

JAN - APR  
2024

A COMMUNITY MAGAZINE  
OF THE SOUTH EAST DISTRICT

# Contact

## SOUTH EAST



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CENTRESTAGE

## Live Right, Stay Well

Tapping on South East CDC's Community Mental Wellness Grant to make psychological and emotional health a priority



### SE BUZZ

FairPrice Walk For Rice\* @ South East 2023 hit new heights **pg 10**



### CHANGEMAKERS

An attraction for seniors living in Dakota estate **pg 13**



### HEART TO HEART WITH...

Mr Lim Biow Chuan, who is a proponent of active living **pg 18**



# =DREAMS

Where Children Rise & Shine



Photo: Masano Kawana

## What is =DREAMS

=DREAMS is a sponsored scholarship for up to 6 years

- RESIDENTIAL LIVING & PERSONAL DEVELOPMENT**  
 Learning of essential life skills, exposure to personal growth and leadership opportunities
- ACADEMIC SUPPORT**  
 Additional support outside of school hours to better understand and master the content and skills of what they are taught in school
- TALENT & INTEREST DEVELOPMENT**  
 Expose children further in areas of interest and other areas outside of school
- NUTRITION, HEALTH AND WELLNESS**  
 Provide access and guidance for our children to stay healthy and take care of their minds and bodies

## Who is =DREAMS for

- The child/family qualifies for government financial schemes such as HDB Public Rental Scheme, MOE FAS, or ComCare**
- The child must be a Singaporean Citizen or Permanent Resident**
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- The child must aspire to be in =DREAMS and have parents/guardians who are supportive of their aspiration to be in =DREAMS**

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SOUTH EAST

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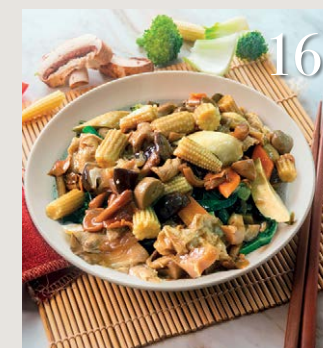
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## MAYOR'S MESSAGE

# A RENEWED COMMITMENT

Dear Residents and Friends,

The dawn of a new year offers a chance to reflect on time that has passed and the fresh start that we have all been given. As South East CDC scans the horizon for the next 12 months, we remain committed to supporting the community on every front. A major initiative to uplift our community is the South East Edu Care Fund, which will help students from lower middle-income families cope with everyday expenses, big and small. This way, every child will have an opportunity to shine, regardless of their circumstances.

Another focus for South East CDC is the mental wellbeing of our community. Singapore, like much of the world, has faced

a challenging period because of the COVID-19 pandemic. Still, we remained resilient, thanks to our collective grit and resolve. But the pandemic highlighted the importance of mental wellbeing and taking care of our minds as much as we do our bodies. To strengthen our community's mental health, we will be launching South East Emotional and Empowerment Development Support (SEEDS) of Wellness, which comprises a series of mental health-related initiatives.

With each passing year, our stewardship of the environment also becomes more critical. On this front, South East CDC is steaming ahead with plans to make our homes more eco-friendly. One project that supports this is The Wormery Movement: A Sustainable Alternative, an effort to foster zero-waste lifestyle in the district. Transforming such initiatives from vision to reality is a collective effort. As we look to 2024, I would like to thank the many community partners, stakeholders, volunteers and residents who help South East CDC achieve mission success every time.

Also central to these efforts are the South East CDC District Councillors (DCs). I am proud to announce that we have reappointed 40 South East CDC DCs, joined with eight new ones for the new council term. Having seen many of them in action, I am certain that their combined contributions will continue to impact the community. We hope that their energy and passion will bring a sense of vitality to all that we do in the community.

The festive period continues in February 2024 with the Lunar New Year, and on behalf of the team, I wish all residents a joyful holiday ahead. *Gong xi fa cai* and may 2024 be a bright year for us all!

Best Wishes,

**MOHD FAHMI BIN ALIMAN**

Mayor, South East District

Adviser to Marine Parade GRC GROs



## PAYING IT FORWARD

A networking luncheon where we announced that residents could donate their CDC vouchers to help those in greater need.

## 重申承诺

亲爱的居民和朋友们，

新年的曙光让我们反思过去的时光，拥有新的开端。展望未来的十二个月，东南社区发展理事会将继续致力于全方位为社区提供支持。东南学习关爱基金 (South East Edu Care Fund) 是体现提升社区的一项重要举措，旨在帮助来自中低收入家庭的学生应付大大小小的日常花费。通过这种方式，社区内的每个孩子，无论其家庭境况如何，都有机会发挥自己的潜力。

东南社区发展理事会的另一项重点是关怀社区的心理健康。与世界各国一样，新加坡也面临着冠疫情所带来的诸多挑战。但全体国人众志成城，在艰难时期表现出了不屈不挠的坚韧精神。不过，冠疫情也凸显了心理健康的重要性，我们意识到需要像照顾身体健康一样照顾自己的心理健康。为了提升社区的心理健康水平，我们即将推出社区心理健康关怀系列 (South East Emotional and Empowerment Development Support of Wellness)，其中将包括一系列与心理健康相关的举措。

随着时间的推移，我们对环境的管理也变得越来越重要。在一方面，东南社区发展理事会正在推进多项计划，让我们社区变得更加环保。其中之一是虫虫堆肥运动 (The Wormery Movement: A Sustainable Alternative)，旨在促进本地区的零费生活方式。将这些举措付诸实践是所有人共同努力的成果。展望二零二四年，我要感谢众多的社区合作伙伴、利益相关方、义工和居民，正是有了他们，东南社区发展理事会才能实现成功，完成一个又一个目标。

所有这些举措都离不开东南社区发展理事会社区理事们的无私贡献。我很高兴地宣布，我们已经重新任命了四十名东南社区发展理事会社区理事，并在新的任期内加入了八名新理事。他们中许多人已经积极展开工作，我坚信他们的共同贡献将会继续为社区带来积极影响。而他们的精力和热情也必将为社区项目和计划注入新的活力。

二零二四年二月将迎来农历新年，我谨代表团队成员祝所有居民新春佳节快乐。恭喜发财，祝所有居民二零二四年万事如意！



## A SUSTAINABLE CORE

It's always great to connect with the community for a day devoted to sustainability, where we reaffirmed Singapore's commitment to a clean and green environment.

## KOMITMEN YANG DIPERBAHARUI

Para Penduduk dan Rakan-rakan yang dihormati,

Munculnya fajar tahun baru menawarkan peluang untuk merenung masa yang telah berlalu dan permulaan baru yang kita semua telah diberikan. Sedang CDC Tenggara mengimbas ufuk bagi 12 bulan mendatang, kami kekal komited menyokong masyarakat dari setiap arah. Satu inisiatif utama untuk meningkatkan masyarakat kita ialah Dana Pendidikan Kawasan Tenggara, yang akan membantu para pelajar daripada keluarga berpendapatan sederhana rendah menampung perbelanjaan harian, yang besar mahu pun kecil. Dengan cara ini, setiap kanak-kanak berpeluang untuk berjaya, tanpa mengira situasi hidup mereka.

Satu lagi tumpuan CDC Tenggara ialah kesejahteraan mental masyarakat kita. Singapura, seperti kebanyakan negara lain di dunia, telah menghadapi tempoh yang mencabar akibat pandemik COVID-19. Namun, kita kekal berdaya tahan, berkat kecekalan kolektif dan keazaman kita. Pandemik telah mempamerkan peri pentingnya kesejahteraan mental dan menjaga minda kita sama seperti kita menjaga tubuh badan kita. Bagi mengukuhkan kesihatan mental masyarakat kita, kami akan melancarkan Sokongan Pembangunan Emosi dan Pemerkasaan Tenggara bagi Kesejahteraan, yang terdiri daripada beberapa inisiatif berkaitan kesihatan mental.

Dengan setiap tahun yang berlalu, tanggunjawab kita terhadap alam sekitar juga menjadi lebih kritikal. Oleh itu, CDC Tenggara sedang rancak merancang untuk menjadikan tempat tinggal kita lebih mesra alam. Gerakan Wormery: Alternatif Mampan adalah sebuah projek yang menyokong usaha untuk memupuk gaya hidup sifar sisa di kawasan ini. Mentransformasikan inisiatif sedemikian daripada visi kepada realiti merupakan suatu usaha kolektif. Sambil kita mengintai tahun 2024, saya ingin mengucapkan terima kasih kepada rakan masyarakat, pihak berkepentingan, sukarelawan serta para penduduk yang telah sentiasa membantu CDC Tenggara mencapai kejayaan misi setiap kali.

Turut menjadi tanggung utama kepada usaha ini ialah Ahli Majlis Daerah CDC Tenggara. Saya berasa berbesar hati untuk mengumumkan bahawa kami telah melantik semula 40 orang Ahli Majlis CDC Tenggara, bersama lapan ahli baru bagi penggal majlis yang baru. Setelah melihat ramai daripada mereka beraksi, saya yakin gabungan sumbangan daripada mereka akan terus memberi impak positif kepada masyarakat. Kami berharap tenaga dan usaha mereka akan membangkitkan semangat dalam semua yang kita lakukan dalam masyarakat.

Musim perayaan berterusan sehingga Februari 2024 dengan menjelangnya Tahun Baru Cina, dan bagi pihak pasukan saya, saya mengucapkan selamat bercuti kepada semua penduduk. *Gong Xi Fa Cai* dan semoga tahun 2024 menjadi tahun yang penuh keceriaan buat kita semua!

## புதுப்பிக்கப்பட்ட அர்ப்பணிப்பு

அன்பார்ந்த குடியிருப்பாளர்களுக்கும் நண்பர்களுக்கும்,

புத்தாண்டின் உதயமானது நாம் கடந்து வந்த காலத்தைப் பிரதிபலிக்கும், நம் அனைவருக்கும் வழங்கப்பட்டுள்ள புதிய தொடக்கத்தைப் பயன்படுத்திக்கொள்ளும் வாய்ப்பை வழங்குகிறது. தென்கிழக்கு சமூக மேம்பாட்டு மன்றம் (CDC) அடுத்த 12 மாதங்களுக்கு சாத்தியமுள்ள முக்கிய மேம்பாடுகளைக் கண்டறிவதால், சமூகத்தை ஒவ்வொரு விஷயத்திலும் ஆதரிப்பதில் நாம் அர்ப்பணிப்புடன் இருக்கிறோம். நமது சமூகத்தை மேம்படுத்துவதற்கான ஒரு முக்கிய முனைப்புத் திட்டம் தென்கிழக்கு கல்விப் பராமரிப்பு நிதி ஆகும். இது கீழ்த்தட்டு நடுத்தர வருமானமுடைய குடும்பங்களைச் சேர்ந்த மாணவர்களுக்கு பெரிய மற்றும் சிறிய அளவிலான அன்றாட செலவுகளைச் சமாளிக்க உதவும். இவ்விதம், ஒவ்வொரு குழந்தைக்கும் அவர்களின் தூழ்நிலை எங்ஙனம் இருப்பினும் பிரகாசிப்பதற்கு ஒரு வாய்ப்பு கிடைக்கும்.

தென்கிழக்கு சமூக மேம்பாட்டு மன்றம் கவனம் செலுத்தும் இன்னொரு விஷயம் நமது சமூகத்தின் மனநலம் ஆகும். சிங்கப்பூர், உலகின் பெரும்பாலான நாடுகளைப் போலவே, கொவிட்-19 பெருந்தொற்று காரணமாக ஒரு சவாலான காலகட்டத்தை எதிர்கொண்டுள்ளது. ஆயினும் கூட, நாம் கூட்டாக கொண்டிருந்த மன உறுதி மற்றும் உறுதிப்பாட்டின் காரணமாக, நாம் மீள்திரும்பி வருகிறோம். ஆனால், நம் உடலைக் கவனித்துக் கொள்வதைப் போலவே மனநலம் மற்றும் உள்ளத்தைக் கவனித்துக்கொள்வதன் முக்கியத்துவத்தை பெருந்தொற்று நமக்கு சுட்டிக்காட்டியுள்ளது. நமது சமூகத்தின் மன ஆரோக்கியத்தை வலுப்படுத்த, தென்கிழக்கு ஆரோக்கியத்திற்கு உணர்ச்சி மற்றும் ஆற்றலளிக்கும் மேம்பாட்டு ஆதரவை (SEEDS) தொடங்குவோம். இது, மனநலம் தொடர்பான பல்வேறு முனைப்புத் திட்டங்களை உள்ளடக்கியது.

