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• East Coast-Fengshan Town Council • Block 206 Bedok North Street 1 #01-353 Singapore 460206 • Tel: 6444 9549 Fax: 6444 0775 • www.ectc.org.sg













Issue 107 for Aug/Sep 2016

# What's Your Hobby?

Did you know that there are many activities that can be done at East Coast-Fengshan Town? Find your favourite hobbies hidden in the puzzle below. Simply circle your answers and stand to **Win A \$10 Shopping Voucher!** 

Α	Z	F	D	W	W	R	Ε	L	N	Q	R	K
Р	D	В	F	D	D	Υ	G	I	Υ	0	Р	Ν
D	Р	Α	I	Ν	Т	1	N	G	Z	F	L	-1
G	Н	K	D	V	Α	J	K	L	X	I	Н	Т
J	0	1	٧	Υ	1	X	Т	0	С	S	G	Ε
K	Т	N	Т	U	С	С	Q	Ε	٧	Н	F	Ν
Р	0	G	Т	J	Н	В	U	Т	Ν	I	D	Ν
1	G	G	Q	М	1	М	Ε	Р	В	N	S	- 1
Υ	R	D	Α	Ν	С	1	N	G	Ν	G	1	S
R	Α	G	Ν	K	D	В	Ε	U	М	F	Α	S
Ε	Р	0	Т	Т	Ε	R	Υ	0	Н	J	S	Ε
Q	Н	Н	F	K	N	1	Т	Т	I	N	G	0
V	Υ	1	D	L	Ε	Α	S	Т	Υ	F	G	Р
V	Ε	0	С	Υ	С	0	Α	S	Т	В	U	S
В	R	1	S	Υ	0	G	Α	K	1	Ν	G	S

- Photography
- Yoga
- Painting
- Tai chi
- Pottery
- Knitting
- Baking
- Tennis
- Fishing
- Dancing



### **RULES & REGULATIONS**

- 1. Fill in your personal details, cut out the quiz and mail it to:

  Quiz for Issue #107, East Coast-Fengshan Town Council,

  Block 206 Bedok North Street 1, #01-353,

  Singapore 460206
- 2. Closing date is 3rd October 2016
- 3. Only residents of East Coast GRC and Fengshan SMC are eligible to participate.

# Name: \_\_\_\_\_\_ NRIC: \_\_\_\_\_\_ Address: \_\_\_\_\_\_ Postal Code: \_\_\_\_\_ Contact No.: \_\_\_\_\_\_

### **CORRECTION NOTE:**

In Issue 106 the article on "Enjoy Rebates for HDB Residents" is incorrect in Mandarin. We are sorry for the error. The correct translation should be:

根据政府宣布的2016年财政预算案, 大约 840,000 居住在政府组屋的新加坡公民家庭将可享有总值八千六百万元的组屋杂费回扣 (S&CC rebate)。

### **CONGRATULATIONS TO WINNERS OF QUIZ #106**

CONGRATOLATIONS TO WINNERS OF QU							
	S/N	Name	NRIC				
	1	Poh Hui Li	SXXX8777J				
	2	See Kai Rui Javier	TXXX1445A				
	3	David Yang	SXXX3928G				
	4	Sinnathamby Kamalaveni	SXXX7592E				
	5	Lim Ah Tee	SXXX8353B				
	6	Tan Cheng Jian	SXXX7023Z				
	7	Sakdia Bte Omar	SXXX2850A				
	8	Meetal Madia	SXXX1549I				
	9	Syakirah Jamaludin	TXXX5748D				
	10	Lee Yi Jun	SXXX9808H				



# EAT RIGHT. EAT HEALTHY.

Did you know that an eat-out meal contains 700 calories on average? The National Nutrition Survey 2010 showed that an increasing number of Singaporeans are consuming more calories than they need on a daily basis, with six in 10 exceeding the recommended energy intake.

Finding a healthier meal with the right amount of calories in a foodie's paradise like Singapore can be challenging. However, it's now much easier to enjoy wholesome meals with the Healthier Dining Programme - a Health Promotion Board (HPB) initiative that encourages F&B businesses to offer healthier items. About 1,600 food eateries currently offer lower-calorie meal options and have incorporated healthier ingredients in their core menus.







