



Jalan Besar
TOWN COUNCIL

touchpoint

MCI (P) 104/08/2017

May 2018



OUR NEIGHBOURHOOD HEROES

Chairman's Message

Living in a heartwarming community is not a dream but a reality in Jalan Besar GRC and Potong Pasir SMC. Thanks to our neighbourhood heroes (pages 9 to 12), who render help wherever they can and go the extra mile in their daily work, many residents' lives have improved. Many hearts were also touched. As role models of our neighbourhood, I hope that the stories of these hardworking individuals will inspire others to make Jalan Besar Town a better place to live in.

I enjoyed celebrating Lunar New Year with residents this year (page 4). The joyous ambience felt at these constituency dinners and activities set the right tone for 2018. May we have a prosperous year where our aspirations are fulfilled.

The Town Council is committed to improving the infrastructure of your living environment. The latest spate of improvement works (pages 5 to 7) includes covered linkways, playgrounds, seniors' fitness corners and pavilions. Besides providing safety and convenience, these amenities allow residents to stay active and live life to the fullest.

As our nation develops, we must stay true to our roots. As you discover the significance of traditional games and festivals (pages 14 to 16), you may want to share the interesting information you have read with your family and friends. On this note, I would like to wish all residents Happy Vesak Day and Selamat Hari Raya Aidilfitri!

Dr Lily Neo
Chairman

Perutusan Pengerusi

Tinggal di dalam sebuah komuniti yang mesra penduduk bukanlah satu impian tetapi ia adalah satu realiti di GRC Jalan Besar dan SMC Potong Pasir. Terima kasih kepada wira-wira di kejiranan kita (halaman 9 hingga 12) yang menghulurkan bantuan bilamana ia diperlukan dan melangkah lebih jauh di dalam pekerjaan seharian demi untuk meningkatkan mutu kehidupan penduduk. Banyak hati telah tersentuh. Sebagai contoh kepada kejiranan kita, saya berharap agar kisah-kisah tentang individu yang bekerja keras dapat memberikan inspirasi kepada orang lain untuk menjadikan Jalan Besar sebuah kawasan yang lebih baik untuk didiami.

Saya gembira menyambut Tahun Baru Cina dengan penduduk tahun ini (halaman 4). Sambutan yang meriah dapat dirasakan ketika acara makan malam konstituensi dan acara-acara lain yang diadakan pada tahun 2018. Semoga tahun ini akan membawa kemakmuran di mana aspirasi kita akan tercapai.

Majlis Bandaran juga telah bekerja keras untuk meningkatkan mutu infrastruktur di dalam kehidupan kita. Yang terkini adalah kerja-kerja pembaikan (halaman 5 hingga 7) yang merangkumi laluan berbumbung, taman permainan, sudut senaman warga emas dan pavilion. Selain menyediakan keselamatan dan keselesaan, kemudahan-kemudahan ini juga memudahkan penduduk bergiat aktif dan hidup secara sempurna.

Selain dengan kemajuan yang dikecapi warga Singapura, kita haruslah mengekalkan dan berpegang teguh kepada asal usul kita. Sambil kita menyelami maksud atau signifikansi, di sebalik sesebuah permainan tradisional dan perayaan (halaman 14 hingga 16), anda mungkin ingin berkongsi sebuah informasi penting yang telah dibaca bersama keluarga atau sahabat-handai. Di kesempatan ini, saya ingin mengucapkan Selamat Hari Vesak dan Selamat Hari Raya Puasa kepada semua penduduk.

Dr Lily Neo
Pengerusi



Jalan Besar GRC/ Potong Pasir SMC Meet-The-People Sessions

JALAN BESAR GRC



KOLAM AYER 哥南亚逸
Assoc Prof Yaacob Ibrahim
雅国副教授
MP for Jalan Besar GRC (Kolam Ayer)

Every Monday, 8pm
Block 64 Kallang Bahru #01-373 Singapore 330064
Last Wednesday of the month, 8pm
Block 52 Sims Place #01-138 Singapore 380052
No MPS on public holidays



WHAMPOA 黄埔
Mr Heng Chee How
王志豪先生
Senior Minister of State, Ministry of Defence
MP for Jalan Besar GRC (Whampoa)

Every Monday, 8pm
Block 85 Whampoa Drive #01-248 Singapore 320085
No MPS on public holidays

POTONG PASIR SMC



POTONG PASIR 波东巴西
Mr Sitoh Yih Pin
司徒宇斌先生
MP for Potong Pasir SMC
Vice Chairman of Jalan Besar Town Council

Every Friday, 8pm (except last Friday of the month)
Block 143 Potong Pasir Avenue 2 #01-24 Singapore 350143
Last Friday of the month, 8pm
Block 214 Lorong 8 Toa Payoh void deck Singapore 310214
No MPS on public holidays



KAMPONG GLAM 甘榜格南
Ms Denise Phua Lay Peng
潘丽萍女士
Mayor of Central Singapore District
MP for Jalan Besar GRC (Kampong Glam)
Vice Chairman of Jalan Besar Town Council

