

EAST COAST NEWS

• 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

Wishing all our residents

HAPPY CHINESE NEW YEAR

新年快樂



**ANSWER
& WIN**
Page 2



**SOUTH EAST CLEAN & GREEN
SINGAPORE CARNIVAL AND
LAUNCH CEREMONY**
Page 3



CHINGAY 2018
Page 5



**FOLLOW US
FACEBOOK
PAGE**

Spot the Difference?

Can you spot **5** differences between these photos? Simply circle your answers and stand to
Win A \$10 Shopping Voucher!



RULES & REGULATIONS

- 1. Fill in your personal details, cut out the quiz and mail it to:
*Quiz for Issue #114, East Coast-Fengshan Town Council,
Block 206 Bedok North Street 1, #01-353,
Singapore 460206*
- 2. Closing date is 9 March 2018.
- 3. Only residents of East Coast GRC and Fengshan SMC are eligible to participate.

Name: _____ NRIC: _____

Address: _____

Postal Code: _____ Contact No.: _____

Email: _____ Division: _____



Answers
for last issue

Spot the Difference?

Did you manage to find the answers?



CONGRATULATIONS TO WINNERS OF QUIZ #113

S/N	Name	NRIC
1	Sarah Ho	TXXX3486D
2	Low Jieh Yi Geraldine	TXXX5668F
3	Farah Shahidah Mohamed	SXXX9023H
4	Kaylie Chin	TXXX5104A
5	Mohd Noorshazly	SXXX6122E
6	Wang Jiayi	SXXX9484J
7	Desmond Teh	SXXX1145B
8	Tay Chui Heok	SXXX8529B
9	Lam Soon Yin	TXXX9056A
10	Jamilah Binte Anuar	SXXX2179E

QUOTE OF THE DAY

"Kind words can be short and easy to speak, but their echoes are truly endless." - Mother Teresa (1910–1997)





South East Clean & Green Singapore Carnival and Launch Ceremony

The South East Clean & Green Singapore Carnival, held at Heartbeat @ Bedok on 11-12 November 2017 saw Member of Parliament, Dr Maliki Bin Osman announce the expansion of the 'Eco Kepalas @ South East Schools' partnership programme with 13 schools. In partnership with NEA and South East Community Development Council (SE CDC), the expansion of the 3-year programme will now provide more collaboration opportunities with organisations, NGOs and the community. 18 awards were also given out for the Sustainable Lifestyle Challenge 2017 which was jointly organised by the Institute of Technical Education (ITE) College East, NEA and SE CDC, and supported by Ascendas-Singbridge Gives Foundation. The competition was a good platform to create awareness among our youths on global environmental challenges, and to cultivate a change in their lifestyle by working on projects to reduce the waste generated in their living environment. There was even a cooking demonstration to encourage the public to reduce food waste by using "leftovers" to whip up delicious dishes. Let's make our home Clean & Green!



YEAR END CELEBRATIONS



Year end celebrations were in full force during the month of December as residents joined the parties held in various parts of our town. Residents were entertained by a variety of stage performances and magic shows while the children were excited over game booths. It was such a festive joy to see everyone's beaming smiles!

Merry Christmas & Happy New Year!



East Coast GRC and Fengshan SMC

Chingay

20

CULTURAL
FANTASY

@ HEARTLANDS

10 MARCH 2018

1

CHANGI
SIMEI

Fringe Activities: 5.00pm – 8.00pm
Float Procession: 6.20pm – 6.45pm
Open Field beside Eastpoint Mall
(Simei Street 1)

2

SIGLAP

Fringe Activities: 5.00pm – 8.30pm
Float Procession: 7.15pm – 7.40pm
Siglap Community Centre
(300 Bedok South Ave 3)

3

KAMPONG
CHAI CHEE

Fringe Activities: 6.30pm – 9.30pm
Float Procession: 7.55pm – 8.20pm
Heartbeat@Bedok
(11 Bedok North Street 1 S(469662))

4

FENGSHAN

Fringe Activities: 6.30pm – 10.00pm
Float Procession: 8.30pm – 8.40pm
Open Area outside Blk 85 Market
(Bedok North Road)

5

BEDOK

Fringe Activities: 8.00pm – 10.00pm
Float Procession: 9pm – 10.00pm
(Open Field in front of Blk 21 Bedok)



For more information, please contact 6243 3822

* Information correct as at print

First Step to Recovery

“If strolling to your neighbourhood kopitiam for a cup of coffee sounds like a piece of cake, trust me, back in 2015, it was the toughest thing I had ever done.

