



Marine Parade  
Town Council

# OUR TOWN

@ MARINE PARADE

A Publication of Marine Parade Town Council  
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## Community Togetherness

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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. Covered linkway between Block 117 Aljunied Ave 2 to Block 119 Aljunied Crescent
2. Replacement of lightings and water pipes for fountain at Civic Plaza, in front of Block 7 Jalan Batu
3. Linkway from Block 53 Marine Terrace to Bus stop
4. Integrated family playground at Block 55 Chai Chee Drive
5. Shelter over ramp at Block 237 Serangoon Ave 3
6. BBQ area at Block 417 Eunos Road 5



# Clean & Green Week 2016

We kicked off the annual Clean & Green Week in the month of November across Marine Parade Town. In collaboration with the Residents' Committee, various precincts held Clean & Green themed events and residents were invited to join us in our litter picking exercises in their neighbourhood.

The events served to educate residents on the importance of keeping their neighbourhood clean and to take pride in their living environment. In addition, we seek to bring the residents together and instill a sense of ownership in the cleanliness of the estate.

Furthermore, we took this opportunity to appreciate the daily efforts our cleaners put in to make our town a better place to live in. The MPs of Marine Parade Town also participated in this meaningful event and mingled with the residents.





# The People Se

**Working behind the scene of Marine Parade Town Council are our Conservancy Workers - the unsung heroes who work tirelessly in maintaining the cleanliness of our estates. In this issue, read on to unravel what motivates them to serve each day. And perhaps the next time when you see them, you could address them, smile or even say a simple 'thank you' for their unwavering dedication and hard work.**



**Mdm Chong Gwek Ngoh, 51  
MacPherson Estate**

**Recipient of Best Cleaner Award 2016, South East CDC**

"I've seen many gracious strangers for the past 10 years as a toilet caretaker. Some of them are generous with their compliments, while others practise good habits like disposing their used tissues in the bins. I'm pleased to know that there are people who take pride in cleanliness even in public spaces & appreciate the works of cleaners. Their kind hearts encourage me to go to work daily with a positive mind."



**Mr Saini, 78  
Marine Parade Estate**

**Recipient of Best Cleaner Award 2016, South East CDC**

"For the past 27 years, my morning routine comprises of cleaning the void deck & corridors as early as 5am. I always ensure that when the residents leave their houses for school or work, the floors are dry & the area looks kempt. Being greeted with smiles despite their morning rush warms my heart. I've also watched some of the residents here grow from when they were young till they're married with kids. It's like this estate is my second home & they're my extended family - it's a truly nice feeling."



**Mr Upen, 41  
Braddell Heights Estate**

"The residents here are friendly. They'd smile & sometimes even engage in quick conversations, like asking me how I am. Their nice gestures motivate me to go the extra mile. Even on Sundays, I will still do my rounds & clear accumulated rubbish or bulky items. At the end of the day, I know I'm not just cleaning the estate, but I'm also making it a better home for the residents - young & old."

# erving Our Town

## **Mr Neo, 64** **Geylang Serai Estate**

"Residents often ask why I'm still working at this age when I should be resting at home. The reason is simple - I want to keep myself fit & healthy! Cleaning takes effort & sometimes it isn't easy, but over time, this job becomes a morning routine that I enjoy doing. Aside from being able to exercise my old joints, working here allows me to interact with residents, some of whom have become my friends. Happy work, happy life!"



## **Mr Monir, 37** **Kembangan-Chai Chee Estate**

"There is never a day that I find work to be a chore. I've learnt the different areas of the estate by heart & have even built rapport with some of the residents here. Of course, some days are more challenging than usual, sometimes due to overwhelming maintenance feedbacks or requests to dispose bulky items, but that's normal. The trick to overcome it is to always work with a smile & a sincere heart, then everything will be fine."

## **Mr Rasel, 32** **Mountbatten Estate**


"I still remember - there was once when I was absent from work because I wasn't feeling well. The following day, some residents asked me why I wasn't around & if I was feeling better. I was both surprised & humbled by their concern. Knowing that they acknowledge my presence & care for me is such a pleasant feeling. It encourages me to strive to keep the estate as well-maintained as possible so that the residents can live comfortably."







# Kembangan- Chai Chee Town Day



Residents had a whale of time during the Kembangan-Chai Chee Town Day held on 31 July 2016. Apart from stage performances, a myriad of sports and arts-themed activities were lined up to encourage social cohesiveness and community connectivity. Families and friends were seen participating in Bumper Soccer, Flower Pressing Art as well as Face Painting activities, among many others.

The eventful day was graciously attended by Guest-of-Honour Minister Tan Chuan-Jin, together with Special Guests Chairman of Marine Parade Town Council Mr Lim Biow Chuan and Associate Professor Fatimah Lateef. The MPs took the opportunity to launch Marine Parade Town Council's revamped website that features a fresh new look and a user-friendly navigation.

