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CELEBRATING SINGAPORE NTHE LACT

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How our F&B stallholders are getting through COVID-19

MCI (P) 128/11/2019

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Celebrating National Day from the comfort of home PUBLISHED BY EAST COAST TOWN COUNCIL

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A rundown of government support schemes and subsidies

EAST COAST NEWS



HERE'S HOW YOU CAN WRITE A GOOD RESUME

Looking for a job in this current climate? Here are some tips on how to write a resume that could help showcase your experience and skills.

Dealing with retrenchment or redundancy can be stressful, and having to look for a new job can be very challenging too. Many may just jump back into applying for jobs but finding your next career requires preparation.

And of course, your job search begins with your resume. So, here is how you can get started on updating your resume.

1. Fill employment gaps with experience and competencies

A good resume is key to convincing prospective employers to call you for an interview, so it is important to

make full use of this precious document. Remember to articulate your experiences and competencies in a clear and concise manner. This means leaving out unnecessary information and wording your resume carefully in order to not misrepresent your capabilities.

2. Word your resume carefully to align with job description and expectations

Generally, when writing a resume that sells your professional capabilities, you need to analyse the job description extensively. This way, you can apply similar terms, concepts and contexts when you are writing and elaborating on your job experiences. This lets the employer match your skill sets and understand if you are a potentially good fit. If you are required to indicate your reasons for leaving your previous employment, stating a simple reason will suffice.

SEEKING **EMPLOYMENT** HELP?

Let Workforce Singapore's Career Matching Services help you. Register your interest at go.gov.sg/careeradvice-tc

3. Include part-time or contract work commitments taken up

Some may leave out part-time, ad hoc or contract work experience from the resume. believing they are redundant, but that is not true. It is about how you phrase your experiences and match them to job expectations. It is important to highlight to your prospective employer that you are spending time productively as you look for stable employment. It could also indicate that you are adding value to your career development by honing skills such as communication and resourcefulness.

It may seem daunting to join the sea of jobseekers out there, but a well-crafted resume can help you stand out from the crowd.

OPEN CALL for Wall Mural Designs



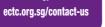
Ever wanted to leave your mark on a HDB? Now you can! We're looking for mural designs for Blocks 110 and 109 on Bedok Avenue 3.



PDF, JPG, or PNG format. Due date is 30th November 2020. Open to all East

Coast residents.

your designs in



Marchine Fred Stall TEL: 91891278 TUESDAY WEDNESDAY EVERYDAY OTHERS (SCD 2.50)

How a Nasi Lemak Seller STRUGGLED THROUGH COVID-19

Earlier this year, Suzaimi Abdul Rahman was running a busy nasi lemak stall, going through about 25kg worth of chicken wings on any given weekday. That is equivalent to about 200 plates of food.

However, during the circuit breaker, his business suffered tremendously as sales dropped by about 80 per cent. His stall is located above the main canteen in one of Singapore's army camps, which saw very few people coming in and out during the two-month period.

Plus. the lack of public foot traffic meant he could not bank on takeaways, and he also lacked the proper infrastructure to do deliveries at the time.



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"After buying ingredients and setting aside money for rent, I took home only about \$10 every day. Some days, nothing at all," recalls Suzaimi, a resident of East Coast.

GETTING HELP FROM HIS COMMUNITY

In order to survive, he relied on government grants and took on odd-jobs like running errands and doing deliveries, usually for friends who would pay him a token for the help.

"My F&B friends know I go to Geylang Serai to buy my ingredients every day, so they pay me a few dollars to help them get what they need. Or sometimes my brother - he does deliveries part-time - has too many parcels to send, so he passes me the jobs," explains Suzaimi.

It also helped that his friends would spread word about his nasi lemak business via their personal networks, and he did the same for those who also ran F&B businesses.

"It was a time when everyone was tight financially, so my friends talked about it and decided to help one another out," he says.

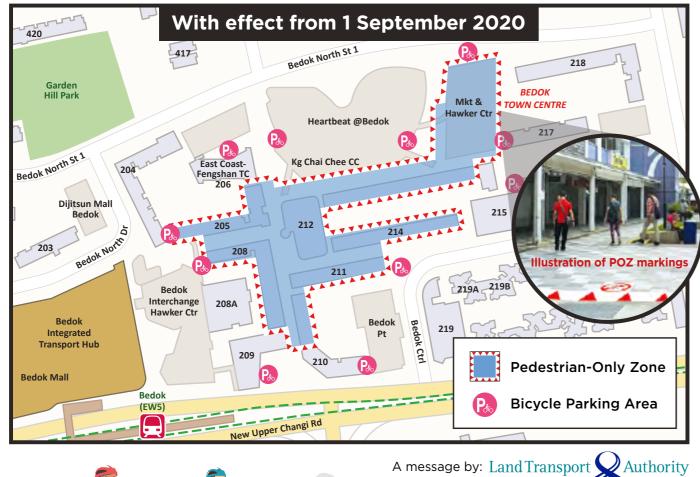
GROWING UP IN THE KAMPUNG

Suzaimi's sense of community came from growing up in a kampung environment, where his father loved inviting people over for makan. And even though he never went to cooking school, his ability to cook came from simply helping relatives whenever they catered events.

