

WISHING ALL OUR  
MUSLIM RESIDENTS

Selamat  
Hari Raya  
Aidilfitri



QUIZ

Seek & Win  
Page 2



Estate Cleanliness  
Programme with  
Ngee Ann Polytechnic  
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Hari Raya  
Celebrations  
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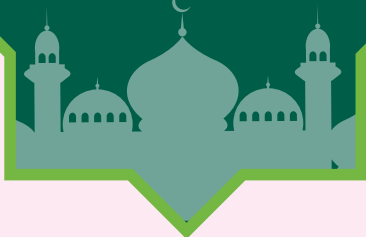


SEEK & WIN

Put your eyes to the test! Find all the “Hari Raya Festival” words in the word scramble below, and stand to

Win A \$10 Shopping Voucher!

Theme:  
Hari Raya  
Festival



PUASA  
HARIRAYA  
FASTING  
COOKIES  
RELATIVES  
FRIENDS  
KETUPAT  
CLOTHES  
DECORATIONS

G	F	D	P	U	A	S	A	Q	W	Y	U
K	D	E	C	O	R	A	T	I	O	N	S
E	H	F	G	R	E	E	D	S	S	H	U
T	J	E	F	E	S	F	G	F	X	J	I
U	H	A	R	I	R	A	Y	A	C	K	O
P	Q	R	I	E	T	S	B	S	F	C	L
A	M	H	E	D	O	X	H	T	R	L	M
T	T	X	N	L	P	U	J	I	T	O	B
W	T	Q	D	M	D	I	K	N	G	T	C
B	C	Z	S	G	W	Y	K	G	Y	H	Z
J	R	E	L	A	T	I	V	E	S	E	S
Y	K	O	W	C	O	O	K	I	E	S	G

RULES & REGULATIONS

- Fill in your personal details, cut out the quiz and mail it to:  
*Quiz for Issue #116, East Coast-Fengshan Town Council,  
Block 206 Bedok North Street 1, #01-353,  
Singapore 460206*
- Closing date is 15 Aug 2018.
- 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 #115

S/N	Name	NRIC
1	Quek Heng Mui	SXXXX017A
2	Chuang Lee Yin	SXXXX779Z
3	Tan Sai Hong	SXXXX909A
4	Pratapani Tanmayi	TXXXX669B
5	Sng Soh Tat	SXXXX204F
6	Oon Xyn	TXXXX137A
7	Lim Gim Hoon	SXXXX344F
8	Muhammad Afandi	SXXXX718J
9	Tay Lee Keow	SXXXX735C
10	Rishvinder Singh	SXXXX027B

QUOTE OF THE DAY

Perseverance is not a long race; it is many short  
races one after the other. - Walter Elliot







On 19 April 2018, more than 300 students and teachers participated in the Ngee Ann Poly Estate Cleanliness Immersion Programme, a collaboration with East Coast-Fengshan Town Council and the National Environment Agency. Giving a day off to our cleaners, students cleaned the estate surroundings such as corridors, void decks and lift lobbies. Through the clean-up, students learnt to appreciate the hard work that our cleaners put in daily to keep our environment clean for us. Together with the community, we learnt the importance of everyone's effort in keeping Singapore clean. Our cleaners were also presented with a delicious spread of food and appreciation gifts. Once again, a BIG thank you to our cleaners!



//

I feel more appreciative and grateful towards our cleaners because of how much effort they put in to make Singapore clean. I used to think that a cleaner's job was tough but after today, I realised it is even tougher than I thought. Furthermore, I used to barely acknowledge their presence and do not even smile at them. From today onwards, I will start saying hello when I meet a cleaner, simply smile to show that I appreciate their hard work.

Karen, Freshman

//





# Inter-Racial IFTAR 2018

In the spirit of Ramadan, more than 350 Muslim and non-Muslim residents broke their fast together with Members of Parliament in the annual IFTAR 2018.

Member of Parliament Dr Mohd Maliki Osman said, "It was heartening to see neighbours from various races and ages coming together to strengthen the community spirit in East Coast. Through the table sharing by grassroots leaders, the talk and Q&A with Ustaz, non-Muslim residents gained better understanding of unique Islamic practices, such as *Terawih* prayer, a prayer only practiced during the Ramadan month, at all mosques and various shared community spaces in their neighbourhood. This encouraged mutual understanding of different religious practices within the community."

Organising Chairperson Mr Jeffrey Low also shared, "In order to bring across the message that the War on Diabetes is a whole-of-community and family effort, we served a scrumptious yet healthy dinner on a large tray similar to the popular Malay delicacy 'Nasi Ambeng', so that the residents were able to enjoy a delicious communal meal together with their neighbours."