Every Wednesday, 8pm
Block 462 Crawford Lane #03-33 Singapore 190462
Residents from Kent Ville are welcome to visit the above MPS
or consult the MP on duty at the PAP Branch at Blk 52 Kent
Road on Mondays, 8pm.
No MPS on public holidays and eve of public holidays



KRETA AYER-KIM SENG
牛车水-金声
Dr Lily Neo
梁莉莉医生
MP for Jalan Besar GRC (Kreta Ayer-Kim Seng)
Chairman of Jalan Besar Town Council

Every Monday, 8pm
Block 5 Banda Street #03-68A Singapore 050005
No MPS on public holidays

主席致词

住在一个温馨的惹兰勿刹集选区与波东巴西单选区，并非幻想而是现实。感谢我们的社区英雄（第9至12页）——他们尽心尽力，热心帮助周遭的居民，并且在工作岗位上主动地帮居民解决问题，努力改善大家的生活。很多居民都深受感动。我希望这些有关他们作为社区的榜样，勤快服务群众的故事，能激励其他人打造惹兰勿刹镇为一个更美好的家园。

与居民一起庆祝农历新年是愉快的（第4页）。在社区晚宴与各种助兴活动所感受的欢乐氛围为2018年掀开序幕。希望2018年繁荣昌盛，大家心想事成。

市镇理事会在改善您的居住环境方面不遗余力。最近完成的基础改善工程（第5至7页）包括有盖走廊、游乐场、乐龄健身角落与亭子。除了提升安全性与方便，这些设施也确保居民能保持活跃与充实的生活。

在我国迅速发展的同时，了解自己本身的文化背景也很重要。当您阅读并了解本刊物的传统游戏与各种节日时（第14至16页），请跟家人和朋友一起分享有趣的细节。在此，我祝所有的居民卫塞节快乐，开斋节快乐！

主席梁莉莉医生

தலைவரின் செய்தி

அக்கறையும் பரிவும் மிக்கச் சமூகத்தில் வாழ்வது வெறும் கனவல்ல, ஜாலான் பெசார் குழுத்தொகுதியிலும் பொத்தோங் பாசிர் தனித்தொகுதியிலும் நிலவும் உண்மையான சமூகச் சூழல். தங்களால் முடியும் போதெல்லாம் உதவி புரிந்து, அன்றாடப் பணியில் கூடுதல் முனைப்பெடுக்கும் நமது அக்கம்பக்க மாவீர்களின் துணையுடன் (பக்கங்கள் 9 முதல் 12 வரை), பல குடியிருப்பாளர்களின் வாழ்க்கை மேம்பட்டுள்ளது. பலரின் இதயங்களும் பூரிப்படைந்துள்ளன. கடினமாக உழைத்து, நமது அக்கம்பக்கத்தின் முன்மாதிரிகளாகத் திகழும் இந்தத் தனிமனிதர்களின் கதைகளை அறிந்து மற்றவர்களும் ஜாலான் பெசாரை வாழ்த்தக்க மேம்பட்ட இடமாக உருவாக்க ஊக்கம் பெறுவார்கள் என நம்புகிறேன்.

நான் இவ்வாண்டின் சீனப் புத்தாண்டைக் குடியிருப்பாளர்களுடன் கொண்டாடி மகிழ்ந்தேன் (பக்கம் 4). இதயோன்ற தொகுதி விருந்துகளிலும் நடவடிக்கைகளிலும் நிலவிய உற்சாகமான சூழல், 2018-ம் ஆண்டுக்குச் சரியான துவக்கத்தை அமைத்துக் கொடுத்தது. நமது பேரார்வங்கள் அனைத்தும் நிறைவேறும் வளமான ஆண்டாக இவ்வாண்டு நமக்கு அமையட்டும்.

உங்கள் வாழ்க்கை சூழலின் உள்கட்டமைப்புகளை மேம்படுத்த நகர மன்றம் ஆயராது முனைப்புடன் செயல்பட்டு வருகிறது. ஆக அண்மையில் செய்யப்பட்ட மேம்பாடுகளில் (பக்கங்கள் 5 முதல் 7 வரை) கூரையுள்ள இணைப்புப்பாதைகள், விளையாட்டுத் திடல்கள், முதியோர் உடற்பயிற்சிக் கூடங்கள், மாடங்கள் ஆகியவை உள்ளடங்கும். பாதுகாப்பும் வசதியும் வழங்குவதோடு, குடியிருப்பாளர்கள் துடிப்பாக இருக்கவும் வாழ்க்கையை நிறைவாக வாழவும் இவையெல்லாம் துணை புரிகின்றன.

