

MY HOME HEART HOPE Kampung

Planting
the
Seeds
of
Sustainability



Chairman's Message

Dear Residents,

Here's wishing that year 2022 has been good to you thus far. A good measure of success in 2021 was achieved with the completion of the Woodlands Integrated Transport Hub and the re-opening of the renovated Choa Chu Kang Swimming Complex. These new facilities provide additional access and travelling convenience, as well as new leisure and relaxation avenues for our community.

Further, in the pipeline is Limbang Shopping Centre, which is currently undergoing revamps for a more vibrant retail experience. Amidst this upgrading, residents can already enjoy the convenience of accessing the reopened wet market, food court, and NTUC FairPrice for their daily essentials.

Alongside the improvement of amenities, our GRC is embarking on green initiatives that are in line with Singapore's move towards becoming a sustainable nation.

Through the 'Action for Green Towns' initiative, every PAP-managed town will work towards achieving zero waste, being energy efficient and greener by 2025. We hope to help residents kick-start their green journey with us. From providing more paper and e-waste recycling bins around the estates to carving out more spaces for urban farming, join us in our efforts to make Marsiling-Yew Tee more sustainable.

These new initiatives complement current green practices such as the annual Tree Planting Day. In late 2021, many residents joined us in planting trees in their estates and played a part in increasing the fauna in our town. Over time, these trees will deliver a host of ecological benefits and our combined efforts will continue to strengthen the foundation for Singapore as a liveable and sustainable city.

With your feedback, our town will continue to transform to meet the needs of the community. Amid new developments, let us continue to show care and support for one another. Here's to an eventful year ahead!

Yours Sincerely,
Mr Alex Yam
Chairman

亲爱的居民们，

在此，希望你们在2022年里过个丰收年。我们在2021年里取得不错的成绩，例如兀兰综合交通枢纽（Woodlands Integrated Transport Hub）的竣工与翻新后的蔡厝港游泳池已重新开放。这些新设施为我们的社区提供了额外的交通便利，以及新的休闲项目。

此外，林邦购物中心（Limbang Shopping Centre）目前也正在进行翻新改造工程，以便提供更好的购物体验。翻新的当儿，居民们已经可以到重新开放的湿巴杀，食阁和职总平价超市（NTUC FairPrice）购买日常必需品，非常便利。

除了改善邻里设施，我们的集选区正在开展一系列的绿化项目，以实现新加坡成为可持续发展国家的目标。

通过“绿色市镇行动”计划（‘Action for Green Towns’ initiative），每个行动党管理的市镇都将努力在2025年实现零废弃，节能和绿化标准。我们将在社区内提供更多纸张和电子垃圾回收箱，并提供更多城市耕种空间。希望居民们能和我们一起来开启这绿化之旅，使马西岭-油池区变得更具可持续性。

这些新措施将强化我们目前的绿化项目，如一年一度的植树日（Tree Planting Day）。2021年末，许多居民和我们一起参与了区内的植树活动，为市镇增添了不少绿意。长远下来，这些树木将带来许多生态效益。我们的努力将巩固新加坡作为宜居绿色城市的基础。

通过您的反馈，我们的社区将不断改进与更新以满足居民们的需求。在发展的当儿，也让我们继续相互关怀与支持。祝大家有个愉快的一年！

任梓铭先生
主席
敬启



Para penduduk yang dihormati,

Saya berharap sejauh ini, tahun 2022 berjalan baik bagi anda. Kejayaan yang baik telah dicapai pada tahun 2021 dengan perlengkapan Hab Pengangkutan Bersepadu Woodlands dan pembukaan semula Kompleks Renang Choa Chu Kang yang telah diubah suai. Kemudahan-kemudahan baru ini menyediakan akses tambahan dan kemudahan perjalanan, serta ruang riadah dan bersantai baru untuk masyarakat kita.

Selanjutnya, dalam perancangan adalah Pusat Membeli-belah Limbang, yang kini sedang menjalani peningkatan untuk memberikan pengalaman membeli-belah yang lebih seronok. Semasa peningkatan ini, para penduduk masih boleh menikmati kemudahan akses kepada pasar basah, pusat makanan dan NTUC FairPrice yang telah dibuka semula, untuk keperluan harian mereka.

Di samping peningkatan kemudahan-kemudahan, GRC kami telah memulakan inisiatif hijau yang sejajar dengan langkah Singapura ke arah menjadi sebuah negara yang mampan.

Melalui inisiatif 'Tindakan untuk Bandar Hijau', setiap bandar yang diuruskan oleh PAP akan berusaha ke arah mencapai sifar sisa, menjadi cekap tenaga dan lebih hijau menjelang 2025. Kami berharap dapat membantu para penduduk memulakan perjalanan hijau mereka bersama kami. Daripada menyediakan lebih banyak tong-tong kitar semula kertas dan elektronik di sekitar estet kepada menyediakan lebih banyak ruang untuk pertanian bandar, sertai kami dalam usaha kami untuk menjadikan Marsiling-Yew Tee lebih mampan.

Inisiatif baru ini melengkapkan amalan hijau yang sedia ada seperti Hari Menanam Pokok tahunan. Pada penghujung tahun 2021, ramai penduduk menyertai kami menanam pokok-pokok di estet mereka dan memainkan peranan dalam meningkatkan fauna di bandar kami. Apabila masa telah berlalu, pokok-pokok ini akan memberikan pelbagai manfaat ekologi dan usaha gabungan kami akan terus mengukuhkan asas untuk menjadikan Singapura bandar yang boleh didiami dan mampan.

Dengan maklum balas anda, bandar kami akan terus berubah untuk memenuhi keperluan masyarakat. Di tengah-tengah perkembangan baru, marilah kita terus menunjukkan keprihatinan dan sokongan kepada satu sama lain. Kepada tahun akan datang yang bermakna!

