

SEP - DEC
2022

A COMMUNITY MAGAZINE
OF THE SOUTH EAST DISTRICT

Contact

SOUTH EAST



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CENTRESTAGE

A Message Of Love

Promoting unity in diversity among our residents



SE BUZZ

A showcase of upskilling opportunities for all

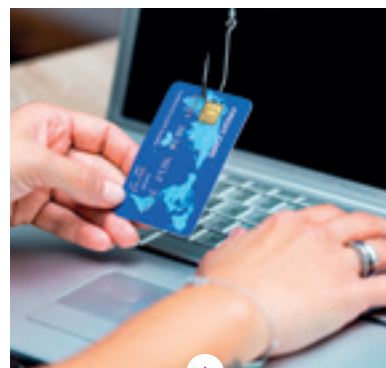
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HELPING HANDS

Coming together to ease a couple's relocation woes

pg 14



SE WIRED

Spotting the signs of phishing scams

pg 18



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STAYING CYBERSAFE

Digitalisation has brought us more conveniences, new jobs and growth opportunities. However, we also need to ensure that cyberspace is a safe and secure environment for all.

LAW AWARENESS WEEKS@CDC 2022

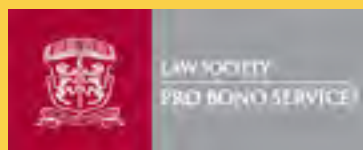
27 September to 27 October 2022

Let our experts equip you with the right tools to ensure that you are protected when it comes to:

- Phishing and other scams
- Cyberbullying and harassment
- Online shopping scams

Beyond the virtual space, learn more about the legal issues and your rights when it comes to Caregiving, Employment, Legacy Planning, Family and Civil issues, and more!

27 September, Tuesday 7 – 8.30pm	Divorce & You (Syariah)	Looking to divorce and having trouble understanding the Syariah divorce process? Get your questions addressed by our expert panel.
3 October, Monday 7 – 8.30pm	Believe It or Not! How to Spot and Avoid Scams	Gain insights through discussions of case scenarios on how to identify online scams and steps to take when one ends up a victim.
4 October, Tuesday 7 – 8.30pm	Preparing for Golden Years	Get tips on planning for the future, to safeguard your family's peace of mind.
5 October, Wednesday 7 – 8.30pm	Online Shopping – Is It Safe?	Do you shop, buy investment products online, or use an electronic wallet? Our panel will discuss traps to avoid in digital transactions.
11 October, Tuesday 7 – 8.30pm	Harassment at the Workplace - Is Help Available?	Join our panel as they share real-life scenarios of workplace harassment, a victim's legal rights, and where to seek assistance under such cases.
12 October, Wednesday 7 – 8.30pm	Be CyberSafe!	Learn about the common pitfalls in managing privacy risks as well as the implications and things to note when you face data and security breaches.
17 October, Monday 7 – 8.30pm	So You Want to be a Social Media Influencer?	Find out about your legal rights on social media platforms, as well as what you can and cannot say or use, to keep yourself out of trouble!
18 October, Tuesday 7 – 8.30pm	Neighbour or Foe?	How can conflicts between neighbours be resolved, and without resorting to litigation?
25 October, Tuesday 7 – 8.30pm	Legal Considerations for Caregivers	Explore the responsibilities of caregivers, and legal tools to protect them and their loved ones.
26 October, Wednesday 7 – 8.30pm	Help! I am a Victim of Online Harms!	Gain insights into cyberbullying, harassment, impersonation, stalking, doxing and tech-facilitated sexual violence, as well as the legal remedies that are available.
27 October, Thursday 7 – 8.30pm	Divorce & You (Civil)	Our experts take you through divorce proceedings and topics such as maintenance, division of matrimonial assets, children's welfare, and more.



Register for these webinars at
<http://lawawarenessweeks.cdc.gov.sg/>
 Scan the QR Code.

Contact SOUTH EAST SEP – DEC 2022

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GET IN TOUCH

If you have any questions or concerns that you would like to highlight to the Mayor, please write in to: Contact_South_East@pa.gov.sg or mail your enquiries to **Contact South East – Mayor South East Community Development Council, Wisma Geylang Serai 1 Engku Aman Turn, #03-02 Singapore 408528**

You may also follow the Mayor on Facebook at [facebook.com/fahmialimansg](https://www.facebook.com/fahmialimansg) or on Instagram at [@fahmialimansg](https://www.instagram.com/fahmialimansg)

MAYOR'S MESSAGE

A TIME FOR REFLECTION

Dear Residents and Friends,
National Day is a time to celebrate our shared success and common heritage — and after two years of social distancing measures, it felt wonderful to commemorate Singapore's 57th birthday with thousands of our fellow citizens at the National Day Parade.

The National Day period is also one for reflection and gratitude. Over the years, we have faced many challenges together, most recently the COVID-19 pandemic. What has helped us endure through these tough times is our ability to

look beyond our differences and come together as *One People, One Nation, One Singapore*, as the popular song goes.

As we emerge from the pandemic — which some have called the crisis of our lifetime — we must remember never to take this national unity for granted. On our part, South East CDC has been partnering, and will continue to partner, a range of organisations, schools and grassroots networks to foster greater understanding among our various communities. This issue of *Contact South East* showcases some of these efforts and demonstrates how even the smallest of actions can go a long way towards safeguarding our precious harmony. Testament to this would be the tireless work done by this year's National Day Award winners, who have been recognised for their dedication to the community. Let's give them a round of applause!

Despite the difficult economic circumstances that may confront us at times, a community that is united can come out stronger. Globally, prices of essentials are creeping up and it is no different in Singapore. But we are here to help, as Prime Minister Lee Hsien Loong assured us at the most recent National Day Rally. Since 2021, all households would have received \$200 worth of CDC Vouchers that they can use to defray the cost of daily essentials. South East CDC has also rolled out various support schemes to help some of those affected by rising living costs. So take heart — we will get through this the best way we know how: together.

Majulah Singapura!

MOHD FAHMI BIN ALIMAN
Mayor, South East District
Adviser to Marine Parade GRC GROs



SPREADING CHEER

Greeting our pioneers at SunLove Chai-Chee Senior Activity Centre.

片刻反思

亲爱的居民和朋友们，
国庆日是举国上下同欢共庆我们取得的成就和文化遗产。经历了两年的社交距离措施后，新加坡终于能在国庆庆典与上千名国民共同欢庆新加坡57岁生日，真是感触良深。

国庆日期间也是一个反思和感恩的好时机。历年来，我们共同面对了不少挑战，最近期的则是冠病疫情。正如国庆主题曲《One People, One Nation, One Singapore》所唱道，我们能克服艰难时期，完全是因为我们能够超越分歧，团结一致的能力。

即使我们摆脱了被称为世纪危机的冠病疫情后，我们也必须切记不可把国家的团结视为理所当然。有鉴于此，东南社区发展理事会将继续携手与不同机构、学府和基层网络合作，以促进各社区之间的了解。这期的 *Contact South East* 不仅展示了我们在这方面的努力，还同时显示了大家的微小行动也能贡献于维护国家宝贵的社会和谐。这届的国庆奖章得主们为社区不懈的贡献正见证了这一点。让我们以掌声来肯定他们的付出！

尽管我们会不时面临艰难的经济状况，一个团结的社区还是可以克服万难，并以强劲的姿态回弹。必需品的国际价格走势不断攀升，新加坡也不例外。可是，正如李显龙总理于近期的国庆日群众大会中所承诺，我们会协助你们共度难关。自2021年以来，所有家庭都已领取价值\$200的社理会邻里购物券，帮助人民抵消日常用品的费用。东南社区发展理事会也推出了各项援助计划来帮助一些受影响的居民应付生活费的上涨。请放心，我们一定以最佳方式排除万难 - 齐心协力，并且团结一致。
前进吧，新加坡！



CELEBRATING AS ONE

Celebrating National Day with the community at Eunost Crescent.

MASA UNTUK BERMUHASABAH

Para Penduduk dan Rakan-rakan yang dihormati,
Hari Kebangsaan ialah masa untuk merayakan kejayaan serta warisan yang kita kongsi bersama — dan selepas dua tahun mengamalkan langkah penjarakan sosial, menyambut ulang tahun Singapura yang ke-57 bersama ribuan rakyat senegara kita di Perbarisan Hari Kebangsaan terasa amat menyeronokkan.

Tempoh Hari Kebangsaan juga merupakan masa untuk bermuhasabah dan melahirkan rasa kesyukuran. Tahun demi tahun, kita telah menghadapi pelbagai cabaran bersama, dan yang terkini ialah pandemik COVID-19. Apa yang telah membantu kita bertahan dalam menempuh tempoh yang sukar ini adalah keupayaan kita mengenyepikan perbezaan dan bersatu sebagai Satu Masyarakat, Satu Negara, Satu Singapura atau *One People, One Nation, One Singapore* sebagaimana tajuk lagu popular yang kita ketahui.

Sedang kita bangkit daripada pandemik - yang digelar sesetengah pihak sebagai krisis terbesar zaman ini – kita harus ingat agar jangan sekali-kali ambil lewa tentang perpaduan nasional. Di pihak kami pula, CDC Tenggara telah berganding bahu, dan akan terus bekerjasama, dengan pelbagai pertubuhan, sekolah-sekolah dan rangkaian akar umbi untuk memupuk persefahaman yang lebih baik di kalangan setiap lapisan masyarakat kita. Keluaran *Contact South East* kali ini mengetengahkan beberapa usaha sedemikian dan menunjukkan bagaimana tindakan sekecil apa pun berupaya membantu menjaga keharmonian kita yang amat berharga. Ini dibuktikan oleh usaha gigih para pemenang Anugerah Hari Kebangsaan tahun ini, yang telah diiktiraf kerana dedikasi mereka kepada masyarakat. Mari kita hadiahkan mereka satu tepukan yang gemuruh!