நம் நாடு வளர்ச்சி அடைகையில், நாம் நம்முடைய வேர்களை மறந்துவிடாமல் இருக்கவேண்டும். பாரம்பரிய விளையாட்டுகள், விழாக்கள் ஆகியவற்றின் முக்கியத்துவத்தைத் தெரிந்து கொண்டு (பக்கங்கள் 14 முதல் 16 வரை), அந்தச் சுவாரசியமான விவரங்களை உங்களது குடும்பத்தாருடனும் நண்பர்களுடனும் பகிர்ந்து கொள்ளுங்கள். இத்தருணத்தில், குடியிருப்பாளர்கள் அனைவருக்கும் இனிய விசாக தின வாழ்த்துக்களையும் நோன்புப் பெருநாள் வாழ்த்துக்களையும் தெரிவித்துக் கொள்கிறேன்!

டாக்டர் லில்லி நியோ

தலைவர்

欢庆农历新年

Celebrating Togetherness

Lunar New Year was a wonderful opportunity to strengthen bonds among people in the community. Ministers and MPs of Jalan Besar GRC and Potong Pasir SMC joined residents of all races in welcoming Chinese New Year through various dinners and activities held across the constituencies.



Mr Heng Chee How with residents at a CNY dinner in Lorong Limau.



Dr Lily Neo celebrating with residents at Beo Crescent.



Thumbs up to a happy new year from Assoc Prof Yaacob Ibrahim and PCF teachers and kids at the Kolam Ayer hongbao presentation.



Well wishes from Ms Denise Phua, residents and agency reps, after a house visit to Waterloo Centre.



Cheers to a good year from Mr Sitoh Yih Pin and Potong Pasir residents.

波东巴西新面貌

Facelift for Potong Pasir

Residents of Blocks 113 to 120 Potong Pasir Avenue 1 are pleased with the new and upgraded amenities in their neighbourhood brought about by the Neighbourhood Renewal Programme (NRP). They can look forward to a healthier lifestyle and a cosier estate with these improvement works.

New entrance gateway near Block 120



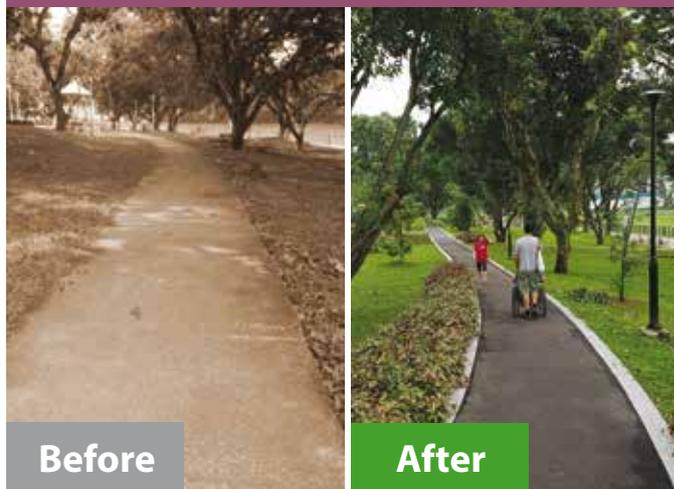
Barbecue pits with shelter at Block 114



Covered linkway between Blocks 117 and 113



Jogging track around the precinct



Multi-purpose hall near Block 119



给大家更好的基础设施

Better Facilities for All

Community Pavilion and Plaza at Block 636 Veerasamy Road



Before



After

Creation of a safe and proper walkway along Beo Crescent



Before



After

Upgrading to area around Blocks 66 to 71 Geylang Bahru, including improved non-slip walkways, landscaping and seating



After



Before



Children's playground at Block 22 Jalan Tenteram



Before



After

Senior citizens' fitness corner at Block 22 Jalan Tenteram



Before



After

芽笼峇鲁巴刹熟食中心重新开张

Geylang Bahru Market and Food Centre Re-opens for Business



The long-awaited re-opening of Geylang Baru Market and Food Centre took place on 1 January after a year of renovation. Located at 69 Geylang Bahru, it is the go-to place for many residents in Kolam Ayer who enjoy local traditional food and getting the freshest produce at wallet-friendly prices.

MP for Jalan Besar GRC (Kolam Ayer), Assoc Prof Yaacob Ibrahim, officiated the re-opening ceremony on 4 February. Addressing residents, he said: "I want to thank all residents for their patience. All your favourite food is back. Come down with your neighbours and friends for a hearty meal here!" He also distributed mandarin oranges to hawkers and shop owners, and wished them prosperity.

Drinks seller Johnny, 52, welcomed the re-opening of the food centre. "I choose to continue doing business here because of the high human traffic. Ventilation is now better due to the higher roof. With the installation of fume extractors, the whole place is also much cleaner and more conducive for dining in."

Husband-and-wife hawkers Mr Foo, 73, and Mdm Tee, 70, were glad to be back in the thick of things, baking bread for their customers. The couple could barely contain their excitement at seeing regular patrons turn up at their stall. "The place is more cooling now, due to the bigger ceiling fans. There is more space for walking too. All these help to draw in the crowd," Mdm Tee explained.



A grand opening ceremony for the market and food centre.



Bakers Mr Foo and Mdm Tee happy to be back in business.



Minister Yaacob Ibrahim handing out mandarin oranges to stall owners.

