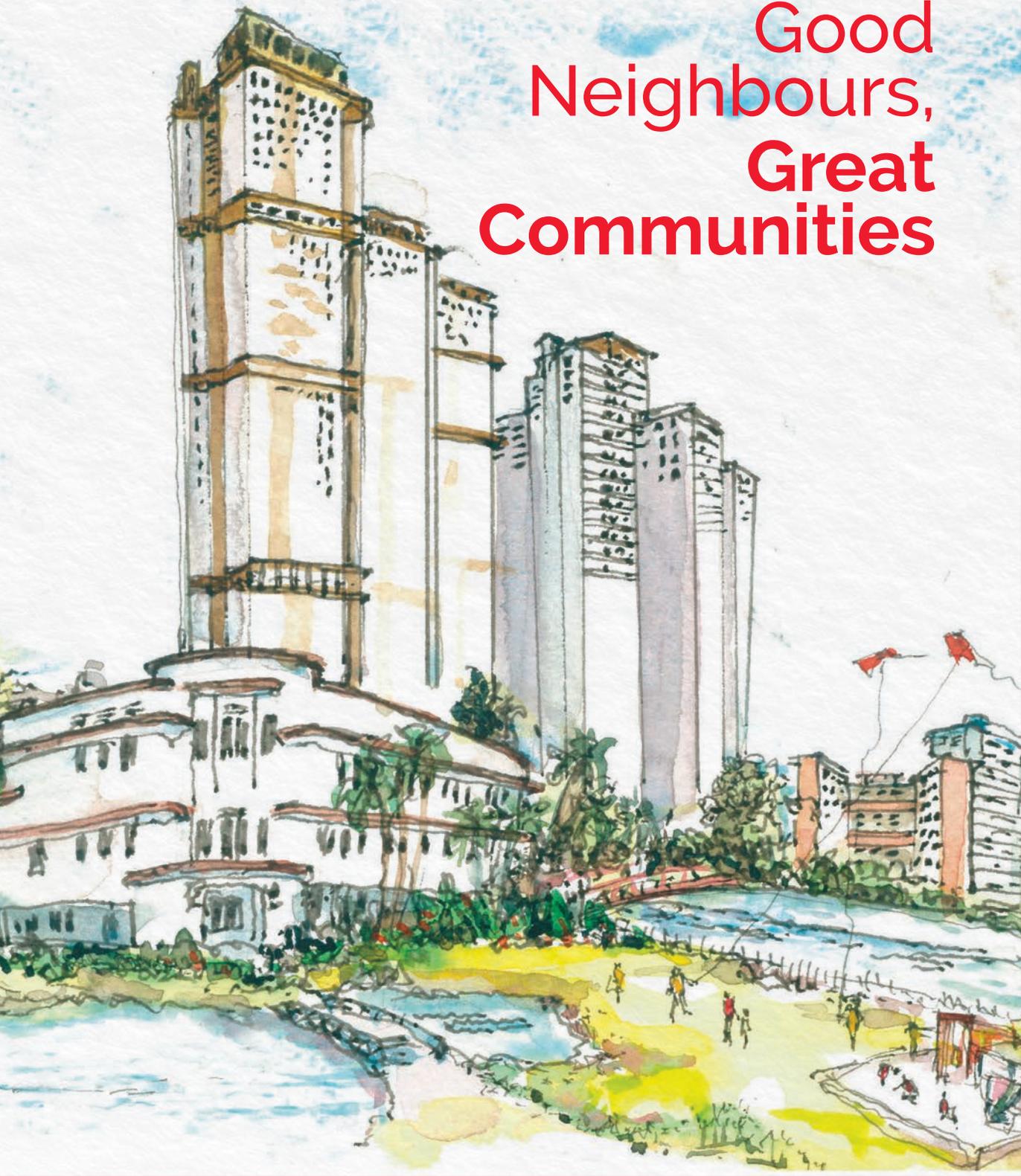


Good Neighbours, Great Communities





Good Neighbours, Great Communities

Produced by:



**HOUSING &
DEVELOPMENT
BOARD**

Supported by:



mccy
Ministry of Culture, Community and Youth

Foreword

Singapore has worked hard over the years to create an environment where our residents live in peace and harmony. This is something special, as harmonious communities are a great source of strength and stability for our nation.



However, harmony does not always develop naturally. Great communities require careful nurturing. This is why the Ministry of National Development and Housing & Development Board not only pay attention to the hardware of our built environment, but also the software to build relationships. These include a range of programmes and events to encourage residents to meet regularly, get to know one another, and forge friendships.

Amongst these efforts is our focus on developing communities where residents are good neighbours. There are many ways we can create a close-knit community around us. We can lend a helping hand or put together a little activity to brighten up our neighbours' day.

I am heartened to read the features in this publication about how neighbours reach out to their community. One example is Mr Haji Rugiman, who became a father figure to his neighbours. There are also others like Mr David Tan — the *kampung* chief who infuses warmth into his estate; and Mdm Selena Goh — a Good Neighbour Award (GNA) recipient who brings her neighbours together with pandan roses. Each of these stories is special and heart-warming. They inspire us to exercise a little more care and empathy for those living around us, and to take the important first step to become better neighbours.

Everyone can play a part in being a good neighbour and building a great community.

I invite you to join in the journey to make Singapore a better place to live in.

Lawrence Wong
Minister for National Development



Foreword

Home is where the heart is. We all have an emotional connection to the place we call home. For many of us, this emotional connection is inextricably linked to how we relate to those we are living with and those who live nearby. This is why the Housing & Development Board goes beyond building flats and facilities; we develop programmes to engage residents and bring neighbours together so that we can create cohesive and vibrant homes for everyone.



With the diversity of practices and cultures in Singapore, and people living in close proximity to each other, it is heartening to see how neighbours live harmoniously next to each other. Sometimes, these neighbours become just like family to us.

In this book, you will find stories about such neighbours and see how friendships emerge between neighbours. Take for example, the tireless efforts of Mdm Grace Lee in caring for her neighbours, helping to make their lives better in many ways. Another instance would be seeing intergenerational friendships blossom in a community garden in Woodlands, courtesy of Evergreen Secondary School's Interact Club and their eco-trainer Mdm Lalitha Nair. You may also be delighted to read about how several organisations and the residents at Aljunied Crescent worked together to inject some fun into a community space.

These good neighbours deepen ties among residents, add warmth and colour to their neighbourhoods, and forge a greater sense of belonging to the community.

When reading the stories, it struck me that being a good neighbour can be distilled into three simple acts — be kind, be friendly, and be proactive. These three actions may resonate with you; or perhaps some other tips on making your neighbours your friends will make an impression on you. More importantly, I hope the stories inspire you to be a better neighbour and bring about your own endearing neighbourhood.

Let us work together to create a home we are proud of!

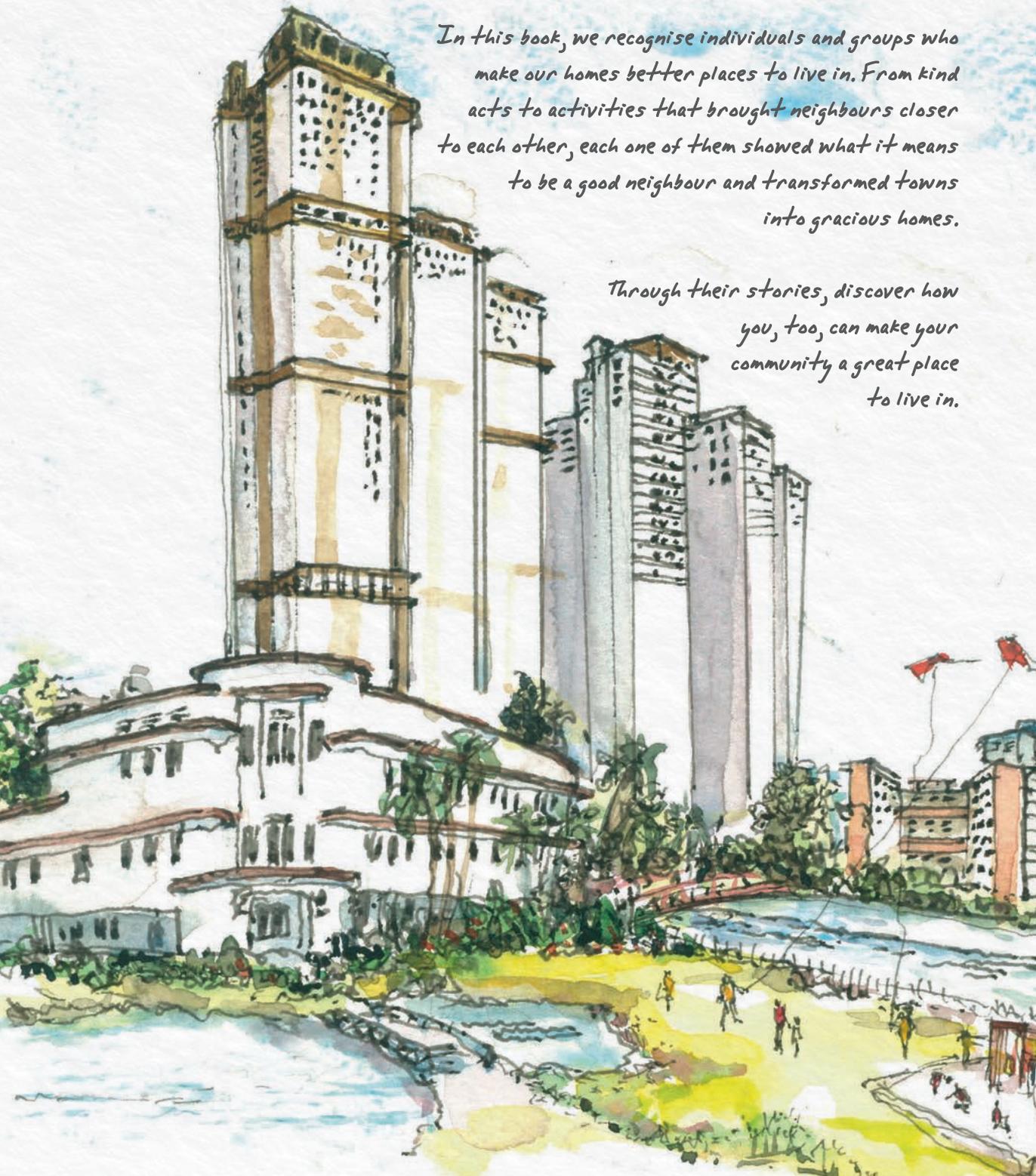
Dr Cheong Koon Hean
CEO, Housing & Development Board



Playgrounds, parks and basketball courts make our towns look lively and fun. However, it is people who infuse them with warmth and make them welcoming homes.

In this book, we recognise individuals and groups who make our homes better places to live in. From kind acts to activities that brought neighbours closer to each other, each one of them showed what it means to be a good neighbour and transformed towns into gracious homes.

Through their stories, discover how you, too, can make your community a great place to live in.



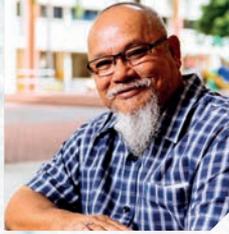
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Good Neighbours

Little things count. From lending a listening ear to becoming a grandfatherly figure to the younger ones, discover how our Good Neighbour Award recipients touched their neighbours' lives.



Living the Kampung Spirit



Highly regarded as the *kampung* chief of his estate, Mr David Tan Mui Kim, 50, is determined to recreate a close-knit community in his neighbourhood. From simple neighbourly gestures to annual Chinese New Year gatherings, David has helped forge closer bonds among neighbours and enabled new neighbours to settle in quickly.



Long-time neighbours Mr David Tan and Ms Lim Whee Pyng have become close friends through their shared experiences.

I grew up in a *kampung* at Potong Pasir and have many fond memories of those days. These memories continue to inspire me to keep the neighbourly spirit alive in the estate I currently live in.

I have lived in Changi Heights for nearly two decades. Through

the years, I have witnessed the growth in the community spirit of my estate. In the beginning, neighbours rarely smiled at or acknowledged each other. Today, the community is a far cry from what it used to be in the past. People exchange greetings readily, take time to chit chat, and you would have

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Having a good neighbour makes you feel that the estate is not just a place where you reside, but it completes the essence of a home.

”

no issue borrowing salt, pepper, and even small amounts of cash from the family next door.

