

The 义顺情缘 Rangkaian Nee Soon நீ துன் இணைப்பு Nee Soon Link

Our Vision: Home With A Heart • **Our Mission:** Building a safe, inclusive, sustainable and vibrant Town

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INNOVATIVE WAYS TO HELP NEE SOON RESIDENTS

新颖点子造福居民 புதுமையான வழிகளில் நீ துன் குடியிருப்பாளர்களுக்கு உதவி



Where to Get Help:

A List of Social Service Organisations in Nee Soon

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Oasis Waterpark Launch

The water park showcases whimsical water play features such as water sprays, shooters, and bird-themed buckets

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Cheap Eats in Chong Pang

Discover Chong Pang's cheap and good food gems!

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Singapore's first constituency-based cancer support and awareness movement Never Alone, launched on 27 January 2019.

Nee Soon is known for its kampung spirit: its grassroots organisations have often helped social service organisations find the resources they need. For example, when nature-focused non-profit organisation Ground-Up Initiative (GUI) was about to lose their operating space in 2014, Nee Soon MP Minister K Shanmugam and his grassroots team stepped in to help.

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义顺因浓厚的甘榜精神而家喻户晓：其基层组织经常帮助福利团体寻找所需的资源。比方说，在2014年当极力推广绿色甘榜精神的非营利组织聚友爱面临失去土地的危险时，义顺议员尚穆根先生与他的基层团队挺身而出，帮它度过难关。

义顺的议员们也一直在寻找和提出符合人们需求的公益模式。其中就包括新加坡首个由社区在今年1月发起的癌症支持与信息网络运动“携手同行”。

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நீ துன் அதன் கம்போங் உணர்வுக்குப் பெயர்பெற்றது: இங்கு சமூகச் சேவை அமைப்புகள் தங்களுக்குத் தேவையான வளங்களைத் திரட்டுவதற்கு அடித்தள அமைப்புகள் அடிக்கடி உதவுகின்றன. எடுத்துக்காட்டாக, இயற்கையை மையப்படுத்தும் “கிரவுண்ட்-ஆப் இனிஷியேட்டிவ்” எனும் லாப நோக்கற்ற அமைப்பு 2014-ல் தாங்கள் செயல்பட்டுவந்த இடத்தை இழக்கவிருந்தபோது, நீ துன் நாடாளுமன்ற உறுப்பினர் திரு கா.சண்முகமும் அவரது அடித்தளக் குழுவினரும் முன்வந்து உதவி செய்தனர்.

நாடாளுமன்ற உறுப்பினர்களும் மக்களின் தேவைகளுக்குப் பொருந்தும் சமூகச் சேவை திட்டங்களைக் கண்டறிந்து பரிந்துரைத்துள்ளனர். இவ்வாண்டு ஜனவரி மாதம் தொடங்கி வைக்கப்பட்ட “நெவர் அலோன்” எனப்படும் சிங்கப்பூரின் முதல் தொகுதி அடிப்படையிலான புற்றுநோய் ஆதரவு இயக்கம் இதற்கு ஒரு சிறந்த எடுத்துக்காட்டு.

தொடர்ச்சி முன்றாம் பக்கத்தில்



GUI's harvesting programme lets you enjoy the fruits of your labour.
Photo by GUI.



Nee Soon GRC MPs Mr Louis Ng, Assoc Prof Muhammad Faishal Ibrahim, Minister Shanmugam, Er. Dr. Lee Bee Wah, and Mr Henry Kwek launching the Never Alone cancer awareness and support movement.

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MPs have also searched for and suggested social service models that fit the people's needs. One such example is Singapore's first constituency-based cancer support movement Never Alone, which was launched in January this year.

"Residents who were battling cancer told us that they would like to access emotional support in the community," said Minister Shanmugam. "So we found volunteers among our residents, many of whom had battled cancer themselves, and trained them to provide such emotional support."

The dialysis centre at Block 840 Yishun Street 81 is another example. It is the first dialysis centre in Singapore that doubles as an education hub, educating residents on kidney disease and healthy living. It would not have been possible without the donations that MP for Nee Soon South Er. Dr. Lee Bee Wah canvassed for.

Minister Shanmugam feels that the critical element leading to the success of these initiatives is the effort put in by community leaders and residents. "Our MPs listen to residents' needs and fight for programmes that will serve them. At the same time, many of our residents are volunteering in such programmes to help fellow residents," he said.

He also revealed that the Nee Soon community is working on new ways to help needy residents, while bringing more vibrancy to our community.



Nee Soon MPs Minister Shanmugam and Er. Dr. Lee Bee Wah visit the dialysis centre at Yishun Street 81.

HOW TO SUPPORT AN INNOVATIVE PROGRAMME

Minister Shanmugam outlines four key factors that he feels are critical to mission success for an innovative programme.

- 1. SPACE:** MPs can play a critical role in supporting social service organisations (SSOs), especially if the latter need help in applying for a space to operate from.
- 2. SUPPORT OF GRASSROOTS ORGANISATIONS AND RESIDENTS:** SSOs in Nee Soon have done well because "the kampung spirit is alive; [residents are] willing to volunteer in these programmes".
- 3. FUNDING:** Supplement public funding, if any, with privately raised funds.
- 4. MPs:** Nee Soon's MPs have worked closely together to support innovative social models and launch their own innovative initiatives.

INNOVATIVE SOCIAL SERVICE MODELS IN ACTION

The Hope Collective – Kebun Baru

The Hope Collective (THC) brings together all the people who are trying to help residents in Kebun Baru, whether they are grassroots organisations, social service organisations, donors, volunteers or the government. When these stakeholders coordinate their efforts, they can better help residents.

Chong Pang Social Service Hub

Established in 2013, it is one of the first senior activity centres in Singapore to also conduct health checks, provide counselling, and assist residents in their application for subsidies.

Wellness Kampung

Elderly residents have much skills and knowledge to give to one another. At the three Wellness Kampung spread across Nee Soon Central, Nee Soon East and Chong Pang, seniors cook healthy soups to share, lead group exercises, and teach English and calligraphy.

Nee Soon South Healthpolis

Nee Soon MP Er. Dr. Lee Bee Wah has brought in a series of healthcare services, which are together known as the "Nee Soon South Healthpolis". From Designated Smoking Points that reduce residents' exposure to secondhand smoke, to Singapore's first volunteer-led aromatherapy and hand massage service, she hopes to help every resident stay active and healthy.

文接第1页

尚穆根部长说：“当时，正在与癌症搏斗的居民告诉我们，他们在情绪上需要来自社区的扶持。于是，我们从居民群中寻找志工，这些志工大多有患癌的经历。我们训练他们为患癌居民提供情绪支持。”

坐落在义顺街81大牌840的洗肾中心是另一个例子。它是新加坡第一所洗肾中心兼教育枢纽，教导居民关于肾病与健康的生活习惯。要不是义顺南议员李美花博士不遗余力帮忙筹款，这样的洗肾营运模式就无法实现。

如何支持富创意的计划

尚穆根部长列出创意社会组织可以在义顺生根的 4 大因素。

- 1. 空间：**议员们扮演者重要的角色，特别在组织申请营运空间时提供支持。
- 2. 基层组织与居民的支持：**“这里有浓厚的甘榜精神；居民都乐意当计划里的志愿者”，让这里的社会组织能够维持活力。
- 3. 充足的资金：**社区从个人、公司和政府筹得资金，帮助社会组织起步。
- 4. 议员：**义顺议员们向来密切合作，支持和创办富有创意的公益模式。