我们的芽笼峇鲁小贩英雄

Our Geylang Bahru Hawker Heroes



Business at the revamped Geylang Bahru Market and Food Centre has picked up again after a year-long renovation hiatus.

The good food, coupled with the convenience of the nearby Geylang Bahru MRT Station, makes a trip to the hawker centre a worthwhile experience. Read on to uncover the heritage behind long-established stalls while getting to know the men and women who put in long hours of back-breaking work to produce food that makes people happy.

JJ Yong Tau Fu, #01-07



JJ Yong Tau Fu is run by mother-and-son pair Mdm Janthorn Khiddee and Mr Jatsada Khiddee. Twenty-six-year-old Mr Jatsada's love for cooking led to him giving up a decent paying job for the F&B business. He shared that the secret to good yong tau fu is making fresh fish paste that goes into beancurd puffs. That takes hours of work. "It is true that the hours are long and gruelling," he admitted, adding that the tough work does not dampen his spirits. Instead, he is happily looking forward to serving Jalan Besar residents for more years to come.

Fazil Muslim Food Stall, #01-73



Mdm Manzoor Bibi, the current owner of Fazil Muslim Food Stall, took over the stall from her father in 1996. Mdm Manzoor's husband, Mr Abdul Majeed, revealed that their specially made gravy is what draws customers over the years. This special gravy no doubt won over many fans, who voted it one of the top 10 Indian Rojak stalls in 2011's City Hawker Food Hunt. "I learnt the art of cooking from my father-in-law," he said. All the Indian rojak ingredients are handmade, and Mr Abdul Majeed comes as early as 6am to begin preparations. After five hours of hard work, the rojak ingredients are finally ready to be sold to hungry patrons starting from 11am.

Sheng Ji Soya Sauce Chicken Rice/Noodle, #01-13



Sheng Ji Soya Sauce Chicken Rice/Noodle first opened in 1984. Its owner, Mr See Tiong Seng, chose to cook soya sauce chicken rice and noodles as it is not commonly found in the neighbourhood. "I set up business here as this area has high human traffic," he said. The tender meat and fluffy rice of the signature dish, soy sauce chicken rice, makes it a must-try. Crunchy and delicious dumplings round the dish off nicely. "When I see people enjoy my food, that's my greatest joy and encouragement," he smiled.

Red Stove Fried Prawn Mee, #01-20



Husband-and-wife pair Mr Chua Seng Teck and Mdm Ong Keow Eng are the proud owners of Red Stove Fried Prawn Mee. Mr Chua said he picked up the skill of frying noodles from his elder brother in 1972. The appetising aroma of the noodles comes from the soup base. "I take three hours to prepare the broth every day, and I add fresh chicken, prawn head, sugarcane and ikan bilis into it," Mr Chua said. "I also use less lard to make the dish more appealing to the health-conscious," he added.

**Buy 10 plates/packets of prawn mee
Get 1 plate/packet free
(Free plate/packet will be of lowest value)**

Promo period: Valid until 31 July 2018

TouchPoint May 2018

产业管理员一天的工作

A Day in the Life of a PROPERTY OFFICER



Mr Muhammad Airil Hilmi bin Mohd Noor, 26, is a property officer for Jalan Besar Town Council driven by a passion for serving others. We go behind the scenes with Hilmi to know what goes on in the day of a property officer and the challenges and joys that come with the job.



Tell us about yourself. How did you end up being a property officer?

After graduating from Temasek Poly with a diploma in Integrated Facilities Design and Management, I went into a job doing maintenance of a school building for two years. Then, I saw the opportunity to go into the Town Council, and I felt this was a good opportunity to gain more experience and knowledge in managing residential areas.

Did it turn out to be more interesting?

Facing residents is what makes the job interesting. Sometimes there are disputes among neighbours, and sometimes there are residents who obstruct corridors by placing their things there. Some residents also mistake us for an agency they go to for all their problems, like if they have some issues with noise nuisance. We help refer such cases to the relevant agency. But the residents will keep calling us, because they want to get the problem resolved immediately.



Hilmi instructing a worker to clear debris from a drain.

What do property officers do, then, apart from handling residents' feedback?

We check all the common areas in the estate. We check for any building defects. We try to spot whether there are any safety issues, any pillars that are cracked or spoilt, then arrange to get them fixed as soon as possible. We look at

overgrown trees; when we see any matter relating to trees, we will relay this to our horticulture officer. After they have done the necessary, whether it is having the tree removed or its branches trimmed, we inspect the site again. We check the switch rooms, pump rooms and rooftops of blocks too, to make sure that everything is in good working order.

That sounds like a lot of work.

We have to ensure that everything works according to regulations set by the relevant authorities—PUB, for example, if we are checking the pump room. I will also check on the drains. The drains are very important because it is one of the places mosquitoes are likely to breed. Drains are where litter will collect so if you have litter in them for example, water can collect and it gives mosquitoes a place to breed. Focus on the drains, make sure they are clear.

What do you enjoy most about this job?

