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A publication by Jurong-Clementi Town Council



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INSIGHTS

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SPOTLIGHT

SUSTAINABILITY

Jurong-Clementi Town Council JURONG EAST BRANCH OFFICE





Xie Yao Quan 谢曜全 சியே யாவ்சுவான் Chairman, Jurong-Clementi Town Council Pengerusi, Majlis Bandaran Jurong-Clementi 裕廊-金文泰市镇理事会主席 தலைவர், ஜூரோங்-கிளமென்டி நகர மன்றம்

A promising future

t is heartening to see our return to normalcy in Singapore as most social and economic activities have resumed. This year, much to everyone's delight, the National Day Parade will also return to The Float (a) Marina Bay. I would like to wish my fellow Singaporeans a Happy National Day as we celebrate our nation's 57th birthday.

As part of the Government's ongoing efforts to help Singaporeans with rising costs of living, residents can expect to receive \$200 worth of CDC vouchers per household in early 2023 and 2024. This is in addition to the \$100 CDC vouchers distributed twice, once in December 2021 and once in May 2022.

These CDC vouchers will support our heartland businesses as the economy continues to recover strongly. Moreover, the first two tranches of service and conservancy charges (S&CC) and GST Voucher (GSTV) U-Save rebates have been disbursed in April and July 2022. Another two tranches will be disbursed in October 2022 and January 2023. Additionally, every Singaporean household living in a residential property in Singapore will be given a \$100 Household Utilities Credit by September 2022.

In Jurong-Clementi Town Council, we are striving to building a more sustainable home for our residents. As part of the People's Action Party (PAP)-managed Town Councils' Action for Green Town (AGT) programme, JRTC together with all PAP-managed Town Councils will implement a new upcycling initiative that incorporates decommissioned parts from MRT trains - 1,500 seats, 600 intercom covers, 300 LED light covers and 1,400 handrails - into public spaces to enhance residents' living environment. This initiative will also prevent 14,400kg of materials from heading to our landfills.

Recently, there has been a few high-profile fire incidents in HDB flats, causing loss of life and damage to property. We would like to take this opportunity to remind residents to cooperate with the Town Council as our team continues to ensure compliance across the Town to Singapore Civil Defence Force's fire safety regulations.

Let's all do our part for a safer, greener and more pleasant home.

随着大部分社会和经济活动逐渐恢复,我们的生活也开始步入常态。令人振奋的是,今年的 国庆庆典也回到了滨海湾浮动舞台。在新加坡欢庆57岁生日之际,我祝大家国庆日快乐。

政府致力于协助民众应对生活费上涨问题。每户家庭可在明后两年领取总值200元的社理 会邻里购物券。这是社理会分别在去年12月和今年5月发放100元邻里购物券后提供的额外援 助。

我们可以使用这些邻里购物券支持邻里商家。此外,政府已分别在今年4月和7月发放首两 轮的杂费回扣和消费税补助券-水电费回扣。另外两轮将在今年10月和明年1月发放。每户新加 坡家庭也将在今年9月获得额外的100元水电费补贴。

裕廊-金文泰市镇理事会则竭力为居民打造更可持续发展的家园。作为人民行动党市镇理 事会绿色市镇行动计划的一分子,裕廊-金文泰市镇理事会将与其他人民行动党市镇理事会携手 将地铁列车的旧部件进行升级再造,放置在社区供居民使用。这包括1500个座椅、600个对讲机 盖、300个LED照明盖和1400个扶手。这将有助我国垃圾埋置场减少处理1万4400公斤的垃圾。 最近,组屋区发生了几起火患,造成人命伤亡和财物损失,备受关注。我们在此提醒居民与

市镇理事会合作,共同遵守新加坡民防部队的消防安全条例。 让我们尽己之力,打造更安全、绿化和舒适的家园。

Keadaan kini kembali normal di Singapura sedang kebanyakan kegiatan sosial dan ekonomi disambung semula dan ini sungguh menggembirakan. Tahun ini Perbarisan Hari Kebangsaan akan juga kembali di The Float @ Marina Bay dan ini membawa kegembiraan. Saya ingin mengucapkan Selamat Hari Kebangsaan kepada semua warga Singapura sedang kita meraikan ulang tahun ke 57 negara.

Sebagai sebahagian daripada usaha berterusan Pemerintah untuk membantu rakyat Singapura dengan kenaikan kos sara hidup, pada penduduk boleh menjangkakan untuk menerima baucar CDC bernilai \$200 bagi setiap isi rumah pada awal 2023 dan 2024. Ini adalah tambahan kepada baucar CDC \$100 yang diagihkan pada Disember 2021 dan Mei 2022.

Baucar CDC ini akan menyokong perniagaan di kawasan perumahan awam sedang ekonomi kita pulih dengan lebih kukuh. Selain itu, dua rebat bayaran perkhidmatan dan penyenggaraan (S&CC) dan Baucar GST U Save (GSTV) telah diagihkan pada bulan April dan Julai 2022. Dua lagi rebat akan diagihkan pada Oktober 2022 dan Januari 2023. Selain itu, setiap isi rumah warga Singapura yang tinggal di hartanah kediaman di Singapura akan menerima \$100 Kredit Utiliti Kediaman menjelang September 2022.

Di Majlis Bandaran Jurong-Clementi, kami berusaha membina kediaman yang lebih berdaya tahan bagi penduduk. Sebagai sebahagian daripada program Tindakan bagi Bandar Hijau (AGT) Majlis Bandaran yang diuruskan oleh Parti Tindakan Rakyat (PAP), JRTC bersama-sama dengan semua Majlis Bandaran yang diuruskan PAP akan melaksanakan inisiatif kitar semula yang menggabungkan sebahagian kereta api MRT yang lama - 1,500 tempat duduk, 600 penutup interkom, 300 penutup lampu LED dan 1,400 susur tangan - untuk menjadi ruang awam bagi mempertingkatkan persekitaran hidup penduduk. Inisiatif ini juga akan menghalang 14,400 kilogram bahan daripada dibuang ke tapak pelupusan sampah.