Eating out? Look out for eateries with the 'Healthier Choice' decal to ensure healthier food and drink options are available. Decals can be easily spotted at store fronts which come in varied forms - 'Lower in calories', 'Higher in whole-grains', 'We use healthier oils', so you can make even better choices.

Several quick-service restaurant chains have also introduced healthier alternatives for set meals at no added cost for people to eat on the go. This way, you get to choose from a variety of readily available grub that is both healthier and tasty.

For more details, please visit www.gethealthy.sg/eatdrinkshop

Eating healthy comes with rewards too! Starting 28 July 2016, HPB's nation-wide food and drink campaign will nudge the public to pick healthier options at participating F&B outlets, supermarkets, hypermarkets and petrol marts. Stand a chance to win prizes, such as \$10 storedvalue NETS Flashpay cards, complimentary food and/or drink items, when you order a healthier meal or drink at participating outlets. You also stand to win a cash prize of \$8,888 when you participate in the lucky draw contest. So start making each meal a healthy one and live healthier







# **BEDOK TOWN SQUARE OPENING**

Residents in Bedok will now have access to more vibrant social spaces and better connectivity with the completion of the Bedok Town Plaza - now known as Bedok Town Square - and the upgraded Bedok Town Centre Pedestrian Mall. Launched on 20 May 2016 by Minister for National Development Mr Lawrence Wong and Member of Parliament Mr Lee Yi Shyan at the Housing and Development Board (HDB) Community Week 2016, the improvements are part of HDB's rejuvenation efforts for Bedok Town under its Remaking Our Heartland (ROH) programme.

The Bedok Town Square is the first of HDB's new generation town plazas to be completed. A key feature of the ROH rejuvenation plans, the town square is well integrated with surrounding developments, such as Bedok Mall and its integrated transport hub, the hawker centre and the upgraded Pedestrian Mall. A Heritage Corner, capturing the rich history of East Coast, is also located alongside the town square.







The National Day Awards are presented every year to outstanding citizens in recognition of their contributions and voluntary services for our community's benefit.

Our warmest congratulations to the following grassroots leaders of East Coast GRC and Fengshan SMC:

### BINTANG BAKTI MASYARAKAT (BBM), PUBLIC SERVICE STAR



Mr Ivan Oh Teck Siong, PBM Kampong Chai Chee



Mr Vincent Lim Sian Bu, PBM Siglap

### PINGAT BAKTI MASYARAKAT (PBM), PUBLIC SERVICE MEDAL



Mr Winston Ang Juay Hoon

Bedok



Mr Bernard Ng Siang Chye Bedok



Mr Low Chong Kuan Changi Simei



Mr Yeo Khee Song Changi Simei



Mr Michael Foo Doon Chin Kampong Chai Chee



Mdm Rachelle-Victoria Boon Chuan Meng Siglap



Mr Chua Hwa Choon Fengshan



Mr Jason Chua Kheng Shan Fengshan



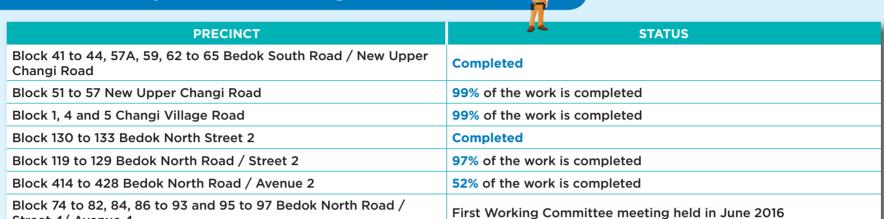
Street 4/ Avenue 4

Block 155 to 165 Simei Road Block 221 to 235 Simei Street 4

### REVITALISING

# **OUR TOWN**

### Home Improvement Programme (HIP)





# Neighbourhood Renewal Programme (NRP) Changi Simei Zone 3 and 4

LOCATION STATUS

Block 141 to 142, 144 to 147 Simei Street 2

Block 148 to 154 Simei Street 1

90% of the work is completed

Revitalisation of Shops (ROS)



PRECINCT	STATUS	
Block 248 Simei Street 3	85% of the work is completed	



### Other Improvement Projects (Work-In-Progress)

PRECINCT

Construction of Sheltered Stage for Community Activities
- Block 4 Bedok South Avenue 1