ஒவ்வொரு ஆண்டையும் நாம் கடந்து செல்கையில், சுற்றுச்சூழல் மீதான நமது கடமைப்பொறுப்பும் மிகவும் முக்கியமானதாக மாறியிருக்கிறது. இந்த விஷயத்தில், தென்கிழக்கு சமூக மேம்பாட்டு மன்றமானது நமது வீடுகளை இன்னும் சுற்றுச்சூழலுக்கு ஏற்றதாக மாற்றும் திட்டங்களுடன் முன்னேறி வருகிறது. இதற்கு உறுதுணையாக இருக்கும் செயல்திட்டங்களில் ஒன்று, நிலைத்தன்மையுடைய மாற்று செயல்திட்டமான The Wormery Movement: இது மாவட்டத்தில் கழிவு இல்லாத வாழ்க்கை முறையை கொண்டு வருவதற்கான முயற்சியாகும். இத்தகைய முனைப்புத் திட்டங்களை தொலைநோக்குப் பார்வையிலிருந்து யதார்த்தத்திற்கு மாற்றுவது ஒரு கூட்டு முயற்சியாகும். 2024ஆம் ஆண்டை நாம் எதிர்நோக்கி இருக்கும் இவ்வேளையில், தென்கிழக்கு சமூக மேம்பாட்டு மன்றம் ஒவ்வொரு முறையும் அதன் பணியில் வெற்றியடைய உதவும் பல சமூகப் பங்காளர்கள், பங்குதாரர்கள், தொண்டுறியர்கள் மற்றும் குடியிருப்பாளர்களுக்கு நன்றி தெரிவித்துக் கொள்ள விரும்புகிறேன்.

இந்த முயற்சிகளுக்கு மையமாக தென்கிழக்கு சமூக மேம்பாட்டு மன்றத்தின் மாவட்ட உறுப்பினர்கள் (DCs) திகழுகின்றனர். தென்கிழக்கு சமூக மேம்பாட்டு மன்றத்திற்கு 40 மாவட்ட உறுப்பினர்களை மீண்டும் நியமித்துள்ளோம் என்பதை அறிவிப்பதில் பெருமைக் கொள்கிறேன். மன்றத்தின் புதிய காலக்கட்டத்திற்கு புதிதாக நியமிக்கப்படும் எட்டு நபர்களுடன் இவர்கள் இணைந்து செயல்படுவார்கள். அவர்களில் பலர் நடவடிக்கையில் ஈடுபட்டிருப்பதைப் பார்த்திருப்பதால், அவர்களின் ஒருங்கிணைந்த பங்களிப்புகள் சமூகத்தில் தொடர்ந்து நல்ல தாக்கத்தை ஏற்படுத்தும் என்பதில் நான் உறுதியாக உள்ளேன். அவர்களின் ஆற்றலும் ஆர்வமும் சமூகத்தில் நாம் செய்யும் அனைத்திற்கும் உற்சாகமளிக்கும் என்று நம்புகிறோம்.

பண்டிகைக் காலம் பிப்ரவரி 2024 இல் சந்திர புத்தாண்டுடன் தொடரும். மேலும் குழுவின் சார்பாக, அனைத்து குடியிருப்பாளர்களுக்கும் வரவிருக்கும் மகிழ்ச்சியான விடுமுறைக்கு வாழ்த்து தெரிவித்து கொள்கிறேன். வளங்கள் பெருகி, 2024 நம் அனைவருக்கும் ஒரு பிரகாசமான ஆண்டாக அமையட்டும்!



# PROJECT-ING WELLBEING

A peek into initiatives that have tapped on South East CDC's Community Mental Wellness Grant to make psychological and emotional health a priority in everyday life.

Last year, South East CDC issued a clarion call to all residents and community partners: to brainstorm ideas for programmes and initiatives that could boost the mental wellbeing of the community. To bring these ideas to life, residents and partners could tap on South East CDC's community Mental Wellness Grant, capped at \$5,000 per application. Read on to see how Montfort Care, ECON Medicare Nursing Home and Bedok Green Primary School used this grant to make their ideas a reality.

## VIRTUAL REALITY, REAL BENEFITS

Virtual and augmented reality are tools that have entertained us for years. But a team at Montfort Care thought outside the box and engaged software solutions company Dancing Mind to conduct MindFit, a Virtual Reality (VR)-led digital health programme to explore how VR can be used to improve the mood and energy of the seniors they support. Thanks to the Community Mental Wellness Grant, some 32 seniors were able to attend the programme, including some who are wheelchair-bound.

Over four sessions, seniors used VR applications to immerse themselves in activities like music therapy, mindfulness and gardening. The novelty of using VR was helpful in reaching out to isolated seniors and those who are often disinterested in engaging in activities. Using VR to play sports also helped improve their range of motion and strength. Importantly, it was a change for seniors to play sports — such as basketball, bowling, tennis and boxing — that they would think twice about trying because of their age. "I really enjoyed the games and activities we could play using the VR machine," said Mr Koh Thian Boon, 60. "It really uplifted my mood and I look forward to coming for the session every week."

## BENEFITS:

- Seniors stayed active mentally, emotionally and physically.
- Seniors saw improved focus and memory.
- They also got to try their hands at VR, which is a novel experience that sparked a love for learning.



Fostering inclusivity was the core aim of Bedok Green Primary School's effort.



The session demonstrated the numerous ways in which seniors could benefit from VR.



## A COMMUNITY EFFORT

On 22 July 2023, Bedok Green Primary School (BGPS) opened its doors to the community for its annual BGPS Cares Community Day. Besides providing a platform for students, staff and families to reconnect with one another, it was also an opportunity to demonstrate the school's commitment to inclusivity, collaboration and mutual respect.

With mental health and wellness as its central theme, the event promoted the importance of wellbeing and provided resources for health support, tapping on the grant to make this happen. Guest-of-Honour Dr William Wan, General Secretary of The Singapore Kindness Movement, opened the event with a talk on fostering kindness and mental wellness in the community.

Activities that participants could try their hands at:

- Candle-making
- Terrarium-making
- Zumba
- Nagomi art
- Kite-making and flying
- Fabric tote bag-making
- Aromatherapy



## RESULTS:

- Participants got to experience how community activities help to build bonds between students, their families, and their school.
- Students continued to engage with new activities beyond the community day.
- The event was a way of discovering new hobbies and passions.



A chance to interact with furry companions proved to be very uplifting for the senior residents.



## PET POWER

As any pet owner will attest to, few things are as comforting as time with a pet. But it can be tough for seniors living in nursing homes to experience this joy. Determined to make it happen, a team from the ECON Medicare Nursing Home @ Recreation Road turned to the Community Mental Wellness Grant. They used the grant to engage Animal-Assisted Interactions Singapore (AAISG)'s Sunshine Canines Programme, which brought well-trained and calm dogs to interact with residents. These gentle companions effortlessly facilitated conversations among the seniors, fostering new connections through activities like petting, grooming, tricks and games. Canine-assisted interventions as such can significantly alleviate depressive symptoms, anxiety and loneliness, while boosting overall mood among seniors. During this session, a beautiful bond blossomed between Koji, our gentle furry friend, and ECON's 104-year-old senior centennial.

## BENEFITS:

- Canine-Assisted Activities reduce symptoms of depression, anxiety and loneliness.
- Such interactions uplift the mood of seniors.
- The experience proved to be a positive one for staff, nurses and caregivers as well.



# THREE For Tomorrow

A suite of new initiatives, worth \$2 million in all, is being progressively rolled out in the South East District to help level the playing field, champion mental wellness and embrace a sustainable way of life.

✍ KEENAN PEREIRA 📧 SOUTH EAST CDC



Mayor Fahmi announced new schemes to support the needy, champion mental wellbeing and advance sustainability in the district.

Every year, South East CDC's District Conference offers a chance for key stakeholders, residents and partners to gather to understand South East CDC's work over the past year and its direction for the future. Over an evening of networking, they can also forge connections that can inspire new projects and collaborations to better community.

Last year's theme, *SE-lebrating Connections*, paid tribute to this tradition of co-creating solutions. Held on 20 September 2023, it was hosted by Mayor of South East District, Mr Fahmi Aliman, and graced by Mr Heng Swee Keat, Deputy Prime Minister & Coordinating Minister for Economic Policies.

At the event, Mayor Fahmi outlined South East CDC's plans, valued at \$2 million, to support the community. These include the new South East Edu Care Fund, which will help students from lower middle-income families. Other initiatives are a new sustainability effort to help residents embrace a zero-waste

lifestyle, alongside programmes that uplift the mental health of the entire South East community, with a particular focus on vulnerable communities like youth and the elderly.

"South East CDC is committed to fostering the growth of the next generation, ensuring they have the support and resources needed to build a promising future," he added. "Allocating around \$2 million is a good amount for us to adequately support the community over the next three years."

Use this handy guide to learn more about each of the initiatives:

## LEVELLING UP

Quick facts about the South East Edu Care Fund:

1. The fund, worth \$1 million, helps students from lower middle-income families (defined as those with a Per Capita Household Income of \$800 to \$1,000).
2. Eligible students will receive a one-off sum of \$300, that will ensure they can have the necessary school supplies to excel in their studies. The fund can also be used for everyday expenses like transport to and from school.

**WHAT MAYOR FAHMI SAYS:** "Due to the rising cost of living, school bus fares and education-related expenses such as the purchase of school supplies have also increased. Hence, the purpose of this fund is to help defray these costs for lower middle-income families."



## MENTAL HEALTH

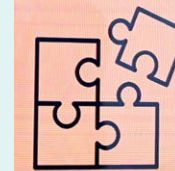
Quick facts about South East Emotional and Empowerment Development Support (SEEDS) of Wellness:

1. South East CDC recognises the importance of mental health. In line with this, the CDC is expanding its suite of mental wellness support by introducing SEEDS of Wellness, which aims to support and strengthen mental health in the community.
2. This initiative offers better outreach to support the mental wellbeing of all residents through a self-help toolkit and exposure to the arts, which have been proven to relieve young ones of psychological distress.
3. Ground-up initiatives will also be supported through a dedicated grant, the Community Mental Wellness Grant, capped at \$5,000 per application.

**WHAT MAYOR FAHMI SAYS:** "The toolkit includes self-help paraphernalia and information on easily-accessible resources that are designed to empower South East residents to learn how to manage their mental wellbeing through healthy coping mechanisms and strategies."



## TOOLKIT For Self-Help



All ears as \$2 million worth of initiatives were announced at SE-lebrating Connections.

## SUSTAINABILITY

Quick facts about The Wormery Movement: A Sustainable Alternative, an effort to foster a zero-waste lifestyle in the district:

1. Wormeries will be introduced in schools and community gardens as a way of educating the youth and public about the zero-waste lifestyle.
2. Each kit contains two worm bins complete with bedding material and 300 grams of compost worms. Workshops on setting up the bin with mentorship and wormery support from ITE College East will also be provided.
3. Wormeries are containers designed to house and facilitate the composting process using worms. They are an eco-friendly and efficient way to recycle organic kitchen waste such as fruit and vegetable scraps, coffee grounds, eggshells and small amounts of paper products.

**WHAT MAYOR FAHMI SAYS:** "We are currently in the pilot phase and are working with the divisional community gardeners and school students to educate them on waste treatment through wormeries. Based on the results of this pilot, we may introduce the wormeries to residents in 2025."