When my actions have impacted my residents' lives in a positive way, or when I get compliments for helping them, I feel a sense of satisfaction at having done something good. There was once an elderly Malay woman who had been unable to pay a hospital bill. She approached me for help. I called the hospital and after explaining her financial situation to them, they said they would work out an alternative payment plan for her. She was so thankful and bought me a cup of milk tea, which was all she could afford. Times like this remind me that a simple action goes a long way.

清洁工人一天的工作

A Day in the Life of a CLEANER

Most residents know of Mdm Hasnaviah binte Salleh, the cleaner for Blocks 216, 217 and 218 Lorong 8 Toa Payoh. Well-liked for her hardworking attitude, the 67-year-old has been cleaning the estate for 34 years. We catch up with her in this interview to discover her work routine, and the reason behind her popularity in this part of Potong Pasir SMC.



We heard you are quite well-liked among residents here. Can you share why you think this is so?

I am 67 years old, and I have worked here for half my life – 34 years. Residents are familiar with me, and I work hard despite my age. They can see I do my best. Even though I am already 67, I still have the energy to clean all the floors of the three blocks every single day.

Do you enjoy your work?

I like this place. I like getting to know the residents. They will chat with me, share food with me, and ask me how I am. Some of them buy me breakfast sometimes and groceries from the market. During the festive periods, they give me festive goodies and oranges.

What are the tasks you have to do every day?

I wake up early to prepare and travel down here from my house in Punggol. I will start work at 6.30am. I start by sweeping the carparks. By 10am, I will start on the three blocks I am in charge of. I will sweep all the corridors and staircases, mop the lift cars and lobbies and wipe all the letter boxes. I officially end work at 12pm, but I will usually stay on to clear rubbish. I will sweep up fallen leaves. I don't mind, I like the work. It's boring at home. I live with one son. My other son is married and stays somewhere else. My husband passed away 32 years ago. If I continue to work, I can at least talk to the people here.

You have a reputation for being honest and helpful. Can you share more about this?

Many years ago, a lady left her Rolex watch on a stone table at the void deck as she was rushing to get into a cab. I ran after her. She did not even realise she had left it behind. She was extremely grateful. Sometimes, clothes will fall when they are being dried, so I will try to help by bringing them up to the house if I know who those belong to. Otherwise I will keep them at my store room at Block 217. I keep the things people left behind there too, in case they come looking for them.

“Mdm Hasnaviah is like a family member to us. Everyone loves her. She takes care of our living environment and we respect her.”

- Mr Patrick Quek, 70
Resident



Mdm Hasnaviah hard at work mopping the lift lobby.



Mdm Hasnaviah ensures letterboxes are wiped clean.

A Selfless Neighbour



Retiree Mr Woon Chye Heng, 64, stays by himself in a flat at Block 26 Jalan Klinik. To keep himself occupied, he takes on plumbing and repair jobs for neighbours, often at no fee. These "earn" him coffee treats, pats on his back and enduring friendships over the years. We sit down with Mr Woon to find out what makes him such an extraordinary neighbour in Jalan Besar.

What made you take up these plumbing jobs for your neighbours?

I've been learning how to repair water pipes since I was 18 years old. I have the ability to help, so I do my best. Sometimes I see that my neighbours do not have much money, so I will source for durable plumbing gadgets and parts which can last at least five years and yet are priced very affordably.

You used to charge for each job. Do you still do so?

I used to charge between \$20 to \$50 for each job but now I do it for free most of the time. I take simple jobs. If there are serious ones, I will call my friends to come and help.

So you are here to do someone a favour, rather than to make some income.

After retiring, I had a lot of time on my hands. I signed up to be a handicraft volunteer and did odd jobs like painting, as well as fixing broken locks. A lot of the people who approached me for help are low-income, and I wouldn't want to take the little money they have. I am not in urgent need of money. If they insist, I will only take enough to cover the cost of the materials. There was one man who gave me \$80 to do a painting job, but I told him \$50 was enough. A resident offered me dumplings in return for my help fixing a lock, but even then I did not take.

Apart from volunteering your time and skills, does anything else motivate you to keep helping others?

My satisfaction comes from being able to fix or repair things. When I successfully manage to fix a leaking pipe, I feel shiok. I like to challenge myself. I will time myself to make sure I finish all the jobs in under an hour. It is a test to me, a test of whether my hands are still nimble, and my mind still agile enough to be able to immediately see where the problem lies and fix it.



"Mr Woon is a nice guy, eager to help residents whenever he can. I am grateful to him for helping me fix all these plumbing issues."

- Mr Richard, Neighbour



Mr Woon showing us the water heater in Mr Richard's flat that was leaking previously.



Mr Woon uses an old pipe to demonstrate how he would fix it.

Quiz



Water Wally plushies courtesy of PUB

To win, simply answer the 3 questions. 5 lucky winners will be chosen randomly from all-correct entries received.

Only open to residents of Jalan Besar Town Council. Each household may only win one prize.

Mail your entry to:

Jalan Besar Town Council
Block 70 Geylang Bahru
#01-2719
Singapore 330070
Closing date: 30 June 2018

Congratulations to winners of the December 2017 Quiz!

