

BRIDGE

MAR / APR
2021



**SOUTH WEST
COMMUNITY
DEVELOPMENT
COUNCIL**

“It is about equalising opportunities for residents to voice their ideas and concerns.”



**Mr Zhulkarnain
Abdul Rahim**
Adviser to Chua Chu Kang
GRC GROs (Keat Hong)

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Achieving More Together

Low Yen Ling
Mayor of
South West District

Low Yen Ling
Mayor of
South West District

Rakan-rakan yang dihormati,

Dalam kita menyambut bulan Ramadan, bulan suci bagi umat Islam pada April ini, semangat bergotong-royong tetap kuat dirasakan di Daerah Barat Daya (South West District). Sedang kita mengharungi waktu-waktu yang penuh ketidakpastian serta gangguan yang disebabkan wabak pandemik COVID-19, warga Singapura terus menjalin hubungan dan saling memberi sokongan antara satu sama lain.

Walaupun keadaan ekonomi tidak menentu, inisiatif Festive Cheers @ South West yang diadakan pada tahun ini telah melibatkan jumlah tertinggi sukarelawan dan rakan kongsi bagi membantu para penduduk yang terjejas. Tambahan juga, buat pertama kalinya, perniagaan dalam talian juga turut terlibat dalam usaha ini. Jumlah sumbangan yang dikumpul meningkat lebih dua kali ganda berbanding tahun yang sebelumnya. Paparan semangat #SGUnited yang kuat ini merupakan bukti kukuh perpaduan yang semakin bertambah — iaitu suatu kekuatan utama yang membolehkan CDC untuk terus memperluaskan jangkauan tahunan kami bagi penduduk-penduduk yang rentan.

Di samping itu, kami juga memanfaatkan kekuatan bidang seni untuk mengeratkan hubungan di antara penduduk serta memperdalam identiti bersama, semangat kemasyarakatan, dan kesejahteraan. Pameran Seni WeCare yang berlangsung sehingga akhir bulan Mei menampilkan karya-karya seni yang dihasilkan oleh penerima-penerima bantuan agensi perkhidmatan sosial yang juga merupakan rakan kongsi kami. Unit keluarga membentuk asas masyarakat kita. Untuk menggalakkan ikatan dan kesejahteraan kekeluargaan, pihak CDC telahpun menganjurkan siri ceramah keibubapaan yang diadakan secara dalam talian, bengkel-bengkel, serta lawatan pendidikan di bawah program Family Bliss @ South West, yang berlangsung pada Disember 2020 hingga Mac tahun ini.

Melihat semangat gotong-royong dalam masyarakat kita amat menggembirakan di waktu yang mencabar ini. Ketahanan dan tekad untuk bersama mengatasi wabak ini akan mempererat lagi masyarakat kita, dan saya yakin bahawa kita akan muncul sebagai sebuah komuniti Barat Daya (South West) yang lebih prihatin dan bersatu.

亲爱的朋友们，

正当我们庆祝斋月（穆斯林4月斋戒）之际，我们西南社区的互助（gotong royong）精神仍持续加强。面对冠病疫情带来的纷扰与不确定性，新加坡人民依然继续给予彼此帮助与支持。

尽管现今经济不稳定，我们在今年的欢庆佳节在西南（Festive Cheers @ South West）活动中，依然看到许多愿意挺身而出并帮助弱势居民的义工与合作伙伴。人数也因此破了纪录。此外，网络企业也首次加入了这一行列，而捐款总额与前一年相比也增加了超过一倍。这“新心相连”（SGUnited）的精神充分展现了我们日益增强的团结精神，而这种精神正是使我们社理会每年能够持续扩展援助范围，帮助西南区内更多弱势居民的关键推动力之一。

我们也利用艺术来促进居民之间的关系，强化我们的共同身份、社区意识与身心健康。其中，WeCare艺术展览中所展示的众多艺术作品，均由与我们有合作关系的社会服务机构的受益人所创作。该艺术展览将持续至5月底。此外，家庭是我们的社会基础之一，而为了促进亲子关系与身心健康，社理会在2020年12月至今年3月间，通过崭新的幸福家庭在西南计划推出了一系列线上亲子讲座、工作坊与教育参观活动。能够看见所有的居民在现今种种挑战中展现这份甘榜精神，确实令人非常欣慰。我相信，我们共同面对冠病疫情的适应力与决心，将使我们成为一个更具关怀、更加团结的西南社区。

Dear friends,

As we mark Ramadan, the holy month of fasting for Muslims in April, the *gotong royong* spirit in the South West District remains as strong as ever. Amid the uncertainties and disruptions brought on by the COVID-19 pandemic, Singaporeans continue to reach out and support one another.

Despite the economic uncertainty, our Festive Cheers @ South West initiative this year saw a record number of volunteers and partners stepping forward to help vulnerable residents. Furthermore, online businesses joined in this effort for the first time. The total contributions more than doubled compared to the previous year. This strong show of the SGUnited spirit is testament of our growing solidarity — a key force enabling our CDC to continue expanding our annual outreach to vulnerable residents.

In addition, we are harnessing the power of the arts to connect residents and deepen our shared identity, sense of community and well-being. The WeCare Arts Exhibition that runs until end-May features artworks created by beneficiaries from our partner social service agencies. Families are the foundation of our community. To promote family bonding and well-being, the CDC organised a series of virtual parenting talks, workshops and educational tours under the new Family Bliss @ South West programme between December 2020 and March this year.

It is heartening to see the *gotong royong* spirit in our community strengthen amid today's challenges. The resilience and resolve to get through the pandemic together will bind us even closer, and I am certain we will emerge as an even more caring and united South West community.

அன்பார்ந்த நண்பர்களே,

முஸ்லிம்களின் புனித மாதமான ரமலான் நோன்பு இந்த ஆண்டு ஏப்ரலில் துவங்கி தென்மேற்கு மாவட்டத்தில் மக்களின் கோடோங் ரோயோங் எழுச்சிமனநிலையானதோடு, என்றும் இல்லாத அளவிற்கு வலிமையோடு இருக்கிறது. கொவிட்-19 உலகம் பெருந்தொற்றுநோயால் ஏற்பட்டுள்ள நிச்சயமற்ற நிலைகள் மற்றும் இடையூறுகளுக்கு மத்தியிலும் சிங்கப்பூர்கள் தொடர்ந்து ஒருவரையொருவர் ஆதரித்து வருகின்றனர்.

பொருளாதார நிச்சயமற்ற தன்மை இருந்தபோதிலும், இந்த ஆண்டு தென் மேற்கு மாவட்டத்தில் நமது பெஸ்டிவ் சியர்ஸ் மேற்கொண்டுள்ள முயற்சியினால் எளிதில் தொற்று பாதிக்கப்படக்கூடிய குடியிருப்பாளர்களுக்கு அதிக அளவில் உதவ முன்வந்த தன்னார்வலர்கள் மற்றும் கூட்டாளர்களை காணும் போது வியப்பாக இருக்கிறது. மேலும், ஆன்லைன் வணிகங்கள் முதல் முறையாக இந்த முயற்சியில் இணைகின்றன. முந்தைய ஆண்டுடன் ஒப்பிடுகையில், சென்ற ஆண்டு பங்களிப்பை விட இருமடங்கு அளவைக் காட்டிலும் அதிகமாக கிடைத்துள்ளது. எஸ் யுனிட்டேட் ஜி.காட்டிவரும் இந்த எழுச்சிமனநிலை வளர்ந்து வரும் நமது சமூக ஒற்றுமைக்கான சான்றாகும் - இது, எளிதில் தொற்று பாதிக்கப்படக்கூடிய குடியிருப்பாளர்களுக்கு உதவும் வகையில் நமது வருடாந்திர பணியைத் தொடர்ந்து விரிவுபடுத்திக்கொள்ள நம்முடைய சி.டி.சிக்கு கிடைத்துள்ள ஒரு முக்கிய உந்து சக்தி நடவடிக்கை ஆகும்.

மேலும் நாங்கள் கலைகளின் சக்தியைக்கொண்டு குடியிருப்பாளர்களை இணைப்பதற்கும், அவர்களிடையே ஆழமாக நமது அடையாளம், சமூக உணர்வு மற்றும் நல்லொழுபை மேம்படுத்துவதற்கும் திறமாக செயல்பட்டு வருகிறோம். மே மாத இறுதி வரை இயங்கும் வீ கேர் ஆர்ட்ஸ் கண்காட்சியில் நமது கூட்டாளர் சமூக சேவை நிறுவனங்களின் பயனாளர்களால் உருவாக்கப்பட்ட கலைப்படைப்புகள் இடம்பெறுகின்றன. குடும்பங்கள் நம்முடைய சமூகத்தின் அடித்தளம் ஆகும். குடும்ப உறவுகளை வளர்க்கவும், அவர்களது நலனுக்காகவும், நமது சி.டி.சி தொடர்ச்சியாக மெய்நிகர் (இணைய வழி) குழந்தை வளர்ப்பு பற்றிய அறிவுரைகள், பயிற்சி பட்டறைகள் மற்றும் கல்வி கற்றுப்பயணங்கள் போன்றவற்றை தென்மேற்கு நியூ-பேமிலி பிளிஸ் நிகழ்ச்சி மூலமாக கடந்த டிசம்பர் 2020 முதல் இந்த ஆண்டு மார்ச் வரை நடத்தி வந்துள்ளது குறிப்பிடத்தக்கது.

இன்றைய சவால்களுக்கு மத்தியில் நமது சமூகத்தின் கோடோங் ரோயோங் எழுச்சிமனநிலை வலுப்பெறுவதைக் காணும்போது மனதுக்கு மகிழ்ச்சியாக இருக்கிறது. நாம் எதிர்கொள்ளும் திறன் மற்றும் மன உறுதி ஆகியவற்றோடு உலகப்பெருந்தொற்றை நாம் ஒன்றாக எதிர்கொள்ளும் போது நம்மிடையே பிணைப்பு அதிகரித்து மேலும் நெருக்கமாகி இருக்கிறோம். நான் நிச்சயமாக நம்புவது என்னைவென்றால், இதன் மூலம் தென்மேற்கு சமூக மக்களாகிய நாம் கூடுதலாக ஒருவர் மீது ஒருவர் அக்கறை கொண்ட மனிதர்களாக வெளிப்படுத்திக் கொள்வோம் என்பதேயாகும்.

a word from
yen ling





SPOTLIGHT

3M Tinkering Headstart @ South West

**3M TINKERING HEADSTART
@ SOUTH WEST PROVIDES
UNDERPRIVILEGED STUDENTS
WITH OPPORTUNITIES TO
EXPLORE SCIENCE, TECHNOLOGY,
ENGINEERING AND MATHEMATICS
(STEM) CONCEPTS.**

SPARKING A LOVE FOR ALL THINGS



Mayor Low helping a student as she assembled the parts of her solar-powered vehicle.

SCIENCE



From left: Mr Kevin McGuigan, Tiara Nur Amelina, Mayor Low Yen Ling, Dalston Yuen, Associate Professor Lim Tit Meng and Ms Veronica Xiong at the launch of 3M Tinkering Headstart @ South West.



From left: Mr Pang Hoke Woei and his colleagues Mr Larry Peter Lo, Mr Li Bo and Mr Mark Ratzlaff (extreme right) are some of the 3M staff who volunteered to help out at 3M Tinkering Headstart @ South West.

THE AIR WAS BUZZING WITH ANTICIPATION AT THE BIG HEART STUDENT CARE CENTRE LOCATED AT TECK WHYE PRIMARY SCHOOL, AS SOME OF ITS STUDENTS GOT A CHANCE TO EXPLORE SCIENCE FOR THE FIRST TIME. One such student was eight-year-old Ashlynn Chia. Along with 13 other Primary Two schoolmates, Ashlynn participated in the inaugural 3M Tinkering Headstart @ South West. Held on 16 March 2021, the launch session comprised of a workshop where participants built their own solar-powered vehicles with recycled materials, a motor and a solar panel. Through the activity, they learnt about renewable energy and energy efficiency.

"I came for this workshop because it looks very interesting, and I get to create my very own solar-powered object," shared Ashlynn excitedly. "I want to join more science activities in future because I think it is really fun!"

MAKING SCIENCE EDUCATION MORE ACCESSIBLE

Comprising up to 15 tinkering workshops to be held over a year, the 3M Tinkering Headstart @ South West is targeted at children aged seven to 12 from underprivileged households. The initiative

aims to engage 600 beneficiaries nationwide, with 200 from the South West District.

A joint partnership between technology firm 3M Singapore, Science Centre Singapore (SCS) and South West Community Development Council, the programme seeks to improve beneficiaries' access to science education and nurture their passion for the discipline. It is fully funded by 3Mgives — 3M's social investment arm which supports initiatives in education, environment and community vibrancy.

3M Tinkering Headstart @ South West workshops are tailored to spark curiosity in science through play, exploration and experimentation, with the end goal of highlighting science's importance in daily life. This approach also supports Singapore's shift from exam-based education to one that emphasises applied learning. Additionally, parents of participants will be given tips to support their children's science learning at home.

"3M Tinkering Headstart @ South West brings quality STEM education to those who may not be able to afford enrichment programmes. This experiential learning journey will enable children to develop important problem-solving skills and make science and math come alive. We hope this opportunity will bring them from just tinkering to thinking positively about science and arm them with a headstart to explore and access the fields of STEM with confidence."

*Ms Low Yen Ling
Mayor of South West District*



Mayor Low, Associate Professor Lim and Mr McGuigan interacting with students as they built their vehicles with the tool kit provided.

At the launch event, Mr Kevin McGuigan, managing director, 3M South East Asia and country leader of Singapore, spoke of how the pandemic has emphasised the need for science to solve the world's biggest problems.

"Our annual State of Science Index shows that despite increased recognition in 2020, we need to rethink STEM education and make it more accessible," he said. "Supporting this programme is 3M's way of championing science in Singapore, especially among the underprivileged. Quality science education equips children with skills that will be invaluable in their future studies and careers."

Also gracing the event was chief executive of SCS Associate Professor Lim Tit Meng. He noted how 72 million children across the world do not have access to education, with many disadvantaged students in Singapore as well. SCS hopes to help address this gap through the 3M Tinkering Headstart programme.

"Our purpose in partnering 3M for this meaningful programme is to create a learning platform where inquisitive young minds can come together, learn and be inspired," he said. "We hope that the programme will stimulate a passion for science among participants and empower them to look at the world through a different lens."



Ashlynn Chia was fully immersed in making her solar-powered vehicle as a volunteer from 3M guided her along.



A 3M volunteer demonstrating how shining light on a solar panel attached to the student's vehicle could make it move.

AN EYE-OPENER FOR BENEFICIARIES

The beneficiaries — many of them first-time participants of a science workshop — were visibly excited about working with the various materials. "Through the workshop, I learnt how to make my own car and use sunlight to control it," said participant Tiara Nur Amelina.

Fellow student Aureel Zaquan shared how the workshop was an eye-opening experience for him. "My favourite part was creating the cars using all the materials the teachers gave us and trying them out," he reflected. "Having all my friends joining me was memorable too."