## MORE CAUSE FOR CELEBRATION

The event also saw the re-appointment of **40 District Councillors (DCs)** and the appointing of **8 new ones**. Another highlight of the proceedings was the Corporate Appreciation Ceremony, where **29 partner organisations** received awards for their collaborations with the South East CDC on various community initiatives.





SE BUZZ

# STAY, PLAY, DISCOVER

Participants of the most recent *Seniors' Learning Camp* experienced a one-of-a-kind adventure of discovery.

✍ KEENAN PEREIRA 📷 KELVIN CHIA

The word “camp” typically conjures up visions of excited young people engaging in adventurous expeditions. But as the 30 seniors who participated in one particular camp proved, older folks can get in on the fun too. They were attendees of the 14<sup>th</sup> *Seniors' Learning Camp*, which was held from 2 to 3 November 2023 at the Civil Service Club @ Changi.

South East CDC has been organising this camp since 2009 as a means of promoting active ageing and a spirit of volunteerism in older residents. Having such an initiative for seniors is also a good way to remind them of the importance of keeping their minds active, explains Mdm Rosalind Koh, a 79-year-old participant at last year's edition. “I have a mantra in life: stop learning and your brain will go to waste,” she said.

Perhaps it is this mantra that explains why the retiree decided to sign up for the camp. Having been a teacher before, Mdm Koh was also curious about many aspects of life in the 21<sup>st</sup> century. “So many seniors are falling for scams and are not observing good nutrition,” she pointed out. “The camp was very helpful in sharing information about these realities and I think many of my fellow seniors benefitted.” The casual setting of the camp also made it easier for people to pick up useful information, she added.



Here's a rundown of what happened at *Seniors' Learning Camp 2023*:

## Day 1

**10am:** A chance to bond with new friends over life-sized board games.

**11am:** A digital workshop by the Infocomm Media Development Authority (IMDA) shared details on the latest scams and equipped participants with the know-how to keep themselves safe online.

**1pm:** Seniors showed off their creativity and designed their very own tote bags, using the screen-printing technique.

**3pm:** A sharing session by Changi General Hospital gave seniors insights into concepts like Advanced Care Planning and how to go about it.

**4.30pm:** The Community Resource, Engagement and Support Team (CREST) was on hand to help participants identify the signs of dementia, and also how to keep the condition at bay.



The camp presented seniors with a chance to show off their creativity, such as by designing their very own tote bags.

## Day 2

**9.30am:** Seniors learnt about how muscle mass deteriorates as they age and how they can address this through adequate exercise and nutrition. A team from the Health Promotion Board (HPB) explained this in an easy-to-understand manner.

**1pm:** An escape room experience, where seniors put teamwork and quick thinking to good use to solve a series of challenges.

**4pm:** Presentation of certificates by District Councillor Ms Cheryl Chen, chairperson of South East CDC's Care Committee.



Learning the importance of teamwork and creative thinking in overcoming challenges.



Participants had the opportunity to learn more about topics that ranged from cybersecurity to exercise and nutrition at the various workshops.



The *Seniors' Learning Camp* featured several engaging activities that helped participants make new connections and develop their competencies in various areas.

## WHY IT IS UNIQUE

Here are three interesting facts about the *Seniors' Learning Camp* and what sets it apart:

### 1 MORE THAN JUST LEARNING

In addition to learning, the camp also promotes active citizenry among the golden generation. Often, seniors are assumed to be purely beneficiaries of kindness. But many are raring to give back as well, as seen from successive editions of the event. To date, the 380 seniors who have participated in *Seniors' Learning Camp* have implemented at least 33 community projects, uplifting the lives of at least 1,200 vulnerable residents.

### 2 KEEP GIVING BACK

One's journey with the camp does not end when they graduate every year. Instead, *Seniors' Learning Camp Alumni* are often tapped on to help lead and facilitate activities at future camps, and also lead their own community projects alongside volunteering for South East CDC initiatives. This ensures that the spirit of active citizenry lives on.

### 3 A 'MANY HANDS' APPROACH

South East CDC has put partnerships at the centre of the camp, tapping on stakeholders like the Agency for Integrated Care (AIC) and HPB, to educate the seniors with basic knowledge and skillsets, enabling them to create more holistic experiences for residents as they curate community initiatives of their own.



# Actions Speak Louder

**FairPrice Walk For Rice\* @ South East 2023** brought the whole community together for a good cause.

For 15 years, Mr Jin Shun has enjoyed a yearly tradition. The 84-year-old South East resident laces up his sneakers and puts his best foot forward for *FairPrice Walk for Rice\* @ South East*. It was no different last year, he tells *Contact South East*. "The event gives me the opportunity to clock in steps and do good at the same time — that's a win-win," he says. "In fact, every year, I encourage my fellow seniors to join me, because at our age, it is important to take care of our overall health — and this event is a good way to engage in simple exercise while enjoying ourselves with our friends."

He is not the only resident who joined in the cause, which aims to raise bowls of brown rice, white rice and oats for vulnerable families in the South East District. To do this, residents have to get active by walking or running and logging their distance for a good cause during the campaign period from 21 October to 31 December 2023. For every 300 metres logged, FairPrice Foundation donates 1 bowl of white rice, 1 bowl of brown rice and 1 bowl of oatmeal.

*FairPrice Walk For Rice\* @ South East 2023* aimed to raise 500,000 bowls of white rice and brown rice and 50,000 bowls of oats, to benefit 7,000 beneficiaries within the district. Furthermore, participants who contributed their mileage went home with goodie bags, comprising primarily of household items such as body wash, toothpaste and biscuits, to name a few.



Mayor Fahmi (4<sup>th</sup> from left) at the launch of last year's *FairPrice Walk For Rice\* @ South East* campaign, joined by Grassroots Advisers Mr Lim Biow Chuan and Mr Seah Kian Peng (2<sup>nd</sup> and 3<sup>rd</sup> from left respectively), Mr Kee Teck Koon, Chairman of FairPrice Foundation (2<sup>nd</sup> from right) and FairPrice GCEO Mr Vipul Chawla (extreme right).

## AN ENDURING PARTNERSHIP

"As we celebrate the 15<sup>th</sup> anniversary of *FairPrice Walk for Rice\* @ South East*, we recognise it as a signature programme that our community and beneficiaries eagerly anticipate as it promotes a healthier lifestyle while fostering friendship among residents," said Mr Fahmi Aliman, Mayor of South East District, who walked alongside the residents at the launch of the programme on 21 October 2023. "Particularly in these times of global inflation and geopolitical challenges impacting the cost of living, the significance of this initiative cannot be overstated. We are committed to continuing the legacy of doing good while promoting healthier lifestyles and friendships among our residents with such initiatives."

Mayor Fahmi was joined by distinguished guests, Mr Seah Kian Peng, Speaker of Parliament and Adviser to Marine Parade GRC GROs; Mr Lim Biow Chuan, Adviser to Mountbatten GROs; Mr Kee Teck Koon, Chairman of FairPrice Foundation; and Mr Vipul Chawla, GCEO, FairPrice Group.

*FairPrice Walk For Rice\* @ South East* is organised yearly by South East CDC and FairPrice Foundation. Mr Kee said, "Along with FairPrice's social mission to moderate the cost of living, FairPrice Foundation remains committed to serve, care and share with the community at large. Together with our partners, we extend a helping hand to those in need during this challenging economic environment, and to nurture a continued spirit of empathy and giving in Singapore."

## A COMBINED EFFORT

*FairPrice Walk for Rice\* @ South East* receives strong support from community partners every year and it was no different in 2023. Take ITE College East, which organised its own walking event on 20 November 2023 to contribute to the campaign. Some **316 participants**, comprising staff, teachers and students, laced up their trainers and clocked more than

**1,100km**

in total. This is part of the school's overall efforts to contribute 10,000km towards the overall distance clocked. In addition, **33 students** distributed packets of white rice and oats to **100 beneficiaries** from Kembangan-Chai Chee Senior Activity Centre on 29 November 2023.



(Top photo) Mayor Fahmi leading the walk at ITE College East. (Bottom photo) Participants proudly displaying the results of their efforts.



**"All I had to do was walk, which I normally do anyway, and I could help out. The benefits are two-way, as I can also benefit from keeping a healthy lifestyle."**

For students like **Ms Nur Umairah Bte Abd Ghani** from ITE College East, participating in *FairPrice Walk for Rice\* @ South East* was a reminder of how giving back could be integrated into our everyday lives.



## 3 HIGHLIGHTS FROM THE LAUNCH:

- 1 Close to 2,000 participants gathered at the launch of *FairPrice Walk for Rice\* @ South East* on 21 October 2023, more than double the number of attendees from previous years.
- 2 Attendees had a chance to try their hands at novelty sports like archery, trampoline fitness and spin.
- 3 Corporate and community partners, as well as religious and social groups all sent representatives, creating a truly whole-of-community event.



# A FEEL FOR THE COMMUNITY

Mr Isaac Lum, one of South East CDC's newest District Councillors, on why he gives back.

✍ KEENAN PEREIRA 📷 KELVIN CHIA

**Like many young parents**, Mr Isaac Lum, 40, often has a packed schedule. He and his wife have two young daughters, a two-month-old and a nine-year-old. His professional life as an in-house legal counsel at a bank is equally demanding.

Still, Mr Lum finds the time and energy to give back to the community, a journey he embarked on shortly before the birth of his first child. The chairman of the Opera Estate-Siglap Residents' Network (RN) and newly-appointed-District Councillor tells us more.

- **I began giving back** in 2013 by providing free legal advice at legal clinics organised by South East CDC. I've always felt that actions speak louder than words and I wanted to get involved in the community, so it was a good fit.
- **The experience left a deep impression on me**, as I came across people genuinely in need and who had legal issues because of a lack of resources. Later, I joined my local Neighbourhood Committee (NC) to do more, and was struck by how much it did to uplift and support the community.
- **In the Neighbourhood Committees (NC) and Residents' Network (RN)**, we work to solve the day-to-day issues of residents, which were mostly municipal in nature. We also champion cohesion in the community by regularly organising events like street parties that bring residents together to help them bond.
- **The activities we organise** are an important tool for fostering more interactions among residents. Many, including myself, have made long-term friends through such activities, which include monthly brisk walks that now attract 70 to 80 people each time.
- **It's heartening to see a good mix of people**, including seniors and younger residents. The walks bring us all



around Singapore, including to our national parks and scenic sites like Gardens by the Bay. There are sometimes *makan* sessions to enjoy as well.

- **Volunteering in the community** has definitely made me more outgoing. I make it a point to talk to residents who may be joining our events for the first time, so that they feel more welcomed and involved. I'm also comfortable knocking on doors to meet and get to know new residents.
- **My family**, especially my older daughter, also joins me for our activities and house visits. I think it's good exposure for them to meet the people who live and work in our community.
- **Last year**, I was appointed a District Councillor of South East CDC. It's a new role and I'm excited to see how I can continue making a difference.
- **I hope that the community** can continue to attract like-minded folks and younger residents to volunteer with us. I would urge these neighbours to look beyond themselves and see how their time and energy can really leave behind a better home for future generations.



## ON THE GROUND

There are **48 District Councillors** in South East CDC, who come from different backgrounds and professions. Together, they serve as eyes and ears on the ground, shaping South East CDC's programmes to meet needs as they emerge.

# AN INVITATION TO DREAM

Seniors in Dakota do not just go to the Old Airport Road hawker centre for food anymore — there is a new attraction that has caught their eye.

✍ KEENAN PEREIRA 📷 DILLON TAN

**The Old Airport Road** hawker centre is famed for its mouthwatering array of local delights. But tucked away on the second floor is a new crowd-puller. Unlike other tenants of the hawker centre, it does not sell food items or drinks. Instead, **Dakota Dreams** prides itself as an unassuming little bookstore, where anybody can drop by for a chat, to read a book or try an activity.