I always believe that we can make things work as long as someone takes the initiative. So one of the things I do regularly is going around the estate to catch up with my neighbours. I think about 90% of the residents consider me a familiar face! During the Chinese New Year celebration, I would also go from door to door, handing out oranges to my neighbours. We also have this tradition where we throw a potluck party and share the cost of engaging a lion dance troupe. This is a good way to get everyone to come together as a big family, regardless of their culture.

4 steps to building relationships with your neighbours

David shares his personal mantra on how one can build good relationships with neighbours.

1 BE COMMUNICATIVE

Talk to your neighbours. When you better understand others, you will be able to avoid misunderstandings and help each other in times of need. Being friendly makes you more approachable, too.

I believe that communities that are well connected are better able to support each other. Even if you have close relatives, they may be living far away; your neighbour is the best person to rely on in times of emergency. And you never know when you might need that extra help.

When new people move into the estate, I will welcome them personally and offer my contact number to keep in touch. And if I know of disputes between neighbours, I take on the role of a peacemaker. A few years ago, my neighbour, Ms Lim Whee Pying, who is in her late 40s and whom I have known for almost a decade, had some conflicts with her new next-door neighbours sparked by the latter's renovation works.

When Whee Pying approached me for help, I brewed a pot of soup and invited both families to my house. We talked things out openly, and I am glad they managed to reconcile their differences. In fact, they have become good friends now.

My connection with Whee Pying did not end there. Two years ago, when I visited her to present the Edusave Award for Achievement, Good Leadership and Service (EAGLES) to her daughter, I noticed that she looked unwell. It was then that I found out that she had been diagnosed with breast cancer and was undergoing chemotherapy.

Besides encouraging Whee Pying, I got our neighbours and friends to pen 'get well' wishes

for her. I am glad this simple act helped to lift her spirits during those depressing moments. She was so touched that she kept the card by her bedside.

When Whee Pying was asked about the nomination, she says, "You can't find many of such friendly and helpful people around. David inspires me to do my part as a neighbour. Having a good neighbour makes you feel that the estate is not just a place where you reside, but it completes the essence of a home."

I was heartened when Whee Pying told me that the estate would have become a very unpleasant place to live in if not for me. Her nomination make me feel that my efforts to make the neighbourhood a friendlier and warmer one are all worthwhile.

2

BE CARING

It is always nice to know that someone cares. Asking after your neighbours from time to time makes them feel appreciated and strengthens bonds.

3

BE UNDERSTANDING

A great way to show support is by offering a pair of listening ears. In the process, you build trust with the people closest to home.

4

KEEP AN OPEN MIND

Put aside your pride and refrain from making comparisons. When you treat others as equals, it is easier for people to open their hearts and communicate with one another.

发扬甘榜精神

一个人的付出也能为社区带来正能量。陈美金先生立志要在邻里重建和睦社区。陈先生表示，建立友好的邻里关系要从小事做起，并鼓励邻居之间打招呼嘘寒问暖，且积极筹办农历新年聚会等活动，以增强邻里之间的关系，还帮助新邻居快速融入社区。

他说：“我很高兴我多年来的努力，使邻居之间的关系获得显著改善。我认为，沟通交流是增进邻里关系的关键，尤其是在遭遇突发情况时，和睦无间的关系能使居民们凝聚团结、相互扶持。当我得知邻居林慧萍女士在接受化疗，我主动组织友邻为她写下祝福语，帮她加油打气，令她十分感动。”





Menghidupkan Semangat Kampung

Encik David Tan Mui Kim, yang dianggap sebagai Ketua Kampung, bertekad untuk membina sebuah masyarakat yang akrab di kejirannya. Dari amalan bertegur sapa sehingga ke perjumpaan tahunan Tahun Baru Cina, David telah membantu menjalin hubungan yang lebih rapat di kalangan jiran-jirannya serta memudahkan jiran-jiran baru berasa selesa.

Katanya, "Sungguh memuaskan apabila usaha saya untuk mengeratkan hubungan masyarakat selama ini telah membuahkan hasil yang berkesan dalam perhubungan sesama jiran-jiran saya. Saya yakin bahawa komunikasi adalah kunci utamanya dan masyarakat yang akrab membolehkan penduduk saling bantu-membantu, terutama

di waktu kecemasan. Selepas saya ketahui bahawa Cik Lim Whee Pyng perlu menjalani kemoterapi, saya menggalakkan jiran-jiran yang lain untuk mengutus ucapan selamat kepada Cik Lim sehingga telah berjaya merangsang semangat Cik Lim dalam meghadapai masa-masa sukar."



கம்புங் மனப்பான்மையுடன் வாழ்தல்

ஓர் தனி நபரால் மிகப்பெரிய மாற்றத்தை கொண்டு வரமுடியும்.

அவரது வட்டாரத்தின் கம்புங் தலைவராக கருதப்படும் திரு. டேவிட் டான் முய் கிம் அவர்கள், அக்கம்பக்கத்தார்களோடு நெருக்கமான உறவை வளர்த்துக்கொள்ள உறுதியூண்டுள்ளார். நட்பார்ந்த செயல்களாகட்டும், சீன புத்தாண்டு கொண்டாட்டங்களாகட்டும், டேவிட் அண்டைவீட்டார்களோடு நல்லுறவை வளர்த்துக்கொண்டு வருவதோடு, புதிய அண்டைவீட்டார்களோடு நெருக்கமான நட்புறவுகளை விரைவாக ஏற்படுத்திக் கொண்டுள்ளார். “சமூகத்தில் நல்லிணக்கத்தை ஏற்படுத்துவதற்கு நான் மேற்கொண்டு வரும் நீண்டகால முயற்சிகள், நமது அண்டைவீட்டார்களுடன் நமக்குள்ள பிணைப்பைப் பொறுத்தவரை, மிக அற்புதமான நற்பலன்களையும், அருமையான முன்னேற்றங்களையும் கொண்டு வந்திருப்பது எனக்கு மனநிறைவை தருகிறது. தகவல் பரிமாற்றம் மிக முக்கியம். நெருக்கடியான காலக்கட்டத்தில் அண்டைவீட்டார்களுடன் நாம் கொண்டுள்ள நெருக்கமான நட்புறவுகள் பெரும் ஆதரவு அளிக்கும் திருமதி. லிங் வீ பிங் அவர்கள் கீமோதெரபி சிகிச்சை எடுத்துக்கொண்ட போது, அவர் குணமடைய வேண்டி அண்டைவீட்டார்கள் வாழ்த்துகள் எழுதினர். அந்த செயல் அவருக்கு உற்சாகமூட்டியதில் எனக்கு மகிழ்ச்சி” என்று அவர் கூறுகிறார்.

Inspiring a Caring Community

For nearly two decades, Mr Haji Rugiman bin Supa'at, 64, and his wife watched out for his neighbours, a single father and his five children with Down Syndrome. From preparing their meals to taking them to and from hospital visits, caring for them has become part of the couple's daily routine. These neighbours have become just like family to each other. A kind and generous man, Mr Rugiman's noble deeds and selfless care for the community has made him a well-respected figure among his neighbours.

My wife, Mdm Tuminah Bte Salim, 64, and I have lived in Blk 904 since 1990. Our neighbour, Mr Zakariah Abdul Kader, 82, and his family have become an irreplaceable part of our lives since 17 years ago.

over this period. There was once when one of his children had a leg injury and was hospitalised. He would refuse to go for physiotherapy if I was not present. For three months, I shuttled between the hospital and their home.

I first got to know about Zakariah's family through a friend who was helping to look after the children back then. It was heart-wrenching when I met them for the first time — the house was in a mess. Zakariah's children, all of whom have Down Syndrome, are able to understand what we say. They are very loving. I felt sad because we are all human beings who deserve to live in a nice, clean place.

A few years later, we decided to help Zakariah find a flat near ours. My wife chanced upon a newspaper advertisement about a unit on the seventh floor in our block. We acted quickly to make Zakariah and his family our neighbours. My siblings also chipped in as movers and in the sprucing up of the place.

Although a 2004 traffic accident weakened my legs, I was determined to continue to care for Zakariah's family. However, it is undeniable that we were getting older, so were Zakariah and his children. The years have taken a toll on Zakariah's health. His eldest child has turned 59 and the youngest, 50. Our long-standing arrangement needed to change.



When you have the heart to help a neighbour, there is no need to feel inadequate or daunted — just do it.



After Zakariah's spouse passed away in 2000, my wife and I visited the family, which was staying at another estate in Tampines at the time, every day. We prepared meals for the family, tidied the flat, cleaned the children, and brought them to medical appointments and excursions. We grew closer

Mdm Residah Mohadmad (top), elder sister of Mdm Tuminah, resides in the same block as the couple.



With a heavy heart, Zakariah agreed to send them to facilities that are better equipped to look after them. Four of them now live in Blue Cross Thong Kheng Home in Jurong East while one is staying at the Institute of Mental Health. When I visit them, they would hug and kiss me. I took care of them for such a long time; they are already like my family.

Zakariah now lives alone. My wife and I watch out for and take care of him, helping to cook his daily meals and perform household chores. I will accompany him to the hospital for regular check-ups and treatment. When we travel overseas, we make it a point to inform his elder sister, who lives in Woodlands and requires the help of a caregiver herself.

"Rugiman helps others willingly. He has never asked for anything in return," says Zakariah.

I believe that when you have the heart to help a neighbour, there is no need to feel inadequate or daunted — just do it. My own children let me do whatever makes me happy. Even if I can't provide financial help, I can offer moral and physical support. I have already promised Zakariah that I will take care of him forever.



I did not expect my neighbour of 12 years, Ms Koh Wan Cheng, 71, to nominate me for the GNA. "I learned about Rugiman's kind acts in our day-to-day conversations. We live on the same floor. It's nice to have good neighbours who look out for one another. Mdm Tuminah always invites me to hang my laundry on their bamboo poles. When I go for holidays, she helps water my plants," Ms Koh recounts. "During the HDB Home Improvement Programme, Rugiman prepared

a big kettle of coffee for the workers every day. He is very kind and generous!"

We should all be kind to each other and help one another, just like a family would — regardless of our religion or the colour of our skin. When people see our close-knit community, they will be inspired to become like us. I hope my story will encourage the younger generation to care more about their neighbours and people in need.

Mr Rugiman shares his thoughts on being a good neighbour.

KINDNESS IS CONTAGIOUS

Wearing a friendly smile invites people to get to know you. Learn to listen with a keen ear and an open heart. After Mr Rugiman heard that a resident had suffered from stroke, he would listen to the latter's woes and advise him to be patient and positive when they meet at the void deck.

LOVE THY NEIGHBOUR AS THYSELF

Mr Rugiman opens his doors to everyone. Thanks to his friendliness, his neighbours' children, regardless of race, often visit his house for drinks and snacks. Mr Rugiman enjoys their company and accepts them as if they were his own grandchildren. "We even attend wakes at the void deck. We are not *pantang* (superstitious) because they are our neighbours," he says.

HELPING OTHERS HELPS YOURSELF

A helpful person tends to find it easier to receive help in times of need. Mr Rugiman, whose kind acts made him a well-respected and well-recognised figure in his community, occasionally gets a lift from his neighbours when they bump into him on the way out. Such interactions promote a climate of helpfulness that helps build a warmer community.

启发充满关爱的社区

Haji Rugiman先生和妻子17年来悉心照顾Zakariah Abdul Kader先生一家，从未间断。Zakariah先生育有5个子女，均患唐氏综合症。Rugiman夫妻二人平时会帮忙做饭、打扫房间、照顾孩子以及陪他们去医院就诊。在他们的帮助下，Zakariah先生一家数年前搬

进Rugiman先生所住的同座组屋。虽然Zakariah先生的儿女目前居住在疗养院，但Rugiman先生和妻子仍继续照顾年迈的Zakariah先生。Rugiman先生做好事不求回报，而且还承诺会继续照顾Zakariah先生。

“

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Menjadi Inspirasi Bagi Masyarakat Penyayang

Sejak 17 tahun lalu, Encik Haji Rugiman bin Supa'at dan isterinya telah menjaga Encik Zakariah Abdul Kader dan lima anaknya yang kesemuanya dilahirkan dengan 'Down Syndrome'. Rutin harian mereka termasuk menyediakan makanan, membersihkan rumah, menjaga anak Encik Zakariah dan menemani mereka ke hospital. Dengan bantuan mereka, keluarga Encik Zakariah berpindah ke blok Encik Rugiman. Walaupun anak-anak Encik Zakariah kini

berada di rumah penjagaan, Encik Rugiman dan isterinya masih menjaga keluarga tersebut. Encik Rugiman tidak mengharapkan apa-apa ganjaran di atas bantuannya, malah beliau berjanji untuk terus menjaga Encik Zakariah.



