

# Contact

## South East

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SEP – DEC 2025

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## Youths in Motion

How the *South East Youth Ambassadors* are empowering young people and driving change across the district. **PAGE 4**



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Exploring eco-initiatives around Changi Simei, from sustainability booths to community farms.

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Offering companionship, dignity and a sense of home for seniors.

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# Beware of scammers pretending to be government officials

Government officials will **NEVER** do these things over a phone call:



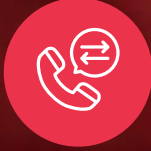
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Ask you to install mobile apps from unofficial app stores



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## Contact South East

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Printed in Singapore by  
KHL Printing Co Pte Ltd.

MDDI (P) 021/09/2025  
ISSN.0219-4031

# BUILDING A COMMUNITY THAT CARES

*Dear Residents and Friends,*

As Mayor of South East District, I am even more focused on walking the ground, specifically to connect, listen and act where I can. It's in these everyday encounters — whether chatting with seniors, caregivers or youths — that I'm reminded how small acts of care and attention can go a long way. Each of us has a role to play in shaping a kinder, more caring and united community.

This is exactly why my CDC team and I continue to strengthen schemes that address daily concerns, such as the CDC Vouchers Scheme that helps residents stretch their dollar while boosting heartland businesses, and why I'm passionate about crafting initiatives that are tailored to our community's unique needs.

I'm also delighted to welcome our residents from Aljunied GRC and Hougang SMC to the South East District. There's something special about bringing people together and discovering the values and interests we share.

As we approach the year-end season, my team and I are developing more community-driven initiatives that matter to you — whether it's supporting caregivers and families, creating opportunities for our young people, or ensuring our seniors can age gracefully with the respect they deserve.

Every resident in our district has a unique personal journey and every small action we take together makes a difference. I believe that by continuing to listen, collaborate and act with purpose, we can make South East a district that truly connects and cares.



**DINESH VASU DASH**  
Minister of State  
Ministry of Culture, Community and Youth  
& Ministry of Manpower  
Mayor, South East District  
Adviser to East Coast GRC GROs (Bedok)

## 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:  
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**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/dineshvdash**  
or on Instagram at  
 **@dineshvasudash**



## CAREER DEVELOPMENT

Career Launch @ South East provided sector-focused career guidance and opportunities for young jobseekers at Parkway Parade.



## COMMUNITY WELLNESS

FairPrice Group Walk for Health @ South East launched with a good community turnout, marking the start of ongoing healthy lifestyle initiatives.



## PARTNERSHIP BUILDING

South East CDC hosted a networking session with East Coast community partners to strengthen collaborations and address evolving community needs.

## 建设一个关爱社区

亲爱的居民和朋友们，

作为东南区市长，我更加注重于深入基层，与居民们建立联系，倾听他们的心声，并在力所能及的范围内采取应对措施。正是在这些日常交流中，无论是与乐龄人士、看护者还是年轻人交谈，我都能深刻体会到，细微的关怀与体贴的关注，都会对社区起到长远的印象和作用。我们每个人都能在塑造一个更友善、更关怀和团结的社区中扮演重要角色。

正因为如此，我与我的社理团队将持续推进并加强各项计划，解决居民所

关注的问题，例如发放社区发展理事会邻里购物券，给予居民现金补助的同时，还能带动邻里商家的收入。我也因此致力于推出更多适应于本区的举措，以回应社区的独特需求。

我非常高兴欢迎阿裕尼集选区和后港单选区的居民加入东南区大家庭。把大家聚集在一起，发现彼此共同的价值观与兴趣，是一件意义非凡的事情。

随着年终将至，我和我的团队正在筹划更多基于社区、以人为本的计

划和活动，旨在支持看护者与家庭，为年轻人创造发展机会，同时确保乐龄人士能在尊重与关怀中安享晚年。

我们区内每一位居民都是独特的个体，我们携手迈出的每一小步，都会对所有人带来积极的改变。我相信，通过持续聆听居民心声、携手合作并采取富有意义的行动，我们必将把东南区打造成一个真正互联互助、充满关爱的社区。

## அக்கறை மிகுந்த சமூகத்தை உருவாக்குகிறோம்

அன்பார்ந்த குடியிருப்பாளர்களே மற்றும் நண்பர்களே,

தென்கிழக்கு வட்டாரத்தின் மேயராக, நான் களத்தில் நின்று, குறிப்பாக என்னால் முடிந்தவரை மக்களுடன் தொடர்புகொண்டு, அவர்களின் கருத்துக்களைக் கேட்டு செயல்படுவதில் அதிக கவனம் செலுத்துகிறேன்.

இந்த அன்றாட சந்திப்புகளில், மூத்தோர்கள், பராமரிப்பாளர்கள் அல்லது இளையோர்கள் என நான் யாருடன் கலந்துரையாடினாலும் - அக்கறையையும் கவனிப்பையும் நல்கும் சிறு செயல்கள் கூட எவ்விதம் அதிகம் பலனளிக்கும் என்பதை எனக்கு நினைவூட்டியது.

கனிவுமிக்க, அதிக அக்கறையுள்ள மற்றும் ஒன்றுபட்ட சமூகத்தை வடிவமைப்பதில் நம் ஒவ்வொருவருக்கும் ஒரு பங்கு உண்டு. இதனால்தான், நானும் எனது சமூக மேம்பாட்டு மன்றக் குழுவும், குடியிருப்பாளர்கள் தங்கள் பணத்தை விரிவாக்க உதவி செய்யும் அதே வேளையில் குடியிருப்பு வட்டாரங்களில்

வணிகங்களையும் ஊக்குவிக்கும் சமூக மேம்பாட்டு மன்றப் பற்றுச்சீட்டுகள் திட்டம் போன்ற அன்றாட கவலைகளை நிவர்த்தி செய்யும் திட்டங்களை தொடர்ந்து வலுப்படுத்தி வருகிறோம், மேலும் இதனாலேயே நானும் எமது சமூகத்தின் தனித்துவமான தேவைகளுக்கு ஏற்ப திட்டங்களை உருவாக்குவதில் ஆர்வமாக உள்ளேன்.

அல்ஜுனிட் குழுத்தொகுதி மற்றும் ஹவ்காங் தனித்தொகுதியில் உள்ள எமது குடியிருப்பாளர்களை தென்கிழக்கு வட்டாரத்திற்கு வரவேற்பதில் நான் மகிழ்ச்சியடைகிறேன். மக்களை ஒன்றிணைப்பதிலும், நாம் பகிர்ந்து கொள்ளும் மதிப்புகள் மற்றும் ஆர்வங்களைக் கண்டறிவதிலும் ஒரு சிறப்பு இருக்கிறது.

ஆண்டின் இறுதிப் பருவத்தை நெருங்கி வருகையில், நானும் எனது குழுவும் பராமரிப்பாளர்கள் மற்றும் குடும்பங்களை

ஆதரிப்பது, எமது இளையர்களுக்கு வாய்ப்புகளை உருவாக்குவது அல்லது எமது மூத்தோர்கள் அவர்கள் பெறுவதற்குத் தகுதியான மரியாதையுடன் சிறப்பாக மூப்படைவதை உறுதி செய்வது என நீங்கள் முக்கியமாகக் கருதும் சமூகம் சார்ந்த திட்டங்களை உருவாக்கி வருகிறோம்.

எமது வட்டாரத்தில் உள்ள ஒவ்வொரு குடியிருப்பாளருக்கும் ஒரு தனித்துவமான தனிப்பட்ட பயணம் உள்ளது. மேலும் நாம் ஒன்றுபட்டு மேற்கொள்ளும் ஒவ்வொரு சிறிய செயலும் ஒரு வித்தியாசத்தை ஏற்படுத்தும். மக்களின் கருத்துக்களைத் தொடர்ந்து செவியுறுவதன் மூலமும், ஒன்றிணைந்து, நோக்கத்துடன் செயல்படுவதன் மூலமும், தென்கிழக்கை உண்மையிலேயே மக்களை இணைக்கும் வட்டாரமாக மற்றும் அக்கறை மிகுந்த வட்டாரமாக மாற்ற முடியும் என்று நான் நம்புகிறேன்.

## MEMBINA MASYARAKAT YANG PRIHATIN

**Para Penduduk dan Rakan-rakan yang Dihormati,**

Sebagai Datuk Bandar Daerah Tenggara, saya lebih fokus meluangkan masa bersama para penduduk, khususnya untuk berhubung, mendengar dan bertindak di dalam kemampuan saya. Dalam pertemuan harian ini — sama ada bersempang dengan golongan warga emas, penjaga atau belia — saya diingatkan bagaimana perkara-perkara kecil yang kita lakukan dengan penuh keprihatinan dan perhatian boleh membawa kesan yang besar. Setiap daripada kita memainkan peranan untuk membentuk sebuah masyarakat yang lebih berhemah, prihatin dan bersatu padu.

Inilah sebabnya mengapa saya dan pasukan CDC saya terus memperkukuhkan skim-skim yang menangani keperluan harian, seperti Skim Baucar CDC yang membantu penduduk menjimatkan wang mereka sambil mempertingkatkan perniagaan tempatan, dan mengapa saya bersemangat untuk melancarkan inisiatif-inisiatif yang disesuaikan kepada keperluan unik masyarakat kita.

Saya juga berbesar hati mengalu-alukan para penduduk kita daripada GRC Aljunied dan SMC Hougang ke Daerah Tenggara. Menyatukan penduduk dan mengenali nilai-nilai serta minat yang kita kongsi bersama adalah sesuatu yang sangat istimewa.

Sambil kita menghampiri musim

akhir tahun, saya dan pasukan saya sedang giat membangunkan lebih banyak inisiatif didorong oleh masyarakat yang bermakna bagi anda — sama ada memberikan sokongan kepada golongan penjaga dan keluarga, mewujudkan peluang untuk golongan muda kita, atau memastikan warga emas kita dapat menjalani usia senja dengan penuh maruah sebagaimana mereka layak terima.