That is the vision Ms Vienna Fong, 54, had for the bookstore that she set up amid the COVID-19 pandemic. Ms Fong is a longtime resident of Dakota, having lived in the estate for 25 years. "I've also been an active volunteer in the area, and from my interactions with seniors, I knew that they enjoyed the various activities that were organised for them, such as calligraphy classes," she shares.

Ms Fong had helped organise some of these activities herself and knew that it was often tough work to hold them in common spaces like void decks. "A void deck is conducive but a lot has to happen behind the scenes to transform it into a workshop for seniors. Ultimately, a void deck just has a fan



and lights. We need more if we're going to create regular, meaningful activities."

Such challenges are eased with the bookstore, which Ms Fong opened with four other retirees. Her vision of a space for seniors has become a reality, with the elderly in Dakota popping by regularly. "Some of those who are more reserved prefer to just come in and help keep the bookshelves tidy. They get a lot of satisfaction from having a task to do," shares Ms Fong.

Others engage more actively, trying out activities like colouring and various arts and crafts. Such activities are held a few times a week. For seniors, it is more than just a place to hang out or do things; it is also a space where they can connect with younger residents, who are often drawn to the bookstore for its range of affordable comics. "There are organic conversations that take place across generations," Ms Fong says, beaming with pride.

**DAKOTA DREAMS** is located at #02-55, 51 Old Airport Road. It is open from 11am to 5pm, Tuesdays to Saturdays.



To her, this social element is one of Dakota Dream's most valuable gifts to the community. "My own father suffers from dementia. I have seen how his condition has actually worsened because he does not have a strong social network," she reveals. "Through Dakota Dreams, I hope that we can give other seniors that valuable human connection. It makes all the difference."



## MEET THE TEAM

The five founders of Dakota Dreams are:

- **Ms Vienna Fong**
- **Mdm Chan Wai Han**, 65, and her husband **Mr Fong Hoe Fang**, 67, the retired founder of local publisher Ethos Books
- **Mdm Sng-Fun Poh Yoke**, 68, a former *The Straits Times* arts and bilingual editor
- **Mr Richard Chong**, 67, who used to work in printing and book distribution



## → Life Hacks

# LASTING DECISIONS

Take charge of your assets and ensure your loved ones are cared for with proper estate planning.

**Estate planning is easily overlooked.** Many think it is unnecessary, assuming their assets are not substantial enough or that it is a concern only for the wealthy. And, understandably, it is not the most comfortable subject to think about.

However, if you have dedicated years to working and caring for your family, you are likely to have accumulated valuable assets. Without a clear plan, your family could face legal complications or disputes over these assets.

### CONSIDER DRAWING UP A WILL

A will is a simple yet effective way to pass on your possessions to your chosen beneficiaries. Here is what to keep in mind when writing a will:

- You must be at least 21 years old and of sound mind.
- At least two witnesses who are over 21 years old must be present during the signing of your will.
- Witnesses cannot be beneficiaries or spouses of beneficiaries.
- A will is only activated after you pass away.
- A will is automatically revoked upon marriage or remarriage, but not upon divorce.

### KEEP YOUR WILL SAFE

Let your family know where you keep your will. It should be in a secure place, safe from tampering or damage.



In Singapore, you can register your will details, including its location, with the Wills Registry under the Singapore Academy of Law for a \$50 fee.

Drafting a will with a lawyer can start from as low as \$150, and free will-writing services are also available.

### DON'T FORGET ABOUT YOUR CPF

Your Central Provident Fund (CPF) savings are a big part of what you'll leave behind, but this cannot be included in your will. This is to protect your CPF savings from any claims by creditors — meaning, if you have debts, creditors can't touch this money when you're gone.

Instead, CPF savings are handed down separately through a CPF nomination. If you don't make a nomination, the law decides who gets your CPF money, typically your closest family members.

Secure your CPF's future by making nominations at a CPF branch or online. Just like a will, your nomination is automatically revoked if you marry or remarry, but not upon divorce.

### PREPARE FOR THE UNEXPECTED

Your will and CPF nomination only take effect when you pass away, but what happens if you are incapacitated by an illness or accident and cannot make decisions?

A Lasting Power of Attorney (LPA) is a legal document that lets you appoint a trusted person or persons to act on your behalf, ensuring your affairs are managed according to your wishes.

### NAVIGATE YOUR LEGACY WITH MY LEGACY

The government's My Legacy portal (<https://mylegacy.life.gov.sg>) offers a streamlined approach to end-of-life planning. It assists with creating wills, LPAs and advanced care planning, easing the process for you and your caregivers.

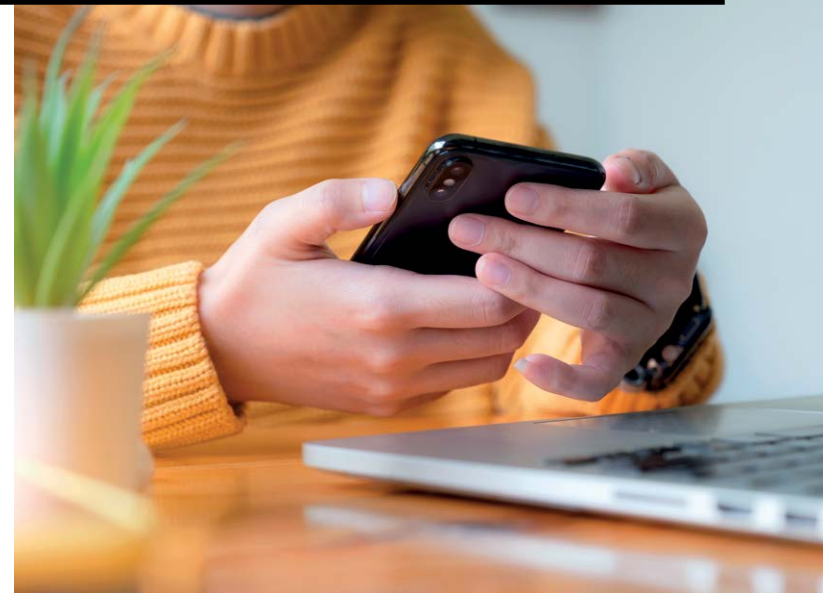
*The advice is provided by the Institute for Financial Literacy (IFL), a collaboration between MoneySense and Singapore Polytechnic International. MoneySense is the national financial education programme introduced in 2003 that is funded by the Singapore Government.*

*IFL conducts free and unbiased talks and workshops online, at the Singapore Polytechnic and at venues across the island. Visit <https://ifl.org.sg/> for more information.*

## → Life Hacks

# Go On A DIGITAL DETOX

This new year, rejuvenate the mind, improve relationships and enhance overall wellbeing by embracing screen-free routines in your lifestyle. Here's how to get started.



### 1 DESIGNATE SCREEN-FREE ZONES

Turn the bedroom into a device-free haven. Not only does this promote better sleep, but it also encourages more meaningful conversations with your loved one.



### 2 SCHEDULE TECH CHECK-INS

Resist the urge to be constantly connected. Limit checking emails, social media and other notifications to specific times in the day.



### 3 ENJOY THE CHARM OF OLD-SCHOOL TOOLS

Use paper maps for navigation and jot down your thoughts in a physical diary. Or swap the e-reader for the tactile pleasure of turning the pages of a real book.



### 4 GET ACTIVE OUTDOORS

Explore nature trails at Bedok Reservoir or East Coast Park. Join an outdoor fitness class, or lend a hand at community environmental initiatives. There's a world outside waiting to be discovered.



### 5 RECONNECT THROUGH REAL CONVERSATIONS

Instead of texting, meet face-to-face. Share stories while playing a board game, enjoy a picnic in the park or engage in heartfelt talks over kopi.



### 6 DEDICATE TIME TO HANDS-ON HOBBIES

Relax with non-digital pastimes like painting, crafting, playing a musical instrument or gardening.



### 7 TRY ANALOGUE ENTERTAINMENT

Listen to the FM radio or vinyl records. Experience the energy of live performances, attend a play or wander through an art gallery.



### 8 PRACTICE THE 20-20-20 RULE

Give your eyes a break. Every 20 minutes, shift your gaze to something 20 feet (six metres) away for 20 seconds. It's a simple way to combat eye strain.



### 9 TEMPORARILY UNINSTALL SOME APPS

If certain apps cause you to spend a disproportionate amount of time on the phone, uninstall them for a week. You may be surprised by the positive change in your daily routine and state of mind.



### 10 USE TECHNOLOGY TO DETOX FROM TECHNOLOGY

There are apps out there designed to help you spend less time on the screen. For example, Forest lets you grow virtual trees when you are not using your mobile phone.



→ fEast

# FOOD FOR THE SOUL

Celebrate the festivities with a guilt-free meal that rings in the good vibes.

**Lunar New Year often brings** an abundance of food, but some families opt for vegetarian meals, particularly on the first day. Following Buddhist traditions of compassion and purification, forgoing meat is believed to cleanse the body and soul.

Contrary to being bland, vegetarian festival fare can be just as flavourful as their meatier counterparts. A prime example is the Buddha's Delight (*luo han zhai*). Here's how to prepare this healthy and delicious dish.

## RECIPE

### Ingredients

- 20g dry shiitake mushrooms
- 15g dry lily flowers
- 10g wood ear fungus
- 45g mung bean vermicelli
- 60g bean curd sheet
- 350g cabbage
- 50g bamboo shoots
- 60g carrots
- 50g baby corn
- 70g button mushrooms
- 2g *fatt choy* (black moss/hair moss)
- 30g sugar
- 120g white fermented bean curd

### Instructions

1. Tie each dried lily flower into a knot.
2. Soak all dry ingredients until they turn soft and fully hydrated.
3. Cut the bean curd sheet into smaller pieces. Deep-fry briefly for about 15 to 20 seconds, then remove and drain.
4. Cut the carrots and bamboo shoots into thin slices.
5. Cut the soaked wood ear fungus into a size similar to the carrots.
6. Drain the soaked shiitake mushrooms but keep the soaked water. This will be added to the braising liquid later.
7. Remove the stem of the shiitake mushrooms. Halve or quarter into bite-size.
8. Chop the cabbage into smaller pieces.
9. To cook, ladle two tablespoons of vegetable oil into the wok. Stir fry the cabbage until it softens.



10. Add the shiitake mushrooms, lily flowers, wood ear fungus, black moss, carrots, fermented bean curd and sugar, as well as the water used to soak the mushrooms and additional water to submerge the ingredients. Braise for five minutes.
11. Break the deep-fried bean curd into smaller pieces. Lay on top of the other ingredients.
12. Add the mung bean vermicelli on top of the bean curd pieces. Braise with the lid on for another five minutes or until the bean curd pieces are soft. Add more water if necessary.
13. Add the bamboo shoots, button mushrooms and baby corn.
14. Braise until the vegetables are soft, and the sauce thickens. The dish is now ready to be served.

## MINIMISE WASTAGE

Here are some ways to make your festive celebrations more friendly for the environment.

### Plan mindfully:

Map out your dinner plan by estimating guest numbers, meal portions and decor requirements. Stick to a shopping list to avoid excess, and store extra food in the freezer to prevent spoilage.

### Create your own eco-friendly decorations:

Get creative with reusable or recyclable items, like transforming old *angpows* into festive paper cuttings or lanterns.

### Compost organic waste:

Set up a composting system to turn food scraps into plant-nourishing compost.

### Switch to reusable tableware:

Swap single-use plates and utensils for durable and biodegradable options. If you are hosting a large gathering, consider renting tableware to reduce single-use plastic waste.

### Support sustainability:

Select products with minimal packaging, that are made from eco-friendly materials, and/or are from brands committed to sustainable practices.



→ Life Hacks

## HOW TO BE A GREAT PET OWNER

Thinking about getting a pet dog or cat? Let's make sure you are ready for the fun and care that comes with your new animal friend.

**Having a pet is** a joyful experience, but it is also a journey paved with responsibilities. During the COVID-19 pandemic, the companionship of animals became a solace for many Singaporeans. Yet, as life returns to normal and financial pressures mount, we are seeing a worrying rise in pet abandonments.