Preparing Mr Zakariah's meals has become a daily routine for Mr Rugiman and Mdm Tuminah.



மக்கள் சேவையே மகேசன் சேவை

கடந்த 17 வருடங்களாக திரு. ஹாஜி ருகிமான் பின் சுபாத்தும் அவரது மனைவியும் சேர்ந்து, திரு. ஜக்காரியா அப்துல் காதரையும், டவுன் சின்ரோம் எனப்படும் பிறவி வளர்ச்சிக் கோளாறால் பாதிக்கப்பட்ட அவரது ஐந்து குழந்தைகளையும் நன்கு பராமரித்து வருகிறார்கள். உணவு தயாரிப்பது, வீட்டைப் பெருக்குவது, குழந்தைகள் ஐந்து பேரையும் பராமரிப்பது, அவர்களை மருத்துவமனைக்கு அழைத்துச் செல்லும்போது அவர்களோடு செல்வது ஆகியவை அவர்களது முக்கிய தினசரி சேவைகளில் அடங்கும். அவர்களது உதவியுடன் திரு. ஜக்காரியாவின் குடும்பம் திரு. ருகிமான் குடும்பம் வசிக்கும் புளோக்கிற்கே வந்துவிட்டது. திரு. ஜக்காரியாவின் குழந்தைகள் அவர்களுக்கான பள்ளிகளில் சேர்க்கப்பட்டு விட்டபோதிலும், இன்னும் திரு. ருகிமானும் அவரது மனைவியும் அவர்களுக்கு உதவிசெய்வதை நிறுத்தவில்லை. இவ்வளவு சேவைகள் புரியும் திரு. ருகிமான் திரு. ஜக்காரியாவிடமிருந்து எந்த விதமான சம்பளத்தையோ அல்லது வேறு வகையான அன்பளிப்புகளையோ பெறுவதில்லை. அத்துடன், திரு. ஜக்காரியாவின் குடும்பத்துக்கு தொடர்ந்து உதவிசெய்து கொண்டே இருப்போம் என்றும் உறுதியளித்திருக்கிறார் திரு. ருகிமான்.

Transforming
a Flat,
**Changing
Lives**





Mdm Grace Lee Sun Ngo, 68, offers unconditional help to her neighbours in need, especially Mdm Tje A Sui, 52, and her family. Mdm Lee went through great lengths to help her stroke-stricken neighbour. From collecting old furniture to raising funds for a makeover of A Sui's flat, she helps make life better for A Sui and her family in many ways.

I am a 68-year-old mother of three children, who are all married now. Mdm Charmaine Wong, 42, whom I have known for seven years and a former teacher at the kindergarten where I work, nominated me for the Good Neighbour Award. At first, I was uncomfortable with the idea because I help others out of goodwill and not for recognition. But she convinced me that if more people knew about my story, they will be encouraged to help others.

My story is my neighbour's story. My neighbour, A Sui, stays at Block 11 on Toh Yi Drive. She suffered a stroke three weeks after giving birth to her second son. To support the family, her husband worked two jobs and passed away from exhaustion when the younger boy was five. As she is an Indonesian Chinese, she does not have relatives here except for her elder sisters.

I felt that she was having a hard time, so I tried to help her out by buying food for her family and covering some of her expenses.

I was shocked by the condition of her house when I stepped into

it for the first time. The furniture, doors and cupboard were broken, and the lightings were old and dim. There and then, I became determined to help the family out of my own pocket.

I gave them my used television, and whenever I have friends who are moving, I would collect their old furniture to replace the worn-out ones in A Sui's flat. I also approached neighbours who were moving for their unwanted furniture. After they saw the dismal state of A Sui's flat, they, too, decided to chip in and lend a hand. They sponsored the cost of amenities like fans and lightings, while I approached our neighbours to raise funds so that A Sui's flat can be repainted. For the kitchen renovation, I did another round of crowdfunding among A Sui's church members, my own friends and our neighbours.

After giving A Sui's flat a makeover, we rented out a room so that she has a source of income. One of her occupants was my Indonesian friend's daughter, who came to Singapore for studies and work. I soon became responsible for choosing the tenant.



Left to right: Charmaine Wong, Tje A Sui and Grace Lee.

Several years later, A Sui had a second stroke and required surgery that left her with reduced cognitive ability and mobility. I am so glad I found her in time. Later on, I suspected that she was suffering from depression and sought help from a counsellor. When I wasn't working, I would bring her to the hospital for medical appointments. I earned the trust of A Sui's sisters, who gave me the keys to her home in case of emergencies. Her sons also feel more at ease knowing that their mother is being taken care of.

A Sui's elder son, who turns 25 this year, is currently working and studying part-time for a degree. Her younger son, who walks with a limp and has several non-functional fingers due to a high fever when he

was 10, has recently completed his National Service. I am helping him in his job search.

Today, I still visit A Sui and prepare her meals after work every day. If I am unable to go over on a certain day, I will call and ask after her. I will also replenish the groceries and household products in A Sui's house every week. During Chinese New Year, I will decorate her flat so that she can also experience the festivity. I will continue to look after A Sui until the boys are independent enough and are able to hire a caregiver for her. I would be aged by then, but I will still come and visit her.

"I always see Aunty Grace walking past the corridor with containers of food. I see her love for people who are less

privileged. She goes beyond the call of duty to do things for others. If you ask her to cook a simple meal, she will whip up a feast. In her block, she gladly helps look after her neighbours' children. At the workplace, she is always the one who takes the initiative to help out. Her kindness and generosity towards A Sui has left a deep impression on me. She teaches me what it means to be a good neighbour," Charmaine shares.

I started working at the age of 12. Having gone through hardship during my growing years, I empathise with people who are going through difficult times. I am healthy and well, so I should help others while I can. I have never felt burdened by helping A Sui; I want her to feel that there are still people in this world who care for her.



改造住屋， 转变人生

当邻居需要帮助，被称为邻里之宝的李英娥女士总是毫不犹豫地伸出援手，热心帮助他人。英娥的邻居张亚细女士曾中风，更因丈夫早逝而必须一人抚养两个年幼儿子。不忍看到邻居遭受困境，英娥每天都探望亚细并为她准备膳食。

通过朋友与邻居的协助，英娥帮忙亚细搜集二手家具，还筹钱帮她装修老旧的房子。为了确保亚细有稳定的收入来源，英娥帮忙亚细出租家中其一房间。英娥承诺会继续照顾亚细直到她两个儿子成年独立为止。英娥多年来给予亚细一家人很大的帮助与支持，已成为他们的精神支柱。



Reaching out to neighbours in need

PHYSICAL ACTS

Show your support through your actions. Help to clean your neighbours' house, cook for your neighbours or accompany them if they need to visit the clinic or hospital. It doesn't have to take up a lot of your time — sparing an hour of your weekend to show that you care can bring a smile to your neighbours' faces.

UNITY IS STRENGTH

Get your family members or neighbours to join your cause. Be it organising community events or offering physical help, teamwork can make a huge difference and an enormous impact on your community.

CROWDFUNDING

Invite others to chip in to cover costs. To make a more compelling case, share the story and the reasons you want to help with people around you, especially those who know the neighbour-in-need.

Mengubah Flat, Mengubah Kehidupan

Puan Grace Lee adalah permata di kejirannya. Beliau tidak pernah menolak sesiapa sahaja yang perlukan bantuan. Selain daripada mengunjungi dan menyediakan makanan setiap hari untuk Puan Tje A Sui, seorang ibu tunggal yang mempunyai dua orang anak lelaki kecil dan juga seorang pesakit strok, Grace telah menggantikan perabot lama di rumah A Sui dan mengubah

suai rumahnya dengan bantuan kawan-kawan dan jiran-jirannya. Beliau juga memastikan yang A Sui mendapat pendapatan tetap dengan membantunya menyewakan sebuah bilik. Grace juga berjanji untuk membantu A Sui sehingga anak-anak lelakinya dewasa. Sesungguhnya, bantuan yang Grace hulurkan adalah tunggak kekuatan dan sokongan bagi keluarga A Sui.



Mdm Grace Lee's helpfulness has brought joy to her neighbours-in-need and inspired other neighbours to come forward to lend a hand.

அண்டை
அயலாருக்கு ஒளி
விளக்காய்
விளங்கும்
“நவரத்தினப்
பெண்மணி”
கிரேஸ் லீ!

திருவாட்டி கிரேஸ் லீ அண்டை அயலாருக்கு ஒரு விலை மதிப்பற்ற நவரத்தினம் போல, மிகவும் உதவிகரமாக வாழ்ந்து வருகிறார். அவர் அண்டை அயலாருக்குத் தேவைப்படும் எந்த உதவியையும் செய்ய மறுப்பதே இல்லை. பக்கவாதத்தால் பாதிக்கப்பட்டு, படுத்த படுக்கையாகக் கிடக்கும் இரண்டு குழந்தைகளுக்குத் தாயான விதவை, திருவாட்டி ட்ஜே ஏ சுய் அவர்கள் வீட்டுக்கு தினமும் சென்று, அவர்களுக்கு

உணவு சமைப்பதோடு, அவரது வீட்டின் பழைய மரச்சாமான்களை எல்லாம் மாற்றி, அவரது வீட்டையே புதிப்பித்தும் விட்டார் கிரேஸ்! இதையெல்லாம் அவர் தன் நண்பர்களைக் கொண்டும், பக்கத்து வீட்டாரைக் கொண்டுமே செய்துமுடித்து விட்டார்! அதுமட்டுமில்லாமல், ஏ சுய் வீட்டின் ஒரு அறையை வாடகைக்கு விடுவதற்கு ஏற்பாடு செய்து, ஏ சுய் அவர்கள் குடும்பத்திற்கு ஒரு நிலையான

வருமானத்தையும் ஏற்படுத்திக் கொடுத்துள்ளார் கிரேஸ்! ஏ சுய் அவர்களின் குழந்தைகள் இருவரும் பெரியவர்கள் ஆகும் வரை, ஏ சுய் அவர்களைக் கவனித்துப் பராமரிக்கப் போவதாக உறுதி கூறுகிறார் கிரேஸ். அவரது உதவி, ஏ சுய் குடும்பத்திற்கு ஒரு வலிமையான தூண் போன்ற ஆதரவை வழங்கியுள்ளதோடு, அவர்களது வாழ்க்கைக்கு பயன்மிக்க பேருதவியாகவும் அமைந்துள்ளது.



Although Mdm Grace Lee and Mdm Charmaine Wong no longer work in the same place, they remain good friends and neighbours who look out for each other.

Helping Neighbours, Connecting Communities



Mdm Veerama d/o Thalaniyandi Sivalinga, 65, finds meaning and fulfilment in helping her neighbours. From buying groceries for her elderly neighbour and connecting resources based on her neighbours' needs to organising activities that bring residents in Marine Parade together, she is an asset to her community.

Blk 16 in Marine Terrace has been my home for more than 30 years. I am well acquainted with my neighbours, having lived in this estate for more than half my life. Now that my two sons have grown up, I am able to contribute more to the community.

I like to help others. Although I cannot offer monetary assistance, I can offer my time and help out in any way I can.

For example, whenever I go to the market, I would ask one of my elderly neighbours who is ill at home if she needs anything. I will also top up her PAYU (Pay

As You Use, a prepaid electricity metering scheme) key at the Post Office on her behalf. Alone at home most of the time as her son works, she appreciates that I keep a lookout for her and often introduces me as her "adopted daughter" to others.

Every Friday, I head to WeCare@MarineParade for a sharing session. WeCare is a network which identifies people's needs, connecting them with volunteers and organisations that can offer solutions to their challenges. The largest group of beneficiaries include the elderly and those who require financial help.

The sharing session on Friday is open to everyone, and breakfast is provided. Sometimes I will help prepare the food. I also help the WeCare staff understand my neighbours better, especially since I visit the elderly around my area every week to find out how they are doing.

