

ISSUE 128 • JAN/FEB/MAR 2021

EAST COAST NEWS

CARING,
VIBRANT,
GREEN

SPREADING CHEER IN THE EAST

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Chinese New Year celebrations
in the East Coast

SILVER IS THE NEW GOLD

Ms Cheryl Chan
MP for East Coast GRC (Fengshan)



Before I became an MP, I was very passionate about two groups in particular: seniors and children from underprivileged families. Since I became MP for Fengshan, these were the areas I championed. Coming together under the East Coast GRC, we were able to roll out best practices to the constituencies. So, when Deputy Prime Minister Heng Swee Keat asked me to lead the Silver Blueprint, I said of course! I also think I interact very well with seniors — they are just like grandparents to me.

Launching Silver Initiatives

After launching the Silver Blueprint in September 2020, some residents stepped forward to volunteer, saying they would like to give back to the community. Not everyone who steps forward has prior experience on how to interact with seniors, thus we had different partners, like Changi General Hospital (CGH), coming in to train the volunteers. It is also important to teach them about self-care and what it takes to get into volunteering.

In the next few months, we will be rolling out town audits to make sure our infrastructures are senior-friendly and suitable for persons with disabilities, and to fill any gaps. Teachers and students from Singapore University of Technology and Design (SUTD) will work jointly with our Residents' Networks and Town Council in this aspect.

To capture the needs of our seniors — in terms of their social, financial, and health condition — a survey of 5,000 individuals or households will



Photo taken before Circuit Breaker

be conducted over the next 12 to 18 months. Hopefully through this process, we are able to identify some trends and create any missing programmes for seniors within the East Coast GRC. As part of a pilot programme, we will test the survey out with our senior grassroots leaders before approaching our residents.

Catering to Different Needs

Many are not aware that there is diversity among seniors. On one hand, we have healthy and active seniors, who always have a place to go and activities keeping them occupied. Apart from programmes specific to the Silver Blueprint, there are grassroots activities in each division as well as senior activity centres for them. Strengthening the existing programmes and giving these seniors a wide variety of activities will continue keeping them engaged.

Another group consists of seniors with some mobility issues but who are still willing to participate in exercises. Before COVID-19, there had been a group of certified trainers from the Health Promotion Board coming down every day to engage this group in activities such as stretch band exercises, Zumba and low impact aerobics. It was heartening to see even seniors in wheelchairs joining in for upper body and hand movements.

At the same time, there is also an increasing awareness of dementia among seniors.

Empowering Seniors to Age in Place

We have increased our digital clinic sessions since COVID-19, where seniors are taught how to create a Facebook account, use WhatsApp, and check bus schedules to get around. While these may seem very basic, they help seniors stay connected with members of the community. Through this initiative, seniors who did not know their neighbours previously have even started their own WhatsApp chat groups. This really strengthens the kampong spirit in our community.

Creating a Sustainable Community

When you help a senior, you actually help a family. When family members face difficulties in managing a senior, some may have to quit their job to become a full-time caregiver or they are unsure of what to do with their parents in the day. So, we try to look at it from a family angle rather than individuals. Of course, the East Coast GRC does have a high population of seniors and every year, they grow older. But older does not mean weaker, and we want to demystify this. Thus, we start our programmes much earlier to address these problems upfront.

ON DEMENTIA CARE

Exercise and Prevention

Exercise programmes co-developed by ActiveSG and CGH, such as adaptive sports, “Ready, Steady!” and square stepping, take place at Bedok Stadium weekly on Monday, Wednesday and Friday to help seniors with balance and memory retention on top of staying active.

Caregiving

Virtual sessions are held where doctors share on how to care for dementia patients, and caregivers share the challenges they face and the respite and support they hope to get from the community.

乐龄蓝图摘要

- 训练志愿者如何更了解乐龄人士的需要，成为他们的义务辅导员
- 进行市镇审计，确保基础设施亲乐龄、适合残障人士使用及弥补任何不足之处
- 在未来12至18个月内，进行问卷调查，以记录乐龄人士的需求，为他们创造合适的计划
- 拟定多元化的活动、强化目前的计划，让乐龄人士融入社会
- 增加数码技能课程，让年长人士能够与社会保持联系及独立生活
- 通过运动课程如残障运动、稳健运动及方型踏步运动，预防失智症与关怀失智症患者
- 通过在线虚拟分享会，关怀长期照顾失智症患者的看护人员