Setiap penduduk di daerah kita mempunyai perjalanan peribadi yang unik dan setiap tindakan kecil yang kita ambil bersama adalah bermakna. Saya percaya bahawa dengan terus mendengar, bekerjasama dan bertindak dengan tujuan, kita boleh menjadikan daerah Tenggara sebagai satu daerah yang benar-benar terhubung dan prihatin.



Mayor Dinesh with the newly appointed SE-YA Executive Committee members.

# FORGING Future Leaders

Get to know the *South East Youth Ambassadors (SE-YA)*, an inspiring network of youth volunteers creating positive change through learning, collaboration and common purpose.

BY KEENAN PEREIRA • PHOTOS BY SOUTH EAST CDC



The *SE-YA Camp 2025* brought together over 30 youth participants for three days of learning, reflection and connection. Held at Civil Service Club @ Changi II during the June school holidays, the camp gave young people from different backgrounds the space to bond, exchange ideas and build the skills they need to shape their communities.

SE-YA forms a dynamic, passionate network of volunteers aged 15 to 35, united by a shared commitment to making a positive impact in the South East District. Beyond just a camp, the programme also anchored the *Youth Volunteer Appreciation & Appointment Ceremony 2025* — an evening that celebrated two years of meaningful volunteer contributions and welcomed a new slate of SE-YA leaders ready to carry the torch forward.

Here are five things that made this year's camp one to remember:

## 1 YOUTHS UNITED BY PURPOSE

From the start, the camp's aim was simple: to bring young people together to imagine a better community and equip them with the skills to make it happen. Over three days, participants found common ground in their shared commitment to service, sparking conversations that extended well beyond the scheduled activities.



Mayor Dinesh and District Councillors sharing insights with the youths.

BELOW: Camp participants during the *Kayak & Klean* session.

...



## 2 SETTING THE FOUNDATION

The camp opened with *Kayak & Klean* at PAssion Wave, an activity that combined environmental action with teamwork. As they paddled and picked up litter, participants experienced first-hand how small, collective actions can make a visible impact. A *Harmony Workshop* by OnePeopleSG and a *Screen Time Wellness* session by Touch Community Services rounded off the day, setting the tone for a camp built on balance, reflection and shared responsibility.

## 3 LEARNING THROUGH EXPLORATION

Day Two deepened the learning with a visit to Mandai Wildlife Reserve. It was an opportunity for participants to explore what service looks like in practice through an educational session and guided tour. Participants learned about conservation efforts and gained insights into how community work takes many forms, including environmental stewardship and wildlife protection.

## 4 RECOGNISING YOUNG LEADERS

The *Youth Volunteer Appreciation & Appointment Ceremony* took place on the evening of the second day of camp at The Common Ground. It featured a video montage, a speech by Mr Dinesh Vasu Dash, Mayor of South East District, an award presentation, and a Human Library segment where South East District Councillors shared personal volunteering journeys with more than 50 camp participants and alumni. The night ended with the appointment of the new SE-YA executive committee and team leaders.

## 5 EMPOWERED TO LEAD

On the third day, the camp closed with an inspirational talk by District Councillor Mr David Boxall, encouraging participants to lead with heart and purpose.



ABOVE: Camp participants with District Councillor Mr David Boxall.



LEFT: Camp participants engaging in a *Harmony Workshop*.

...



## 5 MINUTES WITH... YEO DING QIN, CHAIR OF SE-YA

### Q How did your volunteering journey begin?

A Honestly, I first signed up when I was 15 because I wanted CCA points. But once I got to know the people and saw the impact we could make, I just kept going. My first project was with the *Community Laboratory* programme, where we did an art therapy activity with seniors during National Day. It was a small thing, but seeing their joy really moved me.

### Q What moment has stayed with you the most?

A During one of the *Purple Parade* events where SE-YA participated as a contingent, a beneficiary from the Muscular Dystrophy Association asked me for help with using the toilet. I was stunned at first, but my mentor told me it was a sign of trust. That moment meant a lot to me.

### Q What's your vision for SE-YA?

A I want to build a stronger identity for the programme and tackle real issues like mental health and career uncertainty.

### Q Share your advice for new volunteers.

A Just show up. Once you do, there are so many ways to grow — from a participant to a leader.





Participants at the inaugural *TeaSE Your Palette* session held at Wisma Geylang Serai.

# BONDING OVER BREWS

Residents discovered how tea appreciation can spark conversations and celebrate Singapore's multi-ethnic heritage.

BY AUDRINA GAN • PHOTOS BY SOUTH EAST CDC



On 27 July 2025, South East CDC brought together 80 participants from grassroots groups, religious organisations, schools and social service agencies for a unique cultural experience where they bonded over different types of tea.

Held at Wisma Geylang Serai, *TeaSE Your Palette* was more than a tea-tasting session. The workshop aimed to spark conversations and build common ground by exploring how tea traditions across different cultures reflect our shared values and heritage. Participants were treated to a sensory journey across Chinese, Malay, Indian and English tea traditions. From learning the etiquette of Chinese tea to pulling *teh tarik* and brewing spicy *masala chai*, the hands-on demonstrations proved both informative and engaging.

One of the key highlights was the Chinese tea segment led by tea masters. Participants sampled smoky oolong and *pu'er* teas aged up to four years and learnt proper tea etiquette such as how to hold a teacup to avoid scalding. The tea masters also shared how aged teas can help warm the body and improve digestion, offering participants a glimpse into tea's practical role in health and wellness.

## MORE THAN JUST A SIMPLE CUP OF TEA

At the Indian tea booth, the tea master introduced the health benefits of *masala* tea, explaining how spices like ginger, fennel seeds and black pepper aid digestion and relaxation. He also shared tips on when to enjoy *masala* tea — either in the

“ Each tea tradition is distinct, yet they all invoke a welcome connection and care, from the mindfulness of Chinese tea to the boldness of Indian *chai*, warmth of Malay *teh tarik*, and adaptability of European infusions.

**Mr Mohamed Irshad, South East District Councillor and Harmony Committee Chairman (pictured left)**



morning to wake the senses or in the late afternoon to unwind. Participants also tried their hand at pulling *teh tarik* and gained a deeper appreciation for the technique involved.

In another corner, participants explored the difference between English afternoon tea and high tea. They learnt that while afternoon tea

is often associated with upper-class leisure and light bites like scones and sandwiches, high tea originated as a more substantial meal for the working class.

## PROMOTING HARMONY THROUGH A SIP

Mr Mohamed Irshad, South East District Councillor and Harmony Committee Chairman, shared that tea is, in many ways, a symbol of harmony. He reminded participants that harmony in Singapore is not something to be taken for granted, and must be nurtured and protected. Programmes such as this, he said, help deepen our appreciation for different cultures as we celebrate racial diversity in Singapore.

To wrap up the afternoon, a short documentary on the origins and cultural significance of tea was screened, reinforcing how this humble beverage connects people across generations and geographies. Participants left with warm and open hearts, a reminder that sometimes harmony starts with something as simple as sharing a cup of tea.



A tea master (pictured left, standing) demonstrating traditional brewing methods to participants while sharing tea's cultural significance and health benefits.

“ I learnt that pulling *teh tarik* takes strength and precision, such as how to hold the pot and pour from the right height without scalding myself. The higher you pull, the better the tea tastes.

**Mdm Linda Ong, 70, South East resident**



“ Drinking a cup of tea can help us celebrate diversity together, so we can get to know each other better and build common bridges.

**Mr Fazlur Rahman Kamsani, Coordinator for Marine Parade Cluster Harmony Circle & Member of the Coordinating Council**



# SPREADING GOOD CHEER And Building Connections

A look at how South East CDC's corporate partners have been engaging communities through purpose-driven programmes.

BY AUDRINA GAN • PHOTOS BY SOUTH EAST CDC



A group shot of Mayor Dinesh with the attendees of Maybank SG60 Silver Buddies @ South East launch event.



In a heartening show of corporate social responsibility, Maybank, Kenvue and Citi have launched meaningful initiatives that extend far beyond business goals. These programmes aim to uplift seniors, empower communities and promote healthier living while fostering meaningful connections within South East District. Rolled out in partnership with South East CDC, these initiatives embody the spirit of care and community engagement that aligns with Singapore's SG60 celebrations.

## MAYBANK SG60 SILVER BUDDIES: HONOURING SENIORS, STRENGTHENING BONDS

To mark its 65<sup>th</sup> year in Singapore, Maybank launched the *SG60 Silver Buddies @ South East* programme, with a strong focus on

supporting seniors. Supported by a \$65,000 donation and powered by 900 staff volunteers, the initiative engages 1,600 seniors through activities like communal dining, home decluttering, group grocery runs and distributions of essential care packages.

The programme was officially launched in July with a celebratory event at Wisma Geylang Serai that welcomed 250 seniors from partner organisations, including THK Active Ageing Centre (AAC) @ MacPherson and 4S AAC @ Eunos Crescent, among many others. Participating seniors enjoyed a nostalgic National Day quiz, sing-alongs of local songs such as 'Home', and entertaining dance and ukulele performances.

These initiatives extend beyond mere activities, combating social isolation among elderly residents while recognising their diverse talents and experiences. For instance, Mr Tan Kok Hoe, 84, a former artist and award-winning photographer created a colourful artwork of *chee cheong fun*, porridge and satay for the event. "When I have time, I still like to paint for fun," he said.