STATUS

82% of the work is completed

### **Completed Improvement Projects**



### PRECINCT

Construction of BFA Ramp - Block 76 Bedok North Road near PUB Pond

Construction of Street Soccer Court - Open Space near Block 75 Bedok North Road

Construction of Ramp - Behind Block 136 Bedok North Avenue 3

Covered linkway - Between Block 2 and 4 Changi Village Road

Construction of Ramp - Across driveway between Block 67 and 69 Bedok South Avenue 3

Drop-off Porch at Block 132, 134, 135 and 139 Bedok North

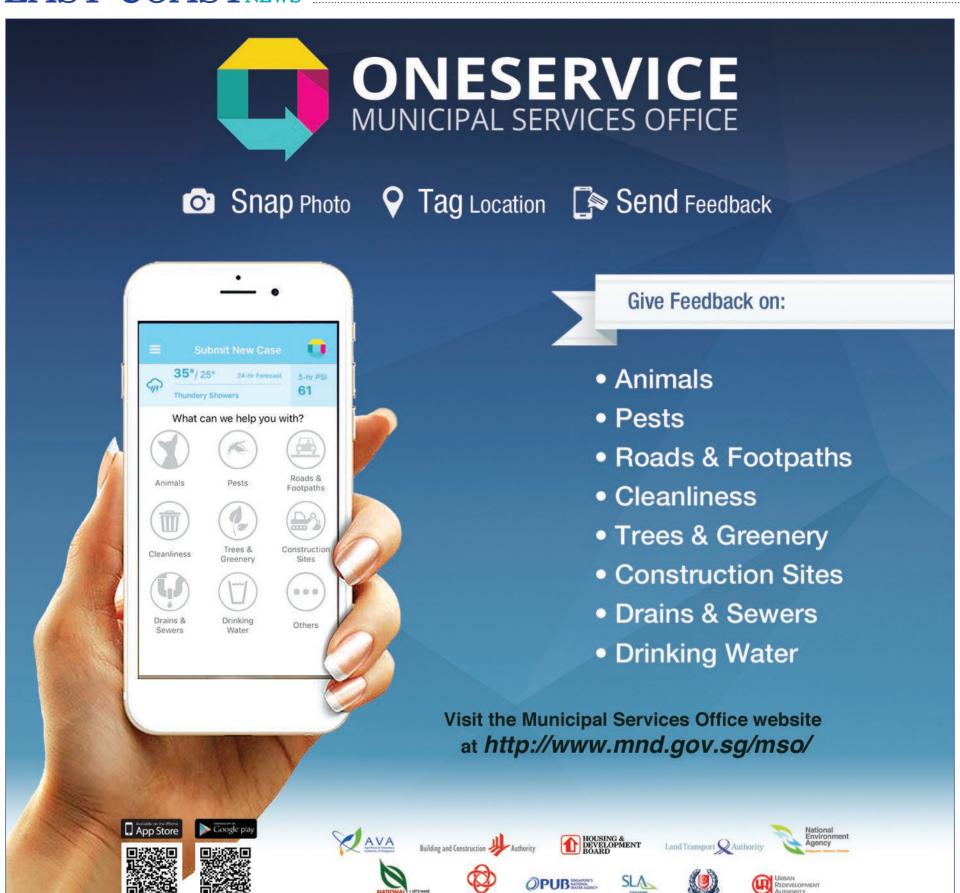
Upgrading of Community Plaza with Seating, Lightings and Gratings at Tree Beds - Block 248 Simei Street 3





\*The above progress are accurate at press time.

**(B)** 



# **Stop** Pigeon Feeding

Pigeon feeding is an offence which may lead to pigeon-related nuisances. These feedings may encourage over-breeding which may cause nuisance, hygiene and health problems. The uneaten food will also attract pests such as rodents and cockroaches.

Under the Animal & Birds Act administered by the Agri-Food & Veterinary Authority of Singapore (AVA), it is an offence to feed the pigeons.

Let us all do our part to create a clean environment for everyone.





**WE CLEAN UP!** 4 June 2016 - Singapore is well known for its clean streets. Our common corridors, void decks, playgrounds and roads are spotless because of the effort of our cleaners. This year, Cleaner's Appreciation Day was held in conjunction with 'Operation WE Clean Up!' - a national exercise to involve everyone in Singapore to demonstrate their support for a truly clean environment.

to walk around the neighbourhood to bag trash which was also separated into normal waste and recyclables. Our resident cleaners took the day off and enjoyed a sumptuous breakfast in the school. An award ceremony was also held as the Best Worker, Happy Toilet Award & appreciation gifts were given out. It was indeed an amazing day!