Yang Ikhlas,
Encik Alex Yam
Pengerusi

அன்பார்ந்த குடியிருப்பாளர்களே,

இதுவரை 2022ஆம் ஆண்டு உங்களுக்குச் சிறப்பாக அமைந்திருக்க வேண்டுமென்று வாழ்த்துகிறேன். உடல்நலம் ஒருங்கிணைந்த போக்குவரத்து மையத்தின் நிறைவு மற்றும் புதிப்பிக்கப்பட்ட சுவாது காங் நீச்சல் வளாகம் மீண்டும் திறக்கப்பட்டதன் மூலம் பல நல்ல திட்டங்கள் 2021ஆம் ஆண்டு வெற்றிகரமாக நிறைவேற்றப்பட்டன. இந்தப் புதிய வசதிகள் நமது சமூகம் ஒய்வாகவும் மகிழ்ச்சியாகவும் பொழுதைக் கழிக்க மேம்பட்ட போக்குவரத்து வசதியையும் வழிவகைகளையும் வழங்குகின்றன.

மேலும் சிறந்த உற்சாகமான சில்லரை வியாபார அனுபவத்தை வழங்க லிம்பாங் ஷாப்பிங் சென்டர் தற்போது புதுப்பொளிலி பெற்றுவருகிறது. இந்த மேம்பாடுகளினால் தங்களின் அன்றாட அத்தியாவசியத் தேவைகளுக்கு மீண்டும் திறக்கப்பட்டுள்ள ஈரஸ் சந்தை, உணவு அங்காடி மற்றும் NTUC ஃபேர் பிரைஸ் எனப் பல வசதிவாய்ப்புகள் ஏற்கனவே குடியிருப்பாளர்களுக்குக் கிடைத்துள்ளன.

வசதிகளை மேம்படுத்துவதோடு சிங்கப்பூரை தற்சார்பு தேசமாக்கும் குறிக்கோளுக்கு ஏற்ப பசுமை முயற்சிகளையும் நமது GRC மேற்கொண்டுவருகிறது.

'பசுமை நகர்களுக்கான நடவடிக்கை' முயற்சியின் மூலமாக ஒவ்வொரு ம.செ.க. நிர்வகிக்கும் நகரங்களும் 2025 ஆம் ஆண்டிற்குள் கழிவுகளற்றதாகவும், எரிபொருள் சிக்கனமிக்கதாகவும் பசுமைமயமாகவும் இருப்பதற்கான நடவடிக்கைகளை மேற்கொள்ளும். குடியிருப்பாளர்கள் தங்கள் பசுமைப் பயணத்தை எங்களுடன் தொடங்க வட்டாரத்தைச் சுற்றி அதிகமான காகித மற்றும் மின்-கழிவு மறுசுழற்சி தொட்டிகளை அமைத்து, நகர்புற விவசாயத்திற்கென அதிக இடங்களை ஒதுக்குவதன் மூலம் நாங்கள் உதவ முடியும். மார்சிலிங்-யூ டீ வட்டாரத்தை மேலும் நிலைத்தன்மையானதாய் ஆக்கும் முயற்சியில் எங்களுடன் சேர்ந்துகொள்ள வாருங்கள்.

வருடாந்திர மரம் நட்டும் விழா போன்ற தற்போதைய பசுமை நடவடிக்கைகளுக்கு இந்தப் புதிய முயற்சிகள் உதவுகின்றன. 2021ஆம் ஆண்டின் பிற்பகுதியில் பல குடியிருப்பாளர்கள் எங்களுடன் இணைந்து தங்கள் வட்டாரத்தில் மரங்களை நட்டு உயிரினங்களின் வளர்ச்சிக்கு பங்களித்துள்ளார்கள். காலப்போக்கில் இந்த மரங்கள் சுற்றுச் சூழலுக்குப் பல வகையில் பயனளிக்கும். நமது சிங்கப்பூரை வாழ்வதற்கேற்ற நிலைத்தன்மையான நகரமாக வைத்திருப்பதற்கான அடித்தளத்தை உறுதிபடுத்தும் நமது கூட்டு முயற்சி தொடரும்.

உங்களின் கருத்துகளின் அடிப்படையில் சமூகத்தின் தேவைகளைப் பூர்த்திசெய்யும் வகையில் நமது நகரம் தொடர்ந்து மாற்றங்களைக் காணும். இந்தப் புதிய மேம்பாடுகளுக்கிடையே நாம் ஒருவருக்கொருவர் அக்கறையுடன் உதவி செய்து கொள்வோம். பல நிகழ்வுகளுடன் இவ்வாண்டை எதிர்நோக்குவோம்.

தங்கள் உண்மையுள்ள
திரு அலெக்ஸ் யாம்
தலைவர்

Food: Our MYT Way

Limbang is a treasure trove for delicious food, and Minister Lawrence Wong definitely has his favourites to recommend. One particular stall has welcomed his patronage the last seven years, ever since he was elected as Member of Parliament (MP) for Marsiling-Yew Tee GRC (Limbang) in 2015.

Known for their noodles drowned in thick braised gravy, the food stall in question is none other than the lor mee stall at S-11 Choa Chu Kang 787 food court.

“Back then, Marsiling-Yew Tee was a new GRC and we decided to carve out Limbang as a new division. As I didn’t have an office or Meet-the-People session venue yet, I spent most of my time at the PCF centre of Block 786. Everyone would tell me about the famous lor mee at that coffeeshop!”, he recalls.

Through the years, his list of personal must-haves has grown. He enthuses about the many other excellent food options in Limbang, saying: “The roti prata at the S11 coffeeshop is also very good. Over at Limbang Shopping Centre, we have the Yi Jia Food Court, which has been recently upgraded. I’m a big fan of the chicken rice there.”

The Hawker Culture

Like any Singaporean, the local hawker culture is an integral part of Minister Lawrence’s way of life. He speaks fondly of food being a common denominator here because “regardless of our backgrounds, race or religion, we all gather together to eat in our hawker centres.”

“These are part of our shared experiences and memories. That’s why when we meet Singaporeans overseas, we can always bond over our favourite local food and hawker centres, even if we are complete strangers!” he adds.

With many hawkers facing more difficulties during this pandemic, he urges everyone to do their part to support them, whether in Limbang or in other parts of Singapore.