"Whenever there was a wedding or event, they called me, and I would just stand there with a long pole and help stir the pot. Whatever they put in, I would ask what it is, and they would tell me. Over time I learned the order and amount of what goes in. But I never wrote it down, it's all inside my head," he says.

For him, the sense of achievement comes from seeing people enjoy his food. He says, "This stall is just my first chapter. After COVID-19 dies down, I want to open a shop outside so I can serve more people. That's my second chapter."

INTRODUCTION OF PEDESTRIAN-ONLY ZONE (POZ) IN BEDOK TOWN CENTRE



Dismount and push your bicycle or personal mobility device (PMD) in the POZ, or park them at nearby parking areas

Users of personal mobility aids (PMA) can ride within the POZ

The Town Council is working closely with LTA to educate residents about the changes













MDM SUSAN ANG SIEW LIAN, BBM Treasurer, Changi Simei CCC MR VINCENT POH SAY CHIAN, PBM Chairman, Bedok CC SCEC



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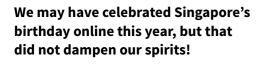




MR ZHANG CHUN HUA, PBM Vice-Chairman, Kampong Chai Chee CCMC

NATONAL DAY

in the Comfort and Safety of Home



After all, instead of a single celebration, East Coast was buzzing with online National Day festivities all weekend long. Through platforms like Zoom and Facebook Live, Singaporeans at home were able to watch live streams of ceremonies hosted in different zones, and were entertained by virtual performances, quizzes, and singalong sessions.

On the morning of National Day itself, there was even a broadcast of the mobile column as it drove through the streets, showcasing impressive assets from the Singapore Armed Forces (SAF), the Singapore Police Force (SPF) and the Singapore Civil Defence Force (SCDF).

Despite being set against the background of a pandemic, the showcase of Singapore's spirit and unity certainly made this year's National Day Parade a special one!