The Inter-Racial IFTAR 2018 not only brought residents closer to their neighbours, it was a good opportunity to make new friends. The "Community Salad Art Challenge" helped residents bond and many were pleasantly surprised by the creative talents of their neighbours to co-create beautiful art using fruits and vegetables. Selamat Hari Raya!







## Celebrating Hari Raya



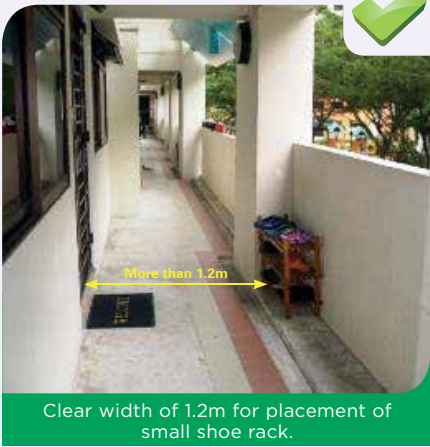


KEEP COMMON AREA CLEAN

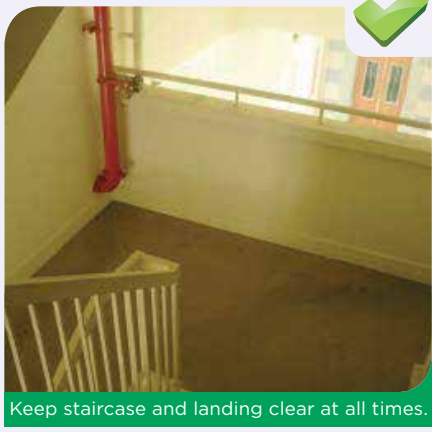
As part of our ongoing effort to upkeep the cleanliness and safety of our estate, the Town Council is carrying out an exercise to clear unauthorised items (including abandoned and unserviceable bicycles) placed at common areas. Please do not place your bulky items and/ or refuse along the common corridors. Let's play a part in keeping the common area clear and safe. **Please visit [www.scdf.gov.sg](http://www.scdf.gov.sg) for more information.**



Ambulance crew and wheelchair-bound persons require at least a width clearance of 1.2m for access.



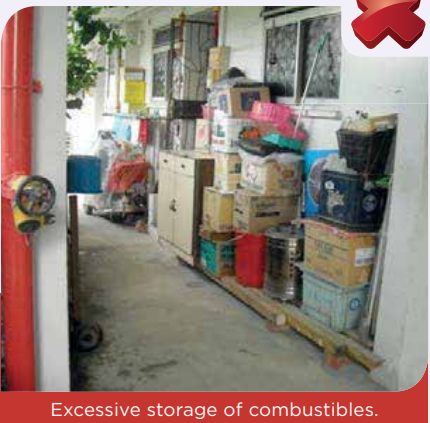
Clear width of 1.2m for placement of small shoe rack.



Keep staircase and landing clear at all times.



Obstruction to emergency crew access due to constricted corridor.



Excessive storage of combustibles.



Obstruction to means of escape (staircase)

BULKY ITEM REMOVAL

The Town Council provides free monthly bulky removal service for residents. The first three items will be free, and a subsequent charge of \$5 per item applies for additional removal. Removal does not include renovation debris, items for house-moving and built-in items.

**Please call 6444 9549 or visit [www.etc.org.sg](http://www.etc.org.sg) for more information.**



Keep refuse chute area clean.



Obstruction to refuse chute area and cause of infestation and stench.

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New Sea Square #02-03R,  
Blk 604 Choa Chu Kang  
Street #02 Singapore 680024  
(3 mins walk from Yew Tee MRT Station)

**6299 3556**  
Beach Road  
Blk 14 Beach Road,  
#01-401 Singapore 190014  
(Before Cedar 101 Road Centre)

**6777 1712**  
Clement Central  
401-403 Clement Avenue E,  
#01-101, Singapore 120406  
(Near Clement MRT Station)

**6452 4222**  
Ang Mo Kio Central  
Blk 707 Ang Mo Kio Avenue E,  
#01-4710 Singapore 600717  
(3 mins walk from Ang Mo Kio MRT Station)