已在运作的创新公益模式

希望工程（哥本峇鲁）

希望工程聚集所有想帮助哥本峇鲁居民的善心人士，包括基层组织、福利组织、捐赠者、志愿者和政府机构。各别团体群策群力，帮助居民的事业就事半功倍。

忠邦社会服务中心

2013年成立，它是新加坡首批乐龄中心之一，提供体检、辅导和帮助居民申请津贴等服务。

综合养生村

年长的居民在此互相帮助，自己主办英文与书法等知识班，并一起煮健康汤品。义顺集选区的综合养生村分布在义顺中、义顺东及忠邦。

义顺南健乐中心

义顺议员李美花博士引进一系列保健服务，总称为“义顺南健乐中心”。从减少居民吸入二手烟的特定吸烟区，至新加坡首个由志愿者发起的香薰与按摩服务，她希望每位居民都能保持身心活跃健康。

முதல் பக்கத்தின் தொடர்ச்சி

“புற்றுநோயுடன் போராடிக்கொண்டிருந்த குடியிருப்பாளர்கள் சமூகத்தில் உணர்வுபூர்வ ஆதரவு பெற விரும்புவதாக எங்களிடம் சொன்னார்கள். எனவே, நமது குடியிருப்பாளர்களில் சிலரைத் தொண்டுழியர்களாகத் தேடிப்பிடித்து, உணர்வுபூர்வ ஆதரவளிக்க அவர்களுக்குப் பயிற்சி அளித்தோம். இந்தத் தொண்டுழியர்களுள் பலர் புற்றுநோயுடன் போராடிய அனுபவம் உள்ளவர்கள்,” என்றார் திரு சண்முகம்.

யீஷூன் ஸ்திரீட் 81-ன் புளோக் 840-ல் அமைந்திருக்கும் இரத்தச் சுத்திகரிப்பு நிலையம் மற்றோர் எடுத்துக்காட்டு. கல்வி மையமாகவும் செயல்படும் சிங்கப்பூரின் முதல் இரத்தச் சுத்திகரிப்பு நிலையம் இது. சிறுநீரக நோய், ஆரோக்கிய வாழ்க்கைமுறை பற்றி இந்நிலையம் குடியிருப்பாளர்களுக்கு அறிவூட்டுகிறது. நீ துன் சவுத் நாடாளுமன்ற உறுப்பினர் டாக்டர் லீ பீ வா திரட்டிய நன்கொடைகளின்றி இந்நிலையம் சாத்தியப்பட்டிருக்காது.

புதுமையான திட்டத்திற்கு ஆதரவளிப்பது எப்படி

புதுமையான திட்டத்தின் வெற்றிக்கு அவசியமெனக் கருதும் நான்கு முக்கிய காரணிகளை விவரிக்கிறார் திரு சண்முகம்.

- 1. இடவசதி:** சமூகச் சேவை அமைப்புகளுக்கு ஆதரவளிப்பதில் நாடாளுமன்ற உறுப்பினர்கள் முக்கிய பங்காற்றமுடியும். குறிப்பாக, அமைப்புகள் செயல்படுவதற்குத் தேவைப்படும் இட வசதிக்காக விண்ணப்பம் செய்ய உதவி தேவைப்படும்போது.
- 2. அடித்தள அமைப்புகள் மற்றும் குடியிருப்பாளர்களின் ஆதரவு:** நீ துனில் “கம்போங் உணர்வு” தழைத்திருப்பதால் இங்குள்ள சமூகச் சேவை அமைப்புகள் சிறப்பாகச் செயல்படுகின்றன; (குடியிருப்பாளர்கள்) இத்திட்டங்களில் தொண்டுழியம் புரிய விரும்பி முன்வருகிறார்கள்”.
- 3. நிதியுதவி:** பொது நிதியுதவியை ஈடுகட்டத் தனிப்பட்ட முறையில் நிதி திரட்டலாம்.
- 4. நாடாளுமன்ற உறுப்பினர்கள்:** நீ துனின் நாடாளுமன்ற உறுப்பினர்கள் அணுக்கமாகச் செயல்பட்டுப் புதுமையான சமூக உதவித் திட்டங்களுக்கு ஆதரவளிப்பதோடு, சொந்தமாகவும் புதுமையான திட்டங்களை அமலாக்குகின்றனர்.

இந்த முனைப்புகளின் வெற்றிக்கான முக்கிய காரணம் சமூகத் தலைவர்கள், குடியிருப்பாளர்கள் ஆகியோரது பங்களிப்பே என்று நினைக்கிறார் திரு சண்முகம். “நமது நாடாளுமன்ற உறுப்பினர்கள் குடியிருப்பாளர்களின் தேவைகளைக் கேட்டறிந்து, அவர்களுக்குப் பயன்படும் திட்டங்களை அமலாக்கப் பெரும்முயற்சி எடுக்கின்றனர். அதே சமயத்தில், நமது குடியிருப்பாளர்களில் பலரும் இவைபோன்ற திட்டங்களில் தொண்டுழியம் புரிந்து சக குடியிருப்பாளர்களுக்கு உதவுகின்றனர்,” என்றார் அவர்.

உதவி தேவைப்படும் குடியிருப்பாளர்களுக்குப் புதிய வழிகளில் உதவி செய்யும் அதே சமயத்தில் சமூகத்தை மேலும் துடிப்பானதாக்கும் வழிமுறைகளை நீ துன் சமூகம் ஆராய்ந்து வருவதாகவும் அவர் தெரிவித்தார்.

பயனளிக்கும் புதுமையான சமூகச் சேவை திட்டங்கள்

த ஹொப் கலெக்டிவ் - கெபுன் பாரு

கெபுன் பாரு குடியிருப்பாளர்களுக்கு உதவ முற்படும் அனைவரையும் ஒன்றுசேர்க்கிறது ‘த ஹொப் கலெக்டிவ்’. அடித்தள அமைப்புகள், சமூகச் சேவை அமைப்புகள், நன்கொடையாளர்கள், தொண்டுழியர்கள், அரசாங்கம் ஆகியன இவற்றுள் அடங்கும். இவர்கள் தங்களது முனைப்புகளை ஒருங்கிணைத்துச் செயல்படும்போது, குடியிருப்பாளர்களுக்கு மேம்பட்ட உதவி கிடைக்கிறது.

சொங் பாங் சமூகச் சேவை மையம் - சொங் பாங்

2013ஆம் ஆண்டில் தொடங்கப்பட்ட இந்த மையம், சுகாதாரப் பரிசோதனைகள் நடத்தி, ஆலோசனை வழங்கி, குடியிருப்பாளர்கள் நிதி உதவிக்கு விண்ணப்பம் செய்யத் துணைபுரியும் சிங்கப்பூரின் முதல் முதியோர் நடவடிக்கை நிலையங்களில் ஒன்றாகத் திகழ்கிறது.

நல்வாழ்வுக் கிராமங்கள்

மூத்த குடியிருப்பாளர்களிடம் ஒருவருக்கொருவர் பகிர்ந்து கொள்ளக்கூடிய திறன்களும் அறிவாற்றலும் உள்ளன. நீ துன் சென்ட்ரல், நீ துன் ஈஸ்ட், சொங் பாங் ஆகிய வட்டாரங்களில் அமைந்துள்ள மூன்று நல்வாழ்வுக் கிராமங்களில், முதியோர் மற்றவர்களுடன் பகிர்ந்துகொள்ளச் ‘துப்’ சமைக்கிறார்கள், குழு உடற்பயிற்சிகளை வழிநடத்துகிறார்கள், ஆங்கிலமும் எழுத்தோவியக் கலையும் கற்றுத் தருகிறார்கள்.