In his welcome address, Mr Dinesh Vasu Dash, Mayor of South East District, commended Maybank's long-standing partnership with South East CDC and emphasised the importance of collaborative community efforts to support and include seniors. Mr Alvin Lee, Country CEO & CEO, Maybank Singapore, reflected on the bank's long journey. "For 65 years, Maybank has been privileged to grow alongside Singapore, supporting generations of individuals, families and businesses," he said. "This programme is our way of honouring Singapore's seniors and contributing to the nation's vibrant community spirit"

## KENVUE SG60 HEALTHY LIVES CHALLENGE: EVERYDAY CARE FOR BETTER HEALTH

Launched in May 2025, the *Kenvue SG60 Healthy Lives Challenge @ South East* encouraged individuals and organisations to participate in simple lifestyle activities across three themes — Healthy People, Healthy Planet and Healthy Practice.



**"I'm very happy that we can go out and mingle with other seniors. Through these sessions, I've made good friends. For this event, I coloured a hawker food picture with chicken rice, nasi lemak and other dishes — it was fun!"**

Mdm Tan Guat Ngor, 86, a senior from Peacehaven Bedok Arena, The Salvation Army

Participants completed activities such as practising yoga, contributing to a community fridge, joining a recycling drive or donating usable items to someone in need. For each activity completed, Kenvue donated a \$30 care pack to a vulnerable senior in South East District, empowering our seniors through simple daily rituals of care. The challenge



Representatives from South East CDC, Kenvue volunteers, and seniors and staff from NTUC Health Senior Day Care (Wisma Geylang Serai) gathered for a group photo.

inspired widespread participation and led to the distribution of 500 care packs. But more than just numbers, it showed how individual small efforts can add up to big impact. Residents were involved in promoting wellness and sustainability while helping their neighbours. This brought the community together in a meaningful way.

## CITI GLOBAL COMMUNITY DAY: 12 YEARS OF PARTNERSHIP AND PURPOSE

Citi's Global Community Day in June 2025 saw 482 staff volunteers roll up their sleeves to serve more than 1,200 beneficiaries through 19 ground-up projects. From hosting outings to the Bird Paradise and Singapore Zoo to organising bingo, art and chair exercises at senior centres, Citi volunteers brought energy and compassion into every activity. The bank also supported low-income families with care packs and conducted house-cleaning for vulnerable residents. Now in its 12<sup>th</sup> year of partnership with South East CDC, Citi continues to demonstrate the power of sustained, people-first corporate social responsibility.



Kenvue volunteers engaging with seniors at NTUC Health Senior Day Care (Wisma Geylang Serai) for the *Kenvue SG60 Healthy Lives Challenge @ South East* campaign.

## WHEN COMPANIES CARE, COMMUNITIES THRIVE

The collective efforts of partners like, Maybank, Kenvue and Citi have shown that corporate social responsibility is not just about giving — it is about engaging, connecting and uplifting local communities. Whether through joyful gatherings, wellness activities or acts of service, these initiatives highlight what is possible when purpose drives action. In a world where people often feel isolated or overlooked, these efforts remind us that small acts backed by big hearts can spark meaningful change.

**"I really enjoyed the games, and I was happy to win a prize. I do Zumba and yoga at 4S Active Ageing Centre, but it means a lot to be part of something bigger like this. It keeps me occupied and mentally strong."**

Mdm Norhayani Abdul Rahman, 64, a senior from 4S AAC @ Eunos Crescent



Mayor Dinesh joining the Citi volunteers to engage seniors at St Andrew's Active Ageing Centre.

# SMALL STEPS TOWARDS HEALTHIER SCREEN HABITS



Parents and children worked together at a workshop to discover practical ways to balance screen time with meaningful family connections.

BY AUDRINA GAN • PHOTOS BY JEFF TAN



On 22 June 2025, families picked up simple tips to manage screen time and bond better at the *Beyond The Screen* workshop held at Bedok Horizon RC, organised by South East CDC. The workshop gave parents and children a chance to reflect on their device usage and learn holistic ways to build healthier digital habits at home. As facilitator, Mr Shem Yao from TOUCH Community Services, who has over 15 years of experience supporting families, pointed out, "Most of the parents I meet say it's a challenge to

manage their kids' screen time and it often leads to family disputes."

To get everyone talking, families participated in a fun family quiz where parents and kids took turns answering questions about one another's screen habits and even discussed gadgets from the past like pagers. Later, each family played a round of the *Crossy Road* online game together, where they had to dodge traffic, hop across logs and sidestep trains to collect coins. The objective of these interactive activities, as Mr Yao explained, is

that shared activities — whether online or offline — can strengthen the parent-child bond and prevent family disconnection.

Mr Yao encouraged families to be proactive in shaping a healthy family culture around device use. He reminded parents that children are more likely to manage screen time well when healthy boundaries are introduced from a young age. He also asked parents to reflect on whether their own behaviour might be setting the tone: "Has your child ever asked you to put your phone down?"

## SET HEALTHY SCREEN HABITS EARLY

Another practical tip shared was the 'healthy habit tracker' — a visual way for families to negotiate screen time in exchange for responsibilities like homework or household chores. This helps children take ownership of their time while giving parents a clear framework to work with.

The workshop also touched on content management for children. Mr Yao shared that when his eldest son was in primary school, he avoided letting him watch violent superhero movies despite peer pressure from friends. Instead, he

**“ I learnt it's better to seek cooperation than coercion, so I'll try negotiating screen time with my daughter using the healthy habit tracker.**

Mdm Mawarni, 48, (pictured right) with her teen daughter



introduced age-appropriate alternatives like guided YouTube content. He also reminded parents to be aware of apps and platforms that are designed to be addictive including social media, online shopping and gaming. Parents should step in if they notice signs of overuse.

educational fishing videos — based on each child's interests. As Mayor of South East District, Mr Dinesh Vasu Dash reminded parents at the event, "It's very difficult to fight technology but we can balance it. What's most important is quality bonding time. You can't substitute the parent with an electronic device."

At the end of the workshop, families left with a clear message that they need to spend time together, set fair rules and remember that sometimes, it's okay to put the screens aside and simply enjoy one another's company.

**“ From the workshop, I learnt to give my children some leeway and choices instead of always saying no.**

Ms Tay Ya Yin (pictured below) with her son



Facilitator Mr Yao shared tips on responsible screen usage with participants.



Mayor Dinesh engaging with a family at the workshop.



# DISCOVERING Changkat-Simei's SustainaTrail

Residents explored a variety of eco-initiatives around their estate, from sustainability stations to a community farm.

BY AUDRINA GAN • PHOTOS BY JEFF TAN



Adviser Ms Jessica Tan presented residents with an overview of sustainability initiatives in Changkat-Simei.

Held on 5 July 2025, the *SustainaTrail@Changkat-Simei* was an inspiring community trail designed by Changkat Primary School to spark eco-friendly awareness and habits among residents. Supported by South East CDC's Sustainable Living Grant, the trail showcased how schools and community partners can collaborate to make sustainability a part of everyday life.

Grassroots Adviser for East Coast GRC (Changi Simei) Ms Jessica Tan, who officiated the trail in commemoration with Changkat Primary School's 60<sup>th</sup> anniversary, praised its close partnership with the community. "What we've done here is not only develop our young minds and our community, but also help to bring families and residents together," she said, encouraging participants to take small steps toward a greener future.

## ECO HIGHLIGHTS AT CHANGKAT PRIMARY

During the trail, Ms Tan and residents toured Changkat Primary's sustainability stations, where students proudly shared their green projects. These included a worm composting station enabled by South East CDC's Wormery Movement, where food scraps from canteen vendors are turned into fertiliser.

Other highlights at the school included an aquaponics setup whose harvests are shared with families in need through the Changi Simei community fridge. There were also showcases by the Singapore University

“Through doing worm composting, I learnt that everyone has a role to play in keeping the environment green.”

Srithik Kumar Sattiraju, (pictured left) student of Changkat Primary School



“I like doing worm composting because the worms can turn food waste into fertiliser.”

Tan Liwen, (pictured right) student of Changkat Primary School

of Technology and Design (SUTD) on solar energy, Changkat Changi Secondary School on growing herbs like rosemary and mint through stem-cutting, and ITE College East on upcycling materials.

## EMBARKING ON THE TRAIL

The trail continued to Changi Simei Community Club, where residents learnt to upcycle textile waste and toilet rolls into creative pencil holders. At Eastpoint Mall, participants — including Mr Muhammad

Afandi Shahrin, a long-time Simei resident — discovered a Food Bank collection point that encourages people to donate surplus food and reduce waste.

Over at Farm@116, participants admired edible plants like pandan and curry leaves, and saw raised planters designed for wheelchair users.

By connecting these meaningful green spots, the *SustainaTrail* had built a strong culture of sustainability for today and tomorrow. As Ms Tan put it, "Together as a community, we can make changes that last — not just for now, but for future generations."

“I find the farm visit very interesting. I even picked a blue pea flower from the farm. As part of my own sustainable living habits, I make it a point to throw my drink bottles into the recycling bin.”



Mr Muhammad Afandi Shahrin, South East resident



A group of dedicated community gardeners of all ages at their flourishing garden, Farm@116, which was part of the *SustainaTrail@Changkat-Simei*.

# 2025 NATIONAL DAY AWARD RECIPIENTS

We extend our heartfelt congratulations to our dedicated community volunteers, who were honoured for their invaluable service as we commemorate SG60.

## THE PUBLIC SERVICE STAR (BAR), BBM (L)

**Bintang Bakti Masyarakat (Lintang)**

The Public Service Star (Bar), BBM (L), is awarded to any person who has rendered significant contributions after being awarded the BBM.



Mr Lim Thiam Poh, Anthony, BBM  
Member, MacPherson CCC



Mr Patrick Ng Bee Soon, BBM  
Patron, Marine Parade CCMC



Mr Melvin Chua Ee Song, BBM  
Patron, Eunos CCC

## 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 themselves in the fields of arts and letters, sports, the sciences, business, the professions and the labour movement.