Both students also spoke of how the workshop has fuelled their love for science. "Learning science is important as it teaches us new facts that we do not know yet," Aureel said. "Science is one of my favourite subjects because I get to do exciting experiments with my friends," said Tiara. "I see a lot of science experiments on YouTube that look really fun and want to try them when I get older!"

A HEART TO NURTURE THE YOUNG

Helping facilitate the workshops are volunteers from 3M Singapore, some of whom have been part of the organisation's community outreach initiatives for more than a decade.

Mr Pang Hoke Woei, a senior manager at the firm who has been volunteering with 3M for the last 10 years, related how this initiative for children is particularly meaningful. "Not everybody has guidance and access to all these learning materials, and this workshop gives kids a safe space to experiment and learn new things," he said. "I would like to believe that we are influencing the next generation of geniuses and perhaps the next great inventor would be from Singapore!"

"Children have so much excitement, energy and curiosity, but they do not always know how things work," added fellow volunteer Mr Mark Ratzlaff, 3M's director of plant operations, Asia. "We are just here to point them in the right direction and let their ingenuity flow. Letting young kids tinker and experiment is really critical at this age. We hope to develop engineers and scientists for the future."

Mr Larry Peter Lo, fellow volunteer and application engineer at 3M, echoed Mr Ratzlaff's views about starting children young. "There is no better way to volunteer than sharing our passion with the younger generation," he said. "I hope they leave this workshop knowing that many challenges can be solved through science and teamwork."

He added, "Science is not just a subject at school. If you understand the fundamentals, there is so much you can accomplish." **B**

+ SURVEY INSIGHTS

3M Tinkering Headstart is the outcome of key insights gathered from the 2020 3M State of Science Index (SOSI). According to the index, which surveyed 1,000 respondents in Singapore,

→ **79%** of Singaporeans are more likely to agree that strong STEM education is crucial

→ **17%** of Singaporeans reported being discouraged from pursuing the subject while in school (not including university)

→ Among those discouraged, **40%** cited "being told not smart enough" as the main reason

Spark their interest!

The 3M volunteers outlined various tips for parents to ignite their children's love for science.

- Avoid doubting their ability or assuming they are too young to participate in science activities.
- Get them involved rather than just showing them how something works. For example, guide them through the steps when fixing a laptop, making sure they follow the right process and safety procedures.
- Remind them that everybody starts from not knowing. It is only when trying and failing that one truly learns.
- Bond with your children through science activities, even if you are unfamiliar with the subject. Support them by learning together.
- Create an environment where children can experiment and explore. Do not always intervene on their behalf — give them guidance but let them experiment on their own.

THIS YEAR'S FESTIVE CHEERS
@ SOUTH WEST DREW
A RECORD NUMBER OF
COMMUNITY PARTNERS
AND VOLUNTEERS DESPITE
THE PANDEMIC.

NEW HEIGHTS OF COMMUNITY COOPERATION



From left: Mr Goh Eng Lam, Mr Koh Kong Wen, PBM, Mayor Low and Mr Ang Wei Neng presenting a South West festive bundle, as well as children's clothes, to Mdm Lim Siew Ching and her three daughters.



Mdm Yan Li's two daughters were among residents who received new clothes and cloth masks donated by online business owners.



Mr Low Beng Tin, BBM(L), honorary chairman of Nanyang CCC; Mr Nelson Lim, BBM(L), chairman of Nanyang CCMC; Mr Ang Wei Neng, Adviser to Nanyang GROs; Mr Koh Kong Wen, PBM, contracts manager of Koh Kock Leong (KKL) Enterprise Pte Ltd; Mayor of South West District Ms Low Yen Ling; Mr Lim Hui Jie, vice-chairman, South West CDC Social Service Functional Committee; Mr Goh Eng Lam, chairman of Landscape Industry Association (Singapore); Mr Ang Khooon Wee, PBM, chairman of Nanyang Zone 2 RC; and Mr Burton Chua, country director of MHE-Demag.

FOR THE FIRST TIME EVER, online business owners contributed to Festive Cheers @ South West, the district's annual programme aimed at bringing cheer to vulnerable residents during the festive season. Mainly "mumpreneurs" and small-scale business owners who operate on Facebook and Instagram, they donated over \$18,000 worth of items, such as clothes, stationery, toys, cloth masks and grocery vouchers, to beneficiaries under Adopt @ South West.

Owners of online baby and children's clothing store, Bumble Tots, Ms Sandra Lim and Ms Sarah Lim, made donations because they wanted to support the agencies serving the community. "We see the importance of giving back to society, and even more so in the current pandemic situation. Every little effort can make a difference and we hope the new clothes, stationery and masks give residents the zest to welcome Chinese New Year on a fresh start," they said.

The 25 online business owners were among 105 corporate and community partners and 5,000 volunteers who gave their time and resources to Festive Cheers @ South West, which ran from November 2020 to February 2021. The strong support saw the collection of \$600,000 worth of donations in kind – a 103 per cent increase compared to last year.

"Despite the economic uncertainty, the pandemic has not dampened the spirit of giving but instead brought out the best of our *gotong royong* spirit. In fact, donations and

participants have more than doubled. The support from so many individuals, corporates and community organisations, including owners of online businesses, shows 'Singapore Together' in action. With such solidarity, we can get through COVID-19 and emerge a more resilient and united people. The South West Community Development Council (CDC) will continue to connect communities and aggregate resources to build a stronger and more resilient nation," said Mayor of South West District Ms Low Yen Ling.

"The support from so many individuals, corporates and community organisations, including owners of online businesses, shows 'Singapore Together' in action."

Ms Low Yen Ling
Mayor of South West District

FINDING JOY IN VOLUNTEERING

Joining Mayor Low and Adviser to Nanyang Grassroots Organisations (GROs) Mr Ang Wei Neng at the distribution were volunteers from Landscape Industry Association of Singapore (LIAS), MHE-Demag and Nanyang GROs. First-time volunteers Mr Reuben Wong, 38, general manager of sales at MHE-Demag, and Mr Burton Chua, 42, country director of MHE-Demag, greatly enjoyed the experience. "It is my first time volunteering at this event, and I hope that it will be the first of many," Mr Wong said. Mr Chua shared, "I really enjoyed talking to the beneficiaries and the other volunteers as well. We can all learn from each other."

For their colleague Ms Lyndee Ng, 36, who was unable to return home to Malaysia to celebrate Chinese New Year with her family, participating in Festive Cheers @ South West was a special experience. "I have donated but have never volunteered for a distribution drive before. This is especially meaningful because I am able to spread love and joy to the families during the Chinese New Year period," the marketing executive explained.

THE GOTONG ROYONG SPIRIT ON FULL DISPLAY

LIAS, a sponsor for the South West festive bundle, contributed \$15,000 worth of items such as disposable masks, handwash and festive snacks.

Mr Goh Eng Lam, chairman of LIAS, said, "Before the pandemic hit, LIAS regularly partnered South West CDC to host events during the festive season. We wanted to continue to help the community."

The spirit of giving was also shared by volunteers from Nanyang GROs such as GRC coordinator Mr Dass James Simon, who has been living in Nanyang for 25 years. "I used to volunteer all the time. Before the pandemic, we would organise movie screenings or festive events for the residents. We hope that this distribution allows them to enjoy the festive cheer," said the 59-year-old resident.

Mr Ang Khooon Wee, PBM, 63, chairman of Nanyang Zone 2 RC, agreed, "The pandemic has impacted so many of the vulnerable residents around here. I hope that this small gesture helps them."

SHOWING THEIR APPRECIATION

Beneficiaries who received the South West festive bundles appreciated the volunteers' efforts. One such beneficiary was Mdm Lim Siew Ching, 31, who had to give up her job a few years ago to care for her nine-year-old daughter who suffers from vision problems. "This is our first time receiving the South West festive bundle and I am extremely grateful as there are many useful items that can benefit my whole family. We can save a lot of money as we do not have to spend to buy these items," said the single mother of three daughters. Her family also received clothes and cloth masks donated by the online partners. She added, "The new clothes bear some of my daughters' favourite cartoon characters, which came as a great surprise for them. They are excited to receive the cute character cloth masks as well."

Mdm Rene Suriani Binte Mohd Sani, 31, and her husband Mr Noor Bahri, 37, were also grateful to receive the festive bundles. "We have lived here for two years, and we are always thankful for all the assistance provided," Mdm Rene said.

Another beneficiary Mdm Yan Li, 46, who looks after her two children and their grandparents by herself, said, "The food will come in handy for my children. I hope that this encourages them to work well and concentrate on their studies."

In addition to benefitting from such distributions, the children from vulnerable households in Nanyang also receive academic

What's in the South West Festive Bundle?



The donations were given out to 8,000 households in the South West District over 24 distributions for this year's Festive Cheers @ South West. The last session, held on 28 February 2021, saw the distribution of South West festive bundles to 500 households in the Nanyang division.

- Live Well, Age Well 2021 calendar
- Handwritten greeting card

Sponsored by Koh Kock Leong Enterprise Pte Ltd

- Mixed brown rice
- Rice vermicelli
- Cream crackers
- Instant malt drink
- Tuna flakes in sunflower oil
- Salt
- Light soy sauce
- Disinfectant spray

Sponsored by P&G Singapore

- Laundry detergent

Sponsored by LIAS

- Disposable masks
- Hand soap
- Festive cookies



Joining other volunteers at the distribution were first-time volunteers Mr Reuben Wong (front row, far left) and Ms Lyndee Ng (front row, second from left).

help through programmes supported by the South West CDC such as Nanyang Sayang, which aims to incentivise children to prioritise their education. "The families receive vouchers every quarter if their children attend school and tuition," Mr Ang Wei Neng shared. "The free tuition is provided by student volunteers from Singapore Management University. Over the course of the past few months, the number of students volunteering to help has more than doubled. This shows what we can do when we all band together to help one another." **B**

SOME FAMILIES IN CHUA CHU KANG WERE GIFTED FAMILY PORTRAITS AS PART OF FESTIVE CHEERS @ SOUTH WEST.

PICTURES OF TOGETHERNESS

TO CELEBRATE THE REUNION OF FAMILIES DURING CHINESE NEW YEAR, some households were treated to a professional photography session sponsored by Procter & Gamble (P&G) Singapore as part of this year's Festive Cheers @ South West. For 37-year-old Ms Juliana Binte Razali, the chance to have her family photo taken by a professional photographer holds special significance. "I hardly see my children nowadays as they are either working or schooling, and they go out during the weekends. This is the first time we have taken a family portrait in a long while, and I am so glad that everyone specially made time for it. I cannot wait to put this portrait up on our shelf," shared the Chua Chu Kang resident who lives with her husband and six children.



Each household received food items worth \$25 sponsored by KKL Enterprise Pte Ltd, as well as cleaning products and mandarin oranges worth over \$50 sponsored by P&G Singapore.



Mayor Low, Minister Gan, Mr Koh Zhi Li (second from right), Mr Terence Quek, PBM, (third from right) and Mr Shankar Viswanathan (fourth from right) with Ms Juliana, her husband and youngest daughter.

"Having a professional photographer take our family portrait and holding a physical copy of the portrait make it seem like we are keeping time in a bottle."

Ms Nur Iffah Faiqah Ariffin, beneficiary who was invited for the sponsored family photography session



From left to right: Mr Koh Zhi Li, contracts manager, Koh Kock Leong Enterprise Pte Ltd; Mr Terence Quek, PBM, chairman, South West CDC Social Service Functional Committee, South West CDC; Mr Shankar Viswanathan; Ms Cecilia Tan, vice president, government relations and public policy at P&G; Mayor Low Yen Ling; Mr Heng Meng Chye, senior director, AMA oral supply network operations and Asia oral external services at P&G; Minister for Health Mr Gan Kim Yong; Ms Janica Ng, chairman, Chua Chu Kang CCC CDWF; Mr Koh Chwee, BBM, chairman, Chua Chu Kang CCC; Ms Stephanie Liew, PBM, chairman, Chua Chu Kang Zone 1 RC; and Mr Ng Hock Lye, BBM (L), honorary chairman, Chua Chu Kang CCC.



Ms Nur Iffah Faiqah Ariffin receiving the gifts from (left to right) Mr Koh Zhi Li, Mr Shankar Viswanathan, Minister Gan and Mayor Low.

Mayor of South West District Ms Low Yen Ling, accompanied by Minister for Health and Adviser to Chua Chu Kang GRC Grassroots Organisations (GROs) Mr Gan Kim Yong, and volunteers from P&G Singapore as well as Chua Chu Kang GROs, went door to door to distribute the printed portraits to the respective families. They each received an edited 8R-sized family photograph and all soft copies from their photography session.

The portraits were presented along with the Festive Cheers packs sponsored by Koh Kock Leong Enterprise Pte Ltd (KKL), a carton of eight mandarin oranges and P&G household packs worth more than \$32,000 in value. A total of 420 vulnerable families residing in Adopt @ South West precincts in Chua Chu Kang benefitted from this round of distribution.

UNWAVERING SUPPORT FROM PARTNERS

Held on 7 February 2021, the distribution exercise was part of Festive Cheers @ South West, which rallies the support of corporate and community partners to organise festive activities such as social excursions, Christmas and Chinese New Year parties, back-to-school shopping and the distribution of essential household items. Mayor Low said, "This Festive Cheers outreach is another collaborative effort where companies and individuals from all walks of life join hands and hearts to uplift vulnerable residents and strengthen our community resilience."

Mr Shankar Viswanathan, P&G senior vice president (Singapore, Malaysia, Vietnam) and head of e-business (Asia Pacific, Middle East and Africa), said, "We wanted to do something a little different for the vulnerable residents this time, and we thought of doing a family portrait photography session, as it ties in with the reunion of a family in line with Chinese New Year."



Ms Stephanie Liew, PBM, has been participating in community outreach activities in Chua Chu Kang for over 15 years.

P&G remains committed to helping the vulnerable residents in the South West District and we look forward to more collaborations in the future."

Among the volunteers from Chua Chu Kang GROs was Ms Stephanie Liew, PBM, who finds fulfilment in participating in such community outreach activities. The 57-year-old shared, "I have been volunteering for more than 15 years in my community and I am always happy and proud to give back to society. It is always a joy to interact with residents and get to know them better so I know how I can contribute to their lives."

TREASURED MEMENTOS

Like Ms Juliana, 28-year-old Ms Nur Iffah Faiqah Ariffin felt grateful to be part of the initiative. The mother of a three-year-old child has a strong emotional attachment to the gifted family photograph, which she proudly displays on top of her television console. "As parents, we often promise ourselves that we will not forget every detail about our children, but we tend to. As we held our son for the portrait, I knew that moment will be ingrained in our memory forever. Having a professional photographer take our family portrait and holding a physical copy of the photograph make it seem like we are keeping time in a bottle."