"Mdm Veerama is very helpful. She knows the residents and their issues very well. If their problems require professional help, she will inform us and we will then try to improve their living conditions," says WeCare's Ms Lee Wei Xuan.

Having lived here for 35 years and being in touch with my neighbours regularly, I am able to find out about the difficulties they face through our conversations. From my own life experiences, I understand the

pain that people go through. So when my neighbours come to me, I will definitely try my best to help.

As a Marine Terrace Walk Residents' Committee (RC) member, I have organised events such as block parties, flea markets, Father's Day and Mother's Day celebrations, Deepavali festivities and durian tours to Malaysia. Celebrations like these are great opportunities for me to catch up, talk to and spend time with my neighbours. For example, during Ramadan, my Malay neighbours would share their *iftar* meals with us. Last Christmas, the RC organised a potluck party for the residents. I went to invite my neighbours to the event, encouraging them to bring and share food with each other. It was great to see my neighbours having fun at the party!

My RC activities have also provided me with new ways of connecting with my community. Last November, I chaired the committee in charge of organising the Deepavali Cultural Night. I even helped to source for costumes from India. It was the first time that different Marine Parade RCs collaborated for an event and we even invited new immigrants to join us. All of us enjoyed the traditional Indian dance that they picked up and performed. Although the whole process was time-consuming, I was happy to see many of my neighbours at the event, and that they enjoyed themselves.

How to connect better with your neighbours

SMILE AND SAY HELLO

It may be a small gesture, but you can greatly lift someone's spirits. A simple "How are you?" shows that you care and can warm the heart of your neighbour.

KNOW YOUR NEIGHBOURS

If you meet them at the void deck, take some time to talk to them and get to know them better. Offer them support if you feel that they need it.

PARTICIPATE ACTIVELY IN YOUR COMMUNITY

Mdm Veerama is involved in RC activities and helps out at WeCare. This gives her many opportunities to meet and get to know her neighbours better.

You can start by joining in activities happening around your neighbourhood.

START YOUNG

It is important to instil the community spirit in children from young, although Mdm Veerama comments that youth who actively take part in community activities are few and far between. Parents can lead by example and encourage their kids to interact with their neighbours, as well as bring them to neighbourhood events.

帮助邻居， 联系社区

Veerama女士在马林台(Marine Terrace)居住多年，她认为帮助别人并不一定是给予物质上的帮助。她常常照应左邻右舍，也积极参与社区活动，为邻居们举办聚会和节日庆祝活动。Veerama女士为人热情，是社区的万事通。她熟悉各家各户的情况，这让她成为WeCare的灵魂人物之一。WeCare是一个了解居民需求、并提供相应援助的机构，亦是连接居民与义工和各有相关局的桥梁。

Membantu jiran, menghubungkan masyarakat

Sebagai seorang penduduk lama di Marine Terrace, Puan Veerama percaya bahawa membantu orang lain tidak semestinya dari segi kewangan. Beliau menghulurkan bantuan kepada jiran-jirannya dan terlibat secara aktif menganjurkan acara-acara kemasyarakatan seperti pesta blok dan meraikan hari perayaan untuk jiran-jirannya. Puan Veerama juga menjadi tempat rujuk jika seseorang ingin mengetahui tentang seseorang penduduk. Pemahaman beliau mengenai jiran-jirannya menjadikan Puan Veerama aset kepada WeCare, satu rangkaian yang mengenal pasti keperluan penduduk dan menghubungkan mereka kepada sukarelawan dan pertubuhan yang boleh menawarkan bantuan kepada mereka.



Mdm Veerama often works with Mr Wong Kin Yong, caretaker of the neighbourhood garden, to upkeep the green space in the community.

அண்டை அயலாரை நேசிப்போம், இதயங்களை இணைப்போம்

மரீன் டெரஸில் நீண்டகாலமாக வசித்துவரும் திருவாட்டி வீரமா, மற்றவர்களுக்கு உதவிசெய்வது பணத்தினால் மட்டுமே இயலுகின்ற காரியம் என்பதில் அவருக்கு துளியும் நம்பிக்கையில்லை. அவர் அண்டை அயலாருக்கு சமுதாய நிகழ்ச்சிகளான புளோக் விருந்துகள் மற்றும் திருவிழாக் கொண்டாட்டங்களை ஒருங்கிணைத்து நடத்துவதற்கு உதவிசெய்து வருகிறார். இந்தப் பகுதியில் வசிப்போர் பற்றி ஏதாவது தகவல் தெரிந்துகொள்ள வருவோர், முதலில் சந்திப்பது திருவாட்டி வீரமா அவர்களைத்தான். அண்டை அயலார்கள் பற்றி அவர் அறிந்து வைத்திருக்கும் தகவல்கள், அவரை வீகேர் அமைப்பின் முக்கிய ஆலோசகராகவே ஆக்கிவிட்டது. இந்த வீகேர் அமைப்பு மக்களின் தேவைகள் மற்றும் சிக்கல்களை அறிந்து, அத்தேவைகளைப் பூர்த்தி செய்வதில் அவர்களுக்கு உதவக்கூடிய தொண்டுழியர்களையோ அல்லது தொண்டுழிய நிறுவனங்களையோ அவர்களுக்கு அறிமுகப்படுத்தி, சரியான தீர்வுகளைப் பெற உதவுகிறது.





Great Communities

While individual acts of kindness make a more gracious community, it takes a group of friends to make a community a welcoming experience for everyone.

Find out how residents came up with ideas to bring about new friendships with community projects!



Drawing Out the Community Spirit

Using their expertise, Gilbert Cher, 31, and Hoo Xin Yu, 29, led their neighbours in Adora Green in adorning the walls of a HDB block with a vibrant collage of hand-painted images to reflect the desires and dreams of their community. What was drawn extended beyond the community's vision of what Adora Green could be. With neighbours helping and caring for each other in the process, the community spirit, which had been dormant in the residents, was drawn out.

Having lived in Adora Green for nearly three years, landscape architect Hoo Xin Yu and her architectural manager husband Gilbert Cher set out to create a unique identity for their estate through design, one that their neighbours could rally around and be proud of. "We wanted something to identify the blocks in a distinctive way," says Xin Yu.

The architect couple hit on the idea of creating a colourful contrast to the contemporary buildings around them that would nevertheless be an image of home. True to the idea of home, the project constituted a

mural created by the very hands of those who live in the estate.

To encourage participation, the couple divided the whole process into stages, so that everyone could take part in it depending on their talents and comfort levels. Based on that approach, they collected ideas from residents by holding a brainstorming session. "We had three questions to ask the participants and we kept the questions simple, like 'what do you love about your neighbourhood?' and 'what do you see here in the future?'" says Xin Yu.



“

The project not only painted the residents' vision of Adora Green on the walls, it also drew out the community spirit in Gilbert and Xin Yu's neighbours.

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In a bid to get people involved in this first stage of the project, the couple put up posters around the estate, posted on the Adora Green Facebook group, and spread the word to residents on their morning walks. Around 20 people turned up for the brainstorming session, including families with children and young couples interested in doing something for the community. Amid cheery music and refreshments provided by Gilbert and Xin Yu, the participants were forthcoming with their ideas for the mural — some even provided drawings straight away.

Attesting to the project's inclusiveness, Gilbert and Xin Yu accepted all the drawings that were submitted to be part of the mural. "There was a couple who was very interested in music, and they had hopes of becoming a band and performing, that's why we have a drum set painted in the mural. Then there were ideas like a community garden to bring back the *kampung* spirit," Xin Yu remembers. Some of their neighbours wanted flamingoes preening at the canal or dreamed of having a giraffe galloping around the neighbourhood park one day.

Gilbert and Xin Yu worked hard to combine these drawings into a single, unified collage.

The artistic nature of the brainstorming session was part of their strategy to involve the community as much as possible through the multi-stage design process. "When we planned the project, we conceptualised each phase to cater to different people," explains Xin Yu. "The first phase was the drawing part, which would suit our more artistic neighbours. The second phase was the voting process, for neighbours who are more reserved."

Their clever planning paid off, with 580 residents making their voices heard at a public voting session

and through an online poll. After about two weeks of sketching out the design that the residents had voted for, the painting session was conducted on a Saturday morning in April 2016, with approximately 100 people turning up to participate in the 10-hour mural-painting session.

If Gilbert and Xin Yu's intention was to mark the spirit of the community on the walls, what happened on painting day certainly surpassed their expectations. The project not only painted the residents' vision of Adora Green on the walls, it also drew out the community spirit in Gilbert and Xin Yu's neighbours. Residents were seen helping each other during the session, while some brought food and cakes, or even baked for their fellow participants.



Painting the mural together fostered a greater sense of unity among the neighbours in Adora Green.



Residents of all ages got together for a brainstorming session to design the mural.

"There was an auntie who helped carry a child whose mother took part in the painting. Our neighbours even offered their ladder so that we could paint the higher parts of the mural," recalls Gilbert. The communal spirit of looking out for one another didn't stop after they wrapped for the day. Residents dropped by to help Gilbert and Xin Yu when they saw the couple touching up parts of the mural the next day.

Although only one block (347A, Yishun Avenue 11) in the estate currently has a mural, Gilbert and Xin Yu hope to do the same for other blocks. "The project has renewed our interest in roping in the community in the design process. How do we get

the community to be involved in the design and improvement of the neighbourhood?" Xin Yu thinks aloud. Being recognised as one of the 'Most Outstanding Projects' in the community category of the GNP 2016 has further fuelled their enthusiasm. With the prize money, they plan to organise other community activities such as movie night for their neighbours.

"When we walk along the corridors now, we see familiar faces and say 'hi', which makes it feel more *kampung*. Before this, you go into the lift and there's awkward silence between the neighbours. Hopefully, through these projects, people will get to know each other better," Gilbert sums up.



绘制邻里精神

一对建筑师希望通过精心设计，为社区打造独特的面貌，并且能让周边居民凝聚在一起，促进感情。景观设计师何欣瑜（29岁）和她的建筑经理丈夫徐勇强（31岁），萌生出了与邻里居民合作，为一座组屋绘制壁画的想法。壁画的内容反映了他们对于社区的愿望与梦想。

投票，约有100名义顺“绿欣园”的居民也参与绘制壁画的工作。在这里生活了3年的勇强和欣瑜，通过与社区居民们携手把社区愿景绘制成壁画，促进了邻里的社区精神。在共同创作的期间，居民们互相帮助，甚至一同分享食物，联络感情，增进情谊。

与几个邻居集思广益之后，他们在网上让公众对壁画的设计进行



Menyuburkan Semangat Kemasyarakatan

Sepasang arkitek mendapat ilham untuk mereka bentuk sebuah identiti yang unik untuk estet mereka, yang dapat menyatukan jiran-jiran. Hoo Xin Yu, 29 tahun, seorang arkitek landskap, bersama suaminya, Gilbert Cher, 31 tahun, seorang pengurus arkitek, mencetuskan idea untuk melukis mural di salah satu blok HDB bersama-

sama jiran mereka. Mural itu akan memaparkan keinginan dan impian masyarakat mereka.

Selepas sebuah sesi perbincangan dengan beberapa orang jiran serta undian umum dan online mengenai reka bentuknya, seramai 100 orang penduduk Adora Green di Yishun ikut serta untuk melukis mural

tersebut. Gilbert dan Xin Yu, yang telah tinggal di sana sejak tiga tahun lalu, menyaksikan bagaimana semangat kemasyarakatan di kalangan jiran dapat timbul melalui berlukis visi masyarakat bersama-sama. Para penduduk membantu satu sama lain dan ada yang membawa makanan untuk dikongsi bersama para peserta.



மக்களின் சமுதாய ஆர்வத்தை மேம்படுத்துவோம்

இரண்டு கட்டிடக்கலை வல்லுநர்கள் தாங்கள் வசிக்கும் பேட்டைக்கு தங்கள் அண்டை அயலார் வீடுகளில் குடியிருப்போரெல்லாம் வியக்கும்படியான ஒரு தனித்துவமான அடையாளத்தை உருவாக்கவேண்டும் என்று தீவிரமாக விரும்பினர். இயற்கை கட்டடக்கலை வல்லுநர் 29 வயதான திருமதி. ஹூ ஸின் யூ அவர்களும், அவரது கணவரும் கட்டடக்கலை மேலாளருமான 31 வயதாகும் திரு. கில்பர்ட் செர் அவர்களும் ஒன்றாகப் பேசி தங்கள் வீடமைப்பு வளர்ச்சிக் கழகத்தில் இருக்கும் ஒரு ப்ளோக்கில் சுவரோவியம் வரையலாம் என்ற முடிவுக்கு வந்தனர். இந்த சுவரோவியங்கள் இங்கு வசிக்கும் மக்கள் சமுதாயத்தின் ஆசைகளையும் கனவுகளையும் பிரதிபலிக்கும் ஒன்றாக இருக்க வேண்டும்.

