



Greetings Residents

How time flies as we passage to mid 2009. This month, I would like to call upon all residents to take one step out of your comfort zone to explore the one thing that really excites you. It can be anything that you have always wanted to do but have no time or the companions for it.

Yes, I am inviting you to take a step out to reflect on why you never got around to finding that missing stamp; planting that beautiful flower you encountered years ago; taking that unusual snapshot; going on that tour to your favourite destination or forming that pop band.

Many of us have heard the answer over and over again. "I'll get to it as soon as I have the time." This is a most familiar reason assigned but that sounds like self-resignation. In truth, time can be created by oneself. Perhaps you've thought of exercising to keep fit and to obtain your dream figure, but blamed work and other commitments for your lack of time to exercise. Perhaps you've always wanted to hold a mahjong session on weekends, but found it too bothersome to find three other players.

Making time and creating opportunities are not rocket science. Everyone assumes they have something else that's more important, yet when you analyze the situation, it is not so vital that you have to give up your dream or interest for it. Where there's a will, there's a way. If you don't find that way, you're simply not trying hard enough. There could be many reasons and excuses for an interest to fall through, but there is one thing I am certain of: It all begins with YOU!

Having a hobby or an interest in a social activity gives you a sense of existence; your personality, character and environment define your interests. Few people are fortunate enough to be able to incorporate their interests into their daily routines. That is why it is so important that you set aside some time to do the things you like, and to find like-minded individuals to motivate each other be it cycling, fishing, painting, photography, stamp collecting, gardening, whatever. You will be surprised how they will bloom and change your lifestyle for the better.

I personally know many grassroots and social volunteers who found solidarity in their fellow residents. But what is most interesting in many cases, is that each individual in the various interest groups were able to further develop their interests while contributing their insights to the group. From mere companionship, camaraderie evolved, knowledge and experience changed hands, and they went on to do many great deeds and contributions to benefit others. These are priceless assets that will undoubtedly add colours to our lives.

The good news is that it is never too late to follow your dreams. But it is important to take the first step out. We always have a wide variety of community activities that you can participate in and meet people. Alternatively, you can suggest what interest group you would like to participate in and I will coordinate it with the community centre.

If you need support for your ideas, please share your thoughts with me via Email ([mp4nss@gmail.com](mailto:mp4nss@gmail.com))  
Wishing you all the best and more

Sincerely,

Er Lee Bee Wah,  
MP for Ang Mo Kio GRC & Adviser to Nee Soon South GROs  
[Mp4nss@gmail.com](mailto:Mp4nss@gmail.com)  
[www.neesoonsouth.org.sg](http://www.neesoonsouth.org.sg)