Meskipun kita diuji dengan keadaan ekonomi yang sukar dari masa ke masa, masyarakat yang bersatu padu akan menjadi lebih teguh. Di peringkat global, harga barangan keperluan semakin meningkat dan Singapura tidak terkecuali. Tetapi kami sentiasa bersedia untuk membantu, seperti yang ditekankan oleh Perdana Menteri Lee Hsien Loong di Rapat Hari Kebangsaan baru-baru ini. Sejak 2021, setiap keluarga telah menerima baucar CDC bernilai \$200 yang boleh gunakan untuk membiayai kos keperluan harian. CDC Tenggara juga telah melancarkan beberapa skim sokongan untuk membantu sebahagian daripada mereka yang terjejas akibat kenaikan kos sara hidup. Saya pasti, kita akan dapat mengharunginya secara yang terbaik yang kita ketahui: bersama-sama.
Majulah Singapura!

கடந்துவந்த பாதையைத் திரும்பிப் பார்ப்பதற்கான நேரம்

அன்பார்ந்த குடியிருப்பாளர்களே மற்றும் நண்பர்களே,
தேசிய தினம் என்பது நம் அனைவரின் வெற்றியையும், நமது பொதுவான மரபுடைமையையும் கொண்டாடுவதற்கான நேரமாகும் - அதுவும் சமூக இடைவெளியைக் கடைப்பிடிப்பதற்கான கட்டுப்பாடுகளுடன் இரண்டு ஆண்டுகளைக் கடந்த பிறகு, சிங்கப்பூரின் 57வது பிறந்தநாளை தேசிய தின அணிவகுப்பில் ஆயிரக்கணக்கான சக குடிமக்களுடன் அனுசரிப்பது என்பது அற்புதமான ஒன்றாகத் தோன்றுகிறது. தேசிய தினம் என்பது நாம் திரும்பிப் பார்ப்பதற்கான மற்றும் நன்றிக்கடன் செலுத்துவதற்கான நேரமும் கூட. கடந்த சில ஆண்டுகளாக பல சவால்களை நாம் இணைந்து சந்தித்தோம், சமீபத்தில் கோவிட்-19 பெருந்தொற்றை எதிர்கொண்டோம். இந்த சிரமமான காலங்களை நாம் கடந்து வர உதவியது எதுவென்றால், நம் வேறுபாடுகளைத் தாண்டி ஒரே மக்கள், ஒரே தேசம், ஒரே சிங்கப்பூர் எனும் பிரபல பாடலுக்கு ஏற்ப ஒன்றிணைந்து செயல்படும் நம் தன்மை தான் அது. நம் வாழ்நாளின் பெரும் நெருக்கடி என்று சிலரால் கூறப்படுகிற இந்தப் பெருந்தொற்றுப் பரவலிலிருந்து நாம் மீண்டு வந்த இந்தத் தருணத்தில் – தற்போதுள்ள நமது தேசிய ஒற்றுமையுணர்வை நாம் ஒருபோதும் குறைவாகக் கருதக்கூடாது என்பதை நாம் நினைவில் கொள்ள வேண்டும். நமது பாங்களிப்பாக, நமது பல்வேறு சமூகங்களுக்கு இடையிலான ஒரு புரிதலை வலுப்படுத்தும் விதமாக, தென்கிழக்கு சமூக மேம்பாட்டு மன்றம் பல்வேறு அமைப்புகள், பள்ளிகள், அடித்தளக் கட்டமைப்புகளுடன் பாங்காளராக இருந்து வருகிறது. தொடர்ந்தும் இவ்விதம் செயலாற்றும். கான்டாக்ட் சவுத் ஈஸ்ட் எனும் இந்த இதழ், இத்தகைய முயற்சிகளை எடுத்துக் காட்டுவதோடு, மதிப்புமிக்க நமது நல்லிணக்கத்தை பேணிக்காப்பதில் நமது சிறுகிற செயல்களும் கூட எவ்வளவு அதிகமாகப் பாங்காற்றும் என்பதை வெளிப்படுத்திக் காட்டுகிறது. சமூகத்திற்கு தங்களின் அர்ப்பணிப்பிற்காக அங்கீகரிக்கப்பட்ட இந்த ஆண்டின் தேசிய தின விருது வெற்றியாளர்களின் அயராது பணி இதற்குச் சான்று கூறும். அவர்களுக்கு நமது பாராட்டுகளைத் தெரிவிப்போம்! சில சமயங்களில் நம்மை சிரமத்திற்குள்ளாக்கும் கடினமான பொருளாதார துழ்நிலைகள் ஏற்பட்டாலும் கூட, ஒன்றுபட்ட சமூகம் வலிமையுடன் மீண்டு வரும். உலகளாவிய அளவில் அத்தியாவசியப் பொருட்களின் விலை ஏறிக்கொண்டுள்ளது, அதற்குச் சிங்கப்பூரும் விதிவிலக்கல்ல. ஆனால், சமீபத்திய தேசிய தினக் கூட்டத்தில் பிரதமர் லீ சென் லூங் உறுதியளித்தது போல உங்களுக்கு உதவ நாங்கள் உள்ளோம். 2021 ஆண்டில் இருந்து அனைத்துக் குடும்பங்களும் \$200 மதிப்புக்கான சமூக மேம்பாட்டு மன்றப் பற்றுச்சீட்டுகளை பெற்றிருக்கும். இதை அவர்கள் தினசரி அத்தியாவசியப் பொருட்களுக்கான செலவைச் சமாளிக்கப் பயன்படுத்தலாம். எனவே மனஉறுதியுடன் இருங்கள் - நாம் அறிந்த சிறந்த வழியில் இதை நாம் கடப்போம்: ஒன்றிணைந்து. மஜூலா சிங்கப்பூர்!

FORGING COHESION, UNDERSTANDING AND FRIENDSHIPS

How organisations and residents of the South East District are stepping up to foster a more inclusive and harmonious community.

“EXPANDING MY CIRCLE”

“Growing up, I studied in a Special Assistance Plan (SAP) School and didn’t really have a lot of friends from other races. That changed when I attended a camp organised by the *Racial Harmony Youth Ambassadors (RHYA)* in 2016 — I met people from all backgrounds and all stages of life. It was an eye-opening experience that taught me about how much I had in common with people from different races and religions, and many have gone on to become dear friends.

I’ve been an active volunteer with *RHYA* ever since, volunteering for many different initiatives to promote racial harmony in the South East District. The most recent of these was the Harmony Messages event in July 2022. Through a series of simple gestures, we spread messages about racial harmony to members of the public as they went about their day. Many people thanked us for our efforts to build a more harmonious society. We were very pleased with their reception; it was even more heartening to know that many adults, including seniors, knew that Racial Harmony Day was coming up. It was a reassuring sign that despite our differences, we have shared values that bind us together.”

Ms Silver Tjong, 22, from the Singapore Management University. She was part of a Harmony Messages event, where 14 youths prepared 200 messages of peace, harmony and encouragement and tied them to 100 roses and 100 balloons, which were later distributed to the community.



“Expanding My Circle” photos by Chee Yan



Mr Aiman (centre, with two thumbs up) with his fellow RHYA volunteers.

A DIFFERENT SIDE



As a long-time *RHYA* with South East CDC, Mr Aiman bin Abdul Manan has had plenty of interactions with faith leaders from all religious backgrounds. “We would hear from them during tours of religious sites as they explained their faith to us,” shares the 23-year-old undergraduate from the National University of Singapore.

But Mr Aiman saw a different side to faith leaders at a *Being Human* dialogue last year that was focused on mental wellbeing and religious harmony. The *Being Human* dialogue series was first piloted in February 2021 and has been well-received by students and teachers in the South East District. The series, organised by South East CDC’s Resilience Taskforce, is targeted at youth, with the intention of consciously developing the next generation of leaders.

At the session last year, Mr Aiman learnt that faith leaders deal with struggles, just like everybody else. “They candidly shared the everyday problems they faced — from the challenges of caring for ageing parents to the struggles of coping with the loneliness of COVID-19,” he tells *Contact South East*. “I think as a youth, I expect faith leaders to always be stoic and unfazed by challenges. But that’s not the case: they are only human and the dialogue reminded us of that.”

In addition to resilience and mental fortitude, the *Being Human* dialogue also touched on themes of minorities, immigration and radicalisation.

CELEBRATING TOGETHER



Easter is a holiday often celebrated by Christians, but this year, it was also a time for the community to bond, thanks to a collaboration between the Heart of God Church and Masjid Khalid. Volunteers from the two organisations came together this year to organise sporting activities for 38 students from the Morning Star Community Services as part of their joint Easter celebrations.



In line with this season of giving, corporate sponsor 3M also provided gift packs with stationery products such as Post-it notes, tapes and scissors earned by the community through South East CDC’s *3M Moves @ South East* programme (for more on *3M Moves*, flip to page 7).

The partnership between Heart of God Church and Masjid Khalid is a recurring one that began in 2016, when the former moved into the Geylang Serai area. Since then, the two organisations held blood donation drives, flag days, tuition sessions and football friendlies. During the pandemic, they also prepared care gifts for COVID-19 frontline workers. Mayor of South East District Mr Fahmi Aliman welcomed such collaborations, saying, “I am happy to see that our youth are stepping up to foster inter-ethnic and inter-faith ties. Together, we can continue to cultivate a harmonious society.”

HARMONY IN ACTION

The *RHYA* programme was designed with three pillars of focus — Developmental, Community Outreach and Bonding. Through these three pillars, *RHYAs* are empowered to do more impactful projects and give back to the community.



Started in **2002**, the programme has attracted **1,150** youths to become *RHYAs*. **23** *RHYA* camps have been held, and as of September 2022, they have organised **7** events, which engaged more than **350** participants and beneficiaries.



SE BUZZ



Mayor Fahmi Aliman (centre) learning more about drone piloting at one of the festival booths.



Mayor Fahmi and 3M Singapore's Mr Jannik Termansen each watering a plant as a symbolic way of kicking off the Challenge.



Mayor Fahmi and Mr Termansen learning more about sustainable technology.

OPERATION SKILLS

Future employment and personal enrichment were the key aims of the *Skills & Learning Festival @ South East*.