“Singapore hawker food is comfort food that we all enjoy, and can’t do without! Our hawkers work very hard to provide us with the food we enjoy. We must never take them for granted.”



The delicious lor mee to whet everyone’s appetite



The Woodgrove Food Adventure

One of the things Ms Hany Soh, Member of Parliament (MP) for Marsiling-Yew Tee GRC (Woodgrove), makes a point of doing when she goes on estate walkabouts is to check out the numerous coffeeshops and eateries. Beyond sustenance, food to her is an adventure, a way to connect with residents, and an avenue to understand the needs of the community better. Believing fully that food can bring people together, she spearheaded Woodgrove's very own online food-trail named 'Foodgrove' last year.

Scan here to visit foodgrove.sg!



Supporting Hawkers

Showcasing the numerous makan places the division has to offer, the interactive website also serves as a diary to Ms Hany's musings on the delicacies and encounters with residents or stallholders. More importantly, Foodgrove was established as a way to support and profile the hawkers during the pandemic when they were navigating the ever-changing COVID-19 regulations.



has some amazing varieties," she says, and goes on to name a few. "If you go to Blk 354 coffeeshop, they have a salmon mentaiko don set that's really interesting. The western food stall next to it sells really crispy rosti with sausages. There are just so many options available when cravings call."

"We recognised that more channels for them to increase and showcase their business is always welcomed. The website was launched to highlight the delicious food that is available in Woodgrove and to hopefully boost their business from there," she shares.

With about 150 stall listings on the website currently, the handy directory is slowly expanding to include more information about each stall, such as their opening hours, cuisine type, and speciality dishes.

Ms Hany has indicated that residents can expect the listing grow further. "Moving forward, these stalls will be profiled even further, indicating if CDC vouchers are accepted as well. Being able to categorise and locate stalls based on the proximity of their residence, further incentivises residents to support and patronise these stalls," she explains.

Variety Is the Spice of Life

Food being something near and dear to her, Ms Hany deems it impossible to choose a favourite stall in Woodgrove. "Woodgrove

"It is the fact that the variety is nearly endless, and that it caters to all races, nationalities, and ethnic groups. We are spoilt for choices, but that also unites us. Food always brings us closer to each other."

Food Brings People Together

She has witnessed first-hand how food has been a rallying point for the community.

Last year, she worked with several coffeeshops in Woodgrove to kickstart ground-up initiatives that reach out to vulnerable groups in the community. For example, Mr Teh Tarik Coffeeshop at Block 306A has handed out vouchers to motivate food delivery riders. Whereas Wu Fu coffeeshop at Woodlands has offered free bento set meals for the drivers to consume on-the-go during the Phase 2 Heightened Alert period.

"These are just some things that I like about Woodgrove," she says. "It is our culture that caring for community comes from the community."



CO-CREATING OUR WOODGROVE

With your active participation and feedback, the Neighbourhood Renewal Programme (NRP) Public Consultation sessions for Woodgrove Zones 5, 6 and 8 were a huge success! NRP, a fully-funded government initiative, rejuvenates estates by both refreshing existing amenities and constructing additional facilities.

We hear your requests for greater connectivity and accessibility, and have included more linkways and drop-off porches in these plans.

We are also taking the other suggestions you have given during the Public Consultation sessions into account. If feasible, they will be incorporated by the architect into the final Consensus Gathering (CG) phase of the NRP, where the layout and designs will be updated.

Here is what you can expect!*

Woodgrove Zones 5 & 6

Blocks 891A-899C

Scan to View the Design Plan



Sheltered Seating and Adult Fitness Area



Void Deck Gym at Block 894B



3G Mini Park



View Along Community Mall



Community Garden

Woodgrove Zone 8

Blocks 351-371

Scan to View the Design Plan



Drop-off Porch at Blocks 359 and 360



Linkway to Si Ling Primary School between Blocks 352 and 353



Community Garden at Block 363



Community Garden at Block 364



Linkway between Blocks 370 and 371

*All proposals are subjected to clearance from the various statutory authorities and the approval of funds.

Limbang Shopping Centre: More than just a heartland mall

A more comfortable retail experience is coming your way as Limbang Shopping Centre (SC), known for its distinctive Peranakan-inspired sloping roof and shop archways, is undergoing revamps to include an air-conditioned corridor and two-way escalators amongst other upgrades.

Making Safety and Convenience A Priority

Since commencing renovation works in 2020, some major improvements have been made to the mall's layout. To improve accessibility for our older residents, the food court has been relocated from the second floor to the ground floor. NTUC FairPrice also now occupies a larger floor area, allowing residents to enjoy grocery shopping in a more spacious supermarket.

“Limbang SC is a drive away from the hustle and bustle of the Yew Tee Square, which is overcrowded and not relaxing when shopping. Limbang SC enables me to shop leisurely and its nearby carpark is convenient and so accessible for me to drive there, shop, and then go.”

- Ms Serene Koh



Resident Mrs Leong is one who has been patronising the Limbang wet market for meat and fish for a long time. It was both relief and happiness for her when the wet market reopened, expressing that the produce she purchased online are just “not the same” in terms of freshness. The 58-year-old also shared she looks forward to the new sheltered plaza. “The middle of the plaza is not covered, so every time it rains, the corridors in front of the shops would be wet and slippery, which is a hazard for older folks.”



“I am excited to see how Limbang can be improved. It remains a reminder of the past and the good times I had there when growing up, as well as an area for our community to gather and interact in these trying times.”

- Ms Clara Wong



Levelling Up Sustainability

As the world accelerates and intensifies the actions needed for a sustainable future, Marsiling-Yew Tee GRC is too racing against time to build a zero-waste, energy efficient, and greener town.

Climate change is affecting all countries globally, with more frequent occurrences of drastic changes resulting in extreme weather events, melting of glaciers, and a constantly rising sea-level. All of which have far-reaching effects on human beings, animals and the natural environment.