நீ துன் சவுத் ஹெல்த்பொலிஸ்

நீ துன் நாடாளுமன்ற உறுப்பினர் டாக்டர் லீ பீ வா, “நீ துன் சவுத் ஹெல்த்பொலிஸ்” எனக் கூட்டாக அழைக்கப்படும் சுகாதாரப் பராமரிப்புச் சேவைகளை அறிமுகப்படுத்தியிருக்கிறார். குடியிருப்பாளர்கள் சுவாசிக்கும் சிகரெட் புகையைக் குறைப்பதற்கான குறிப்பிடப்பட்ட புகைக்கும் மையங்கள், சிங்கப்பூரில் முதல்முறையாகத் தொண்டுழியர்கள் வழிநடத்தும் நறுமண சிகிச்சை, கை நீவிவிடும் சேவை உள்ளிட்ட சுகாதாரப் பராமரிப்புச் சேவைகளுடன், ஒவ்வொரு குடியிருப்பாளரும் சுறுசுறுப்பாகவும் ஆரோக்கியமாகவும் இருக்க உதவுவது அவரது நோக்கமாகும்.

WHERE TO GET HELP:

A LIST OF SOCIAL SERVICE ORGANISATIONS IN NEE SOON

At some point in our lives, many of us would have needed support from friends, family, and even external parties such as social service organisations in order to meet our social, physical, financial, and psychological needs. Knowing where support centres are located can be useful to those who require convenient or urgent professional help. This is your essential guide to Nee Soon Town's social service organisations.



ESSENTIAL GUIDE TO SOCIAL SERVICES



ElderCare

Senior activity centres, rehabilitation centres, senior group homes, and more, help seniors fend off social isolation, live independently in elderly-friendly environments, and maintain or improve a physically active lifestyle.



Healthcare

Primary healthcare providers, hospitals, and institutions for persons with disabilities offer residents varied and complementary care for their health needs.



Family

The provision of information, referral, social support, counselling services, and more, in order to build strong, nurturing relationships will be helpful to families of all types.



Children & Youth

These institutions typically provide care programmes, shelter, and protection services for children and young persons who come from dysfunctional families or have learning issues.

17 Villa Francis Home for the Aged
91 Yishun Central
S768829

18 All Saints Silver Lifestyle Club @ Yishun Fern Grove
Blk 674 Yishun Ave 4
#01-11 S760674

19 MWS Senior Activity Centre – Kebun Baru
Blk 180 Ang Mo Kio Ave 5
#01-2980 S560180

20 THK Day Rehab Centre @ AMK 257
THK SAC @ AMK 257
THK Seniors Group Home @ AMK 257
Blk 257 Ang Mo Kio Ave 4
#01-67 S560257

9 Clarity Singapore Limited
Blk 854 Yishun Ring Road
#01-3511 S760854

10 Allcare Nursing Services
Blk 358 Yishun Ring Road
#03-1694 S760358

11 MINDS – Ang Mo Kio Training & Development Centre
Blk 134 Ang Mo Kio Ave 3
#01-1677 S560134

1 Yishun Family Service @ Children's Society
Blk 107 Yishun Ring Road
#01-233 S760107

2 Vibrance @ Yishun
Blk 145 Yishun Street 11
#01-41 S760145

3 New Hope Community Services
Blk 148 Yishun Street 11
#01-123 S760148

4 Good Shepherd Centre
236 Yishun Ring Road
S760236

5 Safe Space, PAVE Child Protection Specialist Centre
Blk 305 Yishun Central
#01-175 S760305

6 MWS Family Service Centre – Yishun
Blk 855 Yishun Ring Road
#01-3539 S760855

1 CampusImpact
Blk 151 Yishun Street 11
#01-26 S760151

2 SHINE Children and Youth Services – Yishun Centre
Blk 202 Yishun Street 21
#01-89 S760202

3 Dyslexia Association of Singapore – Yishun Learning Centre
Blk 932 Yishun Central 1
#01-101 S760932

4 IJ Village
503 Ang Mo Kio Street 13
S569406

1 Nam Hong Welfare Service Society
Blk 111 Yishun Ring Road
#01-375 S760111

2 Anglican Care Centre (Yishun)
Blk 707 Yishun Ave 5
#01-36 S760707

3 Singapore Chung Hwa Medical Institution (Yishun Branch)
Blk 215 Yishun Street 21
#01-301 S760215

4 Yishun Polyclinic
2 Yishun Ave 9 S768898

5 Khoo Teck Puat Hospital
90 Yishun Central S768828

6 Yishun Community Hospital
2 Yishun Central 2 S768024

7 MINDS – Yishun Training & Development Centre
Blk 652 Yishun Ave 4
#01-507 S760652

8 The Singapore Buddhist Lodge Chinese Physician Free Clinic (Yishun Branch)
c/o Blk 666 Yishun Ave 4
S760666

1 All Saints Home (Yishun)
551 Yishun Ring Road
S768681

2 St Luke's ElderCare Ltd – Chong Pang Centre
Blk 113 Yishun Ring Road
#01-457 S760113

3 Wellness Kampung @ 115 (Chong Pang)
Blk 115 Yishun Ring Road
#01-495 S760115

4 TOUCH Cluster Support (Yishun)
Blk 108 Yishun Ring Road
#01-287 S760108

5 THK Chong Pang Social Service Hub/THK CREST @ Chong Pang
Blk 131 Yishun Street 11
Chong Pang Social Service Hub
#01-235 S760131

6 TOUCH Senior Activity Centre (Yishun 162)
Blk 162 Yishun Street 11
#01-270 S760162

7 Sree Narayana Mission Senior Care Centre
12 Yishun Ave 5
Sree Narayana Mission Building
S768992

8 Wellness Kampung @ 765 (Nee Soon Central)
Blk 765 Yishun Street 72
#01-366 S760765

9 St Luke's ElderCare Ltd – Nee Soon Central Centre
Blk 766 Yishun Ave 3
#01-295 S760766

10 SASCO @ Khatib (Senior Activity Centre)
Blk 813 Yishun Ring Road
#01-01 S760813

11 GoodLife! @ Yishun
Blk 838 Yishun Street 81
#01-322 S760838

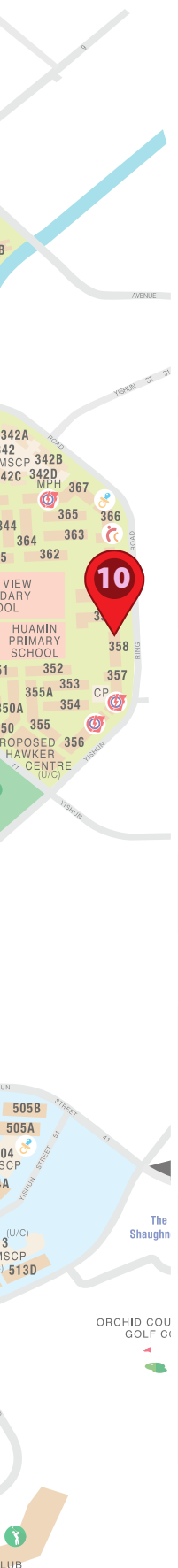
12 St Luke's ElderCare Ltd – Nee Soon East Centre
Blk 260 Yishun Street 22
#01-97 S760260

13 Nee Soon Silver Generation Office
234 Yishun Street 21
#01-418 S760234

14 Pacific Activity Centre – Yishun Greenwalk
Blk 317B Yishun Ave 9
#01-284 S762317

15 All Saints Silver Lifestyle Club @ Yishun Central
2 Yishun Ave 9
#01-02 S768898

16 Salem Day Rehabilitation Centre for The Elderly
Blk 323 Yishun Central
#01-271 S760323





M³ MEMBERI BANTUAN MENYELURUH DI NEE SOON

Penulisan berikut mengenai M³ (M Kuasa Tiga), sebuah program yang mengukuhkan bantuan tahap perkhidmatan terakhir kepada isi rumah Melayu/Islam. Hubungi Cik Sri Astuty Subari melalui Sri_Astuty_SUBARI@pa.gov.sg atau 6482 6156 untuk mengetahui lebih lanjut tentang program ini. Anda juga boleh mengimbas kod QR terletak di kanan untuk daftar sebagai sukarelawan.