Just over four years earlier, in 2011, I had fallen off my bicycle during a holiday in Hanoi, Vietnam. I crashed hard, and struck my head on a rock. The fall hurt parts of my spinal cord. And I was paralysed from the neck down.

Another person who was as much a fitness buff as me might have been devastated. But thanks to my Christian faith, I knew I had to be patient and I was determined to get back on my feet.

My care partner

When I returned to Singapore, I began rehabilitation at Tan Tock Seng Hospital and the Ang Mo Kio Thye Hua Kwan hospital. I was also referred to NTUC Health Silver Circle in

Mr Lim Yian Ho's life veered off-course when a cycling trip in Vietnam went horribly wrong. But with faith, sheer determination and a supportive physiotherapist, the 61-year-old got himself back on track. We tell his story, in his own words.



Mr Lim Yian Ho (centre) with his wife Sharon (left) and his physiotherapist Uma. He attributed his recovery to his Christian faith and the unwavering support from Sharon, his family and Uma.

Serangoon for physiotherapy. There, in 2014, I began working with Ms Jaya Raman Uma Maheswari.

Uma would guide me through a variety of exercises. Sometimes, we would walk on the treadmill. Other times, we would strengthen my legs by lifting weights.

The sessions were never dull. While I was exercising, we would chat, share funny things, talk about our personal lives. She became more like a friend than a therapist.

Uma continues to encourage me. Even though I have become used to sharing my story, she would step in and console and comfort me whenever I recount the emotionally difficult memories. This is the kind of understanding we have built up over the years of therapy together.

Making goals

Every three months, Uma and I would review my goals. Our first goals were to go from sitting to standing five times, then walking on the treadmill at a low speed, and so on.

A major milestone for me – and my proudest achievement – was making that walk from the centre

to the nearby kopitiam with Uma by my side. Before my accident, I would have thought nothing of it. But that day, I was all too aware of the obstacles – a ramp, a traffic light junction, pedestrians and vehicles.

It took us an hour, an arduous hour, but we made it! Jubilant, with all my strength, I called for a cup of coffee – the best coffee I've ever had.

Setting sights on a new target

Since my accident, I've had many emotional ups and downs. I will always remember the feeling of getting back on my feet after undergoing the lengthy therapy. Today, I can walk for six minutes with a walking frame, covering about 130m.

My next goal is to stand tall at my son's wedding in May this year. That means switching from my walking frame to walking with a quad stick. This goal gives something to look forward to.

With Uma's help, my faith, and the support of my family, I believe I will be able to achieve it.



Becoming a Physiotherapist

When Uma, Mr Lim's physiotherapist, missed out on qualifying for medical school by just one mark, she made a fateful decision. "I've always been curious about physiotherapy – how to make somebody walk who cannot walk," she says. That led her to pursue a degree in physiotherapy.

She has not looked back since: "My work gives me a lot of job satisfaction as I feel I am giving back to society. It's a feeling that no money can give."

What do physiotherapists do?

Physiotherapists provide treatment for people suffering from physical problems arising from injury, disease, illness and ageing. They assess the physical condition of a patient to diagnose problems and implement a treatment plan.

Physiotherapists teach people like Mr Lim how to walk, through exercises (including stretches and weight training) and the use of tools (crutches, walking frames, wheelchairs).

For more on a career in physiotherapy, check out: www.carecareers.sg/

For more information on Community Care Services,



www.silverpages.sg



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Blk 404 Choa Chu Kang
Road #2 Singapore 680204
(In front of New Sea MRT Station)

6299 3556
Beach Road
Blk 14 Beach Road,
#01-401 Singapore 190014
(Between Dollar and Road Centre)

6452 4222
Ang Mo Kio Central
Blk 307 Ang Mo Kio Avenue 5,
#01-4710 Singapore 600757
(Between North-East MRT Station)

6777 1712
Clementi Central
Blk 449 Clementi Avenue 3,
#01-167, Singapore 120446
(After Clementi MRT Station)