**6250 0630**  
Toa Payoh Central  
401-418 Toa Payoh Central,  
#01-418 Singapore 310188  
(Before Sun Pkay Library)

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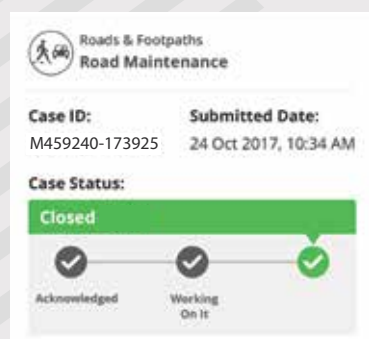
**HEALTHASSIST**  
Dental Services  
1000-1001, 1003-1004, 1006-1007, 1009-1010, 1012-1013, 1015-1016, 1018-1019, 1021-1022, 1024-1025, 1027-1028, 1030-1031, 1033-1034, 1036-1037, 1039-1040, 1042-1043, 1045-1046, 1048-1049, 1051-1052, 1054-1055, 1057-1058, 1060-1061, 1063-1064, 1066-1067, 1069-1070, 1072-1073, 1075-1076, 1078-1079, 1081-1082, 1084-1085, 1087-1088, 1090-1091, 1093-1094, 1096-1097, 1099-1100, 1102-1103, 1105-1106, 1108-1109, 1111-1112, 1114-1115, 1117-1118, 1120-1121, 1123-1124, 1126-1127, 1129-1130, 1132-1133, 1135-1136, 1138-1139, 1141-1142, 1144-1145, 1147-1148, 1150-1151, 1153-1154, 1156-1157, 1159-1160, 1162-1163, 1165-1166, 1168-1169, 1171-1172, 1174-1175, 1177-1178, 1180-1181, 1183-1184, 1186-1187, 1189-1190, 1192-1193, 1195-1196, 1198-1199, 1201-1202, 1204-1205, 1207-1208, 1210-1211, 1213-1214, 1216-1217, 1219-1220, 1222-1223, 1225-1226, 1228-1229, 1231-1232, 1234-1235, 1237-1238, 1240-1241, 1243-1244, 1246-1247, 1249-1250, 1252-1253, 1255-1256, 1258-1259, 1261-1262, 1264-1265, 1267-1268, 1270-1271, 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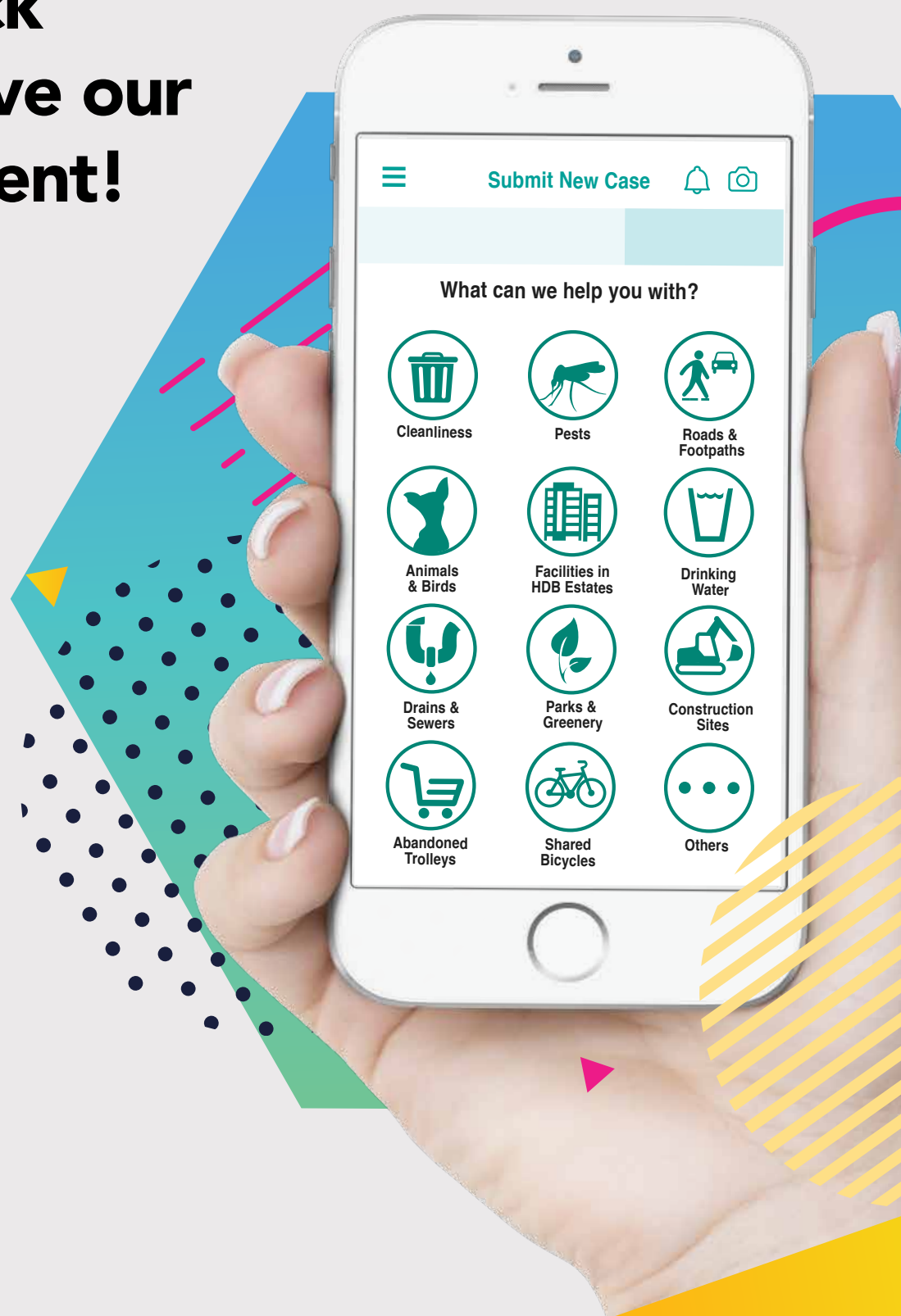
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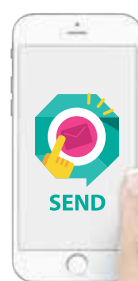
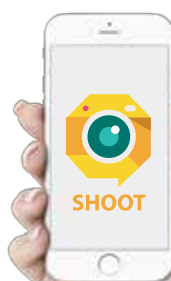