Mr Chua Chin Leng, Larry, PBM  
Chairman, Bedok CCC



Mr Chu Chee Keong, PBM  
Patron, MacPherson CCC



Mr Kee Sek Soon, PBM  
Chairman, Fengshan CCMC  
Member, Fengshan CCC



Mr Wong Foo Wah, Sean Christopher, PBM  
Secretary, Joo Chiat CCC



Mr Loo Chin Nong, PBM  
Vice-Chairman, Braddell Heights CCC



Mr Chua Leong Hai, PBM  
Patron, Kembangan CCC



Mr Mohamed Said Bin Ali, PBM  
Vice-Chairman, Changi Simei CCC  
Vice-Chairman, Changi Simei CC MAEC



Mr Goi Kok Ming, Kenneth, PBM  
Patron, Braddell Heights CCC  
Vice-Chairman, Marine Parade CCC  
Member, South East CDC

THE PUBLIC SERVICE  
STAR, BBM

Bintang Bakti Masyarakat



**Mr Tan Ah Tee, Raymond,  
PBM**  
Patron, Eunus CCMC



**Mr Ang Hwee Meng, Ralph,  
PBM**  
Chairman, Kaki Bukit CCC



**Mr Chua Soon Hong, Jerry,  
PBM**  
Chairman, Paya Lebar Zone 4 RN  
Member, Paya Lebar CCC



**Mr Quek Chiang Thye, Arthur,  
PBM**  
Former Member, Serangoon 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 their achievement in the field of arts and letters, sports, the sciences, business, the professions and the labour movement.



**Mr Chan Fook Chin**  
Assistant Treasurer, Kampong Chai Chee CCC  
Auditor, Longvale RN



**Mdm Loo Siok Chen**  
Member, Kembangan CCC



**Mr Wong Kok Chye**  
Chairman, East View Garden RN  
Vice-Chairman, Changi Simei CCC



**Mr Woo Yung Kong**  
Chairman, Kampong Chai Chee C2E  
Vice-Chairman, Kampong Chai Chee Bedok  
Reservoir View RN  
Member, Kampong Chai Chee CCC



**Miss Teo Qi Shan**  
Chairperson, Geylang Serai YN



**Mr Mohamed Zailani  
Bin Mohamed Said**  
Member, Geylang Serai CCC



**Mr Abbas Ali Mohamed Irshad**  
Member, South East CDC



**Mr Alexander Rudiyanto Huang**  
Member, Mountbatten CCC

THE PUBLIC SERVICE MEDAL, PBM

Pingat Bakti Masyarakat



**Mdm Kwek Yan Ling**  
Member, Bedok CCC



**Miss Joyce Wong Shu Ling**  
Member, Braddell Heights CCC



**Mr Gerald Tee Kim Toon**  
Chairman, Joo Chiat CSN  
Chairman, Telok Kurau-East Coast RN  
Vice-Chairman, Joo Chiat CCC



**Mdm Lee Phaik Ee, Peggy**  
Assistant Secretary, Fengshan CCC



**Mr King Zhi Liang Chris**  
Member, Bedok Reservoir-Punggol CCC



**Mr Tan Poh Chye**  
Member, Kaki Bukit CCC



**Mr Tony Tan Choon Keat**  
Patron, Marine Parade CCC



**Mr Mohd Suhaimi B  
Abdul Hafidz**  
Member, Bedok Reservoir-Punggol CCC



**Mr Tan Kheng Swee, Richard**  
Chairman, Kovan RN  
Member, Paya Lebar CCC



**Mr Lee Wei Kwang**  
Patron, Hougang CCC



**Mdm Chong Suk Shien, JP**  
Patron, Serangoon CCC



**Mr Seah Bock Swee**  
Auditor, Hougang CCC

GRASSROOTS LEADERS NOMINATED BY MINISTRIES



PBM

**Mdm Sharifah Masturah  
Shahab-Yokoyama**  
Ministry of Social and Family Development  
Vice-Chairperson of Board of Visitors,  
Adult Disability Homes  
Member of Marine Parade CCC



PBM

**Mr Ang Kiam Meng**  
Ministry of Trade and Industry  
Chairman of Commerce & Industry  
Committee, SCCI  
Patron of MacPherson CCC

# Connecting Community Needs WITH SOLUTIONS

**Mr Kenneth Goi, BBM**, believes that real community work begins with paying attention to the needs of residents, and leveraging on his experience and values to help them.

BY KEENAN PEREIRA



When a group of hawkers in the South East District struggled to keep their stalls open during the COVID-19 pandemic, South East CDC and its District Councillors, including Mr Kenneth Goi, BBM, stepped in to help. Working with community partners, they helped coordinate a relief effort that offered small but vital grants to hawkers whose incomes had vanished overnight. “They weren’t asking for handouts,” Mr Goi recalls. “They just needed someone to listen, to understand how the policies relating to the pandemic were able to assist their livelihood.”

That moment captures what Mr Goi, 52, has been doing for much of his adult life — bridging the gap between people and the policies that affect them. A long-serving volunteer and member of the South East District Council, he has spent 14 years helping residents understand and benefit from government initiatives, and ensuring that support reaches those who need it most.

## TURNING INTENT INTO ACTION

Mr Goi works in the private sector, where he oversees corporate operations. Outside of work, he channels that same sense of structure and accountability into community service. He joined the District Council after receiving an invitation from then-Mayor Dr Maliki Osman, and has since served under both Dr Maliki’s successor, Mayor Fahmi Aliman, as well as current Mayor Dinesh Vasu Dash. This long tenure has given him a deep understanding of community dynamics and how to keep local programmes relevant as needs evolve.

During the COVID-19 crisis, Mr Goi saw first-hand how coordination across agencies and community partners could make a real difference. The Council became a trusted source of information and aid, helping residents navigate constantly changing safety regulations and



**Mr Kenneth Goi**  
Patron, Braddell Heights CCC  
Vice-Chairman, Marine Parade CCC  
Member, South East CDC

financial support schemes. “When information flows clearly, anxiety drops and trust builds,” he says. Today, his focus has turned to long-term community resilience. Mr Goi supports programmes that promote mental wellness and environmental sustainability. He has backed initiatives that encourage residents to stay socially connected, participate in mental health dialogues and adopt sustainable daily habits. “The issues may change,” he notes, “but the purpose is the same: to help the community take care of one another.”

## GUIDED BY VALUES AND HUMILITY

Service, for Mr Goi, is both a personal value and a family tradition. Inspired by his parents’ volunteer work, he has involved his three children in community service from a young age, bringing them along for house clean-ups and visits to elderly residents and those with special needs. “It helps them understand that community isn’t an abstract idea — it’s something you build,” he says.

As a recipient of the Public Service Star (BBM), Mr Goi is quick to share credit with others. “This award isn’t about me,” he says, expressing gratitude to past and present Mayors, and the grassroots leaders who nominated him. “It belongs to everyone who believes that even small acts of service can make a big difference.”

# A Place to BELONG

The Geylang East Senior Care Centre provides more than day care — it offers companionship, dignity and a sense of home for seniors, while inviting the community to help transform lives.

BY KEENAN PEREIRA • PHOTOS BY DILLON TAN



Every morning, a small fleet of vehicles spreads through the neighbourhood, picking up seniors for their day at the Geylang East Senior Care Centre (GESCC). By afternoon, the buses bring them home after hours filled with care, companionship and purposeful activities.

Founded in 2002 and managed by Geylang East Home for the Aged (GEHA), GESCC has evolved from a basic day care facility into a comprehensive hub supporting seniors’ physical, emotional and social well-being. Most of the seniors served by the centre reside within a 5km radius and range in age from 60 to a remarkable 104 years old — this notable senior has been under GESCC’s care for the past four years.



Members of GEHA Management Committee comprising (from left) Assistant Treasurer, Mr Yong Teck Chai; Chairman, Mr Benny Lee; Vice-Chairman, Ms Michelle Lim; and Assistant Secretary, Mr Harrie Low.

Whether they are independent or require assistance with mobility, rehabilitation or dementia care, every senior at GESCC experiences warmth, dignity and a sense of belonging here.

## CARE BEYOND BASICS

GESCC runs three main programmes: Maintenance Day Care, which focuses on social and recreational activities; Dementia Day Care, which aims to provide cognitive stimulation and behaviour management; and rehabilitation services led by physiotherapists and occupational therapists. “The greatest need is often companionship,” says its Chairman Mr Benny Lee. “Many seniors seek a place where they can connect with others and feel part of a community.”

Mdm Lim is one such senior who eagerly anticipates each day at the centre. After losing her husband and being diagnosed with dementia, she initially appeared withdrawn. However, she gradually rediscovered joy through art therapy and small-group activities — and even a new passion for gardening.

## SUPPORT FOR FAMILIES

For families balancing work and caregiving, GESCC provides much-needed respite. “Families often worry about leaving their elderly loved ones alone at home,” Mr Lee reveals. “At GESCC, we go beyond basic

care — we provide a warm, stimulating environment where seniors can socialise, engage in activities and feel truly cared for. This not only reduces caregiver stress but also prevents burnout.” Affordability is also addressed. Staff guide families through subsidy applications with the Ministry of Health and the Agency for Integrated Care.

## POWERED BY VOLUNTEERS AND PARTNERS

Volunteers are the heartbeat of GESCC. Some lead activities, organise excursions and meals, while others engage in meaningful interactions with the seniors. Many long-term volunteers also inspire others to join, widening the circle of care. Schools co-create intergenerational programmes, and organisations contribute through corporate social responsibility projects. Each partnership brings music, art and a sense of community to the centre.

GESCC’s work is strengthened through meaningful partnerships with organisations such as South East CDC, which supported two of their key initiatives. These include the Community Wellness Grant, which supports the well-being of GESCC staff and volunteers through targeted training programmes to help them in their work, as well as the WeCare Arts Fund, which helps integrate arts into the seniors’ daily routine to enhance their cognition, motor skills and emotional expression.



