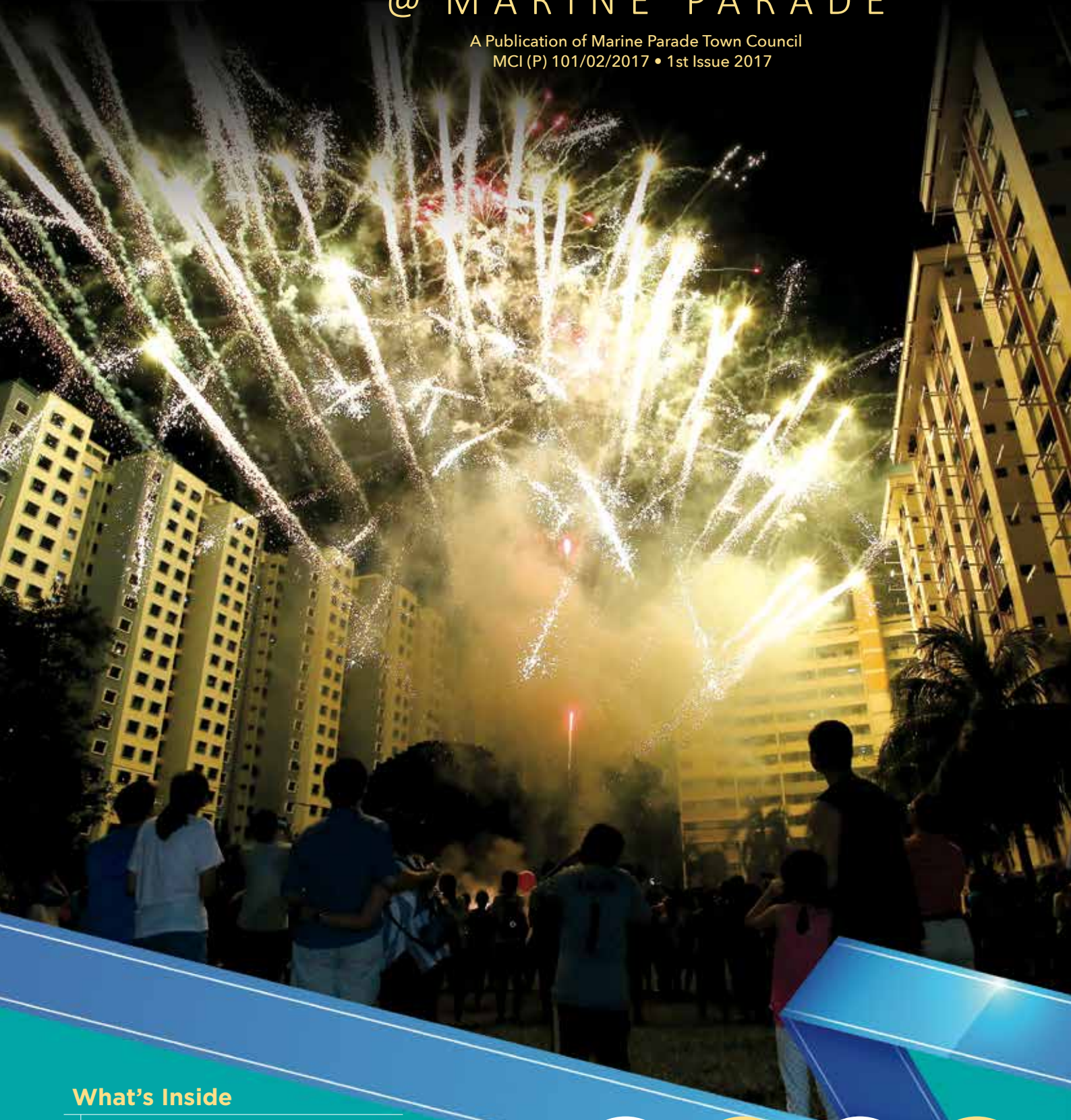




OUR TOWN

@ MARINE PARADE

A Publication of Marine Parade Town Council
MCI (P) 101/02/2017 • 1st Issue 2017



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IMPROVEMENT WORKS



As part of our efforts to rejuvenate our town's amenities, we have done the following upgrading works to enhance your living environment.