✍ KEENAN PEREIRA 📧 SOUTH EAST CDC

South East residents were reminded of the value of lifelong learning at the *Skills & Learning Festival @ South East* on 29 and 30 July 2022. The event was jointly organised by the South East CDC, SkillsFuture Singapore, ITE College East and NTUC's Employment and Employability Institute (e2i). Held at ITE College East, it was part of the larger *SkillsFuture Festival 2022*, which ran from 5 July to 14 August 2022.

Through experiential workshops, exhibitions and talks, residents learnt more about in-demand skills and ways to develop them. For example, one of the workshops taught participants how to cut children's hair, while another focused on electrical safety and maintenance at home. These sessions prepared residents for a range of exciting job roles, from electrical maintenance to hairdressing and even drone piloting.



A festival attendee getting hands-on practice in hairdressing at one of the workshops.

JOBS FOR ALL

Once they got an understanding of the skills needed, residents were invited to the festival's dedicated job fair. Here, they met prospective employers to better understand the kinds of roles that are in demand. Employers present included SATS, SembWaste and Starbucks, alongside organisations like the Chinese Swimming Club.

Residents also learnt how to use the Jobs @ South East portal, a platform with over 1,000 job vacancies from more than 80 companies in the South East District. This easy-to-use portal allows residents to search for jobs based on several criteria, including proximity to their homes. The portal was also welcomed by employers, thanks to its ability to aggregate jobseekers' information. With this, they could reach out to potential hires directly and quickly fill outstanding vacancies.

SKILLS FOR LIFE

Skills are not just handy for one's career, as Mr Sky Seah — who attended three courses at the festival — discovered. He learnt to maintain an aircon unit, as well as the basics of household electricity and plumbing. The 66-year-old operations manager was eager to be able to help out around the house more and not have to rely on handymen for simple

READY FOR TOMORROW

SkillsFuture and the five Community Development Councils are raising awareness of three growing industries:

1 The Digital Economy supports the rapid advancement of digitalisation and digital services. Today, Digital Economy jobs are required across all 23 Industry Transformation Maps (ITMs) set out by the government.

2 The Care Economy comprises a professional cluster of jobs and skills involved in nurturing and teaching current and future populations. Almost 40% of job openings in emerging professions globally will be in the Care Economy.

3 The Green Economy is about living, working and pursuing growth while maintaining environmental sustainability and awareness. Today, more than 450 job roles across 17 sectors require green skills.



Mr Sky Seah at the aircon cleaning workshop.

tasks. "Keeping your aircon clean is also a way of lowering your energy bill, as the unit will run more smoothly," he said.

Mayor of South East District Mr Fahmi Aliman welcomed the enthusiasm for learning. "We hope that residents will be able to pick up a trade and skill that will be useful on a personal level. Some can even make use of these skills to grow their career or leverage on them in an additional job for side income," he said. "I'm heartened to see many of our partners and different organisations coming together to host a diverse range of activities. I hope that attendees will be able to take home valuable skillsets and be inspired by the many opportunities available."

GREEN AND GOOD

A unique programme that combines environmental stewardship with care for the community.

✍ KEENAN PEREIRA 📧 WILSON PANG

South East residents will now be able to do good for those around them and the environment at the same time. That is because of the *3M Green Challenge @ South East*, a new initiative by South East CDC and global science company 3M Singapore. It encourages residents to adopt sustainable habits while also giving them an opportunity to do good for their communities.

Both these aspects were on strong display at the launch of the initiative on 31 August 2022 at Paya Lebar Quarter. Here, some 500 people tried their hand at a suite of eco-friendly activities to raise funds for vulnerable residents in the South East District. Activities included making environmentally-friendly soap, turning old T-shirts into tote bags and old fabric yarn into coasters.

Attending eco workshops like these is one way that residents can clock a "sustainable action" for the Challenge. For every sustainable action taken between 31 August and 31 October, 3M Singapore



Volunteers trying their hand at upcycling and making eco-friendly products to raise 3M products for the needy.

will donate one household product to the beneficiaries. Even a simple task — such as recycling or not using a plastic bag — counts as a sustainable action, to remind residents that every little bit matters. "In the short-term, these sustainable actions translate into product donations for the community," said Mr Jannik Termansen, Country Director of 3M Singapore and Regional Head of Government Affairs & Markets of 3M Asia. "In the long-term, we hope Singaporeans will permanently incorporate these sustainable actions into their lifestyle."

TWO BIRDS, ONE STONE

This is not the first time that South East CDC and 3M Singapore have come together to address multiple issues through a single initiative. This meaningful partnership started in 2011 and has raised over \$1.3 million worth of products for vulnerable residents in the South East District. Back in 2020 and 2021,

A NOBLE GOAL

The two month-long Challenge aims to attract over **18,000** participants, in a bid to raise **\$102,000** worth of 3M products for **3,000** vulnerable families in the South East District. The products are:

1. Scotch-Brite™ General Purpose Cloth
2. Scotch-Brite™ Gentle Clean Scrub Sponge
3. Scotch-Brite™ Easy Clean Scrub Sponges
4. Command™ Medium Utility Hooks
5. Command™ Broom Gripper



3M Moves @ South East combined an active lifestyle with support for the vulnerable. Commenting on their longtime partnership, Mr Fahmi Aliman, Mayor of South East District said, "As we mark the 10th year of our meaningful partnership, South East CDC and 3M Singapore launched a brand new campaign — *3M Green Challenge @ South East*. In support of the national roadmap of building a greener and more sustainable society, this campaign can help Singaporeans cultivate better green habits."



Scan this QR code to take part in the Challenge or learn how you can participate in our social media contests.



South East District Mayor Fahmi Aliman with Maybank representatives and student participants from ITE College East.

STRETCHING Those Dollars

How a collaboration between Maybank and South East CDC helps teenagers become savvier with their money.

✍ KEENAN PEREIRA 📷 ROY YAP

Ms Melisse Tiong knows a thing or two about hard work and the value of money, having seen her father slog through the day to provide for their family. “He has to juggle two jobs: he delivers food in the morning and is a freelance electrician in the day,” says the student from ITE College East, whose mother is a homemaker. Given her family’s tight finances, it is important for the 19-year-old to learn basic financial literacy skills. That is precisely what the *Maybank – South East Money Savvy Programme* aims to do. Since 2019, it has educated nearly 60 youths from low-income families about financial literacy, so that they know the importance of financial planning and management.

STARTING YOUNG

Besides education, the programme also features a matched savings component,



Students attending the Maybank-South East Money Savvy Programme graduation ceremony.

which encourages students to save regularly for 12 months. This has been a boon for students, many of whom did not believe that they would be able to save consistently for so many months. “Now, I set aside between \$50 and \$100 every month from my part-time work as a banquet server,” shares Ms Tiong, who is pursuing a *Nitec* in Beauty & Wellness. Together with the matched savings and a milestone reward, the students can achieve up to \$1,500 from participating in the programme.

A series of workshops under the programme includes career preparation for the students. Ms Tiong found these highly enjoyable, saying, “I learnt a lot from the workshops, especially about responding to interview questions. The most interesting part was the simulated interviews with Maybank volunteers, who helped me understand what a virtual interview is like.”

To Ms Sharon Eng, Maybank Singapore’s Head of Corporate Responsibility & Sustainability, the programme proved a fruitful exercise for the volunteers as well. “The most rewarding part of the partnership was in getting our Maybank volunteers

IT’S A MATCH!

How the *Maybank – South East Money Savvy Programme*’s matched savings component works:

- ▶ Monthly fresh deposits between \$20 and \$100 are matched by Maybank.
- ▶ The total balance in the bank account must increase every month.
- ▶ Matched savings and milestone incentives will cease in months when savings fall or stagnate.



The importance of financial literacy was reiterated during the graduation ceremony.

involved,” she said. “Many of them shared that they were impressed by the students’ confidence, their efforts in preparing for the interviews, and their ability to answer questions well.”

Looking back, Ms Tiong says that the habits cultivated through the programme are priceless. “I have become more consistent in saving. I now think twice about purchasing items by questioning if I really need them,” she said.

“I would advise fellow students to always have a savings account where you can deposit money every month. It is essential to save for the future for things like school fees and emergencies.”

Ms Melisse Tiong



Grassroots Advisers, volunteers and participants at South East Family Cleans Up Our East Coast Park.

From TRASH To TREASURE

A beach clean-up done differently in the South East District to mark *International Coastal Clean Up Day 2022*.

✍ KEENAN PEREIRA 📷 SOUTH EAST CDC

East Coast Park was a hive of activity on the morning of 17 September 2022. This was not your usual Saturday morning crowd; it was a gathering of 200 residents from the South East District, joined by Grassroots Advisers Mr Heng Swee Keat, Mr Tan Chuan-Jin, Mr Tan Kiat How, Ms Jessica Tan, Ms Tin Pei Ling and Ms Cheryl Chan, including Mayor of South East District Mr Fahmi Aliman.

Everybody present had one thing in common: they had pledged to build a zero-waste society. What way to better live up to their pledge than picking up litter along the shore? Some even ventured into open water on kayaks to collect marine litter.

GOING ONE STEP FURTHER

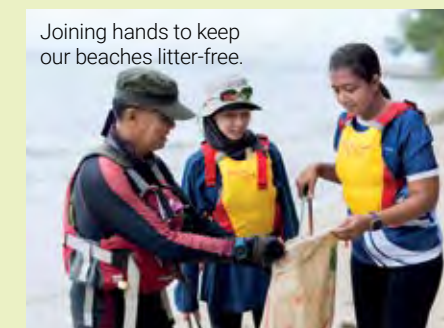
The beach clean-up was held in conjunction with the *International Coastal Clean Up Day 2022*. It was not the only thing residents did



Extending the clean-up drive by heading out onto the water.

for the environment that day. After collecting litter, they learnt to sort and upcycle the litter into everyday items such as coasters at a booth by The Re-Purpose Collective (TPRC).