6250 0630
Toa Payoh Central
Blk 180 Toa Payoh Central,
#01-418 Singapore 310188
(Between Toa Payoh MRT Station)



TREATMENT 治疗	AFTER CHAS-PB SUBSIDY 津贴过后
CONSULTATION 检查	\$0 <small>*Within annual limits *年度限额以内</small>
X-RAYS 照X光片	
TEETH CLEANING 洗牙	
FILLINGS 补牙	
EXTRACTION 拔牙	



MEDISAVE CLAIMABLE SURGICAL PROCEDURES
保健储蓄手术支付程序

TREATMENT 治疗	AFTER MEDISAVE CLAIMS 保健储蓄支付
WISDOM TOOTH SURGERY 智慧牙手术	\$0
SURGICAL REMOVAL OF TEETH 牙齿手术	
DENTAL IMPLANT 口腔植牙	\$1400 onward 起

*Prices may vary at other branches



STRAIGHTEN YOUR TEETH WITH
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\$3500



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IMPLANTS
口腔植牙

\$1400

After Medisave deduction of \$1200



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隐适美

\$6500



SGSECURE : Learn What to do

STAY ALERT BERWASPADA 保持警惕 விழிப்பாக இருங்கள்

- Know what to do in an emergency
- Call the Police if you see suspicious behaviour, packages or objects

WHAT DO I LOOK OUT FOR?

- Be attentive to suspicious activities or behaviours in your community.
- Keep a lookout for items left unattended in public areas, or abandoned in ways that seem out of place. Do not touch the item. Inform the security officer or the police immediately.

STAY UNITED KEKAL BERSATU PADU 保持团结 ஒற்றுமையாக இருங்கள்

- Build strong ties with your community
- In a crisis, stay calm and do not spread rumours
- Resume daily activities as soon as possible

WHAT DO I DO?

In the rare event of a FIREARMS or WEAPONS attack

RUN » HIDE » TELL



- RUN when it is safe to do so
- Move quickly and quietly, stay out of view of the attackers
- Leave your belongings behind
- Insist others leave with you



- HIDE if you can't run
- Find cover and stay out of sight
- Lock yourself in but do not get trapped
- Stay quiet and switch your phone to silent mode



- TELL the police when it is safe to do so (Tel: 999)
- If it is not safe to talk, SMS 71999. Give your location and provide details about the attackers
- You can also send more information through i-Witness on the Police@SG application
- Follow Police's instructions and do not make any sudden movements

Download the SGSecure app to receive important alerts in the event of major emergencies. The SGSecure app will allow you to make 999 calls or alert the Police via SMS.



Download the SGSecure app at:



WWW.SGSECURE.SG
#SGSECURE #STAYALERT #STAYUNITED #STAYSTRONG

ARTS IN YOUR NEIGHBOURHOOD (AYN)

Several exciting arts programmes took place at Bedok Town Square during the weekends of 11-12 November and 18 November, as part of Arts in Your Neighbourhood (AYN), an initiative by the National Arts Council.

Arts in Your Neighbourhood aims to provide enriching arts experiences for everyone at their doorsteps and consists of interactive arts programmes by established artists and arts groups held at various spaces across the island.

AYN is returning to a neighbourhood near you in March 2018! Get the latest updates at artsforall.sg/AYN, [instagram.com/artsforallsg](https://www.instagram.com/artsforallsg) or [facebook.com/artsforallsg](https://www.facebook.com/artsforallsg).



Maxx the Cat by The Finger Players
11 Nov 2017 Saturday

Kids and families were immersed in this colourful theatrical experience with puppets accompanied by lively music! They followed the journey of young girl, Sam, and her adopted cat, Maxx, as they encountered different creatures in an exciting series of adventures and misfortunes.



Urban Distortions by t.r.a.n.s.i.t.s.c.a.p.e
12 Nov 2017 Sunday

Audiences got up-close and personal with performers of Urban Distortions, a cross-disciplinary installation-performance interweaving dance, music and visual arts. The Belgium-based dance group, founded by French artists, presented a contemporary dance inside giant life-size plastic bubbles with live music accompaniment.