The Geylang East Senior Care Centre is a one-stop service centre that provides integrated day care facilities to seniors who are living in the community.

The centre is located at 96 Aljunied Crescent #01-467 Singapore 380096. It operates from Mondays to Fridays, 8.00am to 5.30pm.

► For more information, visit [www.geha.org.sg](http://www.geha.org.sg).

Scan the QR code or visit [www.linktr.ee/GEHA\\_Network](http://www.linktr.ee/GEHA_Network) for more info.



# FROM HUMBLE BEGINNINGS TO SERVING AS MAYOR

Mr Dinesh Vasu Dash's path to becoming Mayor of South East District was shaped by his growing up experiences and a deep commitment to community service. From his volunteer work to his early days in public service, he has always believed in the power of listening and connecting with people.

BY AUDRINA GAN



"My life started in a one-room police quarter," said Mayor Dinesh Vasu Dash, reflecting on his early growing up years. His family later moved to a three-room HDB flat — a transition many Singaporeans of his generation would find familiar. These experiences shaped his understanding of community and resilience, themes that continue to guide his approach as Mayor of South East District.

Growing up in this environment taught him to value authentic connections and understand the diverse experiences within Singapore's communities. These principles stayed with him throughout his career — from his two decades in the Singapore Armed Forces, to helping Singapore tackle COVID-19 during his time at the Ministry of Health, and later leading efforts at the Agency for Integrated Care (AIC). "All these roles taught me the importance of listening first and acting decisively when needed," he shares.

Beyond his official positions, Mayor Dinesh credits his volunteering experiences as the most formative

in shaping his approach to public service. "It's the time I spent as a volunteer that shaped my belief that every resident deserves to feel supported and connected," he says. One such experience was the eight years he spent volunteering at a nursing home, where he met a resident in his 90s who shared vivid stories of life during the Second World War and early post-colonial era. "Through him, I learnt how resilience runs deep in our people," Mayor Dinesh reflects.

## LEADERSHIP THROUGH LISTENING

Today, he brings this same thoughtful and community-focused leadership to the South East District. Grounded in his belief in walking the ground and listening first, he sees the arts as a good way to build vibrancy and connection in the community. "In a place like Singapore, the arts give us that sense of culture and creativity," he says. "When we bring the arts into the heartlands, it helps make everyday spaces come alive."

He hopes to explore programmes that encourage creativity while building stronger connections in the district — whether through performing arts, visual arts or community events. "That's something I'd love to develop further, especially in a district as diverse and dynamic as South East," he adds.

Mayor Dinesh also recalls his time volunteering at a neighbourhood school, where he once watched a group of students perform a *guzheng* piece — a traditional Chinese string instrument. The performance left a strong impression on him. "Through their performance, the students showed me that talent and dreams

“It's the time I spent as a volunteer that shaped my belief that every resident deserves to feel supported and connected.”

Mr Dinesh Vasu Dash, Mayor of South East District and Adviser to East Coast GRC GROs, Bedok division



can bloom anywhere if we nurture and connect our young people well," he says. For him, moments like this reflect the importance of creating opportunities for the next generation — whether in education, the arts or the community — so that every young person can be encouraged to grow and do well.

## BEYOND THE OFFICE

Outside of work, Mayor Dinesh keeps a routine that helps him stay grounded — hitting the gym for short workouts and spending time with family. He is also a music lover and sees it as a personal outlet that helps him recharge. While he doesn't live in the East, he appreciates the district's vibrant food culture. "The food at Block 58 and Block 16 markets in Bedok is really good," he notes with a smile.

His advice to residents is to stay healthy and connected. For him, caring for the community includes reminding residents — especially seniors — to prioritise their well-being. "My advice to seniors is to look after their health, stay socially connected and be open to new experiences," he says. For young adults and parents, he encourages them to take a broader view of life and not let worries stop them from moving forward. "Sometimes

things can be overwhelming," he says. "But this shouldn't stop you from wanting to try or take that first step."

Mayor Dinesh has observed that, as a significant number of South East residents live so close to the sea, they are naturally more conscious about caring for the environment. "If there's global warming and the sea level rises, residents in the East Coast area would probably be affected first because the area has been based pretty much on reclaimed land," he said. He also notes the strong connection between South East residents and nature as he observes how they enjoy walking outdoors. "Perhaps this habit of connecting with nature explains why many South East residents look so young and vibrant," Mayor Dinesh remarks with a smile.

He also pointed out that sustainability is part of everyday life in the South East District. For example, residents in his constituency are very specific about what they can put inside the blue recycling bin. "My residents get upset when people put things that are not supposed to be thrown into the blue bin," he shares, echoing the spirit of eco-consciousness that has already taken root in South East community.

Follow Mr Dinesh Vasu Dash on Facebook and Instagram to know more about his work

facebook.com/dineshvdash  
@dineshvasudash



In this same spirit, Contact South East will go **fully digital by April 2026** to reduce paper use. Sign up to be part of our mailing list today at [go.gov.sg/cse-godigital](https://go.gov.sg/cse-godigital) to keep receiving community stories, updates on programmes and sustainability tips — right at your fingertips. Together, let's keep South East District green and connected.

## 从平凡的起点到东南区市长

东南区市长**迪内希**的成长经历和怀着对服务社区的深切信念塑造了他的人生道路。从义工服务到投身公共服务，他始终坚信倾听和与他人沟通的巨大力量。

在回顾年轻的成长经历，迪内希市长表示：“我的人生是从一间一房式警察宿舍开始的。”后来，他和家人搬入了一间三房式组屋——这种迁居经历，对那个年代许多的国人来说并不陌生。这些成长经历，让他深刻体会到“社区”与“坚韧”的意义，也成为他日后担任东南区市长时所遵循的重要指引。

在这样的环境下成长，让他学会了珍视真诚的人际关系，也让他理解了新加坡不同社区中的多元体验。这些原则伴随他走过职业生涯的每个阶段——从在新加坡武装部队服役二十年，到在卫生部任职时协助全国抗击冠病疫情，再到领导护联中心的工作。“这些经历都让我体会到，首先要学会倾听，然后在需要时采取果断行动。”他分享道。

除了公职以外，迪内希市长还认为，他曾经的义工服务经历对他应对公共服务影响深远。“正是我担任义工的那段时光，让我坚信每一位居民都应该获得支持，并感到被关注。”其中让他最难忘的，是他在一家养老院担任义工的八年时光。在那里，他结识了一名九十多岁的住户，老人向他讲述了二战时期与后殖民时代早期的生活故事。“从他身上，我看到我们国人坚韧不拔的精神。”迪内希市长感叹道。

### 以倾听为本的领导方式

如今，他把这种同样经过深思熟虑并以社区为中心的领导方式带到东南区。他相信深入社区、倾听居民是了解民意的关键，同时也认为艺术是散发社区活力与促进邻里联系的良好途径。“在新加坡这样的地方，艺术能赋予我们文化与创造力的气息。”他说道。“当我们把艺术带入邻里社区，就能让日常空间焕发生机。”

他希望通过艺术表演、视觉艺术与社区活动等方式，进一步推动能激发创意、凝聚社区的计划。“这是我希望继续发展的方向，尤其是在像东南区这样多元而充满活力的地方。”他补充说。迪内希市长还回忆起他在邻里学校做义工的经历，有一次他看到了一群学生使用传统华族乐器古筝演奏乐曲。这场表演给他留下了深刻的印象。“通过他们的表演，我意识到，只要我们悉心培养年轻人，给予足够的关注，才华与梦想能在任何地方绽放。”他说。这类经历时刻提醒着他，无论是在教育、艺术还是社区活动，都应该致力于为年轻一代创造更多成长与发展的机会。

### 工作之余

在工作之外，迪内希市长也保持着自律的生活节奏——不仅坚持去健身房运动，还珍惜与家人相处的时光。他热爱音乐，把它当成一种让自己充电的休闲方式。虽然他不住在东部，但他对这里丰富多样的美食文化情有独钟。“勿洛第58座和16座熟食中心的食物真的很棒。”他笑着说。

他建议居民保持健康，增进联系。对他来说，关怀社区也包括提醒居民——尤其是乐龄人士——重视自己的身心健康。“我对乐龄人士的建议是，要照顾好自己的健康，保持社交联系，并且乐于接受新的事物。”他说。对于年轻人和为人父母者，他鼓励他们用更广阔的视角看待生活，不要让担心忧虑阻碍他们的人生道路。

“有时候，生活确实让人感到压力重重。”他说。“但这不应阻止你去尝试新事物，或者迈出第一步。”

迪内希市长注意到，由于相当大的一部分东南区居民居住在靠近海的地方，他们自然地更注重保护环境。“如果全球变暖导致海平面上升，东海岸地区的居民可能首当其冲，因为这里大部分是填海土地。”他说。他还注意到东南区居民与大自然的紧密联系，因为很多人喜欢在户外散步。“也许正是因为他们常与自然相伴，所以东南区的居民都看起来年轻而充满活力。”迪内希市长笑着说。

他还指出，可持续性已经融入东南区居民的日常生活。例如，他所在选区的居民都很清楚哪些物品才能放进蓝色回收箱。“如果有人丢错垃圾，他们就会非常在意。”他分享道，这切实彰显了东南区居民深植内心的环保意识。



## DARI PERMULAAN YANG SEDERHANA SEHINGGA BERKHIDMAT SEBAGAI DATUK BANDAR

Perjalanan **Encik Dinesh Vasu Dash** menjadi Datuk Bandar Daerah Tenggara terbentuk daripada pengalamannya membesar di Singapura serta komitmen yang mendalam untuk berkhidmat. Dari kerja sukarelanya sehingga tempoh awalnya dalam perkhidmatan awam, beliau sentiasa mempercayai akan peri pentingnya mendengarkan dan berhubung dengan para penduduk.