In order to quickly make real, lasting changes, all of us will have to play our part. The Action for Green Towns (AGT) initiative under PAP Town Councils are involving residents to contribute in our fight against climate change. AGT encompasses all 15 PAP-managed TCs to elevate sustainability practices within their respective communities, in support of the Singapore Green Plan 2030 – a national agenda on sustainable development.

The Green Awareness

Looking around your neighbourhood, you might notice that initiatives to encourage green living have already been put into action. The

blue recycling bins around the estates, to the energy saving LED lights that keep our corridors & paths brightly lit, are just some of the eco efforts that Marsiling-Yew Tee Town Council (MYTTC) have implemented throughout the years.

While steady headway has been made in this aspect of town management, education of proper recycling habits and provision of accessible infrastructure & facilities remains a key priority of the sustainability team.

Citing an example of the familiar blue recycling bins, “these bins tend to get contaminated by improper usage” highlights the need for increased outreach and awareness.

To further inculcate and incentivise the habit of recycling, MYTTC has entered a partnership with SGRecycle. 5 electronic paper recycling machines offering cash-back in exchange for recycling have been placed around Marsiling-Yew Tee town.

More ALBA bins specifically catering to e-waste disposal have also been placed in public spaces, allowing residents to recycle their Information & Communications Technology (ICT) equipment, batteries and lightbulbs.

Recycle Paper (SGGRECYCLE)



Find the paper recycling bins at these locations!



Blk 562, Choa Chu Kang Street 52 (near TC office)

Blk 621, Choa Chu Kang North 6



Blk 306A, Woodlands Street 31 (below TC office)

Blk 887C, Woodlands Drive 50



Blk 887C, Woodlands Drive 50

OUR TOWN'S

Green Initiatives

Zero Waste Towns

Since July 2021, MYTTC is

SEC Eco-office certified.

Within our town, we also have

542

Recycling
Bins

10

E-waste
Recycling
Bins

3

Storm
water
detention
tanks



Greener Environment



25

Number of
Community
Gardens



6

Number of
MSCP roof
top gardens



455

Number of trees
planted in 2021

Energy Efficient Town



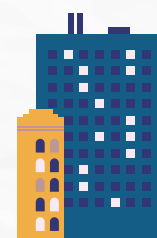
96,113

Number of LED
lights installed



12,587

Number of
Motion Sensors



241

Number of
Blocks with
solar panels



216

Number of lifts to be
replaced under Lift
Replacement
Programme with
energy saving features

in Marsiling-Yew Tee

Taking the Commitment Further

Ms Hany, who is also on a journey towards becoming more green cautious, introduces two additional Rs (Refuse and Repair) on top of the 3Rs (Reuse, Reduce, Recycle) she believes will help in the zero waste effort.

“By refusing things you don’t need such as plastic bags, cutlery, containers, you actually help reduce unnecessary waste. Repairing of items will also help in reducing the impact on the environment,” she explains, and shares she carries with her a reusable bag and a set of reusable cutlery at all times.

The Sustainability Team is also looking at ways to further enhance energy efficiency and to create a greener living environment for all. With global temperatures set to rise over the next two decades, they are exploring the use of ‘cool paints’ for external façade painting and pavement surfaces which can help reduce ambient temperature by up to 2 degrees Celsius. Allocating more spaces atop multi-storey car parks for urban farming is also being looked into to kick-start food sustainability within the town.

Go Green With Us

With just four years to go, turning Marsiling-Yew Tee GRC into one that is zero waste, energy efficient, and greener may seem like a long shot, but Ms Hany remains hopeful that the targets can be achieved.

“Since becoming Adviser to Marsiling-Yew Tee GRC (Woodgrove) I’ve received many tremendous ideas from residents on the types of activities which the community can partake in together, and contribute towards the green living initiative.”




Ms Hany appreciates that residents are passionate about different aspects of sustainability, and as MYTTC gradually expands its focus to include other areas like food waste, she invites you to share your ideas with the team.



Got ideas for a zero waste, energy efficient, and greener town? Send them to greentown@myttc.org.sg.

Recycle E-Waste

(ALBA)

Type of e-bin	ICT Equipment	Batteries	Bulbs and Lamps
3-in-1 bin (ICT, Batteries and Lamps) 	Printers, power banks, computers, laptops, mobile phones & tablets, modems, routers, set-top boxes, small TVs & desktop monitors). Devices must be able to fit through a 500mm x 250mm slot.	Batteries (AA, AAA, AAAA, D, C, 9-volt, Button Cell only) with battery circumference of no more than 50mm.	Light bulbs with bulb circumference of no more than 100mm. Long fluorescent/LED tubes are not accepted. Please dispose them through ALBA's collection drives or doorstep collection.
Battery and bulb bin (Batteries and Lamps only) 	Not accepted.	Batteries (AA, AAA, AAAA, D, C, 9-volt, Button Cell only) are accepted.	Bulbs and lamps are accepted. Long fluorescent/LED tubes are not accepted. Please dispose them through ALBA's collection drives or doorstep collection.
Batteries only bin 	Not accepted.	Batteries (AA, AAA, AAAA, D, C, 9-volt, and Button Cell only.	Not accepted.

Quarterly Collection Drives

Bulky e-waste which does not fit into the bins will be accepted at these weekend drives*.

*Due to COVID-19 restrictions, collection drives have been temporarily suspended. Scheduled collection drive dates will be shared once cleared for resumption at a later date.

Bulky E-Waste Removal Service

ALBA E-Waste will coordinate with the Town Councils to collect the bulky e-waste from your home for free.

Congratulations!



Danny Asmara



ACTIONS FOR GREEN TOWNS Photo Contest

Complimentary Prize Winners



Tony Gui



Jason Toh



Goh Kai Xuan



Planting the Seeds of Sustainability

With shovels and watering cans in hand, residents of Marsiling-Yew Tee GRC joined our Elected Members in December 2021 to plant young saplings in their estates as part of the annual Tree Planting Day and OneMillionTrees movement that aims to restore nature back to our city.