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# I Was Retrenched Twice

It's never easy being retrenched. Mr Chu Seng Chou went through it not once but twice and each time it was as if his world was snatched away from him. His experience strengthened his resolve when he made career switches at later points in his career journey so that he stayed relevant in our fast-changing employment landscape.

I was retrenched after the Asian Financial Crisis in 1997 and the second time was during the economic recession in 2007. Both times, I was a QC Technician and the companies I worked with ceased their operations in Singapore. This was within a space of over five years between my previous job and my last job as a QC Technician.

That was when I made up my mind to forge my own career path so that I will not be retrenched for the third time. I realised that while I had a keen interest in computers, I also enjoyed meeting people. I decided to explore the Retail industry. In September 2009, I took up a course in WSQ Communication and Relationship Management - Operations, and a year later, the WSQ Certified Service Professional at the Singapore Institute of Retail Studies.

Even after sending out numerous applications for a suitable retail position, I still wasn't getting many interviews. Looking for answers, I went online and was excited to find out about Workforce Singapore's Careers Connect. That was how I met my Career Coach, Mr Wilson Ng, in 2011.

## Benefits of Career Coaching

One of the first things that Wilson did was to assist me in reformatting my resume. Never did I expect this simple move would help change the course of my career.

First, he taught me to bring focus to my career objectives and made sure it highlighted my passionate interest in interacting with people. That helped to draw the immediate attention of potential employers when they viewed my personal details. Most importantly, he highlighted my 19 years of working experience in the retail, manufacturing, engineering and shipping industries. This made it easier for hiring managers to recognise my working experience without having to go through my employment details. The edits allowed me to summarise my strengths within the first page of the resume.

After reformatting my resume, I experienced a 75% increase in interview call-backs. The same resume that I had been using all these years was edited in a way that my strengths, personality and transferable skills stood out and highlighted why I was suited for the retail positions. Within a month, I was employed as a Retail Associate.

“

Both times, I was a QC Technician and the companies I worked with ceased their operations in Singapore. This was within a space of over five years between my previous job and my last job as a QC Technician. That was when I made up my mind to forge my own career path so that there would be no third time.

”



Mr Chu Seng Chou has benefited from Careers Connect's career matching services. He worked in the retail industry for almost five years before making a career switch to the IT services field.

## Second Career Switch

After working in the Retail industry for almost five years, I decided to make a second career switch to the Information Technology (IT) services field. I never stopped learning and acquiring new skills. To arm myself with the relevant skills, I enrolled in the NICF Advanced Certificate in IT Services (Infrastructure Support).

Today, at age 46, even though I have moved on to a new job as a Desktop Support Engineer, I still keep in constant contact with Wilson, to share the progress in my career, and he is just a phone call away if I need any career advice.”

## First Career Switch

- Employed as a Retail Associate

## Second Career Switch

- Employed as a Desktop Support Engineer

For more information on Careers Connect's Career Matching Services, please visit [bit.ly/cms-ec](http://bit.ly/cms-ec) or scan the QR code now.



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# Keep our neighbourhoods safe from Dengue.

Get rid of stagnant water and prevent mosquito breeding in gardens and nurseries.



## Remove flowerpot plates where possible.

Elakkan daripada menggunakan piring pengalas pasu bunga, jika boleh.

避免使用花盆底盘。

சாத்தியமானால் செடிச்சட்டி தட்டுகளை நீக்கிவிடுங்கள்.



## Turn over water storage containers and keep the rims dry. Store them away from the rain.

Telungkupkan bekas simpanan air dan pastikan bibirnya kering. Simpan di tempat yang terlindung daripada hujan.

將儲水容器倒置存放。并保持容器边缘干燥，以免雨水积存。

கொள்கலன்களைப் பயன்படுத்தாதபோது கவிழ்த்து வைப்புகள். அவற்றின் விளிம்புகளை ஈரமின்றி உலர்வாக வைத்திருங்கள்.