To embark on pet ownership responsibly, it is crucial to understand that animals are also creatures with unique personalities and needs. They rely on you not just for love but also for their overall wellbeing. Here are four key areas to focus on for a rewarding relationship with your pet:



### Training

Proper training is essential. It helps pets understand what is expected of them and strengthens your bond. Well-trained pets are easier to manage, more sociable and less likely to display destructive behaviours.



### Regular exercise

Active playtime is critical for your pet's physical and mental health. It keeps them in shape and prevents behavioural issues. Whether it is a walk in the park for your dog or a climbing session for your cat, every bit of activity contributes to their wellbeing.



### Financial planning

Anticipate the costs of pet care, which include pet insurance, health checks and grooming. Setting aside a budget for these expenses will ensure that you can provide for your pet's needs without undue stress.



### Identification

A visible ID tag and microchipping are crucial for the safety of your pet. These measures can help reunite you with your pet if they wander off and reduce the burden on animal shelters.

## Legal Pet Options in Singapore



In Singapore, not all animals can be kept as pets, but there is still a diverse range to choose from. From green tree frogs to jellyfish, make sure to familiarise yourself with The Animal & Veterinary Service guidelines on pet ownership. For more information, visit <https://www.nparks.gov.sg/avs/pets/owning-a-pet/getting-a-pet/animals-allowed-for-sale>.



→ Up & Coming

**24 February 2024**  
**Braddell Heights Celebrates Yuan Xiao 2024**

**Time** 6pm to 9pm  
**Venue** Braddell Heights Amphitheatre  
**Organiser** Braddell Heights CC  
**Contact** ✉ dragon\_tan@pa.gov.sg

Celebrate Yuan Xiao Jie with fellow residents and usher in good fortune, prosperity and wellness for the whole year.  
**Admission Fee** Free



**2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month**  
**Grooving Down Memory Lane Dance Exercise**

**Time** 2pm to 3.30pm  
**Venue** Fengshan CC Room #02-09  
**Organiser** Fengshan SCEC/AAC  
**Contact** ☎ 6449 5136 ✉ pa\_fengshancc@pa.gov.sg  
Sweat it out — and have fun while you are at it — with lively dancercise routines, sing-alongs, and a variety of interactive activities. Suitable for all ages.  
**Admission Fee** Free





Mr  
Lim Biow Chuan,  
Adviser to  
Mountbatten  
GROs



# MAKING EVERY MOMENT COUNT

Besides helping residents with their material and legal needs, Mr Lim Biow Chuan, Adviser to Mountbatten GROs, believes in challenging residents — especially seniors — to step out of their comfort zones to engage in new and rewarding activities.

With a constituency made up of a significant percentage of senior citizens, active ageing is a key agenda for Mr Lim Biow Chuan, who has served as the Adviser to Mountbatten GROs since 2006. “Many seniors don’t appreciate that they are living out their golden years, and hence may not

devote enough attention to their wellbeing,” he says.

The practising lawyer and father of two grown children is a passionate advocate of living life to the fullest, even when one is in his or her golden years. “It’s not just about keeping oneself occupied,” notes the

60-year-old Mr Lim, “If you do not socialise and engage with others, the mental faculties will slow down.”

In this task of encouraging seniors to make the best of their time, Mr Lim is aided by an active ageing committee, who regularly brainstorms and executes events to attract and engage these elderly residents. Among the many activities the constituency arranges for its residents are telematches, durian parties, excursions to Malaysia and sporting events such as dragonboating — challenging them to step out of their comfort zones. “Sometimes, as we age, we tend to get a bit reticent in trying new things. But we shouldn’t be,” he explains. “For many of those who are in their 70s or 80s, it was their first time stepping into a dragonboat. As you can imagine, it was not a small challenge for them, but with a bit of encouragement, many of them were keen to try it out, and they really enjoyed it.”

Self-help groups in the community have even organised performances where senior residents are encouraged to sing on stage — something that many of them “never thought they would ever do,” says Mr Lim, whose own hobbies include running, and reading the newspapers as well as legal cases. “It turned out that when the opportunity presented itself, many of them were game to participate.” As and when time permits, Mr Lim also enjoys a game of bingo at the community centre with his residents as well.

At the end of the day, Mr Lim wants residents to age gracefully. “Don’t think that just because you’re older, your role is to stay



Applauding the efforts of students and their parents at an Edusave Awards Presentation.



Celebrating National Day 2023 at Katong CC with the New Vogue dancers.

home,” he says. “Go out, enjoy yourself... the world is yours to explore — it’s not just for the young!”

## A PART OF THE FAMILY

Being a Grassroots Adviser for Marine Parade GRC since 2006, and subsequently Adviser to Mountbatten GROs since 2011, it is safe to say that Mr Lim is more than just a familiar face in the neighbourhood. In fact, when asked what he felt were some of his proudest achievements serving Mountbatten for so many years, he replies, “It’s the fact that the residents make me feel like I’m a part of their family. They share both their happy and sad times with me,” says Mr Lim, who reveals that he is a fan of the *wanton mee* at Mountbatten.

Mr Lim started serving as a community leader at Meet-the-People Sessions (MPS) in 1990 at the encouragement of his Member of Parliament (MP). At the time, he was newlywed and fresh out of university as a law graduate. “My parents were hawkers from humble backgrounds,” he shares. “I saw how they struggled, and how others helped them. I want to do the same for others.”

Among the most practical initiatives launched under Mr Lim’s watch include the Mountbatten community shop, where pre-qualified residents can come in and pick up their groceries or basic necessities. Another new programme provides needy residents with 15 meals a month. Other than facilitating financial and material assistance for residents, his legal background, in particular, has

proven advantageous when it comes to helping them interpret legalities or make parliamentary appeals when justified. “The assistance can go a long way,” says Mr Lim, who also served as the Deputy Speaker of Parliament between 2016 and 2020.

He acknowledges that politics is not an arena which many people are keen to step in, especially since the stakes are high. “However, the way a country is governed has a huge impact on the quality of the lives of its people,” he explains. “You can look at some countries and see that because of poor governance, the people suffer. Thus, there is a need for good people to step forward to serve the country in different ways.”

## A FATHER FIGURE

At the same time, Mr Lim is always conscious about making an impact not

just at the national but individual level. With the completion of several Housing and Development Board (HDB) Build-to-Order (BTO) flats in the area in recent years, Mountbatten has seen more young families moving in. With this shift in demographics comes a change in the needs of residents. For example, there are more appeals for help with school placements and availability of childcare centres, as well as the preservation of older HDB blocks for the purpose of safeguarding our cultural heritage.

Asked to describe his experience of serving for more than 30 years, Mr Lim says, “It’s a privilege. It’s an opportunity to touch the lives of others. We do our small part to be a part of the larger picture. Everyone must do their part. All my community leaders know that; it’s all teamwork. We’re all partners working together to make Singapore a better home for our residents.”

In particular, Mr Lim takes pride in influencing the younger generation. He recalls encouraging a resident’s daughter who was struggling with insecurity in her academic progress; she went on to excel in her Primary School Leaving Examination (PSLE) exams. “Values are important,” he stresses. “Each one of us can be a blessing to others. When you are gracious and kind to one another, you’ll find that you have a cozy home right here as part of the Mountbatten family.”



With residents at the Christmas Joy Feast at Jalan Batu, organised by Friends@St Hilda’s.



# 珍惜每个瞬间

蒙巴登基层组织顾问林谋泉先生除了协助居民解决物质及法律上的需求之外，还会鼓励居民，尤其是年长居民，走出自己的舒适区，参与全新和有益的活动。

**林谋泉先生**自二零零六年起就担任蒙巴登基层组织顾问，他将推广活跃乐龄作为自己的工作重点之一。他说：“许多乐龄人士没有意识到他们正处于自己的黄金年华，因此不会对自己的身心健康给予足够的关注。”

这位执业律师以及两个成年子女的父亲积极倡导充分享受生活，即使在一个人的黄金年华更要如此。“这不仅仅是让自己保持忙碌。”六十岁的林谋泉先生说道，“如果不参加社交活动，不与他人互动，心智能力就会慢慢衰退。”

在鼓励乐龄人士更充实地享受生活方面，林谋泉先生得到了一个活跃乐龄委员会的大力支持，这个委员会定期策划并组织活动来吸引这些年长居民的参与。该选区为居民安排了许多活动，包括团队竞技游戏、榴莲派对、马来西亚短途旅游和划龙舟等体育活动 — 鼓励乐龄居民们走出自己的舒适区。“有时候，随着年龄的增长，我们往往变得不愿意尝试新事物。但这是不对的，”他解释说。

“对于许多七八十岁的年长者来说，那是他们第一次踏上龙舟。你可以想象，这对他们来说是一个相当大的挑战，但只要给与适当的鼓励，他们当中许多人都表示愿意尝试，而且还乐在其中。”

社区内的一些自助团体甚至会组织一些演出，让年长居民登台演唱，他们当中很多人“从来没有想过自己会这么做”。而林谋泉先生自身的业余爱好是跑步、阅读报纸和法律案件。“事实证明，只要出现适当的机会，他们中很多人都愿意尝试新事物。”而如果有时间，林谋泉先生也会和居民在民众联络所玩宾果游戏。

他最终的目的，是希望居民们能优雅地步入老年。“不要因为自己年纪大了，就觉得只能待在家里。”他说道。“到外面去，尽情享受...探索这个世界，它不仅仅属于年轻人！”

#### 社区大家庭的一份子

林谋泉先生从二零零六年起担任马林百列集选区基层组织顾问，随后自二零一一年起担任蒙巴登基层组织顾问，可以肯定地说，他已经深度融入到这个社区。事实上，当被问及这么多年来在蒙巴登服务所取得的最自豪的成就是什么时，他回答说：“这里的居民把我当成自己的家人。他们会与我分享开心与悲伤的事情。”林谋泉先生说，而同时他也表示自己是蒙巴登云吞面的铁粉。

在国会议员的鼓励下，林谋泉先生从一九九零年开始担任接选民活动的社区领袖。那时，他刚



刚结婚，也刚刚从大学法律系毕业。“我的父母都是出身贫寒的小贩，”他分享道。“我知道他们所经历的困难，也看到了别人是如何帮助他们的。我想为其他人做同样的事。”

在林谋泉先生的带领下，该地区推出了多个惠民举措，包括“蒙巴登社区商店（Mountbatten community shop）”，让那些通过资格预审的居民可以前来领取食品杂货或者基本生活必需品。另一项新的计划是每月为有需要的居民提供十五顿餐食。除了为居民提供财务和物质援助外，他的法律背景让他在帮助居民解释法律条文或者在合理的情况下向国会提出申诉时显得更加得心应手。“这些援助对居民有很大的帮助，”林谋泉先生说，他在二零一六至二零二零年间还担任国会副议长一职。

他表示，政治并不是一个许多人都热衷于涉足的领域，尤其是在风险很高的情况下。“然而，一个国家的治理方式对其人民的生活质量有着巨大的影响，”他解释说，“很多国家由于治理不善，人民生活水深火热。因此，优秀的人才应当挺身而出，以不同的方式为国家服务。”

#### 慈父形象

与此同时，林谋泉先生也意识到，不仅要在国家层面，还要在个人层面发挥影响力。随着建屋局在蒙巴登多个预购组屋发展项目的竣工，越来越多的年轻家庭搬来了这里。而随着人口结构的变化，居民的需求也跟着改变。例如，越来越多的向政府求助安排子女入学、开办更多托儿所以及保留较老旧组屋以保护文化遗产的宗旨。

当被问及他三十多年的从政经验时，林谋泉先生表示，“这是一种荣幸。让我有机会改变他人的生活。我们所做的每一件小事，最终能够成就大局。每个人都应该尽自己的一份力量。我的社区领袖们都知道这一点，必须依靠团队合作。我们其实是合作伙伴，只要齐心协力，就能为居民打造更美好的家园。”

林谋泉先生尤其以能影响年轻一代而感到自豪。他回忆起曾鼓励一位居民的女儿。她在学业上感到很不自信，但最终在小六毕业会考上取得了优异成绩。“价值观很重要，”他强调说，“我们每个人都应该成为他人的祝福。当大家彼此和睦友善，你就会发现作为蒙巴登大家庭的一分子，这里是你温馨的家。”

## Menjadikan Setiap Detik Berharga

Selain membantu penduduk dengan keperluan hidup dan guaman mereka, Encik Lim Biow Chuan, Penasihat kepada GRO Mountbatten, percaya bahawa penting untuk mencabar para penduduk — terutamanya warga emas — agar keluar dari zon selesa mereka untuk melibatkan diri dalam aktiviti-aktiviti baru dan yang bermanfaat.