Trees play an important role in creating a liveable environment. Beyond their aesthetic appeal, they bring

a host of other benefits including keeping the air clean, reducing ambient temperatures, and improving the mental well-being of people.

Tree planting and other green-focused initiatives will continue to be rolled out in Marsiling-Yew Tee as we journey towards being a sustainable town. Together we can fight climate change!

Over time, these trees will deliver a host of ecological benefits. Some other green initiatives that residents can look forward to are urban farming, paper trashing machines, e-waste collection containers and more. Let's all do our part in sustaining our environment!

- Mr Lawrence Wong



As the sustainability champion for MYTTC, I strongly believe in adopting green eco-friendly habits to reduce the amount of carbon footprint. While planting trees help our environment by reducing the amount of greenhouse gases, let us not forget to Reduce, Reuse, Recycle, Refuse & Repair too!

- Ms Hany Soh



22

Total Number of Trees Planted during Tree Planting Day

11

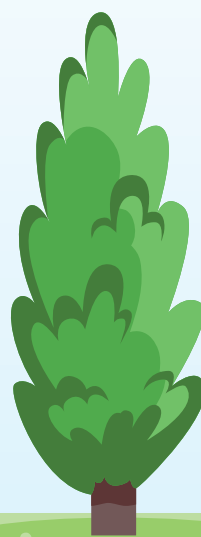
Garcinia subelliptica

Also known as
"Happiness Tree"
Grows up to 20m

5

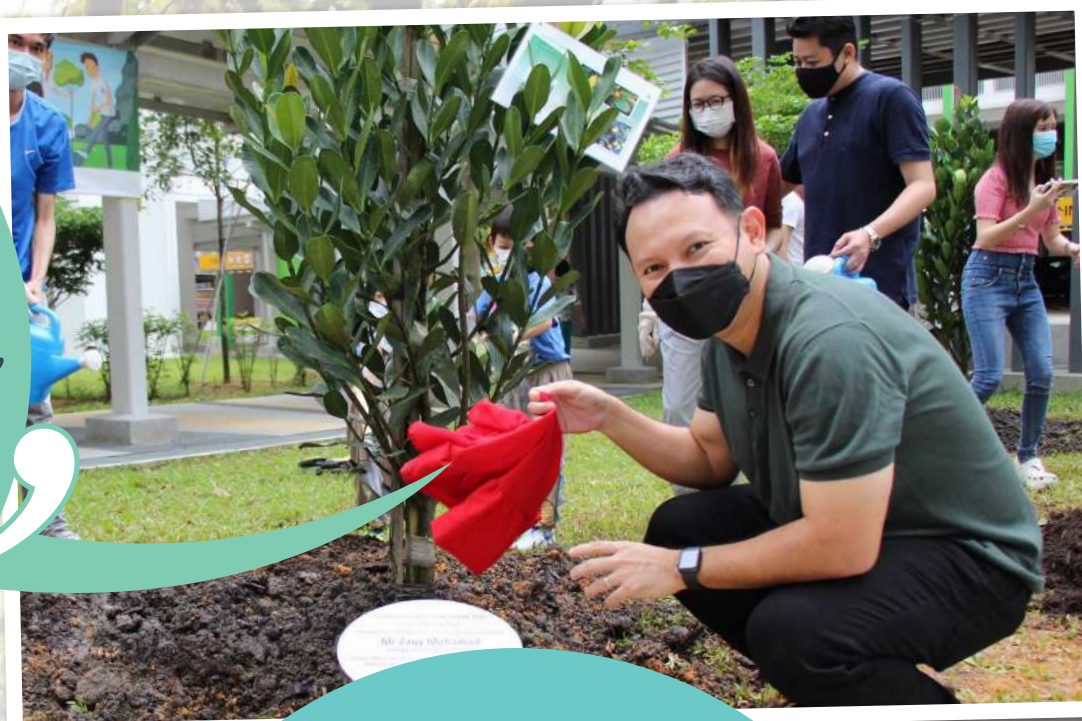
Tristaniaopsis whiteana

Native to Singapore
Grows up to 24m



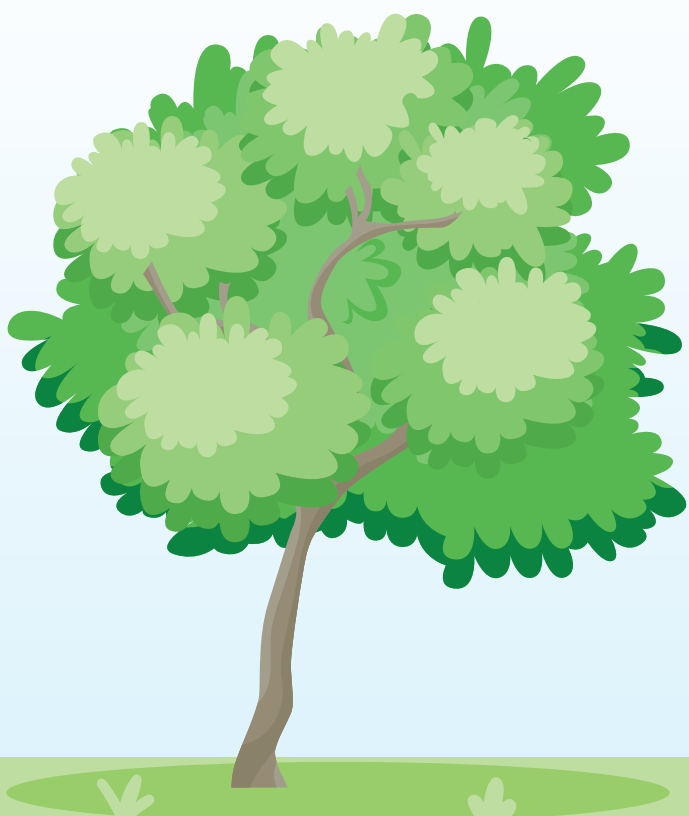
“Going Green is getting increasingly important! Everybody can play a part in our fight against climate change. The glossy and decorative foliage of these planted trees not only beautify the neighbourhood when fully grown, but we also inculcate the habit of starting at an early age when we actively involve the participation of young children.”