## Loosen hardened soil on alternate days.

Gemburkan tanah yang keras selang sehari.

每隔一天铲松干硬泥土。

இறுகிப்போன மண்ணை இரு நாட்களுக்கு ஒரு முறைக் கிளறிவிடுங்கள்.



## Avoid using canvas or plastic sheets as they may trap water.

Elakkan daripada menggunakan kanvas dan plastik kerana air boleh bertakung.

少用帆布或塑料遮棚，避免积水。

பாய்த்துணி அல்லது பிளாஸ்டிக் விரிப்புகளில் தண்ணீர் தேங்கக்கூடும் என்பதால் அவற்றைப் பயன்படுத்துவதைத் தவிர்த்துங்கள்.

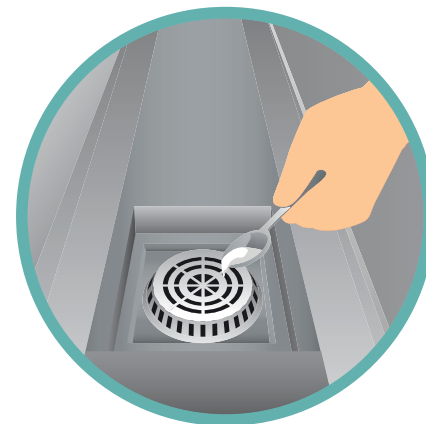


## Avoid growing plants with thick leaf axils that may trap water.

Elakkan daripada menanam tanaman yang mempunyai celah-celah daun yang tebal kerana air boleh bertakung.

避免种植大叶植物，叶茎之间可能会积水。

தண்ணீர் தேங்கக்கூடிய தடித்த இலைக் காம்புக்கவடுகள் கொண்ட செடிகளை வளர்ப்பதைத் தவிர்த்துங்கள்.

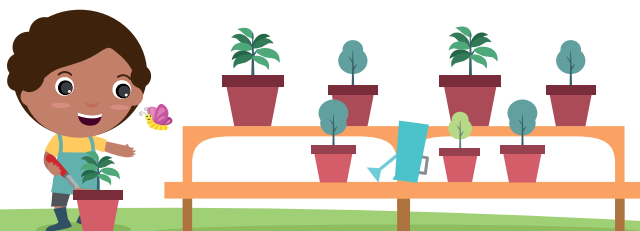


## Place sand granular insecticide in areas where stagnant water cannot be easily removed.

Bubuhkan racun serangga halus di tempat-tempat air bertakung yang sukar untuk dihapuskan.

积水难以清除之处，应洒入沙粒状杀虫药。

தேங்கியுள்ள நீரை எளிதில் அகற்ற இயலாத இடங்களில் பூச்சிக்கொல்லி மருந்து தூளைப் போடுங்கள்.



Get updates on Dengue clusters:

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National  
Environment  
Agency



# Neighbourhood Renewal Programme Consensus Gathering



Residents of Block 242 to 247 Simei Street 5 and Block 253 to 256 Simei Street 1 were invited to view the Neighbourhood Renewal Programme (NRP) Consensus Gathering on 17 & 18 March 2018. It was held at the void deck of Block 245 and 253, Simei Street 5 & 1 respectively. The exhibition showcased the final designs slated for their precinct after considering the feedback of the residents during the public consultation last year. Based on the NRP theme of 'vibrant community living', residents can expect better connectivity and accessibility within the precinct with more covered linkways and drop-off porches.

Through the support of our residents, more than 75% of the votes were garnered by 18 April 2018. Residents can now look forward to the changes, coming your way in 2019!



Please use designated or your own burner for burning.

请用已提供或自备的焚烧炉焚烧冥纸。



Please burn joss paper in small quantities to minimise smoke.

请把少量的冥纸慢慢地放入焚烧炉里，以便减少浓烟。



Please do not burn joss paper on the ground or on grass patches.

请勿随处或在草地上焚烧冥纸，以免导致火患或破坏公物。



Please burn joss paper in burners instead of scattering them.

请勿将冥纸撒落满地，而造成环境污染。您可以把冥纸放入焚烧炉里焚烧。

A little thoughtfulness can make a big difference to everyone.  
一点体贴，人人受益。







# 2018 S&CC Rebates for HDB Residents

As announced in the 2018 Budget, eligible HDB households will receive S&CC Rebate to offset between 1.5 to 3.5 months of S&CC. The S&CC Rebate will cost \$126 million and benefit about 900,000 eligible HDB households. **If you are paying for your S&CC through GIRO, no action is required on your part. The Town Council arrange with your bank on the amount of S&CC that your household will have to pay to the Town Council, after taking the S&CC rebates into account.** For more information on GST Voucher-U-Save, please visit [www.gstvoucher.gov.sg](http://www.gstvoucher.gov.sg).