**Dengan kawasan undi yang terdiri daripada** peratusan penduduk warga emas yang tinggi, penuaan aktif merupakan agenda utama bagi Encik Lim Biow Chuan, yang telah berkhidmat sebagai Penasihat kepada GRO Mountbatten sejak tahun 2006. “Ramai warga emas tidak sedar bahawa mereka sedang meniti usia senja mereka, lantas mungkin tidak memberikan perhatian tyang cukup kepada kesejahteraan diri mereka,” ujarnya.

Seorang peguam dan juga bapa kepada dua orang anak yang sudah dewasa ini bersemangat dalam menyokong penduduk agar menikmati kehidupan sepenuhnya, walaupun di usia senja. “Ia bukan sekadar mengisi masa,” kata Encik Lim yang berusia 60 tahun, “Jika anda tidak bergaul dan berinteraksi dengan orang lain, keupayaan mental akan berkurangan.”

Dalam tugasnya menggalak warga emas agar memanfaatkan masa mereka, Encik Lim dibantu oleh jawatankuasa penuaan aktif, yang kerap membuat sumbang saran dan menganjurkan acara bagi menarik dan melibatkan penduduk warga emas ini. Antara banyak aktiviti yang dianjurkan di kawasanundi ini untuk para penduduknya ialah ‘telematch’, pesta durian, lawatan ke Malaysia dan acara sukan seperti bot naga — yang mencabar mereka untuk keluar dari zon selesa mereka. “Kadang-kala, apabila kita meningkat usia, kita menjadi kurang cenderung untuk mencuba perkara baru. Tetapi kita tidak seharusnya begitu,” jelasnya. “Bagi kebanyakan mereka yang berusia 70-an atau 80-an tahun, ini kali pertama mereka menaiki bot naga. Seperti yang anda boleh bayangkan, ia bukanlah satu cabaran kecil untuk mereka, tetapi dengan sedikit galakan, ramai daripada mereka berminat untuk mencuba, dan mereka sangat menyukainya.”

Kumpulan bantu diri dalam masyarakat malah telah menganjurkan acara persembahan di mana warga emas digalakkan untuk menyanyi di atas pentas — sesuatu yang kebanyakan mereka “tidak pernah terfikir akan lakukan,” kata Encik Lim, yang mempunyai hobi berlari, dan membaca akhbar serta kes undang-undang. “Ternyata, apabila peluang itu muncul, ramai di antara mereka bersedia untuk menyertainya.” Apabila masa mengizinkan, Encik Lim juga menikmati permainan bingo di balai rakyat bersama penduduknya.

Yang penting, Encik Lim ingin penduduk meniti usia secara sihat dan gembira. “Jangan fikir bahawa hanya kerana anda sudah lanjut usia, peranan anda adalah untuk duduk di rumah,” katanya. “Keluar, lakukan perkara yang membuat anda gembira... dunia adalah milik anda untuk diterokai — ia bukan untuk golongan muda sahaja!”

#### SEBAHAGIAN DARI KELUARGA

Sebagai Penasihat kepada Akar Umbi GRC Marine Parade sejak tahun 2006, dan seterusnya Penasihat kepada GRO Mountbatten sejak tahun 2011, boleh dikatakan bahawa Encik Lim lebih daripada seorang yang dikenali di kawasan kejiranan ini. Malahan, apabila ditanya apakah yang beliau rasa adalah antara pencapaian yang paling membanggakan semasa berkhidmat di Mountbatten selama bertahun-tahun lamanya, beliau menjawab, “Apabila penduduk membuat saya berasa seperti sebahagian daripada keluarga mereka. Mereka berkongsi masa-masa gembira dan sedih mereka bersama saya,” kata Encik Lim, yang berkongsi bahawa beliau amat menyukai sajian mee wantan di Mountbatten.

Encik Lim mula berkhidmat sebagai seorang pemimpin masyarakat di Sesi Bertemu Penduduk pada tahun 1990 atas galakan Anggota Parlimen (MP) beliau. Pada masa itu, beliau baru sahaja berkahwin dan lulus dari universiti sebagai graduan undang-undang. “Ibu bapa saya merupakan penjaja

daripada latar belakang yang sederhana,” katanya. “Saya melihat bagaimana mereka hidup susah, dan bagaimana orang lain membantu mereka. Saya ingin melakukan yang sama untuk orang lain.”

Antara inisiatif paling praktikal yang dilancarkan di bawah penyeliaan Encik Lim termasuk kedai masyarakat Mountbatten, di mana penduduk yang layak boleh datang dan mengambil barangan dapur atau keperluan asas mereka. Satu lagi program baru memberikan penduduk yang memerlukan dengan 15 hidangan makanan setiap sebulan. Selain memudahkan bantuan kewangan dan keperluan hidup untuk penduduk, latar belakang undang-undangnya, khususnya, terbukti berfaedah apabila membantu mereka memahami hal-hal berkaitan undang-undang atau membuat rayuan parlimen apabila wajar. “Bantuan ini sangat membantu,” kata Encik Lim, yang juga pernah berkhidmat sebagai Timbalan Speaker Parlimen antara tahun 2016 dan 2020.

Beliau mengakui bahawa arena politik tidak digemari ramai, lebih-lebih lagi kerana taruhannya adalah tinggi. “Bagaimanapun, cara sesebuah negara ditadbir mempunyai impak yang besar terhadap mutu kehidupan warganya,” jelasnya. Anda boleh melihat beberapa negara yang mana disebabkan tabdir urus yang lemah, warganya menderita. Lantas, terdapat keperluan untuk orang yang berbakat untuk tampil ke hadapan berkhidmat kepada negara dengan cara yang berbeza.”

#### TOKOH SEORANG BAPA

Pada masa yang sama, Encik Lim sentiasa berusaha untuk memberi impak positif bukan sahaja di peringkat nasional tetapi juga individu. Dengan beberapa flat Bina Ikut Tempahan (BTO) oleh Lembaga Perumahan dan Pembangunan (HDB) siap dibina di kawasan ini sejak beberapa tahun kebelakangan ini, Mountbatten telah menyaksikan lebih ramai keluarga muda berpindah ke sini. Peralihan dalam demografi ini membawa perubahan dalam keperluan penduduk. Sebagai contoh, terdapat lebih banyak rayuan untuk bantuan dengan penempatan sekolah dan pusat jagaan kanak-kanak, serta pemeliharaan blok-blok HDB lama bagi tujuan menjaga warisan budaya kita.

Diminta untuk menerangkan pengalamannya berkhidmat selama lebih daripada 30 tahun, Encik Lim berkata, “Ia adalah satu keistimewaan. Ia adalah peluang untuk menyentuh kehidupan orang lain. Kita lakukan bahagian kecil kita untuk menjadi sebahagian daripada gambaran yang lebih besar. Setiap orang harus mainkan peranan mereka. Semua pemimpin masyarakat saya tahu akan perkara ini; semuanya memerlukan kerja secara berpasukan. Kami semua adalah rakan kongsi yang bekerjasama untuk menjadikan Singapura sebuah tempat tinggal yang lebih baik untuk para penduduk kita.”

Khususnya, Encik Lim berbangga dapat mempengaruhi generasi muda. Beliau teringat waktu beliau menggalakkan anak perempuan seorang penduduk yang sedang bergelut dengan perasaan bimbang tentang kemajuan akademiknya; akhirnya dia cemerlang dalam Peperiksaan Tamat Sekolah Rendah (PSLE). “Nilai-nilai yang kita pegang adalah penting,” tegasnya. “Setiap daripada kita boleh membantu yang lain. Apabila anda bermurah hati dan berbudi di antara satu sama lain, anda akan mendapati bahawa anda mempunyai tempat tinggal yang selesa di sini sebagai sebahagian daripada keluarga Mountbatten.”

## ஒவ்வொரு தருணத்தையும் சிறந்ததாக்கிடுங்கள்

குடியிருப்பாளர்களுக்கு அவர்களுடைய பொருள் தேவைகளுக்கும் சட்டத் தேவைகளுக்கும் உதவுவதைத் தான்டி, மவுண்ட்பேட்டன் அடித்தள அமைப்புகளின் (GROக்களின்) ஆலோசகராக இருக்கும் திரு. லிம் பியோவ் சுவான், குடியிருப்பாளர்கள், அதிலும் குறிப்பாக மூத்தோர்கள் அவர்களுடைய செளகரியமான பகுதிகளை விட்டு வெளிவந்து புதுமையான பலனளிக்கும் செயல்பாடுகளில் ஈடுபட வேண்டுமென வலியுறுத்தி, அவர்களிடம் சவால்விடுவதில் நம்பிக்கைக் கொண்டுள்ளார்.

**மூத்த குடிமக்கள் கனிசமான சதவீதம் கொண்ட ஒரு தொகுதியில்**, 2006 ஆம் ஆண்டு முதல் மவுண்ட்பேட்டன் அடித்தள அமைப்புகளின் (GROக்களின்) ஆலோசகராக இருக்கும் திரு. லிம் பியோவ் சுவானுக்கு துடிப்பான முதுமைக்காலம் என்பது ஒரு முக்கிய உபாயமாக இருக்கிறது. “மூத்தோர்கள் பலர் தாங்கள் தங்களுடைய பொன்னான காலங்களில் வாழ்கிறோமென்று நினைத்துப் போற்றுவதில்லை, எனவே அவர்கள் தங்களுடைய நல்வாழ்வில் போதுமான கவனம் செலுத்தாமல் இருக்கலாம்” என்று அவர் கூறுகிறார்.

இரண்டு வயதுவந்த பிள்ளைகளின் தந்தையாக, வழுக்கறிஞர் சேவையை வழங்கி வரும் இவர், ஒருவர் தனது பொன்னான காலங்களில் இருந்தாலும், வாழ்க்கையை முழுமையாக வாழ வேண்டுமென்பதை அத்த ஆர்வத்துடன் எடுத்துரைத்து வருகிறார். “ஏதாவது ஒரு விஷயத்தில் தன்னை ஈடுபடுத்திக் கொள்வது மட்டும் போதாது,” என்று குறிப்பிடும் 60 வயதான திரு. லிம், நீங்கள் மற்றவர்களுடன் பேசிப் பழகவில்லை என்றால், மனத் திறன்களும் குறையும்,” என்கிறார். மூத்தோர்கள் தங்களுடைய நேரத்தைச் சிறப்பாகப் பயன்படுத்திட வேண்டுமென ஊக்குவிக்கும் இந்தப் பணியில், ஒரு துடிப்பான முதுமைக்கால ஆதரவுக்குழு திரு. லிம் அவர்களுக்கு உதவி செய்து வரும் இந்நிலையில், இவர் இந்த மூப்படைந்த குடியிருப்பாளர்கள் மத்தியில் ஆர்வங்களை ஏற்படுத்தவும், அவர்களை ஈடுபடுத்தவும் பரப்புவாற்றி பல நிகழ்ச்சிகளை வழக்கமான (முறையில் நடத்தி வருகிறார். தொகுதியானது அதுகுடைய குடியிருப்பாளர்களுக்கு ஏற்பாடு செய்யும் பல நடவடிக்கைகளில் டெலிபோட்ச்கள், துரியன் பார்ட்டிகள், மலேசிய உல்லாசப் பயணங்கள் மற்றும் டிராகன் படகு சவாரிகள் போன்ற விளையாட்டு நிகழ்ச்சிகள் அடங்கும் - இது அவர்களின் செளகரியமான பகுதிகளை விட்டு வெளியேற அவர்களுக்குச் சவால்விடும் வகையில் இருக்கும். “சில சமயங்களில், வயதாகும்போது, புதிய விஷயங்களை முயற்சி செய்துப் பார்ப்பதற்கு நாம் சற்று தயக்கம் காட்டுகிறோம். ஆனால் நாம் தயங்கக்கூடாது,” என்று விளக்கும் அவர், “70 அல்லது 80களில் இருக்கும் பலருக்கு, டிராகன் படகில் அடியெடுத்து அதுதான் முதல் முறையாக இருக்கும். நீங்கள் நினைப்பது போலவே, அது அவர்களுக்கு சிறிய சவாலாக இல்லை, ஆனால் சிறிது ஊக்கம் கொடுத்துள்ளது. அவர்களில் பலர் அந்த முயற்சி அவர்களுக்குச் சமூக ஆர்வமாக இருந்ததும், மேலும் அவர்கள் அந்த மிகவும் ரசிக்கவும் செய்தார்கள்,” என்கிறார்.