Charlotte Sharlet Jacob
SXXXX440I

Goh Chew Kwang
SXXXX062Z

Kwan Kong Wai
SXXXX079F

Ng Ah Hoe
SXXXX435A

Yuen Peh Fong
SXXXX907E

All winners have been notified by post.

WIN

 limited edition Town Council souvenirs!

We have 5 sets to give away!

TouchPoint May 2018 Quiz

Q1) The Neighbourhood Renewal Programme (NRP) for Blocks 113 to 120 Potong Pasir Ave 1 has been completed.

TRUE FALSE

Q2) The Town Council's Property Officer checks the drains to ensure that they are clear of litter.

TRUE FALSE

Q3) When brushing your teeth, you can save water by using a mug to rinse your mouth, instead of under a running tap.

TRUE FALSE

Name: _____

NRIC No: _____

Address: _____

Email address: _____

Contact No: _____

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 Change Your **Life** 改变您的笑容 · 改变您的生活

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TREATMENT 治疗	AFTER CHAS-PG SUBSIDY 津贴过后
CONSULTATION 检查	\$0 <small>*Within annual limits *年度限额以内</small>
X-RAYS 照X光片	
TEETH CLEANING 洗牙	
FILLINGS 补牙	
EXTRACTION 拔牙	



MEDISAVE CLAIMABLE SURGICAL PROCEDURES
 保健储蓄手术支付程序

TREATMENT 治疗	AFTER MEDISAVE CLAIMS 保健储蓄支付
WISDOM TOOTH SURGERY 智慧牙手术 SURGICAL REMOVAL OF TEETH 牙齿手术	\$0
DENTAL IMPLANT 口腔植牙	\$1250 onward 起

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 Street 62 Singapore 680624
 (In front of Yew Tee MRT Station)

6241 0123

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Blk 210, New Upper Changi Road,
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6452 4222

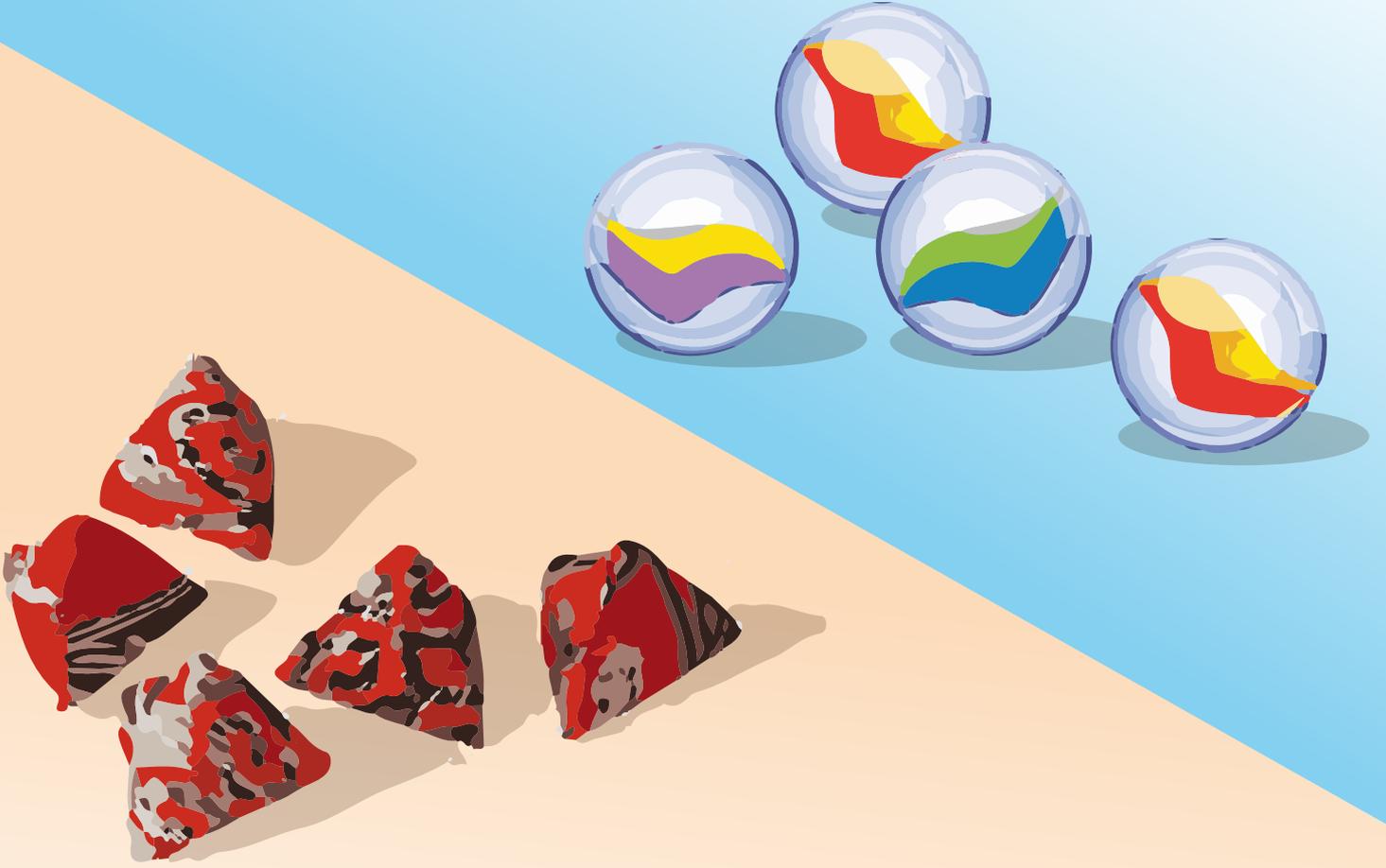
Ang Mo Kio Central
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 (5 mins walk from AMK MRT Station)