“Hidup saya bermula di kuarters polis satu bilik,” kata Datuk Bandar Dinesh Vasu Dash, mengimbas kembali tahun-tahun awal beliau membesar di Singapura. Keluarganya kemudiannya berpindah ke sebuah flat HDB tiga bilik — pengalaman yang lazim dilalui ramai rakyat Singapura yang segenerasi dengannya. Pengalaman-pengalaman ini membentuk pemahamannya tentang masyarakat dan daya tahan, tema yang terus membimbing pendekatannya sebagai Datuk Bandar Daerah Tenggara.

Membesar dalam persekitaran ini mengajar beliau untuk menghargai hubungan yang tulen dan memahami pengalaman masyarakat Singapura yang pelbagai. Prinsip-prinsip ini kekal dengannya sepanjang kerjayanya — dari dua dekad beliau bersama Angkatan Tentera Singapura, sehingga membantu Singapura menangani COVID-19 semasa tempohnya di Kementerian Kesihatan, dan kemudiannya memimpin usaha-usaha penting di Agensi Penjagaan Bersepadu (AIC). “Semua peranan ini mengajar saya akan pentingnya mendengar dahulu dan bertindak tegas apabila perlu,” kongsi beliau.

Selain jawatan rasminya, Datuk Bandar Dinesh menganggap pengalamannya melakukan kerja-kerja sukarela sebagai yang paling banyak membentuk pendekatannya terhadap perkhidmatan awam. “Masa yang saya luangkan sebagai seorang sukarelawan telah membentuk kepercayaan saya bahawa setiap penduduk berhak berasa disokong dan terhubung,” ujar beliau. Antara pengalaman tersebut ialah lapan tahun yang beliau luangkan sebagai sukarelawan di sebuah rumah penjagaan, di mana beliau bertemu seorang penghuni berusia 90-an tahun yang berkongsi kisah hidupnya semasa Perang Dunia Kedua dan era pasca penjajahan awal. “Melalui beliau, saya belajar bagaimana daya tahan berakar umbi dalam diri rakyat kita,” imbas Datuk Bandar Dinesh.

### KEPIMPINAN MELALUI MENDENGAR

Hari ini, beliau membawa kepimpinan bertimbang rasa dan fokus kepada masyarakat yang sama ini ke Daerah Tenggara. Berlandaskan kepercayaan untuk meluangkan masa bersama penduduk dan mendengar dahulu, beliau melihat seni sebagai cara yang baik untuk membina kemeriahan dan jalinan hubungan dalam masyarakat. “Di negara seperti Singapura, seni memberi kita semangat budaya dan kreativiti,” kata beliau. “Apabila kita membawa seni ke kawasan perumahan awam, ia membantu menghidupkan ruang-ruang harian.”

Beliau berharap untuk meneroka program-program yang menggalakkan kreativiti sambil membina hubungan yang lebih kukuh di daerah ini — sama ada melalui seni persembahan, seni visual ataupun acara-acara kemasyarakatan. “Ini merupakan sesuatu yang saya ingin terus bangunkan, terutamanya di daerah yang pelbagai dan dinamik seperti daerah Tenggara,” tambahhya.

Datuk Bandar Dinesh juga mengimbas kembali masa beliau melakukan kerja sukarela di sebuah sekolah kejiranan, di mana beliau pernah menonton sekumpulan pelajar membuat persembahan guzheng — sebuah alat muzik tradisional Cina. Persembahan tersebut meninggalkan kesan yang mendalam padanya. “Melalui persembahan mereka, para pelajar ini menunjukkan bahawa bakat dan impian boleh berkembang di mana sahaja jika kita memupuk dan menghubungkan golongan

muda kita dengan baik,” kata beliau. Baginya, saat-saat seperti ini mencerminkan pentingnya mewujudkan peluang untuk generasi seterusnya — sama ada dalam pendidikan, seni mahupun masyarakat — agar setiap belia terdorong untuk berkembang dan berjaya.

### DI LUAR PEJABAT

Apabila tidak bekerja, Datuk Bandar Dinesh mengekalkan rutin yang membantu menjaga kesejahteraan dirinya — bersenam ringkas di gim dan meluangkan masa bersama keluarga. Beliau juga seorang pencinta muzik dan melihatnya sebagai wadah untuk beristirahat. Meskipun beliau tidak tinggal di daerah Timur, beliau gemar budaya makanan yang meriah di daerah itu. “Makanan di pasar Blok 58 dan Blok 16 di Bedok sangat sedap,” kata beliau sambil tersenyum.

Nasihat beliau kepada para penduduk adalah untuk kekal sihat dan berhubung. Baginya, prihatin terhadap masyarakat termasuk mengingatkan penduduk — terutamanya golongan warga emas — agar mengutamakan kesejahteraan diri mereka. “Nasihat saya kepada warga emas adalah supaya mereka menjaga kesihatan, menjalin hubungan sosial, dan bersikap terbuka kepada pengalaman baru,” kata beliau. Bagi golongan dewasa muda dan ibu bapa, beliau menggalakkan mereka agar mengambil pandangan yang lebih luas tentang kehidupan dan tidak membiarkan kebimbangan menghalang mereka daripada terus maju. “Ada kalanya, keadaan terasa amat membebankan,” kata beliau. “Tetapi ini tidak sepatutnya menghalang anda daripada ingin mencuba atau mengambil langkah yang pertama.”

Datuk Bandar Dinesh memperhatikan bahawa memandangkan sebilangan besar penduduk daerah Tenggara tinggal begitu dekat dengan laut, secara semula jadi mereka lebih prihatin tentang alam sekitar. “Jika pemanasan global terjadi dan paras laut meningkat, penduduk di kawasan East Coast mungkin akan terjejas dahulu kerana sebahagian besar kawasan tersebut dibina di atas tanah tebus guna,” katanya. Beliau juga mengetahui bahawa penduduk daerah Tenggara amat rapat dengan alam semula jadi kerana beliau melihat bagaimana mereka gemar berjalan-jalan di luar rumah. “Mungkin tabiat berhubung dengan alam semula jadi ini menjelaskan mengapa ramai penduduk Tenggara kelihatan awet muda dan cergas,” ujar Datuk Bandar Dinesh dengan senyuman.

Beliau juga menunjukkan bahawa kemampanan adalah sebahagian daripada kehidupan seharian di Daerah Tenggara. Contohnya, penduduk di kawasan undinya sangat menitikberatkan apa yang boleh orang membuang barang yang tidak sepatutnya ke dalam tong biru,” kongsi beliau, menyuarakan semangat kesedaran eko yang telah berakar umbi dalam masyarakat daerah Tenggara.

## பணிவான தொடக்கங்களிலிருந்து மேயராகப் பணியாற்றுவது வரை

சிங்கப்பூரில் வளர்ந்ததினால் கிடைத்த அனுபவங்களின் மூலமும், சேவை மீது கொண்ட ஆழ்ந்த அர்ப்பணிப்பினாலும் தென்கிழக்கு மாவட்டத்தின் மேயராக திரு. தினேஷ் வாசு தாஷ் அவர்கள் தனது பாதையை வடிவமைத்துக் கொண்டார். தொண்ட்முியப் பணி முதல் தனது சிறுவயது பருவத்தில் மேற்கொண்ட பொது சேவை வரை, அவர் எப்போதும் மக்களின் கருத்துக்களைக் கேட்பதிலும் அவர்களுடன் இணைப்பில் இருப்பதிலும் உள்ள சக்தியை நம்பியுள்ளார்.

“எனது வாழ்க்கை ஒரு அறை கொண்ட காவல் குடியிருப்பில் தொடங்கியது.” என்று சிங்கப்பூரில் வளர்ந்த தனது சிறுவயது காலங்களை நினைவுகூர்ந்து மேயர் தினேஷ் வாசு தாஷ் அவர்கள் கூறினார். பின்னர் அவரது குடும்பம் மூன்று அறைகள் கொண்ட வீடமைப்பு வளர்ச்சிக் கழக குடியிருப்புக்கு இடம் பெயர்ந்தது - இது அவரது தலைமுறையைச் சேர்ந்த பல சிங்கப்பூர்கள் நன்கு அறிந்த ஒரு மாற்றமே. இந்த அனுபவங்கள் சமூகம் மற்றும் மீள்திறன் குறித்த அவரது புரிதலை வடிவமைத்தன, தென்கிழக்கு வட்டார அணுகுமுறையை தொடர்ந்து வழிநடத்து கருப்பொருள்களாகவும் திகழ்கின்றன.

இந்தச் சூழலில் வளர்ந்தது, உண்மையான தொடர்புகளை மதிக்கவும், சிங்கப்பூர் சமூகங்களுக்குள் உள்ள பல்வேறு அனுபவங்களைப் புரிந்துகொள்ளவும் அவருக்குக் கற்றுக் கொடுத்தது. சிங்கப்பூர் ஆயுதப் படைகளில் இரண்டு தசாப்தங்களாகப் பணியாற்றியது முதல், சகாதார அமைச்சில் பணியாற்றிய காலத்தில் சிங்கப்பூருக்கு கொவிட்-19 பெருந்தொற்றை சமாளிக்க உதவுவது, பின்னர் ஒருங்கிணைந்த பராமரிப்பு காலப்பில் (AIC) மேற்கொள்ளப்படும் முயற்சிகளுக்குத் தலைமை தாங்குவது வரையில் அவரது வாழ்க்கைத்தொழில் முழுவதும் இந்தக் கொள்கைகள் நீடித்தன. இந்தப் பாதைங்கள் அனைத்தும் முதலில் மக்களின் கருத்துக்களைக் கேட்பதன் முக்கியத்துவத்தையும், தேவைப்படும்போது தீர்க்கமாகச் செயல்படுவதன் முக்கியத்துவத்தையும் எனக்குக் கற்றுக் கொடுத்தன,” என்று அவர் பகிர்ந்து கொள்கிறார்.