The appreciation shown by the beneficiaries attested to what Mayor Low said about family ties at the Festive Cheers @ South West distribution: "Chinese New Year may be spent quite differently this year, but the importance of kinship and family ties stays the same and continues to hold us together." She added, "The gifting of family portraits is a symbolic reminder of how we, as a community, are also connected as one big family." **B**

THE WECARE ARTS EXHIBITION FEATURES ARTWORKS FROM BENEFICIARIES OF DIFFERENT AGES WHO BONDED THROUGH ART.

FINDING COMFORT AND

SOLIDARITY THROUGH THE ARTS



Minister Tong and Mayor Low interacting with artists Ms Joanne Lio and Ms Karen Koh, who guided beneficiaries in creating the collages on display.

THOUGH THE FIRST YEAR OF COVID-19 WAS A PERIOD OF UNCERTAINTY AND ISOLATION FOR MANY, it also saw the emergence of hidden talents from the community. Enabled by the WeCare Arts Fund, children, youth and senior beneficiaries from all over Singapore created artworks that reflected how they viewed the pandemic.

In the South West District, seniors from Concern & Care Society participated in the 'Together We Can Do It' Programme. This comprised a Zentangle art drawing workshop conducted via Zoom, which provided participants with an avenue to bond and learn an art form using digital tools. Seniors produced thoughtful and eye-catching illustrations on families staying safe at home, safe distancing at restaurants and sanitising of one's hands.

"The arts has become our source of comfort, hope and inspiration in the past 12 months as a result of isolation and social distancing measures," noted Ms Low Yen Ling, Mayor of South West District and chairman of Mayors' Committee. "We have also uncovered many artist talents among beneficiaries."

TALENT ON DISPLAY

The artworks are showcased at the WeCare Arts Exhibition 2021, held at the National Museum of

"In times like these, the role of arts and culture is more important than before for its healing touch and collective strength. This collaboration between the CDCs, NAC, SSAs and SHGs in the WeCare Arts initiative represents our united stand against the pandemic and joint resolve to celebrate and enjoy the artistic and cultural talents among us."

*Ms Low Yen Ling
Mayor of South West District*



Arjan from the Association for Persons with Special Needs (APSN) sharing the dance moves he had picked up through a music & movement programme funded by WeCare Arts Fund with Minister Tong.



Minister Tong and Mayor Low viewing batik pieces created by children and youth from Yayasan MENDAKI.



From left: Mr Alex Yam, Mayor of North West District; Mr Lim Hock Yu, chief executive director of People's Association; Ms Denise Phua, Mayor of Central Singapore District; Ms Low Yen Ling, Mayor of South West District and Chairman of Mayors' Committee; Mr Edwin Tong, Minister for Culture, Community and Youth and Second Minister for Law; Mr Desmond Choo, Mayor of North East District; Mrs Rosa Daniel, CEO of National Arts Council; Mr Mohd Fahmi Aliman, Mayor of South East District; and Ms Chung May Khuen, director of National Museum of Singapore.

Singapore (NMS) from 18 March to 28 May 2021. The exhibition — which also includes a virtual component — is presented by the five Community Development Councils (CDCs) and the National Arts Council (NAC). The opening was officiated on 23 March 2021 by Mr Edwin Tong, Minister for Culture, Community and Youth and Second Minister for Law, Mayors from the five CDCs, chief executive officer of the NAC Mrs Rosa Daniel and chief executive director of People's Association (PA) Mr Lim Hock Yu.

Although this is the exhibition's third instalment, the 2021 edition marks a series of firsts: the first collaboration between CDC and NMS, the first with artworks created by children, youth, seniors and persons with disabilities, and the first with an accompanying virtual exhibition of about 200 other artworks. It is also held in conjunction with the People's Association's 60 years of community building.

"We believe it is important to bring the arts to as many Singaporeans as possible," said Minister Tong during the launch. "The arts is not just something you do at a museum — it defines us and brings us solace."

Focusing on the theme "Resilience and Unity in the Time of COVID-19", beneficiaries utilised various art forms like batik painting, ceramics and painting to express their ideas and emotions with facilitation from community artists. For instance, children and youth from Yayasan MENDAKI (MENDAKI @ Choa Chu Kang) explored various jumping clay techniques to craft mini garden creatures, as well as learnt about the fascinating Indonesian art of batik painting. Through both workshops, beneficiaries developed their imagination, connected with peers and learnt new art forms.

MAKING THE ARTS ACCESSIBLE

The exhibition also saw the launch of the WeCare Arts Experiences. Supported by the WeCare Arts Fund, the programme enables around 20,000 underprivileged beneficiaries to enjoy quality arts and culture experiences.

Mayor Low said, "By widening access to more beneficiaries and new platforms, we let the power of our arts and culture to connect us and deepen our shared identity, sense of community and well-being. And as we do so, our resilience is strengthened."

Beneficiaries will receive complimentary access to ticketed performances and blended programmes by cultural institutions like the Singapore Symphony Orchestra (SSO), National Gallery Singapore and Esplanade. They are encouraged to attend with their caregiver and bond with them over these shared art experiences.

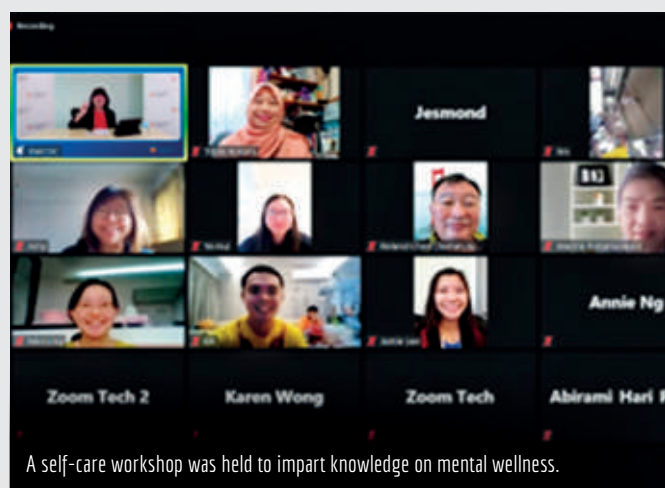
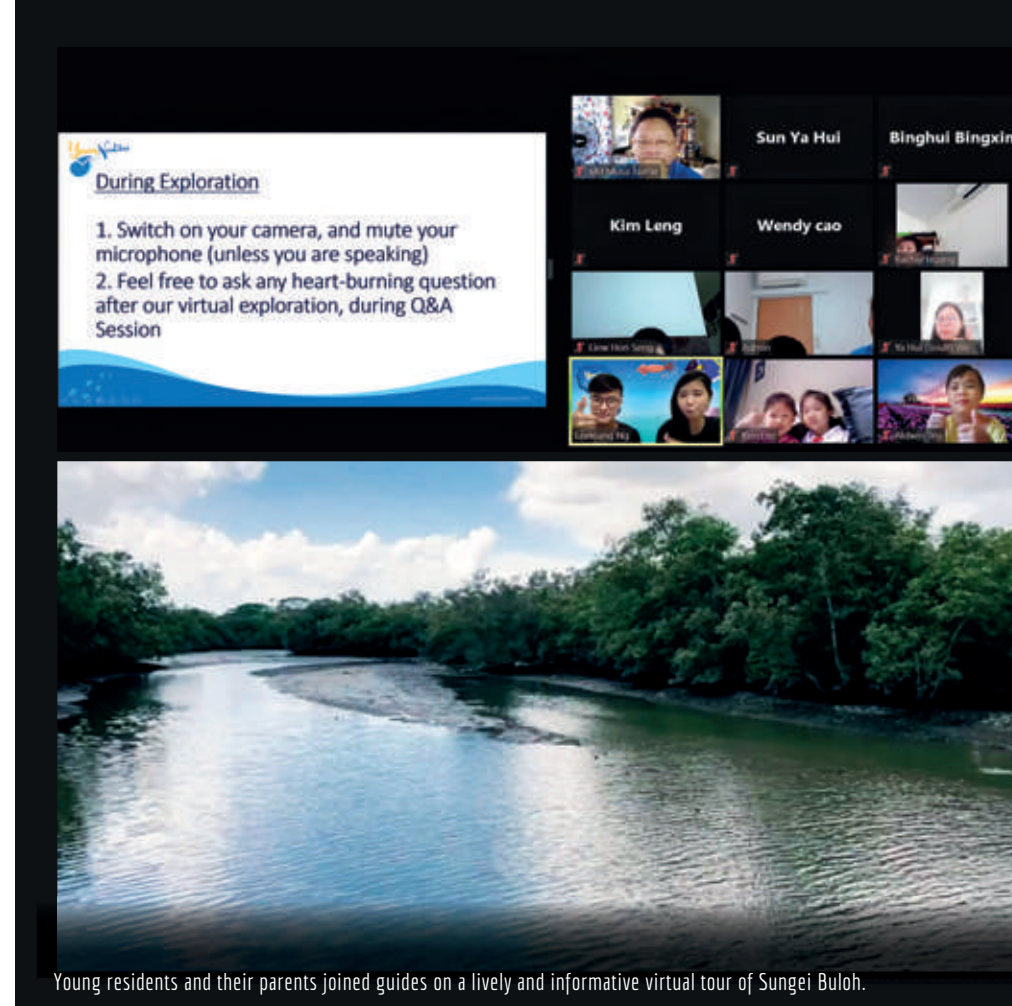
Programmes will also cater to beneficiaries of all ages. Children can look forward to livestream classical concerts by the SSO, or onsite 'Art Explorers' craft workshops and 'Stories in Art' guided tours by National Gallery Singapore. Seniors can catch digital concerts by the Esplanade featuring veteran performers like Marcus Chin and Rahimah Rahim, as well as Teochew opera classics by Nam Hwa Opera.

"With the WeCare Arts Experiences, NAC hopes to provide greater access for underprivileged communities to experience the arts together with their loved ones as our theatres, concert halls and exhibition spaces gradually reopen safely to welcome audiences once again," said Mrs Daniel. **B**

→ Social service agencies, community partners and self-help groups can apply for the WeCare Arts Fund through the respective CDCs. Find out more:

To find out more about WeCare Arts Experiences:

Catch the WeCare Arts Exhibition 2021 at the National Museum of Singapore or www.cdc.gov.sg/virtual-gallery.



One of the activities was a virtual terrarium workshop held in December 2020, for which registered participants had activity kits delivered to their homes. It was streamed live on South West CDC's Facebook page to enable more residents to participate.

Another event was held in conjunction with Chinese New Year on 10 February 2021. Residents learnt how to make fruit yu sheng and healthy popiah, as well as enjoyed a jie ling gu (traditional Chinese drums) performance via livestream on South West CDC's Facebook page.

Concluding Family Bliss @ South West was a

unique handicraft workshop that taught participants how to transform commonly-discarded packaging materials into usable items like pouches and desk organisers. **B**

→ Missed the live stream of the handicraft session? You can watch it at www.facebook.com/southwestcdc/videos/family-bliss-south-west/857075868492337/.

Join the Family Bliss @ South West telegram channel to receive updates on events: <https://t.me/familybliss>



Family Bliss @ South West comprised a series of family-centric virtual workshops such as handicraft lessons and wellness talks.

BRINGING FAMILIES TOGETHER FOR VIRTUAL FUN

SOUTH WEST CDC ORGANISED A SERIES OF FAMILY-CENTRIC ACTIVITIES UNDER FAMILY BLISS @ SOUTH WEST TO MARK THE 15TH ANNIVERSARY OF BABY BLISSCARD.

A LARGE MONITOR LIZARD, AERIAL ROOTS OF MANGROVE TREES AND 'WALKING' MUDSKIPPERS — those were some of the living things that six-year-old Karina Lee and her father saw at a virtual tour of Sungei Buloh Wetland Reserve. Held on 13 March 2021, the tour was part of the Family Bliss @ South West programme line-up organised by the South West Community Development Council (CDC) to commemorate the 15th anniversary of Baby Blisscard. The membership club allows households with newborns in the South West District to enjoy promotions at some 50 merchants, which offer young family-centric products and services.

EXPLORING NATURE FROM HOME

The virtual tour of Sungei Buloh provided families with the opportunity to learn about the plants and animals found at the Wetland Reserve from the comforts of their home while staying safe amid the pandemic. Mdm Zaiton Abdullah was pleased to learn about the activity from *BRIDGE*, South West CDC's bimonthly newsletter. "I prefer a virtual tour now as we should not go out much due to the COVID-19 situation. It is convenient for parents with young children too," said the Bukit Gombak resident, who participated in the tour with her three-year-old daughter.

Addressing participants over Zoom, the two guides engaged participants throughout the session with informative videos and questions. The information one would usually read off from plaques at the Wetland Reserve and other parks were presented visually with commentary and subtitles. There was rarely a dull moment and the question-and-answer (Q&A) segment kept the participants engaged. The topics that were discussed included seed dispersal, environmental issues, adaptations of animals and the

relationship between different organisms. "Do you know why the Sea Hibiscus are 'best friends' with weaver ants?" Most participants did not but after the tour, they did!

A nature lover like her father, Karina shared, "I like it when they show the animals." Echoing the same sentiment was eight-year-old Alyssa Teo, "It was exciting to see the animals live and to get the chance to answer some of the questions. Those were my favourite parts!"

VARIED EXPERIENCES

Besides the virtual tour of Sungei Buloh, the South West CDC also organised various other events under Family Bliss @ South West, which ran from December 2020 to March 2021. In addition to commemorating the 15th anniversary of Baby Blisscard, Family Bliss @ South West sought to strengthen community resilience and promote family bonding through family-centric activities. In view of COVID-19, they were conducted virtually to enable residents to participate safely and to reach out to more residents.

HEALTH QIGONG @ SOUTH WEST

Health Qigong @ South West is an initiative by the CDC to encourage active ageing through regular bonding and engagement in qigong.

If you are keen to join Health Qigong @ South West please approach your nearest Community Centre/ Club (CC) or Residents' Committee (RC) Centre. Should you have any queries, please contact:

South West Community Development Council
Tel: 6316 1616
Email: Southwest_CDC@pa.gov.sg
Website: www.cdc.gov.sg/southwest

Fun Walkers @ South West is part of the CDC's efforts to foster community bonding and build a healthier South West District. Fun Walkers @ South West is designed for everyone to participate as a group or individual.

You can look forward to regular walking sessions in the community, embark on unique nature trails with your family and friends, and take part in community events.

西南乐乐走是西南社理会通过步行以提倡社区凝聚力及健康 社区的活动之一。西南乐乐走是为男女老少而设计的。您将在社区里参加乐乐走活动，并参与独特的步行活动及社理会活动。

SOUTH WEST COMMUNITY DEVELOPMENT COUNCIL

If you are keen to join Fun Walkers Club, please approach your nearest Community Centre/Club (CC) or Residents' Committee (RC) Centre. Should you have any queries, please contact:

欲知详情，请联络：
South West Community Development Council
西南社区发展理事会
Tel: 6316 1616 Fax: 6316 7250
Email: Southwest_CDC@pa.gov.sg
Website: www.cdc.gov.sg/southwest



5 minutes
with ...