根据2018年财政预算案，符合资格的组屋住户将获得介于1.5个月至3.5个月的服务与杂费（S&CC）回扣。杂费回扣总额为1亿2600万元，将使大约90万户家庭受惠。如果您目前正在使用财路（GIRO）支付服务与杂费，那么您无需采取任何行动。市政理事会将会根据您的组屋类型，与您的银行安排，在获得回扣后所需要支付的服务与杂费金额。欲知更多有关水电费回扣（GST Voucher - U-Save）的详情，请浏览 [www.gstvoucher.gov.sg](http://www.gstvoucher.gov.sg)。

Rebates 回扣 Rebat தள்ளுபடி Flat Type 组屋类型 Jenis Flat அடுக்கு மாடி வகை	Month / Year 月 / 年 Bulan / Tahun மாதம்/ஆண்டு						
	Jul 2018		Oct 2018		Jan 2019		Apr 2019
	S&CC Rebate*	GST Voucher – U-Save	S&CC Rebate*	GST Voucher – U-Save	S&CC Rebate*	GST Voucher – U-Save	GST Voucher – U-Save
1-Room	1	\$95	1	\$95	0.5	\$100	\$100
2-Room	1	\$95	1	\$95	0.5	\$100	\$100
3-Room	0.5	\$85	0.5	\$85	0.5	\$90	\$90
4-Room	0.5	\$75	0.5	\$75	0.5	\$80	\$80
5-Room	0.5	\$65	0.5	\$65	0.5	\$70	\$70
Executive / Multi-Generation	0.5	\$55	0.5	\$55	NIL	\$60	\$60

\*No. of Months

Seperti yang diumumkan dalam Belanjawan 2018, setiap isi rumah Singapura yang layak akan menerima rebat bayaran perkhidmatan dan penyenggaraan (S&CC) antara 1.5 dan 3.5 bulan. Sekitar 900,000 isi rumah Singapura yang tinggal di flat Lembaga Perumahan dan Pembangunan (HDB) yang layak akan mendapat rebat S&CC yang dijangka berjumlah \$126 juta. **Bagi isi rumah yang membayar S&CC mereka melalui GIRO, tiada tindakan diperlukan di pihak anda. Majlis bandar akan mengaturkan dengan bank anda tentang jumlah S&CC yang isi rumah anda perlu membayar kepada majlis bandar, selepas mengambil kira rebat S&CC.** Untuk maklumat lebih lanjut mengenai GST Voucher-U-Save, sila lungsur [www.gstvoucher.gov.sg](http://www.gstvoucher.gov.sg).

2018 ஆம் ஆண்டுக்கான வரவு செலவு அறிக்கையில் அறிவிக்கப்பட்டுள்ளது போன்று, தகுதியுடைய வீவகக் குடித்தனங்கள் 1.5 முதல் 3.5 மாதங்கள் வரையிலான S&CC கட்டணங்களுக்கு ஈடான தொகையைத் தள்ளுபடி பெறும். இந்த S&CC தள்ளுபடிக்கு ஆகும் செலவு \$126 மில்லியன் ஆகும். இதன் மூலம் 900,000 தகுதியுடைய வீவகக் குடித்தனங்கள் பயன்பெறும். நீங்கள் ஐரோ வழியாக உங்கள் S&CC-க்குப் பணம் கட்டுகிறீர்கள் எனில், நீங்கள் எதுவுமே செய்யத் தேவையில்லை. S&CC தள்ளுபடியைக் கணக்கில் எடுத்துக்கொண்ட பின் உங்கள் குடித்தனம் நகர மன்றத்துக்குக் கட்ட வேண்டிய தொகையை நகர மன்றமே வங்கியுடன் ஒரு ஏற்பாடு செய்துகொண்டு பெற்றுக்கொள்ளும். GST பற்றுச்சீட்டு, U-Save பற்றிய மேலும் தெரிந்துகொள்ள [www.gstvoucher.gov.sg](http://www.gstvoucher.gov.sg)-யைப் பாருங்கள்.