- Mr Zaqy Mohamad



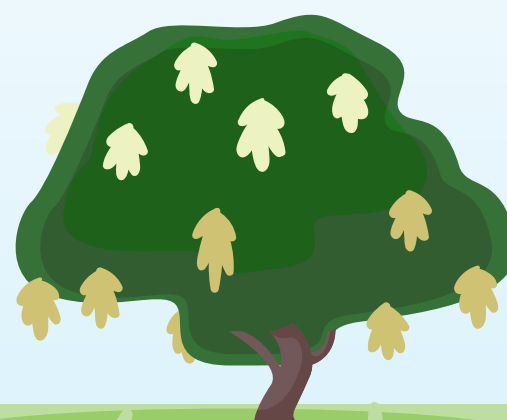
“When we plant trees together as a community, we create ownership while doing our part for the environment. Trees not only provide shade, but reduce temperature and also increase urban biodiversity. These small actions contribute to strengthening Singapore’s foundation as a liveable and sustainable city.”

- Mr Alex Yam



6

Maniltoa browneoides
Also known as
“Handkerchief Tree”
Grows up to 15m



Fitness & Fun @ Choa Chu Kang Sports Centre

Your sessions at the pool won't be subjected to the whims of the weather anymore with the reopening of the upgraded Choa Chu Kang Swimming Complex!

Better Protection, Endless Fun

Having installed a shelter over the training pool, being able to swim rain or shine is a massive advantage for residents like Mrs Kimberly Chia. She was elated with being able to keep swimming slots which have become harder to book due to safe distancing measures.

Children and grown-ups alike will also get to enjoy new water slides and water play equipment that have come as part of the upgrades. Mrs Chia, who has a five-year-old son, said she has visited the swimming complex as a family about four times since its reopening. "My son loves to swim,"

she said. "He especially loves the water slides and constantly badgers me to bring him there."

The swimming complex is just one of the numerous upgrades within Choa Chu Kang Sport Centre (CCKSC), which residents can look forward to. Residents played an important role in the co-creation of CCKSC by giving feedback on the type of facilities they hoped to see. Sports SG received more than 700 responses during the planning stages. A bigger gym and dance studio, an air-conditioned sports hall, and a new active health lab are amongst the other new facilities residents can expect by the end of 2022.

Mr Peter Wong, a resident at Choa Chu Kang St 51, shared he looks forward to the air-conditioned sports hall the most as it will make exercising more comfortable. "Choa Chu Kang Sports Centre is where my buddies and I often meet for a game of badminton. With many people perspiring, the air inside the hall can get pretty stale. Turning it into an airconditioned hall is definitely a great idea."

Welcome On Board

the New Woodlands Integrated Transport Hub

Woodlands is now home to the largest Integrated Transport Hub in Singapore, built with the intention to make public transport travel and transit a smoother and more convenient experience for all.

The 11th of such hubs, the fully airconditioned Woodlands Integrated Transport Hub (WITH) replaces the open-air Woodlands Temporary Bus Interchange that had been in operation since 2016.

WITH seamlessly links to a new bus interchange below Causeway Point shopping mall with Woodlands MRT station, which serves the North-South Line (NSL) and Thomson-East Coast Line (TEL).

What's New at WITH?

Officially opened on 13 June 2021, the sprawling 41,500 sqm compound has been fitted with features to cater to the needs of the less mobile, elderly, and families with young children. For those on wheelchairs and strollers, there are now barrier-free boarding and alighting areas, as well as graduated kerb edges to make boarding and alighting easier.

Senior Minister of State for Defence and Manpower, Mr Zaqy Mohamad, revealed in a video how the staff at **WITH** are trained by various social agencies to properly assist seniors



Entrance to Woodlands Integrated Transport Hub from North-South MRT Line

and commuters with special needs. Coupled with the incorporation of barrier-free toilets, priority queue zones with seats, a nursing room, and a commuter care room, the needs of this group of people are better catered to.

Mr Zaqy, who is also the MP for Marsiling-Yew Tee GRC (Marsiling), shared that state-of-the-art technology have been employed, such as AI-enabled CCTVs and smart robots for cleaning, concierge, and surveillance.