Baru-baru ini, terdapat beberapa insiden kebakaran berprofil tinggi di flat HDB, menyebabkan kehilangan nyawa dan kerosakan harta benda. Kami ingin mengambil kesempatan ini untuk mengingatkan para penduduk untuk bekerjasama dengan Majlis Bandaran sedang pasukan kami terus memastikan pematuhan di seluruh kejiranan bagi peraturan keselamatan kebakaran Pasukan Pertahanan Awam Singapura.

Mari kita semua lakukan bahagian kita demi memastikan kediaman yang selamat, menghijau dan menyenangkan.

சிங்கப்பூரில் பெரும்பாலான சமூக, பொருளியல் நடவடிக்கைகள் மீண்டும் தொடங்கி, நாம வழக்கநிலைக்குத் திரும்புவதைக் காண்கையில் மனம் நெகிழ்கிறது. இவ்வாண்டு, அனைவருக்கும் மகிழ்ச்சி அளிக்கும் வகையில், தேசிய தின அணிவகுப்பு மரினா பே மிதவையில் மீண்டும் நடைபெறவிருக்கிறது. நம நாட்டின் 57வது பிறந்தநாளைக் கொண்டாடும் இத்தருணத்தில், சக சிங்கப்பூராகள் அனைவருக்கும் எனது தேசிய தின வாழ்த்துகளைத் தெரிவித்துக் கொள்கிறேன்.

சிங்கப்பூராகள் அதிகரித்துவரும் வாழ்க்கைச் செலவினங்களை சமாளிக்க உதவும் நோக்கத்துடன் அரசாங்கம் மேற்கொள்ளும் தொடர் முயற்சியின் ஒரு பகுதியாக, 2023, 2024 ஆண்டுகளின் துவக்கத்தில் ஒவ்வொரு குடும்பத்திற்கும் வழங்கப்படும் \$200 மதிப்புள்ள சமூக மேம்பாட்டு மன்றப் பற்றுச்சீட்டுகளைக் குடியிருப்பாளர்கள் எதிர்பார்த்திருக்கலாம். 2021 டிசம்பர், 2022 மே மாதங்களில் விநியோகிக்கப்பட்ட தலா \$100 பற்றுச்சீட்டுகளுக்கு மேலாக அடுத்த ஈராண்டுகளிலும் பற்றுச்சீட்டுகள் வழங்கப்படவுள்ளன.

நமது பொருளியல் தொடர்ந்து வலுவான மீட்சி அடைகையில், குடியிருப்பு வட்டாரங்களில் செயல்படும் தொழில்களுக்கு இந்தப் பற்றுச்சீட்டுகள் ஆதரவளிக்கும். மேலும், சேவை, பராமரிப்புக் கட்டணத் தள்ளுபடிகள், பொருள், சேவை வரி பற்றுச்சீட்டு – யு-சேவ் தள்ளுபடிகள் ஆகியவற்றின் முதல் இரு பகுதிகள் 2022 ஏப்ரல், ஜூலை மாதங்களில் வழங்கப்பட்டுவிட்டன. அடுத்த இரு பகுதிகள், 2022 அக்டோபர், 2023 ஜனவரி மாதங்களில் வழங்கப்படும். இவற்றோடு, சிங்கப்பூரிலுள்ள வீட்டில் வசிக்கும் ஒவ்வொரு சிங்கப்பூர் குடும்பத்திற்கும் 2022 செப்டம்பர் மாதத்திற்குள் \$100 குடும்பப் பயனீட்டு உதவித்தொகையும் வழங்கப்படும்.

ஜூரோங்–கிளமென்டி நகர மன்றம் குடியிருப்பாளர்களுக்காக மேலும் நீடித்து நிலைக்கவல்ல இல்லத்தை அமைத்துத்தர முயற்சி எடுக்கிறது. மக்கள் செயல் கட்சி (மசெக) நிர்வகிக்கும் நகர மன்றங்களின் பசுமை நகரச் செயல்திட்டத்தின் ஒரு பகுதியாக, ஜூரோங்–கிளமென்டி நகர மன்றமும் சக நிர்வகிக்கும் மற்ற அனைத்து நகர மன்றங்களும் கூட்டிணைந்து புதிய புத்தாக்க ாடருத திட்டத்தைச் செயல்படுத்தவுள்ளன. பணியிலிருந்து ஓய்வுபெற்ற பழைய பெருவிரைவு இரயில்களிலிருந்து எடுக்கப்பட்ட 1,500 இருக்கைகள், 600 இணைப்புப்பேசி மூடிகள், 300 *LED* விளக்கு மூடிகள், 1,400 கைப்பிடிகள் ஆகியவை பொது இடங்களில் நிறுவப்படும். குடியிருப்பாளர்களின் வாழ்க்கைச் தூலை மேம்படுத்தப்போகும் இத்திட்டம், 14,400 கலோகிராம் எடையுள்ள பொருட்கள் நமது குப்பை நிரப்பும் நிலத்தை அடையாமல் தடுக்கவும் உதவப்போகிறது.

அண்மையில் சில வீவக வீடுகளில் பெரிய அளவிலான தீச் சம்பவங்கள் நேர்ந்து, உயிரிழப்பும் பொருள் சேதமும் ஏற்பட்டன. எனவே, நகரெங்கிலும் சிங்கப்பூர் குடிமைத் தற்காப்புப் படையின் தீப் பாதுகாப்பு விதிமுறைகள் கடைப்பிடிக்கப்படுவதை உறுதி செய்ய முயற்சி எடுக்கும் நகர மன்றக் குழுவுக்கு ஒத்துழைப்பு தருமாறு குடியிருப்பாளர்களுக்கு நினைவுபடுத்த விரும்புகிறோம். மேன்மேலும் பாதுகாப்பான, பசுமையான, இனிமையான இல்லத்தைக் கட்டிக்காக்க, நாம் அனைவரும் நமது பங்கைச் செய்திடுவோம்.



JRTC cleaning staff among others recognised for her dedication



urong-Clementi Town Council is delighted to share that Madam Nengsih Binti Tasmin has been recognised as one of the Best Cleaners in the HDB Estates category at the Clean and Green Singapore (CGS) Awards 2021. This is the third time that Madam Nengsih has received the award.