1. Mini Park with trellis and benches at Block 263 Serangoon Central Drive
2. Covered linkway between Block 36 and Block 54 Cassia Crescent
3. Playground at Block 109 Aljunied Crescent
4. Community Hall beside Block 66 Marine Drive
5. Repainting of badminton court at Block 3 Upper Aljunied Lane
6. Covered linkway between Block 115 and Block 112 Lengkong Tiga

FINANCIAL REPORT MARINE PARADE TOWN COUNCIL

The charts presented below show the income and expenditure reports of Marine Parade Town Council in Financial Year 15/16. These charts aim to provide residents with a better understanding on how the funds are used. Residents may visit our website at www.mptc.org.sg to download our annual report.

UNDERSTANDING YOUR S&CC

Sinking Fund

- From 1 April 2017 onwards, the Town Council will be required to set aside a minimum of 14% of our Service and Conservancy Charges (S&CC) and government grants into the new Lift Replacement Fund (LRF) for cyclical lift works. This will be on top of the contribution of 26% or more to the Sinking Fund for cyclical maintenance works.

Water and Electricity

- Water for monthly block and common facilities washing as well as electricity for providing lift services, lighting and other electrical fittings in common areas constitute to the overall utilities.

Cleaning Works

- Daily cleaning of the estate

Repairs & Maintenance

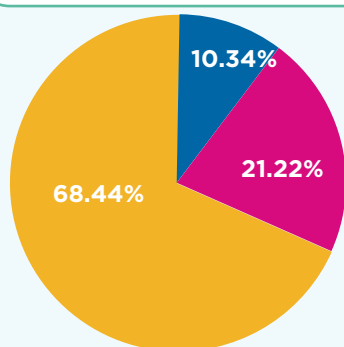
- Routine maintenance of the estate including building, sanitary and electrical works

Lift Maintenance

- Monthly servicing and repairs of lifts

Indirect Operating Expenditure

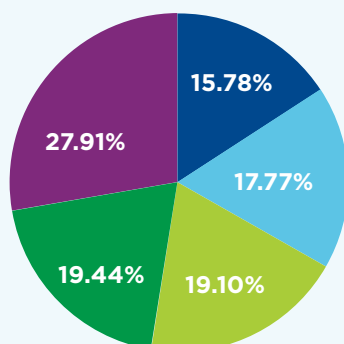
- Includes management and taxation charges, as well as general administrative expenses to carry out Town Council's duties



Operating Income for FY 15/16

Other Income Government Grants S&CC Income

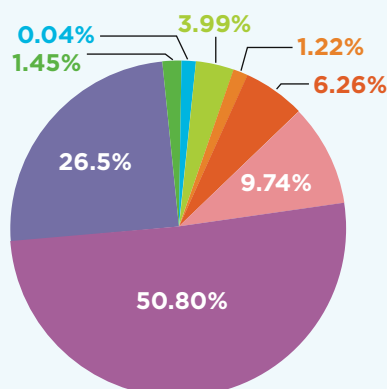
Total: \$55,852,000



Operating Expenditure for FY 15/16

Other Works and Maintenance Indirect Operating Expenditure
Lift Maintenance Water and Electricity
Cleansing Works

Total: \$32,990,000



Sinking Fund Expenditure for FY 15/16

The Sinking Fund income is made up of a percentage of S&CC collections and government grants.

Replacement of Water Pumpsets Replacement of Water Pipes
Replacement of Booster Pumpsets Re-roofing Works
Consultancy Fees Repairs and Re-decoration
Automatic Refuse Chute Flushing System Lift Works

Total: \$24,557,000

MOUNTBATTEN TOWN NITE 2017

Hundreds of Mountbatten residents thoroughly enjoyed their time at Mountbatten Town Nite 2017 which was held at the open field beside Block 52 Cassia Crescent. The programme-filled event was held on 7 January 2017. The free admission event featured stalls that were giving out a variety of local dishes to residents, game booths and an entertaining line-up of stage performances for residents of all ages to enjoy.