For Mr Yasser Amin, co-founder of TPRC, helping residents go beyond just picking up litter was one way of empowering them to do more. “As impactful as beach clean-ups may be, many participants don’t know how they can further contribute,” he said. Giving litter a second life also has another benefit: it can help reduce the strain on our sole active landfill, Semakau, which is projected to run out of space by 2035. Simple efforts to reduce waste can go a long way towards extending the facility’s lifespan. “I hope that attendees will not only be able to take home valuable knowledge about creating a greener and more sustainable Singapore, but also inspire others around them to practise these green habits,” said Mayor Fahmi.



Joining hands to keep our beaches litter-free.

IT TAKES A COMMUNITY

Other noteworthy efforts by South East residents:

- **East Coast Division** rallied organisations to contribute funds to vulnerable families as they hit recycling collection targets.
- **Siglap Division** set up a community garden for residents to grow their own food, alongside composting facilities to ensure nothing goes to waste.
- **Kembangan-Chai Chee, Marine Parade and Geylang Serai Divisions** collected unsold fruits and vegetables from the wholesale market and redistributed them to residents. Community fridges have also been set up for residents to access fresh produce that would otherwise have been thrown away.
- **Geylang Serai Division** has a community vertical farm at Haig Road showing that even small spaces can reap big rewards.



“It is with a collective mindset that we can ensure our common spaces remain liveable, clean and green for future generations.”

Mr Tan Kiat How
Grassroots Adviser to East Coast GRC GROs

2022 NATIONAL DAY AWARD WINNERS

Congratulations to our dedicated community volunteers,
who were honoured for their efforts on Singapore's 57th birthday.



THE PUBLIC SERVICE STAR, BBM Bintang Bakti Masyarakat

The Public Service Star, BBM, is awarded to any person who has rendered valuable public service to the people of Singapore; or who has distinguished himself/herself in the fields of arts and letters, sports, the sciences, business, the professions and the labour movement.



MR CHEONG SIEW HONG, PATRICK
PBM
Vice-Chairman, Bedok C2E



MDM CHONG LEE CHIN
PBM
Chairperson, Fengshan CC SCEC



MDM TAN CHENG SEE
PBM
Chairperson,
Kampong Chai Chee CC SCEC



MDM CHENG FONG LENG
PBM
Member, South East CDC



MR CHEW SIONG HUAT
PBM
Immediate Past Chairman,
Mountbatten CCC

BBM (L) Bintang Bakti Masyarakat (Lintang)

Those who make significant contributions after being awarded the BBM can be further awarded with a Bar (Lintang).



MR ONG SAY KIAT, JASON
BBM
Chairman, Changi Simei CCMC



DR CHUA EE CHEK
JP, BBM
Vice-Chairman, Marine Parade CCC



THE PUBLIC SERVICE MEDAL, PBM Pingat Bakti Masyarakat

The Public Service Medal, PBM, is awarded to any person who has rendered commendable public service in Singapore or for his/her achievements in the fields of arts and letters, sports, the sciences, business, the professions and the labour movement.



**MR MUHAMMAD SANI
BIN AHMAD**
Chairman, Bedok CC MAEC



MS TAN LI LIAN, TRINA
Chairman, Changi Simei CC WEC



MDM LEONG CHIN FONG
Patron, Fengshan CCC



MR CHAN THIAM SENG
Patron, Siglap CCC



MR YACOB BIN HUSSAIN
Member, Siglap CCMC
Grassroots Senior, Siglap CC MAEC



**MRS MAK LE ENG, MARGARET
NEE CHAN**
Chairman, Braddell Heights CC WEC



MDM ONG SIEW KIM, RUBY
Vice-Chairperson,
Braddell Heights Zone C RC



MDM KOH LEE KENG
Chairperson, Geylang NC



MR SIM POH JIANG
Vice-Chairman, Geylang Serai CSC

THE PUBLIC SERVICE MEDAL, PBM

Pingat Bakti Masyarakat



MR ALAN YEO
Chairman, Opera Estate NC 2



MDM YONG KWEE KEE, HELEN
Chairperson, Siglap South CC SCEC
& Joo Chiat AAC



MR FOO JONG HUNG, STEVEN
Secretary,
Kembangan-Chai Chee CCC



MISS NGO SIEW POD
Treasurer,
Kembangan-Chai Chee CCC



MDM QUAH SUAT LAY, NANCY
Member, Marine Parade CCC



MR LOW TIAN LENG
Vice-Chairman, MacPherson CCMC



MDM TAN SIEW LANG
Treasurer, MacPherson CC SCEC



MR TAN KHOON TUAN, KENNETH
Member, South East CDC



MS LIM SIEW HUAY, YVONNE
Chairperson, Mountbatten CC SCEC

GRASSROOTS LEADERS NOMINATED BY MINISTRIES



DR LONG CHIN PENG
Ministry of Culture, Community and Youth,
Mandarin Docent Coordinator,
Sun Yat Sen Nanyang Memorial Hall
Chairperson of Upper Changi East NC
Member, Siglap CCC



MR ZECHARIAH CHAN JIN HAN
Ministry of Sustainability and the Environment,
Board Director, Singapore Environment Council
Member, Lorong Melayu NC

THE FRIEND NEXT DOOR

Why Mr Kenneth Tan, PBM,
has sought to be a pillar
of support to those in
his community.

✍ KEENAN PEREIRA 📷 ROY YAP

“Community service has always been close to my heart. One of my earliest volunteering stints was as a prison counsellor, where I would visit and befriend inmates, and offer them advice and a listening ear. It was a simple way of giving back and I appreciated the opportunity. When I heard their stories, I realised that there were many points at which the community could have stepped up to better support them, so that they wouldn’t have had to turn to crime. This inspired me to think about how I could go further upstream in their journey to help them. That’s when I started volunteering with various advisers at Meet-the-People sessions and later, with South East CDC.”

THE NEXT STAGE

“Given my close relationship with schools through my roles on School Advisory Committees, I helped out with *My First Break @ South East*. This South East CDC programme equips young people aged 15 to 21 who study or reside in the South East District with basic business skills and knowledge while giving them the opportunity to conduct their own micro businesses. In my role as the programme’s chairman, I promote its uniqueness among schools to increase participation and reach. I am very grateful to have made a real impact on students, especially those from disadvantaged backgrounds, helping them discover their potential beyond their academic pursuits.

Through my community work, I also try to give vulnerable students a leg-up in school.

With costs rising across the board, some students don’t have enough pocket money for school supplies or daily essentials. I have many professional networks that I can tap on to raise money for such worthy causes. Many of them do so anonymously, but each donation has gone a long way towards uplifting our next generation.

Over the years, I’ve realised that there are many people who need help but don’t come forward because of their pride. I think that’s where personal relationships come in handy – as an active volunteer, I know people in my community well. They see me as a friend, and vice-versa. They are naturally far more willing to open up about their struggles with a friend than a stranger, so that helps me help them.”

FORTUNATE TO SERVE

“I’m very fortunate to be in a position to serve – I see it as a privilege. And it’s true, it would be impossible to help solve all of society’s problems. But I am inspired by former Mayor of South East District

Mr Matthias Yao, who reminded me once that even helping one person was better than helping none.

Giving back while you’re a full-time engineer and a father-of-two is no easy feat, so as I receive this year’s National Day Award, I’d like to thank my supportive family for always accommodating my various volunteering activities. There are also my volunteering buddies from all the divisions I’ve served in, from Kembangan and Simpang Bedok to Lucky Heights and Fengshan. Lastly, the Mayors and Advisers whom I have had the privilege of working closely with: Mr Yao, Ms Cheryl Chan, Adviser to East Coast GRC GROs, former Mayor Dr Maliki Osman and present Mayor Mr Fahmi Aliman. Thank you for the opportunity to serve.”

Mr Kenneth Tan, PBM, received the Public Service Medal at the National Day Awards 2022. For more on the National Day Awards 2022 winners, flip to pages 10-12.





STARTING A NEW CHAPTER

An elderly couple recounts how various government schemes and help from the community have made their relocation a hassle-free process.

When Mr Lam Wai Meng and his wife Madam Lee Poh Tee — residents of the MacPherson area for 12 years — were told they had to move to a new rental flat due to a Relocation Exercise, they were worried that they would not be able to get used to the new environment. “We felt sad that we had to leave as we were on good terms with our neighbours,” says Mr Lam, 68, who used to live with his wife at Block 12 Merpati Road.

The couple also worried about the hefty relocation expenses, but at the same time did not want to place a financial burden on their only son. Mr Lam works as a petrol pump attendant, and is the sole breadwinner as his wife — who has asthma and previously underwent an operation on her arm — is unable to work. Fortunately, they received a one-time \$2,500 removal allowance from the Housing and Development Board (HDB)

and the MacPherson Transition Grant of up to \$500, as part of an initiative conceptualised by the South East CDC to support residents affected by the Relocation Exercise.

Residents can tap on the MacPherson Transition Grant to engage professional movers to help them pack their belongings and relocate these items to their new flat. To date, these grants have helped 146 households who were affected by the Relocation Exercise. Mr Lam says he used HDB’s removal allowance to buy essential household items like a fridge and new furniture for his new rental flat at Block 37 Circuit Road. “I spent \$200 on my moving expenses, which was subsidised by the MacPherson Transition Grant. I also had to spend some money to install the new washing machine pipe and internet cable,” shares Mr Lam.

A LIGHTENED LOAD

Mr Lam is thankful to receive the grants as these have relieved his financial burden. “The grants helped me to offset the costs that were incurred during the relocation process and it took a load off my shoulder,” he adds. He is also grateful to CareElderly Seniors Activity Centre staff, who helped him with the application for the MacPherson Transition Grant. “Apart from helping us with the relocation process, the volunteers from CareElderly also brought us to Suntec City for shopping and have helped my wife to book transport for her medical appointments,” shares Mr Lam. He also used the MacPherson Transition Grant to engage New Charis Enterprise to help him move to his new flat. “We provided an estimated quotation and charges are kept within the budget given. Residents are not required to top up the excess costs, as the excess costs were absorbed by the company on a goodwill basis,” shares Mr Wilson Chng, a staff member at New Charis Enterprise Pte Ltd.