Rangka Tindakan untuk Warga Emas: Ringkasan

- Sukarelawan dilatih dan diajar asas-asas untuk menjadi pendamping kepada warga emas
- Audit bandaran untuk memastikan infrastruktur mesra warga tua dan sesuai untuk golongan kurang upaya, dan untuk mengisi jurang yang ada
- Tinjauan dilakukan selama 12 hingga 18 bulan untuk menangkap keperluan warga emas dan mencipta program-program yang belum ada untuk mereka
- Mempelbagaikan aktiviti dan memperkukuhkan program sedia ada untuk memastikan golongan emas senantiasa dilibatkan
- Peningkatan sesi klinik digital untuk membantu warga emas terus terhubung dan berdikari
- Mencegah dan merawat demensia melalui program senaman, seperti sukan adaptif, "Ready, Steady!" dan langkah persegi
- Menjaga kesejahteraan pengasuh yang tinggal bersama pesakit demensia melalui sesi perkongsian maya

மூத்தோர் திட்டம்: சுருக்கம்

- தொண்டுழியர்களுக்குப் பயிற்சி அளித்து, மூத்தோருடன் நட்புறவை வளர்த்துக் கொள்வதன் அடிப்படைகள் கற்பிக்கப்பட வேண்டும்
- நகரத் தணிக்கைகளில் உள்கட்டமைப்பு வசதிகள் மூத்தோருக்கு உகந்ததாகவும், இயலாமைகள் உள்ளவர்களுக்குப் பொருத்தமாகவும் இருப்பதை உறுதி செய்து, குறைபாடுகளைச் சரிசெய்ய வேண்டும்
- மூத்தோரின் தேவைகளைக் கண்டறிய அடுத்த 12 முதல் 18 மாதங்களில் ஆய்வு நடத்தி, ஏதேனும் திட்டங்கள் தவறவிடப்பட்டதாகத் தெரிய வந்தால் அவற்றை நிறைவேற்ற வேண்டும்
- மூத்தோரை ஈடுபடுத்த பலதரப்பட்ட நடவடிக்கைகளைத் தயாரித்து, நடப்பிலுள்ள திட்டங்களை வலுப்படுத்த வேண்டும்
- மூத்தோர் தொடர்பில் இருக்கவும், சுதந்திரமாக வாழவும் உதவும் வகையில் மின்னிலக்கப் பயிற்சி அங்கங்கள் அதிகரிக்கப்பட வேண்டும்
- மாற்றியமைக்கப்பட்ட விளையாட்டுகள், "ரெடி, ஸ்டேடி!", சதுரத்திற்குள் அடியெடுத்து வைத்தல் போன்ற உடற்பயிற்சித் திட்டங்களின் மூலமாக டிமென்ஷியா நோயைத் தடுக்கவும் நோயாளிகளைப் பராமரிக்கவும் முயற்சி எடுக்கப்பட வேண்டும்
- டிமென்ஷியா உள்ளவர்களின் பராமரிப்பாளர்களை மெய்நிகர் பகிர்வு அங்கங்களின் மூலமாகக் கவனித்துக்கொள்ள வேண்டும்



SQUARE STEPPING TO BETTER COGNITION AND HEALTH

Launched on 20 January 2021, the Fengshan Square Stepping Exercise, part of the Silver Blueprint led by MP Cheryl Chan, is well-received by residents. Every Wednesday at 9am, Mdm Tay Yoke Mooi, 76, joins some 30 residents at Bedok Stadium for a one-hour square stepping workout. As the adage goes, exercise is medicine.

Splitting Headache Rang Alarm Bells

Previously a part-time cleaner, working in a few homes per day to make ends meet eventually took a toll on Yoke Mooi. One day, she had a bad headache that could not be ignored. Her son rushed her to the hospital, and it was then that she discovered she had high blood pressure and a minor stroke at age 49.

"I didn't even have enough strength to press the electric aiprot to get hot water. My fingers were trembling," an exasperated Yoke Mooi revealed.

Exercise Turned Her Life Around

Four months later, Yoke Mooi saw a group of elderly practising *qigong* beside her block at Bedok North Road. Her discomfort eased as she joined the *qigong* exercise group every Tuesday and Thursday morning.

"When I had the stroke, it took me two hours just to walk one complete round at Bedok Stadium. Nowadays, my personal best is 10 minutes," she beamed.

"Exercising is different from doing household chores, although you can say that you exert yourself in both activities. When I do *qigong*, my mind and body are relaxed whereas I am usually stressed when doing household chores, such as cooking, due to urgency," Yoke Mooi elaborated.