The Nursery Rhymes Project: Imagine Our Songs by The Theatre Practice
18 Nov 2017 Saturday

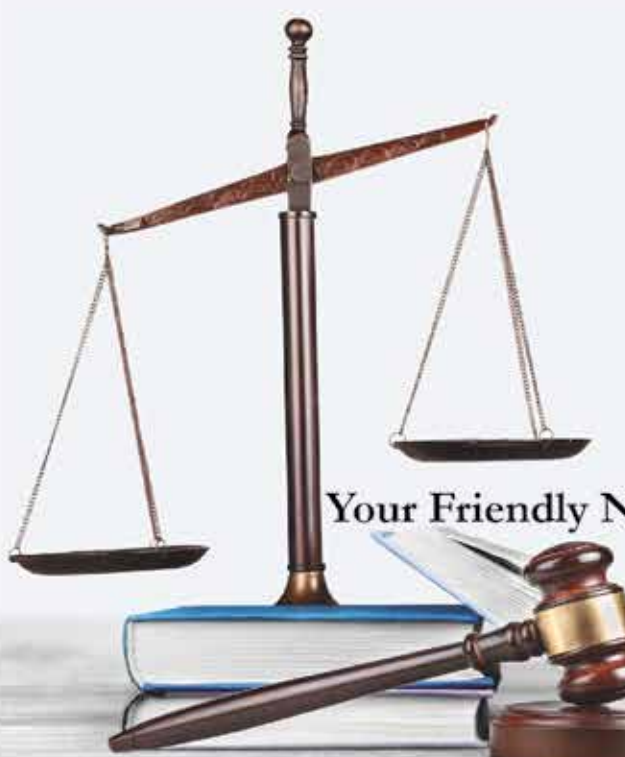
Bringing together short stories written by Mandopop lyricist, Xiaohan, with music arrangements by local leading musician, Julian Wong, this fun and engaging mini-musical re-invention of classic children's nursery rhymes enchanted young audiences with captivating stories and memorable tunes such as *The Little White Boat*, *The More We Get Together* and many others.



When Ah Teck Meets The Tiger by ADDO Chamber Orchestra
18 Nov 2017 Saturday

ADDO Chamber Orchestra delighted audiences both young and old with a musical narration of a brave young boy named Ah Teck and his encounters with a tiger. The performance drew inspiration from the story of Peter and the Wolf as well as the story of the last tiger in Choa Chu Kang in the 1930s.





HOH

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LIFT SAFETY

DON'Ts: 请勿:



Do not use any part of the body (e.g. hand/leg) to stop the doors from closing. Press the "Door Open" button instead.

请不要使用身体任何部位（如手脚）阻止电梯门关闭。请按“开门”按钮，将电梯门打开。

Jangan gunakan sebarang bahagian tubuh (contohnya tangan/kaki) untuk menghadang pintu daripada tertutup. Tekan butang "Door Open".

கதவுகள் மூடுவதைத் தடுப்பதற்கு உடலின் எந்த பாகத்தையும் (எ.கா. கை, கால்) பயன்படுத்தக்கூடாது. அதற்குப் பதிலாக, "கதவைத் திறப்பதற்கான" பொத்தானை அழுத்தவும்.



Do not try to pry open the lift doors when the lift stalls. Press the alarm button and wait for rescue.

如果电梯停止操作，请不要试图迫开电梯门。请按警铃，等待救援。

Jangan cuba mengumpil pintu lif apabila lif terhenti. Tekan butang kecemasan dan tunggu untuk diselamatkan.

மின்தூக்கி நடுவழியில் நின்றவிட்டால், மின் தூக்கியின் கதவுகளைத் திறக்க முயற்சி செய்யக்கூடாது. எச்சரிக்கை பொத்தானை அழுத்திவிட்டு, மீட்கப்படுவதற்காகக் காத்திருக்கவும்.

JANGAN LAKUKAN: செய்யக்கூடாதவை:

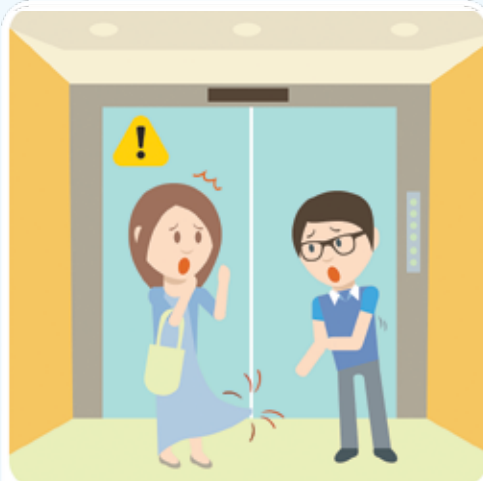


Do not jump or play in the lift. This may cause the lift to stall.