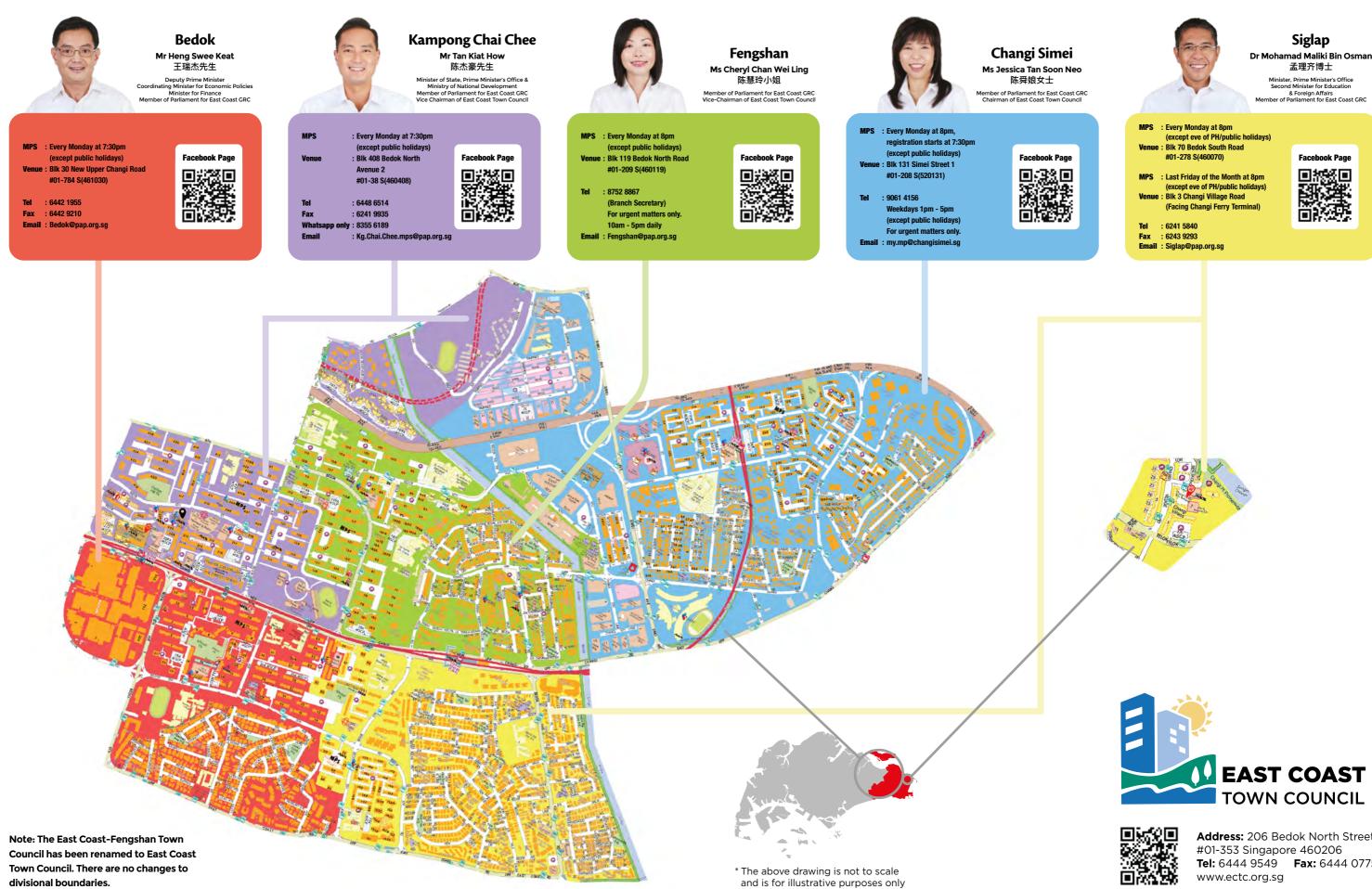






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OUR EAST COAST TOWN MAP









MPS Venue	: Every Monday at 8pm (except eve of PH/public holidays) : Blk 70 Bedok South Road #01-278 S(460070)
MPS	(except eve of PH/public holidays)
Venue	: Blk 3 Changi Village Road



Address: 206 Bedok North Street 1 **Tel:** 6444 9549 **Fax:** 6444 0775

EAST COAST SILVER BLUEPRINT

As part of the East Coast Plan to build up a support network for senior citizens living in our constituency, our MPs launched the new East Coast Silver Blueprint on September 13.

This new initiative aims to help seniors living in East Coast GRC lead active, engaged lives with better amenities and social support.



IN EAST COAST, 40 PER CENT OF THE 190,000 RESIDENTS ARE **CURRENTLY AGED 50 AND ABOVE.**



1 IN 7 SINGAPOREANS ARE ABOVE 65



ABOVE 65

EAST * SILVER **BLUEPRINT**

THE PLAN

ENGAGING ACTIVE SENIORS

Create more programmes and initiatives for seniors to engage in activities they are interested in. This includes *gi gong* sessions, Zumba classes, and brisk-walking groups to keep them physically fit, as well as digital clinics to help them pick up new skills and stay mentally active.

CREATING SOCIAL NETWORKS

Provide common spaces and tap on community partnerships to encourage interaction between the young and old. At the same time, conduct more mental health programmes on topics like mindfulness, and hold more social activities like cooking classes and void deck tea sessions.

G CARING FOR FRAIL AND VULNERABLE SENIORS

Galvanise groups on the ground to reach out to seniors and answer to their social or psychological needs. Neighbours can be given the right resources and education, so they can help look out for vulnerable elderly who may live alone.

MAKING EAST COAST A DEMENTIA-FRIENDLY TOWN

One in 10 people aged 60 and above may have dementia. East Coast aims to be a dementia-friendly town, with programmes that increase awareness, address needs, and enhance the quality of life for them.

1 Conduct home audits to assess how to improve quality of life for those with dementia

2 Create go-to points where lost and wandering people with dementia can be taken to by members of the public



NEXT STEPS

O VOLUNTEER TRAINING

Recruited volunteers will be given training to learn what is required of them, how to work with community partners, and how to reach out to seniors in the community.

PNEEDS SURVEYS

Surveys will be conducted to find out the needs and concerns of seniors, as well as their caregivers.

3 TOWN AND HOME AUDITS

Working with community partners and schools, existing infrastructure will be assessed to see what can be changed for successful and graceful ageing-in-place.