Launched in 2003, the CGS Awards underscore the crucial role that cleaners play in keeping Singapore clean. In its latest iteration, the CGS Awards recognised 169 cleaners who received the CGS Best Cleaners Award for the year 2021 in four sub-categories: Hawker Centres, HDB Estates, Public Waste Collectors and Public Cleanliness.

The award recipients have maintained high standards of cleanliness and hygiene in areas under their charge. The 2021 edition awarded the largest number of cleaners, highlighting their important contribution as frontline workers in the nation's fight against Covid-19.

裕 廊 — 金 文 泰 市 镇 理 事 会 的 清 洁 工 南 希 (Nengsih Binti Tasmin)获颁2021年清洁与绿 化新加坡奖项组屋区组别的"最佳清洁工奖", 以表扬她的辛勤工作和奉献。

McDonald's Singapore recognises JRTC cleaners

Ver the years, cleaners have been working tirelessly as unsung heroes to keep our neighbourhoods clean. The importance of their work was highlighted during the fight against the Covid-19 pandemic.

As a gesture of appreciation to recognise their enhanced efforts to keep the estate clean and pleasant, especially since more rigorous cleaning standards were required at the peak of the pandemic, fast-food chain McDonald's Singapore provided complimentary upsized McSpicy Extra Value Meals to Jurong-Clementi Town Council's (JRTC) cleaners at a cleaner appreciation event on 18 April. Seven cleaners attended the event at the fast-food outlet at Blk 256 Jurong East St 24. Cleaner Mihfiruz, 31, who has been working in Singapore over the past six years, said he's thankful to receive such appreciation. "Singaporeans are friendly and they treat foreign workers with respect. Even though my workload has increased since the pandemic, I have no complaints because I feel welcomed and appreciated here," he adds.

During the pandemic, Mihfiruz, who works

from 6am to 7pm, increased his cleaning frequency for the lifts and touchpoints such as railings and seating areas. He also had to remove more bulky items such as cupboards and bed frames as more people worked from home and bought new furniture while disposing of old items.

Mihfiruz's colleague, Shek Habibulla, said the public's appreciation motivates him to work harder in his job. "The residents greet me whenever they see me and sometimes they even buy us food and drinks," he adds.

Cleaning supervisor Mohammed Nadim, 26, said he was initially scared when he had to get out to work when the pandemic first



broke out in Singapore. "But JRTC gave us face masks, gloves and hand sanitisers," he shares.

Today, Mohammed is proud that his job allows him to create a clean and safe environment for the community. "We were classified as essential workers and played an important role in the fight against Covid-19."

4月18日,快餐连锁店麦当劳邀请裕廊—金文泰市 镇理事会的清洁工到位于裕廊东24街第256座的 门店,免费享用美味的快餐,以感谢他们保持组屋 区清洁的功劳。

Celebrating Singapore's

What is your wish for our nation's 57th birthday?

Happy 57th Singapore National Day! We hope that Singapore remains safe, prosperous, healthy and united in the years ahead!

祝福57岁的新加坡国泰民安,繁荣昌盛,生日快乐! Lai Chee Chiek (Clementi)

As per what Mr Lee Kuan Yew said in his Proclamation of Singapore – that Singapore shall forever be a sovereign democratic and independent nation, founded upon the principles of liberty and justice, and ever seeking the welfare and happiness of her people in a more just and equal society. *Leong Mon Wai (Taman Jurong)*

We wish for economic stability and racial harmony. *Faith Lam and Justin Pan (Bukit Batok)* Wishing that Singapore stays strong, safe and prosperous. *Edwin Teo* (*Yuhua*)

Wishing no more Covid-19 virus. **Teo Heng Swee** (Yuhua)

On this day, let's be grateful for the precious harmony we have, for the courage and toil that went into creating it and the effort it takes to sustain this land of miracle we call HOME. *Mohamad Latiff (Jurong Central)*

I hope Singaporeans will continue to play their part in building a prosperous, harmonious and safe country for everyone, regardless of race, language, religion or even sexuality. The pandemic has recently taught us that we, as Singaporeans, living in this Little Red Dot, have to be there for one another, especially in times of difficulty.

Nur Khalidah (Bukit Batok East)

Best wishes and happy 57th birthday! I'm so blessed and proud to be a part of a prosperous and glorious nation. **Salbia Ali** (Yuhua)

We wish Singapore will continue to progress and be prosperous, where people will learn to be gracious and caring, living harmoniously together as one; a nation that we are proud of! Wishing Singapore to be forever young, peaceful and happy! *Muhammad Khairul and Nursuzanna Jumadi (Bukit Batok)*

Wishing all the boys and girls in Singapore a Happy National Day, and for them to enjoy their holiday! *Elliot Wang* (Jurong Spring)



<complex-block>

57th Birthday

Jurong-Clementi Town Council thanks all residents who supported our call for the National Day Bannerette Talent Search. Here are some of our residents featured on the bannerette. As we celebrate the Nation's 57th Birthday, they share their thoughts and wishes for Singapore.

What do you love most about National Day?

The parade, it's wonderful to see everyone dressed in red and white, united as one. I enjoy watching the different uniform groups marching by, knowing that they are always here to keep our country a safe place. And of course I love the fireworks too! *Gurmindar Kaur (clementi)*

I love the National Day songs, the National Day Parade and performances. As a P5 student, I loved the NE show where we watched the NDP rehearsal live at The Float (a) Marina Bay. Jenabelle Ong (Bukit Batok)

Fireworks! **Zaclyn Leong** (Taman Jurong) Every year, my family and I would stay home and enjoy watching the NDP parade together. I enjoy singing the NDP songs together with my family – we love *Home* by Kit Chan very much.

Melissa Ng (Jurong Central)

I love to see the soldiers at the National Day Parade.