# SHARING THE SPIRIT OF GIVING







To spread the spirit of Ramadhan, the annual porridge distribution event was held in the month of June. More than 700 residents received nutritious packs of porridge, dates and soya bean drinks to break their fast. For four weekends, non-Muslim and Muslim residents enjoyed the delicious packs with Member of Parliament Mr Lim Swee Say joining in the fun of distributing! It was heart warming to see residents of all walks volunteering, appreciating and celebrating the diverse cultures of our country.







**BEDOK** 

**CHANGI SIMEI** 







## **MERIT AWARD** CEREMONY



About 140 residents were invited to the Edusave & Education Merit Award Presentation Ceremony on 3 July 2016 to celebrate the academic achievements of student residents of Changi Simei and their families. Parents were full of pride as students received their award from Member of Parliament Ms Jessica Tan. Students also wrote thank you notes to their family members for supporting them throughout their studies. The event came to an end with light refreshments provided. Congratulations to all Merit Award Recipients!





# BE PREPARED: **PROTECT OUR HOMES**







On 4 June 2016, more than 200 residents had a day filled with exciting activities as they participated in the biennial Emergency Preparedness Day. This year's theme, Community Vigilance - Protecting our Homes, aims to educate residents to be more aware of their neighbourhood and be emergency ready. Member of Parliament Mr Lee Yi Shyan joined in the fun as live demo skits were performed and educational booths were setup. The Automated External Defibrillator (AED) machine at Rainbowville RC was also officially launched.







**KG CHAI CHEE** 

**SIGLAP** 

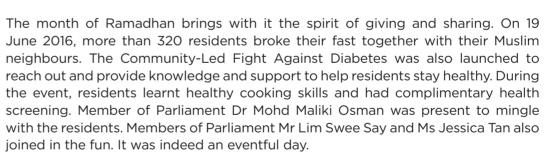






## **IFTAR GIVE & SHARE**









# COLOURS OF RANGOLI







It was a fun day for some 80 residents on 29 May 2016 as a Rangoli workshop was held where participants learnt the different symbols and methods of completing the Rangoli. Participants displayed their creativity in the Rangoli Competition. Member of Parliament Ms Cheryl Chan joined in the fun by designing a Rangoli too! Residents also enjoyed browsing through the many stalls at the flea market which featured henna drawing booths, handmade jewellery and clothes.







**FENGSHAN** 

# RC RECYCLING SCHEDULE SEP / OCT / NOV 2016



Date	Sep / Oct / Nov 2016	Time	Address	Organised by			
BEDOK							
Every 3rd Sunday	18 Sep, 16 Oct & 20 Nov 2016	10.30am - 12pm	Blk 37 Bedok South Ave 2 #01-445	Bedok Bunga Merah RC			
Every last Sunday	25 Sep, 30 Oct & 27 Nov 2016	9am - 11am	Blk 10C Bedok South Ave 2 #01-562	Bedok Orchid RC			
		KG	CHAI CHEE				
Every 2nd Saturday	10 Sep, 8 Oct & 12 Nov 2016	11am - 1pm	Blk 138 Bedok North Rd 2 #01-147	Kg Chai Chee Ruby RC			
Every 2nd Sunday	11 Sep, 9 Oct & 13 Nov 2016	11am - 1pm	Blk 221A Bedok Central #01-70	Kg Chai Chee Linear Green RC			
Every last Sunday	25 Sep, 30 Oct & 27 Nov 2016	9.30am - 11.30am	Blk 765 Bedok Reservoir View	Kg Chai Chee Longvale RC			
			SIGLAP				
Every 3rd Sunday	18 Sep, 16 Oct & 20 Nov 2016	11am - 1pm	Blk 167 Bedok South Ave 3 #01-501	Siglap East RC			
Every last Sunday	25 Sep, 30 Oct & 27 Nov 2016	1pm - 3pm	Blk 71 Bedok South Rd #01-250	Siglap Lucky Valley RC			
Every last Sunday	25 Sep, 30 Oct & 27 Nov 2016	8.30am - 10am	Blk 51 New Upper Changi Rd #01-1500	Bedok Ixora RC			
		F	ENGSHAN				
Every last Sunday	25 Sep, 30 Oct & 27 Nov 2016	9am - 11am	Blk 111 Bedok North Rd #01-323/325	Fengshan Jade RC			
Every 1st Sunday	4 Sep, 2 Oct & 6 Nov 2016	9am - 10am	Blk 124 Bedok North Rd #01-155	Fengshan Crystal RC			
Every 2nd Sunday	11 Sep, 9 Oct & 13 Nov 2016	10am - 12pm	Blk 93 Bedok North St 4 #01-1461	Fengshan Topaz RC			
Every 2nd Sunday	11 Sep, 9 Oct & 13 Nov 2016	9am - 12pm	Void Deck at Blk 185 Bedok North Rd	Fengshan Diamond RC			
Evoly Zila Gullaay		·	Void Deck at Blk 79 Bedok North Rd				
Every 3rd Sunday	18 Sep, 16 Oct & 20 Nov 2016	9am - 11am	Blk 104 Bedok North Ave 4 #01-2186	Fengshan Pearl RC			
CHANGI SIMEI*							
Every 3rd Saturday	17 Sep, 15 Oct & 19 Nov 2016	2pm - 5pm	Blk 155 Simei Road #01-202	Changi Simei Zone 3			