தனது உத்தியோகபூர்வ பதவிகளையும் தாண்டி, பொது சேவைக்கான தனது அணுகுமுறையை வடிவமைப்பதற்கு தனது தொண்ட்முிய அனுபவங்கள் மிகவும் உதவியாக இருந்ததாக மேயர் தினேஷ் பாராட்டுகிறார். “ஒவ்வொரு குடியிருப்பாளரும் தனக்கு ஆதரவு கிடைப்பதாகவும் தான் இணைப்பில் இருப்பதாகவும் உணரவதற்குத் தகுதியுடையவர் என்ற நம்பிக்கையை என்னிடம் வடிவமைத்தது ஒரு தொண்ட்முியராக நான் செலவிட்ட நேரம்தான்,” என்று அவர் கூறுகிறார். அத்தகைய ஓர் அனுபவம்தான், அவர் ஒரு தாதியர் இல்லத்தில் தொண்ட்முிய பணிக்காக செலவிட்ட எட்டு ஆண்டுகள் ஆகும், அங்கு அவர் தனது ஓகனில் இருந்த ஒரு குடியிருப்பாளரைச் சந்தித்தார், அவர் இரண்டாம் உலகப் போரின்போதும் காலனித்துவத்திற்குப் பிந்தைய சகாப்தத்தின் ஆரம்பக் காலக்கட்டங்களின்போதும் நிகழ்ந்த வாழ்க்கையின் துடிப்பான கதைகளைப் பகிர்ந்து கொண்டார். “அவர் மூலம், நம் மக்களிடத்தில் மீள்திறன் எவ்விதம் ஆழமாக வேரூன்றியுள்ளது என்பதை நான் கற்றுக்கொண்டேன்” என்று மேயர் தினேஷ் பகிர்கிறார்.

### மக்களின் கருத்துக்களைக் கேட்பதன் மூலமான தலைமைத்துவம்

இன்று, அவர் தென்கிழக்கு வட்டாரத்திற்கு அதே சிந்தனைபிக்க மற்றும் சமூகத்தை மையமாகக் கொண்ட தலைமைத்துவத்தைக் கொண்டு வந்துள்ளார். களத்திற்குச் சென்று மக்களின் கருத்துக்களைக் கேட்பது என்ற அவரது நம்பிக்கையை அடித்தளமாகக் கொண்டு, சமூகத்தின் துடிப்பையும் இணைப்பையும் வளர்ப்பதற்கான ஒரு நல்ல வழியாக கலைகளைப் பாரக்கிறார். “சிங்கப்பூர் போன்ற ஓர் இடத்தில், கலைகள் நமக்கு கலாச்சாரம் மற்றும் படைப்பாற்றல் உணர்வைத் தருகின்றன,” என்று கூறும் அவர், “நாம் கலைகளை குடியிருப்பு வட்டாரத்திற்குள் கொண்டு வருகும்போது, அது அன்றாட இடங்களை உயிர்ப்பிக்க உதவுகிறது,” என்கிறார்.

வட்டாரத்தில் வலுவான இணைப்புகளை உருவாக்கும் அதே வேளையில் படைப்பாற்றலை ஊக்குவிக்கும் திட்டங்களையும் அவர் ஆராய விரும்புகிறார் - அவை மேதைக்கலைகள், காட்சிக் கலைகள் அல்லது சமூக நிகழ்வுகள் என எவ்வித மூலமாகவும் இருக்கலாம். “அவற்றையே நான் மேலும் மேம்படுத்த விரும்புகிறேன், அதிலும் குறிப்பாக தென்கிழக்கு போன்ற பன்முகத்தன்மை கொண்ட மற்றும் துடிப்புமிக்க வட்டாரத்தில் மேம்படுத்த விரும்புகிறேன்,” என்று அவர் மேலும் கூறுகிறார்.

மேயர் தினேஷ் ஒரு அக்கம்பக்கத்துப் பள்ளியில் தொண்ட்முியம் செய்த நேரத்தை நினைவு கூர்ந்தார், அங்கு ஒரு மாணவரே குழுவின் ஓர் பாரம்பரிய சீன் இசைக்கருவியான குலெஷ் பன்னத்தை பயன்படுத்தி இசைத்ததைப் பார்த்தார். இந்த நிகழ்ச்சி அவரிடம் வலுவான எண்ணத்தை மனதில் பதிய வைத்தது. “நமது இளையர்களை நன்கு வளர்த்து அவர்களின் கருத்துக்களையும் கேட்டறிந்தால் திறமையும் கனவுகளும் எங்கும் மலரும் என்பதை மாணவர்கள் தங்கள் நிகழ்ச்சியின் மூலம் எனக்குக் காட்டினர்,” என்று அவர் கூறுகிறார். அவரைப் பொறுத்தவரை, இது தோன்ற தருணங்கள் அடுத்த தலைமுறைக்கான வாய்ப்புகளை உருவாக்குவதன் முக்கியத்துவத்தை பிரதிபலிக்கின்றன - அது கல்வி, கலைகள் அல்லது சமூகம் என எதில் வேண்டுமானாலும் இருக்கலாம் - இதன்மூலம் ஒவ்வொரு இளையரும் மேம்படவும் சிறப்பாகச் செயல்படவும் ஊக்குவிக்க முடியும்.

### அலுவலகத்தையும் தாண்டி

வேலை நேரத்திற்குப் பிறகு, மேயர் தினேஷ் தன்னை புத்துணர்ச்சியுடன் வைத்திருக்க உதவும் வகையிலான வழக்கத்தைக் கடைப்பிடிக்கிறார் - சிறிது நேரம் உடற்பயிற்சிகளுக்காக உடற்பயிற்சி கூடத்திற்குச் செல்கிறார் மற்றும் குடும்பத்துடன் நேரத்தைச் செலவிடுகிறார். அவர் ஓர் இசை ஆர்வலரும் கூட, மேலும் இசையை தன்னை மீண்டும் உற்சாகப்படுத்திக் கொள்ள உதவும் ஒரு தனிப்பட்ட வழியாகக் கருதுகிறார். அவர் கிழக்குப் பகுதியில் வசிக்கவில்லை என்றாலும், அந்த வட்டாரத்தின் துடிப்பான உணவுக் கலாச்சாரத்தை அவர் பாராட்டுகிறார். “பிடோக்கில் உள்ள புளோக் 58 மற்றும் புளோக் 16 சந்தைகளில் உள்ள உணவு மிகவும் நன்றாக இருக்கிறது,” என்று அவர் பன்னகையுடன் குறிப்பிடுகிறார். குடியிருப்பாளர்களுக்கு அவர் அளிக்கும் அறிவுரை என்னவென்றால் ஆரோக்கியமாகவும் பிறருடன் இணைப்பில் இருக்க வேண்டும் என்பதே. அவரைப் பொறுத்தவரை, சமூகத்தைப் பராமரிப்பில் குடியிருப்பாளர்களிடம், குறிப்பாக மூத்த குடிமக்களிடம், அவர்களின் நல்வாழ்வை முன்னுரிமைப்படுத்த நினைவூட்டுவதும் அடங்கும். “மூத்தோர்களுக்கு எனது அறிவுரை என்னவென்றால், அவர்களின் ஆரோக்கியத்தைக் கவனித்துக்கொள்வது, சமூக ரீதியாக இணைந்திருப்பது மற்றும் புதிய அனுபவங்களுக்கு வெளிப்படையாக இருப்பது” என்று அவர் கூறுகிறார். வாழ்க்கையைப் பற்றிய பரந்த கண்ணோட்டத்தை கொண்டிருக்க வேண்டுமென்றும், கவலைகளை அடுத்தக் கட்டத்திற்குச் செல்ல விடாமல் தடுக்க வேண்டுமென்றும் இளையர்கள் மற்றும் பெற்றோரை ஊக்குவிக்கிறார். “சில நேரங்களில் விஷயங்கள் மிகப்பெரியதாக தோன்றலாம்,” என்று கூறும் அவர், “ஆனால் அது அதற்கான முதல் படையை எடுத்து வைக்க முயற்சிப்பதை அல்லது எடுக்க விரும்புவதைத் தடுக்கக்கூடாது,” என்று கூறுகிறார்.

தென்கிழக்கு மக்களில் கணிசமான எண்ணிக்கையிலானோர் கடலுக்கு மிக அருகில் வசிப்பதால், கற்றுச்சூழலைப் பராமரிப்பதில் இயல்பாகவே அதிக விழிப்புணர்வு அவர்களிடம் இருப்பதை மேயர் தினேஷ் கவனித்துள்ளார். “உலக பெய்யமயமாறும் ஏற்பட்டு கடல் மட்டம் உயர்ந்தால், கிழக்கு கடற்கரைப் பகுதியில் வசிப்பவர்கள் முதலில் பாதிக்கப்படுவார்கள், ஏனெனில் அந்தப் பகுதி பெரும்பாலும் கடலிலிருந்து மீட்டெடுக்கப்பட்ட நிலத்தை அடிப்படையாகக் கொண்டுள்ளது,” என்று அவர் கூறினார். தென்கிழக்கு மக்கள் வெளிப்புறம் நடப்பதை ரசிக்கும் வித்ததை அவர் கவனிக்கையில், அவர்களுக்கும் இயற்கைக்கும் இடையிலான வலுவான தொடர்பு இருப்பதையும் அவர் குறிப்பிடுகிறார். “இயற்கையுடன் இணையும் இந்தப் பழக்கம், பல தென்கிழக்கு மக்கள் ஏன் இவ்வளவு இனமையாகவும் துடிப்பாகவும் இருக்கிறார்கள் என்பதை விளக்குகிறது,” என்று மேயர் தினேஷ் பன்னகையுடன் குறிப்பிடுகிறார்.