请不要在电梯里跳动或玩耍。这可能导致电梯停止操作。

Jangan melompat atau bermain di dalam lif. Ini boleh menyebabkan lif untuk berhenti.

மின்தூக்கியில் குதிக்கவோ அல்லது விளையாடவோ கூடாது. இதனால் மின்தூக்கி நடுவழியில் நின்றவிடக்கூடும்.



Do not stand near the lift doors. Small and thin objects like long skirts, leashes and backpack straps can get caught.

请不要站靠近电梯门边。细长的物品如长裙、宠物的绳索和背包带，可能被门夹住。

Jangan berdiri dekat dengan pintu lif. Objek kecil dan tipis seperti skirt panjang, tali pengikat dan tali beg boleh tersangkut.

மின்தூக்கியின் கதவுகளுக்கு அருகே நிற்கக் கூடாது. நீண்ட பாவாடைகள், தோல்வார்கள் மற்றும் முதுகுப் பையின் வார்கள் போன்ற சிறிய மற்றும் மெல்லிய பொருட்கள் சிக்கிக் கொள்ளலாம்.

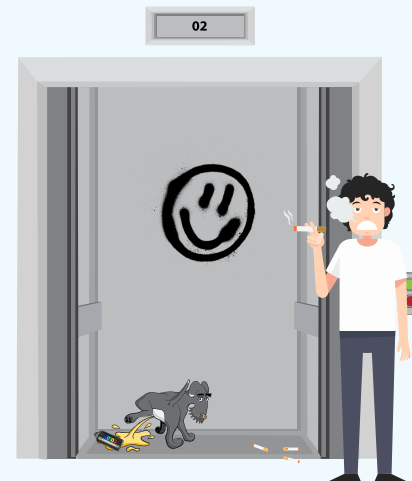
- 1) No Banging of lift car doors when transporting heavy or bulky furniture and bicycles in the lifts.



- 2) Protection of lifts by renovation contractors such as the use of proper hoarding, no transportation of sand in the lifts.



- 3) No vandalism, smoking, urination, littering in the lift.



Bulky Household Item Removal

Please do not endanger the lives of your family and neighbours by placing your bulky refuse/items in common corridors. The Town Council provides bulky household removal services. The first three items will be removed for free and additional items will cost \$5 each. Removal does not include renovation debris, items for house-moving and built-in items.

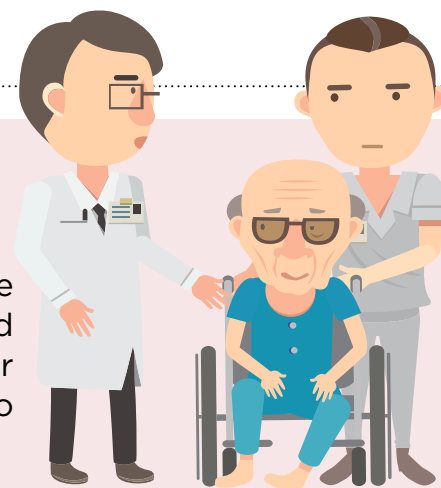
请不要把您的大件垃圾或物品摆放在公共走廊，以免危及您的家人和邻居的生命。市镇理事会提供免费的大件垃圾清理服务。免费清除首三件物品，之后每件物品将收费5元。这不包括清除装修废料、搬家和内置物品。

Sila jangan membahayakan nyawa keluarga dan jiran-jiran anda dengan meletakkan sampah besar/barangan anda di laluan koridor. Majlis Bandaran menyediakan servis pembuangan barang rumah secara percuma. Tiga barang pertama akan dibuangkan secara percuma dan setiap barang tambahan akan dicaj \$5 setiap satu. Pembuangan tidak termasuk serpihan pengubahsuaian, barangan untuk berpindah rumah, dan barang terbina dalam.