ADVISER TO CHUA CHU KANG GRC
GRASSROOTS ORGANISATIONS
(GROS) (KEAT HONG)
MR ZHULKARNAIN ABDUL RAHIM
TALKS ABOUT THE THINGS CLOSEST
TO HIS HEART AND HOW HIS
RESIDENTS' CONCERN FOR OTHERS
HAS MOVED HIM.

THE

FAMILY MATTERS

MR ZHULKARNAIN ABDUL RAHIM, 40, has what you might call a 'homeground advantage' when connecting with the residents of Chua Chu Kang — because it is where he himself grew up. It is a place he knows well, and has many happy memories of. For instance, he fondly recalls long bus rides from Bukit Panjang to town and the excitement of taking the Light Rail Transit (LRT) when it first launched in the area. "It was the closest thing we had to Changi Airport's Skytrain at that time," he says with a laugh.

The Adviser to Chua Chu Kang GRC GROs (Keat Hong) says, "When residents share their feedback on issues like the lack of certain amenities, I can relate to them as these are my lived experiences too."

CARING FOR ONE ANOTHER

Coming from a household with five other siblings, Mr Zhulkarnain believes the larger Keat Hong community is like a big family as well — one that takes the initiative to look out for the needs of others. During one of the block visits, a lady approached him with ideas on helping Singapore's foreign workers. Mr Zhulkarnain was especially touched by her gesture, given how people's feedback is normally limited to their own concerns or those that pertain to their estates. He also relates how another resident contacted him with an action plan to foster a more socially cohesive neighbourhood. Working with fellow residents, they then came up with a set of guidelines known as 'Friendly & Neighbourly @ Keat Hong'. The project is now being piloted in Zone 7 and has been handed to Housing Development Board (HDB) for consideration for nation-wide implementation.

"It struck me that we do not always need to depend on government initiatives," says Mr Zhulkarnain. "Our residents are proactive in caring for one another and we really are one big family." He adds how his job is therefore not to dictate how to improve community life, but rather to assist people in getting their ideas implemented.

THE DOOR IS ALWAYS OPEN

Besides helping residents facilitate change, Mr Zhulkarnain believes in having open channels of communication. He is easily contactable by email, Facebook, Zoom sessions and even WhatsApp. "It is about equalising opportunities for residents to voice their ideas and concerns," he says.

Mr Zhulkarnain adds that being accessible allows him to understand community issues better and resolve them more quickly. For example, when a resident sent him WhatsApp photos of a monkey running loose in Zone 9, he immediately activated the town council's assistance. "Closing the loop is important to me," he explains. "I cannot claim to treat my residents as family but fail to respond when they contact me."

NO ONE GETS LEFT BEHIND

For Mr Zhulkarnain, treating the community as family also means looking out for its vulnerable members. As a lawyer focusing on international arbitration, one way he wants to do this is to take on more pro bono projects. This led him to become a legal aid solicitor — and subsequently a board member and volunteer — at Casa Raudha Women's Home, a crisis shelter for women and children who have experienced domestic violence.

Mr Zhulkarnain has helped run Casa Raudha for the past decade and helps plan its programmes. One of them is a course on hydroponics that teaches shelter residents how to grow their own vegetables. "The main mission of the shelter is to keep the family unit intact and allow mothers to continue living with their children," he says.

GIVING TIME TO WHAT HE LOVES

Thanks to his volunteering experience, Mr Zhulkarnain understands first-hand the importance of father figures in the lives of young people. This has spurred him to be a committed father to his own three children, who are aged 12, 10 and seven. He frequently posts photos



Mr Zhulkarnain sharing a photogenic moment with a resident after handing her some mandarin oranges for Chinese New Year.

of them cooking, playing chess or enjoying breakfast with him on Facebook, along with the hashtag #daddiesmustbesteady.

A firm believer that family should be prioritised, he has drawn up a timetable with timeslots allocated just for his wife and children. "If you respect your family, you cannot just give them the balance of your time," he explains.

Besides family, Mr Zhulkarnain's other love is poetry. When creating his poems, he puts himself in the shoes of marginalised people like youth in prison and attempts to empathise with them. While some of his poems are based on others' experiences, most of them are personal. "I do not plan to publish them, but I do write romantic poems for my wife and read them to her," he says with a smile.

**PENASIHAT BAGI PERTUBUHAN
AKAR UMBI (GRO) GRC CHUA
CHU KANG (KEAT HONG) ENCIK
ZHULKARNAIN ABDUL RAHIM
MEMBICARAKAN PERKARA-
PERKARA YANG DEKAT DI
HATINYA DAN BAGAIMANA
KEPRIHATINAN PENDUDUKNYA
TERHADAP ORANG LAIN TELAH
MENYENTUH PERASAANNYA.**

ENCIK ZHULKARNAIN ABDUL RAHIM, 40 TAHUN, memilki sedikit 'kelebihan' apabila berhubung dengan penduduk Chua Chu Kang — kerana di sinilah dia sendiri telah dibesarkan. Ia merupakan tempat yang sangat beliau kenali, dan mempunyai banyak kenangan yang menggembirakan. Sebagai contoh, beliau masih mengingati perjalanan bas yang panjang dari Bukit Panjang ke bandar dan rasa teruja ketika menaiki LRT semasa ia pertama kali dilancarkan di kawasan tersebut. "Itu sahajalah yang hampir serupa dengan Skytrain Lapangan Terbang Changi pada waktu itu," katanya sambil tertawa.

Penasihat bagi GRO GRC Chua Chu Kang (Keat Hong) ini berkata, "Apabila penduduk berkongsi maklum balas mereka tentang isu-isu seperti kekurangan kemudahan tertentu, saya dapat memahami mereka kerana saya juga pernah mengalaminya."

SALING MENJAGA

Berasal dari keluarga enam orang adik beradik, Encik Zhulkarnain percaya bahawa komuniti Keat Hong adalah seperti sebuah keluarga besar — yang berusaha mengambil berat tentang keperluan orang lain. Semasa berkunjung ke salah sebuah estet perumahan, seorang wanita bertemunya dengan idea untuk membantu pekerja asing di Singapura. Encik Zhulkarnain amat tersentuh dengan sikapnya, memandangkan bagaimana maklum balas biasanya terbatas kepada keprihatinan atau hal berkaitan estet penduduk yang tersendiri. Dia juga menceritakan bagaimana seorang lagi penduduk menghubunginya dengan satu pelan tindakan untuk memupuk sebuah kawasan kejiranan yang lebih bersatu padu secara sosial. Dengan kerjasama rakan penduduk yang lain, mereka kemudian melakarkan satu garis panduan yang dikenali sebagai 'Friendly & Neighbourly @ Keat Hong'. Projek ini kini sedang dirintis di Zon 7 dan telah diserahkan kepada Lembaga Perumahan dan Pembangunan (HDB) untuk dipertimbangkan bagi pelaksanaan di seluruh negara.

"Saya sedar bahawa kita tidak perlu selalu



Mr Zhulkarnain interacting with residents during one of his house visits.

KELUARGA ADALAH PENTING

bergantung kepada inisiatif pemerintah," kata Encik Zhulkarnain. "Penduduk kita proaktif menjaga satu sama lain dan kita sememangnya sebuah keluarga besar." Beliau menambah bahawa tugasnya oleh itu bukanlah untuk menentukan bagaimana untuk memperbaiki kehidupan masyarakat, tetapi untuk membantu mereka dalam melaksanakan idea-idea mereka.

PINTU SENTIASA TERBUKA

Selain membantu penduduk melalui perubahan dengan lebih mudah, Encik Zhulkarnain percaya tentang pentingnya mempunyai saluran komunikasi terbuka. Beliau boleh dihubungi dengan mudah melalui e-mel, Facebook, sesi Zoom dan bahkan juga WhatsApp. "Ia adalah tentang menyama-ratakan peluang kepada para penduduk untuk menyuarakan idea dan keprihatinan mereka," katanya.

Encik Zhulkarnain menambah bahawa apabila masyarakat mudah bertemu dengannya, dia boleh memahami masalah mereka dengan lebih baik dan menyelesaikannya dengan lebih cepat. Sebagai contoh, apabila seorang penduduk mengirimnya gambar-gambar WhatsApp seekor monyet yang terlepas di Zon 9, dia segera mendapatkan bantuan majlis bandaran. "Merapatkan jurang penting kepada saya," jelasnya. "Saya tidak boleh berkata bahawa saya menganggap penduduk saya sebagai keluarga tetapi gagal bertindak apabila mereka menghubungi saya."

TIADA YANG KETINGGALAN

Bagi Encik Zhulkarnain, menganggap masyarakat sebagai keluarga juga bermakna mengambil berat tentang mereka yang mudah terjerjes. Sebagai seorang peguam yang menumpukan kepada timbang tara antarabangsa, salah satu cara beliau ingin melakukannya adalah dengan menerima lebih banyak projek pro bono. Ini membuatnya menjadi seorang peguam cara guaman — dan kemudian sebagai anggota dewan dan sukarelawan — di Rumah Wanita Casa Raudha, sebuah tempat

perlindungan krisis bagi wanita dan kanak-kanak yang mengalami keganasan dalam keluarga.

Encik Zhulkarnain telah membantu mentadbirkan Casa Raudha selama sedekad yang lalu dan membantu merancang program-programnya. Salah satunya adalah kursus hidroponik yang mengajar penghuni rumah cara-cara menanam sayuran mereka sendiri. "Misi utama rumah perlindungan ini adalah untuk memastikan unit keluarga kekal utuh dan membolehkan ibu terus tinggal bersama anak-anak mereka," katanya.

MELUANGKAN MASA UNTUK YANG DISAYANGI

Daripada pengalaman sukarejanya, Encik Zhulkarnain memahami sendiri betapa pentingnya seorang ayah dalam kehidupan orang muda. Ini telah mendorongnya untuk menjadi seorang ayah yang komited terhadap tiga orang anaknya sendiri, yang berusia 12, 10 dan 7 tahun. Dia sering menyiarkan gambar mereka memasak, bermain catur atau menikmati sarapan bersamanya di Facebook, dengan tanda hashtag #daddiesmustbesteady.

Dengan kepercayaan bahawa keluarga harus diutamakan, beliau telah menyusun jadual dengan waktu yang dikhususkan hanya untuk isteri dan anak-anaknya. "Jika anda menghormati keluarga anda, anda tidak boleh hanya memberikan mereka baki daripada masa anda," jelasnya.

Selain dari beriadah bersama keluarganya, Encik Zhulkarnain, suka menulis puisi. Apabila menghasilkan karya puisinya, beliau meletakkan dirinya di tempat golongan yang terpinggir seperti belia di dalam penjara dan berusaha untuk merasa empati terhadap mereka. Meskipun beberapa puisinya adalah berdasarkan pengalaman orang lain, kebanyakannya adalah peribadi. "Saya tidak merancang untuk menerbitkannya, tetapi saya menulis puisi romantik untuk isteri saya dan membacakan kepadanya," katanya sambil tersenyum. **B**



Mr Zhulkarnain checking in with a senior who was at Keat Hong Community Club for a health screening.



WHAT'S HAPPENING SOUTH WEST

in the
neighbourhood

JOINING HANDS FOR THE BETTER

RESIDENTS RALLY TO INNOVATE AND CELEBRATE REGARDLESS OF AGE AND RACE



A SMARTER WAY TO REDUCE DOMESTIC WASTE

Do you know how much rubbish you throw in a year? Helping individuals answer this question is what Mr Neo Yew Chong, 22, believes will empower Singaporeans to generate less waste. Together with a passionate team of like-minded youth, the Singapore Management University (SMU) student developed WasteLess Smart Chute, a rubbish chute that informs users how much rubbish they discard.

EMPOWERING RESIDENTS TO DO THEIR PART

Unlike a traditional chute, the WasteLess Smart Chute has a built-in sensor that measures the weight of rubbish placed into it. "When a user unlocks the chute with his unique passcode and tosses in his trash, its weight will be measured and updated in the system. Users can then view their real-time waste data via our mobile application (app), which includes graphs and historical logs," said Mr Neo. The app also features a leaderboard to show how an individual is faring in terms of waste generation as compared to other users. This, the team hopes, will encourage friendly competition to reduce waste and improve recycling rates.

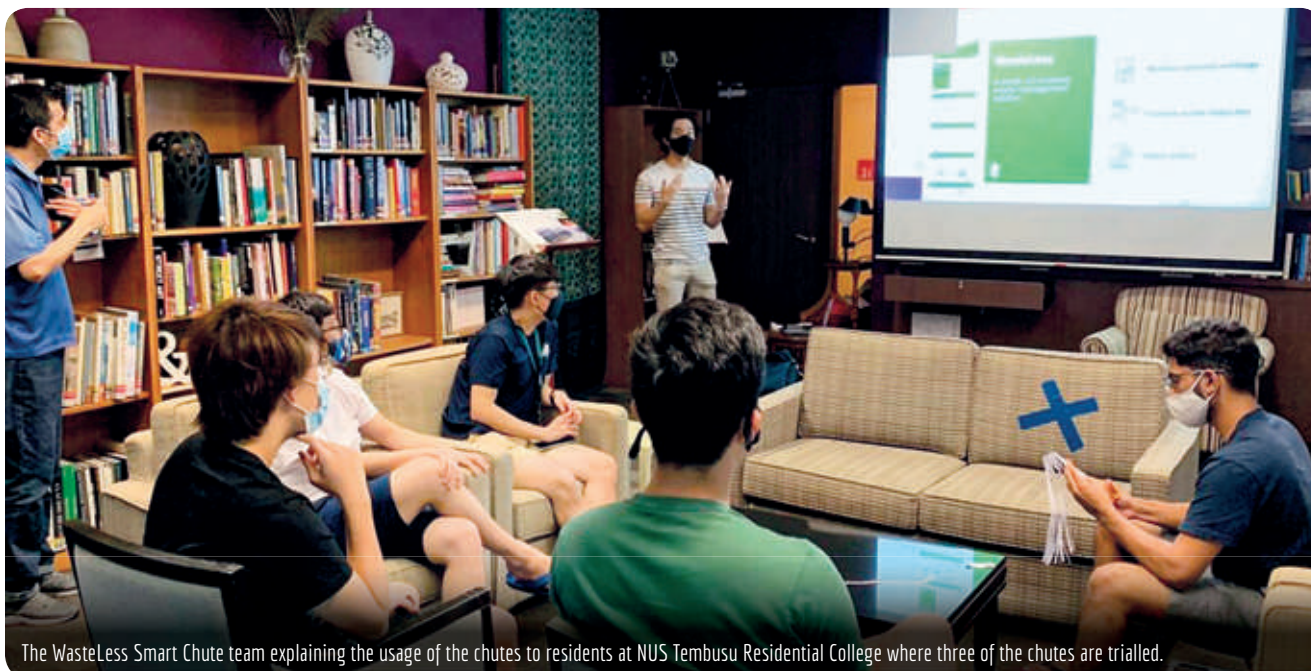
Mr Neo and his team conceived this data-driven solution based on the idea that the high amount of domestic waste production in Singapore correlates to the lack of awareness of how much people discard. Supported by the South West Eco Fund Plus, the project aims to raise national awareness of personal rubbish production and provide useful data for policy decisions and design in the future.

