book, a former member of the Communist Party, was found to be a member of the Communist Party. The author, a former member of the Communist Party, was found to be a member of the Communist Party. The author, a former member of the Communist Party, was found to be a member of the Communist Party.

AND FOREIGN WORKERS SHOW SOME LOVE BACK TOO!

This contractor
built a shoe rack
for a family who
gave him food and
drinks.

#MadTalent



MYSTERY SOLVED

After relentlessly trying to find where our mysterious shoe rack came from, I am honored to introduce to a Mr Raj Kumar, being one of the contractors who worked on our building project. Apparently chickadees and I had given food and drinks to him and his friends previously when they were working and he really wanted to give us a gift for our home.

So he took measurements, and put together a simple but awesome shoe rack out of recycled wood. When I invited him up earlier today and tried to give him a small token for his troubles, he flatly refused and said the gift was from him and his friends.

What else can I say except thank you Raj Kumar and thank you for teaching us the lesson of giving...

Totally totally humbled.

**OUR TOWN
COUNCIL
WORKERS WHO
WENT ABOVE AND
BEYOND THEIR
JOB SCOPE TO
HELP A FAMILY
CLEAN UP AFTER
A FIRE**



AND TO HELP AN ELDERLY AUNTIE CHANGE HER LIGHT BULB



65-year-old Mdm Loh told Shin Min Daily News that she lives alone. Just before Chinese New Year, two of her light bulbs broke. She did not dare to climb up to change them, so she asked the Residents' Committee and Town Council for help.

Even though the Town Council is only in charge of common areas, Town Council workers helped her change her light bulbs on Chinese New Year's Eve.

**PEOPLE
WHO SHARE
THEIR BOOKS
WITH THEIR
NEIGHBOURS**



We have been swamped with book donations since we started our Share-a-Book shelf outside our main office at Blk 290. Remember, you can now pick up or donate books 24/7!

JANET, WHO'S BEEN FEEDING STRAY CATS FOR YEARS



We are working with her and other cat lovers to promote responsible feeding and resolve cat-related issues.

RETIRED NURSE WHO CHECKED ON HER BEDRIDDEN NEIGHBOUR EVERY HOUR AND EVEN CHANGED HIS DIAPERS



NEE SOON SOUTH NEIGHBOURS WHO FOUND ELDERLY WHO FELL DOWN



溫情滿立群

天天上咖啡店 突‘失蹤’2天

居委上门查看 救七旬妇一命

▼居委到居委上門查看，救七旬婦一命。

新佳佳 佳其 報導

www.hknews.com.hk

4540字(約10分鐘)

1999-02-27 09:09:00

www.hknews.com.hk

「居委又嚟咗！七旬婆屋企死咗，佢哋又嚟咗，要同我知『救返』！」前日，家住沙田某邨的陳太，得知居委上門，才趕上廁所解手，慌下慌下。

這起事件發生在上午十時許，地點是沙田某邨某座某層某單位的一間客廳。陳太，年約七十，姓陳，姓陳太(譯音)，姓陳太(譯音)。

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「佢哋又嚟咗！七旬婆屋企死咗，佢哋又嚟咗，要同我知『救返』！」前日，家住沙田某邨的陳太，得知居委上門，才趕上廁所解手，慌下慌下。

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居委多年 咖啡店坐一整天

陳太稱，居委上門，佢哋又嚟咗，要同我知『救返』！」前日，家住沙田某邨的陳太，得知居委上門，才趕上廁所解手，慌下慌下。

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李美花：守望相助

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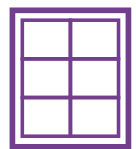
「佢哋又嚟咗！七旬婆屋企死咗，佢哋又嚟咗，要同我知『救返』！」前日，家住沙田某邨的陳太，得知居委上門，才趕上廁所解手，慌下慌下。

▲李美花是沙田某邨某座某層某單位的一間客廳。陳太，年約七十，姓陳，姓陳太(譯音)，姓陳太(譯音)。



My Home Maintenance Checklist

A little check a day can save you tons of money and woes when it comes to maintaining your home. Go through the handy checklist below to sift out potential hazards. If you find some issues, use HDB's list of Registered Renovation Contractors to find a reliable contractor to fix it.