A decade ago, she also learnt cycling. "As I age, I cannot carry as many things as I used to. Hence, I learnt to ride a bicycle with two baskets, one in front, the other at the back.



This is how I can buy anything I want from the supermarket conveniently," Yoke Mooi said.

Improving Memory and Balance

It was Yoke Mooi's *qigong* instructor who had informed her that she can further improve her well-being by doing the square stepping exercise. Originated in Japan, this exercise requires participants to perform sequences of forward, backward, lateral and diagonal steps on a 40-squared mat.

"I have to memorise the sequences when doing the square stepping exercise, so my memory improves along the way. When I go out alone, I remember the route. If you rely on others, you just let people guide you and you won't make an effort to remember," Yoke Mooi said.

Her social circle has also expanded since joining exercise groups in her constituency. The camaraderie built over exercise sessions contributes to a heartwarming community as well.

BUDGET 2021: EMERGING STRONGER TOGETHER

“携手同心，越战越勇”的2021财政年预算案
BAJET 2021: MUNCUL KUKUH BERSAMA

ஒன்றிணைந்து மேலும் வலிமையுடன் மீண்டெழுவதற்கான வரவுசெலவுத் திட்டம் 2021

FOR INDIVIDUALS AND FAMILIES 援助个人与家庭 UNTUK INDIVIDU DAN KELUARGA தனிநபர்களுக்கும் குடும்பங்களுக்கும்

- ◆ **\$200** additional one-off top-up per Singaporean child through the Child Development Account (CDA), Edusave Account or Post-Secondary Education Account

新加坡籍孩童的儿童培育户头、教育奖学金以及中学后延续教育户头将额外一次性填补**200元**

Tambahan lagi **\$200** selama sekali bagi setiap anak kelahiran Singapura melalui Akaun Pembangunan Anak (CDA), Akaun Edusave atau Akaun Pendidikan Pos-Menengah

சிங்கப்பூர் குடியுரிமை பெற்ற ஒவ்வொரு பிள்ளைக்கும் பிள்ளை மேம்பாட்டுக் கணக்கு, எடுசேவ், அல்லது உயர்நிலைக் கல்விக்குப் பிந்திய கணக்கில் ஒருமுறை மட்டும் கூடுதலாக **\$200** நிரப்பத்தொகை

- ◆ **\$100** Community Development Councils (CDC) vouchers for every Singaporean household

每户家庭将获得**100元**的社区生活补助券

Baucar Majlis Pembangunan Masyarakat (CDC) bernilai **\$100** untuk setiap isi rumah warga Singapura

ஒவ்வொரு சிங்கப்பூர் குடும்பத்திற்கும் **\$100** சமூக மேம்பாட்டு மன்றப் பற்றுச்சீட்டுகள்

- ◆ **\$200** additional one-off GST Voucher — Cash Special Payment for qualifying lower income Singaporeans

符合条件的低收入家庭将获得额外**200元**的一次性消费税补助券

Tambahan Pembayaran Khas Tunai — Baucar GST bernilai **\$200** selama sekali untuk golongan yang layak dari warga Singapura berpendapatan rendah

குறைந்த வருமானம் ஈட்டும் தகுதிபெறும் சிங்கப்பூரர்களுக்கு ஒரு முறை மட்டுமே வழங்கப்படும் பொருள், சேவை வரிப் பற்றுச்சீட்டு — சிறப்பு ரொக்கத் தொகையாகக் கூடுதலாக **\$200**

FOR HDB HOUSEHOLDS 援助政府组屋住户 UNTUK RUMAH TANGGA HDB வீவக வீடுகளுக்கு

- ◆ **\$120 to \$200** GST Voucher — U-Save Special Payment for eligible HDB households

符合条件的政府组屋住户将获得**120元至200元**的消费税补助券 — 水电费回扣特别补助金

Pembayaran Khas U-Save — Baucar GST bernilai **\$120** hingga **\$200** untuk isi rumah HDB yang layak

தகுதிபெறும் வீடமைப்பு வளர்ச்சிக் கழக (வீவக) வீடுகளுக்கு பொருள், சேவை வரிப் பற்றுச்சீட்டு — யு-சேவ் சிறப்புத் தொகையாக **\$120** முதல் **\$200**