Guest-of-Honour Emeritus Senior Minister Goh Chok Tong, Hosting MP Mr Lim Blow Chuan, as well as, Special Guests MP Mr Seah Kian Peng and MP Mr Edwin Tong joined in the night's festivities with the residents. In view of the coming Lunar New Year, the MPs also handed out angpows sponsored by well-wishers to needy residents.

Apart from the main event at the open field, a welcome party was also held at Blk 52 Cassia Crescent for the new residents, most of the occupants were former residents of Dakota Crescent.

These residents were relocated to the new block, 52 Cassia Crescent, situated 400m away from their former estate as part of Mountbatten's estate renewal plan. Each rental household also received a house warming gift donated by a well-wisher.

To help conserve the memories of Dakota Crescent, the residents were also given a book titled "Dakota Treasures", featuring photographs of the distinct and familiar sights and people of the estate.

To end off the night with a bang, residents enjoyed the magnificent fireworks display that lit up the night sky.







One Community Day 2017

@ Marine Parade GRC

Many needy residents within Marine Parade GRC benefitted from this year's One Community Day. This event is a ground-up community initiative, in support of SG Cares to reach out to needy residents.

This year, 2,400 households in Kembangan-Chai Chee, Marine Parade, Geylang Serai and Braddell Heights divisions received an assortment of food items and daily essentials. This was done in a 'marketplace' setting, held under the void decks of Chai Chee area. The food items were distributed to the residents according to their preferences. In addition, more than 50 rental flats got spring-cleaned at this event.

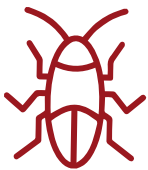
The event that happened on 15 January 2017, successfully garnered more than 700 volunteers. These volunteers comprise of residents, schools and corporate organisations. The MPs of Marine Parade GRC such as, Minister Tan Chuan-Jin, Emeritus Senior Minister Goh Chok Tong, Associate Professor Fatimah Lateef, MP Mr Seah Kian Peng and MP Mr Edwin Tong were also there at the event to help out.





KEEPING PESTS AT BAY

Here in Marine Parade Town, we continuously strive to keep the estates clean by engaging in an ongoing battle against pests such as mosquitoes, cockroaches and rats. The people behind the main fight are our pest control team. They work diligently to prevent the breeding of pests by conducting inspections in common areas such as void decks, playgrounds, bin chutes, manholes and drains. Aside from that, they also carry out pest control measures such as oiling, chemical treatments and rat trappings. Through these efforts, we seek to provide a cleaner and better living environment for all.



Cockroaches

Our pest control team carries out a thorough inspection for potential breeding sites for cockroaches and would provide recommended treatment methods. The common methods used by our pest control team are fogging and chemical treatment. Such treatments are carried out at affected areas such as sewer lines, bin chutes and central refuse chutes, every half a year and on an ad hoc basis if necessary.



Mosquitoes

To prevent the spread of mosquito breeding in our neighbourhood, our team conducts checks for water stagnation and mosquito breeding at potential breeding spots every week. During their routine inspection, potential breeding spots are destroyed by treating it with insecticide. Oiling and flushing of drains are also conducted to destroy potential breeding spots.



Rodents

For rodent control works, weekly inspection is done at hotspots. During their inspection, the team will search and conduct preventive treatment, such as placing rodenticide at potential breeding grounds. In addition, the team will also seal up all rodent burrows. To reduce the rodent population, trapping exercises are also carried out at infested areas such as burrows, bin chutes and bin compounds.

**To help prevent pests from breeding in our neighbourhood,
we also seek the co-operation of our residents to join us in this fight.**

Residents can do their part by...



Disposing litter
into bins and
bagging rubbish
before throwing
into bin chutes



Keeping
common
areas clear of
clutter and
obstructions



Clean up
after your
pets



Ensuring that
water in flower
pot plates are
removed on
alternate days



Not leaving
any leftover
food behind in
common areas



Conducting inspections for potential breeding sites for cockroaches at bin chutes.