பொதுத் தாழ்வாரங்களில் உங்கள் பெருத்த குப்பைகள்/பொருட்களை வைப்பதன் காரணமாக உங்கள் குடும்பத்தினர் மற்றும் அக்கம் பக்கத்தினரின் உயிருக்கு அன்புகூர்ந்து ஆபத்தை ஏற்படுத்தாதீர்கள். பெருங்குப்பைகளை அகற்றும் சேவைகளை நகர மன்றம் இலவசமாகச் செய்கிறது. முதல் மூன்று பொருட்கள் இலவசமாக அகற்றப்படும் மற்றும் கூடுதல் பொருட்களுக்கு ஒரு பொருளுக்கு \$5 வீதம் கட்டணம் வசூலிக்கப்படும். புதுப்பித்தல் கழிவுகள், வீடு-மாறுதல் செய்வதற்கான பொருட்கள், உள்ளமைவுப் பொருட்கள் ஆகியவை இந்த அகற்றுதலில் அடங்காது.

Please call **6444 9549** or visit **www.ectc.org.sg** for more information.





STROKE AWARENESS DAY

Stroke Support Station (S3) organised a 2-day community roadshow to commemorate World Stroke Day (29 Oct) at Bedok Town Square. S3 is Singapore's first dedicated wellness centre to meet the gap in post-stroke care of stroke survivors and their caregivers. Held on 21 - 22 October 2017 from 9am - 5pm, the event reached out to over 10,000 heart-landers to educate them on stroke prevention.

Joined by Guest-of-Honour, Mr Lee Yi Shyan, Member of Parliament for East Coast GRC, the event featured free health screening, information about stroke prevention and post-stroke care, recovery activities such as Box and Block, Ladder Co-ordination Trainer and Table Cloth Exercise as well as children's activities such as a bouncy castle and an art & craft corner. On site, there was also a free ice cream and balloon giveaway for participants.

National University Health System (NUHS), which is an S3 partner, also sent nursing students from National University of Singapore's Alice Lee Centre for Nursing Studies (NUS Nursing) onsite to educate the public about stroke and stroke recovery. Apart from that, S3 also put together flyers, banners and infographics to inform the public of the ways to prevent stroke including cholesterol control, reducing blood sugar, eating healthily and having regular health screening.

For more information, Call: **6473 3500** or visit <http://www.s3.org.sg> or www.facebook.com/StrokeSupportStation



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CYCLING IN BEDOK

Cycling around Bedok just became easier and safer with the opening on of the first 5km of a planned 13km of bike paths on 21 Dec 2017.

The paths run along stretches of New Upper Changi Road, Bedok North Avenue 3, Bedok North Street 2, Chai Chee Road and Sims Avenue East with a further 8km of paths due to open in January 2018.



Starting at Bedok Reservoir Park near Jalan Lembah Bedok, Bedok Park Connector ends at the underpass behind Bedok Camp, in the direction of East Coast Park. Here, you can enjoy a scenic view of Bedok Reservoir along the park connector, which also provides an alternative route linking you to East Coast Park from Bedok Reservoir Park or vice versa. Our Park Connector Network Pit Stop at East Coast Park Area G offers you two recreational options – cycling or roller blading.

For more information, visit

<https://www.nparks.gov.sg/gardens-parks-and-nature/park-connector-network/bedok-pc>



Park Connector Network Pit Stop:

East Coast Park Area G1

Address: 1490 East Coast Parkway

Opening Hours:

9am - 6pm (Monday - Friday)

9am - 9pm (Saturday and Public Holidays)

9am - 8pm (Sunday)

NOTICE

Dear Residents,

Please ensure that your bicycle is parked at designated parking lots.

Illegal parking at the common areas can pose a safety hazard to residents, especially children and senior citizens.

With effect from 1st December 2017, parking fines will be imposed for bicycles which are parked illegally at the common area. Private owned bicycles which are illegally parked at the common area will be impounded.

Thank you for your co-operation.