GETTING IT RIGHT

Since January this year, three prototypes of the chute — one for general waste, one for plastic and one for paper — have been trialled in Tembusu Residential College at the National University of Singapore (NUS). These models also allow users to access personalised data on the three categories of waste. The trial helped the team discover design flaws, collect user feedback and evaluate its impact on waste and recycling habits among participants. The team is in the midst of refining the design of the WasteLess Smart Chute to address the problems they have identified during the trial.

"We are working to improve our mobile app features to improve user experience as well," said Mr Neo. His team is hopeful that they will be able to turn WasteLess Smart Chute into a compact rubbish chute that will eventually substitute existing ones, and that they would receive additional financial support for its development. Mr Neo added, "Though the data from this trial may not be statistically significant, we hope our solution can help transform our communities into more environmentally-conscious ones."

→ For more information about the South West Eco Fund Plus, visit www.cdc.gov.sg/southwest/southwest/contentdetails/south-west-eco-fund-plus



BRIGHTER CELEBRATIONS AHEAD

For the first time, residents living in the western part of Singapore can enjoy Hari Raya light displays within their district during Ramadan. Set up along Bukit Batok Street 31, the festive attraction is a collaboration between members of the Hillview Community Club Malay Activity Executive Committee (MAEC) and the Bukit Gombak Traders' Association (BGTA).

CELEBRATING BY GIVING

To launch the light displays on 11 April 2021, Minister for Health and Adviser to Chua Chu Kang GRC GROs (Chua Chu Kang) Mr Gan Kim Yong and Mayor of South West District Ms Low Yen Ling placed a tinsel "leaf" on one of six bunga manggar erected on the court facing Block 372, Bukit Batok Street 31. Bunga manggar refers to colourful palm blossoms that are used in Malay weddings and festivities.

"We are bringing a mini Geylang Serai to our estate," said Mdm Noraini Binte Esa, chairman of Hillview CC MAEC. "Even residents approached us while we were preparing for this light-up, expressing their excitement at the display."

The light-up launch also saw representatives from BGTA present a \$6,000 cheque to Ar-Raudhah Mosque. The donation was used to prepare 300 gift packs that beneficiaries collected from the mosque during the first week of the fasting month. The gift packs contained rice, biscuits, noodles, canned food and cooking oil.

"It is very heartening to receive support from BGTA for our beneficiaries," said Mr Mohamed Ali Atan, 61, executive chairman of Ar-Raudhah Mosque. "This will certainly brighten their Ramadan and the upcoming Hari Raya. Everyone has been stressed during the pandemic as well, so we hope the light-up can help those in Bukit Batok feel the festive spirit."

Mr Goh Thiam Chwee, 58, chairman of BGTA, echoed these sentiments, adding that he hopes the light display, with the theme of 'sharing the blessings of Ramadan together', will help create a joyous atmosphere for both Muslim and non-Muslim residents in the area.

BONDING OVER A TRADITIONAL CRAFT

Apart from bunga manggar and festive lights, the display also features over 1,000 ribbon ketupat handmade by the Hillview CC MAEC members and seven volunteers who reside in Bukit Gombak. The initiative was led by Mdm Azizah Mohamed, who sits on the Hillview CC MAEC and taught the team the ketupat-making technique. She made a total of 200 ketupat over three weeks.

"It is interesting to share the knowledge of ribbon ketupat making with residents of different ages and from various walks of life," added Mdm Noraini Binte Esa, who contributed close to 200 of the woven, diamond-shaped decorations for the event.

Volunteer Mr Mohammad Faizul, who contributed some 30 ketupat, shared, "I am giving back to the community while showcasing our traditions, allowing more residents to understand our culture. I feel good about helping out." **B**





SPOTLIGHT

COVID-19 Vaccination Programme

HAVE YOU BEEN CONSIDERING WHETHER TO GET YOUR COVID-19 VACCINATION? The first thing to know about Singapore's COVID-19 vaccination programme is why it is being rolled out: to protect Singaporeans and long-term residents against the infection, which has the potential to cause life-threatening complications and death. By getting vaccinated, your risk of transmission can be lowered, thus protecting both you and anyone you may come into contact with. The more of us are vaccinated, the harder it would be for the virus to spread in the community. This would also enable Singapore to gradually reopen further and allow our everyday lives to return to normal.

Two vaccines, from Pfizer-BioNTech and Moderna, have been approved for use in Singapore by The Health Sciences Authority (HSA) and the Expert Committee on COVID-19 Vaccination after evaluation of their safety and efficacy. Residents can refer to [vaccine.gov.sg/locations-vcs](https://www.vaccine.gov.sg/locations-vcs) for the full list of vaccination centres and type of vaccine available at each centre.

These vaccinations will be administered via injection, and two doses will be required. After receiving your first dose, you will have to wait between 21 and 28 days for your second dose. Besides receiving a physical vaccination card, you will also be able to access your vaccination records online.

Am I eligible for it?

The COVID-19 vaccination is free for Singaporeans, permanent residents and long-term residents, including:

- ✦ Employment or S-pass holders
- ✦ Work permit holders
- ✦ Foreign domestic workers
- ✦ Dependant's pass holders
- ✦ Long-term visit pass holders
- ✦ Student pass holders

Certain groups are being given priority, including healthcare workers, those who work in settings where the risk of infection is high, the elderly and other vulnerable groups — such as those who may already be afflicted with more than one disease.

How can I get vaccinated?

Because COVID-19 vaccination will be extended to different age groups progressively, you will be able to register online when registration is open for your age group. You will receive an SMS when there are slots available for booking. Besides clinics and polyclinics, there are now 38 vaccination centres islandwide to

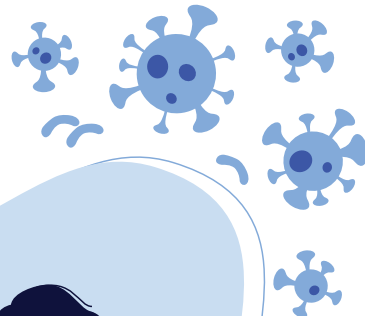
ensure wait times are minimised.

Individuals may also be assessed for medical eligibility prior to their vaccinations. For instance, the vaccine will **not** be administered to those who

- ✦ are pregnant,
- ✦ have a severely compromised immune system,
- ✦ have a low platelet count or are on blood-thinning medication or
- ✦ are under the age of 16.

Regardless of which vaccine you are given, you will be required to remain in the clinic for 30 minutes after each round of your vaccine for observation. Like many other vaccines, you may experience mild side effects — such as pain, redness or swelling at the injection site, fever, headache and muscle aches. These symptoms should only last a few days.

→ Find out more about the COVID-19 vaccination programme, including the latest updates, by visiting www.gov.sg/features/covid-19-vaccination. For a full list of vaccination centres, please visit www.vaccine.gov.sg/locations-vcs.



HERE IS EVERYTHING
YOU NEED TO
KNOW ABOUT THE
NATIONWIDE COVID-19
VACCINATION DRIVE.

—
Your Guide
to the
COVID-19

Vaccination Programme

கொவிட்-19 தடுப்பூசி திட்டத்திற்கான உங்கள் வழிகாட்டி

தேசிய அளவிலான கொவிட்-19 தடுப்பூசி நடைமுறை பற்றி நீங்கள் தெரிந்து கொள்ள வேண்டிய தகவல்கள் அனைத்தும் இங்கே கொடுக்கப்பட்டுள்ளது.

நீங்கள் கொவிட்-19 தடுப்பூசி போட்டுக்கொள்வதைப் பற்றி ஆலோசித்து வருகிறீர்களா? நீங்கள் தற்சமயம் சிங்கப்பூரின் கொவிட்-19 தடுப்பூசித் திட்டம் பற்றி அதிகமான தகவல்கள் வெளியிடப்படுவதற்கான காரணம் முதலில் என்னவென்றால், உயிருக்கு ஆபத்துகள் விளைவிக்கக்கூடிய மற்றும் மரணத்தை ஏற்படுத்தும் பெரும் நோய்த்தொற்றிலிருந்து சிங்கப்பூரர்களையும் நீண்டகால குடியிருப்பாளர்களையும் பாதுகாக்க வேண்டிய பொறுப்பு ஆகும். நீங்கள் தடுப்பூசி போட்டுக்கொள்வதால், தொற்று பரவும் அபாயம் குறைவதோடு, உங்களையும் உங்களுடன் தொடர்பில் உள்ளவர்களையும் சேர்த்து பாதுகாத்துக்கொள்ள முடியும். நம்மில் பலர் தடுப்பூசி போட்டுக்கொள்வதால், சமூகத்தில் நோய்த்தொற்று பரவுவது கடினமாகி படிப்படியாக குறையக்கூடும்.

:பைசர் - ப்யோன்டெக் மற்றும் மாட்ர்னா நிறுவனத்தின் இரண்டு தடுப்பூசிகள் சிங்கப்பூரில் மக்களிடையே பயன்படுத்துவதற்கு சுகாதார அறிவியல் ஆணையம் (எச்எஸ்ஏ) மற்றும் கொவிட்-19 தடுப்பூசி குறித்த நிபுணர் குழு ஆகியோர் இணைந்து அவற்றின் பாதுகாப்பு மற்றும் செயல்திறனை மதிப்பீடு செய்த பின்னர் ஒப்புதல் அளித்துள்ளனர். தடுப்பூசி மையங்களின் முழு பட்டியல் மற்றும் ஒவ்வொரு மையத்திலும் கிடைக்கும் தடுப்பூசி வகைகளைப் பற்றி அறிந்துகொள்ள குடியிருப்பாளர்கள் vaccine.gov.sg/locations-vcs என்ற இணையதளத்தில் பார்வையிடலாம்.

இந்த தடுப்பூசிகள் ஊசி மூலம் இரண்டு டோஸ்களாக (அளவுகளில்) உடலில் மருந்துகள் உட்செலுத்தப்படுகின்றன. முதல் டோஸைப் போட்டுக்கொண்ட பின்னர் அடுத்த டோஸை பெற்றுக்கொள்ள 21-28 நாட்கள் காத்திருக்க வேண்டும். மேலும் சுகாதார மையத்தில் வழங்கப்படும் தடுப்பூசி அட்டையைக் கொண்டு உங்கள் தடுப்பூசி தகவல்களை இணையத்திலும் அறிந்து கொள்ள முடியும்.



2019冠病疫苗接种计划指南

以下是您需要了解的关于全国2019冠病疫苗接种计划相关的所有资讯。

您有考虑过是否要接种2019冠病疫苗吗? 想了解新加坡2019冠病疫苗接种计划, 您首先需要知道政府推出这项计划的原因: 保护新加坡公民与本地长期居民免受2019冠病感染, 因为这病毒可能导致危及生命的并发症或死亡。通过接种疫苗, 您的传播风险会大幅度降低, 从而保护您自身和任何您可能接触的人。接种疫苗的人越多, 病毒就越难以在社区中传播。这也能使新加坡逐步放宽更多限制, 从而让我们的生活逐渐恢复正常。

新加坡卫生科学局及2019冠病疫苗专家团在评估了辉瑞疫苗和莫得纳疫苗的安全性和有效性之后, 批准它们在新加坡使用。本地居民可浏览 [vaccine.gov.sg/locations-vcs](https://www.vaccine.gov.sg/locations-vcs) 了解疫苗接种中心的完整列表, 以及每个接种中心可提供的疫苗类型。

这些疫苗的接种将分两剂, 以肌肉注射的形式进行。在注射第一剂疫苗后, 您必需等待21至28天再注射第二剂疫苗。您除了会收到疫苗接种实体卡之外, 也可在网上查询您的疫苗接种记录。

我符合疫苗接种资格吗?

2019冠病疫苗将免费提供给所有新加坡公民、新加坡永久居民和长期居民, 包括以下人群:

- ✦ 就业准证或S准证持有者
- ✦ 工作准证持有者
- ✦ 外籍女佣
- ✦ 直系亲属证持有者
- ✦ 长期探访准证持有者
- ✦ 学生准证持有者



某些群体将优先接种疫苗, 包括医护人员、在感染风险较高的环境中工作的人群、年长者及其他弱势群体, 例如患有多种疾病的人群。

我该如何接种疫苗?

疫苗接种计划将逐步扩大至不同年龄层的群体。因此, 您可在政府开放让属于自己年龄层的国人接种疫苗时上网登记, 轮到预约时也将收到当局发送的短信通知。除了私人诊所与综合诊所, 本地全岛目前共有38间疫苗接种中心, 以缩短居民等待接种的时间。

您在接种疫苗前也可能必需接受医疗评估。例如, 以下人群将不获允许接种疫苗:

- ✦ 孕妇
- ✦ 免疫系统严重受损的人
- ✦ 血小板数量低或正在服用血液稀释药物的人
- ✦ 未满16岁的孩童

无论您接种的是哪种疫苗, 您在注射后必须在现场观察30分钟, 以确保没有出现不良反应。与其他疫苗类似, 您在注射疫苗后可能会出现轻微的副作用——例如: 注射部位出现疼痛、发红或肿胀、发烧、头痛或肌肉疼痛。这些症状通常会在几天内消退。

→ 欲了解更多关于2019冠病疫苗接种计划的详情与最新资讯, 请浏览 www.gov.sg/features/covid-19-vaccination。要查看疫苗接种中心的完整列表, 请浏览 www.vaccine.gov.sg/locations-vcs。

யாரெல்லாம் இத்தடுப்பூசியை போட்டுக்கொள்ளலாம்?

இந்த கொவிட்-19 தடுப்பூசி கீழே குறிப்பிடப்பட்டுள்ளவர்கள் மற்றும் சிங்கப்பூரர்கள், நீண்ட கால குடியிருப்பாளர்கள், மற்றும் நிறந்தரக் குடியிருப்பாளர்கள் உள்ளிட்டவர்களுக்கு முற்றிலும் இலவசம்.

- ✦ வேலை அனுமதி அல்லது எஸ் - பாஸ் வைத்திருப்போர்
- ✦ வேலை அனுமதிச்சீட்டு வைத்திருப்போர்
- ✦ வெளிநாட்டு இல்லப் பணிப்பெண்கள்
- ✦ சார்ந்திருப்போர் அனுமதி அட்டை வைத்திருப்போர்
- ✦ நீண்டகால வருகை அனுமதி அட்டை வைத்திருப்போர்
- ✦ மாணவர் அனுமதி அட்டை வைத்திருப்போர்

சுகாதாரப் பராமரிப்பு பணியாளர்கள், தொற்று நோய்க்கான அபாயம் அதிகமுள்ள அமைப்புகளில் பணி புரிபவர்கள், வயதானவர்கள், ஏற்கனவே ஒன்றுக்கு மேற்பட்ட நோயினால் பாதிப்படைந்தோர் உள்ளிட்ட சில முக்கிய குழுவினர்களுக்கு தடுப்பூசி போடுவதற்கு முன்னுரிமை அளிக்கப்படுகிறது.

நான் எவ்வாறு தடுப்பூசி போட்டுக்கொள்வது?