Windows



Broken windows can endanger the lives of others. Checking their condition is a must every six months. To help you remember, BCA recommends you check them on 6th June (6/6) and 12th December (12/12) every year.

FOR CASEMENT WINDOWS

- ◆ Cracked window panes
- ◆ Loose or rusty screws and fasteners
- ◆ Joints that need to be oiled
- ◆ Get a contractor to change all rivets from aluminium to stainless steel

FOR SLIDING WINDOWS

- ◆ Cracked window panes
- ◆ Safety stoppers and angle strips that are out of place
- ◆ Tracks that are dirty or blocked up

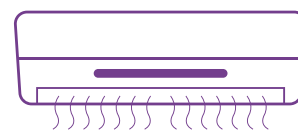
窗户掉落危及公众安全。每6个月做个窗户检查是必须的。为了记忆方便，建设局推荐您每年6月6日和12月12日检查窗户。

平开窗

- 玻璃窗破损
- 松动或生锈的螺丝和紧固件
- 在铰位加添适量润滑剂
- 聘用装修商把铝铆钉换成不锈钢铆钉

滑动窗

- 玻璃窗破损
- 不对称的安全挡板和角钢
- 肮脏或堵塞的轨道



Air Conditioner

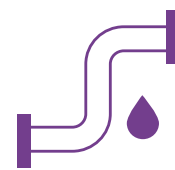


Another source of potential hazard to public safety is air conditioners. Regular checks not only extend their lifespan, but also protects the lives of our neighbours.

- ◆ Loose or rusty bolts
- ◆ Leaking pipes

另一个公共安全隐患是冷气机。常常检查不但能延长寿命，也确保邻居的安全。

- 松脱或生锈的螺栓
- 漏水的水管



Pipes



Ultimately our daily intake of clean water depends on how well we maintain our pipes. Leakage causes distress to those living in the flats, and neighbours as well.

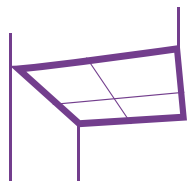
- ◆ Vibrating sound indicative of choked pipes
- ◆ Leaking of pipe joints

保养我们的水管确保我们每天有清洁的食水。一旦水管漏水，会造成您和邻居的不便。

- 堵塞的水管所发出的震动声响
- 管接头漏水

组屋维修清单

每天拨出一点时间检查居住环境，能替您避免更大的开支和麻烦。请用以下的组屋维修清单，方便您预防潜在的安全隐患。请查阅建屋局认可的装修商名单，寻找可信赖的装修商提供维修服务。



Ceiling

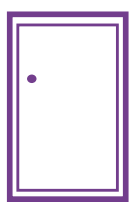
天花板

Spalling concrete is due to natural carbonation of roofs. If you do not look out for it, it might cause concrete to fall from your roof.

- ◆ Ideally, repaint ceiling every 3-5 years using good quality / anti-carbonation paint
- ◆ Fix any cracks and holes immediately
- ◆ Ensure good ventilation in moist areas like bathrooms

混凝土剥落是屋顶碳化造成的。如果没注意，混凝土会从屋顶掉落。

- 最好能每3-5年为天花板上质量好或防碳化的油漆
- 修补破裂的缝和洞
- 确保潮湿的地方如浴室通风



Gate and Door

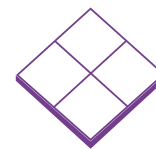
大门和木门

Securing the gate and door will protect our loved ones and property.

- ◆ Loose bolts
- ◆ Accumulated rubbish in the bolt hole
- ◆ Loose screws at hinges

定期检查你的家门没有问题，能够继续保障你家人的安全。

- 松脱的螺栓
- 堵塞螺栓孔的垃圾
- 松动的铰链螺丝



Floor

地板

Flooring is important especially if there are children or elderly in the family.

- ◆ Cracked or dislodged tiles

如果家里有长辈和孩子，地板的安全就要格外注意。

- 破裂或撬开的地砖



Electrical Accessories and Wiring

电器和电缆

Fires may break out due to mishandling of electrical appliances. As much as we enjoy home entertainment and convenience through electrical devices, we should also take safety precautions.