This article is about the M³ programme, an initiative to strengthen last-mile outreach to Malay/Muslim households. Contact Sri Astuty Subari at Sri_Astuty_SUBARI@pa.gov.sg, or 6482 6156, to find out more about the programme. To sign up as a volunteer, you can also use the QR code on your right.



Kebangunan awal kanak-kanak menubuh generasi belia yang mahir pelajaran pada masa hadapan

M³ (M Kuasa Tiga) ialah kerjasama antara Yayasan Mendaki, Majlis Ugama Islam Singapura (Muis) dan Majlis Penyelaras Kumpulan Kegiatan Melayu Persatuan Rakyat (PA Mesra). Ia membolehkan masyarakat Melayu/Islam mendapatkan bantuan yang lebih menyeluruh. Bandar Nee Soon adalah satu di antara lapan bandar di mana program M³ telah dijalankan (M³@Nee Soon). Anggota Parlimen GRC Nee Soon Profesor Madya Muhammad Faishal Ibrahim berkongsi tentang manfaat yang akan diraih masyarakat Melayu/Islam melalui program M³, dan juga bagaimana penduduk Nee Soon dapat memanfaatkan sumber-sumber yang ditawarkan oleh program ini.

Apakah tujuan program M³?

Tujuan M³ adalah untuk mengukuhkan bantuan tahap perkhidmatan terakhir kepada keluarga Melayu/Islam, dan juga menyatukan anggota masyarakat untuk menyumbang kembali kepada masyarakat dan generasi yang seterusnya. Ini termasuk karyawan dan juga sesiapa yang ingin menyumbang kemahiran, masa, dan tenaga mereka.

Bagaimana program M³ mencapai matlamat-matlamat tersebut?

M³ bekerjasama dengan agensi pemerintah untuk menyokong institusi perkahwinan yang kukuh, keibubapaan, dan pembangunan awal kanak-kanak; membantu para individu dan keluarga yang memerlukan serta memperkasa dan membimbing belia kita.

Lebih dari 200 asatizah dan 200 karyawan telah tampil untuk menyokong M³ sejak ia dilancarkan tahun lepas. M³@Nee Soon dilancarkan pada Mac lalu.

Bagaimana M³ dapat memanfaatkan para penduduk?

KelasMateMatika@CC yang dimulakan di Nee Soon East (KMM@Nee Soon) pada September 2018 dapat mengukuhkan kemahiran asas matematik untuk kanak-kanak yang berumur 4 hingga 6 tahun. Ia juga dapat menambahkan keyakinan ibu bapa dalam membimbing anak-anak mereka dalam subjek matematik sebagai persediaan untuk Darjah 1. Program selama 10 minggu ini juga dapat membangunkan kreativiti sambil menggalak perhubungan lebih erat dalam keluarga.

Selain daripada itu, Nee Soon juga telah mengadakan latihan Responder Pertama Perkahwinan (MFR) untuk memperkasa anggota masyarakat yang ingin memberikan sokongan kepada pasangan suami isteri. Kami adalah M³@Bandar pertama yang menawarkan latihan ini. MFR diperkenalkan kerana ternyata, orang yang kita kenali sering bertindak sebagai penasihat apabila kita perlukan sokongan tentang perkahwinan. Latihan MFR diadakan secara percuma, dan dapat dilakukan secara online atau melalui bengkel selama sehari.

Apakah nasihat anda kepada masyarakat kita tentang M³?

Keluarga yang kukuh menjadi asas masyarakat Melayu/Islam yang berjaya. Saya berbesar hati melihat sambutan hangat oleh masyarakat kita terhadap inisiatif M³. Seperti contoh, sukarelawan KMM@Nee Soon telah mula mendampingi ibu bapa dan memberikan bimbingan kepada anak-anak mereka.

Dengan pelbagai kemahiran yang ditawarkan oleh anggota jawatankuasa M³@Nee Soon, kami harap lebih banyak program mengenai kesihatan, pendidikan dan undang-undang dapat diadakan.

COOL SPLASHING FUN @ OASIS WATERPARK



Nee Soon East MP Mr Louis Ng (in white shirt) joins some children for fun water play at Oasis Waterpark.

There is a myriad of ways to stay cool in the blistering heat and have fun at the same time, thanks to the Oasis Waterpark which opened to visitors on 8 June 2019. Located beside Block 307 Yishun Central, the water park showcases whimsical water play features such as water sprays, shooters, bird-themed buckets, misty water curtains, a slide, and a fountain. It is also the largest community water park in the North.

Officiating the launch of Oasis Waterpark, Nee Soon East MP Mr Louis Ng said: “We were working on this project for over two years. We are going to make sure Nee Soon East is not just a place you live in but also a place where you can really enjoy quality family time. I hope to reduce screen time and increase more family time [through this water park].”

Open from 9am to 10pm daily, the water park is replete with shower, lavatory, nappy changing, and nursing facilities. Admission is free.

“It’s fun. I think it has something for children from different ages. My three-year-old daughter can play in the shallow pool. The water play helps to develop children [socially and psychologically] as well,” Ms Harvin, 32, commented.

Throughout the event, children participated in games amid encouraging cheers from their family members. Peals of exhilarated laughter reverberated across the

park, as children relished the fun of splashing water at one another using water guns. The geyser-like water jets shooting up from the ground in coloured sprays was also popular among the young ones.

“My three grandchildren bond as they play with one another. Water play is also a method of cooling ourselves under the hot weather,” Mr Lim Poh Seng, 62, observed.

For those who want to stay dry, they can indulge in classic games such as snakes and ladders, chess, and ludo, which are featured on giant game boards.





CHEAP EATS IN CHONG PANG

UNDER \$3



WHERE TO GO FOR CHEAP COFFEE SHOP FAVOURITES UNDER \$3

At Chong Pang, you can get a hearty meal without hurting your wallet. Read on to discover Chong Pang's cheap and good food gems!

Hup Lee Mee Rebus • Mee Siam • Lontong @ Swee Sian Yuen Eating House Location: Block 101 Yishun Ave 5

Price: \$3 for Mee rebus • Mee siam • Lontong



Mee rebus, mee siam and lontong are traditional Malay dishes, but this family of Chinese hawkers has been selling these dishes since the 1980s. Stall owner Mr Vincent Tan Boon San, 47, started helping his mother out at the stall when he was just 12 years old, in the mornings right before he went to school. "We are the food and beverage pioneers here," Mr Tan recalled.

While the flagship stall is in Chong Pang, Hup Lee has many outlets islandwide. Mr Tan revealed that his mee rebus, mee siam, and lontong are all prepared on-site. "Our curry uses fresh coconut milk, chilli paste and turmeric. I guess that's why we are still in business," he quipped. Hup Lee's mee siam will whet your appetite with its tangy taste, while the mee rebus and lontong will satisfy you with their thick and aromatic gravy.

The stall also works with Chong Pang Community Club to help needy families in the area.

Sincerity Vegetarian Food @ Fu Chan Coffeeshop Location: Block 101 Yishun Ave 5

Price: Vegetarian bee hoon/Rice with three dishes for \$2.70



This ordinary-looking stall at Fu Chan Coffeeshop is a vegetarian eatery that has been operating for two decades.

Its owner Mr Aw Hing Tao, 64, joined the food and beverage industry in 1999 after his contractor business suffered during the 1998 economic recession. "I quickly mastered the art of making vegetarian food from a relative. I felt I was good enough to open a stall after four months of on-the-job training, and I have never looked back," he said.