அருகில் வசிக்கும் மக்களுடன் நன்றாக கலந்து பேசி, மூளை அமர்வுகள் நடத்தி, வடிவமைப்புகளைத் தேர்ந்தெடுக்கும் பொருட்டு, பொதுவான மற்றும் ஆன்லைன் தேர்தல் ஆகியவற்றை நடத்தியதன் பிறகு, இஷா னில் உள்ள அடோரா கிரீன் பேட்டையில் வசிக்கும் சுமார் 100 குடியிருப்பாளர்கள் சுவரோவியம் வரைவதற்கு தயாராகி வந்திருந்தனர்.



கில்பர்ட் மற்றும் ஸின் யூ ஆகியோர், கிட்டத்தட்ட மூன்று ஆண்டுகளாக பேட்டையில் வாழ்ந்து வருகின்றனர். ஒரு சமுதாயப் பார்வையின் மூலம் எப்படி தமது அண்டை அயலாருடன் ஒரு ஒன்றிணைந்த உத்வேகத்தை குடியிருப்பாளர்கள் ஏற்படுத்திக்கொண்டு ஒருவருக்கொருவர் உதவிகளையும் செய்துகொண்டார்கள் என்பதையும், மேலும் மற்ற பங்கேற்பாளர்களுடன் தங்கள் உணவு வகைகளையும் கூடப் பகிர்ந்துகொண்டார்கள் என்பதையும் நேரடியாக கண்டு மகிழ்ந்தனர்.



Crafting a Community

Good friends Lee Sing Win, 44, and Selena Goh, 48, organised a craft session for fellow Pasir Ris residents, teaching them to make roses from *pandan* leaves. They never imagined that it would grow into a series of workshops that bond and inspire immediate neighbours and the wider community — both young and old.





It started with a 'rose'.

Although Selena and Sing Win knew each other as they were in the same parent support group of Pasir Ris Primary School, their friendship bloomed after a craft session that involved making roses out of *pandan* leaves.

Sing Win was attracted to the art of crafting after attending a ladies-only crafting group led by Selena that met every Tuesday. That was two years ago. "I thought it was fun," recalls Sing Win. "Personally, I like drawing; I'm not so good at crafts. But when I saw the happy faces of my parents and other friends

after I taught them what I learnt, I felt a sense of achievement and pleasure. So I thought I should spread what I have learnt. It's also a way of spreading love."

With such an enthusiastic convert in Sing Win, Selena decided to apply for the Good Neighbours Project (GNP) with her. "I thought it was better to carry out such activities together; after all, two heads are better than one!" she quips. After Sing Win consented to applying for GNP, they knuckled down to spread the joy of crafting to others in the community, taking just three weeks between coming up with the concept of 'Craft in





Participants in good spirits after a fulfilling craft session.

the Community' to executing the implementation plan.

"Booking the venue, doing the publicity, training the facilitators, getting helpers to assist with the set-up — these were just some of the biggest challenges," reveals Selena.

They even sourced for the materials for making ribbons and *pandan* roses from places such as Daiso, Ikea and the wet market nearby. The neighbourhood Residents' Committee (RC) also got involved, testament to the scale of the two ladies' efforts.

"I approached the RC for permission to use the pavilion

at Block 207A to run the event for a bigger crowd. Through the support of the RC, we even managed to put up flyers advertising our event in 27 blocks of flats," reveals Selena. Word was also spread via text messages, Facebook, and when Sing Win met neighbours for other activities.

These efforts all came together on Good Friday when their first class was held. The event involved seven facilitators, 16 helpers and more than 86 engaged participants. But beyond these numbers, the two friends were moved by the community spirit they witnessed that day.

“Neighbours helping and interacting with each other during the craft session, adults helping the children with the handling of scissors and penknives, the young helping each other with the folding of ribbons and decorating the flower pots — it was such a joy to witness the smiles and excitement on their faces,” observes Selena.

With the success of this first event, Selena and Sing Win were motivated to carry on organising such activities for other

communities. They had more help this time, with participants of the inaugural event jumping on board to volunteer as facilitators. The second event took place on Vesak Day. The location, Esparis Clubhouse, was specially selected because the organisers wanted to encourage residents living opposite (notably, senior citizens) to join in the activity. More than 50 participants turned up.

The craft sessions have grown by leaps and bounds, and now take place beyond Pasir Ris.

Their latest event took place in Jurong East and attracted more than 85 residents. More significantly, what started off as a simple craft session among friends has taken a life of its own. Some students have taken on the mantle of their instructors and set up their own craft sessions. Others train to become facilitators for craft events held at old folks' homes as part of their community service.

The positive social impact has rippled beyond craft activities. Sing Win has observed several

“
It was such a joy to witness the smiles and excitement on their faces.
”



Sing Win (left) and Selena (right) pose with their masterpieces.

“
Many projects start small. But regardless of the scale, the most important thing is to take that first step to act.
”

craft participants and their newfound friends enrolling in Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) courses together at the RC since.

These results are not entirely surprising to Selena, a previous Good Neighbour Award winner. “Neighbours and families that play together, bond together,” she sums up. It was this ethos that pushed her to submit their craft workshop as a GNP to the HDB.

While their GNP win means they will be able to run bigger

craft events more regularly, Selena has set her sights beyond monetary rewards. “I hope this mini-movement will spin forth greater movements, that more will be encouraged to come forth to participate, to lead, to facilitate, and to be involved in their respective communities and precincts.”

Lest any resident feel daunted, Sing Win offers some reassuring words, “Many projects start small. But regardless of the scale, the most important thing is to take that first step to act.”



More neighbours have taken on the role of instructors at the craft sessions.



Neighbours of all ages show off their handcrafted bouquets. (Photo credit: Selena Goh)



携手合作，创艺无限

为了与居民分享手工艺的乐趣，吴子玲和李馨韵为巴西立的邻居以及其它社区的居民举办了许多手工艺班。居民在这些手工艺班里学习如何利用班兰叶折成玫瑰花，对课程反应十分热烈。

这些付出不仅让她们获得了好邻居计划奖，随之建立起的邻里精神也让两人十分感动。她们举办的活动让不曾有交集的邻居开始交谈，大家互相帮助，同时也促进居

民建各自的手工艺小组让其他邻居受益。

吴子玲说：“我希望我们能鼓励更多的居民参加社区与邻里的活动，在各自的社区与邻里尝试领导与组织更多类似的活动。”为鼓励怯步的居民更勇于参加活动，李馨韵表示：“许多活动都是以小规模开始。然而不论规模大小，最重要的是，居民要勇敢地踏出第一步。”

“

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”

Membentuk Sebuah Masyarakat

Selena Goh dan Lee Sing Win mengendalikan bengkel demi memupuk minat dalam seni kraftangan. Mereka telah menganjurkan sesi-sesi membuat bunga ros daripada daun pandan untuk jiran-jiran di Pasir Ris dan juga para penduduk dari kawasan lain. Kesemua bengkel mereka mendapat sambutan yang baik.

Walaupun mereka memenangi hadiah Projek Jiran yang Baik di atas usaha mereka, mereka berdua begitu tersentuh dengan semangat kemasyarakatan yang terjalin hasil daripada bengkel mereka. Para penduduk yang mulanya tidak mengenali satu sama lain kini dapat berbual mesra dan saling membantu. Malah, para peserta bengkel mereka telah membentuk kumpulan kraftangan mereka sendiri untuk mengajar jiran-jiran yang lain.

"Saya berharap ini akan menggalakkan lebih ramai lagi untuk ikut serta, memimpin, mengendalikan dan melibatkan diri di dalam masyarakat dan presint masing-masing," kata Selena. Jika ada penduduk yang berasa kurang yakin, Sing Win memberikan kata perangsang, "Semua projek bermula dari kecil. Tetapi sama ada kecil atau besar, yang paling penting ialah untuk mengorak langkah pertama."

“

Saya berharap ini akan menggalakkan lebih ramai lagi untuk ikut serta, memimpin, mengendalikan dan melibatkan diri di dalam masyarakat dan presint masing-masing.

”



ஒரு புதிய சமுதாயத்தை உருவாக்குவோம்



செலினா கோ மற்றும் லீ ஸிங் வின் ஆகியோர் இத்தகைய பயன்பாடு மிக்க கைவினை சார்ந்த உடற்பயிற்சிகளினால் கிட்டும் ஆனந்தத்தை மேலும் பரப்பும் நோக்கில் பல பயிற்சிப் பட்டறைகளை நடத்தினார்கள். பாசிர் ரிஸ் மற்றும் பிற மாவட்டங்களில் வசிக்கும் அண்டை மக்களுடன் இது போன்ற எண்ணற்ற பயிற்சிகளை நடத்தி அப்பயிற்சிகளுக்கு நல்ல வரவேற்பையும் கிடைக்கச் செய்தார்கள். இந்தப் பயிற்சியில் பாண்டான் இலைகளை ரோஜாப் பூக்களாக ஆக்கும்

அமர்வானது முக்கியத்துவம் வாய்ந்த நிகழ்வாக ஆயிற்று.

தங்கள் நற்பணிகளுக்காக இந்த இரட்டைச் சகோதரிகளுக்கு கிடைத்த 'நல்ல அண்டை வீட்டினர் திட்டம்' மூலமாக பரிசளிக்கப்பட்டது. இதையும் தாண்டி, மக்களுடன் தாங்கள் உருவாக்கியுள்ள 'சமுதாய ஆர்வத்தை' எண்ணி ஆச்சரியப்பட்டார்கள். எப்போதுமே பேசிக்கொள்ளாத அண்டை வீட்டினர் இந்த உடற்பயிற்சிகளின் மூலம் பேசிக்கொள்ள ஆரம்பித்தார்கள். அவர்கள் ஒருவருக்கொருவர்

உதவிகளையும் பரிமாறிக்கொண்டார்கள். இந்த சகோதரிகளின் மாணவர்கள் தாங்கள் வசிக்கும் பகுதிகளில் அண்டை வீட்டார்கள் பயன்பெறும் வகையில் தங்களுக்கான சொந்த கலை மற்றும் கைவினைக் குழுக்களையும் ஆரம்பித்தார்கள்.

இது பற்றி செலினா பேசும்போது, "எங்களது இந்த முயற்சிகளால் இன்னும் அதிகமான மக்கள் இதுபோன்ற நிகழ்வுகளில் பங்கேற்பதோடு, இவற்றுக்குத் தலைமைப் பொறுப்பேற்று, தங்கள் பகுதிகளில் வசிக்கும் சமுதாயங்களையும் மக்கள் குழுக்களையும் இதில் ஈடுபடுத்துவார்கள் என்று நான் நம்புகிறேன்" என்று குறிப்பிட்டார். இங்கு வசிப்பவர்கள் யாராவது சிலர் இதுபோன்ற செயல்பாடுகளில் நம்பிக்கை இல்லாமல் இருந்தால், சிங் வின் சில நம்பிக்கையூட்டும் ஆறுதல் வார்த்தைகளை அவர்களுக்கு கூறுகிறார்: "பல திட்டங்கள் சிறிய அளவில்தான் தொடங்குகின்றன. ஆனால், அதைப் பொருட்படுத்தாமல் நாம் செயல்பட வேண்டும். முதல் அடியை யார் எடுத்து வைக்கிறார்கள் என்பதுதான் முக்கிய விஷயமாக உள்ளது."

Working Out Friendships



Sisters Shereen Ng, 23, and Shermaine Ng, 19, took their fitness regime a step further by conceptualising and conducting fitness sessions featuring common household items. A hit among the sporty siblings' neighbours in Clementi, the programme has already been introduced to other communities, helping residents reap both health and social benefits.

Taking a glance around the neighbourhood, Shereen noticed that the residents in her estate were doing a lot of cardio workouts, such as brisk walking and running, but few of them were doing strength training.

"I noticed there was that gap in the current fitness landscape in Singapore," says Shereen. Many were familiar with cardio exercises but did not do strength training that could benefit their joints and improve their flexibility. This was also apparent in the Ng family. "My mum said that she had no time for these things and doesn't know how to do them, either," recalls Shereen.