- ◆ Service and Conservancy Charges (S&CC) rebate in FY2021

2021 财年服务与杂费回扣

Rebat Caj Perkhidmatan dan Pemeliharaan (S&CC) untuk tahun kewangan 2021

நிதியாண்டு 2021-ல் சேவை, பராமரிப்புக் கட்டணத் தள்ளுபடி

No. of months of S&CC Rebate in FY 2021

HDB Flat Type	Apr 2021	Jul 2021	Oct 2021	Jan 2022	Total for FY 2021
1- and 2-room	1	1	1	0.5	3.5
3- and 4-room	1	0.5	0.5	0.5	2.5
5-room	0.5	0.5	0.5	0.5	2.0
Executive/ Multi-Generation	0.5	0.5	0.5	-	1.5

FOR WORKERS AND BUSINESSES 援助员工及企业 UNTUK PEKERJA DAN PERNIAGAAN ஊழியர்களுக்கும் தொழில் நிறுவனங்களுக்கும்

- ◆ Jobs Support Scheme (JSS) to extend wage support between **10% to 30%** for hard-hit sectors

为受疫情重创的领域延长雇佣补贴计划，薪金援助介于**10%至30%**

Skim Sokongan Pekerjaan (JSS) akan memanjangkan sokongan gaji antara **10% hingga 30%** untuk sektor yang terjejas

ஆக மோசமாகப் பாதிக்கப்பட்ட தொழில்துறைகளுக்கு, வேலை ஆதரவுத் திட்டத்தின்கீழ் (JSS) **10%** முதல் **30%** வரையிலான சம்பள ஆதரவு நீட்டிப்பு

- ◆ Employees who lost their job or are placed on no-pay leave, and employees or self-employed persons facing significant income loss can receive up to **\$700** and **\$500** per month respectively for three months

失业或被迫拿无薪假连续三个月或更多的员工，每月可获高达**700元**，共三个月；收入下跌的员工和自雇人士，每月可获高达**500元**，共三个月

Pekerja yang kehilangan pekerjaan atau dicutikan tanpa gaji, dan pekerja atau pekerja bersendirian yang menghadapi kehilangan pendapat yang signifikan, akan menerima sehingga **\$700** dan **\$500** setiap bulan selama tiga bulan

வேலைகளை இழந்த அல்லது சம்பளமில்லாத விடுப்பில் வைக்கப்பட்ட ஊழியர்களுக்கும், குறிப்பிடத்தக்க வருமான இழப்புக்கு உள்ளான ஊழியர்கள் அல்லது சுயதொழில் செய்வோருக்கும், மூன்று மாதங்களுக்கு மாதந்தோறும் முறையே **\$700** மற்றும் **\$500** வரை கிடைக்கும்

- ◆ Additional **\$5.4 billion** to support the hiring of 200,000 locals and traineeship of 35,000 jobseekers

政府再拨款**54亿元**助20万本地居民就业，及为求职者提供3万5000个实习和培训机会

Tambahan **\$5.4 billion** untuk menyokong pengambilan 200,000 pekerja tempatan dan pekerja pelatih dari 35,000 yang mencari kerja

200,000 உள்ளூர் மக்களின் ஆட்சேர்ப்புக்கு ஆதரவளிக்கவும், வேலை தேடும் 35,000 பேருக்குப் பயிற்சி வாய்ப்புகளை வழங்கவும் கூடுதலாக **\$5.4 பில்லியன்**

FOR VULNERABLE GROUPS 援助特别群体 UNTUK GOLONGAN YANG TERDEDAH எளிதில் பாதிப்புக்கு உள்ளாகக்கூடியவர்கள்

- ◆ **\$200 million** to help employees raise retirement and re-employment ages for older workers

为年长员工拨款**2亿元**，提高退休及重雇年龄

\$200 juta untuk membantu pekerja menaikkan umur persaraan dan bekerja semula bagi golongan pekerja yang sudah berusia

முத்த ஊழியர்களின் பணி ஓய்வுபெறும் வயதையும் மறுவேலை நியமன வயதையும் முதலாளிகள் உயர்த்துவதற்கு உதவியாக **\$200 மில்லியன்**

- ◆ ComLink expanded to provide support for low-income families staying in rental housing

增设社区联系站，帮助住在租赁组屋的低收入家庭

ComLink diperluas untuk memberi sokongan kepada keluarga berpendapatan rendah yang tinggal di perumahan sewa

வாடகை வீடுகளில் வசிக்கும் குறைந்த வருமானம் ஈட்டும் குடும்பங்களுக்கு ஆதரவு வழங்க, சமூகத் தொடர்புக் கட்டமைப்பு (காம்லிங்க்) விரிவாக்கம்