As part of our efforts to eradicate cockroaches, chemical treatment and fogging are carried out at potential breeding sites such as bin chutes.



Oiling and flushing of drains are carried out to prevent mosquitoes from breeding.



Part of our vector control operations include checking for mosquito breeding.



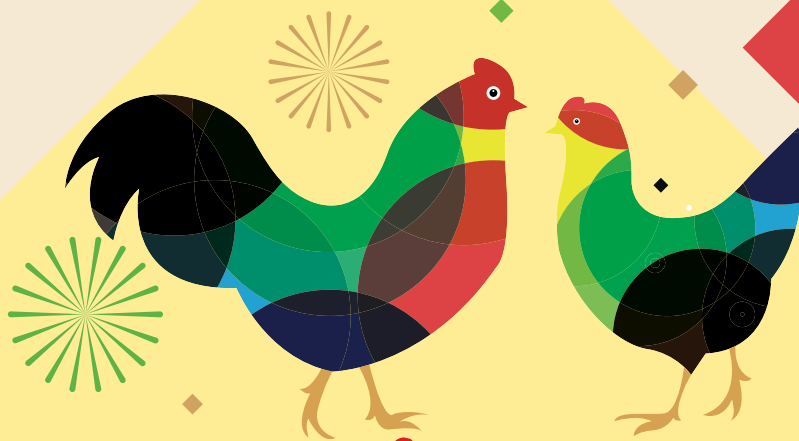
Insecticide is used to destroy all potential breeding habitats.



Rodenticide is placed at potential breeding grounds as part of our preventive treatment.



Rodent traps are also used as part of our efforts to reduce the population of rodents.



Greetings from our MPs

In celebration of the Lunar New Year, many residents joined in the season's festivities all across Marine Parade Town. As this is a season where friends and families gather to exchange blessings and well wishes, the MPs were delighted to meet their residents and shop owners to give out mandarin oranges as a symbol of prosperity and luck. In addition, red packets – or ang paws – were given out to some of our needy residents.



HELP IS CLOSE TO YOU



Social Services Offices are set up by the Ministry of Social and Family Development (MSF) to bring social assistance closer to residents in need.

Working with our community partners, we are here to help if you...

• **Need urgent financial assistance** • **Are low-income and looking for a job** • **Are unable to work**

What to bring along?

1. NRIC of all adults in household
2. Birth certificate of all children in household
3. Latest payslip/ employment letter/ CPF statement
4. Updated bank account passbook /statements of all members in the household
5. Latest medical certificates/ letters of all adults in household, if applicable, stating if they are unfit to work, and the duration thereof
6. Marriage/ Divorce certificate
7. Latest employment/ termination/ retrenchment letter of all adults in household, if applicable
8. Latest power supply bill
9. Latest Service and Conservancy Charges bill
10. Latest HDB statement

How to get there?

Social Service Office @ Geylang Serai

10 Eunos Road 8 #12-02
Singapore Post Centre S(408600)

Nearest MRT:

EW8/CC9 Paya Lebar - Exit A
(Estimated Walking time - 5min)

Bus Services			
A1 & A2	24, 28, 43, 70, 76, 135, 154, 155		
B & C	2, 7, 13, 21, 24, 26, 28, 30, 51, 67, 154, 155		
D1	30	D2	40, 43, 76, 135, 197
E	2, 7, 13, 21, 26, 40, 51, 67		
F	24, 28, 43, 70, 76, 135, 154, 155		



Social Service Office @ Serangoon

Blk 332 Serangoon Ave 3 #01-257 Singapore 550332

Nearest MRT: NE12/CC13 Serangoon MRT

Exit G - Walk across bus interchange at NEX level B2;
cross traffic junction at Ave 2
(Estimated walking time - 5min)