Jayelon Lee (Bukit Batok East)

I love the fact that everyone comes together as one, despite our race, language or religion! *Melwinder Kaur* (*Taman Jurong*)

I love watching the National Day Parade and watching the fireworks with my family. *Nur Jannah* (Yuhua) I absolutely love our wholehearted community participation in celebrating the significance of National Day. Whether it is the PM, MP or CM (common man), we all celebrate together as one nation regardless of race, religion, gender or age, with a lot of spontaneous joy, pride and spirit. We enjoy the National Day celebrations to the fullest, while also remembering the sacrifices that our nation's founders made to give us the peaceful, successful, multicultural and sustainable Singapore that we have today. Love you, dear Singapore! *Vidya Kumar (Jurong Spring)*





SUSTAINABILITY

Yuhua Green Plan Workshop invites ideas from residents

n alignment with the SG Green Plan 2030, a Green Plan Workshop was organised by Jurong-Clementi Town Council in Yuhua to explore new sustainability initiatives in the neighbourhood.

The discussion was split into four overarching categories based on the four pillars of the SG Green Plan 2030 – City in Nature, Sustainable Living, Energy Reset, and a Resilient Future. Yuhua residents contributed to the discussion with fresh ideas pertaining to waste management, planting more trees, and encouraging recycling and upcycling.

The two-hour-long workshop was attended by 80 participants, who came from a wide range of backgrounds – from residents, grassroots leaders, schools and childcare to hawker association, religious organisations and Voluntary Welfare Organisations. The participants were then divided into four groups to brainstorm on the four pillars of the SG Green Plan 2030 and how to implement them in their neighbourhood.

The objective of the event is to get people



from all walks of life to participate in the discourse on sustainable living.

Seeing the overwhelming response, there are plans to organise it thrice a year. It proved to be a good idea to mix participants from different backgrounds. The event was described as "a living plan which will evolve as Yuhua works with residents and partners from all sectors to co-create sustainable practices".

Some of the ongoing initiatives in Yuhua, following the announcement of the SG Green Plan 2030, include tree planting days to bring more greenery to society; paper recycling and installation of reverse vending machines



to recycle used plastic bottles and aluminium cans; Repair Kopitiam, a community initiative that enables residents to repair simple broken items and prolong their lifespan; textbook sharing; and MRT seat upcycling by using them in public spaces.

为配合2030年新加坡绿色发展蓝图,裕廊-金文 泰市镇理事会的可持续发展计划领导人林春贵先 生在裕华区举办了一场研讨会。他召集各行各业 的人士参与研讨会,集思广益,共同探讨社区可持 续发展的新举措。



02 - 04 - 2022

Blk

-3 pm

ATION

517F

Jurong Spring goes mobile

R esidents of Jurong Spring now have a new and more convenient method to share their feedback. The Jurong Spring team recently launched a mobile feedback service that will enable faster

response to the needs and

concerns of Jurong Spring residents.

Taking place on the first and second Saturday of every month, the Jurong Spring team will station themselves in one of the Resident Committee (RC) zones for a duration of two hours to meet with residents who wish to highlight any estate maintenance-related issues.

Banners announcing the venue for the mobile

feedback will be put up over the preceding weekend. The Citizens Consultative Committee and RC Chairmen of the six zones will also share with residents upcoming schedules of the mobile feedback event.

The first session took place at Blk 517F Jurong West St 52 (Jurong Spring Zone 'A' RC). Attended by the RC's Chairman, Mdm Didi, and CCC Honorary Chairman, Mr Frankie Goh, BBM(L), the inaugural session saw the team receiving 13 feedback matters, which will be shared with the relevant authorities.

裕泉区团队在每个月的第一和第二个星期六,到 其中一个居民委员会分区收集居民对市镇管理的 反馈,以便更快速有效地满足居民的需要。





Estate Improvements

Construction of Drop-off Point at Blk 176 Bukit **Batok West Ave 8**

Upgrading





Construction of High Linkway between Blk 119 and 131 Bukit **Batok West** Avenue 6

BUKIT BATOK

of Children's Playground at Blk 263 Bukit **Batok East Ave 4**





Construction of High Linkway at Blk 289A-289H, 289B-289H and 288D-288H Bukit Batok St 25



Repair and redecoration works at Blk 324-325 Clementi Ave 5 and Blk 332-345 Clementi Ave 2 / Clementi Ave 5



Repair and redecoration works at Blk 441A and 441B Clementi Ave 3



Upgrading of Senior Citizens' Corner at Blk 346 Clementi Ave 5

Construction of High-Low Sheltered Linkway at Blk 484-475 Jurong West Ave 1







Construction of Residents' Corner at Blk 534 Jurong West St 52



Upgrading of Fitness Corner at Blk 529 Jurong West St 52



Construction of Community Garden at Blk 543 Jurong West St 42

TAMAN JURONG

Repair and redecoration works at Blk 345-355 Kang Ching Rd / Corporation Drive





Repair and redecoration works at Blk 116-122 Ho Ching Rd / Yuan Ching Rd / Corporation Drive

Upgrading of Barbecue Pit at Blk 236 Jurong East St 21





Repair and redecoration works at Blk 254 Jurong East St 24 Yuhua Village Market and Food Centre



NRP brings more convenience to residents in Jurong Central and Bukit Batok West

Neighbourhood Renewal Programme (NRP) focuses on block and precinct improvements, and is fully funded by the Government and implemented by the Town Councils. Jurong-Clementi Town Council has been implementing several such NRPs.



Bukit Batok

Over several e-town hall meetings via zoom, Mr Murali Pillai, Member of Parliament, Bukit Batok SMC, shared with residents at Blks 188 to 193 and Blks 297 to 299 details of the Neighbourhood Renewal Programme (NRP) to enhance the living environment in the locations.

The NRP, which will be implemented by the Town Council and fully funded by our Government, includes plans to build new covered linkways, drop-off points, fitness morers, playgrounds, beautiful landscaping universed, among others.

urali also conveyed his sincere thank idents who took the trouble to inputs and feedback during vely discussions as well as visits With uts and feedback nmittee, consisting work ecei cinity, revised the eside (ing ii finalising it. lans times RP pl re pr to en 1 eside a voti

1021 and 10 December 2021. We recorded timest 80% support in favour of the project The tender for the NPP has already been awarded in June 2022. Works are expected prommendern, Q3 of 2022, and to be sumpleted in Q4 of 2023.