A team comprising one supervisor and three team members helped to wrap Mr Lam’s furniture, and transported them

to their new house with care. “We may not get to do great things all the time, but our organisation has a deep belief that people can do small things with love,” says Mr Chng. “It brings us great joy and satisfaction to be part of this meaningful process to support residents like Mr Lam who need our help during their relocation.” The strong sense of community support in MacPherson has deeply impacted Mr Lam and his wife. The couple recently attended an active ageing dinner at a hotel hosted by Thye Hua Kwan Moral Charities. “Their volunteers also visit us frequently and ask if we need any help,” says Mr Lam with a smile.

Meanwhile, Mr Lam and his wife, who moved into their flat in March, are settling well into their new living environment. “The living room and kitchen are more spacious compared to our previous flat. Our flat is also near to the market, neighbourhood shops and the MRT, so it’s very convenient for us to buy food and essential items,” says Mr Lam. “We are also happy that our new neighbours are very friendly and often offer to lend a helping hand when needed,” he adds.

புதிய அத்தியாயத்தைத் தொடங்குதல்

பல்வேறு அரசாங்கத் திட்டங்களும், சமூகத்தின் உதவிகளும் எவ்வாறு தங்களின் வீடு மாற்றத்தைத் தொந்தரவில்லாத செயல்முறையாக மாற்றியது என்பதை ஒரு வயதான தம்பதி விவரிக்கின்றனர்.

மெக்பர்சன் பகுதியில் 12 ஆண்டுகளாக வசித்து வந்த திரு லாம் வாய் மெங் மற்றும் அவரது மனைவி திருவாட்டி லீ போ 12 தம்பதி இடப்பெயர்வு நடவடிக்கையின் காரணமாக ஒரு புதிய வாடகைக் குடியிருப்பில் குடியேற வேண்டும் என்று கேட்டுக்கொள்ளப்பட்ட போது, தங்களால் புதிய துழ்நிலைக்குப் பழகிக் கொள்ள இயலாது போகலாம் என்று அவர்கள் கவலைப்பட்டனர். புளோக் 12 மெர்பதி சாலையில் தனது மனைவியுடன் வசித்து வந்த 68 வயதான திரு லாம் கூறுகையில், “நாங்கள் அண்டை வீட்டாருடன் நல்ல உறவில் இருந்து வந்ததால் நாங்கள் அங்கிருந்து வெளியேற வேண்டியிருந்தது குறித்து வருத்தமாக உணர்ந்தோம்”.

வீடு மாறுவதற்கான செலவுகள் குறித்தும் இத்தம்பதியினர் கவலைப்பட்டனர், ஆனால் அதே நேரத்தில் அச்செலவுகளுக்காக அவர்களின் ஒரே மகனுக்கு நிதிச் சமையை ஏற்படுத்த விரும்பவில்லை. திரு லாம் ஒரு பெட்ரோல் நிலையத்தில் உதவியாளராகப் பணிபுரிகிறார், மேலும் அவரது மனைவி ஆஸ்துமாவினால் அவதிப்பட்டு வருவதாலும், அவரது கையில் அறுவைச் சிகிச்சை செய்யப்பட்டிருப்பதாலும் அவரால் வேலைக்குச் செல்ல முடியாததால் திரு லாம் மட்டுமே வேலைக்குச் சென்று குடும்பத்தைக் காப்பாற்ற வேண்டியிருக்கிறது. அதிர்ஷ்டவசமாக, இடப்பெயர்வு நடவடிக்கையினால் பாதிக்கப்பட்ட குடியிருப்பாளர்களுக்கு ஆதரவளிப்பதற்காக தென்கிழக்கு சமூக மேம்பாட்டு மன்றத்தால் (CDC) உருவாக்கப்பட்ட ஒரு முனைப்பின் ஒரு பகுதியாக, வீடமைப்பு வளர்ச்சிக் கழகத்திடமிருந்து (HDB) ஒரு முறை வழங்கப்படும் \$2,500 அகற்றுதல் உதவித்தொகையையும், \$500 வரையிலான மெக்பர்சன் இடைக்கால மானியத்தையும் பெற்றனர்.

குடியிருப்பாளர்கள் மெக்பர்சன் இடைக்கால மானியத்தைப் பயன்படுத்தி தங்கள் உடைமைகளைப் புதிய வீட்டிற்குப் பொதியிட்டு எடுத்துச் செல்வதற்கு தொழில்முறைப் போக்குவரத்து நிறுவனங்களை ஈடுபடுத்திக் கொள்ளலாம். இடப்பெயர்வு நடைமுறையால் பாதிக்கப்பட்ட 146 குடும்பங்களுக்கு இந்த மானியங்கள் உதவியுள்ளன. புளோக் 37 சர்க்யூட் சாலையில் உள்ள தனது புதிய வாடகை வீட்டிற்கு குளிர்பதனப்பெட்டி மற்றும் புதிய தளபாடங்கள் போன்ற அத்தியாவசிய வீட்டு உபயோகப் பொருட்களை வாங்குவதற்கு HDB-இன் அகற்றுதல் உதவித்தொகையைப் பயன்படுத்தியதாக திரு லாம் கூறினார். “வீடு மாறுவதற்கான செலவுகளுக்காக நான் \$200 -ஐ செலவிட்டேன், அது மெக்பர்சன் இடைக்கால மானியத்தால் ஈடுசெய்யப்பட்டது. புதிய சலவை இயந்திரக் குழாயையும், இன்டர்நெட் வடத்தையும் நிறுவவதற்குச் சிறிது பணம் செலவழிக்க வேண்டியிருந்தது,” என்று திரு லாம் பகிர்ந்து கொள்கிறார்.

குறைக்கப்பட்ட சுமை

மானியங்களைப் பெறுவதற்கு திரு லாம் நன்றி தெரிவித்துக்கொள்கிறார், ஏனெனில் இவை அவரது நிதிச் சுமையைக் குறைத்துள்ளன. “வீடு மாறுவதற்கான செயல்முறையின் போது ஏற்பட்ட செலவினங்களை ஈடுசெய்ய மானியங்கள் எனக்கு உதவியது. மேலும் அது எனது நிதிச் சுமையை அகற்றியது,” என்று அவர் மேலும் கூறுகிறார். மெக்பர்சன் இடைக்கால மானியத்திற்கு விண்ணப்பிக்க அவருக்கு உதவிய கேர்எஸ்டர்லி மூத்தோர் நடவடிக்கை நிலையத்தின் ஊழியர்களுக்கும் அவர் நன்றி தெரிவித்துக் கொள்கிறார். “கேர்எஸ்டர்லியின் தொண்டியர்கள் வீடு மாறுவதற்கான செயல்முறையில் எங்களுக்கு உதவியதைத் தாண்டி, எங்களைப் பொருட்கள் வாங்குவதற்காக சன்டெக் சிட்டிக்கு அழைத்துச் சென்றனர், மேலும் எனது மனைவியின் மருத்துவ நியமன சந்திப்புகளுக்கான போக்குவரத்துக்கு முன்பதிவு செய்யவும் உதவினர்” என்று திரு லாம் பகிர்ந்து கொள்கிறார். அவர் தனது புதிய வீட்டிற்குக் குடிபெயர உதவுவதற்கு நியூ சாரிஸ் எண்டர்பிரைஸ் நிறுவனத்தை ஈடுபடுத்தியதற்கும் கூட மெக்பர்சன் இடைக்கால மானியத்தைப் பயன்படுத்தினார். “நாங்கள் உத்தேசமான மதிப்பைக் கொண்ட விலைப்பள்ளியை வழங்கினோம், மேலும் வழங்கப்பட்ட செலவுத் திட்டத்திற்குள்ளாகவே கட்டணங்கள் இருக்குமாறு பார்த்துக் கொண்டோம். நியூ சாரிஸ் நிறுவனம் ஒரு நல்லெண்ண அடிப்படையில் கூடுதல் செலவுகளுக்குப் பொறுப்பேற்றுக் கொண்டதால், குடியிருப்பாளர்களுக்கு நிதிச் சுமை ஏற்படவில்லை,” என்று நியூ சாரிஸ் எண்டர்பிரைசஸ் பிரைவேட் லிமிடெட் நிறுவனத்தின் ஊழியர் திரு வில்சன் செங் பகிர்ந்து கொள்கிறார்.

ஒரு மேற்பார்வையாளர் மற்றும் மூன்று குழு உறுப்பினர்களைக் கொண்ட ஒரு குழு, திரு லாம் அவர்களின் தளபாடங்களை பொதியிட உதவியது. மேலும் அதை மிகுந்த கவனத்துடன் அவரது புதிய வீட்டிற்குக் கொண்டு சேர்த்தது. “நம்மால் எல்லா நேரமும் சிறந்த காரியங்களைச் செய்ய முடியாமல் போகலாம், ஆனால் நம்மால் சிறிய காரியங்களை அன்புடன் செய்ய முடியும் என்று எங்கள் நிறுவனம் ஆழமாக நம்புகிறது” என்கிறார் திரு செங். “எனவே, திரு லாம் போன்ற குடியிருப்பாளர்களுக்கு அவர்களின் வீடு மாற்றத்தின் போது உதவி செய்வதற்கான இந்த அர்த்தமுள்ள செயல்முறையின் ஒரு அங்கமாக இருப்பது எங்களுக்கு மிகுந்த மகிழ்ச்சியையும் திருப்தியையும் தருகிறது.” மேலும், மெக்பர்சனில் உள்ள வலுவான சமூக ஆதரவு உணர்வு திரு லாம் மற்றும் அவரது மனைவி மீது ஆழமான தாக்கத்தை ஏற்படுத்தியுள்ளது. இந்தத் தம்பதி சமீபத்தில் Thye Hua Kwan Moral Charities-ஆல் ஒரு விடுதியில் ஏற்பாடு செய்யப்பட்டிருந்த துடிப்புடன் மூப்படைதல் திட்டத்திற்கான இரவு விருந்தில் கலந்து கொண்டனர். “அவர்களின் தொண்டியர்களும் கூட அடிக்கடி எங்களைச் சந்தித்து, எங்களுக்கு ஏதேனும் உதவி தேவைப்படுகிறதா என்று கேட்கிறார்கள்,” என்று திரு லாம் புன்னகையுடன் கூறுகிறார்.