Bus Services			
A	58, 105		
B1	45, 58, 105, 109, 133, 135	B2	45, 58, 133, 135
C	100, 101, 103, 105, 109, 158, 315, 317	D	22, 43, 53, 70, 116, 315
E1	45, 58, 101, 103, 107, 147, 153, 317, 853	E2	45, 58, 107, 147, 153, 158, 853



Opening hours

Monday to Friday: 9am to 6pm (Last registration at 5pm) • Closed for lunch: 1pm to 2pm
Closed on Saturday, Sunday and Public Holidays

24-hour ComCare Call Helpline **1800-222-0000**

Locate your nearest Social Service Office: [Msf.gov.sg/SSOlocator](https://msf.gov.sg/SSOlocator)

ACTIVE MOBILITY BILL: SAFER JOURNEYS FOR ALL

With the Active Mobility Bill, rules will be put in place to protect you and those around you on public paths and roads.

These standards will come into effect later this year.

SPACES WHERE DEVICES MAY BE USED



Bicycle



Personal Mobility Device (PMD)
(i.e. kick-scooter, electric scooter,
hoverboard, unicycle, etc.)



Personal Mobility Aid
(i.e. motorised wheelchair,
mobility scooter)



LTA-Approved
Power-Assisted Bicycle

OBSERVE THESE PROPOSED RULES UNDER THE ACTIVE MOBILITY BILL

Visit lta.gov.sg for the full list of proposed rules.



Keep below 15km/h on footpaths and
25km/h on cycling/shared paths.



Dismount and walk your device
when you see 'No Riding' signs.



Switch on front white lights and
rear red lights in the dark.

PROPOSED CODE OF CONDUCT WHEN RIDING ON PATHS



Always give way to pedestrians.



Walk your device in crowded areas.



Keep left on paths.

IF YOU ARE INVOLVED IN AN ACCIDENT



- Stop and offer help
- Exchange particulars

PROPOSED PENALTIES

The proposed punishment for riding dangerously
on public paths includes:



A fine of up
to \$5,000



A jail term of
up to 6 months

or both

LET'S KEEP OUR CORRIDORS SAFE AND OBSTRUCTION-FREE!



PERMITTED

Small shoe rack for the purposes of storing shoes.



Clear width of 1.2m with placement of foldable/removable clothing rack.



At least 1.2m clear width for access of ambulance crew & wheel chair bounded person.



NOT PERMITTED

Excessive storage of flammable items.



Installation of fixed laundry rack at common corridor.



Obstruction to emergency crew access due to a cluttered corridor.



TOWN COUNCIL FREE BULKY ITEM REMOVAL SERVICE (Terms & Conditions Apply.)

Up to 3 movable items per household every month.

For HDB residents within Marine Parade GRC, MacPherson SMC & Mountbatten SMC; Not for commercial shops.

Contact us 3 days in advance to fix an appointment.

Toll-free Hotlines:

1800-241 6487
(Marine Parade Office)

1800-287 6530
(Serangoon Office)

Compliments

Ms Tan is grateful for the responsiveness of the Braddell Heights property team in attending to her concerns and their swiftness in removing a bee hive.

"On behalf of my family members and the residents of the area, I would like to express my gratitude to Marine Parade Town Council at Serangoon office for being such a great help and in doing so, it provided a pleasant and safe environment for the residents of Serangoon."

Yours truly,
Tan Yu Xin

Mr Tay wrote in to us to show his appreciation to Property Officer, Ms Ang Wan Xuan for the assistance rendered to resolve the matter at hand.

"I am writing in to thank Miss Ang from Marine Parade Town Council for her dedication and kind assistance which she rendered to get our water piping issue solved."

We deeply appreciate her responsiveness and commitment towards her work.

Thank you once again for her excellent service."

Best regards,
Mr Tay

Ms Yvonne appreciates the efficiency of the staff and conservancy workers whom assisted in the arrangement and procedure in the removal of her fridge.

"We have previously request Marine Parade Town Council to send some workers over to my unit to remove a fridge."

The workers came over this afternoon and the fridge was removed. We would like to take this opportunity to thank the town council for the removal arrangement. The workers did a professional job in removing the fridge."