சமூகத்தில் உள்ள சுயஉதவிக் குழுக்களும் மூத்த குடிமக்கள் மேடையில் பாடுவதை ஊக்குவிக்கும் நிகழ்ச்சிகளை ஏற்பாடு செய்துள்ளன - அவர்களில் பலர் “அவர்கள் இதைச் செய்வார்கள் என்று ஒருபோதும் நினைத்துக்கூடப் பார்த்ததில்லை” என்று கூறும் திரு. லிம் அவர்களுக்கு, ஒருவது செய்தித்தாள்களை வாசிப்பது ஆகியவை அவருடைய பொழுதுபோக்குகளில் சில, அத்துடன் அவர் சட்ட வழக்குகளையும் கையாளுகிறார். “வாய்ப்பு தானாக அமைந்தபோது, அவர்களில் பலர் ஆர்வத்துடன் பங்கேற்கும் விளையாட்டாக அது மாறியது.” நேரம் கிடைக்கும்போது, திரு. லிம் அவர்களுக்கு தனது குடியிருப்பாளர்களுடன் சமூக மையத்தில் பிங்கோ விளையாடுவது போன்ற விஷயமாக இருக்கிறது.

ஒட்டுமொத்தத்தில், திரு. லிம் அவர்கள் குடியிருப்பாளர்கள் நளினமான முறையில் முதுமையடைய வேண்டுமென விரும்புகிறார். “நீங்கள் முதுமையடைந்துவிட்டதால், வீட்டில் இருப்பதுதான் உங்கள் பாத்திரமென்று நினைத்துவிட்ட வேண்டாம்.” என்று சொல்பவர், “வெளியே செல்லுங்கள். மகிழ்ச்சியாக இருங்கள்... விஷயங்களை ஆராய்ப்பது தெரிந்துக்கொள்ள உலகம் உங்களுடையது - உலகம் இளைஞர்களுக்கு மட்டுமானது அல்ல” என்று விளக்குகிறார்.

#### குடும்பத்தின் அங்கம்

2006 ஆம் ஆண்டு முதல் மரீன் பரேட் குழுத்தொகுதியின் அடித்தள ஆலோசகராகவும், 2011 ஆம் ஆண்டு முதல் மவுண்ட்பேட்டன் அடித்தள அமைப்புகளின் ஆலோசகராகவும் இருப்பதால், திரு. லிம் அவர்கள் அக்கம்பகத்தினருக்கு ஒரு பழக்கப்பட்ட முகமாக இருப்பதைத் தான்டி பலபேருக்கு ஸ்ரிச்சயமானவராக இருக்கிறார் என்று சொல்லலாம். உண்மையில் சொல்லப்போனால், பல ஆண்டுகளாக மவுண்ட்பேட்டனுக்கு அளித்த சேவைகளில் பெருமைக்குரிய சாதனைகளாக நீங்கள் எவற்றைக் கருதுகிறீர்கள் என்று அவரிடம் கேட்டபோது, “நான் அவர்களுடைய குடும்பத்தில் ஒரு அங்கத்தினராக இருப்பதைப் போல குடியிருப்பாளர்கள் என்னை நினைக்க வைக்கிறார்கள், அதுதான் உண்மை. அவர்கள் தங்களுோட மகிழ்ச்சியான மற்றும் சோகமான நேரங்கள் இரண்டையும் என்னுடன் பகிர்ந்துக் கொள்கிறார்கள்,” என்று பதிலளிக்கும் திரு. லிம், அவர் மவுண்ட்பேட்டனில் உள்ள வான்ட்டோன் டி (வான்ட்டோன் நூடுல்ஸ்) உடைய ரசிகரென்றுப் பகிர்ந்து கொள்கிறார்.

திரு. லிம் அவர்கள் 1990 இல் தனது பாராளுமன்ற உறுப்பினர் (MP) என்ற ஊக்கத்தின் அடிப்படையில், நாடாளுமன்ற உறுப்பினர் சந்தியு அங்கத்தின் (MPS) சமூகத் தலைவராகப் பணியாற்றத் தொடங்கினார். அந்தக் காலக்கட்டத்தில், அவர் புகுமறைத் தம்பதியாகவும் சட்டப் பட்டதாரியாக பல்கலைக்கழகத்தில் இருந்து தகுதிப் பெற்றவராகவும் இருந்தார். “எனது பெற்றோர் உணவங்காகவும் வைத்திருக்கும் தாழ்மையான பின்னணியைப் சேர்ந்தவர்கள்,” என்று பகிர்ந்து கொண்டு அவர், “அவர்கள் பப்பாய் போராயுனார்கள், மற்றவர்கள் அவர்களுக்கு எப்படி உதவினார்கள் என்பதை நான் பார்த்தேன். நானும் அதேயே மற்றவர்களுக்கும் செய்ய விரும்புகிறேன்,” என்று கூறுகிறார்.

திரு. லிம் அவர்களின் கண்காணிப்பின் கீழ் தொடங்கப்பட்ட மிகவும் நடைமுறை ரீதியான முன்முயற்சிகளில் மவுண்ட்பேட்டன் சமூகக் களையும் அடங்கும். இங்கு முன்னேர தகுதி பெற்ற குடியிருப்பாளர்கள் வருகைத்தத்து தங்களது மனிகைப் பொருட்கள் அல்லது அடிப்படைத் தேவைக்கான பொருட்களை எடுத்துக் கொள்ளலாம். மற்றொரு புதிய திட்டம் தேவையுடைய குடியிருப்பாளர்களுக்கு மாதம் 15 வேளை உணவு வழங்குகிறது. குடியிருப்பாளர்களுக்கு நிதி ரீதியாகவும் பொருள் ரீதியாகவும் உதவி செய்து, வசதி செய்துத் தருவது மட்டுமல்லாமல், அவரது சட்டப் பின்னணி, குறிப்பாக, சில விஷயங்கள் நியாயப்படுத்தப்படும்போது சட்டங்களை விளக்கிச் சொல்வதற்கு அல்லது பாராளுமன்ற மேல்முறையீடுகள் செய்வதற்கு உதவுவதில் சாதகமாக இருப்பது நிரூபணமாக உள்ளது. 2016 மற்றும் 2020 க்கு இடையில் பாராளுமன்றத்தில் துணை சபாநாயகராகவும் பணியாற்றிய திரு. லிம், “உதவி செய்யும் பணியால் நெடுந்தூரம் செல்ல முடியும்” என்கிறார்.

அரசியல் என்பது பலர் நுழைய வேண்டுமென ஆர்வத்துடன் இருக்கிற ஒரு களம் அல்ல, குறிப்பாக அதில் பங்குகள் அதிகமாக இருப்பதால் பலர் ஆர்வம் காட்டுவதில்லை என்பதை அவர் ஒப்புக்கொள்கிறார். “இருப்பினும், ஒரு நாடு நிர்வகிக்கப்படும் விதம் அதன் மக்களின் வாழ்க்கைத் தரத்தில் பெரும் தாக்கத்தை ஏற்படுத்துகிறது,” என்று அவர் விளக்குகிறார். “மோசமான நிர்வாகத்தால் மக்கள் பாதிக்கப்படுவதை நீங்கள் சில நாடுகளில் பார்த்திருக்கலாம். எனவே, நாட்டுக்கு பலவேறு வழிகளில் சேவை செய்ய நல்லவர்கள் முன்வர வேண்டிய தேவை உள்ளது” என்று கூறுகிறார்.

#### தந்தையின் பாத்திரம்

இவ்வாறு செயல்படும் அதே வேளையில், திரு. லிம் அவர்கள் தேசிய அளவில் மட்டுமல்ல, தனிப்பட்ட அளவிலும் தாக்கத்தை ஏற்படுத்தும் விஷயங்களில் எப்போதும் விழிப்புடன் இருக்கிறார். சமீபத்தில் ஆண்டுகளில் வீடமைப்பு வளர்ச்சிக் கழகத்தின் (HDB) தேவைக்கேற்பக் கட்டித்தரப்படும் (BTO) பல அடுக்குமாடி குடியிருப்புகள் நிறைவுப்பெற்றும், மவுண்ட்பேட்டனில் அதிகளவிலான இளம் குடும்பங்கள் குடியேறுவதைக் காண்கிறோம். மக்கள்தொகையில் ஏற்படும் இந்த மாற்றத்துடன் குடியிருப்பாளர்களின் தேவைகளிலும் மாற்றம் வருகிறது. உதாரணத்திற்கு, பள்ளிக்கான இடங்கள் மற்றும் குழந்தைப் பராமரிப்பு மையங்கள், அத்தோடு நமது கலாச்சாரப் பாரம்பரியத்தை பாதுகாக்கும் நோக்கத்திற்காக பழைய வீடமைப்பு வளர்ச்சிக் கழகத்தின் புனோக்குகளைப் பாதுகாப்பது ஆகியவை குறித்து உதவிக்கேட்டு அதிக முறைப்பீடுகள் உள்ளன.

30 ஆண்டுகளுக்கும் மேலான தனது சேவை அனுபவத்தைப் பற்றி விவரிக்குமாறு கேட்டதற்கு, “இது ஒரு பாக்கியம். மற்றவர்களின் வாழ்க்கையைத் தொடுவதற்கு இது எனக்குக் கிடைத்த ஒரு வாய்ப்பு. பெரிய படத்தின் ஒரு பகுதியாக இருப்பதற்கு எழுது சிறிய பங்கை நாம் செய்கிறோம். ஒவ்வொருவரும் அவரவர் பங்கைச் செய்ய வேண்டும். எனது சமூகத் தலைவர்கள் அனைவரும் இது தெரியும்; இது அனைத்தும் குழுப்பணியே. சிங்கப்பூரை எமது குடியிருப்பாளர்களுக்கான சிறந்த இல்லமாக மாற்றிட நாம் அனைவரும் பங்களிக்காக இருக்கிறோம். என்று திரு.லிம் பதிலளி்கிறார்.

குறிப்பாக, இளைய தலைமுறையினர் மத்தியில் நேரமுறையான தாக்கத்தை ஏற்படுத்துவது குறித்து திரு. லிம் அவர்கள் பெருமைக் கொள்கிறார். ஒரு குடியிருப்பாளரின் மகன் தனது கல்வி முன்னேற்றத்தில் பாதுகாப்பில்லாத உணர்வுடன் போராடிக் கொண்டிருந்தபோது, அவரை ஊக்குவித்ததை நினைவுக் கூர்ந்தார். அச்சிறுமி தனது தொடக்கப் பள்ளியின் இறுதித் தேர்வில் (PSLE) சிறந்து விளங்கினார். “விழுமியங்கள் முக்கியம்,” என்பதை வலியுறுத்தும் அவர், “நாம் ஒவ்வொருவரும் மற்றவர்களுக்கு ஆச்சிர்வாதமாக இருக்க முடியும். நீங்கள் ஒருவருக்கொருவர் கனிவுடனும் பரிவுடனும் இருந்தால், மவுண்ட்பேட்டன் குடும்பத்தின் ஒரு அங்கத்தினராக நீங்கள் இங்கே ஒரு செளகரியமான இல்லத்தைக் கொண்டிருப்பதைக் காண்பீர்கள்,” என்று கூறுகிறார்.