கொவிட்-19 தடுப்பூசி வெவ்வேறு வயதினருக்கு படிப்படியாக நீட்டிக்கப்பட இருக்கிறது எனவே, உங்கள் வயதினருக்கான ஆன்லைன் பதிவு திறந்திருக்கும் போது ஆன்லைனில் பதிவு செய்து கொள்ளலாம். முன்பதிவு செய்வதற்கு வசதியாக எந்தெந்த இடங்களில் எவ்வளவு இடங்கள் இருக்கின்றன என்பது குறித்து உங்களுக்கு ஒரு எஸ்எம்எஸ்

Panduan Anda bagi Program Vaksinasi COVID-19

Berikut adalah semua yang perlu anda ketahui tentang program vaksinasi COVID-19 di seluruh negara.

ADAKAH ANDA SEDANG MEMPERTIMBANGKAN UNTUK MENDAPATKAN VAKSINASI COVID-19?

Perkara pertama yang perlu diketahui tentang program vaksinasi COVID-19 Singapura adalah mengapa ia dilancarkan: untuk melindungi warga Singapura dan penduduk jangka panjang terhadap jangkitan, yang berpotensi menyebabkan komplikasi yang mengancam nyawa dan kematian. Dengan mendapatkan vaksinasi, risiko penularan dapat dikurangkan, lantas melindungi diri anda dan sesiapa sahaja yang berhubung dengan anda. Lebih ramai antara kita yang divaksinasi, lebih sukar untuk virus ini merebak dalam masyarakat. Ini juga akan membolehkan Singapura dibuka semula secara bertahap-tahap dan membolehkan kehidupan sehari-hari kita kembali seperti biasa.

Dua vaksin, dari Pfizer-BioNTech dan Moderna, telah diluluskan untuk digunakan di Singapura oleh Penguasa Sains Kesihatan (HSA) dan Jawatankuasa Pakar Vaksinasi COVID-19 setelah penilaian ke atas keselamatan dan keberkesanannya. Para penduduk boleh merujuk kepada [vaccine.gov.sg/locations-vcs](https://www.vaccine.gov.sg/locations-vcs) untuk senarai lengkap pusat-pusat vaksinasi dan jenis vaksin yang tersedia di setiap pusat.

Vaksinasi ini akan diberikan melalui suntikan, dan dua dos diperlukan. Selepas menerima dos pertama, anda perlu menunggu antara 21 hingga 28 hari untuk dos yang kedua. Selain menerima kad vaksinasi cetak, anda juga boleh mengakses rekod vaksinasi anda secara dalam talian.

Adakah saya layak untuk vaksinasi?

Vaksinasi COVID-19 adalah percuma untuk warga Singapura, penduduk tetap dan penduduk jangka panjang termasuk yang berikut:

- ✦ Pemegang Pas Pekerja atau Pas S
- ✦ Pemegang permit kerja
- ✦ Pembantu rumah asing
- ✦ Pemegang pas tanggungan
- ✦ Pemegang pas lawatan jangka panjang
- ✦ Pemegang pas pelajar

untuk memastikan masa menunggu adalah singkat.

Individu juga mungkin dinilai sama ada mereka memenuhi syarat-syarat perubahan sebelum divaksinasi. Sebagai contoh, vaksin ini **tidak** akan diberikan kepada mereka yang

- ✦ sedang hamil,
- ✦ mempunyai sistem imun yang terkompromi,
- ✦ mempunyai jumlah platelet rendah atau sedang mengambil ubat pencair darah atau
- ✦ berumur di bawah 16 tahun.

Golongan yang tertentu diberikan keutamaan, termasuk pekerja penjagaan kesihatan, mereka yang bekerja dalam persekitaran di mana risiko jangkitan adalah tinggi, waga emas dan golongan yang mudah terjerjas yang lain – seperti mereka yang mungkin sudah menghidap lebih daripada satu penyakit.

Tidak kira vaksin mana yang diberikan, anda akan diminta untuk menunggu di klinik selama 30 minit selepas setiap pusingan vaksin untuk pemerhatian. Seperti banyak vaksin yang lain, anda mungkin mengalami kesan sampingan ringan – seperti rasa sakit, kemerahan atau bengkak di tempat suntikan, demam, pening dan sakit otot. Symptom-symptom ini biasanya dialami hanya selama beberapa hari.

→ Ketahui lebih lanjut tentang program vaksinasi COVID-19, termasuk kemas kini terkini, dengan melayari www.gov.sg/features/covid-19-vaccination. Untuk senarai lengkap pusat vaksinasi, sila lawati www.vaccine.gov.sg/locations-vcs.



அனுப்பப்படும். உங்கள் காத்திருப்பு நேரத்தை குறைக்கும் பொருட்டு தீவு முழுவதும் உள்ள கிளினிக்குகள் மற்றும் பாலி கிளினிக்குகள் தவிர, தற்போது மேலும் 38 தடுப்பூசி மையங்கள் நாடு முழுவதும் அமைக்கப்பட்டு உள்ளன.

தனி நபர்கள் தடுப்பூசி போடுவதற்கு முன்னர் மருத்துவ தகுதி குறித்து ஆய்வு செய்யப்படலாம். உதாரணமாக, இந்த தடுப்பூசி யாரெல்லாம் போட்டுக்கொள்ள அனுமதிக்கப்பட மாட்டார்கள் என்றால்

- ✦ கர்ப்பிணிகள்
- ✦ கடுமையான நோயெதிர்ப்பு குறைபாடு உடையோர்
- ✦ இரத்தத்தில் குறைவான பிளேட்டெட் எண்ணிக்கை அல்லது
- ✦ இரத்த மெலிவூட்டல் சிகிச்சை மேற்கொள்வோர் அல்லது
- ✦ 16 வயதிற்குட்பட்டவர்கள்

நீங்கள் எந்த தடுப்பூசியைப் போட்டுக் கொண்டாலும், ஒவ்வொரு முறை தடுப்பூசி போட்டுக்கொண்ட பின்னரும் மருத்துவமனையில் 30 நிமிடங்கள் மருத்துவ கண்காணிப்பில் இருக்க வேண்டும். மற்ற தடுப்பூசிகளைப் போன்று, இந்த தடுப்பூசி போட்ட பின்னரும் சில பக்க விளைவுகளாக வலி, ஊசி போட்ட இடத்தில் தோல் சிவப்பாதல் அல்லது சிறிய வீக்கம், காய்ச்சல், தலைவலி மற்றும் தசை வலிகள் ஏற்படலாம். இந்த அறிகுறிகள் சில நாட்கள் மட்டுமே இருக்கும்.

→ கொவிட்-19 தடுப்பூசித் திட்டம் தொடர்பான சமீபத்திய தகவல்கள் உள்ளிட்ட அதிக விவரங்களை அறிந்துகொள்ள www.gov.sg/features/covid-19-vaccination. இணையதளத்தை பார்வையிடவும். அனைத்து தடுப்பூசி மையங்களின் பட்டியல் பற்றிய தகவல்களுக்கு தயவு செய்து www.vaccine.gov.sg/locations-vcs. இணையதளத்தை பார்வையிடவும்.

CHOCK-FULL OF THE WHOLESOME GOODNESS OF PLANTS AND PLANT-BASED INGREDIENTS, THESE DISHES ARE DELICIOUS ALTERNATIVES TO MEATY FARE.

MEATLESS ASIAN DELIGHTS

AS PEOPLE BECOME MORE HEALTH-CONSCIOUS and novel meat alternatives such as plant-based meat become more widely available, a growing number of individuals are eating less meat or totally excluding meat in their meals. If you have never gone meatless and wonder how tasty a plant-based dish can be — or are simply looking for more choices to add to your diet — try the following recipes!



Tom Yum Fried Quinoa

You will need

Ingredients:

- 1 tbsp + 1 ½ tbsp oil
- 200 g soft *tofu*
- A pinch of salt
- A pinch of ground turmeric (optional)
- 3 kaffir lime leaves
- 3 cloves garlic, peeled and minced
- ½ tbsp vegan *tom yum* paste
- 1 cup oyster mushrooms (about 10), chopped



- 2 cups cooked white quinoa
- 1 tbsp regular or premium soy sauce
- ½ cup mixed vegetables (corn, carrot and peas)

Steps

1. Heat 1 tbsp of oil in a pan over medium heat. Add *tofu*, salt and ground turmeric.
2. Break *tofu* using a spatula and scramble until there is not much liquid in the pan and *tofu* is evenly yellow. Transfer to a bowl and set aside.
3. Using your hand, crush kaffir lime leaves to release their fragrance.
4. Add 1 ½ tbsp of oil to a wok, toss in the crushed leaves, garlic and *tom yum* paste and sauté for 5-10 seconds over medium-low heat until fragrant.
5. Add oyster mushrooms and quinoa to the wok. Stir quickly to mix the contents of the wok well.
6. Add soy sauce and mixed vegetables, stirring quickly to ensure that the quinoa, mushrooms and vegetables are coated evenly with *tom yum* paste. Add scrambled *tofu* and mix well.
7. Remove from heat, taste and add more soy sauce if needed. Serve hot with preferred garnishes.



Why eating less meat is good for you

Cannot live without meat? Even if you do not cut out meat altogether, reducing your intake can bring considerable benefits for you and the environment.

Lowers weight and cholesterol

Lowers likelihood of being overweight

Reduces risk of chronic diseases such as diabetes, heart disease, high blood pressure, dementia and certain cancers. Studies have shown that switching to a plant-based diet could reverse the progression of heart disease in patients

Contributes to the reduction of global warming, as animal rearing produces huge amounts of greenhouse gases

Reduces food waste, as a disproportionate amount of produce is needed to produce meat

Saves money as plant-based foods are usually cheaper

Quinoa Avocado Sushi

You will need

Ingredients:

- 1 cup uncooked white quinoa, rinsed
- 310 ml water
- 125 ml rice vinegar
- 2 tbsp sugar
- 1 tbsp salt
- 1 tbsp *miso*
- 3 sheets of seaweed

Filling

- ½ block *konnyaku*, about 125g
- 1 avocado, peeled and sliced
- ½ carrot, cut into thin strips



You will also need a bamboo mat for making sushi.

Steps

1. Blanch *konnyaku* in boiling water for 10 seconds to remove its smell. Drain and set aside to cool.
2. Pour quinoa into a saucepan and add water till the quinoa is just covered.
3. Place the saucepan over high heat. Bring to a boil, then lower the heat and cover the saucepan. Cook until translucent and the quinoa “tails” are visible.
4. Turn off the heat and let it sit, covered, for 15 minutes. This will help to get the quinoa to a stickier texture.
5. In the meantime, heat the rice vinegar, sugar and salt in a small saucepan over medium heat. Stir until the sugar and salt dissolve.
6. Pour vinegar mixture over warm quinoa. Mix well, cover the mixture and let it sit for 5-10 minutes until the vinegar mixture is fully absorbed. Remove the lid and let the quinoa cool completely.
7. Cut slits on the *konnyaku* pieces, then spread a thin layer of *miso* onto them.
8. To assemble, place a bamboo mat on a flat surface and lay one sheet of seaweed on top.
9. Wet your hands to prevent the quinoa from sticking to them, then spread a layer of quinoa on the seaweed leaving a small border along the edges. Press the quinoa to make it stick to the seaweed.
10. Place *konnyaku* slices at the side of the quinoa layer that is closest to you, followed by avocado slices and strips of carrot.
11. To roll, start with the end closest to you. Using a bamboo mat, bring the end up and fold it over the filling, pressing as you roll. Press the edges of the seaweed together to seal. If the edges do not stick together, moisten them with a little water and press them together again.
12. With a sharp knife, cut the roll into 6-8 slices. Serve with your preferred condiments. The leftovers can be kept refrigerated in an airtight container for two days.



Konnyaku: an inexpensive yet healthy food



Made from the starchy root of the konjac plant, *konnyaku* is a jelly-like food with a unique, chewy mouthfeel. Comprising 97 per cent water, *konnyaku* is very low in calories but filling, making it an excellent alternative to rice and noodles. It usually comes in white or grey slabs and is available at most supermarkets and online grocers.

Konnyaku is high in a type of dietary fibre known as glucomannan, making it effective in preventing constipation and cleaning the insides of the small intestine. Studies have shown that glucomannan also helps with lowering cholesterol levels, regulating blood sugar levels and improving skin health.

Storing *konnyaku*

If you have leftovers, soak them in the liquid from the packaging — or in water — and refrigerate them. This will keep the *konnyaku* fresh for a few weeks.

BUDGET 2021: EMERGING STRONGER TOGETHER

财政预算案 2021：携手同心，越战越勇
BELANJAWAN 2021: MUNCUL LEBIH TEGUH BERSAMA

வரவு செலவு திட்டம் 2021: வலிமையோடு ஒன்றிணைந்து மீண்டெழுவோம்

Announced on 16 February, Budget 2021 will shift “from containment to restructuring” as Singapore’s economy reopens following a period of strict measures to curb the spread of COVID-19. Budget 2021 combines immediate support packages and schemes to help families, workers and businesses weather the pandemic with longer-term measures to accelerate structural adaptations.

SUPPORT FOR HOUSEHOLDS

A \$900 million Household Support Package will help families defray daily expenses.

\$200 GST VOUCHER – CASH SPECIAL PAYMENT

- Additional one-off special cash payment for lower-income Singaporeans on top of the GST Voucher – Cash Payment
- Will be disbursed in June 2021

GST VOUCHER – U-SAVE SPECIAL PAYMENT

- 950,000 eligible households will receive a GST Voucher – U-Save Special Payment (GSTV – U-Save SP) of between \$120 and \$200 to help pay for their utility bills.
- This will be credited together with the regular GST Voucher U-Save rebates in April 2021 and July 2021

SERVICE AND CONSERVANCY CHARGES (S&CC) REBATES EXTENDED

- S&CC rebates extended for another year for families living in HDB flats
- Offsets between 1.5 and 3.5 months of S&CC charges
- Disbursed in April, July and October 2021 and January 2022

\$200 TOP-UP PER CHILD

- An additional \$200 top-up for each Singaporean child under 21 through their Child Development Account, Edusave Account or Post-Secondary Education Account

\$100 CDC VOUCHERS

- For all Singaporean households to use at participating heartland shops and hawkker centres

EXPANSION OF COMLINK

- Expand ComLink to support families with children living in rental housing nationwide
- To cover 14,000 families over the next 2 years

PILOT INCLUSIVE SUPPORT PROGRAMME

- Pilot programme for preschool children with special needs that integrates early intervention with early childhood services

给予家庭的援助

9亿元的家庭援助配套将帮助家庭应付生活开销。

200元消费税补助券-特别现金补助

- 符合资格获取消费税补助券-现金的较低收入国人可获得额外的一次性特别现金补助
- 将在今年6月发放

消费税补助券-水电费回扣特别补助金

- 95万户家庭可获得介于120元至200元之间的消费税补助券-水电费回扣特别补助金。
- 补助金将同水电费回扣在4月和7月发放

延长租屋服务与杂费回扣

- 住在政府租屋的家庭将享有多一年的租屋服务与杂费回扣
- 回扣额将介于1.5个月至3.5个月之间
- 回扣将在今年4月、7月、10月及明年1月发放

每个孩童200元填补

- 每个未满21岁的新加坡孩童的儿童培育户头、教育储备户头或中学后延续教育户头可获得额外200元填补

100元社理会生活补助券

- 供所有新加坡家庭在邻里商店及小贩摊位使用

扩大社区联系站

- 在全岛各地增设社区联系站，协助育有孩子并居住在租赁租屋的家庭
- 在未来两年内将有1万4千户家庭受惠

试行包容性补助计划

- 为有特殊需要的学龄孩童推出的试点计划融合了早期介入及幼儿服务

MEMBANTU KELUARGA

Pakej Bantuan Keluarga bernilai \$900 juta akan membantu keluarga meringankan perbelanjaan harian.