- ◆ Broken cables
- ◆ Loose connection
- ◆ Burnt marks at socket outlet, indicative of overloaded circuit

不正确的使用电器会造成火患。当我们享受家庭电器所带来的娱乐和便利时，千万不可忘记采取防范火患的措施。

- 断裂的电缆
- 松脱的电线连接
- 烧焦的插座，显示电路负荷过重










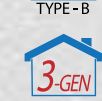

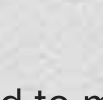
Where does \$10 of your S&CC fees go?



Figures may not add up due to rounding error
*Figures calculated based on operating income of NSTC in FY 15/16



S&CC Rate Changes and Rebates (Nee Soon Town)

Flat Type	Rate Increase (Monthly)*	Rate Increase (Yearly)*	Rebates in FY 17/18	Flat Type	Rate Increase (Monthly)*	Rate Increase (Yearly)*	Rebates in FY 17/18
 1-ROOM	\$0.50	\$6	\$67.75	 5	\$5	\$60	\$145.5
 2	\$1	\$12	\$97	 5 DBSS	\$6	\$72	\$165
 3	\$1.50	\$18	\$107.25	 EXEC Executive Flat	\$6.5	\$78	\$138.5
 3 DBSS	\$2.00	\$24	\$120.50	 MULTI GEN TYPE - A	\$6	\$72	\$148.5
 4	\$4	\$48	\$143.5	 MULTI GEN TYPE - B	\$6	\$72	\$141
 4 DBSS	\$4.5	\$54	\$161.75	 3-GEN	\$5	\$60	\$110.9

While S&CC have to be increased to meet rising costs, government has given rebates to help Singaporeans cope.
* For Singaporean owners without private property.



NS 50: FROM BOYS TO MEN, FATHERS TO SONS

National service helps build a credible army, which contributes to Singapore's security and international status. In recognition of Singapore's past and present NSmen, Nee Soon GRC MPs Minister K. Shanmugam, Assoc. Prof. Muhammad Faishal Ibrahim, Er. Dr. Lee Bee Wah, Louis Ng and Kwek Hian Chuan Henry led an Appreciation Ceremony on 9 April, held at the hardcourt next to Blk 165 Yishun Ring Road.

"The Government can't thank you enough... from the bottom of our hearts. We cherish you, we value you. Every one of us has done it, we are

all in this together and we say a big thank you to everyone who has supported National Service and has done it," said Minister Shanmugam.

To celebrate the 50th anniversary of national service, NSmen this year are receiving NS50 recognition packages. Each package consists of vouchers valued at \$100. Current and former Operationally Ready NSmen also receive a year's membership at SAFRA or Home TeamNS.

Minister Shanmugam earlier announced that there will be three new HometeamNS Clubhouses

built in the next ten to fifteen years, including one in Khatib.

Yishun resident Dudley Nonis, 59, is glad that the country recognises his contribution towards nation building. He is proud that his son, Julian, 22, who reached his ORD in 2016, matured after going through NS.

Other father-and-son pairs shared their NS journey at the event. Their families beamed with pride at their service to the nation.



NEW PARK IN NEE SOON SOUTH

Nee Soon South now has a new park – Rockridge Park near the new BTOs.

Residents can keep fit there with the fitness stations, stationary bikes, and court for badminton, 3-a-side basketball and sepak takraw. There is also a great playground for kids, and BBQ pits for family fun. Head up to the elevated pavilion for panoramic views of the whole park.

The name "Rockridge Park" was chosen by residents voting on MP Er. Dr. Lee Bee Wah's Facebook page. It refers to the boulders originally at the site, which have been preserved in the park.

Dr Lee reminded residents, "Remember not to smoke in the park, and keep it clean for everyone!"



NEE SOON SOUTH: LITTER-PICKING GOES “VERTICAL”



Cleaning the corridors in front of their flats not only kept them clutter-free, but also improved neighbourly ties, as 20 residents of Blk 802 Yishun Ring Rd discovered on 7 May. This is the first time No Cleaners' Day went “vertical” to include corridor-cleaning.