In the public eye, strength training was often associated with gyms, which are not always accessible to the general populace, "so the way to make strength training accessible would be to bring it to the neighbourhood," she decided.

Shereen and Shermaine regularly volunteer at events, but Shereen admits not having

done so at events in Clementi, even though their family has lived there for the past 17 years. "Shermaine really wanted to start within our own community and get to know our neighbours, so we thought it would be very fitting to have a go at the GNP (Good Neighbours Project) fund," says Shereen.

Calling themselves the "FitNgss", Shereen and Shermaine buckled down to devise a plan to bring strength training to their neighbours. With the Ng matriarch as inspiration, the sisters struck on the idea of adapting exercises to what their mother was familiar with — household chores and items.

Shereen's background as a certified fitness trainer came in handy as the Ng siblings came up with a simple exercise routine that turns commonly found items, like heavyweight detergent bottles and chairs, into makeshift weights. Instead of dumbbells, bicep curls would be done with water bottles that are present in many households.

To publicise the workout session, posters were printed and displayed at common areas frequented by residents, such as lift lobbies, and communal spaces, such as community centres. The duo also conducted door-to-door visits and made their rounds around the neighbourhood park to talk to residents about their upcoming exercise session and its concept.

The sisters also diligently tested out the routine with a small group of residents and made necessary tweaks to it. They finally showcased the regime to a good 80 neighbours, both young and old, in April 2016. Many of those who turned up found the exercise so

beneficial that they requested to have the sessions conducted on a regular basis.

One appeal of the sisters' workout choreography was the way each movement was designed to make it familiar and easier for the residents to remember. Instead of instructing their neighbours to bend to their side and stretch, the sisters made analogies to common household scenarios.

"We have a 'washing clothes' exercise where we get them to put their two hands together and scrub like they are doing household chores. We get them to reach out to their side while they do that. That trains the



Shermaine leading the participants in a workout. (Photo credit: Shereen Ng)

“

A workout gets more meaningful when you know who you're working out with. While having their refreshments, participants naturally mingle with each other.

”



Shermaine (left) and Shereen (right) invented an exercise routine using household products.

oblique, the side of the core muscles," Shereen explains. "After 'washing clothes', you naturally have to dry them in the sun. So you pick up the clothes and hang them up, just like how squats are done. And when hanging them up, you have to bring the bamboo pole out, which is another exercise."

Thanks to the ingenuity of the two sisters, these 'chores' have become a favourite activity of the participants. This approach also fits into the sisters' vision of making strength training more

accessible to their neighbours. "The message we wanted to send was that if you are already doing household chores, you are already doing exercise," shares Shereen.

Beyond exercise, the sisters also promote interaction among their workout participants by providing refreshments. As Shereen explains, "A workout gets more meaningful when you know who you're working out with. While having their refreshments, participants naturally mingle with each other."



Over time, the innovative exercise sessions attracted a big turnout. (Photo credit: Shereen Ng)

“
The message we wanted to send was that if you are already doing household chores, you are already doing exercise.
”

These fortnightly sessions, which the FitNgss refer to as the Strong Mind Fit Body project, have proven to be a hit among the community. Some residents are experiencing less joint pain and improved flexibility after three to four months of such strength training.

More importantly, the Ng sisters witnessed residents becoming familiar with their fellow exercise partners. Some of these residents take the time to acknowledge their newfound pals as they go about their daily lives in the estate; some even go on to form friendships.

The sisters, too, have gotten to know their neighbours better.

The sisters' dedication to the community was recognised when they were awarded one of the Most Outstanding Teams for GNP 2016.

Today, the sessions have expanded to other neighbourhoods, such as Pasir Ris and Jurong Spring. The FitNgss hope to reach out to even more neighbourhoods in the future. Beyond healthier bodies, the sisters have also brought about stronger community bonds and relationships.



“
这项活动，
不仅帮助居民
强身健体，也促进
居民的互动与交流，
让运动伙伴之间
建立起良好的关系
和深厚的友谊。
”

“健”设情谊

在这两姐妹的帮助下，一般家务和家庭用品如搬椅子和清洁剂瓶子等，都成了金文泰居民进行一系列增强力量的训练器材。23岁的吴雪宁和19岁的吴雪敏，在金文泰居住了超过17年。她们发现居民可从这些力量训练中受益，如促进关节健康。因此热爱运动的两姐妹编排了一套训练动作，让居民们利用一般家庭物品当作力量训练器材。

这项活动每两周举行一次，不仅帮助居民强身健体，也促进居民之间的互动与交流，让运动伙伴之间建立起良好的关系和深厚的友谊。

姐妹俩也由此对住在附近的居民有了更深的了解。自去年获得好邻居计划奖项后，雪宁和雪敏也开始到巴西立和裕泉邻里推广这套极具创意的运动，并认识了更多不同社区的居民。

Menjalin Persahabatan

Perbuatan biasa di rumah seperti mengangkat kerusi dan botol bahan pencuci telah menjadi sebahagian daripada senaman latihan kekuatan di Clementi. Ia hasil usaha dua orang adik-beradik iaitu Shereen, 23 tahun dan Shermaine Ng, 19 tahun yang tinggal di Clementi sejak 17 tahun yang lalu. Mereka berpendapat para penduduk boleh mendapat manfaat daripada latihan kekuatan seperti kesihatan sendi yang lebih baik. Oleh itu, mereka berdua yang meminati sukan telah mencipta sebuah gerak senaman untuk masyarakat dengan menggunakan barangan biasa yang terdapat di rumah sebagai peralatan latihan kekuatan.

Sesi dua minggu sekali itu bukan sahaja menambah kesihatan para peserta tetapi berjaya mengeratkan jalinan hubungan yang lebih mesra di antara para penduduk. Mereka sudah begitu mengenali rakan-rakan senaman sehingga ada di antara mereka menjadi sahabat karib.

Kedua beradik itu juga lebih mengenali jiran-jiran mereka. Dan dengan anugerah GNP yang diraih pada tahun lalu, mereka mula mengenali para penduduk dari kejiranan yang lain setelah memperkenalkan senaman kreatif mereka kepada masyarakat di Pasir Ris dan Jurong Spring.





The exercise regime is popular among residents of every generation. (Photo credit: Shereen Ng)

உடற்பயிற்சி செய்வோம், நட்பை வளர்ப்போம்

பொதுவாக நாம் செய்யும் வீட்டு வேலைகளான நாற்காலிகளைத் தூக்குதல், சோப்பு பாட்டில்களைத் தூக்குதல் போன்ற செயல்கள் கிளெமெண்டியில் உடல் பலத்தை பெருக்கிக்கொள்வதற்கான பயிற்சியின் ஒரு பகுதியாக மாறிவிட்டன. இதற்காக இரண்டு சகோதரிகளுக்கு நன்றி கூறிக்கொள்ள வேண்டும். கடந்த 17 ஆண்டுகளாக இந்த எஸ்டேட்டில் வசிப்பவர்களான 23 வயதான ஷெரீன் மற்றும் 19 வயதான ஷெர்மைனி என்ஜி ஆகிய இரண்டு சகோதரிகளும் இங்கு குடியிருப்பவர்கள் உடல் வலிமைக்கான பயிற்சி எடுத்துக் கொண்டால், அது மூட்டு ஆரோக்கியத்தை அதிகரிக்கும் என்று உணர்ந்தார்கள். அதற்காக, விளையாட்டில் ஆர்வம் கொண்ட அந்த சகோதரிகள் பொதுவான வீட்டு உபயோகப் பொருட்களை உடல் வலிமைப் பயிற்சிக்கான உபகரணங்களாக பயன்படுத்த ஆரம்பித்தார்கள்.

இரண்டு வாரங்களுக்கு ஒரு முறை நடக்கும் இந்த அமர்வுகளால், நல்ல ஆரோக்கியம் மட்டுமின்றி, இதில் பங்கேற்கும் மக்கள் மத்தியில் நெருங்கிய நட்புறவையும் அவை உருவாக்கியுள்ளன. மக்கள் தங்கள் உடற்பயிற்சி பங்காளிகளோடு நன்கு அறிமுகம் ஆவதோடு, அதன் மூலம் சிலர் தங்களுக்குள் உறுதியான நட்பையும் உருவாக்கிக் கொண்டனர்.

இந்த இரண்டு சகோதரிகளும் கூட, தமது அண்டை வீட்டினரைப் பற்றி நன்றாக அறிந்துகொண்டார்கள். அவர்கள் கடந்த ஆண்டில் இதற்காக ஒரு ஜிஎன்பி விருதினை ஏற்பாடு செய்தார்கள். அதன் மூலம் அருகில் உள்ள மற்ற சமுதாய மக்களையும் அவர்கள் நன்றாக அறிந்துகொண்டார்கள். அவர்கள் பாசிரிஸ் மற்றும் ஜோரோங் ஸ்பிரிங் சுற்றுவட்டாரங்களிலும் தங்கள் படைப்புத்திறன் மிக்க இவ்வகை உடற்பயிற்சிகளை கொண்டுசெல்ல ஆரம்பித்தார்கள்.



Planting
**Seeds of
Friendship**
in the
Neighbourhood

Working on a community garden has brought members of Evergreen Secondary School's Interact Club closer to nearby residents. Led by teacher Mr Oun Yejiu, 35, and eco-trainer Mdm Lalitha Nair, 55, the club shares its love of nature with neighbours in Woodlands through gardening, producing enzymes, and growing and harvesting garden greens together.



Mr Oun Yejiu, Mdm Lalitha Nair and members of Evergreen Secondary School's Interact Club display the fruits of their labour.

Just behind a school in Woodlands sits a little plot of land, awaiting its young gardeners. Usually, pairs of youthful hands scabble at the soil, sprinkling seedlings on it; if the planting is successful, harvesting the bounty follows. From time to time, the students will pass the spades and

watering cans to the residents of the surrounding estate as part of the students' community garden initiative.

This community project, titled G.R.O.W, is just one of the programmes available to student members of Evergreen Secondary School's Interact

Club. Headed by teacher Mr Oun Yejiu, the club's gardening pursuits are initiated and supervised by eco-trainer Mdm Lalitha Nair. Thanks to her, the students of the Interact Club have been demonstrating gardening techniques and passing on their love of nature to nearby residents since October 2014.

A chance meeting at the club's newspaper collecting activity led to Mdm Lalitha, a member of the Residents' Committee (RC) in Woodlands Zone 2, introducing a plot of arable land she was in charge of tending to Mr Oun.

She proposed to Mr Oun that the club could deepen its environmental consciousness and engage with the community around them by tending to the garden. Mdm Lalitha offered to teach the club members and lead the programme.

This led to members planting and harvesting vegetables for needy groups in the community, such as their offer of seven types of vegetables to residents in a home for the elderly during Chinese New Year in 2014. Over time, the club's involvement evolved into one that was informed by global environmental concerns.

"As I had been talking to them about world issues aside from just gardening — such as genetically modified foods and food security — we thought it would be a good idea to let the students experience the environmental side of things first-hand," recalls Mdm Lalitha. "I thought we would train the students to demonstrate gardening, how to make enzymes, and grow microgreens for salads, then let them teach the residents, which they are doing now."

Working together, Mdm Lalitha and the students have transformed the plot of land



The students not only picked up gardening techniques, but also learned the importance of caring for the environment and the community. (Photo credit: Oun Yejiu)



Mr Oun and Mdm Lalitha are proud of the students' growth through this experience.

into a community garden and a green classroom for residents. Through outreach activities held in the garden, the students teach residents how they can grow their own vegetables and make salads and herbal teas from the garden's crops. Residents can also harvest the herbs planted on the outside of the garden's fence.

According to Mr Oun, the residents are now so familiar with the students that they bring snacks and drinks for the young gardeners when they see them hard at work. The students,

in turn, have gotten closer to the community through these informal lessons.

And because they are gardening side by side, the residents inevitably get to know one another, forming friendships. "When one resident had medical problems, a neighbour called his nephew to buy some medicine from Little India to alleviate the condition," recalls club member Crystal Kee, citing an instance of neighbours becoming friends. "It's good to know that the neighbours are growing close enough to help each other."