Thank you very much and Happy New Year in advance!"

Yvonne Yau

quiz for 1st Issue 2017

Dear Residents, please answer the following questions accordingly and send us your answers to stand a chance to win a mystery gift!

- 1** We should excessively store flammable items and install fixtures in common areas. (True/False)
- 2** What should you do if you need to dispose of a bulky item? Tick the correct answer.
☐ Leave it at the lift lobby
☐ Call Town Council for Bulky Item Removal Service
☐ Bring it to the void deck and leave it there
- 3** List two ways residents can help to prevent pests from breeding in our neighbourhood.
a) _____
b) _____

Regulations

- Complete the quiz and submit the official entry form by **31 May 2017** to:
Marine Parade Town Council
PR Department
Block 50 Marine Terrace #01-265
Singapore 440050
- 10 winners will be selected via ballot and stand to win a mystery gift each.
- Each household is allowed to send in only ONE entry.
- Only residents within the Marine Parade Town are eligible to participate.
- Please bring your identity card for proof of residency when you claim your prize.
- The judges' decision is final and no correspondence will be entertained.

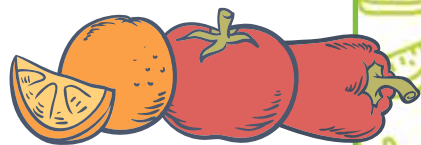
Official Entry Form

Name: _____

Resident Address: _____

Contact No.: _____ Identification No.: _____

Eat Out, Eat Healthy



In Singapore, we eat out constantly. According to the National Nutrition Survey (NNS) 2010, 60% of Singaporeans eat out for lunch/dinner at least four times a week. Hence, the choices we make can go a long way to keep us healthy and prevent chronic diseases.

Do you know that an eat-out meal contains 700 calories on average? The NNS 2010 also showed that an increasing number of Singaporeans are consuming more calories than they need on a daily basis, with six in 10 exceeding the recommended energy intake¹. Calories are the fuel source which gives our body the energy to do our daily activities. Hence, consuming more calories than what our body needs, coupled with lack of physical activity, can increase the risk of chronic diseases, such as diabetes.

Finding a healthier meal with the right amount of calories in a foodie's paradise like Singapore can be challenging. However, it's much easier now to enjoy healthier meals with the Healthier Dining Programme—a HPB initiative that encourages F&B businesses to offer more meals which are less than 500 calories. About 1,600 food stalls currently offer these lower-calorie meal options in their core menus, and have served 15 million healthier meals as at end 2015.

Eating out? Look out for eateries with the HPB's Healthier Choice identifiers or decals to ensure healthier food and drink options are available. Identifiers or decals can be easily spotted at store fronts which come in varied forms – 'Lower in calories', 'We use healthier oil', 'We serve wholegrain options', 'Ask for lower sugar options' so you can make even better choices. These dishes have been created to taste good, pack in a punch of rich nutritional value and yet are lower in calories.

Going Healthy at Hawker Centres and Coffeeshops

Since 28 November 2016, HPB's nation-wide Healthier Dining Programme at hawker centres and coffeeshops aims to nudge the public to pick healthier options at participating stalls. So start looking out for the **"lower in calories"**, **"We serve wholegrain options"** or **"Ask for lower-sugar options"** identifiers when you visit your hawker stall or coffeeshop. Make each meal a healthy one and start living healthier today!



For more details, please visit <http://www.hpb.gov.sg/HOPPortal/programmes-article/HPB063209>

You may also call **1800-223 1313**
or email **HPB_Healthy_Eating_CSHC@hpb.gov.sg**.

¹On average, an adult male requires about 2,200 calories a day, while an average female requires about 1,800 calories a day. These values are calculated based on the average weight and level of physical activity of a typical Singaporean male and female. However, it is important to note that the daily calorie intake would vary depending on different factors, such as age, gender, weight, and activity level. For instance, a desk-bound office worker will not require as many calories as a sales person who is constantly on the move.

WINNERS OF MARINE PARADE TOWNWIDE CLEAN ESTATE COMPETITION 2016 (PUBLIC TOILETS)!