6777 1712

Clementi Central
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 (Near Clementi MRT Station)

*Prices may vary at other branches

குறியை, வீசு, பிடி



வண்ணமயமான இந்த விளையாட்டுக்குப் பல பெயர்கள் உள்ளன - லக்கோட்டி, கோலி, கான்ச்சா மற்றும் மார்பல்ஸ் (ஆங்கிலம்). எளிமையான இந்த விளையாட்டு, உலகெங்கிலும் உள்ள சிறுவர்களுக்குப் பெரும் உற்சாகம் அளிக்கிறது. 1980களில், தொடக்கப்பள்ளி மாணவர்கள் சிற்றுண்டி நேரத்திலும் பள்ளிக்குப் பிறகும் கோலி விளையாடுவது வழக்கம்.

கோலிகள் நடுப்பகுதியில் வண்ணச் சுழல் வடிவங்கள் கொண்ட ஒளிபுகா வகையில், அல்லது பலவண்ண உட்பதிப்புகள் கொண்ட தெளிவான வகையில் கிடைக்கும். தெளிவான வகை கோலிகள் “பூனைக் கண்கள்” என்றும் அழைக்கப்படுவதுண்டு. கோலிகள் பெரும்பாலும் கண்ணாடி, களிமண், பீங்கான் கொண்டு செய்யப்படுகின்றன.

முதலில், தரையில் அல்லது மணலில் வட்டம் வரையப்படும். ஒவ்வொரு விளையாட்டாளரும் வட்டத்திற்குள் ஒரு கோலியை வைப்பார். பிறகு, எல்லையைக் குறிக்க, சில அடி தூரத்தில் ஒரு கோடு போடப்படும். அங்கிருந்துதான் உற்சாகம் தொடங்கும். விளையாட்டாளர்கள் மாறிமாறி குறி வைத்து, வட்டத்திற்குள் கோலிகளை வீசுவார்கள். அந்தக் கோலிகள் வட்டத்திற்குள் இருக்கும் கோலிகளை வட்டத்திற்கு வெளியில்

தள்ளிவிட்டால், விளையாட்டாளர் அவற்றை வைத்துக் கொள்ளலாம். கூரான பார்வையும், கூர்ந்த கவனமும் கொண்ட விளையாட்டாளர்கள், பள்ளி முடிந்து சட்டைப்பை நிறைய கோலிகளுடன் வீடு திரும்புவார்கள்!

மற்றொரு பிரபலமான விளையாட்டு “கூழாங்கல்” எனப்படும் ஐந்து கற்கள் விளையாட்டு. ஒட்டுத்துணியை முக்கோண வடிவில் தைத்து, மணல், அரிசி அல்லது உலர்ந்த பயறுகள் நிரப்பப்பட்ட ஐந்து சிறிய பைகளுடன் இது விளையாடப்படுகிறது. விளையாட்டின் எட்டு கட்டங்களையும் பூர்த்தி செய்து புள்ளிகள் பெறுவதே விளையாட்டின் நோக்கம்.

ஒரு கட்டத்தை முடித்து அடுத்த கட்டத்திற்குச் செல்லும்போது சவால் கூடும். ஏனெனில், ஒரு “கல்லை” மேலே வீசியவுடன் தரையிலிருந்து அள்ளவேண்டிய “கற்களின்” எண்ணிக்கை அதிகரிக்கும். எட்டு கட்டங்களையும் ஆக அதிக முறை முழுமையாகப் பூர்த்தி செய்பவர் விளையாட்டில் வெற்றி பெறுவார். பள்ளிச் சீருடை அணிந்த சிறுமிகள் தங்களது அக்கம்பக்கத்தில் ஒன்றுகூடி ஐந்து கற்கள் விளையாடுவது வழக்கம்.

Lakhoti, or Goli, and five stones were popular games among primary school children in the 1980s. While these games were easy to pick up, becoming an expert requires a high degree of concentration and quick reflexes. New friends were made in the midst of enjoying the simple thrill of these games from yesteryear.