Mr Aw counts himself lucky as quite a number of Yishun residents are vegetarians. "Those who opt to go vegetarian can be categorised into three main groups: (those who do so due to) religious beliefs, animal lovers, and health enthusiasts," he observed.

For \$3, you can sample a wide array of dishes with rice or the typical vegetarian bee hoon. It's clear why residents are willing to queue for Mr Aw's food: the dishes are not too oily and are very palatable. The ability to attain a fine balance among different ingredients is rare among vegetarian stalls, and that explains its popularity.

Islamic Seafood Paradise Location: Block 102 Yishun Ave 5

- Plain Prata @ \$1
- Egg Prata @ \$1.80
- Plain Thosai @ \$1.30
- Ghee Thosai @ \$2.50
- Masala Thosai @ \$2.60
- Onion Rava Thosai @ \$3

Reasonably-priced comfort food at a posh, relaxed and well-ventilated setting in the heartlands is what draws residents to Islamic Seafood Paradise. Run by two brothers, Mr Abdul Rahim, 43, and Mr Yasin Razak, 36, the restaurant is the legacy of their family food business.

Mr Rahim, a food enthusiast, left his career in the law industry to venture into this field, a leap of faith

he gladly took backed by family encouragement. Mr Yasin, formerly from advertising, followed suit.

"Our recipes have been passed down for generations. If we don't do anything about them, this unique, traditional way of cooking will disappear. These cuisines are the same as what we eat at home," Mr Yasin shared.

A wide spectrum of dishes priced \$3 and below can be found here. These include crispy roti prata, savoury thosai, and chewy Indian rojak. The sauces for the thosai include sambar, coconut, tomato and mint chutney, while the sweet gravy was the perfect complement to the Indian rojak. Mr Yasin revealed it took the family eight months to come up with the right recipe for the gravy.

He observed that besides usual meals, his eatery is also residents' favourite *lepak* place (hangout venue). "They come out with friends to chit chat, catch up with what's happening, have fun lah," he said.



忠邦价廉物美的美食

3元以下



仅仅3元，就可享用美食的好去处

在忠邦，你可以享用既便宜又丰盛的一餐。这一期的美食亮点，肯定会带给你惊喜连连！



合利马来卤面•米暹•隆冬@

Swee Sian Yuen 咖啡店

地点：义顺5巷大牌101

**价格：合利马来卤面/
米暹/隆冬3元**

马来卤面、米暹和隆冬都是马来传统美食，但这家华人小贩在80年代就开始售卖这些食品。摊主陈文山（47岁）从12岁开始，每个早晨就在档口帮助母亲，直到上课的时间

到了才离开。他回忆说：“我们是这里饮食业的先驱。”

除了忠邦的旗舰摊位，合利摊位遍布全岛。陈先生透露他的马来卤面、米暹和隆冬都现做现卖。他说：“我们的咖喱采用新鲜椰奶、辣椒酱及姜黄。我想这就是我们能够屹立不倒的主要原因。”合利的米暹香味扑鼻，马来卤面与隆冬浓郁且美味的酱汁则让人垂涎三尺。

这个摊位也与忠邦民众俱乐部合作，帮助这一区的贫苦居民。



佛心素食@富城美食咖啡店

地点：义顺5巷大牌101

价格：素米粉/杂菜饭3样菜3元

富城美食咖啡店里，这间外表平凡的素食摊位已经经营了20年。

摊主吴兴岛（64岁）以前是建筑承包商。1998年经济衰退，生意受挫的情况下，他隔年毅然进军饮食行业。他娓娓道来：“我向亲戚学习，很快就掌握烹饪素食的技巧。4个月边做边学后，我自觉功夫到家了，才开摊做生意，一直做到现在。”

吴先生觉得自己是幸运的，因为义顺居民有不少是素食者。他观察说：“素食者大概可分为3大类：虔诚的宗教信仰者、爱护动物者和健康主义者。”

区区3元，你就可配饭品尝琳琅满目的菜色，或者是斋米粉。据我们观察，居民愿意排队购买吴先生的素食是因为菜肴不但不油腻，而且还非常可口。烹饪素食要在不同的食材取得平衡点并非易事，而吴先生是少数能做到这点的摊主。



Islamic Seafood Paradise

地点：义顺5巷大牌102

- 印度煎饼（无蛋）1元
- 印度煎饼（加蛋）1元8角
- 印度薄饼1元3角
- 酥印度薄饼2元5角
- 马萨拉印度薄饼2元6角
- 印度薄饼（洋葱味）3元

如果在社区里，有间装饰高雅，既舒适又空气流通的餐厅，提供价廉物美的爽心美食，你应该趋之若鹜吧。这正是Islamic Seafood Paradise吸引居民的地方。这间餐厅由两兄弟Abdul Rahim先生（43岁）和Yasin Razak先生（36岁）经营，继承家族的饮食业。

秉着对食物的热忱与家庭的鼓励，Rahim离开法律界，投入饮食业。后来，弟弟Yasin也从广告业转入家业，与哥哥一起打拼。

他分享：“我们的食谱是祖传的。如果我们什么都不做，这种独特，传统的烹饪手法将会失传。这些菜肴和我们在家里享用的一模一样。”

一系列价格3元以下的菜肴可以在这边找到。这些包括香脆的印度煎饼、香喷喷的印度薄饼及嚼劲十足的印度罗惹。印度薄饼的酱汁包罗万象，包括辣豆、椰子、番茄和薄荷果菜甜酸酱。甜酱与印度罗惹更是绝配。Yasin先生透露花了家庭成员8个月的研制，才敲定甜酱的菜谱。

他观察餐厅除了是居民用餐的地方，也是他们消遣的理想去处。他说：“他们约朋友谈天，了解彼此的近况，都蛮开心的。”



印度煎饼（加蛋）



马萨拉印度薄饼

Look out for our uncovering of cheap eats in Kebun Baru in the next issue!

下一期的义顺情缘，我们将为你揭晓哥本峇鲁价廉物美的美食亮点！

HONOURING OUR MERDEKA



A supersized Merdeka Generation card to indicate the supersized benefits of the MGP.

The Merdeka Generation (MG) Package is set to offer MG residents much-needed care and support during their golden years. The package, unveiled to Nee Soon's MG residents at Chong Pang Community Club on 2 June 2019, was revealed to cover outpatient subsidies, MediSave account top-ups, MediShield Life premium subsidies, CareShield Life participation incentives and PASSion Silver Card top-ups. Nee Soon MP Minister K Shanmugam also revealed that Nee Soon GRC MPs would embark on events and house visits to give the MG Package to residents directly. Subsequently, more than half the MG residents in Nee Soon received their packages in person.

Minister Shanmugam and Nee Soon MPs Assoc Prof Muhammad Faishal Ibrahim, Er. Dr. Lee Bee Wah, Mr Louis Ng, and Mr Henry Kwek also paid tribute to the 500 guests by giving them welcome folders during the appreciation dinner. The folder's contents included the Merdeka Generation Card, which qualifies the cardholder as a recipient of MG Package benefits.

Minister Shanmugam said: "One of the key things people are looking for as they age is a sense of assurance, a sense of security. That is something the government has been focusing on for some time now as our population ages. And it is not so much in the details but their concerns are being recognised, understood, and being dealt with. As long as the government has enough, and its budget is in a healthy position, it can do this."

Upon learning the benefits, Madam Patricia Tee, 64, was overjoyed. "I feel very happy and proud to be part of the Merdeka Generation. The MediSave top-ups are useful, as I am a full-time housewife [not contributing to MediSave]. It will also benefit low-income seniors with chronic conditions."

The nostalgic night included a sharing by Minister Shanmugam on his life journey, where he spoke of sacrifice and transformation through Singapore's formative years. Attentive guests nodded in agreement, having identified with his reminiscences and remembering that they, too, helped transform Singapore from a third world country to a first world one in their own ways.