### AKAN DATANG 即将来临 COMING SOON விரைவில்வருகிறது

	WHAT	WHEN	WHERE	CONTACT	PHONE
	Night Cycling Food Trails for Youths	TBC, 10pm - 7am	Please contact CC for more info	Mr Rahimi	6442 5317
BEDOK	Deepavali Celebration	20 Nov 2016, 7.30pm - 9.30pm	Blk 15 Community Park	Mr Rahimi	6442 5317
	SG Secure in the Neighbourhood	30 Oct 2016, 9am - 1pm	Open space at Blk 57 New Upper Changi Road	Mr Rahimi	6442 5317
	Mid Autumn Festival	10 Sept 2016, 7pm - 9pm	Please contact CC for more info	Ms Candy	6781 6058
	Changi Simei Zone 4 RC Anniversary Dinner	5 Nov 2016, 7pm - 9pm	Changi Simei Zone 4 RC	Ms Michelle Lee	6781 6058
CHANGI SIMEI	Deepavali Night	13 Nov 2016, 6.30pm - 9.30pm	Changi Simei CC Hall	Ms Claire Tham	6781 6058
	East Coast GRC & Fengshan SMC Citizenship Presentation Ceremony	19 Nov 2016, 1pm - 4pm	Changi Simei CC Hall	Ms Michelle Lee	6781 6058
	Pioneer Generation Nite @ Changi Simei	26 Nov 2016, 5.30pm - 10pm	Changi Simei CC Hall	Ms Chng Swee Ting	6781 6058
KO 01141 01155	Deepavali 2016	15 Oct 2016, 6pm – 10pm	Kampong Chai Chee CC Multi-purpose Hall	Mr Kelvin Tan	6241 9878
KG CHAI CHEE	Deepavali Extravaganza 2016	6 Nov 2016, 5pm – 9.30pm	Please contact CC for more info	Mr Kelvin Tan	6241 9878
OLOL AD	Traditional Chinese Medicine Consultation	Every 3rd Saturday, 7pm - 9pm	Siglap CC	Ms Teo Peijun	6449 8040
SIGLAP	Siglap Silver Carnival	2 Oct 2016, TBC	Please contact CC for more info		6449 8040
FENGSHAN	Walk for Rice 2016	5 Nov 2016, TBC	Bedok Stadium	Mr Kenneth Leong	6449 5136

The above dates and venues are accurate at press time. Please call to check.

# ECHO HEALTH SCREENING

2016

For East Coast-Fengshan residents (Singapore Citizens & Singapore PRs), 40 years and above, with no known chronic disease.



Screening Time 8.00am - 11.00am

Screening For



High blood pressure, obesity, diabetes, and high blood cholesterol

Screening Fee

40 - 66 years - S\$2.00 Pioneer Generation - Fully Subsidised

Ploffeer Gefferation - Fully Sul

### **Health Screening Schedule**

Divisions	Screening Dates	Screening Venues	Register by	
Bedok	3 Sept 2016	Bedok CC	29 Aug 2016	
Kg Chai Chee	17 Sept 2016	Kg Chai Chee CC	13 Sept 2016	
Fengshan	1 Oct 2016	Fengshan CC	26 Sept 2016	
*Siglap	23 Oct 2016	Siglap CC	17 Oct 2016	
Changi Simei	5 & 6 Nov 2016	Changi Simei CC	31 Oct 2016	

<sup>\*</sup>Only for Siglap residents. Register by 17 Oct 2016.