The joyous atmosphere stayed on till the night as residents gathered for a movie screening before bidding their goodbyes.









# Braddell Heights NRP Completion Ceremony and Residents Get-Together



In celebration of the completed stage and hard court in the neighbourhood, residents of Braddell Heights gathered for an evening of entertainment at the Neighbourhood Renewal Programme (NRP) Ceremony and Residents Get-Together on 15 October 2016, in front of Block 236 Serangoon Avenue 3.

The new amenities are part of the improvement works under the NRP, implemented by the Town Council to promote community connectivity.

Residents were joined by MP Mr Seah Kian Peng in a fun-filled evening, with an entertaining line-up of stage performances. The event had game booths for residents of all ages to partake in and to take home game prizes.





# Ping Yi Greens Welcome Party

On 22 July 2016, Ping Yi Greens opened its pristine doors for a weekend of fun and laughter as a mini carnival was held to officially welcome its new residents. Gracing the event was Guest-of-Honour Minister Tan Chuan-Jin, who spent the day interacting and connecting with the residents.

Apart from exciting games and performances, an array of booths was also set up to engage both the young and young-at-heart. Children beamed as they got their faces painted while parents took the opportunity to learn about the various government agencies and their roles in the community. The cotton candy and ice-cream booths certainly made the whole event a notch happier and sweeter as the residents helped themselves to the treats while mingling with one another.







In our fight against the Aedes mosquitoes, we are working closely with the National Environment Agency (NEA) to minimise the transmission of the Zika virus and Dengue. We have also intensified our efforts in vector control operations on potential breeding spots in our town.

#### Some of these operations include:

- Oiling and flushing of drains
- Checking and destroying potential breeding grounds in common areas
- Mitigate causes of water stagnation in common areas whenever possible
- Removing drain slabs to facilitate inspections while not compromising safety

#### Did you know that majority of breeding sites are found in our homes?

The Aedes mosquitoes usually breed in clean, stagnant water. Hence, residents can play their part by frequently checking and removing stagnant water at home.

**Residents can also report potential breeding sites to the town council at 1800-241 6487 or NEA at 1800-225 5632. Let us work together as a community to keep our loved ones safe against mozzies!**

## Do the 5-Step Mozzie Wipeout:



1

Change the water in flower vases every other day

2

Remove water in flower pot plates on alternate days



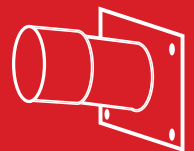
3



Turn over all water storage containers

4

Cover bamboo pole holders after use



5



Clear blockages regularly





# Eat Out, Eat Well

The one thing most Singaporeans miss about home after a trip abroad is that plate of fragrant chicken rice or some crispy prata. We are a nation that loves our food. And as we lead busy lives, most of us frequently eat out.

## So, how do we maintain a healthy lifestyle when surrounded by the wide variety of cuisine available all over the island?

It's not that difficult and you do not need to compromise on taste to be healthy. All you need to do is reduce calories by making better choices at food outlets.

Take out food and beverages usually contain higher calories, so being mindful about what you consume can go a long way. The occasional indulgence is acceptable, but it is still important to know if you have exceeded your daily calorie intake when eating out.

To encourage more people to jump on the healthy bandwagon, the Health Promotion Board (HPB) has introduced key initiatives to help make healthier food options more available and accessible to all.

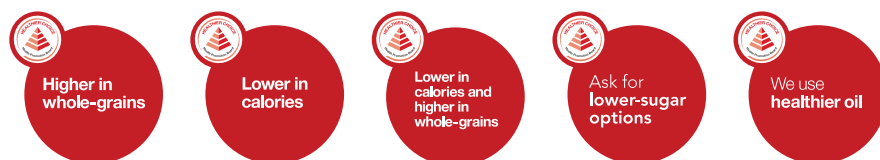
## Healthy Eating, Every Day

### Did you know that an eat-out meal contains 700 calories on average?

The National Nutrition Survey 2010 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 intake<sup>1</sup>.

Finding a healthier meal with the right amount of calories in a foodie's paradise like Singapore can be challenging. However, it's now much easier to enjoy wholesome meals with the Healthier Dining Programme - a HPB initiative that encourages F&B businesses to offer healthier items. About 1,600 food eateries currently offer lower-calorie meal options and have incorporated healthier ingredients in their core menus.

**Eating out? Look out for eateries with the 'Healthier Choice' decal to ensure healthier food and drink options are available.** Decals can be easily spotted at store fronts which come in varied forms - 'Lower in calories', 'Higher in whole-grains', 'We use healthier oils', so you can make even better choices.