We are pleased to announce the top 3 winners of the Marine Parade Townwide Clean Estate Competition 2016 (Public Toilets). The winners are:

Blk 13 & 14 Haig Road

Blk 4A Jalan Batu

Blk 50A Marine Terrace

*The winners are not in any particular order

These three food centres have been consecutive winners of Marine Parade Townwide Clean Estate Competitions in recent years. With Blk 14 Haig Road and Blk 4A Jalan Batu clinching one of the top 3 positions respectively in the Marine Parade Townwide Clean Estate Competition 2015, *Cleanest Food Centre* category.

Blk 50A Marine Terrace have been awarded winner of this competition for 3 years running. They clinched the *Cleanest Public Toilet* category in 2014 and *Cleanest Food Centre* category in 2015.

Let us continue to work together towards a cleaner and more hygienic environment for everyone.

MEET THE PEOPLE SESSIONS



MARINE PARADE GRC BRADDELL HEIGHTS

MR SEAH KIAN PENG

Place: Block 246
Serangoon Ave 3
#01-216 S(550246)
Date : Every Monday
Time : From 7.30pm
Tel : 6281 1050



MARINE PARADE GRC GEYLANG SERAI ASSOC PROF FATIMAH LATEEF

Place: Block 11
Eunos Crescent
#01-2737 S(400011)
Date : Every 2nd & 4th Tuesday
Time : From 8.00pm
Tel : 6745 7469

Place: Block 15 Joo Seng Road
#01-95 S(360015)
Date : Every 1st & 3rd Tuesday
of the month (except 5th
Tuesday and public holiday)
Time : From 8.00pm
Tel : 6282 7433



MARINE PARADE GRC KEMBANGAN - CHAI CHEE

**MR TAN CHUAN-JIN
MINISTER FOR SOCIAL AND
FAMILY DEVELOPMENT**

Place: Block 35
Chai Chee Ave
#01-260 S(461035)
Date : Every Monday
except 5th Monday
Time : From 7.30pm
Tel : 6441 2780



MACPHERSON SMC

MS TIN PEI LING

Place: Block 108
Aljunied Crescent
#01-36 S(380108)
Date : 1st & 2nd Monday
except eve of public holiday
Time : From 8.00pm
Tel : 6842 6979

Place: Block 54
Pipit Road #01-125 S(370054)
Date : 3rd, 4th & 5th Monday
except eve of public holiday
Time : From 8.00pm
Tel : 6741 5006



MARINE PARADE GRC MARINE PARADE

**EMERITUS SENIOR MINISTER
GOH CHOK TONG**

Place: Block 46
Marine Crescent
#01-42 S(440046)
Date : Every Wednesday
Time : From 8.00pm
Tel : 6442 6945



MOUNTBATTEN SMC

**MR LIM BIOW CHUAN
DEPUTY SPEAKER**

Place: Block 51
Old Airport Road
#02-01 S(390051)
Date : Every Tuesday
Time : From 7.30pm
Tel : 6344 7189



MARINE PARADE GRC Joo Chiat

MR EDWIN TONG CHUN FAI

Place: 15 Lorong K Telok Kurau
S(425611)
Date : Every Monday
Time : From 8.00pm
Tel : 6346 0121



Block 50 Marine Terrace
#01-265 Singapore 440050
Tel: 6241 6044
Toll-free line: 1800-241 6487
Fax: 6444 0919

Block 266 Serangoon Central Drive
#03-251 Singapore 550266
Tel: 6282 0551
Toll-free line: 1800-287 6530
Fax: 6382 0853

Disclaimer: Our Town @ Marine Parade is a newsletter published by Marine Parade Town Council and is delivered to the letterboxes of all HDB Households in Marine Parade GRC, MacPherson SMC and Mountbatten SMC. Copies of the newsletter can also be collected from the Town Council offices. The publisher makes every effort to ensure the accuracy of information in Our Town @ Marine Parade but cannot be held responsible for any consequences arising from errors or omissions.