இதற்கிடையில், மார்ச் மாதம் தங்களுடைய புதிய வீட்டிற்குக் குடிபெயர்ந்த திரு லாம் மற்றும் அவரது மனைவி இரவரும், தங்களது புதிய வாழ்க்கைச் சூழலுக்கு நன்கு பழகிக் கொண்டுள்ளனர். “நாங்கள் முன்பு வசித்து வந்த வீட்டுடன் ஒப்பிடும்போது இந்த வீட்டில் உள்ள வாழறையும் சமையலறையும் அதிக விசாலமானவை. சந்தை, அக்கம்பக்கக் கடைகள் மற்றும் எம்ஆர்டி ஆகியவற்றுக்கு அருகிலேயே எங்கள் வீடு உள்ளது, இதனால் உணவு மற்றும் அத்தியாவசியப் பொருட்களை வாங்குவதற்கு எங்களுக்கு மிகவும் சௌகரியமாக உள்ளது,” என்கிறார் திரு லாம். “எங்களின் புதிய அண்டை வீட்டார் மிகவும் நட்பாக இருப்பதும், தேவைப்படும் போது உதவி செய்ய முன்வருவதும் எங்களுக்கு மேலும் மகிழ்ச்சி அளிக்கிறது,” என்று அவர் மேலும் கூறுகிறார்.



开启生活新篇章

一对乐龄夫妇重温各项政府和社区援助计划如何协助他们轻松搬家。

68岁的林伟明与妻子李宝枝女士居住在麦波申区已经12年了。当他们接获通知因搬迁计划，而需迁移至一个新的租赁组屋时，他们即刻担心不能适应新环境。曾与妻子居住在美芭蒂路第12座组屋的林先生说：“我们与邻居的关系都很密切，所以知道要搬迁的时候，感到很不舍。”

除此之外，夫妻俩也担心需要支付昂贵的搬迁费用，但又不愿让他们的独子分担，深怕加重其财务负担。林先生是以加油站服务员的工作维持自己和妻子的生计。他的妻子因患有哮喘，并动过手臂手术，而无法工作。幸好，他们和其他受搬迁计划影响的居民们都通过东南社区发展理事会的援助项目，获得了建屋局所分发的\$2,500一次性搬迁津贴，还领取了高达\$500的麦波申过渡津贴。

居民可借助麦波申过渡津贴来聘请专业搬运工人来帮助他们收拾物件，并搬运到新的组屋单位去。至今，这些津贴已帮助了146户受搬迁计划影响的家庭。林先生说他使用了建屋局的搬迁津贴来为他位于循环路第37座的新租赁组屋购买家居用品，如冰箱和新家具。他分享道：“我花了\$200的搬运费用，这一切都是使用麦波申过渡津贴来支付的。除此之外，我也花了一些钱来安装新的洗衣机水管和网络电线。”

庆幸得以减轻负担

林先生很庆幸能获得各种能够帮助他减轻财务负担的津贴。他分享道：“这些津贴抵消搬迁费用，减轻了我不少的负担。”此外，他也十分感激乐龄关怀年长活动中心的职员在他申请麦波申过渡津贴之际，所给予的帮助。他继续道：“乐龄关怀的志愿者除了帮助我们搬迁之外，还带我们到新达城去购物和帮我的妻子安排车辆前往复诊。”林先生也使用该津贴来聘请新颂恩宣道来帮他搬迁到新组屋去。来自该企业的职员，庄得伟先生受访时透露：“我们会在向客户提供一个估价后，尽量将收费维持在预算内。居民也无需填补额外的费用，因为公司会善意为他们豁免。”

林先生搬迁时，一支由一名主管和三名成员所组成的团队帮他包裹家居，更细心地替他搬运到新家去。庄先生表示：“我们所处理的事项虽不算伟大，但我们的机构深信再小的事，我们也可以通过它们来奉献爱。因此，通过这个极具意义的过程来帮助像林先生这样的居民搬迁，为我们带来无比的满足感。”不仅如此，麦波申社区的乐于助人精神也深深地感动了林氏夫妇。他们最近到一家酒店参与了德教太和观慈善机构所主办的活跃老龄化晚宴。林先生满心欢喜地说：“他们的志愿者还经常来探望我们，问我们是否需要任何帮助。”

与此同时，林先生与妻子自三月份搬迁到新组屋后，就在新环境中适应得不错。他说：“与之前的组屋相比，客厅和厨房都比较宽敞。我们的家也很靠近巴士、邻里商店和地铁站，所以我们购买食物和日常用品都很方便。我们的新邻居也都很友善，且乐于助人。”

Memulakan Lembaran Baru

Sepasang suami isteri warga emas menceritakan bagaimana beberapa skim pemerintah serta bantuan daripada masyarakat telah memudahkan proses mereka berpindah lokasi.

Apabila Encik Lam Wai Meng dan isterinya Puan Lee Poh Tee — penduduk kawasan MacPherson selama 12 tahun — diberitahu bahawa mereka perlu berpindah ke flat sewa baru di bawah Latihan Berpindah Lokasi, mereka bimbang sekiranya mereka tidak dapat membiasakan diri dengan persekitaran baru. “Kami berasa sedih terpaksa berpindah kerana hubungan kami dengan jiran-jiran sudah sangat mesra,” kata Encik Lam, 68 tahun, yang pernah menetap di Blok 12 Merpati Road bersama isterinya.

Pasangan ini juga bimbang tentang perbelanjaan tinggi untuk berpindah lokasi, tetapi pada masa yang sama mereka tidak mahu membebankan anak tunggal mereka dengan isu kewangan mereka. Encik Lam bekerja sebagai atendan pam minyak, dan merupakan satu-satunya pencari nafkah oleh kerana isterinya — yang menghidap penyakit semput dan pernah menjalani pembedahan pada lengannya sebelum ini — tidak boleh bekerja. Mujur mereka menerima elaun pindah sekali sahaja sebanyak \$2,500 daripada Lembaga Perumahan dan Pembangunan (HDB) dan Geran Berpindah MacPherson sehingga \$500, sebagai sebahagian daripada inisiatif Majlis Pembangunan Masyarakat (CDC) Tenggara untuk membantu penduduk yang terjejas oleh Latihan Berpindah Lokasi.

Penduduk boleh memanfaatkan Geran Berpindah MacPherson untuk mendapatkan khidmat syarikat memindahkan barangan profesional untuk membantu mereka mengemas barang-barang mereka dan memindahkannya ke flat baru. Setakat ini, geran ini telah membantu 146 keluarga yang terjejas oleh Latihan Berpindah Lokasi. Encik Lam berkata beliau menggunakan elaun pindah HDB untuk membeli barangan keperluan rumah yang penting seperti peti sejuk dan perabot baru untuk flat sewa barunya di Blok 37 Circuit Road. “Saya membelanjakan \$200 untuk perbelanjaan berpindah, daripada subsidi Geran Berpindah MacPherson. Saya juga perlu membelanjakan sedikit wang untuk memasang paip mesin basuh dan kabel internet baru,” kongsi Encik Lam.

MERINGANKAN BEBAN

Encik Lam bersyukur menerima geran-geran ini kerana ia telah meringankan beban kewangannya. “Geran-geran ini membantu saya mengurangkan perbelanjaan semasa proses berpindah lokasi dan ia meringankan sedikit beban di bahu saya,” tambahnya. Beliau juga berterima kasih kepada kakitangan Pusat Kegiatan Warga Emas CareElderly, yang telah membantunya dengan permohonan Geran Berpindah MacPherson. “Selain membantu kami dalam proses berpindah lokasi, sukarelawan dari CareElderly juga membawa kami ke Suntec City untuk membeli-belah dan membantu isteri saya menemph pengangkutan untuk temu janji perubatannya,” kongsi Encik Lam. Dia juga menggunakan Geran Berpindah MacPherson untuk mendapatkan khidmat New Charis Enterprise untuk membantunya berpindah ke flat barunya. “Kami memberi anggaran sebut harga dan memastikan kos mengikut bajet yang diberikan. Penduduk tidak perlu menambah lebihan kos, kerana ia diserap oleh New Charis atas dasar muhibah,” kongsi Encik Wilson Chng, seorang kakitangan di New Charis Enterprise Pte Ltd.

Satu pasukan yang terdiri daripada seorang penyelia dan tiga kakitangan membantu membungkus perabot Encik Lam, dan menghantar ke rumah barunya dengan penuh berhati-hati. “Kami mungkin tidak dapat melakukan perkara yang hebat setiap masa, tetapi pertubuhan kami percaya bahawa kita boleh melakukan perkara-perkara kecil yang berputik dari rasa sayang,” kata Encik Chng. “Jadi, kami merasa amat berbesar hati menjadi sebahagian daripada proses yang bermakna ini untuk menyokong penduduk seperti Encik Lam yang memerlukan bantuan kami semasa mereka berpindah lokasi.” Dan semangat kemasyarakatan yang kuat di MacPherson ini telah memberi kesan yang mendalam kepada Encik Lam dan isteri. Baru-baru ini, pasangan tersebut menghadiri majlis makan malam bagi warga emas di sebuah hotel yang dianjurkan oleh badan amal Thye Hua Kwan Moral Charities. “Sukarelawan mereka juga sering melawat kami dan bertanya jika kami memerlukan sebarang bantuan,” ujar Encik Lam sambil tersenyum.