# A MESSAGE OF GOODWILL AND JOY

As 2023 came to a close, South East District Grassroots Advisers continued to be diligent in their efforts to foster harmony and unity in the communities they serve through several bonding activities and festive celebrations.



Kembangan  
- Chai Chee



Grassroots Advisers **Edwin Tong**, Minister for Culture, Community and Youth, Second Minister for Law, and Adviser to Marine Parade GRC GROs; and **Lim Biow Chuan**, Adviser to Mountbatten GROs, spreading good cheer at the inaugural Ubi Grove Estate Carnival on 4 November 2023 at the open space of Ubi Groove, which was an evening of delicious snacks and fun-filled activities, with more than 200 residents in attendance.

Grassroots Adviser **Edwin Tong**, Minister for Culture, Community and Youth, Second Minister for Law, and Adviser to Marine Parade GRC GROs, getting up close with a furry friend and its owners at the Opening of the Dog Run @ Opera Estate Football Field on 2 December 2023.



Joo Chiat



Marine Parade

Grassroots Adviser **Dr Tan See Leng**, Minister for Manpower, Second Minister for Trade and Industry, and Adviser to Marine Parade GRC GROs, greeting participants at the Peranakan Fiesta & Tok Panjang Dinner on 9 September 2023 at Joo Chiat CC. This cultural and culinary extravaganza featured several crafting booths and a Peranakan House Exhibition, showcasing Peranakan motifs through 2D drawings and displays of Sarong Kebaya and Peranakan-themed footwear.



Braddell Heights

Grassroots Adviser **Seah Kian Peng**, Speaker of Parliament and Adviser to Marine Parade GRC GROs, officiating the groundbreaking ceremony for Silver Zone in Braddell Heights on 29 October 2023 at the Blk 241 Serangoon Ave 3 void deck. Set to be completed in Quarter 4 of 2024, the Silver Zone will realise elderly-friendly features such as barrier-free crossings, road humps and longer 'green-man' times at traffic lights.

Grassroots Adviser **Mohd Fahmi Aliman**, Mayor of South East District and Adviser to Marine Parade GRC GROs, joining participants in a HIIT Fitness session – an initiative to promote an active lifestyle – in a rousing cheer at the Geylang Serai CC Multi-Purpose Hall on 24 September 2023.



Geylang Serai



Mountbatten

Grassroots Adviser **Lim Biow Chuan**, Adviser to Mountbatten GROs, engaging in some Halloween fun with residents at the Mountbatten Spookfest 2023 event on 28 October 2023 at Blk 90 Dakota Breeze Pavilion, which saw young families donning colourful and imaginative costumes.

Grassroots Adviser **Tin Pei Ling**, Adviser to MacPherson GROs, lighting up the MacPherson Deepavali Celebrations on 4 November 2023 at the MacPherson CC Multi-Purpose Hall.



MacPherson

Grassroots Adviser **Cheryl Chan**, Adviser to East Coast GRC GROs, sharing a moment with attendees at the Dandiya Night at Fengshan event held on 22 October 2023 at Fengshan CC. Dandiya is a stick dance performed during the period of Navratri, a nine-night celebration in honour of the Hindu goddess Durga.



Fengshan





Bedok

Grassroots Adviser **Heng Swee Keat**, Deputy Prime Minister, Coordinating Minister for Economic Policies and Adviser to East Coast GRC GROs, exchanging Deepavali greetings with Bedok residents at the East Coast Musical Deepavali 2023 celebration at Bedok CC on 29 October 2023. Event guests enjoyed a delicious Indian meal with ice cream, along with a host of exciting song-and-dance performances.

Grassroots Adviser **Tan Kiat How**, Senior Minister of State, Ministry of Communications and Information & Ministry of National Development and Adviser to East Coast GRC GROs, joining in the Kg Chai Chee Deepavali Celebration at HeartBeat@Bedok on 26 November 2023, which showcased a stunning bottle cap rangoli. Jointly created by residents, volunteers and partners, this collaborative effort — created over three months — symbolises community, unity and creativity.



Siglap



Kampong Chai Chee

Grassroots Adviser **Dr Mohamad Maliki Osman**, Minister in the Prime Minister's Office, Second Minister for Education, Second Minister for Foreign Affairs and Adviser to East Coast GRC GROs, enjoying the carnival atmosphere with attendees at the Limau Estate Neighbourhood Committee Magical Halloween Party at the Kew Avenue playground on 28 October 2023, featuring games, a magic show and a trick-or-treat session.

Grassroots Adviser **Jessica Tan Soon Neo**, Deputy Speaker of Parliament and Adviser to East Coast GRC GROs, encouraging young 'farmers' at the Kids Fun Fest on 7 October 2023, at the Jalan Pelatok Playground, held in conjunction with Children's Day. The youngsters got to harvest vegetables at Pelatok Art Farm, design their own tote bag, play carnival games, and jump on inflatables, while residents were treated to potted plants, prepared by volunteers, to grow at home.



Changi Simei



## GIVE THESE CHALLENGES YOUR BEST SHOT AND STAND TO REAP THE REWARDS!



### SPOT THE DIFFERENCE

Circle the 5 differences in these two photos and stand a chance to take home a \$10 NTUC FairPrice Voucher.



NAME  
(AS PER NRIC)

ADDRESS

CONTACT NO

EMAIL



Snap a photo of the entry form above and email your entry along with your details to [Contact\\_South\\_East@pa.gov.sg](mailto:Contact_South_East@pa.gov.sg) with the subject header: "Contact South East (Jan-Apr 2024) – Contest" or mail in your entries to:

Contact South East – Contest  
South East Community Development Council,  
Wisma Geylang Serai, 1 Engku Aman Turn, #03-02  
Singapore 408528

Winners will be notified by post.

#### TERMS AND CONDITIONS



To take part in the contests, you will need to first subscribe to the e-version of *Contact South East* by scanning the QR Code. Do be sure to also 'Like' us on Facebook or follow us on Instagram too. These contests are only open to the residents of the South East District (Bedok, Braddell Heights, Changi Simei, Fengshan, Geylang Serai, Joo Chiat, Kampong Chai Chee, Kembangan-Chai Chee, MacPherson, Marine Parade, Mountbatten and Siglap). South East CDC staff and their immediate family members are not eligible. Residents who have already won this contest in 2023 will not be eligible. Limited to one winner per household. **Closing date:** 30 April 2024

## Reader's Quiz JAN – APR 2024

The answers to the questions below can be found among the pages of this issue.

1. (*Project-ing Wellbeing*, page 4-5)

To support ideas on boosting the mental wellbeing of the community, residents and partners can tap on South East CDC's Community Mental Wellness Grant, which is capped at \_\_\_\_\_ per application.

- a. \$800
- b. \$3,000
- c. \$5,000

2. (*Actions Speak Louder*, page 10-11)

How many bowls of white rice, brown rice and oats did FairPrice Walk For Rice\* @ South East 2023 aimed to raise, in order to benefit 7,000 beneficiaries within the district?

- a. 275,000
- b. 500,000
- c. 3 million

3. (*Lasting Decisions*, pg 14)

How are CPF funds of a deceased person disbursed to his/her beneficiaries?

- a. A CPF nomination
- b. A Will
- c. A Bitcoin trading account

#### HOW TO SUBMIT YOUR ANSWERS

Head to South East CDC's Facebook page and drop us a private message with your answers. The format should be as follows:

Contact South East Jan-Apr 2024 Reader's Quiz Answers:

- 1) (your choice of a, b, or c)
- 2)
- 3)

Answer correctly and stand to win NTUC FairPrice Vouchers worth \$10.

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## SOUTH EAST



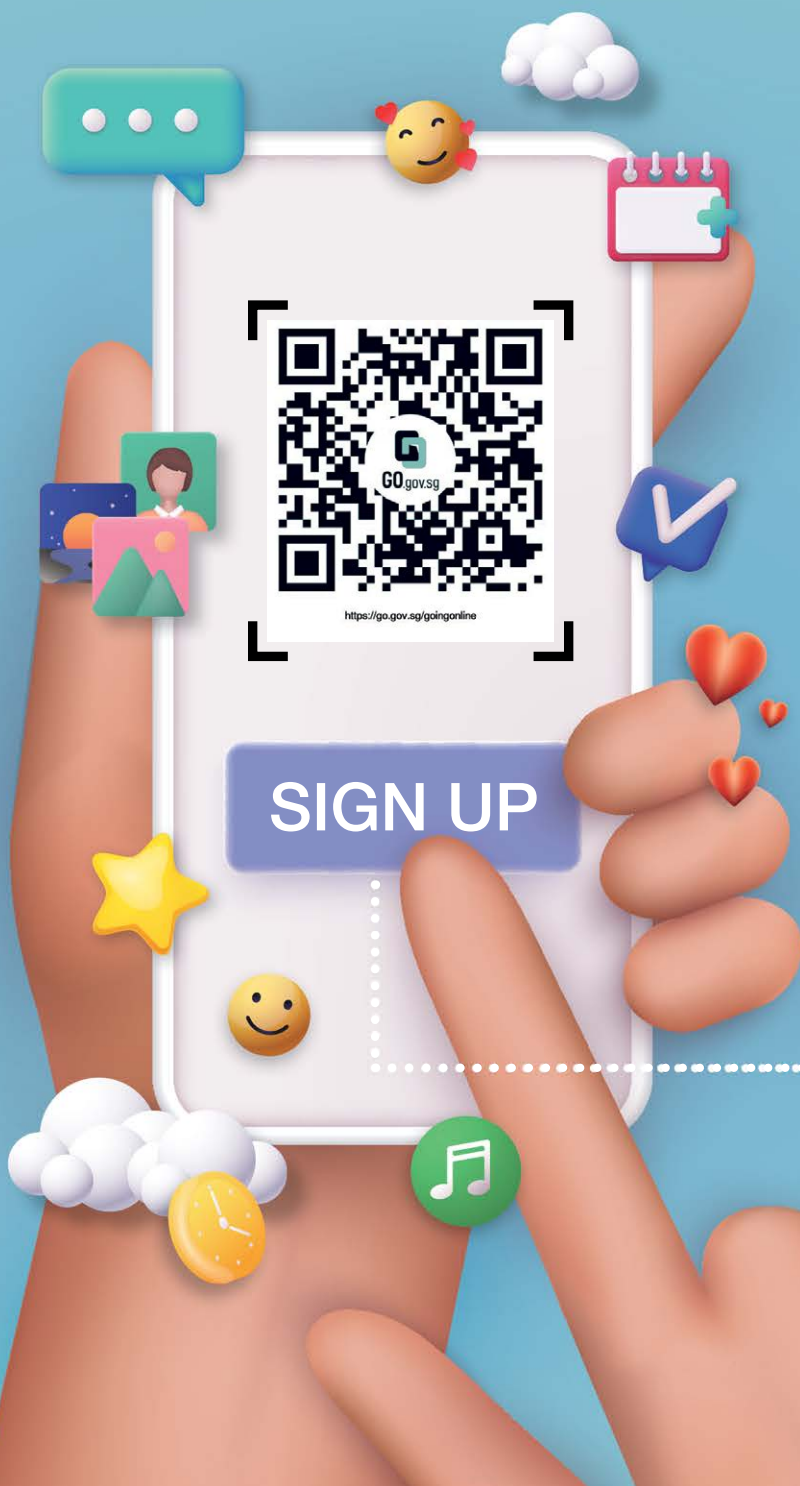
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