MP for Nee Soon South, Er. Dr. Lee Bee Wah said, “Besides the traditional litter-picking in public areas, we also wanted to raise awareness of corridor cleanliness. If everyone could help keep their corridors free of litter, we will all have a cleaner environment.”

She added, “In Japan, everyone cleans their own corridors and the pavements in front of their shops. That’s why their environment is always so clean. It’s a good way to improve ties between neighbours too.”

Litter-picking continued at Blk 846 Yishun Street 81. Armed with tongs and brooms, 260 residents scoured the ground for litter. The event ended with residents pledging not to litter and to be ambassadors for a clean, litter-free environment.



BRINGING 24-7 CONVENIENCE TO YOUR DOORSTEP



Craving for snacks past midnight? No more ink to print your school assignments before school? Fret not, as you can buy basic necessities, even print cartridges and detergent powder at reasonable prices from vending machines at the void deck of Blk 232, Yishun Street 21 and Blk 150, Yishun Street 11.

Meet Your NSTC Town Councillors

Ask not what the community can do for you – ask what you can do for the community. This unwavering belief has driven town councillors to benefit the neighbourhood through new programmes. Pooling their expertise together, each has committed time and effort in making Nee Soon a better place for all to live in.

In this issue, they share their passion and fulfillment in volunteerism.



Mr Michael Tan Kok Siong, PBM
Audit Committee
Nee Soon East

“2018 will mark a quarter of a century of my service to the community. That hasn't dampened my enthusiasm though. In fact, I still experience the same amount of rejuvenation each time I volunteer, even after a hard day of work! In the audit committee, we make sure NSTC's operations are above board and do not favour companies or people we know.”



Mr Wilson Wong Leong Jiam, PBM
Projects & Development Committee
Chong Pang

“I reside in Chong Pang and have served the community for 30 years. Being a councillor, it is always my joy that I come “To serve but not to be served.” We are like close brothers and sisters coming together to share information and ideas so that we can get things done in our respective divisions.”



Mr Andrew Lim
Projects and Development Committee
Nee Soon Central

“It is always fulfilling to be a volunteer in the grassroots and more so to serve in NSTC. It gives me the opportunity to see the hard work TC staff put in behind the scenes, constantly renewing and upgrading town infrastructure.”



Ms Anna Chan, PBM
Projects & Development Committee
Nee Soon East

“I am passionate about educating the young, especially inculcating good values. I've started an education project for the underprivileged kids in Nee Soon East. Being a Town Councillor is a natural extension of my service to the community. Here, I represent the views of my fellow residents in the TC's decisions.”



So Simple... and Secure



A few seconds – that is all it takes to pay your Service and Conservancy Charges through the contactless Visa PayWave terminals at Nee Soon Town Council (NSTC). Helen Loh, a resident, suggested on 3 March 2017 that the Visa PayWave facility should be included as a payment option. On the same day, MP for Nee Soon GRC Er. Dr. Lee Bee Wah asked NSTC to explore this possibility. From 23 March onwards, just wave your Visa PayWave-enabled card in front of a secure reader at any NSTC office and be on your way!

LOOK OUT FOR NATIONAL DAY PARADE 3D STICKERS



This National Day, Nee Soon Town Council will introduce three-dimensional sticker art! Take photos that make you look like you're right in the middle of classic Singaporean scenes. **YOUR FRIENDS WILL SURELY GO, "HOW DID YOU TAKE THAT?"** Look out for them in our town centres in July!

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: leebeewahpage

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)



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



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



MODERNISING THE KAMPUNG SPIRIT

Much has been said about the demise of the 'kampung spirit', but volunteers like Christine Koo, 38, a resident of Yishun Greenwalk, have kept it very much alive. Today, Yishun Greenwalk is a vibrant community where residents can often be seen greeting each other or participating in community events – a stark contrast from three years ago when she had first settled in.

She is among a rising breed of active citizens committed to shaping their community in a positive way. Her mission? To restore the kampung spirit.

Evolving Needs: A challenge

Christine explained that it is difficult to build community spirit: "Nowadays we are more self-sufficient. Residents, especially millennials, value privacy. We also have new citizens and permanent residents as our neighbours. Building the kampung spirit under these circumstances can be a challenge."