Sementara itu, Encik Lam dan isterinya yang berpindah ke flat baru mereka pada bulan Mac, merasa selesa dengan persekitaran tempat tinggal baru mereka. “Ruang tamu dan dapur lebih luas berbanding flat kami sebelum ini. Flat kami juga berdekatan dengan pasar, kedai-kedai kejurangan dan MRT, jadi sangat mudah untuk kami membeli makanan dan barangan keperluan,” kata Encik Lam. “Kami juga gembira kerana jiran-jiran baru kami peramah dan sering menghulurkan bantuan apabila perlu,” tambah beliau.



→ Life Hacks

PLANNING FOR YOUR GOLDEN YEARS

Retirement planning can be challenging for many, given the rising cost of living. However, it need not be difficult, as long as one gets the basics right.

Most surveys on retirement planning among Singaporeans have shown that a significant proportion have either not started or tend to start in their 40s and 50s. This is understandable as the focus for most of us is immediate needs such as buying a home and starting a family.

However, do not worry if you have not begun drawing up a retirement plan. The important thing to bear in mind is to get the basics right. Here is a simple guide to achieve this:



START SAVING

Even before starting to think about ways to grow your retirement nest egg, ensure you track your expenses, maintain and strictly follow a budget, and set aside emergency savings of at least six times that of your monthly expenses.

Rather than keeping this money in a bank, you can consider Government-issued Singapore Savings Bonds, which currently (as of August 2022) offer better interest rates than fixed deposits, and have the added attraction of penalty-free withdrawal at any time.



GET INSURED

Make sure you have adequate insurance coverage, especially for your health. As a guide, the Life Insurance Association of Singapore recommends basic life coverage of nine to 10 times your annual income and 3.9 times annual income for critical illness.

If you are unsure of how much you need, you can use the Insurance Estimator that can be found under ‘Tools’ in the Central Provident Fund (CPF) website.



LET CPF WORK FOR YOU

Maximise the benefits of CPF by familiarising yourself with how CPF works and the various top-up schemes that are designed to grow your retirement savings.

The CPF website and the ‘Frequently Asked Questions’ listed there contain a wealth of information on how this national social security savings scheme can benefit you and your loved ones.



Note that CPF members below 55 can earn up to 5 per cent on their CPF balances, while those above 55 are paid up to 6 per cent. In both cases, the interest is guaranteed by the Government and compounds annually. As such, the earlier you start, the more time you have ahead of you to enjoy the benefits of compound interest.

Use CPF as the foundation for your desired income in retirement. Members turning 55 this year and who are able to set aside the Full Retirement Sum of \$192,000 in their Retirement Accounts will see this amount grow to about \$288,900 by the time they turn 65.

At this age they will be eligible to receive about \$1,500 per month for the rest of their lives under CPF LIFE, which stands for Lifelong Income For the Elderly.

Note also that if both husband and wife are able to set aside the Full Retirement Sum in their Retirement Accounts, they can receive a total of \$3,000 a month at age 65, which should be sufficient for their basic needs, provided they have paid off their loans, and their children have grown up and are self-sufficient.

However, if more is needed, then they will need to save and invest. If you are unsure about investing, you should consult a licensed Financial Advisor. Remember to always bear in mind inflation and carefully balance risk and return. Understand that investments that offer higher returns will always come with a greater risk of monetary loss.



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.



SEWired

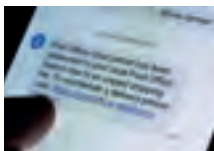
6 SIGNS OF PHISHING

Cyber criminals commonly use a method called “phishing” to trick victims into giving their personal and financial information such as bank account numbers and login details, including passwords and One-Time Passwords (OTP). Here is how to spot signs of phishing:



1 Unexpected emails and text messages

Cyber criminals often test their luck by sending mass emails to large groups of people in the hope that someone responds. If you receive unexpected emails or text messages via WhatsApp or SMS about an invoice for an item you did not purchase, do not click on the links and attachments. Delete the email immediately.



2 Promise of attractive rewards that sound too good to be true

False offers of amazing deals or unbelievable prizes are commonly used to encourage you to act immediately. Remember: if it sounds too good to be true, it probably is a scam.



3 Use of urgent or threatening language

By pressurising you to reply quickly, cyber criminals hope to instil panic and fear to trick you into providing confidential information. Be wary of emails with phrases such as “urgent action required” or “your account will be terminated”.



4 Mismatched and misleading information

Watch out for mismatched and misleading information, as scammers will attempt to deceive you into believing that the information you see is genuine. Study the information closely by looking at the letters in the URL to ensure that it is a legitimate website.



5 Suspicious links or attachments

Cyber criminals include attachments in emails as a method to infect user's device with malware and steal data. It may be instinctive to open attachments you receive but you need to exercise caution. Look out for suspicious attachment names and file types such as .exe.



6 Request for confidential information e.g. personal or banking information, passwords or OTP

Most organisations will never ask for your personal or financial information to be sent over the internet. If you receive such requests for confidential information, be wary and contact the organisation directly to check. Do not use the contact information provided in the suspicious email or message.



Visit <https://go.gov.sg/csabettercybersafethansorry> for more cyber tips.



About the Cyber Security Agency of Singapore

Established in 2015, the Cyber Security Agency of Singapore (CSA) seeks to keep Singapore's cyberspace safe and secure to underpin our Nation Security, power a Digital Economy and protect our Digital Way of Life. It maintains an oversight of national cybersecurity functions and works with sector leads to protect Singapore's Critical Information Infrastructure. CSA also engages with various stakeholders to heighten cyber security awareness, build a vibrant cybersecurity ecosystem supported by a robust workforce, pursue international partnerships and drive regional cybersecurity capacity building programmes. For more news and information, please visit www.csa.gov.sg.

Brought to you by:



Mind + Body

BOOST YOUR MENTAL WELLNESS

Taking care of both your mind and body is key to a healthy life.

Over the past few years, COVID-19 has heightened stressors – such as financial loss, unemployment and infection scares – resulting in poor mental health for many people. The emerging worry of inflation is making matters worse.

If the pandemic and other global insecurity are taking a toll on your mental health, try the following ways to maintain your mental balance. If you continue to feel overwhelmed, be sure to seek professional help.



STAY CONNECTED

Socialising stimulates your brain. Set aside some time every day to connect with your loved ones. While technology is convenient and almost everybody is a text or video call away, do arrange for in-person meetings. Science has shown that greater emotional engagement takes place when we come together.



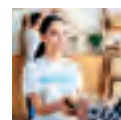
EAT HEALTHY

Having a balanced and nutritious diet can improve your sense of wellbeing and mood. Include foods like wholegrains, fruits and vegetables in your meals. Conversely, an inadequate diet can lead to fatigue, poor decision-making and slow reaction time.



GET MOVING

Exercise is a fantastic activity for easing feelings of anxiety, depression and stress. Whether it is taking your dog for a run, brisk walking around the block or practising yoga, staying active lifts your serotonin (the “feel good” chemical in your body) levels, which leads to improved mood and energy. Exercise also helps you sleep better – a major factor in determining your mental wellbeing.



DO GOOD

Participating in community work can give you a sense of purpose and help you develop confidence and self-esteem. Even if you are unable to commit to a regular volunteering schedule, helping someone once in a while will allow you to take the focus away from yourself. In the long run, this self-empowerment can grow to counteract the negative emotions in your life.



BRACE YOURSELF

Acknowledge that some things are, quite simply, outside of your control. When you feel burdened by an issue, try to focus on what is within your control, such as how you can act towards the matter, who you can reach out to for support and where you can find useful resources to help you cope.

Source: HealthHub

Life Hacks

NEIGHBOURLY ACTS

A little thoughtfulness and patience go a long way in maintaining a harmonious living environment.

It is likely that at some points in your life, you would need to resolve a neighbourly dispute or do something to avoid one. When such instances arise, aim for amicable resolutions and peaceful coexistence.



DO NOT SPRING SURPRISES

Maintain open communication and contact your neighbours before you undertake anything that may affect them, such as hosting a boisterous gathering, adding more house plants to the common corridor, or even getting a pet. This gives your neighbours time to make plans or let you know how your plans may affect them.



KEEP CALM

If your neighbour has aggravated you, avoid confronting the person when you are worked up. Instead, take a breather and find an appropriate time to bring up the issue. It also helps if you plan what to say before the conversation, so no one reacts defensively and there is a better chance of achieving a resolution.



RECOGNISE DIFFERENCES

Diversity brings colour to the community but can also lead to conflicting expectations. To avoid misunderstandings, find opportunities to talk with your neighbour to get to know them better.



BE APPRECIATIVE

Be vocal about your Thank Yous when a neighbour does a kind act. Whether it is keeping the corridor clean or collecting your delivery on your behalf when you're not at home, positive comments help to cement a healthy relationship. This also sets the foundation for easier conflict resolution should a dispute ever arise.



GET HELP WHEN NEEDED

Where necessary, seek assistance from grassroots leaders or the Community Mediation Centre (CMC), which provides formal mediation services from a panel of trained volunteer mediators. You can find out more or register your case online at <https://cmc.mlaw.gov.sg>, or call **1800-CALL-LAW (1800-2255-529)**. More than 70 per cent of cases mediated at CMC reach a settlement.

Source: Housing Development Board



→ fEast

A TASTE OF TRADITION



Celebrate Diwali with *boondi laddu*, a well-loved Indian dessert.

Every Deepavali, Hindus light up their homes and welcome visitors for the biggest festival of the year. While celebrations may differ from family to family, they all have one thing in common – sweet treats! This year, make yourself some *boondi laddu* (or *ladoo*), which are delicious little syrup-soaked balls of gram flour rolled with seeds, nuts and spices.