## NATIONAL DAY 2018 SCHEDULE



	WHAT	WHEN	WHERE	CONTACT PERSON	PHONE
BEDOK	National Day Observance Ceremony	5 Aug, 7am – 10am	Open Space in front of Blk 18 Bedok South Road	Ms Kelvyn Li	6442 5317
	National Day Dinner 2018	8 Aug, 7pm – 10pm	Community Park Behind Blk 15 Bedok South Road	Mr Bryan	
CHANGI SIMEI	National Day Dinner 2018	4 Aug, 7pm – 10pm	Open Field Beside Eastpoint Mall	Ms Candy/ Mr Wenbin	6781 6058
	National Day Observance Ceremony	9 Aug, 8.30am – 10am	Changi Simei Community Centre	Ms Michelle Lee	
KG CHAI CHEE	Kampong Chai Chee National Day Observance Ceremony 2018	4 Aug, 9am – 10.30am	Atrium of Heartbeat @ Bedok	Ms Teresa Oh	6241 9878
	Kampong Chai Chee National Day Celebration Dinner 2018	4 Aug, 7pm – 10pm		Ms Marilyn Lim	
SIGLAP	Siglap National Day Dinner	4 Aug, 6pm – 10pm	Blk 46 and Blk 51 Bedok Ixora Amphitheatre	Ms Audrey	6449 8040
	National Day @ Heartlands	9 Aug, 5pm – 9pm	Mariam Walk Playground, Eastwood Park Playground, Siglap Community Centre	Ms Caydee	
FENGSHAN	National Day Dinner 2018	5 Aug, 6.30pm – 10pm	Fengshan CC	Ms Cynthia Teo	6449 5136
	National Day Observance Ceremony 2018	9 Aug, 9am – 11am	Open space at Fengshan 85 Market	Ms Loh Weiqi	



# MOVIE NIGHT UNDER THE STARS



The Bedok School Holiday Movie Screening @ Lucky Heights on 23 June 2018, was spearheaded by Bedok CC YEC in collaboration with the various Bedok RCs and NC to bring the residents together for an evening of fun. More than 300 residents attended the screening of “Jumanji”, a popular action comedy film which bonded families through excitement and laughter. Residents also claimed popcorn, hotdog and ice-cream treats with the movie tickets.



BEDOK

## CHANGI SIMEI



# ESTATE CLEAN-UP



It was an early start on 26 May 2018 for more than 100 residents of Simei. Residents gathered with their cleaning tools to participate in the Estate Clean-Up event, cleaning and picking up trash along the corridors and void decks. More than 100kg of trash was collected. Good job, everyone!





# DUMPLING FESTIVAL CELEBRATION



The Dumpling Festival celebration on 16 June 2018 drew crowds of residents in Bedok together at Bedok Point. The festival, also known as the Dragon Boat Festival, commemorates fealty and filial piety. It was a fun night as residents, both young and old, were entertained by the “Food wastage” Skit by NEA, Chinese Opera and singing performances.



KG CHAI CHEE

SIGLAP



## PRE-RAMADAN PREPARATION

Residents attended the Pre-Ramadan Preparation event on 28 April 2018, bringing together more than 80 participants. Prior to the event, an IMDA Coding workshop was conducted for families to bond and engage through digital making skills and coding. Talks were also held on topics such as Healthy Lifestyle during Ramadan. Together with Member of Parliament Dr Mohd Maliki Osman, residents also enjoyed a sumptuous dinner buffet spread.





# SENIORS' VARIETY NIGHT



More than 900 residents attended the annual Fengshan Seniors' Variety Night on 29 April 2018. The Variety Show featured popular artistes and singers from Getai Scenes, entertaining residents with songs and exciting performances. Member of Parliament Ms Cheryl Chan was also present at the event to join in the fun. What a night!



FENGSHAN

RC RECYCLING SCHEDULE 2018				
Day	Date	Time	Address	Organised by
BEDOK				
Every 3rd Sunday	19 Aug, 16 Sep, 21 Oct	10.30am - 12pm	Blk 37 Bedok South Ave 2 #01-445	Bedok Bunga Merah RC
Every last Sunday	26 Aug, 30 Sep, 28 Oct	9am - 11am	Blk 10C Bedok South Ave 2 #01-562	Bedok Orchid RC
KG CHAI CHEE				
Every 3rd Sunday	19 Aug, 16 Sep, 21 Oct	11am - 1pm	Blk 221A Bedok Central #01-70	Kg Chai Chee Linear Green RC
Every last Sunday	26 Aug, 30 Sep, 28 Oct	9.30am - 11.30am	Blk 765 Bedok Reservoir View	Kg Chai Chee Longvale RC
SIGLAP				
Every last Sunday	26 Aug, 30 Sep, 28 Oct	1pm - 3pm	Blk 71 Bedok South Rd #01-250	Siglap Lucky Valley RC
Every last Sunday	26 Aug, 30 Sep, 28 Oct	8.30am - 10am	Blk 51 New Upper Changi Rd #01-1500	Bedok Ixora RC
FENGSHAN				
Every 2nd Sunday	12 Aug, 9 Sep, 14 Oct	9am - 12pm	Blk 111 Bedok North Rd #01-323/325	Fengshan Jade RC
Every 1st Sunday	2 Sep, 7 Oct	8.30am - 10am	Blk 124 Bedok North Rd #01-155	Fengshan Crystal RC
Every 2nd Sunday	12 Aug, 9 Sep, 14 Oct	10am - 12pm	Blk 93 Bedok North St 4 #01-1461	Fengshan Topaz RC
Every 2nd Sunday	12 Aug, 9 Sep, 14 Oct	9am - 12pm	Void Deck at Blk 185 Bedok North Rd Void Deck at Blk 79 Bedok North Rd	Fengshan Diamond RC
Every 3rd Sunday	19 Aug, 16 Sep, 21 Oct	9am - 11am	Blk 104 Bedok North Ave 4 #01-2186	Fengshan Pearl RC
CHANGI SIMEI*				
Every 3rd Saturday	18 Aug, 15 Sep, 20 Oct	2pm - 5pm	Blk 155 Simei Road #01-202	Changi Simei Zone 3