亲爱的居民，

请确保您的脚踏车停泊在脚踏车架或指定的区域里。

非法停泊在公共场所会为路人带来危险，特别是儿童和乐龄人士。

自12月1日起，违法者将被罚款高达\$500新币，非法停放在公共区域的私人脚踏车将被扣押。

谢谢您的合作。



First Offence 初犯	\$100
Second Offence 再犯	\$200
Subsequent Offence 重犯	\$500

BEDOK BOWLING Championship



Bedok Bowling Championship, an annual grassroots leaders & residents bonding event, was held on 17 December 2017. About 120 residents represented their various Grassroots Committees from the Bedok Constituency. It was an exciting challenge as Bedok Indian Activity Executive Committee (IAEC) won the Champion Cup. A delicious buffet lunch was served as participants spent the afternoon forging friendships through competition.



BEDOK

CHANGI SIMEI



CHANGI SIMEI DIGITAL CLINIC

As part of the smart nation initiative, digital clinics were held to help seniors use their smartphones more efficiently. In each clinic, seniors learnt many useful things: download the PressReader App for eNewspaper, sign up for a myLibrary ID, set up Wireless@SG, obtain assistance on Facebook and WhatsApp, get help on phone settings, receive tips on managing data, learn how to increase text/font size, use the magnifier function, find a lost phone, use voice-to-text, the cloud, and many other topics. Join us in our next upcoming Digital Clinic. More details are available at your local CC.



DAIKO 20th ANNIVERSARY CONCERT



More than 500 residents attended the Daiko 20th Anniversary Concert on 25 November 2017. The hour long concert showcased the dynamic performances by the Kozoku Team and Rakuzoku Team. As part of the audience engagement segment, the residents were invited to join the drummers on stage for a simple hands-on demonstration. The creative beats of the drums were such an excitement to watch! What a performance! Bravo, Bravo!



KG CHAI CHEE

SIGLAP



EMBRACING PARENTHOOD

More than 50 young families came together on 22 October 2017 to celebrate the birth of their newborn. The Embracing Parenthood movement is a community led initiative that aims to work towards a society where marriage and parenthood is achievable, enjoyable and celebrated. It also creates a platform for parents in the neighbourhood to get to know each other better and promote stronger family ties and networking among young parents. Congratulations Parents!



WINTER SOLSTICE



The Winter Solstice, also known as Dong Zhi, was celebrated by more than 200 residents on 17 Dec 2017. Stage performances entertained families with songs and dance as residents tried their hands at traditional games such as Congkak and Five Stones. Food stalls served delicious food which could be smelled from blocks away. There was even a best dressed competition!



FENGSHAN

RC RECYCLING SCHEDULE FEB / MAR / APR 2018

Day	Date	Time	Address	Organised by
BEDOK				
Every 3rd Sunday	18 Feb, 18 Mar, 15 Apr	10.30am - 12pm	Blk 37 Bedok South Ave 2 #01-445	Bedok Bunga Merah RC
Every last Sunday	25 Mar, 22 Apr	9am - 11am	Blk 10C Bedok South Ave 2 #01-562	Bedok Orchid RC
KG CHAI CHEE				
Every 3rd Sunday	18 Feb, 18 Mar, 15 Apr	11am - 1pm	Blk 221A Bedok Central #01-70	Kg Chai Chee Linear Green RC
Every last Sunday	25 Feb, 25 Mar, 29 Apr	9.30am - 11.30am	Blk 765 Bedok Reservoir View	Kg Chai Chee Longvale RC
SIGLAP				
Every last Sunday	25 Feb, 25 Mar, 29 Apr	1pm - 3pm	Blk 71 Bedok South Rd #01-250	Siglap Lucky Valley RC
Every last Sunday	25 Feb, 25 Mar, 29 Apr	8.30am - 10am	Blk 51 New Upper Changi Rd #01-1500	Bedok Ixora RC
FENGSHAN				
Every 2nd Sunday	11 Feb, 11 Mar, 8 Apr	9am - 12pm	Blk 111 Bedok North Rd #01-323/325	Fengshan Jade RC
Every 1st Sunday	4 Feb, 4 Mar, 8 Apr	8.30am - 10am	Blk 124 Bedok North Rd #01-155	Fengshan Crystal RC
Every 2nd Sunday	11 Feb, 11 Mar, 8 Apr	10am - 12pm	Blk 93 Bedok North St 4 #01-1461	Fengshan Topaz RC
Every 2nd Sunday	11 Feb, 11 Mar, 8 Apr	9am - 12pm	Void Deck at Blk 185 Bedok North Rd Void Deck at Blk 79 Bedok North Rd	Fengshan Diamond RC
Every 3rd Sunday	18 Feb, 18 Mar, 15 Apr	9am - 11am	Blk 104 Bedok North Ave 4 #01-2186	Fengshan Pearl RC
CHANGI SIMEI*				
Every 3rd Saturday	17 Mar, 21 Apr	2pm - 5pm	Blk 155 Simei Road #01-202	Changi Simei Zone 3