தென்கிழக்கு வட்டாரத்தில் நிலைத்தன்மை என்பது அன்றாட வாழ்க்கையின் ஒரு பகுதியாக உள்ளது என்றும் அவர் சுட்டிக்காட்டினார். உதாரணமாக, தனது தொகுதியில் வசிப்பவர்கள் நீல மறுகழற்சி தொடட்டியில் எதை வைக்கலாம் என்பது குறித்து மிகவும் திட்டட்டமாக உள்ளனர். “மக்கள் வீச்ச்கூடாத பொருட்களை நீல நிற தொடட்டியில் போடும்போது எனது குடியிருப்பாளர்கள் வருத்தப்படுகிறார்கள்,” என்று அவர் பகிர்ந்து கொள்கிறார், இது தென்கிழக்கு சமூகத்தில் ஏற்கனவே வேரூன்றிய கற்றுச்சூழல் உணர்வின் உணர்வை எதிரொலிக்கிறது.



# SIFA 2025: HOMEGROWN, HEARTFELT AND HISTORIC

The opening multidisciplinary showcase, *The Sea and the Neighbourhood*, featured **over 70 musicians, dancers and artists**, and was graced by then-Minister for Culture, Community and Youth, Mr Edwin Tong.

The 48<sup>th</sup> edition of the *Singapore International Festival of Arts (SIFA)*, organised by Arts House Group, brought creative expression closer to communities and celebrated the vibrancy of homegrown talent.

- ▶ With over 90 performances, including a record-breaking 15 local commissioned works, 9 venues and over 400 artists and crew from 6 countries, *SIFA 2025* drew over 70,000 festival-goers, celebrating creativity, inclusivity and community.
- ▶ The SIFA Pavilion at Bedok Town Square emerged as the festival's opening centrepiece, transforming into a vibrant hub of creativity over three weekends, from 16 May to 1 June 2025.



- ▲ Other performances included *Hossan-AH! In the High Arts*, *Starlight: A Symphony of Home*, and the finale *Sing Song Social Club* — a joyful choir experience led by local artists Benjamin Kheng, Aarika Lee, Sandra Riley Tang and Daphne Khoo.

- ▶ *SIFA 2025* was graced by Senior Minister of State and Adviser to East Coast GRC GROs (Kampong Chai Chee), Mr Tan Kiat How, and supported by South East CDC, whose partnership brought the Festival's vision to life in Bedok.
- ▼ The closing weekend was made even more special with the attendance of newly appointed Acting Minister for Culture, Community and Youth, Mr David Neo, who joined the audience at *Sing Song Social Club*. He also met with artist Dr Wang Ruobing, whose installation, *Beneath Tide, Running Water*, served as SIFA Pavilion's visual arts centrepiece.



This article was contributed by the Singapore International Festival of Arts (SIFA) 2025. The Festival was not just a celebration of the arts — it was a celebration of people, place and purpose. In the heartlands, among neighbours and friends, SIFA reminded us that creativity thrives when it is shared, and that the arts have the power to unite, inspire and transform. Visit [www.sifa.sg](http://www.sifa.sg) for more information.

Discover

## A WALK TO REMEMBER

Reconnect with your district through *Walking Trails@CDC* — and be rewarded along the way!



Looking for a refreshing weekend activity? The 4.9km South East Trail — part of the innovative phygital initiative, *Walking Trails@CDC* — offers the perfect opportunity to rediscover some of the most scenic and storied locations in the district.

As you walk the trail, you'll encounter five checkpoints where you can complete simple tasks on your mobile phone such as snapping a photo or answering trivia questions. You'll also get to collect five CDC Ollies, digital mascots representing the CDCs' community pillars of caring, learning, inclusivity, health and sustainability.

Complete all five checkpoints and you'll do more than just get your daily steps in — you'll also earn up to \$10 in RedeemSG Rewards vouchers! These can be used at participating supermarkets.

Here are the highlights along the trail:



- 1 Amber Beacon Tower**  
This former colonial coastal lookout, painted in bright yellow, is known for its urban legends. However, most come for the breezy panoramic views and stunning sunrises it offers.



- 2 East Coast Beach Breakwater**  
East Coast Park has been a cherished retreat for over five decades. The breakwaters add to the charm, offering tranquil spots for photography, leisurely strolls and sea views.



- 3 Coastal Playgrove**  
Home to Singapore's tallest outdoor play feature, this four-storey structure includes the Vertical Challenge — a rope-based adventure course with hammocks, stepping pods and disc swings — plus the city's tallest outdoor slide.



- 4 Fort Tanjong Katong**  
What makes this fort truly special is that our community rediscovered it. In 2004, the Mountbatten Citizens Consultative Committee raised funds to excavate this British coastal fort, hidden for over a century. It shows how residents can come together to preserve our shared heritage.



- 5 Siglap Canal Lookout Deck**  
This breezy deck features park benches, planter boxes and a spacious lawn ideal for kite-flying. Surrounded by lush greenery with seafront views, it offers an ideal spot to relax and unwind.

### HOW TO EARN YOUR REWARDS

- Complete all five checkpoints, and earn \$5 in RedeemSG Rewards Vouchers
- Collect all five CDC Ollies in the Side Quest to earn another \$5 in RedeemSG Rewards Vouchers



Visit [www.crowdtask.gov.sg/quest/walking-trails-cdc](http://www.crowdtask.gov.sg/quest/walking-trails-cdc) to start your trail.

# *fEast* POP, CHEW, Wow!

➔ A classic treat with a gooey surprise in every bite.

Soft, chewy and bursting with flavour, *ondeh-ondeh* is a traditional Malay *kueh* beloved by Singaporeans of all backgrounds. These delightful glutinous rice balls are infused with pandan, filled with molten *gula melaka* and coated in freshly steamed grated coconut — an irresistible indulgence that is perfect for any time.

## INGREDIENTS

- 20 pandan leaves
- 150ml water
- 100g glutinous rice flour
- 40g tapioca flour
- 30g sugar
- 1 tsp salt
- 100g *gula melaka*
- 100g freshly grated coconut

## UP & COMING

**26 & 27 January 2026,  
Monday & Tuesday  
Career Launch @ South East**



## METHOD

1. Cut the pandan leaves into small pieces and blend with water until smooth. Pour the mixture into a cheesecloth and squeeze to extract the juice. Set aside.
2. Sift the glutinous rice flour with tapioca flour in a bowl. Mix in sugar and salt.
3. Slowly knead in 100ml of pandan extract, adding more water if needed until a smooth dough forms. Let it rest while you prepare the filling.
4. Chop the *gula melaka* into small pieces to make the filling easier to enclose. Divide the dough into 20g portions and roll each into a ball. Flatten each ball slightly, press a dent in the centre, and fill it with a bit of *gula melaka*. Carefully seal and roll back into a smooth ball.
5. Bring a pot of water to boil. Gently drop in the balls and swirl the water to prevent sticking.
6. When they float, cook for another 2 minutes. Remove one to check if the filling has fully melted.
7. Remove the cooked *ondeh-ondeh* and coat them in freshly grated coconut. Serve warm for the best texture and flavour.

## A COLOURFUL MAKEOVER

*Onde-nde* doesn't have to be green. Mix in mashed purple or orange sweet potato for a colourful twist, or use blue pea extract to turn your *kueh* a vivid blue. Let your creativity shine!



Recipe adapted from *The Meatmen*.



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

Winners for each challenge will stand to win FairPrice e-vouchers worth \$10



## Spot The Difference

Circle the 5 differences in these two photos.



### HOW TO WIN

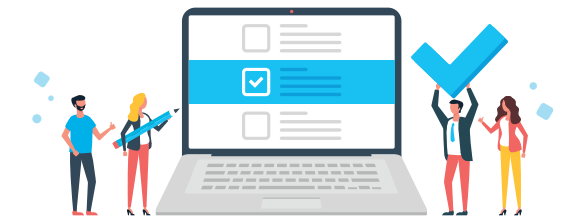
Scan this QR code, or visit [go.gov.sg/contest-cse](https://go.gov.sg/contest-cse) to submit your entries

## Reader's Quiz

SEP – DEC 2025

1. (*Forging Future Leaders*, pages 4-5)  
**Where was the SE-YA Camp 2025 held?**
  - a. Heartbeat@Bedok
  - b. Wisma Geylang Serai
  - c. Civil Service Club @ Changi II
  - d. Geylang East Library
2. (*Spreading Good Cheer and Building Connections*, pages 8-9)  
**With its focus on engaging seniors, Maybank's SG60 Silver Buddies @ South East programme was supported by a \_\_\_\_\_ donation and powered by 900 staff volunteers.**

a. \$2,500	b. \$65,000
c. \$6,500	d. \$60,000
3. (*A Walk To Remember*, page 23)  
**What purpose did the Amber Beacon Tower originally serve?**
  - a. A coastal lookout point
  - b. An artillery gun battery
  - c. A flood relief station
  - d. A radio transmission facility



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## 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 (Aljunied, Bedok, Braddell Heights, Changi Simei, Fengshan, Geylang Serai, Hougang, Joo Chiat, Kampong Chai Chee, Kembangan, MacPherson, Marine Parade and Mountbatten). South East CDC staff and their immediate family members are not eligible. Residents who have already won this contest in 2025 will not be eligible. Limited to one winner per household.

**Closing date:** 31 December 2025

# Contact

## South East



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## Stories @ South East, Now at Your Fingertips

From May 2026, *Contact South East* becomes fully digital, delivering the local stories about your neighbours, local events and community happenings — now with instant updates, simple sharing and accessibility options that make staying informed easier for everyone.

By going digital, we're saving over 2 million sheets of paper and reducing our carbon footprint. Together, we're protecting the South East District we call home.

Unsure about the switch? Printed copies remain available on request throughout 2026, and our team is ready to mail you a copy if you prefer to hold one in your hands.



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