Students of Evergreen Secondary School engage young residents in painting activities. (Photo credit: Oun Yejiu)

“
It's good to know that the neighbours are growing close enough to help each other.
”

The club's activities, including working on the garden, also had an effect on the members. Mr Oun proudly recounts that members have developed greater confidence and even leadership abilities as they take charge of the garden and reach out consistently to surrounding residents. “With exposure to others through the community activities, the students can now interact with people from all walks of life, from children to senior citizens; they even speak confidently to ministers,” beams Mr Oun.

According to Crystal and Lanz Cervantes, another Secondary 4 member of the club, the initiative has given them a sense of accomplishment as they witness the seedlings and friendships forged in the garden grow.

“In our community garden, we plant and other people can take what we plant. It's about putting others before self,” sums up Mdm Lalitha. “We are not just growing vegetables and a love for nature in the next generation; we are also growing bonds in our community.”

播下友谊的种子

永青中学后面的一小块空地，如今已成为附近居民联络感情的好去处。自2014年10月以来，在温业就老师（35岁）与生态学者Lalitha Nair女士（55岁）的带领下，学校的互动俱乐部成员携手为兀兰居民们展示园艺技能。

通过举办外展活动，俱乐部的会员们与居民分享如何种植微型蔬菜，并使用花园里采摘的新鲜蔬菜制作

成爽口沙拉和清新凉茶。居民与年轻的园丁们相处融洽，当他们辛勤劳作的时候，居民们都会提供零食和饮料。通过参加这些园艺活动，会员们也能更加融入社区生活。对于这项活动，Lalitha女士总结说：“我们不仅是在种植蔬菜，我们也借此培养下一代对大自然的热爱，并且增进社区内的邻里情谊。”



Members of the Interact Club having fun during a hands-on gardening session.



Menyemai Benih Persahabatan Dalam Kejiranan

Di belakang Sekolah Menengah Evergreen terdapat sebuah bidang tanah kecil yang telah menjadi tempat berkumpul para penduduk. Dipimpin oleh seorang guru, Encik Oun Yejiu, 35 tahun, dan bersama seorang jurulatih eko, Puan Lalitha Nair, 55 tahun, ahli-ahli Kelab Interact sekolah tersebut, telah mengadakan demonstrasi teknik berkebun kepada para penduduk Woodlands sejak Oktober 2014.

Melalui kegiatan tersebut, ahli kumpulan ini mengajar para penduduk cara menanam "microgreen" sendiri dan membuat salad dan teh herba daripada tanaman kebun.

Para penduduk kini sudah berkenalan dan mesra dengan para pelajar yang berkebun sehinggakan mereka akan membawakan minuman dan makanan ringan setiap kali para pelajar itu datang untuk berkebun. Para pelajar pula dapat mendekati para penduduk melalui kegiatan berkebun ini. Puan Lalitha merumuskan hasil daripada kegiatan ini dengan berkata, "Kami bukan sahaja menanam tumbuhan dan mengajak generasi muda untuk cintakan alam semula jadi, tetapi kami juga menyemai jalinan mesra di kalangan masyarakat."

The project helped raise awareness on environmental issues among residents. (Photo credit: Oun Yejiu)



உள்ளூர் மக்களிடையே நட்புணர்வின் விதைகளை ஊன்றுவோம்

எவர்கிரீன் மேல்நிலைப் பள்ளிக்குப் பின்புறத்தில் ஒரு சிறிய காலி மனை உள்ளது. அது இப்போது அங்கிருக்கும் குடியிருப்பாளர்கள் தங்களுக்குள் ஒருவருக்கொருவர் அறிந்து, புரிந்துகொள்ளும் ஒரு நல்ல இடமாக மாறிவிட்டது. 35 வயதான ஆசிரியர் திரு ஆன் யெஜியூ அவர்களால் வழிநடத்தப்பட்டு, 55 வயதான சுற்றுச்சூழல் பயிற்சியாளரான மேடம் லலிதா நாயர் அவர்களின் கூட்டுமுயற்சியில் இயங்கும் இந்த அமைப்பு பள்ளியின் 'இன்ட்ராக்ட் கிளப்' உறுப்பினர்களுடன் ஒன்றிணைந்து அக்டோபர் 2014 முதல் உட்லண்ட்ஸ் பகுதியில் வசிக்கும் மக்களுக்கு தோட்டக்கலை பற்றிய தொழில்நுட்பங்களை கற்பித்து வருகிறது.

சில நல்ல விளம்பர நடவடிக்கைகள் மூலம், இந்த அமைப்பின் உறுப்பினர்கள், இந்த குடியிருப்பாளர்கள் எப்படி தங்கள் சொந்த சின்னஞ்சிறு வீட்டுத்தோட்டங்களை வளர்த்து, அதன் மூலம் கிடைக்கும் காய்கறி மூலம் சாலட்டுகள் மற்றும் மூலிகை தேநீர் ஆகியவற்றை உருவாக்கலாம் என்பதை கற்றுக்கொடுக்கின்றனர். அந்த இளம் மாணவர்கள் கடினமாக வேலை செய்யும் போதெல்லாம் அவர்களுக்கு தின்பண்டங்கள் மற்றும் பானங்களை வழங்கும் அளவுக்கு இங்கு வசிக்கும் குடியிருப்பாளர்களுக்கு இந்த இளம் தோட்டக்காரர்கள் மிகவும் பரிச்சயமானவர்களாக ஆகிவிட்டனர். இந்த மாணவ உறுப்பினர்கள், இந்தத் தோட்டக்கலை நடவடிக்கைகள் மூலம் அந்த சமுதாயத்துக்கு மிகவும் நெருக்கமானவர்களாக ஆகிவிட்டனர். இந்தத் திட்டம் மற்றும் சமூகத்தின் மீதான அதன் பிணைப்பு ஆகியவை பற்றி மேடம் லலிதா கூறுகையில், "நாங்கள் இங்கு வெறும் காய்கறித் தோட்டங்கள் மற்றும் அடுத்த தலைமுறைக்கு இயற்கை மீதான ஒரு நேசம் ஆகியவற்றை மட்டும் வளர்க்கவில்லை. எங்கள் சமுதாய உறுப்பினர்களிடையே ஒருவித நல்லிணக்கத்தையும் நாங்கள் உருவாக்கி வருகிறோம்" என்கிறார்.



A member of the Interact Club teaching the public how to fold roses using pandan leaves. (Photo credit: Oun Yejiu)

Weaving a Community's Memory

Four students from Hwa Chong Institution set out to bring the residents of Potong Pasir closer by getting them to collaborate on a mural. The residents were invited to depict their memories and hopes for the estate on individual tiles. These tiles, subsequently pieced together to form a mural in the shape of Potong Pasir's signature sloped roofs, have since witnessed the formation of many meaningful bonds within the community.

Motivated by the power of art, four bright-eyed students from Hwa Chong Institution set out to bring the residents of a Potong Pasir neighbourhood together via a patchwork mural comprising individual tiles. Each square tile drawn by a resident depicts his or her memories and hopes for the estate.

"The main aim of our project was to strengthen community ties in the neighbourhood and

foster a sense of belonging and pride," explains Goh Su Ning, the leader of the quartet called Team Roseto. The three other members of the team are Charmaine Chua, Josea Evan and Lisa Sitoh. "The patchwork is a powerful symbol of the importance of a bonded community. Just like how every single tile is essential in the creation of a beautiful mosaic, every single resident plays a part in building a warmer and united community."

Under the auspices of their school's service learning project, these students — all 19 years old except Lisa, who is 18 — set their sights on Potong Pasir as Josea spent much of his childhood in schools there, while Charmaine is a current resident in the



The main aim of our project was to strengthen community ties in the neighbourhood and foster a sense of belonging and pride.



neighbourhood. There were also other aspects of Potong Pasir that endeared itself to Team Roseto. "A unique *kampung* spirit exists there," Su Ning asserts.

But the students had their work cut out for them. The biggest challenge was ensuring the permanence of the artwork on the tiles, as the mural would be installed outdoors and needed to be able to withstand more wear and tear. Thus, the students

experimented with a variety of markers and lacquer sprays after consulting art teachers familiar with such projects.

Expenses would also have been a challenge, if not for the support the students received. They managed to find sponsors such as the Potong Pasir Community Club, which pitched in — among other things — to publicise the tile-drawing sessions on its Facebook page

Members of Team Roseto, Goh Su Ning, Charmaine Chua and Lisa Sitoh, at a Potong Pasir playground.





and provided logistical support for the sessions. In addition, the team submitted their idea to HDB's Good Neighbours Project, where it was shortlisted for implementation, thus getting additional funds to complete their tilework.

With these expenses covered, the team worked on the ground in April 2016, setting up booths in communal spaces over two weekends to reach out to the residents and getting them to draw what Potong Pasir meant to them.

"Potong Pasir is a community with mostly elderly people," says Su Ning. "Many told us that they were too old or could not draw properly. We had to reassure them that the beauty of the collage was in its messiness; as long as each tile reflected one's love for the community, the patchwork would turn out just fine."

Inspired by the quartet's passion and enthusiasm, more than 500 residents — ranging from children as young as four to a 96-year-old woman — turned up on the tile-painting day. "The 15 tables we set up were not enough to hold everyone!" Su Ning recalls.

But what resonated with Team Roseto most was how the session has helped to forge ties among the participants. Residents shared personal stories and memories of living



The completed mural is currently displayed on a wall outside the Potong Pasir Community Club. (Photo credit: Goh Su Ning)

in the neighbourhood with each other as they set their marker pens to the tiles. Some even found long-lost friends among the participants!

"One resident told the rest about the meaning of Potong Pasir, which is Malay for 'cut sand', a heritage that is largely forgotten," reveals Su Ning. "Another resident shared how the rambutan tree in front of the Community Club is more than 30 years old, and has been a fixture all his life, providing some constancy amidst the rapidly changing times."

The team also witnessed an Indian woman teaching children the intricacies of designing traditional mandala artwork as they worked on the tiles at the same table.

Team Roseto's work did not end with the completion of the mural. At the unveiling of the mural, a celebration was organised, during which the team scheduled games and performances to enhance the bonding between residents, regardless of their participation in the creation of the mural.

“
The patchwork
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”



Team Roseto takes a group photo with Mr Sitoh Yih Pin, Member of Parliament for Potong Pasir Single Member Constituency. (Photo credit: Goh Su Ning)

Residents of different races and ages were seen interacting freely with each other. Some even got up to dance to the musical performances, which was a heartwarming sight for Team Roseto.

The completed mural now hangs on a wall outside the Potong Pasir Community Club. The team hopes that it can be a conversation starter among the many residents passing by. Having witnessed the residents growing closer since they initiated their project, the quartet

is optimistic about the positive effects this labour of love will have on the community.

“To be honest, the patchwork was not the main force that united residents of Potong Pasir. The patchwork merely paved the way for the opening up of hearts and homes in Potong Pasir,” Su Ning says as she reflected on the team’s project. “Long-term meaningful bonds have been nurtured over time, so this is just the first step towards greater community spirit.”

编织社区回忆

来自华侨中学的四名学生希望波东巴西居民能够通过完成拼贴壁画而促进感情。学生鼓励居民们在瓷砖上画出他们对社区的感想。当这些砖块拼在一起时，也反映了居民们对社区的情谊，以及波东巴西的一些丰富历史。

邻居也通过画画的过程联络感情，一起分享在社区居住的共同回忆。这四名学生也从活动中见证了老一

辈的居民如何教导年轻一代关于社区的蜕变。此外，他们还举办了揭幕活动，通过各种表演与游戏，让居民们欢聚一堂。这是让波东巴西居民互相认识与交流的一个平台，让居民在维系旧情谊的同时也可以认识新朋友。

该壁画目前展放在波东巴西民众俱乐部。

“

当这些砖块拼在一起时，反映了居民们对社区的情谊，以及波东巴西的一些丰富历史。

”



Residents from all walks of life expressed their hopes for and memories of Potong Pasir by drawing on the tiles.
(Photo credit: Goh Su Ning)

Menyulam Kenangan Masyarakat

Empat pelajar dari Institusi Hwa Chong merancang untuk menyatukan para penduduk Potong Pasir melalui sebuah kegiatan melukis petak mural.