- ◆ Pilot Inclusive Support Programme to support children with developmental needs

包容性辅助试点计划，帮助特需孩童

Program Sokongan Inklusif perintis untuk menyokong keperluan perkembangan kanak-kanak

வளர்ச்சித் தேவைகள் உள்ள பிள்ளைகளுக்கு ஆதரவளிக்க, அனைத்து மாணவர்களையும் உள்ளடக்கிய முன்னோடி ஆதரவுத் திட்டம் அறிமுகம்

ESTATE MANAGEMENT COMPETITION

To encourage residents to play a more active role in estate management, East Coast Town Council has organised a Residents' Committee (RC)/Residents' Network (RN) Estate Management Competition (EMC) for all its RCs/RNs.

RC/RN EMC 2021 is now open! For the whole year, each estate will be assessed periodically and points will be given based on their performances.

Play a part to win for your estate. For more information, contact your local RC/RN.

The criteria are:



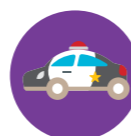
FEEDBACK

Giving constructive and feasible feedback to the Council, so that the Town Council (TC) can improve the standard of our living environment.



RECYCLING ACTIVITIES

RC/RN organises recycling activities to raise awareness on environmental sustainability.



QUARTERLY NIGHT INSPECTION

RC/RN members carry out night inspections with the TC staff to identify defects in their estates.



BLOCK CLEANING

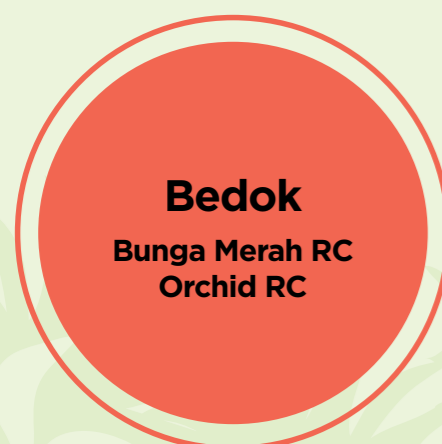
Residents carry out monthly block cleaning to improve the standard of cleanliness in their estates. This helps to inculcate good social behaviour in residents.



COMMUNITY GARDENING

RC/RN takes care of their own Community Gardens such as trimming of water shoots, housekeeping and watering of plants.

Congratulations to the following winners of RC/RN EMC 2020!



Bedok

Bunga Merah RC
Orchid RC



Fengshan

Cedar RN
Pine RN



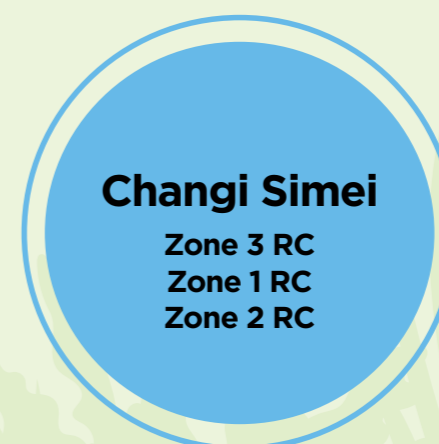
Kampong Chai Chee

Longvale RN
Linear Green RN
Bedok Town Centre RN



Siglap

Ixora RC
Lucky Valley RC



Changi Simei

Zone 3 RC
Zone 1 RC
Zone 2 RC

NOTABLE MENTIONS (improved performance)



Kampong Chai Chee
Bedok Town Centre RN



Siglap
East RC

I've been with the RC for 30 years. It is my duty to see that our estate's daily chores are done in a professional and prompt manner. We need to have passion and ownership to make that happen. — **Winston Ang, Chairman of Bedok Bunga Merah RC**



Estate management helps improve the standard of cleanliness and maintenance of estate facilities. Everyone has a stake in ensuring this benefits all residents. — **Gary Goh, Chairman of Changi Simei Zone 1 RC**



It's important to get involved especially in the place we live. There are still many ways in which we can improve, especially block cleaning and recycling. — **Marilyn Ng, Fengshan Pine RN**



During the pandemic, residents have been more conscious about keeping the estates clean, especially the common areas. — **Vincent Zhang, Kampong Chai Chee Linear Green RN**



RC/RN RECYCLABLES COLLECTION

In 2020, all 23 RCs/RNs collected 209,859 kg of recyclables. That's almost the weight of 16 school buses! Our top three winners, whom collected 18.5% of the total, are:



There is no specific defined role in estate management. As long as we see something that needs improvement, we bring it to the Town Council's attention, so appropriate action can be taken.
— Moey Khai Boon, Fengshan Mulberry RN



One of the challenges is residents' expectation. We understand why they can be impatient, but certain things take time, especially now with COVID-19.
— Suresh Kumar & Ong Swee Ping, Fengshan Mulberry RN



2021 RC & RN RECYCLING SCHEDULE



DAY	DATE	TIME	ADDRESS	ORGANISED BY
BEDOK				
Every 3 rd Sunday	18 Apr, 16 May, 20 Jun	10:30am - 12pm	Blk 37 Bedok South Ave 2 #01-445	Bedok Bunga Merah RC
Every last Sunday	25 Apr, 30 May, 27 Jun	9am - 11am	Blk 10C Bedok South Ave 2 #01-562	Bedok Orchid RC
CHANGI SIMEI				
Every 3 rd Saturday	17 Apr, 15 May, 19 Jun	2pm - 5pm	Blk 155 Simei Road #01-202	Changi Simei Zone 3 RC
KG CHAI CHEE				
Every 3 rd Saturday	17 Apr, 15 May, 19 Jun	10am - 12pm	Blk 221A Bedok Central #01-70	Kg Chai Chee Linear Green RN
Every last Sunday	25 Apr, 30 May, 27 Jun	11am - 11:30am	Blk 765 Bedok Reservoir View	Kg Chai Chee Longvale RN
SIGLAP				
Every last Sunday	25 Apr, 30 May, 27 Jun	1:30pm - 3:30pm	Blk 71 Bedok South Rd #01-250	Siglap Lucky Valley RC
Every last Sunday	25 Apr, 30 May, 27 Jun	8:30am - 10am	Blk 51 New Upper Changi Rd #01-1500	Siglap Ixora RC
FENGSHAN				
Every 2 nd Sunday	11 Apr, 9 May, 13 Jun	8:30am - 12pm	Blk 111 Bedok North Rd #01-323/325	Fengshan Pine RN
Every 1 st Sunday	4 Apr, 2 May, 6 Jun	8:30am - 10am	Blk 124 Bedok North Rd #01-155	Fengshan Aspen RN
Every 2 nd Sunday	11 Apr, 9 May, 13 Jun	10am - 12pm	Blk 93 Bedok North St 4 #01-1461	Fengshan Cedar RN
Every 2 nd Sunday	11 Apr, 9 May, 13 Jun	9am - 12pm	Void Deck at Blk 185 Bedok North Rd Void Deck at Blk 79 Bedok North Rd	Fengshan Mulberry RN

Do note that the schedule might be affected by the COVID-19 situation. Please check with the respective CCs directly for updates.

CLEAN HAWKER CENTRES FOR ALL

As hawker culture becomes Singapore's first international marker on the UNESCO's Representative List of the Intangible Cultural Heritage of Humanity, residents can expect a clean and sanitised environment when paying a visit to our hawker centres. The Town Council works hard to regularly wash and upkeep all hawker stalls and common areas within the centre. Residents can also do their parts to maintain a comfortable environment at all times by returning used trays and cutlery, and throwing away food waste or rubbish properly. We thank our residents for collectively uplifting our hawker centres.



FOR MARKET WASHING SCHEDULE, PLEASE SCAN HERE



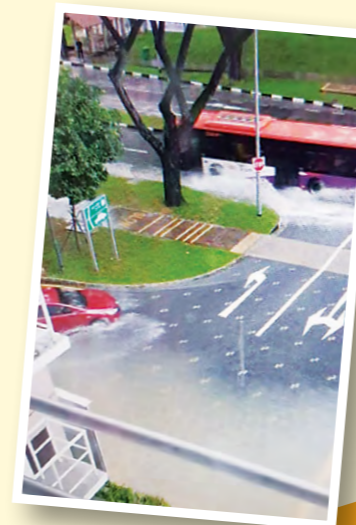
NIU (NEW) YEAR BRINGS NEW JOY

Our MPs went all out to bring Chinese New Year cheer to our residents. They greeted residents around town and distributed oranges to our residents' homes. This Chinese New Year was unlike any other as residents had to limit their gatherings to stop the spread of COVID-19. They made the most out of the festive season through video calls and e-angbaos. The Year of the Ox will surely be one to remember as we remain close at heart.



WHAT OUR RESIDENTS SAY ABOUT US

The Town Council strives to ensure the comfort of all our residents. We are pleased to receive positive feedback and encourage residents to reach out to us.