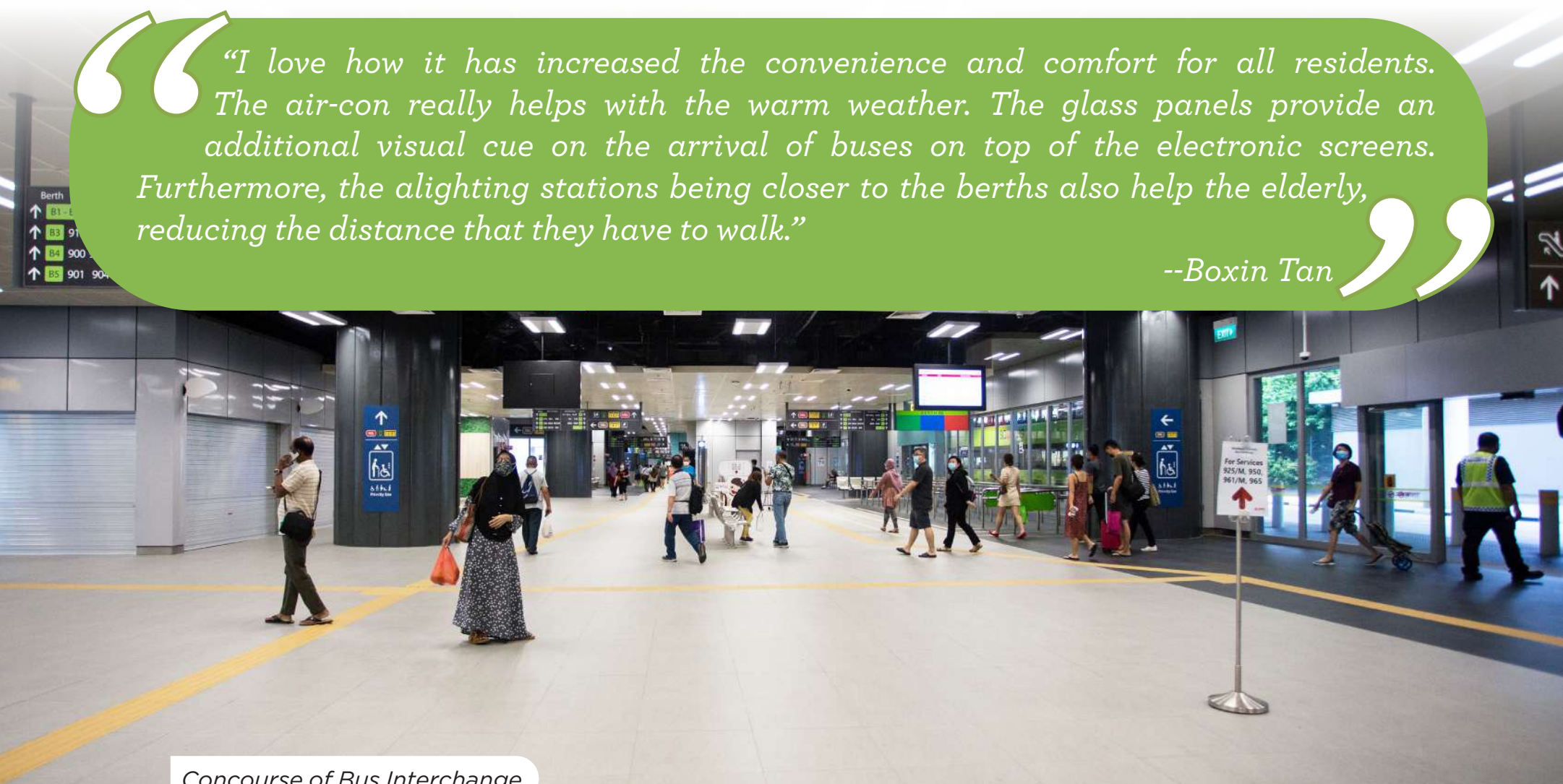
Bus Route Amendments

In a separate video, MP for Marsiling-Yew Tee GRC (Woodgrove), Ms Hany Soh, also emphasised on the increased accessibility for residents right at their door-step. Residents staying at the 500 series, 800 series, and even students studying at Woodlands Primary School will benefit from the multiple different access points, to and from **WITH**.

She further highlighted that 25 out of the 29 bus services that currently operate from Woodlands Temporary Bus Interchange will operate from **WITH**. The remaining four services - 925/925M, 950, 961/961M, and 965 - will continue to run from Woodlands Temporary Bus Interchange.

"I love how it has increased the convenience and comfort for all residents. The air-con really helps with the warm weather. The glass panels provide an additional visual cue on the arrival of buses on top of the electronic screens. Furthermore, the alighting stations being closer to the berths also help the elderly, reducing the distance that they have to walk."

--Boxin Tan



Concourse of Bus Interchange

SEEK HELP EARLY TO SAFEGUARD YOUR MENTAL HEALTH



Psychologist
Ms Goh Hui Ting

WHEN Goh Hui Ting was just 12 years old, she told her parents: “When I grow up, I want to be a psychologist.” That was the result of having read numerous books about the human mind and its behaviour after stumbling upon one in the library during her primary school days.

Now, pursuing her dream job as a psychologist at the National Healthcare Group Polyclinics, Ms Goh is still curious about how people think and behave, and what has made them the way they are today. This is particularly relevant as mental health is fast becoming the next big challenge in the fight against COVID-19.

Explaining the nature of her work, Ms Goh said, “Patients come in, talk about their concerns and some may even cry during the session as they deal with their emotions. I give them that space to share and talk about things without prejudice. The session usually ends with us helping the patient to make better sense of what is going on, and equipping them with strategies to help them manage better.”

Ms Goh added the pandemic has impacted the way psychologists go about their work. Now, they wear masks and visors when seeing patients as part of good hygiene practices. While it does add another level of challenge to interpret non-verbal cues, and for when demonstrations for breathing exercises are required, such a practice keeps patients safer. To ensure patients fully understand what has been taught, psychologists will apply the ‘Teach-Back’ technique. Additionally, tele-consultations are also offered to eligible patients, saving them the commute to the clinics.

When asked how she is different from a psychiatrist, Ms Goh said, “People often mistake us as psychiatrists, and may enquire about or ask us to prescribe them medication. Generally, psychiatrists are medically trained doctors who specialise in mental health and prescribe medications as part of treatment. Psychologists like me are allied health professionals who work alongside medical doctors. We conduct psychological assessment, provide therapy and make referrals to our doctors/psychiatrists for pharmacological treatment for our patients, if needed.”

That said, psychologists are well equipped to help patients with poor mental health. Ms Goh listed the symptoms of someone who could benefit from a session with a psychologist:

- **Feeling sad or down**
- **Reduced ability to concentrate**
- **Excessive fear or worries**
- **Withdrawal from family and friends, as well as activities of interest**
- **Weight or appetite changes**
- **Feeling guilty or worthless**
- **Sleep problems**

For starters, Ms Goh proposed these tips to help all of us safeguard our mental health:



“It may seem scary or even embarrassing to speak to a psychologist about mental health issues,” added Ms Goh. “Just as how physical health conditions can affect our daily living, our mental health can also affect how we feel in our body, our relationships with others, and how we cope with things. Sometimes we may need some help when things are more challenging and overwhelming for us to handle... and seeking help early is important.”



WHAT YOU SHOULD KNOW ABOUT THE SINGAPORE-INDIA COMPREHENSIVE ECONOMIC COOPERATION AGREEMENT (CECA)



UNTRUTHS VS FACTS

UNTRUTH

1

CECA allows Indian nationals to enter and work in Singapore freely.

FACT

There is no free movement into Singapore for any foreign national.



All foreign nationals and their dependants, including Indian nationals, are subject to the Ministry of Manpower's prevailing work pass criteria.