\*800 Super Waste Management Pte Ltd





<div>  <b>AKAN DATANG • 即将来临 • COMING SOON</b>  <b>விரைவில் வருகிறது</b>  </div>					
	WHAT	WHEN	WHERE	CONTACT	PHONE
<b>BEDOK</b>	Digital Clinic	18 Aug 2018, 10am – 1pm	Bedok Bunga Merah RC Centre	Mr Ow	6442 5317
	Healthy Living	25 Aug 2018, 9am – 12pm	Bedok CC	Ms Zubaidah	
	Musical Night	29 Sep 2018, 7.30pm – 9.30pm			
<b>CHANGI SIMEI</b>	Wellness Day	2 Sep 2018, 9.30am – 1pm	Changi Simei CC MPH	Ms Michelle	6781 6058
	Official Opening of the Community Library	15 Sep 2018, 3pm – 6pm		Ms Candy	
	Mid-Autumn Festival	Various dates in Sep 2018	Check with CC for details of respective RC Zone	-	
<b>KG CHAI CHEE</b>	Block Party and Mid-Autumn Celebration	22 Sep 2018, TBC	Infront of NTUC at Blk 213	Ms Marilyn Lim	6241 9878
	Mid-Autumn Celebration		Blk 138 Amphitheatre	Ms Sulaiha	
<b>SIGLAP</b>	Traditional Chinese Medicine	Every 1st & 3rd Sat of the month, (Excluding Public Holidays) 7pm – 9pm	Siglap CC	Mr Brian Lee	6449 8040
	Silver BluePrint Programmes for Seniors aged 50 and above (Excluding Public Holidays)	Every Tuesday – DanceFIT, 10am – 11am			
		Every Wednesday – HPB Senior Physical Activity Programme, 10am – 11am			
		Every Thursday – Senior Health Curriculum, 10am – 11am			
		Every Friday – Qigong, 10am – 11am			
<b>FENGSHAN</b>	Digital Clinic For Seniors @ Fengshan	4 Aug 2018, 10am – 1pm	Fengshan CC	Ms Cynthia Teo	6449 5136

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

## ECHO Health Screening

Eastern Community Health Outreach (ECHO) is a community based chronic disease prevention programme that aims to reduce one's risk of having diabetes, high blood pressure and high blood cholesterol.



Divison	When	Register by	Where	Contact	Screening Fee
<b>Fengshan</b>	01 Sep 2018 (Sat)	27-Aug-18	Fengshan Community Club	6787 5265	\$2 (40 - 68 years) \$0 (Pioneer Generation)
<b>Kg Chai Chee</b>	15 Sep 2018 (Sat)	10-Sep-18	Kampong Chai Chee Community Club, Heartbeat @ Bedok	6241 9878	
<b>Changi Simei</b>	06 Oct 2018 (Sat) 07 Oct 2018 (Sun)	01-Oct-18	Changi Simei Community Club	6781 6058	
<b>Bedok</b>	03 Nov 2018 (Sat)	29-Oct-18	Bedok Community Centre	6449 6323	

### Who Can Sign Up for ECHO?

ECHO is open to Singaporeans aged 40 years and above, residing in the eastern region of Singapore, with no known chronic disease and have not been screened for the last three years.

**Screening Includes:** Waist Circumference, Body Mass Index (BMI), Blood Pressure Measurement, Blood Test (fasting blood glucose and cholesterol)

Require at least 8 hours fasting before screening appointment.

\*Screening will start at 8am and will end approximately at 11am.

For more details, call **6788 8833** or visit: <https://www.echohealth.com.sg>





## YOUR MEMBERS OF PARLIAMENT

**MEET THE PEOPLE SESSIONS (MPS)**  
Every Monday (except Public Holidays)



### Mr Lim Swee Say

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)  
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 ----- 1800-225 5782  
Electricity ----- 1800-778 8888

### ESSENTIAL NUMBERS

24-Hour Essential  
Maintenance Service ----- 1800-325 8888  
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](http://www.ectc.org.sg)



**EAST COAST-FENGSHAN**  
TOWN COUNCIL

best home, brighter future

# EAST COAST NEWS

[www.ectc.org.sg](http://www.ectc.org.sg)

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