These days, the 'kampung spirit' bears a new face: helping neighbours when they are not around.

"When I went overseas, my neighbour helped to water my plants. Sometimes I put my neighbour's home address as the place of delivery when I shop online, as I was not available during the day to collect the parcel. We do these for one another. I guess that is our modern take on kampung spirit," she chuckles.

Volunteerism: Towards a Inclusive Community

Christine, who is also the vice-chairman of Yishun Greenwalk's Residents' Committee (RC),

has organised many community outreach programmes, together with other like-minded volunteers. Putting people first has always been her priority. "We want the residents to feel at home, regardless of where they come from," Christine explains. "That is why we invite various ethnic groups when we celebrate festivals such as Lunar New Year, Hari Raya and Deepavali. It is through understanding and accepting each other's cultures that we are able to move forward as a united community."

One such effort is reaching out to seniors living alone, by helping them spring clean during the Lunar New Year. Last August, she tapped into the HDB Friendly Faces, Lively Places Fund to organise a fruit party at the precinct pavilion of Block 318, Yishun Greenwalk. 70 people flocked to her event, bonding over games and feasting on durians and mangosteens.

Children Shining the Way Forward

As a mother of a four-year-old son, she recognises the importance of communal bonding for young children. She explains, "Kids have to learn social skills through interacting with their peers. No matter how hard parents try, we can never communicate totally at our children's levels, as we have passed that stage."

Rather than let her son stay cooped up at home playing games, Christine encourages her son to play with their neighbour's children. She believes that this will help children develop socialisation skills, be less self-centred and more caring. Together with other volunteers, Christine is hope for Yishun – that it may one day truly be a modern kampung.



让甘榜精神 与时俱进



人们常议论纷纷，说甘榜精神已没落。住在Yishun Greenwalk 的38岁义工，邱春慧却致力为甘榜精神注入新动力。如今，Yishun Greenwalk 是个相当活跃的社区。居民不但互相问好，还三五成群参加社区活动。这热闹的场面和她三年前刚搬来时截然不同。

一群热心的义工们正在努力地打造温馨的社区，春慧是其中一份子。重现甘榜互助精神是她的使命。

锐变的需求所构成的挑战

春慧表示目前，要营造社区精神有一定的难度。她说：“人们现在都能自给自足。居民们，尤其是千禧一代，重视隐私。我们的邻居也包括新公民和永久居民。在这种大环境下塑造甘榜互助精神是充满挑战的。”



甘榜精神的新诠释就是尽量帮助不在家的邻居。

她笑说：“我出国时，邻居会帮忙浇水。由于我经常白天不在家，所以网购时，我会把邻居的地址作为送货地点。我们为彼此做的点点滴滴，或许就是摩登化的甘榜精神吧！”

志愿服务、塑造包容性家园

也是Yishun Greenwalk居民委员会副主席的春慧，与有同样使命感的居民，举办了多项外展计划。以人为本是她坚守的原则。她表示，“我们要居民有归属感，不管他来自哪个国家。因此，我们欢迎不同种族的人参加农历新年、开斋节和屠妖节等节庆。唯有了解和接受彼此的文化，我们才可迈入一个更团结的社区。”

为了让独居老人感受邻里的热情，她和义工团在农历新年时帮忙他们大扫除。去年8月，春慧申请建屋发展局的“亲切与活力社区基金”，在大牌318举办了水果联欢会。一共有70个居民踊跃参加，通过游戏和享用榴莲和山竹增进邻里关系。

孩子照耀未来甘榜精神之路

身为4岁男孩的母亲，春慧意识维系邻里关系对儿童的重要性。她解释：“孩子们必须通过同辈的交流中学习社交技能。家



长尽管多努力，也不可能以同辈的身份跟他们交谈，因为我们早已远离这个成长阶段。”

与其让孩子呆在家里玩电动游戏，春慧鼓励他多跟隔邻的小孩玩。她相信这样除了能加强社交技能，也同时培养较关怀别人和减少自私倾向的人格。春慧和她的义工团，象征义顺的希望一有朝一日，义顺能成为一个真正的摩登甘榜。