\$200 BAUCAR GST – BAYARAN WANG TUNAI KHAS

- Pembayaran tambahan wang tunai khas satu kali untuk warga Singapura berpendapatan rendah - ini termasuk Pembayaran Wang Tunai Baucar GST
- Akan diagihkan pada bulan Jun 2021

BAUCAR GST – BAYARAN KHAS U-SAVE

- 950,000 keluarga yang layak akan menerima Baucar GST – Bayaran Khas U-Save (GSTV – U-Save SP) antara \$120 hingga \$200 untuk membantu membayar bil utiliti mereka.
- Ini akan dikreditkan bersama rebat Baucar GST – U-Save yang biasa pada April 2021 dan Julai 2021

REBAT BAYARAN PERKHIDMATAN DAN PENYENGKARAAN (S&C) DILANJUTKAN

- Rebat S&CC dilanjutkan setahun lagi untuk keluarga yang tinggal di flat HDB
- Imbangan antara 1.5 dan 3.5 bulan bayaran S&CC
- Diagihkan pada bulan April, Julai dan Oktober 2021 dan Januari 2022

TOKOKAN \$200 BAGI SETIAP ANAK

- Tambahan tokokan \$200 bagi setiap anak warga Singapura di bawah 21 tahun melalui Akaun Pembangunan Anak, Akaun Edusave atau Akaun Pendidikan Posmenengah

BAUCAR CDC BERNILAI \$100

- Boleh digunakan di kedai-kedai dan pusat penjaja di estet HDB yang mengambil bahagian, untuk semua keluarga warga Singapura

PERLUASAN COMLINK

- Memperluaskan ComLink ke seluruh negara untuk membantu keluarga yang mempunyai anak-anak yang tinggal di perumahan sewa
- Untuk membantu 14,000 keluarga sepanjang tempoh 2 tahun akan datang

PROGRAM SOKONGAN INKLUSIF PERINTIS

- Program rintis bagi kanak-kanak prasekolah berkeperluan khas yang menggabungkan intervensi awal dengan perkhidmatan awal kanak-kanak

Assessable income for 2020 ≤ \$28,000	Annual value of home as at 31 December 2020	
	Up to \$13,000	\$13,00 to \$21,000
GST Voucher – Cash Special Payment	\$200	
GST Voucher – Cash Payment	\$300	\$150
Total for 2021	\$500	\$350

HDB flat type	April 2021		July 2021		October 2022	January 2022	Total GSTV – U-Save rebates
	GSTV – U-Save	GSTV – U-Save SP	GSTV – U-Save	GSTV – U-Save SP	GSTV – U-Save	GSTV – U-Save	
1- and 2-room	\$100	\$100	\$100	\$100	\$100	\$95	\$595
3-room	\$90	\$90	\$90	\$90	\$90	\$85	\$535
4-room	\$80	\$80	\$80	\$80	\$80	\$75	\$475
5-room	\$70	\$70	\$70	\$70	\$70	\$65	\$415
Executive/ Multi-generation	\$60	\$60	\$60	\$60	\$60	\$55	\$355

குடும்பங்களை ஆதரித்தல்

ஒரு \$900 மில்லியன் மதிப்புள்ள குடும்பங்களுக்கான ஆதரவு தொகுப்பத்திட்டம் குடும்பங்களை அன்றாட செலவினங்களை சமாளிக்க உதவும்

\$200 பொருள், சேவை வரிப் பற்றச்சீட்டு - சிறப்பு ரொககத்தொகை

- குறைந்த வருமானம் கொண்ட சிங்கப்பூர்களுக்கு ஒருமுறை மட்டுமே கூடுதலாக வழங்கப்படும் பொருள் சேவை வரிப் பற்றச்சீட்டு - ரொககமாக வழங்குதல்
- ஜூன் 2021-ல் வழங்கப்பட இருக்கிறது

பொருள் சேவை வரிப் பற்றச்சீட்டு - ட்யுசேவ் சிறப்புத்தொகை

- 950,000 தகுதிப் பெற்ற குடும்பங்களுக்கு \$120 முதல் \$200 வரை பொருள் சேவை வரிப் பற்றச்சீட்டு - ட்யுசேவ் சிறப்புத் தொகை (GSTV - U-Save SP) அவர்களின் பயன்பாட்டு கட்டணங்களை ஜெலுத்த உதவும்
- இது ஏப்ரல் 2021 மற்றும் ஜூலை 2021 வழக்கமான பொருள் சேவை வரிப் பற்றச்சீட்டு - ட்யுசேவ் திட்டத்தின் தள்ளுபடிக்குடன் சேர்த்து வரவு வைக்கப்படும்

விரிவாக்கப்பட்ட சேவை, பராமரிப்புக் கட்டணத்தள்ளுபடிகள்

- விலக குடியிருப்புகளில் வசிக்க குடும்பங்களுக்கு சேவை, பராமரிப்புக் கட்டணத் தள்ளுபடிகள் அடுத்த ஓராண்டிற்கும் விரிவாக்கப்பட்டிருக்கிறது
- 1.5 முதல் 3.5 மாதங்கள் வரையிலான கட்டணங்கள் ௩0 செம்பயப்படும்
- ஏப்ரல், ஜூலை, அக்டோபர் 2021 மற்றும் ஜனவரி 2022 ஆகிய மாதங்களில் வழங்கப்பட இருக்கிறது

ஒவ்வொரு குழந்தைக்கும் \$200 கூடுதல் தொகை

- 21 வயதிற்கு குறைவான ஒவ்வொரு சிங்கப்பூர் குழந்தைக்கும் மின்னர மேம்பாட்டு கணக்கு, எடுசேவ் கல்விச் சேமிப்புக் கணக்கு, அல்லது உயர்நிலைக் கல்விக்குப் பிந்திய கல்விக்கான கணக்கில் \$200 திரை்ப்து தொகை

\$100 மதிப்புள்ள சமூக மேம்பாட்டு மன்றப் பற்றச்சீட்டுகள்

- அனைத்து சிங்கப்பூர் குடும்பங்களுக்கும், பாசேற்கும் குடியிருப்பு வட்டாரக் கடைகள், உணவகங்கூ, நிலையங்கள் ஆகியவற்றின் பயன்படுத்திவற்றதாக \$100 மதிப்புள்ள சமூக மேம்பாட்டு மன்றப் பற்றச்சீட்டுகள்

சமூக தொடர்பு கட்டமைப்பு விரிவாக்கம்

- வாடகை வீடுகளில் குடியிருக்கும் குறைந்த வருமானக் குடும்பங்களுக்கு முழுமையாக ஆதரவு வழங்க சமூக தொடர்பு கட்டமைப்பு நாடாணாவிய திட்டமாக விரிவாக்கப்படும்

- இது அடுத்த இரண்டாண்டுகளில் செயல்படுத்தப்பட்டு அதன் மூலம் 14,000 குடும்பங்கள் பயன் பெறுவார்கள்.

சிறப்புத் தேவைகள் உடைய குழந்தைகள்

- மற்ற குழந்தைகளுடன் இணைத்து வளர்ச்சியடையத் துணை புரியும் அனைத்து மாணவர்களையும் உள்ளடக்கிய முன்னோடி ஆதரவுத் திட்டம்



Visit go.gov.sg/budget21-families to learn more.

SUPPORTING WORKERS

A total of \$24 billion goes towards sustaining firms and strengthening the workforce in the next three years.

SG UNITED JOBS AND SKILLS PACKAGE (SGUJS)

- Additional \$5.4 billion for the next phase of SGUJS
- Support hiring of 200,000 locals and provide 35,000 training opportunities this year
- \$5.2 billion will go towards wage support for new local hires through the extension of the Jobs Growth Incentive, which covers the first 12 months of a new hire’s salary for firms that create new jobs, till September 2021.

OTHER MEASURES

- Wage Credit Scheme extended for a year to support wage increments
- Capability Transfer Programme extended to end of September 2024
- Over \$200 million allocated to support the re-employment of seniors
- Enhance salaries of nurses and other healthcare workers

给予员工的援助

我们将在接下来三年内投资240亿维持企业及加强劳动队伍。

“新心相连” 就业与技能配套

- 政府将额外拨款 54亿元支持“新心相连”就业与技能配套的下阶段
- 在今年协助20万名本地居民并提供多达3万6千个培训机会
- 其中62亿元将用于为聘请新本地员工的公司提供薪金援助。 招聘奖励计划也将支付新雇员工头12个月的新金，并延长至2021年9月。

其他措施

- 加薪补贴计划将延长一年，支持企业为员工加薪
- 能力转移计划将延长至2024年9月尾
- 政府将拨款超过2亿元支持雇主重新雇佣年长者
- 护士与其他医疗人员也将获得更高的薪金

MEMBANTU PEKERJA

Sejumlah \$24 bilion akan digunakan untuk membantu syarikat dan mengukuhkan tenaga kerja sepanjang tempoh tiga tahun akan datang.

PAKEJ PEKERJAAN DAN KEMAHIRAN SG UNITED (SGUJS)

- Tambahan \$5.4 bilion untuk fasa SGUJS seterusnya
- Menyokong pengambilan 200,000 pekerja tempatan dan menyediakan 35,000 peluang latihan tahun ini
- \$5.2 bilion akan digunakan bagi sokongan gaji untuk pengambilan pekerja warga tempatan baru melalui lanjutan insentif Pertumbuhan Pekerjaan, yang merangkumi 12 bulan pertama gaji seorang pekerja baru untuk syarikat yang mewujudkan pekerjaan baru, sehingga September 2021.

LANGKAH-LANGKAH LAIN

- Melanjutkan Skim Kredit Gaji selama setahun bagi menyokong kenaikan gaji
- Melanjutkan Program Pindahan Keupayaan sehingga akhir September 2024
- Lebih \$200 juta diperuntukkan bagi menyokong pengambilan semula pekerja warga emas
- Mempertingkatkan gaji para jururawat dan pekerja penjagaan kesihatan yang lain

ஊழியர்களுக்கு ஆதரவளித்தல்

அடுத்த மூன்றாண்டுகளில் தொழிலாளர் திறமையை வலுப்படுத்தவும், நிறுவனங்களை மேம்படுத்தவும் பொத்துக் \$24 பில்லியன் வரவு செலவுத்திட்டம் 2021-ல் அறிவிக்கப்பட்டுள்ளது.

எஸ்டி ஒற்றமை இயக்கத்தின் வேலை, திறன்கள் தொகுப்புத் திட்டம்

- அடுத்த கூட்ட எஸ்டி ஒற்றமை இயக்கத்தின் வேலை திறன்கள் தொகுப்புத் திட்டத்திற்கு கூடுதலாக \$5.4 பில்லியன் ஒதுக்கீடு
- 200,000 சிங்கப்பூர்களை பணிமயமாத்தவும் 35,000 பயிற்சி வாய்ப்புகளை வழங்கவும் ஆதரவளித்தல்
- இதில் \$5.2 பில்லியன் வேலை உருவாக்கத்தின் ஊக்குவிப்பு திட்டத்தின் தகுதி பெறும் காலவரம்பை 2021 செப்டம்பர் இறுதி வரை நீட்டிப்பதற்காகப் பயன்படும். இது புதிய வேலை வாய்ப்புகளை உருவாக்கும் நிறுவனங்களை ஊக்கப்படுத்தும் விதமாக முதல் 12 மாதங்கள் சம்பளம் வழங்க உதவும்.

பிற நடவடிக்கைகள்

- சம்பள உயர்வுகளை ஆதரிக்க, ஓராண்டு காலத்திற்கு சம்பள உதவித்தொகைத் திட்டம் நிடிப்பு
- தொழில் திறனை வளர்க்க, திறன்றற்றல் பயிற்றிவிப்புத் திட்டம் செப்டம்பர் 2024 வரை நீட்டிப்பு
- மூத்த ஊழியர்களின் மறு வேலை நியமனத்திற்கு ஆதரவளித்த \$200 மில்லியனுக்கு மேலான தொகை
- தாதிக்க, மற்றும் வெறு கசாதற்றப் பராமரிப்பு ஊழியர்கள் ஆகியோரின் சம்பளங்களை மேம்படுத்ததல்



Visit go.gov.sg/budget21-workers to learn more.



MEMBINA KEDIAMAN YANG MAMPAN

Belanjawan 2021 mendedahkan lebih banyak perincian tentang Pelan Singapura Menghijau 2030 – sebuah pelan jangka panjang untuk menjamin kediaman yang menghijau, sesuai didiami dan mampan untuk generasi-generasi rakyat Singapura yang akan datang.

- Teknologi:** melabur dalam penyelidikan dan menyokong penggunaan teknologi dalam sektor agro- makanan
- Pengangkutan:** \$30 juta untuk menyokong peralihan kepada kenderaan elektrik (EV)
 - Sasaran bilangan tempat mengecas di serata Singapura menjelang 2030 meningkat dari 28,000 kepada 60,000
 - Yuran pendaftaran tambahan sifar bagi EV (Januari 2022 hingga Disember 2023)
 - Cukai jalan raya yang disesuaikan untuk mengurangkan perbezaan kos antara memiliki EV dan memiliki kereta bukan elektrik
 - Kadar duti petrol meningkat sebanyak 15 sen seliter berkuat kuasa serta-merta
 - Pemilik kenderaan petrol akan menerima rebat cukai jalan raya yang berbeza-beza dari 1 Ogos 2021 hingga 31 Julai 2022. Pemilik motosikal, teksi dan kereta sewa privet akan menerima rebat cukai petrol tambahan.
- Pembiayaan mesra alam:** memangkinkan aliran modal ke arah pembangunan yang mampan di Singapura dan Asia
 - Bon-bon hijau yang dikeluarkan pemerintah untuk projek prasarana awam
- Tindakan individu dan permiaagan**
 - Lancarkan Program Kemampunan Perusahaan untuk membantu syarikat syarikat besar dan kecil (SME) menggunakan sumber-sumber dengan lebih cekap
 - Pemerintah akan menyokong projek yang dimulakan dari bawah

BUILDING A SUSTAINABLE HOME

Budget 2021 revealed more details of the Singapore Green Plan 2030 — a long-term plan to secure a green, liveable and sustainable home for future Singaporeans.