CAREGIVERS' SUPPORT NETWORK

A support network will be created for those caring for aged parents, so they can lean on and learn from one another. This will also give them a platform to connect to resources, healthcare and social services, as well as avenues to voice their concerns.

HELP US STOP DENGUE

How Dengue is spread:

An uninfected female *Aedes* mosquito bites a person infected with dengue, and now carries the virus. It then transmits dengue to anyone it bites after that.

The Aedes mosquito can breed in clean, stagnant water, as small in volume as a 20-cent coin.

Let us do our part to break the dengue transmission cycle by removing stagnant water from potential mosquito breeding arounds.

Do the Mozzie Wipeout at least once a week.

OUR LIVES. OUR FIGHT.

即日进行灭蚊五步骤。



HEDULE **Bedok** : Wednesday **Changi Simei** : Thursday / Friday Fengshan : Tuesday Kampong Chai Chee : Monday / Tuesday : Wednesday / Friday Siglap *If treatment falls on a PH, it will be rescheduled within the same week or the week after

The East Coast **Town Council** is working closely with **NEA to ensure** our common areas are not potential breeding grounds.







For more information, visit www.nea.gov.sg or www.moh.gov.sg Untuk maklumat lanjut, lungsuri www.nea.gov.sg atau www.moh.gov.sg 欲知更多讯息,请浏览www.nea.gov.sg及www.moh.gov.sg மேலும் விவரங்களுக்கு, www.nea.gov.sg மற்றும் www.moh.gov.sg ஆகிய இணையத்தளங்களைப் பார்க்கவும்.

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MOSQUITO **INSPECTION**



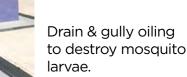


Fumigation at playground and fitness corner.





Fumigation at landscapes.







Extension of Government Support for Jobs and Workers

Jobs Support Scheme (JSS)

Launched at the start of the pandemic, the JSS helps companies retain jobs by covering the salary of workers. It was recently extended by up to seven months, covering wages paid up to March 2021.

The support given will vary based on the sectors, with hardest-hit sectors like aerospace, aviation and tourism receiving more.

SECTORS	EXTENSION OF SUPPORT UNDER THE JSS
Aerospace, aviation, tourism sectors	50% of wages paid for seven more months
Built environment sector	50% of wages paid for two more months, before lowering to 30% for wages paid up to March 2021
Arts and entertainment, food services, land transport, marine and offshore, and retail sectors	30% of wages paid for seven more months
For the majority of the remaining sectors	10% of wages paid for seven more months
For the few sectors that are managing well, such as biomedical sciences, financial services, and ICT sectors	10% of wages paid for four more months, for wages paid up to December 2020

COVID-19 Support Grant

This grant was introduced in May to help Singaporeans who are unemployed or have suffered significant income loss. The grant will now be extended to December 2020.

- From October 2020, both existing recipients and new applicants can apply for the grant.
- Unemployed applicants must demonstrate job search or training efforts to qualify.



2020 RC & RN RECYCLING SCHEDULE

DAY	DATE	TIME	ADDRESS	ORGANISED BY
BEDOK				
Every 3 rd Sunday	18 Oct, 15 Nov, 20 Dec	10:30am - 12pm	Blk 37 Bedok South Ave 2 #01-445	Bedok Bunga Merah RC
Every last Sunday	25 Oct, 29 Nov, 27 Dec	9am - 11am	Blk 10C Bedok South Ave 2 #01-562	Bedok Orchid RC
CHANGI SIMEI				
Every 3 rd Saturday	17 Oct, 21 Nov, 19 Dec	2pm - 5pm	Blk 155 Simei Road #01-202	Changi Simei Zone 3 RC
KG CHAI CHEE				
Every 3 rd Saturday	17 Oct, 21 Nov, 19 Dec	10am - 12pm	Blk 221A Bedok Central #01-70	Kg Chai Chee Linear Green RI
Every last Sunday	25 Oct, 29 Nov, 27 Dec	11am - 11:30am	Blk 765 Bedok Reservoir View	Kg Chai Chee Longvale RN
SIGLAP				
Every last Sunday	25 Oct, 29 Nov, 27 Dec	1:30pm - 3:30pm	Blk 71 Bedok South Rd #01-250	Siglap Lucky Valley RC
Every last Sunday	25 Oct, 29 Nov, 27 Dec	8:30am - 10am	Blk 51 New Upper Changi Rd #01-1500	Siglap Ixora RC
FENGSHAN				
Every 2 nd Sunday	11 Oct, 8 Nov, 13 Dec	8:30am - 12pm	Blk 111 Bedok North Rd #01-323/325	Fengshan Pine RN
Every 1 st Sunday	4 Oct, 1 Nov, 6 Dec	8:30am - 10am	Blk 124 Bedok North Rd #01-155	Fengshan Aspen RN
Every 2 nd Sunday	11 Oct, 8 Nov, 13 Dec	10am - 12pm	Blk 93 Bedok North St 4 #01-1461	Fengshan Cedar RN
Every 2 nd Sunday	11 Oct, 8 Nov, 13 Dec	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.