Jurong Central

At a Townhall event held on 20 March 2022, Chairman of Jurong-Clementi Town Council and Member of Parliament for Jurong Central, Mr Xie Yao Quan, shared details of the upcoming Neighbourhood Renewal Programme (NRP) for residents of Blks 329 to 341, Jurong East Ave 1.

In view of the Covid-19 restrictions then, the Townhall was held both online and inperson to benefit all residents. Prior to the Townhall, a major exhibition detailing the works was held at Blk 340 on 19-27 March.

During the Townhall, Mr Xie shared that the new amenities will include covered linkways, drop-off points, a multi-purpose hall and fitness corners, as well as refreshed landscaping across the estate.

Other noteworthy features of the NRP include a rejuvenated running route along Jurong Canal Drive and fully sheltered, barrier-free connectivity from every block in the estate to the future Jurong Polyclinic.



裕廊东1道第329座至第341座组 屋,及武吉巴督西6道/22街第188 座至第193座组屋和第297座至第 299座组屋将展开邻区更新计划。 根据计划,这些邻里将增设有盖 走道和健身角落等设施,提升居 民的生活质量。



Jurong Central residents step up to keep their estate clean

C leanliness and hygiene in public spaces is one of the ongoing efforts by authorities islandwide. The Public Hygiene Council has previously announced its plans to increase the frequency of litter picking exercises – from being an annual to a monthly event – in conjunction with SG Clean Day. Jurong Central has, since February, been organising its monthly litter picking exercise that attracts residents who volunteer time to keep the estate clean. Residents both young and old are increasingly appreciative of the awareness such programmes create in the neighbourhood, nurturing a sense of shared duty in keeping the estate clean.

During one such litter picking event on 24 April along Jurong East St 32 and Ave 1, more than 20 residents and volunteers took part in the programme alongside Mr Xie



Yao Quan, Chairman of Jurong-Clementi Town Council and Member of Parliament for Jurong Central. At the same event, the JRTC cleaners were also presented with tokens of appreciation for their hard work in keeping the estate clean.

从今年2月起,裕廊中区每个月举办一次捡垃圾活动,让居民有机会为邻里清洁尽一份力。4月24日,裕廊-金文泰市镇理事会主席兼负责裕廊中区事务的裕廊集选区议员谢曜全与20多名居民和义工,一起参与捡垃圾活动,保持环境清洁。





Students mark SG Clean Day with litter picking event

n support of SG Clean Day, students from the National Police Cadet Corps (NPCC) of New Town Secondary School (NTSS) got together for a litter picking drive in the neighbourhood on 12 April.

Many students shared fond memories of their childhood in the estate. Through the litter picking activity, the students learnt that it was meaningful to contribute to their community by simply not littering.

Keira Seow, the teacher-in-charge of NTSS' NPCC, shared: "We are very grateful for the beautiful estate that surrounds our school. The activity has reignited much interest in nature and the environment. Our cadets talked about the beautiful landscaping at the estate, and the need for Singaporeans to be more mindful and considerate in not littering."

The inaugural SG Clean Day was first held on 25 April 2021, involving all 17 town councils. During the quarterly event, all participating town councils cease sweeping the open areas and ground levels of housing estates for a day. The initiative aims to raise public awareness of the amount of litter that can pile up if we go without cleaners. Such a movement also helps us better appreciate our cleaners. SG Clean Day could be turned into a monthly event this year. The Public Hygiene Council hopes to encourage everyone to take personal responsibility in keeping the estates and parks clean by binning their trash or organising a clean-up in the neighbourhood through this initiative.

光伟中学的全国学生警察团在4月12日参与捡垃 圾活动,为环境清洁尽一份力。



Students from New Town Secondary School (NPCC).



Creating a safe living environment **in our HDB estates**

Safety hazards such as corridor clutter, electrical fire caused by the overloading of sockets and high-rise killer litter can pose a risk to people's physical wellbeing as well as create an unpleasant environment for our fellow residents. We round up some of these hazards and share tips to prevent these risks.





Corridor Clutter

Obstruction of common areas accounts for around 32% of all estate maintenance issues for town councils. Items such as laundry racks, personal mobility devices, bicycles, furniture and carton boxes are common items found in HDB corridors.

In the event of a fire, these items can quickly become combustible and spread the flames along the corridor to other units and floors. These items can also impede rescue, evacuation and medical efforts during a medical emergency.

According to statistics from Singapore Civil Defence Force (SCDF), there was a substantial decrease in fire incidents involving discarded items as cases dropped from 193 to 145 in 2021. These fire incidents typically occur in common areas such as lift lobbies, staircase landings and common corridors.

Dos and Don'ts in common corridors

- A small shoe rack to store shoes is allowed.
- Do provide a 1.2-metre clear width as ambulance crew and wheelchair-bound people require that clearance during a medical emergency.
- Do not place items such as fixed clothing racks and large plant pots, as these could obstruct the escape route.
- Do not store any combustible items along the common corridor.



According to statistics from Singapore Civil Defence Force (SCDF), there was a substantial decrease in fire incidents involving discarded items as cases dropped from 193 to 145 cases in 2021.

Rubbish Chute Fire

Rubbish chute fires tend to be small scale, and they do not spread into massive fires, so these pose a lower risk to human life. There's no need to call 995 as such fires can easily be put out by members of the public. In 2021, around 61% of rubbish fires had been put out by members of the public before SCDF arrived at the scene. In 2021, SCDF sent out alerts for 1,638 rubbish chute and bin fires, 1,419 individuals responded to these incidents and helped put out the fire.

These fires can be put out by simply pouring water down the chute or dropping plastic bags filled with water into the chute. Repeat these steps until there is no more smoke coming from the bin chute.

To prevent chute fires, residents should refrain from throwing flammable items such as paint and kerosene or materials such as joss sticks and cigarette butts into the rubbish chute.