Mereka menggalakkan para penduduk untuk melukis di petak jubin perasaan mereka terhadap estet mereka. Semua petak jubin dicantumkan menjadi sebuah mural besar yang mencerminkan ikatan masyarakat dan kenangan peribadi penduduk terhadap

Potong Pasir. Semasa sesi melukis jubin, para penduduk berinteraksi bersama jiran-jiran dan berkongsi kenangan tinggal di estet tersebut. Empat pelajar itu juga menyaksikan penduduk warga emas menceritakan kepada generasi muda kisah estet yang mereka sayangi itu sambil mereka menghasilkan mural yang kreatif bersama-sama.

Empat sekawan itu juga mengadakan pesta perasmian

mural yang diserikan dengan persembahan dan permainan untuk para peserta dan penduduk yang lain. Pesta itu membuka satu lagi peluang untuk para penduduk berinteraksi dengan jiran-jiran dan mengeratkan lagi ikatan persahabatan dengan jiran-jiran yang sudah dikenali.

Mural itu kini dipasang di Kelab Masyarakat Potong Pasir.





Residents engaging in a traditional game of Five Stones. (Photo credit: Goh Su Ning)

சமுதாய நினைவுச் சின்னங்களைப் புதிதாய் படைப்போம்

ஹ்வா சொங் கல்வி நிறுவனத்திலுள்ள நான்கு மாணவர்கள், போடோங் பாசிரில் வசிப்பவர்களை ஒன்றிணைத்து ஒரு சுவரோவியத் தொடரின் உருவாக்கத்தில் அவர்களைப் பங்கேற்கச் செய்தார்கள்.

அந்த மாணவர்கள், அங்குள்ள குடியிருப்பாளர்களிடம் எஸ்டேட் பற்றி என்ன நினைக்கிறார்கள் என்பதை ஓடுகளில் வரைவதற்கு ஊக்குவித்தார்கள். அந்த ஓட்டு ஓவியங்கள் அனைத்தையும் ஒன்றிணைத்து ஒரு தொடரான சுவரோவியமாக ஆக்கியபோது, இந்த போடோங் பாசிரில் வசிக்கும் மக்கள் சமுதாயம் தங்கள் அண்டை வீட்டாருடன் கொண்டுள்ள நட்புறவுகளும், தங்கள் சமுதாயத்தின் தனிப்பட்ட வரலாற்றுச் செழுமைகளும் அந்த சுவரோவியங்களில் எதிரொளிப்பதைக் காண முடிந்தது. இந்த ஓட்டோவிய அமர்வின் போது, குடியிருப்பாளர்கள் தமது அண்டை வீட்டாருடன் ஒன்றாகக் கூடி இந்த எஸ்டேட்டில் தாங்கள் வாழ்வது பற்றிய பல்வேறு மலரும் நினைவுகளைப் பகிர்ந்துகொண்டார்கள். மக்கள் ஒன்றிணைந்து சுவரோவியப் பணிகளில் ஈடுபட்டிருந்தபோது, தங்கள் அன்புக்குரிய எஸ்டேட் பற்றி இளைய தலைமுறையினருக்கு மூத்த குடிமக்கள் நிறைய விஷயங்களைக் கற்றுக்கொடுப்பதையும் இந்த நான்கு மாணவர்களும் அறிந்துகொண்டனர்.

நால்வரும் சேர்ந்து இங்கு ஒரு விருந்து நிகழ்ச்சிக்கு ஏற்பாடு செய்வதெனத் திட்டமிட்டனர். இந்த நிகழ்ச்சியில் பங்கேற்பாளர்களும், பிற பகுதிகளின் குடியிருப்பாளர்களும் கலந்துகொண்டு கலை நிகழ்ச்சிகள் மற்றும் விளையாட்டுகளை நடத்தினர். இந்த விருந்து நிகழ்ச்சி போடோங் பாசிர குடியிருப்பாளர்கள் தங்கள் அண்டை வீட்டாருடன் உரையாடவும், புதிய நட்புகளை உருவாக்கிக் கொள்ளவும், பழைய நட்புகளை மீண்டும் உறுதிப்படுத்திக் கொள்ளவும், இன்னொரு நல்ல வாய்ப்பாக அமைந்தது.

சுவரோவியம் இப்போது போடோங் பாசிர சமுதாய கிளப்பில் நிறுவப்பட்டுள்ளது.

Activating Spaces, Enriching Lives

An underutilised space in Aljunied Crescent has been transformed into a vibrant activity zone, thanks to the Welcome to Our Backyard (WOBY!) project, which was funded by the HDB Friendly Faces, Lively Places (FFLP) Fund. Residents worked side-by-side with grassroots leaders as well as senior citizens and staff of Geylang East Home For The Aged (GEHA) in a series of programmes to come up with ideas that make the space more inclusive. The result was a welcoming space for both the elderly and the wider community.



The underutilised plot of land between Block 96 and 97 in Aljunied Crescent, which used to be frequented only by the elderly, has been transformed into a cheery hangout for residents of all ages. Now, you can find swings for the young-at-heart and seating areas for neighbours to rest and mingle, while planter boxes brimming with green foliage inject a breath of fresh air into the neighbourhood.

This project, titled 'Welcome to Our Backyard (WOBY!)', is a collaboration between non-profit design consultancy Participate in Design (P!D), MacPherson Citizens' Consultative Committee (CCC), and GEHA (located in front of the open space). The idea of WOBY! was born from a conversation between the Chairman of GEHA and Ms Tin Pei Ling, Member of Parliament in the MacPherson Single Member Constituency. It sought to brighten up the little-used

area and transform it into a lively spot for the community.

The initiative was a good opportunity to bring together those with a stake in the community — residents of the adjacent blocks, grassroots leaders as well as senior citizens and staff of GEHA — through a series of programmes. These programmes gathered their opinions on how the eventual space should be like, helping to nurture the residents' sense



of ownership over the space. The strong community bonding and place-making elements of WOBY! led to the project qualifying for a funding of S\$10,000 under the HDB FFLP Fund.

Stakeholders in the community were roped in to WOBY! from the early stages of the project. Residents were informed about the project and gave their feedback in an 'ideas market'. As many of them are seniors and young children, images were used so that it was easier for

them to express their ideas for the space.

Over the years, the different stakeholders were brought together in intensive community design workshops and focus groups to co-create and develop ideas to enliven the space. The workshops also served as a platform for discussion and kept everyone up to date on the project's progress.

Opinions from a wide range of stakeholders resulted in a space centred on the idea of 'play for all ages' that incorporated elements of nature in its design. The transformed space, realised with the help of the HDB FFLP Fund, not only caters to the elderly, but is also welcoming for the wider community at Aljunied Crescent.

"From our public engagements, we realised that the space needs to stand out so that it is not merely transitional; it should urge passers-by to stop and stay," says Ms Mizah Rahman, co-founder and director of P!D.

"Spaces within neighbourhoods have a lot of potential. Residents should be involved in the decision-making and design process of their community space. It is, after all, a space we all share."

Following the completion of the revamp, a WOBY! co-building event was held at the revitalised space on 14 January 2017. At the event, residents learned how to use edible plants from the WOBY! FARM to make tasty and healthy dishes. Other activities included a painting and craft-making workshop that saw residents adding splashes of colour to their newly transformed neighbourhood space, and a tour around the area to find out how the community played a key role in the design process of the site.

Mr Pang Kok Meng, Chairman of MacPherson Zone 2 Residents' Committee, hopes that spaces like this will allow residents to get to know one another and to form stronger bonds with both their young and old neighbours.

The residents' responses to the revamped space are encouraging. Pleased with the new addition to their estate, Mr Rohit Bagul, 34, says, "The space looks cheerful and welcoming. I can imagine hanging out and chatting with my neighbours here while my son plays on the swing. It encourages me to get outdoors, too."



改造空间， 丰富生活

由非营利顾问机构PID参与设计、麦波申公民咨询委员会以及芽笼东老人之家（GEHA）联合发起的“我家后院（WOBY!）”项目，充分利用阿裕尼弯大牌96和97组屋的闲置空间，新增秋千、休息座椅和绿化盆栽，成功创建了一个老少皆宜的休闲聚会场所。该项目广泛收集居民、基层组织领导、年长者以及 GEHA 工作人员的意见，鼓励附近居民共同参与设计。阿裕尼弯居民对新增设施感到非常高兴。



Stakeholders of the community were given the opportunity to participate in all stages of the WOBY! project.



Memanfaatkan Ruang, Menceritakan Kehidupan

Projek "Welcome to Our Backyard (WOBY)!" merupakan kerjasama di antara syarikat perundingan reka bentuk bukan mencari untung "Participate in Design (PID)", Jawatankuasa Perundingan Rakyat MacPherson dan Rumah untuk Warga Emas Geylang East (GEHA)- telah memanfaatkan ruang yang kurang digunakan di antara Blok 96 dan 97 di Aljunied Crescent menjadi tempat untuk para penduduk

dari semua peringkat umur berkumpul dan berinteraksi. Ruang baru ini akan dilengkapi dengan buai, tempat duduk dan tumbuh-tumbuhan hijau. Projek ini telah mengumpul para penduduk, pemimpin akar umbi, warga emas dan pekerja dari GEHA untuk memberi maklum balas dan melibatkan diri dalam proses reka bentuk. Para penduduk Aljunied Crescent gembira dengan kemudahan yang baru di estet mereka itu.



திறந்தவெளிகளில் மக்கள் கூடி மகிழும் பூங்கா

‘வோபி’ எனப்படும், “எங்கள் கொல்லைப் புறத்துக்கு வரவேற்கிறோம்” என்ற திட்டம், இலாப நோக்கற்ற வடிவமைப்பு அமைப்பான ‘பார்ட்டிசிபேட் இன் டிசைன்’ (பிஐடி), மெக்ஃபெர்சன்ஸ் குடிமக்கள் கலந்துரையாடல் குழு மற்றும் காலாங் ஈஸ்ட் ஹோம் முதியோர் இல்லமும் (கேஹா) ஆகியவை இணைந்து செயல்படுத்தும் ஒரு அருமையான திட்டமாகும். இந்த ‘வோபி’ திட்டமானது, அல்ஜுனைடு கிரெசென்ட் குடியிருப்பில் உள்ள புளோக் 96 மற்றும் 97 ஆகியவற்றுக்கு இடையில் இருந்த ஒரு காலி இடத்தை, எல்லா வயதினரும் சந்தோஷமாக குழுமிக் கலந்து பேசிச்செல்லும் ஒரு ஆனந்தப் பூங்காவாக மாற்றியமைத்துள்ளது. இங்கு நிறைய ஊஞ்சல்களும், அமரும் இருக்கைகளும், பாணைத் தோட்டங்களும் அமைக்கப்பட்டுள்ளன. இந்தத் திட்டத்தை செயல்படுத்தும் முன்பாக, அங்குள்ள குடியிருப்பாளர்கள், பகுதி தலைவர்கள், மூத்த குடிமக்கள், மற்றும் கேஹா முதியோர் இல்லப் பணியாளர்களும் இணைந்து கலந்துரையாடி வோபி திட்டத்துக்கும், இதன் வடிவமைப்புக்கும் தங்கள் நல்ல யோசனைகளை வழங்கினார்கள். அல்ஜுனைடு கிரெசென்ட் குடியிருப்பில் வசிப்பவர்கள், தங்கள் பேட்டையில் வந்திருக்கும் இந்தப் புதிய பூங்காவால் மிகவும் மகிழ்ச்சி அடைந்துள்ளார்கள்.



Build your own friendly and lively neighbourhood

Launched in 2016 as an expansion of the Good Neighbours Project, the HDB Friendly Faces, Lively Places Fund is a grant of up to S\$10,000 that encourages residents and groups to initiate community projects. These projects should bring neighbours together and develop stronger neighbourhood identities. Projects should:

- Ideally be held at spaces such as town plazas, void decks, roof-top gardens and linkways
- Promote good neighbourly behaviour, strengthen ties between neighbours, and foster a greater sense of community
- Generate a 'community match' of at least 30% based on the desired fund category. This match can be in the form of volunteering hours, professional services, equipment, or supplies

Although the community match requirement seems daunting, many projects easily fulfil it. WOBY!, for example, generated approximately S\$24,000 in community match. This is more than 200% of the amount they received under the Fund!

Produced by:



Supported by:



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Printed by
KHL Printing Co Pte Ltd

This publication is printed on FSC™ certified paper. The paper choice and printing methods are green and environmentally-friendly, leaving behind less carbon footprint.

PUBLISHING AGENT



THINKFARM PTE LTD
3 CHANGI SOUTH LANE
SINGAPORE 486118