"Well done to East Coast Town Council staff for helping to clean the drains. Despite the heavy and prolonged downpour, there is no more flooding as water now flows smoothly in the drain. Please convey my heartfelt thanks to the team!"

- Ms Peh, Bedok North

"I wish the Town Council staff 'Compliments of the Season, and a Happy and Bright New Year 2021'. This message of appreciation is in regard to the expeditious repair of two electric wall fans on pillars facing the Jia Ping Coffee & Tea Stall at Block 16 Bedok South Road hawker centre. The stallholder of the Jia Ping Coffee & Tea Stall as well as adjacent stallholders were also happy as this did not deter their usual customers from patronising their stalls. This effort was a feather in the cap for the government and the East Coast Town Council. On behalf of the stallholders, I thank Mr Neo and the staff for doing a good and fast repair job."

- Mr Lionel, Bedok South



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MEET-THE-PEOPLE SESSIONS



Bedok

Mr Heng Swee Keat
Deputy Prime Minister
Coordinating Minister for Economic Policies
Minister for Finance
Member of Parliament for East Coast GRC

MPS : Every Monday at 7:30pm
(except public holidays)
Venue : Blk 30 New Upper Changi Road
#01-784 S(461030)

Tel : 6442 1955
Fax : 6442 9210
Email : Bedok@pap.org.sg



Changi Simei

Ms Jessica Tan Soon Neo
Deputy Speaker of Parliament
Member of Parliament for East Coast GRC
Chairman of East Coast Town Council

MPS : Every Monday at 8pm, registration starts at
7:30pm (except public holidays)
Venue : Blk 131 Simei Street 1
#01-208 S(520131)

Tel : 9061 4156
Weekdays 1pm - 5pm
(except public holidays)
For urgent matters only.
Email : my.mp@changisimei.sg



Fengshan

Ms Cheryl Chan Wei Ling
Member of Parliament for East Coast GRC
Vice-Chairman of East Coast Town Council

MPS : Every Monday at 8pm (except public holidays)
Venue : Blk 119 Bedok North Road
#01-209 S(460119)

Tel : 8752 8867
(Branch Secretary)
For urgent matters only.
10am - 5pm daily
Email : Fengshan@pap.org.sg



Kampong Chai Chee

Mr Tan Kiat How
Minister of State, Prime Minister's Office &
Ministry of National Development
Member of Parliament for East Coast GRC
Vice Chairman of East Coast Town Council

MPS : Every Monday at 7:30pm
(except public holidays)
Venue : Blk 408 Bedok North Avenue 2
#01-38 S(460408)

Tel : 6448 6514
Fax : 6241 9935
Whatsapp only : 8355 6189
Email : Kg.Chai.Chee.mps@pap.org.sg



Siglap

Dr Mohamad Maliki Bin Osman
Minister, Prime Minister's Office
Second Minister for Education & Foreign Affairs
Member of Parliament for East Coast GRC

MPS : Every Monday at 8pm
(except eve of PH/public holidays)
Venue : Blk 70 Bedok South Road #01-278 S(460070)

MPS : Last Friday of the Month at 8pm
(except eve of PH/public holidays)
Venue : Blk 3 Changi Village Road
(Facing Changi Ferry Terminal)

Tel : 6241 5840
Fax : 6243 9293
Email : Siglap@pap.org.sg



For Emergency &
Useful Numbers,
scan this QR code

Crossword Puzzle

ACROSS:

1. The ____ Blueprint was launched in September 2020 to help envision a town where all seniors will be able to lead active lives with friends in the community and be looked after.

3. To help seniors with ____, memory retention and staying active, exercise programmes are conducted at Bedok Stadium with ActiveSG and CGH.