For more info, visit http://echohealth.com.sg/join-echo or contact your nearest CC

A Simple Guide To Healthy Living









# YOUR MEMBERS OF PARLIAMENT MEET THE PEOPLE SESSIONS (MPS) Every Monday (except Public Holidays)



#### Mr Lim Swee Say

Minister

Ministry of Manpower

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) : 6442 1955 Fax : 6442 9210

Email: Bedok@pap.org.sg

#### Dr Mohamad Maliki Bin Osman

Senior Minister of State

Ministry of Defence & Ministry of Foreign Affairs & Mayor, South East District Member of Parliament for East Coast GRC

MPS : Every Monday at 8pm (except public holidays)

Venue: Blk 70 Bedok South Road #01-278 S(460070) MPS : Every last Friday at 8pm (except public holidays)

Venue: Blk 3 Changi Village Road (Facing Changi Ferry Terminal)

: 6241 5840 : 6449 5329 Fax Email: Siglap@pap.org.sg

#### Ms Jessica Tan Soon Neo

Member of Parliament for East Coast GRC Chairman of East Coast-Fengshan Town Council

MPS : Every Monday at 7.30pm (except public holidays) Venue: Blk 131 Simei Street 1 #01-208 S(520131)

: 6587 0680 Fax : 6587 0681

Email: my.mp@changisimei.sg

#### Mr Lee Yi Shyan

Member of Parliament for East Coast GRC Vice Chairman of East Coast-Fengshan Town Council

MPS : Every Monday at 7.30pm (except public holidays) Venue: Blk 408 Bedok North Avenue 2

#01-38 S(460408) : 6241 9935 Fax : 6241 9935

Email: Kg.Chai.Chee@pap.org.sg

### Ms Cheryl Chan Wei Ling

Member of Parliament for Fengshan SMC Vice Chairman of East Coast-Fengshan Town Council

MPS : Every Monday at 7.30pm (except public holidays) Venue: Blk 119 Bedok North Road

#01-209 S(460119)

: 6442 9954 Fax : 6244 1306

Email: Fengshan@pap.org.sg



### **EMERGENCY** & **USEFUL NUMBERS**

Please call the Town Council at 6444 9549 if you have any query/ 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)------ 1800-600 3333 Email: dpc@nea.gov.sg

### **STRAY ANIMALS**

The Agri-Food & Veterinary Authority (AVA) ----- 1800-476 1600 Email: ava\_arc@ava.gov.sg Society for the Prevention of Cruelty to Animals (SPCA)

Email: enquiries@spca.org.sg

TRAFFIC LIGHTS

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

### LEASES, TENANCIES, RENOVATIONS, PERMITS,

### **SEASON PARKING**

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

CDC/FSCS/COMMUNITY CLUBS/CENTRES

----- 6243 8753 South East CDC -----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 Fengshan Community Club ------ 6449 5136 Joo Chiat Community Club ------ 6344 1926 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 -----Ambulance Service (non-emergency) ------ 1777 Police / Radio Police Car ------999 Traffic Jam / Accident Reporting ----- 6547 1818 Traffic Police (Enquiries) -----SINGAPORE POWER

Piped Gas Supply ------ 1800-752 1800

Water Supply ------ 1800-284 6600

### Electricity --

**ESSENTIAL NUMBERS** 24-Hour Essential

Maintenance Service ------ 1800-275 5555 HDB Branch Office Service Line ----- 1800-225 5432

### **HANDYMAN SERVICES\***

Sanitary Works

Nam Plumbing Engineering Pte Ltd ----- 9666 7057 Building Works Quek & Tan Building Contractors Pte Ltd ----- 9298 0971 Electrical Works

Chuan Soon M&E Pte Ltd ------ 8661 5996

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

best home, brighter future

**EAST COAST-FENGSHAN** 

**TOWN COUNCIL** 

### EAST COASTNEWS

www.ectc.org.sg

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