In 2021, around 61% of rubbish fires had been put out by members of the public before SCDF arrived at the scene.





In 2021, SCDF sent out alerts for 1,638 rubbish chute and bin fires, 1,419 individuals responded to these incidents and helped put out the fire.





Electrical Fire

Electrical fire was the leading type of fire in 2021, accounting for 588 cases (31.9%), according to statistics from SCDF. The number of electrical fires in residential premises rose slightly by 2.7% to 192 cases in 2021. Electrical faults in wirings or electrical appliances or the overloading of electrical sockets typically cause the majority of these fires.

Double adaptors should be avoided, as these can lead to overheating and fire. If the appliances' electrical cords are frayed or damaged, residents should not attempt DIY repair work. Instead, get a licensed electrician to replace the cord or buy a new appliance.

Apart from regular checks on household appliances and plugs, it is advisable to get a licensed electrician to inspect internal wiring and built-in appliances, especially in older homes. To cope with the higher electrical voltage of newer appliances, residents should replace outdated wiring.

Electrical appliances should be switched off when not in use. Residents should avoid installing wires under carpets or mats, and keep them away from hot surfaces.



The number of electrical fires in residential premises rose slightly by 2.7% to 192 cases in 2021.



PMD Fire

Statistics from SCDF show a decrease in the number of fires involving active mobility devices in 2021, which includes Personal Mobility Devices (PMDs) and Power Assisted Bicycles (PABs). The number of accidents dropped by 19.1%, from 68 in 2020 to 55 in 2021. A drop of 23.8% for fires involving PMDs and 11.5% for fires involving PABs was observed between 2020 and 2021. Still, in 2021, 30 fires or 54.5% of the fires involving PMDs and PABs occurred at residential premises.

PMDs that catch fire are usually the result of batteries that have short-circuited or due to overcharging. Other factors include using an incompatible charger or buying PMDs that do not meet safety standards.

Dos and Don'ts in PMD fire

- Users should only purchase PMDs certified with the UL2272 fire safety certification.
- Users should also charge the PMD in a cool or shaded area away from heat sources.
- The PMD should not be placed near combustible materials
- O not charge the PMD overnight when it's not being supervised.
- It's not advisable to charge the batteries immediately after riding the PMD as the batteries get hot and need time to cool down.



The number of accidents dropped by 19.1%, from 68 in 2020 to 55 in 2021.

A drop of 23.8% for fires involving PMDs and 11.5% for fires involving PABs was observed between 2020 and 2021. Still, in 2021, 30 fires or 54.5% of the fires involving PMDs and PABs occurred at residential premises.





Responsible 7th Lunar Month Burning

As the 7th Lunar Month approaches, exercise caution when conducting religious activities like burning joss sticks and incense papers. However, do note that the burning of incense paper is not allowed in HDB common corridors as it's a fire hazard.

Here are some fire safety tips to minimise any potential hazards during this period.

- Always burn incense papers in the incense burners or metal containers provided by town council.
- Put out incense fires before leaving. Lighted materials such as candles and matches should not be thrown onto grass patches and fields.
- Place burners and containers on sturdy ground at a safe distance away from combustible materials and residential premises.
- Ensure that smouldering embers are completely extinguished before leaving.
- Do not burn joss papers and incense sticks directly on the ground and grass patches, as this could spark a fire. Such acts also damage ground surfaces, which are public property.
- Do not dispose of combustible items such as lighters, matchsticks and cigarette butts on the burner.

Keeping Killer Litter at Bay

A 46-year-old woman was sentenced to six weeks in jail last August for throwing a range of items, including a computer CPU and pots, out of her 12th-floor flat. Fortunately, no one was hurt by this potentially fatal act.

Thanks to ongoing education efforts and the surveillance act, there was a 20% decrease in high-rise littering feedback received by NEA from January to October 2021 compared to the same period in 2020. In addition, NEA deployed surveillance cameras over 2,200 times at more than 1,400 blocks. From January to October 2021, the cameras captured close to 2,000 acts of highrise littering, and NEA successfully enforced action against nearly 1,000 offenders.

While there are laws to deter highrise littering, it is also essential to shape community norms to deter this. Town councils also display posters jointly produced by the Municipal Services Office at HDB blocks, highlighting the environmental and social consequences of high-rise littering.

- Remove objects that are placed in a hazardous manner and encourage or inform the neighbours to do the same.
- Educate neighbours about the consequences of potential killer litter.
- Do not place objects on the ledges of windows and balconies or on the parapet walls of common corridors.
- Do not throw objects from the flat or the common areas.



There was a 20% decrease in high-rise littering feedback received by NEA from January to October 2021 compared to the same period in 2020.



在公共空间堆放杂物、个人代步工具和家用电器使用不当、没有妥善处理垃圾、随意焚烧冥纸和高楼抛垃 圾等行为,都会对居民的安全和健康造成威胁。大家应多为他人着想,注意防火安全,共同打造舒适的居 住环境。



Tips for the elderly: What to do should you fall?

id you know that falls are one of the most common reasons for injury among the elderly? Globally, one in three active seniors above the age of 65 years and one in two older than 80 suffer a fall within a year. With such staggering numbers, we felt it was useful to ask Mr Chiu Wai Leong, a senior physiotherapist at National University Polyclinics, about how to prevent falls and how to react after a fall.

Mr Chiu explains that falls are caused either by internal or external factors, with the elderly often prone to more than one fall-risk factor. Some of the common internal factors of fall are pain, muscle weakness, poor vision



and balance, as well as a fear of falling. Among the external factors are environmental hazards, such as unstable chairs and slippery floors, as well as wrong footwear.

Pointing out that most of his elderly patients have musculoskeletal conditions like pain, fall risk and/or frailty, he added: "An easy way to prevent falls is to constantly keep your mind and body active by regularly participating in mental and physical activities. Do check in with your community clubs regarding the latest social and exercise events."

Mr Chiu recommends that people with a history of constant falls should consult a physiotherapist who can identify their fallrisk factors using validated and reliable assessment tools. Once identified, the physiotherapist will draw up a targeted rehabilitation plan which includes exercises, lifestyle modifications and education to reduce these risk factors.