欢庆卫塞节



每年农历四月十五日(2018年5月29日), 佛教徒举家庆祝卫塞节, 纪念释迦牟尼佛诞生、成道、涅槃的圣日。释迦牟尼佛, 又名佛陀, 通过修行, 觉悟无常、无我、苦与空等真理, 并传授世人他所悟到的佛法, 让世人离苦得乐。凑巧的是, 佛陀出生、悟道与证入涅槃都在5月的月圆之夜。因此, 佛教徒便把5月的第一个月圆日设立为卫塞节。

在新加坡, 卫塞节也是公共假期。虔诚的佛教徒们一早沐浴更衣, 聚集在寺庙里参与各项法会。现在我们来了解各种庆祝礼俗的真正意义。

供花



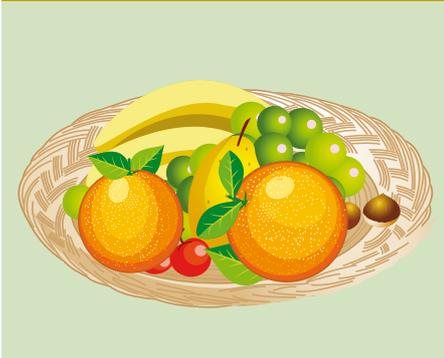
佛教徒一般都相信用鲜花供佛, 会得到长相貌美的果报。供花也提醒佛教徒生命的无常, 就如花也有凋谢的时候。

供灯



灯表示开启智慧。有了智慧, 才能断烦恼。

供果



佛教重视因果法则。供果提醒世人, 要常常注意自己的起心动念。

浴佛



卫塞节当天, 寺庙会把小佛像放在盛满香花的盆中, 让信徒用香汤给佛像沐浴。这表示净化信徒本身的身、口、意, 消除自身的障碍。

放生



新加坡佛教总会弘法组主任释传观法师表示, 有些人对放生有所误解。他说: “如果把宠物放生, 它们可能因不能适应大自然而丧命。” 教育组主任释有维法师也认为, 在人口密集又城市化的新加坡, 不妥当的放生会造成不便。释有维法师说: “除了放生, 佛教徒可以支持动物保护协会, 或捐血与考虑吃素。慈悲需要智慧。盲目的慈悲会对周遭环境造成伤害。”

Vesak Day (29 May 2018) commemorates the day when Buddha was born, attained enlightenment and realised nirvana upon his death. Buddhists typically celebrate by offering flowers, lights, fruits and bathing the Buddha statue on this public holiday in Singapore.

Adat-adat dan Upacara Amal

Hari Raya Puasa



Umat Islam di Singapura akan merayakan Hari Raya Puasa, atau Hari Raya Aidilfitri, pada 15 Jun 2018. Perayaan ini menyimpulkan bulan puasa suci, iaitu bulan Ramadan, dan menandakan kemenangan pantang seseorang dari makanan, minuman dan nafsu dari subuh hingga senja buat setiap hari selama sebulan. Tindakan amal dan belas kasihan digalakkan. Di antaranya adalah pembayaran zakat fitrah, sebuah sumbangan wajib yang dibayar kepada Majlis Ugama Islam Singapura (MUIS). Zakat fitrah dikumpul oleh masjid dan diedarkan kepada golongan miskin oleh MUIS.

Suasana perayaan bermula beberapa minggu sebelum Hari Raya. Ramai keluarga akan berkerumun di Bazaar Geylang Serai untuk membeli baju baru dan kuih-kuih raya, dan akan mula menghias rumah dan kedai mereka. Pada pagi Raya, umat Islam akan pergi ke masjid untuk bersolat. Ini diikuti dengan lawatan ke rumah ibu bapa mereka, di mana mereka akan meminta maaf atas segala perbuatan salah yang berlaku pada tahun lalu. Mereka juga akan melawat saudara-mara dan rakan-rakan, di mana jamuan mewah menanti.

Ramai akan berpakaian mengikuti fesyen terkini, memaparkan corak baju kurung dan baju Melayu yang terang dan meriah. Makanan lazat seperti rendang, sayur lodeh, sambal dan ketupat, dan juga pelbagai jenis kuih-muih akan dihidangkan. Hari Raya adalah masa yang tepat untuk menyusul bersama rakan-rakan dan saudara-mara sambil menikmati makanan yang lazat.



Zakat fitrah adalah sumbangan wajib yang dibayar kepada MUIS dan diedarkan kepada golongan miskin.



Umat Islam memulakan Hari Raya mereka dengan solat di masjid pada waktu pagi.



Hari Raya adalah masa untuk menikmati makanan dan kuih-muih lazat! Uli-uli bewarna-warni juga digunakan untuk menghiasi rumah.

Hari Raya Puasa marks the end of Ramadan, the fasting month for Muslims. It is a period of deep soul-searching and subduing of one's ego through the practice of abstinence from one's vices. This helps develop one's humble and compassionate side. Muslims celebrate this colourful festival by donning vivid-coloured clothing and preparing scrumptious cuisines and delicacies. Amid the festivities, they also donate to help the needy.

Selamat Hari Raya Aidilfitri!



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