*Veolia Waste Provider



AKAN DATANG 即将来临 COMING SOON விரைவில் வருகிறது

	WHAT	WHEN	WHERE	CONTACT	PHONE
BEDOK	CNY Dinner	28 Feb 2018, 7pm – 10pm	Bedok CC	Benjamin Soh	6442 5317
	Lucky Heights Fun with Sports	7 Apr 2018, 4.30pm – 6.30pm	Casuarina Grove at East Coast Park	Kelvin	
CHANGI SIMEI	Z2RC Opening of RC	24 Feb 2018, 12pm – 2pm	133 Simei Street 1 Void Deck	Tan Hui Xian	
	SCEC CNY Gathering	25 Feb 2018, 10am – 2pm	150 Simei Street 1 Void Deck	Chng Swee Ting	
	Changi Simei CC Carnival	10 Mar 2018, 4pm – 5.45pm	Changi Simei CC	Amelda / Jia Min	
KG CHAI CHEE	Longvale Chinese New Year Celebration 2018	24 Feb 2018, 7pm – 10pm	775 Bedok Reservoir View MPH Purpose Hall	Sulaiha	6241 9878
SIGLAP	Traditional Chinese Medicine	Every 1st & 3rd Sat of the month, (Excluding Public Holidays) 7pm – 9pm	Siglap CC	Brian Lee	6449 8040
	Silver BluePrint Programmes for Seniors aged 50 and above (Excluding Public Holidays)	Every Tuesday – DanceFIT, 10.30am – 11.30am			
		Every Wednesday – HPB Senior Physical Activity Programme, 10am – 11am			
		Every Thursday – Senior Health Curriculum, 10am – 11am			
		Every Friday – Qigong, 10am – 11am			
	Siglap Elderly Lunar New Year Dinner (aged 55 years and above)	24 Feb 2018, 4pm – 9pm	Garden By the Bay	Ee Ling	
FENGSHAN	Functional Screening for Senior Citizens (aged 60 and above)	4 Mar 2018, 9am – 12pm	Fengshan CC	Cynthia Teo	6449 5136

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



GO GREEN & Win with SEMBCORP!

Sembcorp, appointed public waste collector for the Bedok sector, has two easy and popular programmes to promote recycling.

• Go Green Lucky Draw

Bag your recyclables with a lucky draw coupon before depositing them into a recycling bin. Three lucky winners are picked every quarter to receive vouchers from Sembcorp.

• Spot-Captain-Green

A Sembcorp representative randomly approaches residents who are spotted placing recyclables into recycling bins. The lucky residents are awarded with vouchers on the spot.

Article contributed by Sembwaste Pte Ltd



Ho Beng Quee from Blk 64 New Upper Changi Road was spotted depositing recyclables and was awarded with vouchers.



Mdm Yang from Blk 163 Bedok South Road was spotted depositing recyclables and was awarded with vouchers.



Contact Sembcorp to find out more.

Customer Service Hotline: 1800 278 6135 • Email: environment_contactus@sembcorp.com

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)
Tel : 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)
Tel : 6241 5840
Fax : 6449 5329
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)
Tel : 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)
Tel : 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)
Tel : 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

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 ----- 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 ----- 6590 3000
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 ----- 1800-284 6600
Electricity ----- 1800-778 8888

ESSENTIAL NUMBERS

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

HANDYMAN SERVICES*

• Sanitary Works
388 Pte Ltd ----- 6316 9891
• Building Works
Liong Construction ----- 6455 6846
• Electrical Works
Propell Integrated Pte Ltd ----- 6282 2822

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



EAST COAST-FENGSHAN
TOWN COUNCIL

best home, brighter future

EAST COASTNEWS

www.ectc.org.sg

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