向立国一代致敬

立国一代配套将为属于立国一代的居民在晚年时提供所需的关怀与支持。2019年6月2日，义顺立国一代的居民在忠邦社区俱乐部获知立国一代配套的福利，包括门诊津贴、保健储蓄户头填补、终身护保保费津贴和支付长期护理费用。尚穆根部长也透露，本区的议员们将展开一系列活动与家访，与超过一半的本区立国一代居民会面，亲手把配套交给他们。

尚穆根部长与义顺集选区议员也向500位嘉宾致敬，在晚宴上分发福利包。包内有立国一代卡，让持有者享有立国一代配套的福利。

尚穆根部长说：“人们在晚年都在寻找保障及安全感。这是我国政府相当重视的人口老化课题。细节固然重要，但最重要的是政府正视、了解并妥善处理他们的需求。只要政府有足够的财政盈余，我们就可以这样做。”

当郑美莲女士（64岁）获知配套的利益时，她喜出望外。“我感到非常高兴，身为立国一代的我也感到自豪。保健储蓄户头填补对我而言非常有用，因为我是全职家庭主妇（没有缴公积金）。患有慢性疾病的低收入年长者也将受惠。”

尚穆根部长分享他的成长历程，内容涉及新加坡开国时立国一代的付出和牺牲。重温旧日情怀的夜晚，嘉宾们都不约而同地点头，因为他们也如部长一样，为新加坡从第三世界国跃升为第一世界国的转型旅程付出各自的努力。

GENERATION



Nee Soon MPs personally handed out welcome folders to MG residents in attendance.

MENGHORMATI GENERASI MERDEKA KITA

Pakej Generasi Merdeka (MGP) menawarkan sokongan dan bantuan yang amat diperlukan Generasi Merdeka (MG) semasa usia emas mereka. Pakej yang dimaklumkan kepada para penduduk warga MG di Kelab Masyarakat Chong Pang pada 2 Jun 2019 ini, merangkumi subsidi rawatan pesakit luar, tokokan MediSave, subsidi premium MediShield Hayat, insentif penyertaan CareShield Hayat, dan tokokan kad PAssion Silver. Anggota parlimen Nee Soon Menteri K Shanmugam juga kongsi bahawa anggota parlimen Nee Soon akan adakan pelbagai acara dan lawatan rumah untuk mengedarkan pakej MG kepada semua penduduk. Kemudiannya, lebih dari separuh penduduk MG di Nee Soon menerima pakej mereka secara peribadi.

Menteri Shanmugam bersama dengan anggota-anggota parlimen Nee Soon Profesor Madya Muhammad Faishal Ibrahim, Cik Lee Bee Wah, Encik Louis Ng, dan Encik Henry Kwek juga memberi penghormatan kepada 500 tetamu yang hadir di majlis makan malam penghargaan itu, dengan memberikan mereka Cenderahati Alu-aluan Generasi Merdeka. Cenderahati alu-aluan itu mengandungi Kad Generasi Merdeka yang melayakkan pemiliknya menikmati pelbagai faedah MGP.

Encik Shanmugam berkata: “Salah satu kemahuan utama bagi mereka yang menganjak ke usia emas adalah rasa terjamin dan selamat. Inilah sesuatu yang pemerintah sedang berikan tumpuan sekarang sejajar dengan kadar penuaan penduduk kita. Kami kenal pasti dan memahami keprihatinan mereka, dan sedang ditangani kini. Selagi pemerintah mempunyai kemampuan dan bajet yang sihat, kami boleh melaksanakannya.”

Cik Patricia Tee, 64 tahun, teruja setelah mengetahui tentang faedah MGP. “Saya amat gembira dan bangga menjadi sebahagian daripada Generasi Merdeka. Tokokan-tokokan MediSave sangat berguna kerana saya seorang suri rumah [tidak menyumbang

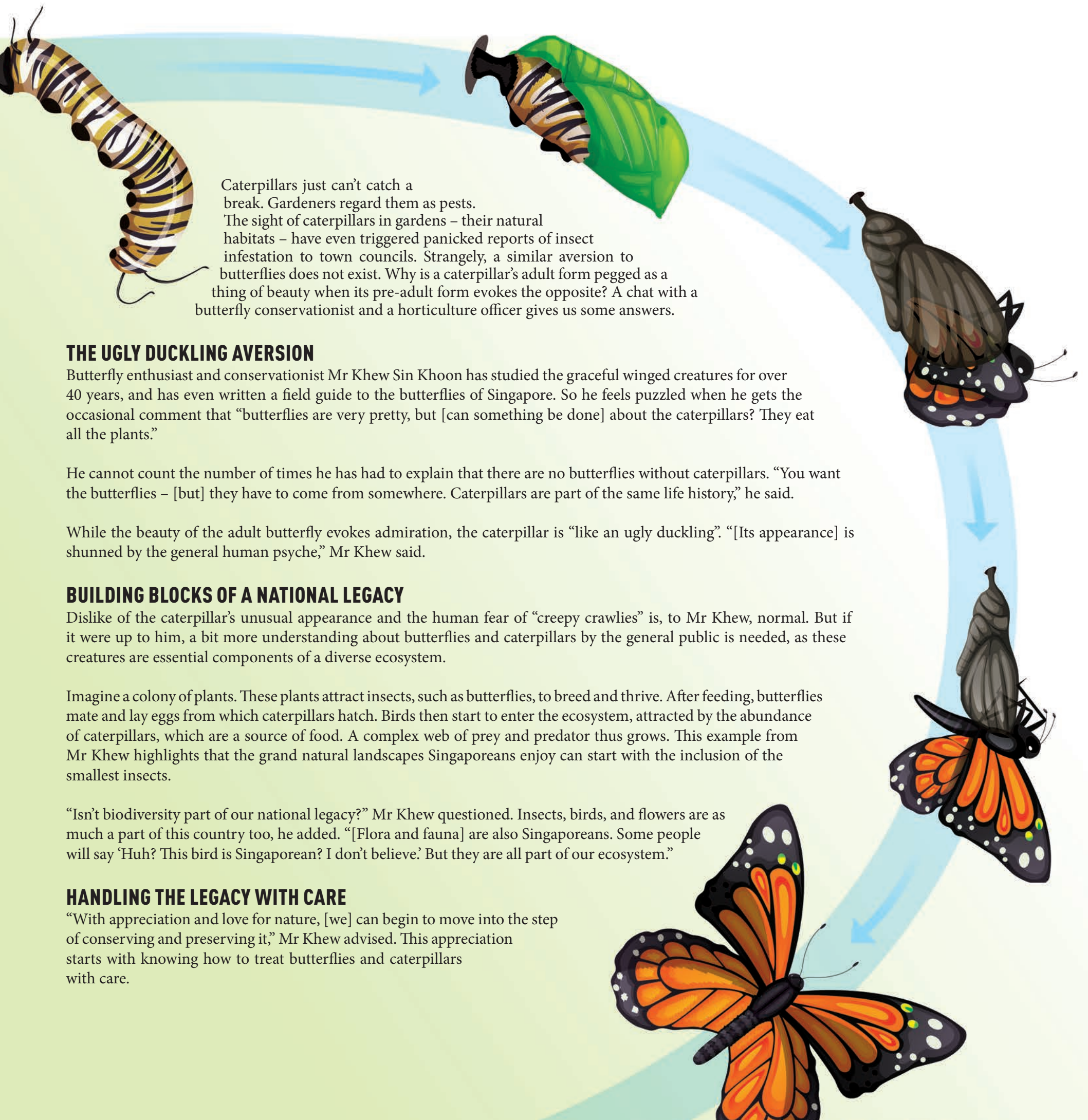


Residents and volunteers pose for a photo with Mr Kwek at the nostalgia-themed photo booth

kepada MediSave]. Warga emas berpendapatan rendah yang menghadapi penyakit kronik juga dapat meraih manfaat daripadanya.”