- Technology:** Invest in research and support technology adoption in the agri-food sector
- Transportation:** \$30 million to support transition to electric vehicles (EVs)
 - Target number of charging points across Singapore by 2030 increased from 28,000 to 60,000
 - Zero additional registration fee for EVs (January 2022 to December 2023)
 - Adjusted road tax for to narrow cost differential between owning EVs and owning non-electric cars
 - Petrol duty rates increased by as much as 15 cents per litre with immediate effect
 - Owners of petrol vehicles will receive varying amounts of road tax rebates from 1 August 2021 to 31 July 2022. Owners of motorcycles, taxis and private-hire cars will get additional petrol duty rebates
- Green financing:** Catalyse flow of capital towards sustainable development in Singapore and Asia
 - Government-issued green bonds for public infrastructure projects
- Actions of individuals and businesses**
 - Launch the Enterprise Sustainability Programme to help SMEs use resources more efficiently
 - Government will support ground-up projects

打造可持续的宜居家园

财政预算案 2021透露了更多关于新加坡绿色发展蓝图 2030 的细节。这份绿色发展蓝图是一个为未来新加坡打造可持续的绿色宜居家园的长期计划。

- 科技：**政府将为农业食品业投资于研究，并支持业者采纳科技
- 交通：**政府也将拨款3000万元协助拥车人改用电动车
 - 到了2030年，全岛电动车充电点的目标数量将从2万8千个增至6万个
 - 2022年1月至2023年12月期间购买电动车的车主，将无须缴付附加注册费
 - 电动车路税将调整至与非电动车路税相近
 - 汽油税即日起每公升调高高达0.15元
 - 汽油车车主将从2021年6月1日至2022年7月31日获得不同金额的退税回扣。拥有摩托车、德士或私召车车主可获得额外汽油税回扣。
- 绿色融资：**引导资本流向新加坡和亚洲的可持续发展项目
 - 政府将发行绿色债券，资助公共基建项目
- 个人及企业的行动**
 - 政府将推出企业可持续发展计划，以帮助中小企业善用资源
 - 政府也将支持民众发起的项目



Visit go.gov.sg/budget21-sggreenplan to learn more.

COVID-19 RESILIENCE PACKAGE

Worth \$11 billion, the package aims to safeguard public health and support the sectors that are still under stress.

- \$4.8 billion allocated for public health and safe re-opening measures including COVID-19 vaccination
- COVID-19 Recovery Grant supports workers who lost their jobs or suffered significant income loss
 - Up to \$700/month
 - Application opened on 18 January 2021
- Taxi and private hire car drivers will get \$600/month from January to March 2021 and \$450/month from April to June 2021
- \$45 million allocated to support businesses and self-employed persons in arts, culture and sports

应对新冠坚韧配套

政府将推出总值110亿元的配套，以维护公共健康及协助受疫情重创的企业。

- 48亿元将用于公共卫生及安全重启经济措施，包括接种新冠疫苗
- 冠疫疫情复苏补贴支持失业或收入锐减的工友
 - 每月可获得达700元补贴
 - 2021年1月18日开放申请
- 德士与私召车司机将从今年1月至3月，每月可获得600元援助， 而从4月至6月，每月可获得450元援助
- 政府也将拨款4500万元支持从事文化、艺术及体育工作的企业和自雇人士

PAKEI DAYA TAHAN COVID-19

Bernilai \$11 bilion, pakej ini bertujuan untuk melindungi kesihatan awam dan menyokong sektor-sektor yang masih dalam keadaan tertekan.

- \$4.8 bilion diperuntukkan bagi kesihatan awam dan langkah pembukaan semula yang selamat termasuk vaksinasi COVID-19
- Geran Pemulihan COVID-19 menyokong pekerja yang kehilangan pekerjaan atau mengalami kehilangan pendapatan yang besar
 - Sehingga \$700/bulan
 - Permohonan dibuka pada 18 Januari 2021
- Pemandu teksi dan kereta sewa privet akan menerima \$600/bulan dari Januari hingga Mac 2021 dan \$450/bulan dari April hingga Jun 2021
- \$45 juta diperuntukkan untuk membantu perniagaan dan individu yang bekerja sendiri dalam bidang seni, budaya dan sukan



Visit go.gov.sg/budget21-covid19relief to learn more.



Ms Foo Mee Har (Ayer Rajah-Gek Poh)

Adviser to Ayer Rajah-Gek Poh GROs Ms Foo Mee Har sharing in the joy of students who received this year's Edusave Awards. Besides presenting the awards at a ceremony held at Ayer Rajah Community Club in January, Ms Foo also gave each recipient a personalised congratulatory card penned by herself.



Mr Murali Pillai (Bukit Batok)

Adviser to Bukit Batok GROs Mr Murali Pillai interacting with a resident during a walkabout with grassroots leaders to address issues within the estate.



Mr Gan Kim Yong (Chua Chu Kang)

Minister for Health and Adviser to Chua Chu Kang GRC GROs (Chua Chu Kang) Mr Gan Kim Yong had a dialogue on COVID-19 vaccination with 40 residents before they embarked on their SingapoRediscover learning journey.



Mr Xie Yao Quan (Jurong Central)

Adviser to Jurong GRC GROs (Jurong Central) Mr Xie Yao Quan taking a selfie with an Edusave Merit Bursary recipient and her family to remember the happy occasion.



Mr Ang Wei Neng (Nanyang)

Adviser to Nanyang GROs Mr Ang Wei Neng greeting a senior resident when he joined volunteers in delivering 300 beds donated by a well-wisher to households in blocks 967A and 967B.



Ms Rachel Ong (Telok Blangah)

Adviser to Telok Blangah GROs Ms Rachel Ong sharing a photogenic moment with an Edusave Scholarship Award recipient during the presentation ceremony.



Mr Desmond Lee (Boon Lay)

Minister for National Development, Minister-in-charge of Social Services Integration and Adviser to Boon Lay GROs Mr Desmond Lee joined volunteers from Engineering Good and 3Pumpkin in distributing functional laptops to vulnerable families. The Comlink@Boon Lay partners had gathered IT engineers and students to help these residents repair, upgrade or replace their laptops.



Mdm Rahayu Mahzam (Bukit Batok East)

Parliamentary Secretary, Ministry of Health and Adviser to Jurong GRC GROs (Bukit Batok East) Mdm Rahayu Mahzam engaged residents and Jurong GRC grassroots leaders in a discussion on Budget 2021 highlights at Bukit Batok East Community Club.



Dr Tan Wu Meng (Clementi)

Adviser to Jurong GRC GROs (Clementi) Dr Tan Wu Meng took a photo with a family who received groceries and other items under Festive Cheers @ South West. They were among 200 beneficiaries living at Block 344 Clementi Avenue 5.



Mr Shawn Huang (Jurong Spring)

Adviser to Jurong GRC GROs (Jurong Spring) Mr Shawn Huang visited residents at Block 536 Jurong West Street 52 to better understand their needs and concerns.



Mr Patrick Tay, BBM (Pioneer)

Adviser to Pioneer GROs Mr Patrick Tay, BBM, interacting with a resident at the Pioneer Citizenship Ceremony held at The Frontier Community Club.



Mr S Iswaran (West Coast)

Minister for Communications and Information, Minister-in-charge of Trade Relations and Adviser to West Coast GROs Mr S Iswaran explained the nationwide COVID-19 vaccination programme to seniors he met at Ayer Rajah Food Centre and West Coast Market Square.



Mr Don Wee (Brickland)

Adviser to Chua Chu Kang GRC GROs (Brickland) Mr Don Wee took on the role of a tour guide and brought residents on a 'rediscover Singapore' tour in March. Using their SingapoRediscover Vouchers, the participants had a fun-filled time exploring Arab Street, Kampong Glam and the Trick Eye Museum in Sentosa.



Ms Low Yen Ling (Bukit Gombak)

Mayor of South West District, Minister of State, Ministry of Culture, Community and Youth and Ministry of Trade and Industry and Adviser to Chua Chu Kang GRC GROs (Bukit Gombak) Ms Low Yen Ling taking a selfie with a recipient during the Bukit Gombak Edusave Award and CDC-CCC Education Merit Award Presentation Ceremony.



Dr Amy Khor (Hong Kah North)

At the launch of Top Up With Love @ Hong Kah North, Senior Minister of State, Ministry of Sustainability and the Environment and Ministry of Transport and Adviser to Hong Kah North GROs Dr Amy Khor delivered vegetarian meals, prepared by Mummy Yummy restaurant, to rental block residents.



Mr Zhulkarnain Abdul Rahim (Keat Hong)

Adviser to Chua Chu Kang GRC GROs (Keat Hong) Mr Zhulkarnain Abdul Rahim encouraging a senior resident of Block 460 Chua Chu Kang Avenue 4 to book his vaccination appointment once he receives a notification to do so.



Mr Tharman Shanmugaratnam (Taman Jurong)

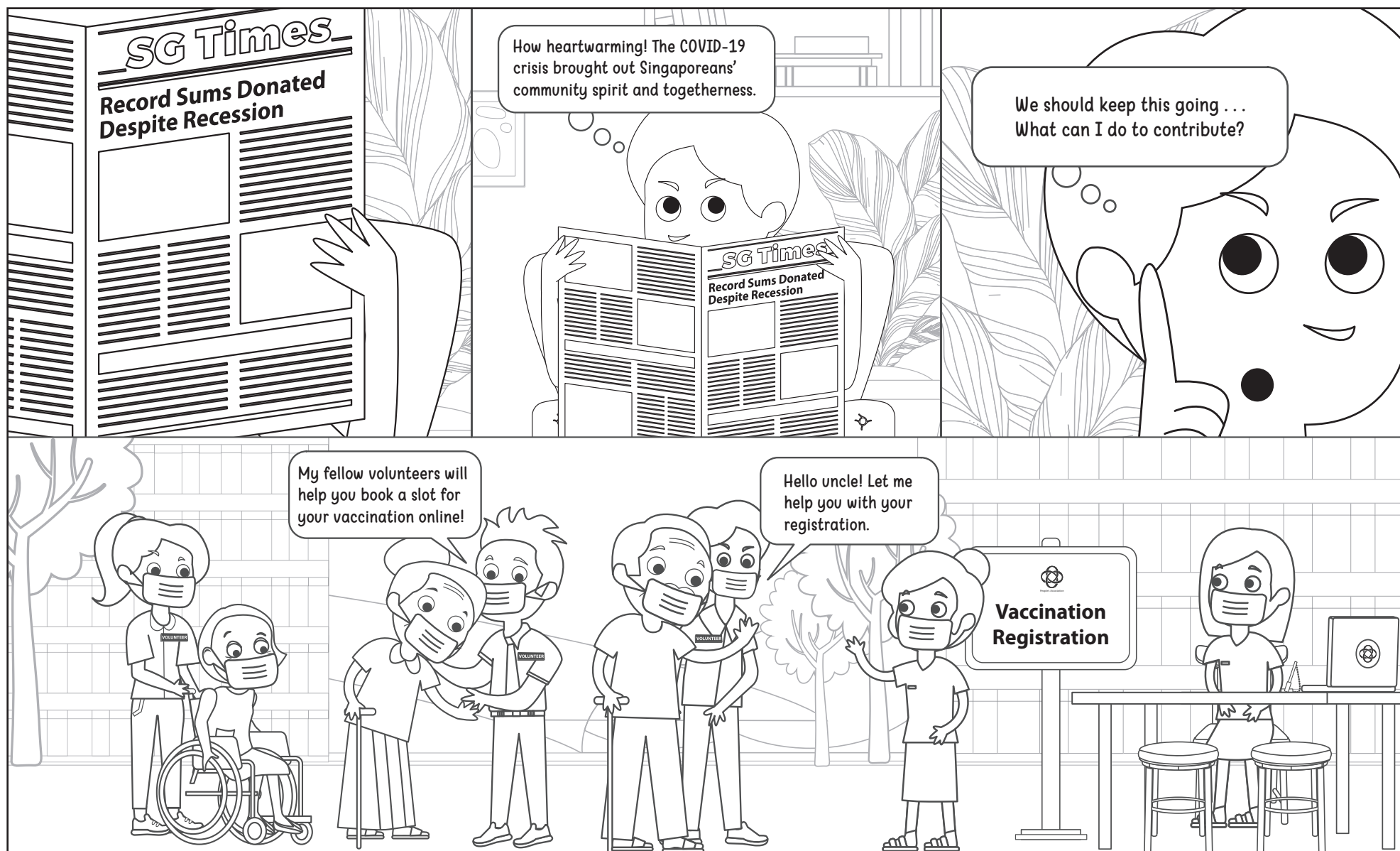
Senior Minister and Coordinating Minister for Social Policies and Adviser to Jurong GRC GROs (Taman Jurong) Mr Tharman Shanmugaratnam interacting with residents at the Taman Jurong Student Development Award 2021.



Ms Grace Fu (Yuhua)

At a dialogue session organised by Yuhua GROs, JurongHealth Campus, Raffles Medical and Tan Tock Seng Hospital, Minister for Sustainability and the Environment and Adviser to Yuhua GROs Ms Grace Fu helped seniors better understand Singapore's COVID-19 vaccination programme and addressed their concerns.

HAVE FUN ADDING YOUR OWN COLOURS TO THE COMIC!



SUDOKU FUN

HOW TO PLAY
Enter numbers from 1 to 9 in the blank spaces. Every row and every column must contain only one of each number. This also applies to every 3x3 square. Have fun!

Complete this puzzle and send your entries to us at: Sudokufun, South West CDC, Jurong Town Hall Road, #26-06, Singapore 609434. If your entry is selected, you will win a South West CDC teddy bear!

DEADLINE:
30 June 2021

				6			3
		1		7			
		5	2		4		
7	6			3			1
		8		9	2		
9			1			7	4
		3		7	5		
					9		
1			9				

Name: _____ Age: _____ Gender: _____

Address: _____

Tel: _____ Email: _____



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Baby Blisscard

Who can Apply?
Newborns must fulfil ALL of the following:
a) Reside in South West District;
b) Have at least one (1) parent who is a Singapore Citizen; and
c) Be under two (2) years old upon application.
To find out whether you are a resident of South West District, go to: www.cdc.gov.sg/southwest

How to Apply?
STEP 1 Fill in the Baby Blisscard @ South West application form at <https://go.gov.sg/babyblisscard>.
STEP 2 Attach a soft copy of:
a) Birth certificate of newborn;
b) Identity card (both sides) of at least one (1) parent who is a Singapore Citizen and a resident of South West District; and
c) Photo of newborn.
STEP 3 Submit the form.

How will the Baby Blisscard be presented?
• Successful Baby Blisscard applicants will be notified within one (1) month of application.
• The Baby Blisscard will be presented at a community event in your neighbourhood.

Welcome Gift for Newborns!
Receive a limited edition EZ-Link Card and enjoy the following:
a) Stored value of \$20;
b) Discounts and promotions at participating family-friendly merchants; and
c) Fun, enriching and educational events and activities for families.

For more details, please contact us at:
Tel: 6316 1616
or email: southwest_cdc@pa.gov.sg