Asked about his journey in this profession, Mr Chiu shared that when he observed the efficiency of the physiotherapists' work on TV during the 2008 Beijing Olympics, he was inspired to make it his career. Today, he is a clinical educator who mentors and guides aspiring physiotherapists as well as raises awareness about the importance of the profession among his colleagues, such as doctors, nurses and other ancillary staff at the polyclinic. In fact, he enjoys his work in that setting because it gives him the "ability to work with an array of patient conditions ranging from musculoskeletal pain, elderly deconditioning and certain chronic diseases, while working closely with other allied health professionals (AHPs), medical and nursing staff".

Mr Chiu adds that being a physiotherapist doesn't just give him the opportunity to help patients through therapy and treatment — it also makes him very popular among his family and friends as they seek his clinical advice. He vividly recalls his family members jokingly queueing up to meet him during Chinese New Year celebrations, hongbaos in hand, for a consultation. "I think you can say that, as an AHP, you are a valuable member of the family," he jokes. "Be prepared to have your family and friends seek your advice frequently about their pain and medical concerns."

Summing up, Mr Chiu feels that being able to guide his patients through hard times and eventually seeing them achieve their goals make his job very fulfilling: "My professor used to say: 'We are healthcare professionals and not illness professionals.' This sentence highlights the importance of treating patients holistically, rather than just focusing on their illnesses. Many a time, goals that may seem so minute to us turn out to be so monumental in my patients' lives."

STEPS TO TAKE IF YOU HAVE HAD A FALL

In the event of a fall, here's some advice from Mr Chiu: "First, take a while to remain composed and identify any injuries sustained from the fall. Perform a quick check to see if you have any difficulties and/or significant pain moving yourself. If you are unable to move, call for help to prevent further worsening of your injuries." Otherwise, take the following steps:



Roll into a side-lying position with your knees bent (preferably towards the side with a sturdy support).

Crawl towards a sturdy

support like a nearby chair.

Use the sturdy object for

support and get yourself



Using your arms, slowly push your upper body up and off the floor, keeping your arms in an extended position. Using both hands, push and rotate your body to get into a crawling position.



Swing one leg (preferably your stronger leg) forward, getting into a lunge position.



Push yourself up slowly with your arms and legs and rotate your body, getting yourself seated on the chair.

Finally, if you are seeking medical attention, do let your doctor know about any symptoms that you had prior to the fall as well as what could have led to the fall. Sharing your fall history will also help in the medical follow-up.

For more information about a career in physiotherapy, visit caretogobeyond.sg/ahp



你知道吗,跌倒是老年人受伤的最常见原因之一。 以全球来说,65岁以上的活跃老人当中,每三个就 有一个会在一年内跌倒,80岁以上的活跃老人,在 一年中可能跌倒的比例是一半,这个数字是惊人 的。因此,我们访问了国大医院综合诊疗所的高级 物理治疗师Chiu Wai Leong请他谈谈如何避免老 人跌倒和万一跌倒,如何应对.



Your MP's Meet-The-People Sessions 议员接见选民活动

JURONG GRC 裕廊集选区

	Mr Tharman Shanmugaratnam 尚达曼先生 Senior Minister and Coordinating Minister for Social Policies 国务资政兼社会政策统筹部长	Venue: Day / Time: Email: Tel: Whatsapp:	Blk 184 Yung Sheng Road #01-79 S(610184) Every Monday, 7.30pm tharman@tamanjurong.sg 6268 6016 9841 0108	地点: 日期 / 时间: 电邮: 电话: Whatsapp:	永升路第184座组屋 #01-79 新加坡邮区610184 每逢星期一,晚上7时半 tharman@tamanjurong.sg 6268 6016 9841 0108	TAMAN JURONG
	Mdm Rahayu Mahzam 拉哈尤女士 Senior Parliamentary Secretary Ministry of Health & Ministry of Law 卫生部兼律政部高级政务次长	Venue: Day / Time: Venue: Day / Time: Email: Whatsapp:	Blk 241 Bukit Batok East Ave 5 #01-261 S(650241) Every Monday, 7.30pm Blk 208 Jurong East St 21 #01-183 S(600208) Every 1st Friday, 7.30pm ms.rahayu.mahzam@gmail.com 9853 9557	地点: 日期 / 时间: 地点: 日期 / 时间: 电邮: Whatsapp:	武吉巴督东5道第241座组屋 #01-261 新加坡邮区650241 每逢星期一,晚上7时半 裕廊东21街第208座组屋 #01-183 新加坡邮区600208 每个月的第一个星期五,晚上7时半 ms.rahayu.mahzam@gmail.com 9853 9557	BUKIT BATOK EAST
	Mr Xie Yao Quan 谢曜全先生 Chairman, Jurong-Clementi Town Council 裕廊-金文泰市镇理事会主席	Venue: Day / Time: Email: Tel:	Blk 490 Jurong West Ave 1 #01-01 S(640490) Every Monday, 7.30pm jurong.central.mps@pap.org.sg 6563 5516	地点: 日期 / 时间: 电邮: 电话:	裕廊西1道第490座组屋 #01-01 新加坡邮区640490 每逢星期一,晚上7时半 jurong.central.mps@pap.org.sg 6563 5516	JURONG CENTRAL
	Dr Tan Wu Meng 陈有明医生	Venue: Day / Time: Email: Tel:	Blk 334 Clementi Ave 2 #01-66 S(120334) Every Monday, 8.00pm Dr.Tan.W.M@gmail.com 6874 5992	地点: 日期 / 时间: 电邮: 电话:	金文泰2道第334座组屋 #01-66 新加坡邮区120334 每逢星期一,晚上8时 Dr.Tan.W.M@gmail.com 6874 5992	CLEMENTI
	Mr Shawn Huang 黄伟中先生	Venue: Day / Time: Email: Tel:	Blk 454 Jurong West St 42 #01-112 S(640454) Every Thursday, 8.30pm (Except the 5th Thursday of the month) jurongspringsg@gmail.com 6665 9631	地点: 日期 / 时间: 电邮: 电话:	裕廊西42街第454座组屋 #01-112 新加坡邮区640454 每逢星期四,晚上8时半 (除了每月第五个星期四) jurongspringsg@gmail.com 6665 9631	JURONG SPRING
YUHUA SMC 裕华单选区						
	Ms Grace Fu 傅海燕女士 Minister for Sustainability and the Environment 永续发展与环境部长	Venue: Day / Time: Email: Tel: Whatsapp:	Blk 247 Jurong East St 24 #01-02 S(600247) Every Monday, 7.30pm yhmps@yahoo.com.sg 6561 2617 9335 9218	地点: 日期 / 时间: 电邮: 电话: Whatsapp:	裕廊东24街第247座组屋 #01-02 新加坡邮区600247 每逢星期一,晚上7时半 yhmps@yahoo.com.sg 6561 2617 9335 9218	ΥυΗυΑ
BUKIT BATOK SMC 武吉巴督单选区						
	Mr Murali Pillai 穆仁理先生	Venue: Day / Time: Email: Tel: Whatsapp:	Blk 148 Bukit Batok West Ave 6 #01-319 S(650148) Every Friday, 7.30pm mpsbukitbatok@gmail.com 6561 4656 9349 4087	地点: 日期 / 时间: 电邮: 电话: Whatsapp:	武吉巴督西6道第148座组屋 #01-319 新加坡邮区650148 每逢星期五,晚上7时半 mpsbukitbatok@gmail.com 6561 4656 9349 4087	ВИКІТ ВАТОК
Meet-the-People Sessions (MPS) will not be conducted on eve of Public Holidays and Public Holidays						