Malam nostalgik itu turut diserikan dengan perkongsian Menteri Shanmugam tentang perjalanan hidupnya. Beliau membicarakan tentang pengorbanan dan transformasi semasa tahun-tahun pembentukan Singapura. Ramai hadirin berkongsi fikiran yang sama dengan beliau, mampu mengenal pasti dan mengaitkan diri mereka dengan kenangan-kenangan lama itu, di mana mereka turut terlibat mengubah Singapura daripada sebuah negara ketiga menjadi negara pertama dengan pelbagai cara mereka tersendiri.

IS CURIOSITY KILLING THE CAT(ERPILLARS)?



THE UGLY DUCKLING AVERSION

Butterfly enthusiast and conservationist Mr Khew Sin Khoo has studied the graceful winged creatures for over 40 years, and has even written a field guide to the butterflies of Singapore. So he feels puzzled when he gets the occasional comment that “butterflies are very pretty, but [can something be done] about the caterpillars? They eat all the plants.”

He cannot count the number of times he has had to explain that there are no butterflies without caterpillars. “You want the butterflies – [but] they have to come from somewhere. Caterpillars are part of the same life history,” he said.

While the beauty of the adult butterfly evokes admiration, the caterpillar is “like an ugly duckling”. “[Its appearance] is shunned by the general human psyche,” Mr Khew said.

BUILDING BLOCKS OF A NATIONAL LEGACY

Dislike of the caterpillar's unusual appearance and the human fear of “creepy crawlies” is, to Mr Khew, normal. But if it were up to him, a bit more understanding about butterflies and caterpillars by the general public is needed, as these creatures are essential components of a diverse ecosystem.

Imagine a colony of plants. These plants attract insects, such as butterflies, to breed and thrive. After feeding, butterflies mate and lay eggs from which caterpillars hatch. Birds then start to enter the ecosystem, attracted by the abundance of caterpillars, which are a source of food. A complex web of prey and predator thus grows. This example from Mr Khew highlights that the grand natural landscapes Singaporeans enjoy can start with the inclusion of the smallest insects.

“Isn't biodiversity part of our national legacy?” Mr Khew questioned. Insects, birds, and flowers are as much a part of this country too, he added. “[Flora and fauna] are also Singaporeans. Some people will say ‘Huh? This bird is Singaporean? I don't believe.’ But they are all part of our ecosystem.”

HANDLING THE LEGACY WITH CARE

“With appreciation and love for nature, [we] can begin to move into the step of conserving and preserving it,” Mr Khew advised. This appreciation starts with knowing how to treat butterflies and caterpillars with care.

Ms Khoo Lee Mei, a horticulture officer with Nee Soon Town Council, has some advice to give those who encounter butterflies and caterpillars:

1. See, but don't touch



“We do not recommend that residents catch or hold butterflies. Once a butterfly wing tears, it will not regrow. Moreover, touching the wings causes the powdery scales on them to weaken. These prevent the butterfly from flying,” said Ms Khoo.



Likewise, touching caterpillars should be avoided. “Some caterpillars are safe to touch, but... different type of caterpillars have different defensive methods to protect themselves,” added Ms Khoo.

Mr Khew emphasised that the best way to deal with caterpillars is to just observe them. One should avoid touching or killing them.

2. Call the Town Council

But only if there is an infestation.



Ms Khoo emphasised: “The Town Council allows caterpillars to grow as we understand that they will eventually turn into butterflies which help in pollination. When there is a caterpillar outbreak, we will remove caterpillars, and may use pesticides.”

LITTLE KNOWN FACTS:



Caterpillars only feed on specific host plants.

For example, Lime Butterfly caterpillars only feed on calamansi lime plant leaves. If you plan to grow plants, it would be useful to first find out if they are potential host plants to any caterpillars.



Caterpillars are plant recyclers.

Caterpillars excrete waste products after consuming plant leaves. But these waste products are useful as fertiliser for the plant, continuing the plant's life cycle.



Butterflies are an indication of a healthy horticultural system.

A healthy horticultural system contains a big or diverse colony of plants. This abundance of food and “home” options attracts butterflies to breed and thrive.



Butterflies cannot be found on major roads

as the toxic air quality drives them away. Hence they are an indication of good air quality.



Caterpillars are not all poisonous.

It is hard to differentiate the harmless ones from the poisonous ones just by looking. To be safe, avoid touching any caterpillar you see.



A caterpillar can grow into a moth or a butterfly.

A butterfly has clubbed antennae whereas moths do not. Moths' antennae range from feathery to curly, but definitely lack clubbed ends.

Where and how to spot butterflies in Singapore

Butterflies are most active on sunny or fair days, and usually between 8am and 11am. They are best observed when feeding, typically on flowering plants and rotten fruit.

They are alert to movements and colours, so move slowly.

Do not cast shadows on them.

Wear grey or green-coloured clothes so you remain undetected.



Locations in Nee Soon you're likely to spot them:

- Springleaf Nature Park
- Khatib Bongsu
- Upper Seletar Reservoir Park
- Lower Seletar Reservoir Park

The above information has been extracted from Mr Khew's book, A Field Guide to the Butterflies of Singapore (2nd edition).



LET THE HEART ZONE LEAD THE WAY



Prof Faishal (second from right) tours Heart Zone @ Yishun with Mr Baey (third from right) and Mrs Chew (left)

Feeling lost and directionless? A stranger's kind heart could help you find your way.

The aptly-named Heart Zone @ Yishun is in operation at six strategic locations across the residential town. It calls on the public to help others find their way to Khoo Teck Puat Hospital (KTPH) and Yishun Community Hospital (YCH). These touchpoints are demarcated by posters and signages at prominent spots, encouraging the general public commuters to assist patients and regular members of the public in need of directions.

Posters and signage at locations across Yishun provide way-finding and alternative transportation options, such as the hospital's shuttle bus services and various public bus routes to KTPH and YCH. Heart Zone @ Yishun is particularly beneficial for the elderly, frail, or patients with limited-mobility. They can be found at prominent areas around Yishun MRT, Northpoint City bus stops and Khoo Teck Puat Hospital.

Nee Soon MP Assoc Prof Muhammad Faishal Ibrahim officiated Heart Zone @ Yishun's launch on 3 May with Senior Parliamentary Secretary for Transport Mr Baey Yam Keng and Mrs Chew Kwee Tiang, CEO of Yishun Health at Yishun MRT's Heart Zone.



Residents can hardly contain their joy at the opening of the precinct park!

PRECINCT PARK'S OPENING SPARKS JOY

Nee Soon Central's Precinct Park came alive with energy on 29 June as residents flocked to its opening ceremony. Located beside Block 624 Yishun Ring Road, the park was formerly a playground chosen to undergo the Neighbourhood Renewal Programme. The new park now contains the upgraded playground, a multi-purpose game court, a fitness corner, and more seats.



The family-friendly archery activity was a big hit with residents

Young and old enjoyed cool treats given out by the ice cream man, while the archery and umbrella decoration booths drew adventurous and creative youths and families. Delighted attendees also indulged in a hearty spread at the breakfast reception.

Nee Soon MP Assoc Prof Muhammad Faishal Ibrahim officiated the opening ceremony by leading the ribbon-cutting and delivering a short speech. He warmly welcomed residents to the new park, and gamely posed for selfies with them.