BOONDI LADDU

Serves: 12 people

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Ingredients

For boondi:

- 1 cup besan/gram flour
- 3 drops yellow food colour (optional)
- ¼ cup + 3 tablespoon water
- ¼ teaspoon baking soda (optional)
- oil for deep frying

For sugar syrup:

- 1¼ cup sugar
- ½ cup water

Other ingredients

- 1 tablespoon ghee / clarified butter
- 2 tablespoon raisins
- 2 tablespoon cashew
- 5 cloves
- ¼ teaspoon cardamom powder

Preparation Method

1. Prepare the *boondi* by mixing the besan and water into a smooth, thick batter. Add food colouring and baking soda if desired.
2. Roast raisins, cashews and cloves in 1 tablespoon of ghee and set aside.
3. In a large, thick-bottomed *kadai* (or wok), make your sugar syrup by adding ½ cup water to 1 ¼ cup sugar. Allow to boil until it reaches one-thread consistency. (You can test this by first dipping a wooden spatula into the syrup and lifting it out. Allow it to cool a

MORE TREATS TO BE HAD

Other popular sweets you can gift to friends and family on this special occasion.

MILK BARFI

A gluten-free, dairy-based fudge dessert that does not require baking.



DRY FRUIT CHIKKI

A crunchy and delicious Indian brittle made of mixed nuts and flavoured with saffron and/or cardamom powder.



GUJIYA

A deep-fried Indian dumpling stuffed with milk solids, dry fruits and nuts.



- few seconds before touching it with a clean forefinger, then touch the forefinger with your thumb and pull apart gently. A single thread should form and not break.)
4. Once the sugar syrup cools slightly, pour over prepared *boondi*. Add the roasted nuts, raisins and cardamom powder to the mixture.
5. Mix well with a wooden spatula until all the sugar syrup is absorbed. This should not take more than 10 minutes.
6. Once the mixture has cooled down, take small portions and shape into balls. This recipe yields about 12 balls.
7. Allow your *boondi laddu* to cool completely before storing in a tight jar.

Recipe from Hebbars Kitchen.

→ fEast

A FESTIVE TWIST

Put an Asian spin on your Christmas ham with plum sauce and five-spice powder.

It is almost impossible to plan a Christmas dinner without the quintessential ham. We love that they come cured, smoked or baked, so you can cook or eat them straight out of the refrigerator. Here is a recipe that works a familiar Asian flavour into a festive classic.

HAM WITH PLUM SAUCE AND FIVE-SPICE POWDER

Serves: 18 people

Preparation Time: 15 minutes

Cooking Time: 2 hours 30 minutes

Ingredients

- 1 bone-in half ham (about 4.5 kg to 5.5 kg)
- ⅔ cup plum sauce
- ¼ cup honey
- 2 tablespoon soy sauce
- 1 tablespoon Dijon mustard
- ½ teaspoon five-spice powder

Preparation Method

1. Combine the plum sauce, honey, soy sauce, Dijon mustard, and five-spice powder to make the glaze.
2. Trim away excess fat on ham. If desired, make long, shallow cuts (about ¼ inch deep) over the entire ham to form diamond patterns. Place the ham on a wire rack in an aluminium foil-lined roasting pan. Brush ham with a portion of the plum sauce mixture and bake uncovered for 1 hour 30 mins.
3. Baste with remaining plum mixture every 30 minutes.

HEALTHY SIDE

Round out your feast with roasted vegetables.

Toss brussels sprouts and carrots in extra virgin olive oil, balsamic vinegar and herbs; and cook at 200 degrees Celsius for 10 minutes in an air-fryer.



4. Loosely cover with aluminium foil and bake for another 1 hour, basting every 30 minutes. Let ham stand 15 minutes before slicing. Garnish, if desired.

Recipe from The Woks of Life.

→ Up & Coming

1,8,15,22 October 2022 Digital Learning Workshop

Time 10am to 11am; 11.30am to 12.30pm

Organiser Fengshan Acacia RN Centre

Contact Fengshan CC ☎6449 5136

Four weekly one-on-one session where volunteers teach and guide participants to pick up digital skills through a curated programme.

Admission is FREE.



29 October 2022

Trick 'o' Treat @ Siglap South

Time 5.30pm to 9pm

Venue Jalan Buloh Perindu Playground

Organiser Siglap South Zone 1 and 2 Neighbourhood Committees

Contact Siglap South Community Centre ☎6241 1925

✉pa_siglapsouthcc@pa.gov.sg

Join us for a night of fang-tastic fun, filled with sweet treats and silly tricks!

Admission is FREE.



UNITED WE STAND

Echoing the call of “all for one, and one for all”, the South East Grassroots Advisers have been promoting togetherness, resilience and kindness among the community amid challenging times.

Kembangan
- Chai Chee



Grassroots Adviser **Tan Chuan-Jin**, Speaker of Parliament and Adviser to Marine Parade GRC GROs, flagging off approximately 300 participants at the Family Fun Walk on 19 June at Kampong Kembangan CC — held in conjunction with Father’s Day — which also featured refreshments, a warm-up exercise component and a lucky draw.

Grassroots Adviser **Edwin Tong**, Minister for Culture, Community and Youth, Second Minister for Law, and Adviser to Marine Parade GRC GROs, interacting with a young resident on the parent-child swing at the newly-built Yarrow Park — an initiative by Frankel Zone 2 NC — in the heart of Yarrow Gardens, a 50-year-old estate, on 16 July.

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, high-fiving a young resident at the Let’s Balik Kampung! Enjoy a Walk and Get a Breeze in the Gardens — Marine Terrace Breeze, Marine Terrace Walk and Marine Crescent Gardens RCs Opening Carnival and Movie Night event — which also featured art workshops, jamming sessions and more — on 30 July.

Braddell Heights



Grassroots Adviser **Seah Kian Peng**, Adviser to Marine Parade GRC GROs, joining in the cheer at the Light Up with Racial Harmony event on 30 July at the sports arena beside Braddell Heights CC, which marked the start of the estate’s National Day celebrations with a mini parade, carnival and various performances.

Grassroots Adviser **Mohd Fahmi Aliman**, Mayor of South East District and Adviser to Marine Parade GRC GROs, participating in the Kembangan-Chai Chee & Geylang Serai CSC Yoga by the Beach session, which sought to promote both physical and mental well-being, on 14 May at East Coast Park.

Geylang Serai



Mountbatten



Grassroots Adviser **Lim Biow Chuan**, Adviser to Mountbatten GROs, rallying residents during the Mountbatten National Day Fitness Festival on 6 August at the open field next to Blk 5 Pine Close, which commemorated the nation’s birthday by promoting health and wellness within the community as we make the transition to life in a post-pandemic world.

MacPherson



Grassroots Adviser **Cheryl Chan**, Adviser to East Coast GRC GROs, joining attendees in a toast at a National Day Dinner on 7 August at Fengshan CC.

Grassroots Adviser **Tin Pei Ling**, Adviser to MacPherson GROs, engaging with senior residents at the launch of the MacPherson Cares app — which matches supply and demand for volunteer services to support single and frail elderly living on their own — during the MacPherson Cares Carnival on 24 July at the basketball court behind Blk 64 Circuit Road.

Fengshan

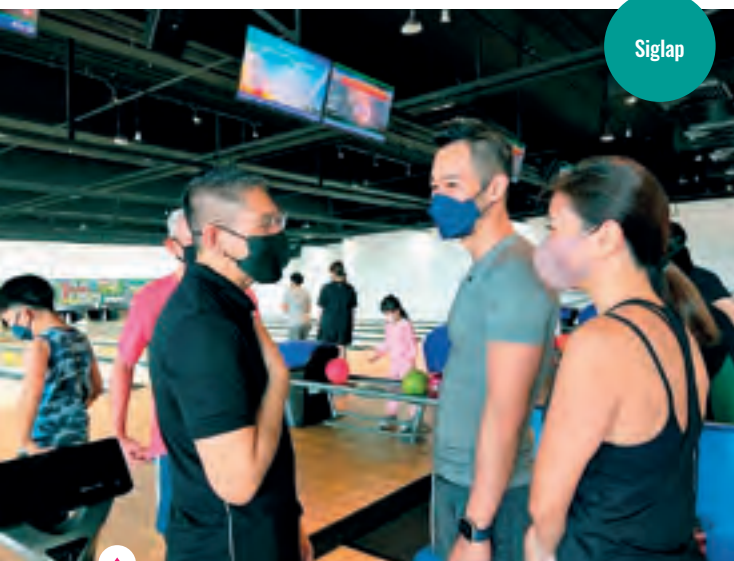




Bedok

Grassroots Adviser **Heng Swee Keat**, Deputy Prime Minister, Coordinating Minister for Economic Policies and Adviser to East Coast GRC GROs, addressing residents who attended a Lasting Power of Attorney Talk on 9 July at the Community Plaza behind Blk 15 Bedok South Road conducted by Ms Ellen Lee, JP, PBM.

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, exchanging information with members of the Singapore Civil Defence Force while emphasising the importance to residents about First Aid and Fire Safety during the Kg Chai Chee Dumpling Festival on 28 May at Heartbeat @ Bedok.



Siglap

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, sharing a moment with visitors during the Siglap Community Club Open House held on 30 and 31 July, which featured activities ranging from badminton and futsal tournaments to bowling sessions, fitness and *wushu* classes. There were also cooking, upcycling and first-aid demonstrations.

Grassroots Adviser **Jessica Tan Soon Neo** (right), Deputy Speaker of Parliament and Adviser to East Coast GRC GROs, gathering feedback from residents on matters relating to estate and government policies during a House Visit session at Sea Breeze Garden Estate in July.



Changi Simei



Kampong Chai Chee



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 with the subject header: "Contact South East (Sep-Dec 2022) – 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 2022 will not be eligible. Limited to one winner per household. **Closing date:** 31 December 2022

Reader's Quiz SEP–DEC 2022

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

1. (Starting A New Chapter, page 14)
The MacPherson Transition Grant conceptualised by South East CDC gives up to _____ to residents affected by the Relocation Exercise.

- a. \$50
- b. \$500
- c. \$5,000

2. (Green and Good, page 7)
What is the end-date of this year's 3M Green Challenge @ South East?

- a. 31 October
- b. 30 November
- c. 31 December

3. (6 Signs of Phishing, page 18)
When it comes to online banking, what do the initials 'OTP' stand for?

- a. Order To Pay
- b. Own Transaction Permit
- c. One-Time Password

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 Sep-Dec 2022 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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