Meet-the-People Sessions (MPS) will not be conducted on eve of Public Holidays and Public Holidays 议员接见选民活动将不会在公共假日前夕与公共假日进行

"Rediscovering My Neighourhood" Photo Contest

Capture the beauty of our town, the diversity of its nature, flora and fauna, and how our green spaces are well-loved by residents and stand a chance to have your photographs featured in our 2023 Calendar and win attractive prizes!

PRIZES

- 1st Prize: \$250 FairPrice shopping voucher
- 2nd Prize: \$150 FairPrice shopping voucher
- 3rd Prize: \$100 FairPrice shopping voucher
- 6 x Merit Prizes: \$30 FairPrice shopping voucher each

HOW TO PARTICIPATE

Send your entries to Jurong-Clementi Town Council by Friday, 30 September 2022 via: 1) Online form - www.jrtc.org.sg/ announcement/photo-contest-2022/ 2) Email to enquiry@jrtc.org.sg

CLOSING DATE

30 September 2022, 2359 hours

Results will be announced in November 2022.



<image>

Photo Credit: Lucinda Ang

CONGRATULATIONS TO OUR CONTEST WINNERS! (Issue 57 / Jan 2022)

1) Chia Mei Ling, Joanna
 2) Chua Kian Seng
 3) Dharmarasan Yugiselvam
 4) Goh Khar Hiang
 5) Jenabelle Ong Yi Ting
 6) Jia Wan Long

7) Kanchana Chomputhep
 8) Kathryn Wee
 9) Kee Pei Chuan
 10) Kimberley Qian Youxin
 11) Madinah Binte A Karim
 12) Neng Ridawati Binte Hamdan

13) Ng Tsee Ming Iris
14) Pereira Ewan
15) Saridah Jen Ng
16) Tan Lay Khim, Yvonne
17) Toh Kim Par
18) Weng Simei

TERMS AND CONDITIONS

- This contest is open to all residents living in Jurong GRC, Bukit Batok SMC and Yuhua SMC – limited to Singaporeans and PRs only (except employees of Jurong-Clementi Town Council, or the immediate family members of the Organiser and their affiliates).
- Photograph(s) submitted must be the entrant's own work and he/she must own the copyright of the entry.
- Photograph entries must be taken in Jurong-Clementi divisions (Jurong GRC, Bukit Batok SMC and Yuhua SMC).
- All entries must be submitted to Jurong-Clementi Town Council by 30 September 2022, 2359 hours via a) online contest form or b) email to enquiry@ jrtc.org.sg. Entries must include the entrant's name, contact number, address and the location the photo was taken.
- Late entries will not be accepted and shall be disgualified.
- There is no limit on the number of entries per person. However, each entrant is allowed to submit a moving of a photograph.
- maximum of 1 photograph.
 Photographs that have won prizes in other
 photography competition, or have been previously
 used or are intended to be used for any kind of
- commercial purposes, must not be submitted.
 Photograph(s) should not include any objectionable content. The organiser shall have sole and absolute discretion to decide whether content is objectionable. Photograph(s) deemed to be objectionable shall be disqualified.
- The organiser reserves the sole and absolute discretion to exclude or disqualify any submission(s) and/or entry from the contest.
- Digital manipulation that distorts the reality of the photographs is not allowed. Only basic enhancements, such as sharpening, contrast adjustment, conversion of colour images to be black and white, are allowed.
- Each photograph entry must be submitted digitally in JPEG format and be no larger than 10MB in size. The longest side of the photograph must be at least 2,000 pixels in JPEG format.
- By participating in this contest, the entrant warrants that he/she has not trespassed into any areas closed to the public and has put the welfare of the subject (if applicable) foremost and has not obtained the photograph via any unethical means.
- Winners will be selected and notified by 1 November 2022 via email.
- Winners may be interviewed by the organiser. All winners consent to public disclosure of their names and the results of the contest.
- Upon submission, the entrant grants Jurong-Clementi Town Council and its associates a non-exclusive, royalty-free and transferable right to a) use, store, reproduce, publish, publicly display, print, edit or distribute any materials submitted for the contest in any media format and channels (including website, collaterals and social media platforms) for the Jurong-Clementi Town Council's publicity, promotional and/or marketing purposes.
 - Jurong-Clementi Town Council reserves the right, at any time, to cancel, modify or suspend the contest.

19) Tungju Amirah Humairah Binte Tungku Abdul Rahman-Abdul Kadair 20) Yeo Kheng Song

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