UNTRUTH

2

CECA has not benefitted Singapore businesses or Singaporeans.

FACT

Singapore, our companies and Singaporeans have benefitted. Since CECA was signed in 2005:



↑ **80%**

Singapore's trade in goods and services with India



↑ **50 times**

stock of Singapore's direct investment in India



97,000

locals employed in 2019 by Singapore-based companies that invested in India

UNTRUTH

3

CECA and our FTAs have led to more jobs for foreigners than Singaporeans.

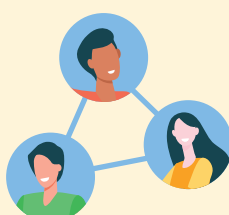
FACT

More Professionals, Managers and Executives (PMEs) jobs in Singapore have been taken up by Singaporeans compared to Employment Pass (EP) holders.



From 2005 to 2020, the number of EP holders had increased by about

112,000



Over this period, the number of PMEs had increased by

more than 380,000



Read more about CECA here:
<https://go.gov.sg/mti-ceca>

MTI MINISTRY OF TRADE AND INDUSTRY SINGAPORE

SG TOGETHER

Spot & Win!

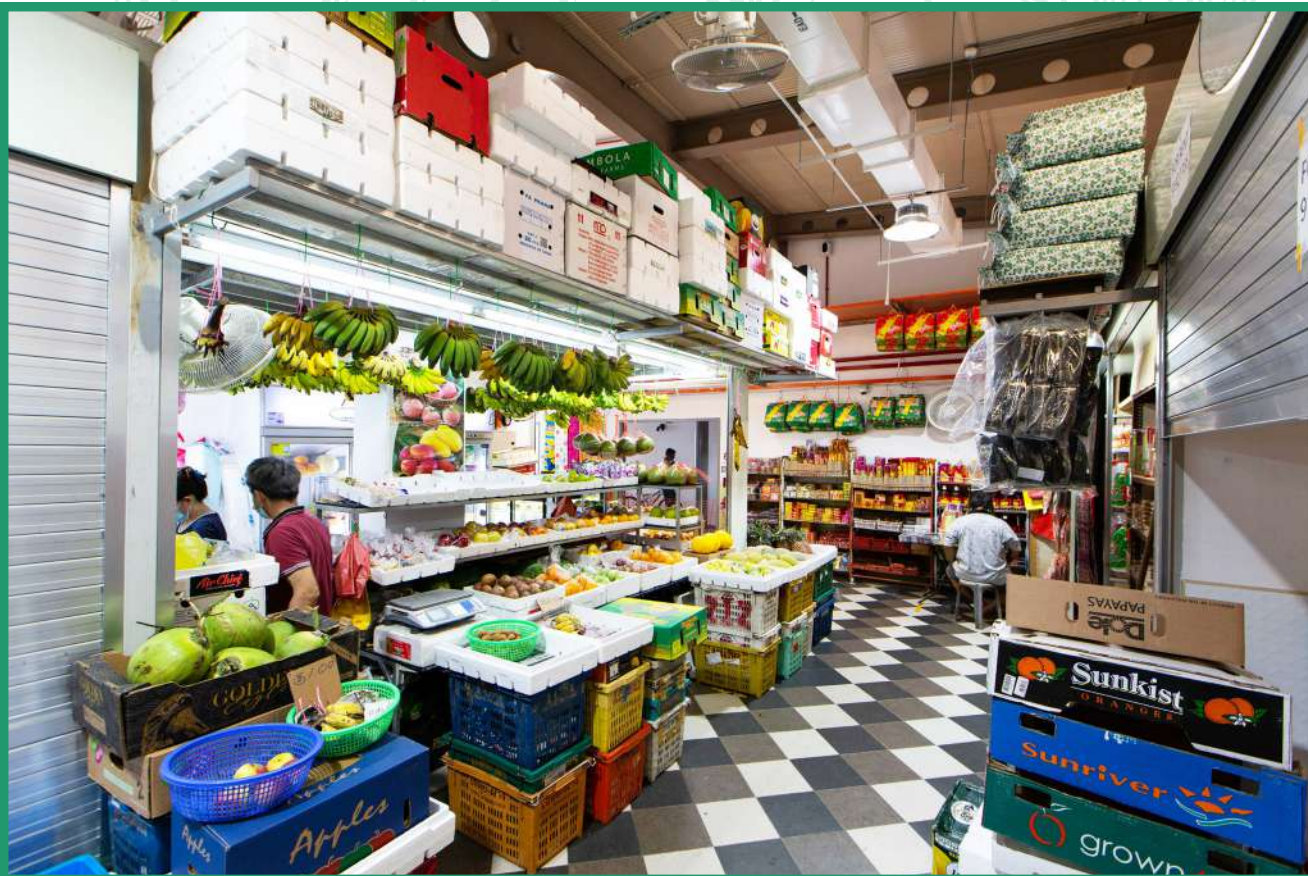
The photos below were taken at Limbang Shopping Centre. Can you spot the five places where the two photos differ? Circle them in the entry form and you could win a \$30 NTUC voucher!



Congratulations

to the four winners of the
Special Issue puzzle:

Suhairi Hanafi
Tham Chia Lee
Foo Suan Chew
Chong Foong Lin



ENTRY FORM

Name: _____
Address: _____
NRIC No (last 4 digits): _____
Contact No: _____

Send your entry to: Marsiling-Yew Tee Town Council, Block 306A Woodlands Street 31, #02-00, Singapore 731306
Closing date: 30 April 2022

Marsiling-Yew Tee
Town Council

MY HOME HEART HOPE
Marsiling-Yew Tee

Main Office

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#02-00, Singapore 731306

Branch Office

Block 563 Choa Chu Kang Street 52,
#01-198, Singapore 680563

✉ feedback@myttc.org.sg

📱 /marsilingyewteetc

🌐 www.myttc.org.sg

☎ 6430 7800

📞 6362 4822

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Saturday: 8am to 1pm
Sunday and Public Holidays: Closed

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