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Postal	Code:	Contact No.:	
Divisio	>n:		
Email:	(By providing the email ad	dress, vou agree to rece	ive updates from us.)

RULES & REGULATIONS

 Fill in your personal details, cut out the quiz and mail it to: *Quiz for Issue #126, East Coast Town Council, Block 206 Bedok North Street 1, #01-353, Singapore 460206* Closing date is **15th November 2020**.
Only HDB residents of East Coast GRC are eligible to participate.
Winners will be notified by post.
10 lucky winners will be selected from all survey entries.
Only 1 entry per household will be accepted.

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receive our 2021 Calendar in



*Winners have been notified by post

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YOU MAY ALSO

FILL IN OUR

SURVEY ONLINE

shorturl.at/abgzU

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

EMERGENCY & USEFUL NUMBERS

Please call the Town Council at 6444 9549 if you have any guery/ feedback on the following:

ESTATE MAINTENANCE

Conservancy and cleaning work on common property such as void decks, common corridors and car parks • Mechanical or electrical equipment such as lifts, water pumps, switch rooms and lighting • Landscaping and horticulture maintenance

ENFORCEMENT ACTION

Illegal parking of motor vehicles on common property • Illegal displays of signs and banners • Illegal plucking of fruit or shrubs • Indiscriminate dumping of unwanted items • Pilferage of Town Council's water and electricity • Vandalism of Town Council's property

To ensure immediate attention on your feedback, contact these agencies directly for the following:

ENVIRONMENTAL POLLUTION, CROWS

National Environmental Agency (NEA) ----- 1800-225 5632 Email: Contact_NEA@nea.gov.sg

Department of Public Cleanliness (DPC) ----- 6225 5632 Online Feedback Form: www.nea.gov.sg/corporate-functions/feedback

STRAY ANIMALS

Animal & Veterinary Service (AVS) ------ 1800-476 1600 Online Feedback Form: www.nparks.gov.sg/avs/feedback

Society for the Prevention of Cruelty to Animals (SPCA)

Email: enquiries@spca.org.sg ------ 6287 5355

TRAFFIC LIGHTS

Land Transport Authority (LTA) ------ 1800-225 5582 Email: feedback@lta.gov.sg

LEASES, TENANCIES, RENOVATIONS, PERMITS, SEASON PARKING

Housing and Development Board (HDB) ----- 6490 1111 General enquiries: hdbmailbox@hdb.gov.sg Car Park matters: hdbcarparks@hdb.gov.sg

CDC/FSCS/COMMUNITY CLUBS/CENTRES

South East CDC	6432 1300
Community Mediation Centre	6325 1600
TRANS Centre (TRANS Family Services)	6449 0762

Moral Family Service Centre 6449 1440	
Care Corner Family Services Centre (Tampines) 6786 6225	
Bedok Community Centre 6442 5317	
Changi Simei Community Club 6781 6058	
Fengshan Community Club 6449 5136	
Kg Chai Chee Community Centre 6241 9878	
Siglap Community Centre 6449 8040	

POLICE

Police Hotline	1800-255 0000
Bedok North NPC	1800-244 9999
Bedok South NPC	1800-244 8999
Changi NPC	1800-587 2999
Bedok NPP	1800-241 9999
Siglap NPP	1800-448 9999
Tanah Merah NPP	1800-449 9999

EMERGENCY SERVICES

Fire/Ambulance	995
Ambulance Service (non-emergency)	1777
Police/Radio Police Car	999
Traffic Jam/Accident Reporting	6547 1818
Traffic Police (Enquiries)	6547 0000

SINGAPORE POWER

Piped Gas Supply	1800-752 1800
Water Supply	1800-225 5782
Electricity	

ESSENTIAL NUMBERS

٠	24-Hour Essential	
	Maintenance Service	1800-325 8888
	HDB Branch Office Service Line	1800-225 5432

HANDYMAN SERVICES*

٠	Sanitary Works		
	388 Pte Ltd	6316	9891
•	Building Works		
	Liong Construction	6455	6846
٠	Electrical Works		
	Propell Integrated Pte Ltd	8611	6315

*For more information, visit www.ectc.org.sg



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SPOT