Several quick-service restaurant chains have also introduced healthier alternatives for set meals at no added cost for people to eat on the go. This way, you get to choose from a variety of readily available grub that is both healthier and tasty.

When looking through menus at participating F&B outlets, pick healthier items that can be easily recognised with the 'Healthier Choice' decals. These dishes have been created to taste good, pack in a punch of rich nutritional value and yet lower in calories.

## Going Healthy Is Rewarding

**Eating healthy comes with rewards too! Starting 28 July 2016, HPB's nation-wide food and drink campaign will nudge the public to pick healthier options at participating F&B outlets.**

Stand a chance to win prizes, such as \$10 stored-value NETS Flash paycards, complimentary food and/or drink items, when you order a healthier meal or drink at participating outlets. You also stand to win a cash prize of \$8,888 when you participate in the lucky draw contest. So start making each meal a healthy one and live healthier today!

For more details, please visit [www.getthehealthy.sg/eatdrinkshop](http://www.getthehealthy.sg/eatdrinkshop).

<sup>1</sup>On average, an adult male requires about 2,200 calories a day, while an adult female requires about 1,800 calories in a day. The values indicated are calculated based on the average weight and physical activity level of Singaporean male and female. The daily calorie intake may vary depending on different factors such as age, gender, weight and activity level. If you are an office worker, you may not require as much calories as a sales person who's always on the move.





# Congratulations

to the National Day Award 2016 Recipients!

## The Public Service Star 2016



**Mr James Koh Chee Kiat, BBM**  
Chairman, Geylang Serai CCMC



**Mr Arif Bin Haji Zahari, BBM, PB**  
Assistant Treasurer, Kampong Ubi CCMC



**Mr Ng Cher Yan, BBM**  
Member, South East CDC

## The Public Service Medal (Marine Parade GRC)



**Mr Bob Lee Song Tioh, PBM**  
Member, Braddell Heights CCC



**Mdm Belinda Tan Cheh, PBM**  
Vice-Chairperson,  
Braddell Heights CC WEC



**Mr Oh Swee Ann, PBM**  
Chairman, Geylang Serai RC



**Mr Tan Yong Min, PBM**  
Chairman, Telok Kurau Zone 2 NC



**Mr Wee Lian Teck, PBM**  
Member, Joo Chiat CCC



**Mdm Charlotte Lee Kar Tim, PBM**  
Chairperson, Ping Yi Garden RC



**Mr Chua Ser Keng, PBM**  
Vice-Chairman, Joo Chiat NC1  
@ Marine Parade



**Mr Richard Lee Tuck Meng, PBM**  
Chairman, Marine Parade CC SCEC

## The Public Service Medal (MacPherson SMC)



**Mr Lian Eng Huat, PBM**  
Chairman, MacPherson Zone E RC



**Mr Sun Ren Wang, PBM**  
Patron, MacPherson Zone E RC



**Mdm Veronica Er Siew Hiang, PBM**  
Vice-Chairperson, Dakota  
(Mountbatten) RC



**Mr Jackie Neo Choon Lee, PBM**  
Auditor, Katong CCMC

## The Public Service Medal (Mountbatten SMC)

## Take Pride in Your Environment

Environmental cleanliness is a paramount responsibility of every citizen in Singapore. Here are some good habits that all of us can adopt. Let's all join our forces and keep our estates clean and beautiful!

- Bag your rubbish before throwing into the Central Rubbish Chute
- Throw your litter into the standing bins provided
- Keep common corridors obstruction-free at all times
- Clean up after your pets and keep common areas\* clean

\*Common areas include corridors, lifts, staircase landings and void deck.





# Compliments

Mr Selamat BMI shows his gratitude to Property Officer, Mr Adam for his positive work attitude and his dedication to ensure that the leakage in his kitchen is rectified. He also appreciates the efforts made by Conservancy Foreman, Mr Arif for providing excellent service to the residents in the neighbourhood.

"I am pleased to highlight to you regarding Mr Adam Liew's professional work attitude as he was always approachable and communicated in a pleasant mannerism."

"I would also like to highlight the positive and friendly work attitude of your maintenance staff Mr Arif and his team for keeping the neighbourhood clean. Mr Arif is always friendly and ready to assist. Mr Arif was always around when I needed his assistance."

Best regards,  
Selamat BMI

Mr Teo shows his appreciation to Property Officer, Mr Vincent Cao and his team for their responsiveness and for efficiently resolving the issues that were reported.

"MPTC has been responsive and recently, Vincent and his team have been quick in resolving my noisy pipe issues. He had dealt with the issue professionally and knowledgeably.

I would like to thank Vincent and MPTC for a job well done.

Thanks,"

Mr Teo Yenshing, Daniel

Mr Chen is grateful for Senior Property Officer, Mr Steven Chin who went the extra mile to ensure that he gets the right assistance to resolve the problem at hand.