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@mha.gov.sg
Facebook: K Shanmugam Sc
Youtube: K Shanmugam

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

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

NEE SOON CENTRAL



Assoc Prof Muhammad Faishal Ibrahim

Senior 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 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

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)



From 1 April 2018,
Essential Maintenance Service Unit (EMSU)
After office hours: **1800 241 7711**



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

奉献、服务、予人希望



唐医生时时刻刻都准备施予援手。

唐汶耀医生身兼数种身份。他不但是执业兽医，同时也是多个组织的义工。然而，他从不偏袒任何一个公益项目。他最终的目标？“打造更美好、共存共荣的世界，并给周围的人带来快乐”。

唐医生在位于义顺街71大牌716的动物与鸟类兽医诊所担任兽医外科医生，至今已执业11年。他也是新加坡兽医协会的委员会成员。任何和他在职场接触过的人都知道，他是“及时雨”，总在人们最需要帮助的时候给予援助。

职场外，唐医生在收养流浪狗计划下，是一名荣誉志愿特警团兽医，照顾新加坡警察部队和民防部队的K-9退役警犬。他同时是忠邦众俱乐部管理委员会的基层领袖。

他通过新加坡骨髓捐赠计划的一名员工认识到“骨髓捐赠爱心大使计划”，该计划旨在鼓励志工积极宣导有关捐赠骨髓的讯息。唐医生那刻灵光一闪，决定在自己的诊所分享骨髓捐赠的教育刊物，并在诊所的电视播放相关教育视频及在诊所门上粘贴，宣导“捐赠骨髓，拯救生命”的信息。

“（当义工）除了牺牲时间，其实没有任何损失。实际上，你将获得更多——新的学习体验、知识和能力的提升。当你看到自己能如何帮助社会和国家时，成就感和满足感也油然而生。”

他承认在当志工的过程中，会遇到陌生人的异议和抗拒。这些大多来自对骨髓捐赠的误解。事实上，周边血干细胞捐赠法或者骨髓干细胞捐赠法一般都是“相当安全且直接的捐赠形式”。捐赠者在手术过后都能在短期内完全恢复正常。新的干细胞会在4至6周内再生。值得一提的是，骨髓捐赠者Malcolm Han在经过周边血干细胞捐赠后几天内就能参加排球比赛。“新加坡骨髓捐赠计划”赞助人尚穆根部长在2017年的骨髓捐赠者分享会颁发奖牌表扬他。



尚穆根部长与“骨髓捐赠计划”捐赠者 Malcolm Han, 在2017年举办的骨髓捐赠者分享会。

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The Bone Marrow Donor Programme

8 Sinaran Drive, #03-02 Novena Specialist Center, Singapore 307470

Tel: (65) 6916 0370 Fax: (65) 6916 0371



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The BMDP welcomes every opportunity to collaborate with organisations & individuals to raise more awareness on bone marrow donation.

Drop an email to amanda@bmdp.org or call us at 6916 0370 to find out more!



GIVING, SERVING, INSPIRING HOPE



“Volunteering can be in various forms, through various avenues, and for various purposes,” he shared.

He offers a piece of advice to anyone who is yet unsure of their potential as a volunteer: “Lead by example. Show that we care – not just for humans, but also for animals, nature (environment) and the Earth as well.”

As a veterinarian and a volunteer, Dr Tong not only serves others; he inspires hope when it is most needed.

Dr Kenneth Tong Boon Yew wears many hats. He is a veterinarian by profession, and a volunteer for several social causes by choice. But he does not discriminate between which social causes to champion. His ultimate aim? “To make the world a better place for all to co-exist and to bring happiness unto others”.

One Man, Many Hats

Dr Tong has been a veterinarian surgeon at the Animal & Avian Veterinary Clinic (AAVC), located at Block 716 Yishun Street 71, for 11 years. He is also a council member and was the past President of the Singapore Veterinary Association (SVA). Anyone who knows him professionally would identify him as a person who is inclined to help others who are in great need.

How he spends his personal time confirms that this inclination is inherent. Outside of work, Dr Tong participates in Project ADORE, which is a re-homing programme for dogs, is an Honorary Volunteer Special Constabulary (specialist) looking into the welfare of dogs in the Police K-9 Unit, and a grassroots leader in the Chong Pang Community Club Management Community (CCMC).

So few were surprised when he signed up as a potential bone marrow donor in 2015, after hearing a radio announcement about the Bone Marrow Donor Programme (BMDP).

“When I became aware of the [donor] register, I thought to myself, ‘What little can I do to potentially make a huge impact to someone?’” Dr Tong said.

A BMDP staff, Ms Angela Tan, later introduced him to the Ambassador Programme, an initiative that gathers volunteers to actively spread the organisation’s life-saving message — and it was like a light bulb lit up in his head. Inspired by some of Ms Tan’s suggestions, Dr Tong decided to leverage on his clinic to share

educational materials on bone marrow donation. Playing an educational video on the clinic’s TV screen and pasting decals on the clinic doors are some ways which he tries to garner interest.

“It is a truly excellent cause with a worthy purpose. The BMDP essentially helps to provide hope for patients with blood-related diseases by managing Singapore’s only register of volunteer bone marrow donors and finding a matching donor for patients who require a bone marrow transplant,” he said.

The Reason

One does not need to view volunteerism as a huge sacrifice or commitment, Dr Tong says. Just like how he came to be a BMDP potential donor and ambassador by chance, a person’s foray into volunteerism can be driven by curiosity or a desire to improve themselves and others.

“You won’t know what you’re missing until you’ve tried. Except for the time that you will sacrifice, you really have got nothing to lose. In fact, you will gain much more in return – learning experience, knowledge, skills development. The feeling of accomplishment and satisfaction derived from helping others is also rewarding, knowing that you are an aid for the community and nation.”

“Time spent is not an issue; it is the journey that one makes, and the difference made in the journey that matters,” he added.

Changing Minds One Step At A Time

He does, however, acknowledge the challenges that come with volunteering. As an active ambassador for BMDP, he often meets objections and rejections from strangers, and even people he knows. Much of this

resistance is due to misinformation and the persistence of myths surrounding bone marrow donation.

For example, he encounters people who “expressed their fear of pain and the potential side-effects of bone marrow donation, as well as fear of being selected as a match for patients”.

He assures that the two methods used for bone marrow donation – Peripheral Blood Stem Cell Collection (PBSC) and bone marrow collection – are “safe and straightforward procedures”. Usually, donors will resume their normal physical routine shortly after. The marrow will subsequently regenerate within four to six weeks.

As Dr Tong shares about bone marrow donation with colleagues, friends, relatives and industry professionals, he has met with mixed responses; another challenge he faces. However, he is grateful for the support from his wife (Jean), his two kids (and many furkids), colleagues, and the Singapore Veterinary Association. Like any human being, he also needs emotional and mental support from time to time, and the “understanding and presence [of these supporters] in times of need” allow him a much-needed respite.

One of the tougher, yet most rewarding, things he has faced is convincing those who need help, to seek help. “People who are in need of assistance are often reluctant to seek help, due to uncertainties, pride, unawareness and helplessness,” Dr Tong said. His approach is then to “identify, connect, [and] tactfully assist”. He added: “The look in their eyes as they smile is enough to reaffirm my purpose and remind me of the importance of volunteerism.”

Building a Perpetuating Cycle

Dr Tong wants more people to know why bone marrow donation – and social causes in general – is important. The reasons include the unpredictability of blood cancers, and the “last hope” that bone marrow donors represent to people with a blood-related disease.

The Bone Marrow Donor Programme was established in 1993 to build and manage Singapore’s only register of volunteer bone marrow donors. Its mission is to provide hope for patients with blood-related diseases, who need a transplant to survive, by finding them an unrelated matching bone marrow donor. Minister K Shanmugam is a patron of the BMDP. More information can be found at www.bmdp.org and on the previous page.