6. We can all do our part in keeping the environment at hawker centres clean by ____ our cutleries and trays.

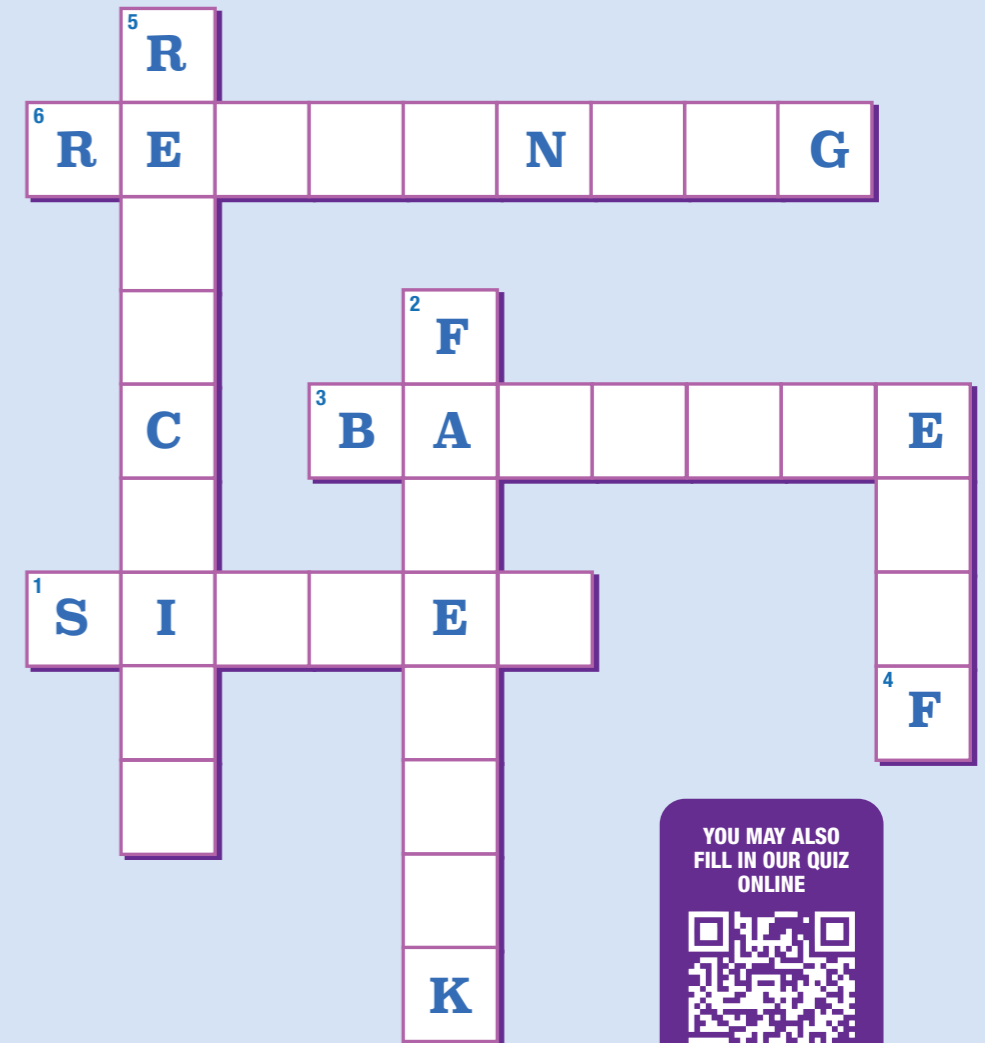
DOWN:

2. Seniors who attend digital clinics are taught how to create and use ____ and WhatsApp, and check bus schedules.

5. Check out the ____ schedule on Page 10 to find out how doing your part for the environment also helps your estate win the Estate Management Competition.

UP:

4. The Estate Management Competition is based on ____ criteria.



YOU MAY ALSO
FILL IN OUR QUIZ
ONLINE



**EAST
COAST
NEWS**
CARING,
VIBRANT,
GREEN

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RULES & REGULATIONS

1. Fill in your personal details, cut out the quiz and mail it to: *Quiz for Issue #128, East Coast Town Council, Block 206 Bedok North Street 1, #01-353, Singapore 460206*
2. Closing date is **15 April 2021**.
3. Only HDB residents of East Coast GRC are eligible to participate.
4. Winners will be notified by post.
5. 10 lucky winners will be selected from all survey entries.
6. Only 1 entry per household will be accepted.

Congratulations!

WINNERS* OF QUIZ #127

S/N	Name
1	Ling Hea King
2	Labi Toribia Vergara
3	Ho Chye Seng
4	Fazlina Binte Rusli Lim
5	Khng Lay Yian (Sharon)
6	Muhammad Zaini Bin Arsat
7	Siti Farween Bte Akbar
8	Koh Pek Hoon
9	Tan Cheng Jian
10	Naresh Nankani

*Winners have been notified by post

Visit our Facebook page:
www.facebook.com/EastCoastTC/



HOW TO SEPARATE RECYCLABLES



No Food. No Liquids.



PAPER



METAL



PLASTIC



GLASS

Rinse before recycling



Tissue Paper



Styrofoam & Food-stained Items



Bulky Items



Reusables
(Donate them instead)