"Mr. Chin and his helper Kumar was quick to respond, and made multiple house calls to check on the situation. Mr. Chin also passed me a detailed list of phone numbers of other agency parties who may assist further. As the problem has affected my flat for a while now, it was relief to see his team on the case."

Warm regards,  
Chen Jieyun

## quiz

for 3rd Issue 2016



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

- 1 State any two vector control operations that Town Council has taken to eradicate potential breeding spots in our town.  
a) \_\_\_\_\_  
b) \_\_\_\_\_
- 2 Residents can play their part by doing the 5-Step Mozzie Wipeout. List down at least three of these steps.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 3 Majority of breeding sites are found in our homes. (True/False)

### Regulations

- Complete the quiz and submit the official entry form by **6 January 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.: \_\_\_\_\_





The MPs of Marine Parade Town together  
with Marine Parade Town Council

Wish All Residents a  
**Merry Christmas &  
Happy New Year.**

**STAY  
CONNECTED  
WITH US**

**Like Us! On Facebook**



*Find Us on Facebook: Marine Parade Town Council*





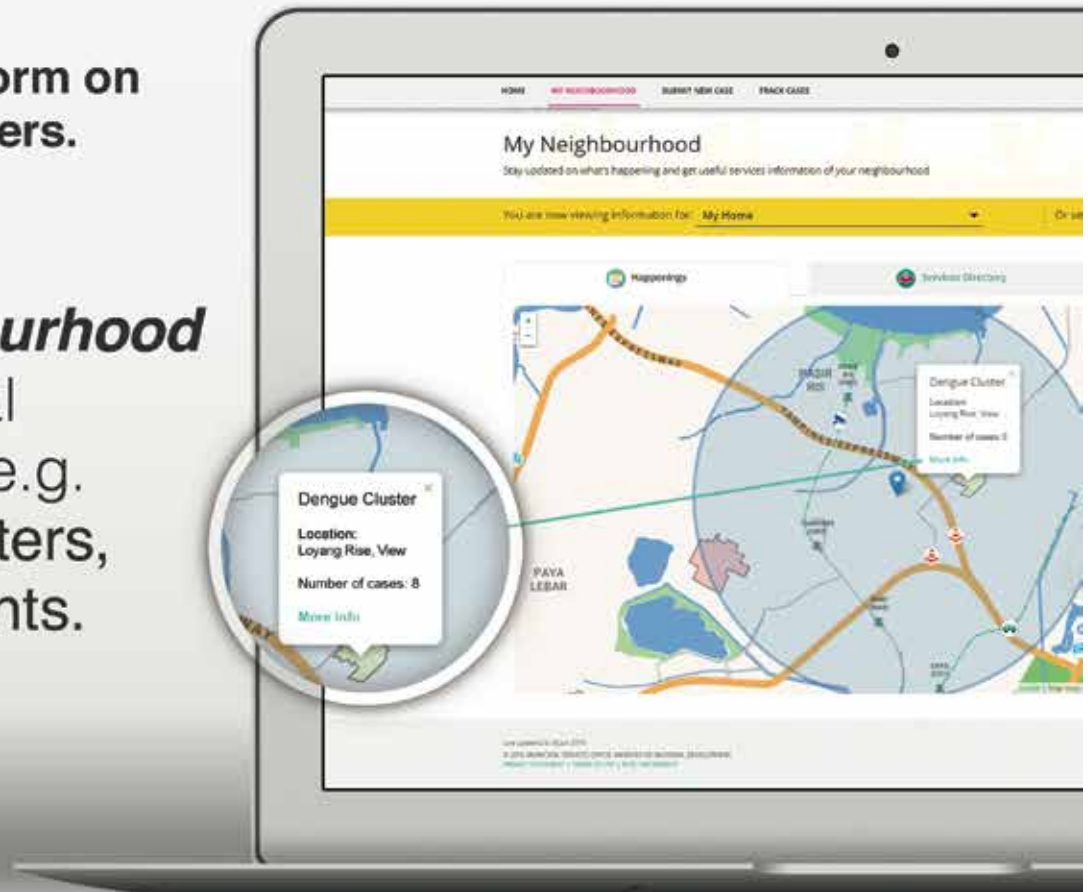
# VISIT THE ONESERVICE PORTAL

[www.oneservice.sg](http://www.oneservice.sg)



One-stop platform on  
municipal matters.

Check out  
***My Neighbourhood***  
for municipal  
information e.g.  
dengue clusters,  
traffic incidents.



SPOT. SHOOT. SEND.  
**Download the OneService  
App to give feedback on  
municipal issues!**

Download The App!



Partner Agencies:



Working with Town Councils



## 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

Note: The MPS at the following updated venue will take effect from 1 January 2017

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

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