



Kohila Govindaraju, nutritionist and DSS columnist, pens her experience at two recent DSG outings - to East Coast Park and Sungei Buloh Wetland Reserve.

Stepping Out at East Coast Park!

On arriving at ECP at 10:30am, I was happy to see many new faces. To begin with, Juliana Lim, event organiser, was warm and friendly and made us feel so welcomed. We slowly started walking, along the coast of the island, bordered by coconut, casuarina, and almond trees. A few of us started exploring the purple flowers that beautifully complemented the beach's natural colour. With so much beauty around us, and everyone raring to go, we all felt very motivated to walk. I realised that such walks set joint goals, and I felt so comfortable and safe with the group, which consisted of Rose Tan, DSS's diabetes nurse educator. Having her around meant you could ask questions about daily diabetes management in a casual and relaxed manner. At one point, we got to watch on one side, the sea, and on the other side, the most adventurous cable skiing. That must have stirred us up inside somewhat to be more active!

At 11:30 am, we had a light snack at McDonald's. Yes, you can still have your cake and eat it... just not too much of it! Some had smaller portions and were careful to avoid sweet foods. We shared tips, secrets, and life stories. It was such a fun way to learn about managing diabetes!

Our first steps can make a big change in our lives. I was so encouraged that I decided not to miss DSG's next outing!

Sungei Buloh Walk Boleh!

Walking is relaxing. Walking with nature is even more relaxing!

Our Diabetes Support Group began our exploration of the beautiful, Sungei Buloh Wetland Reserve, with a bit of a squirm! We encountered a small baby green snake, resting on the wooden handrail of the bridge. All 16 of us stood still, instantly! But what a relief when one of the visitors pushed it gently down into the water, adding it was non-venomous. Ah...we all started breathing again and proceeded on our journey, guided by Juliana who seemed to know her way around pretty well, even among the cobwebs and black spiders!

The mangrove boardwalk brought us closer to the trees and school of fish below. Had a nice view of Johor, Malaysia, too! While we kept our eyes peeled for monitor lizards, Mr Ray Loh, physiologist from Tan Tock Seng

Hospital, explained in detail about metabolism to a few of us. At one point, our pathway was brightened with pink flowers that had fallen from the trees. The flowers appeared like they were glowing!

Only a few metres to the entrance, we happened to see the mudskippers and within a few steps, we caught sight of a monitor lizard. We came across a few more of these 'giants' resting at the base of some trees. There was a scream when they moved and stuck their tongues out! Slowly, we crept towards the entrance, suitably satisfied with the experience.

Our next outing will be at Labrador Park on 14 July! Care to join us? Call Juliana at 9278 2084 to find out more.

Diabetes nurse educator, Rose Tan, could have snuggled up in bed when it rained one very wet Saturday morning but she's glad she got out of bed! Here's her side of the story!



Walking in the rain

It was raining wild cats and dogs. The thought of getting soaked during our walk at Punggol Park made me feel miserable. But the DSG group never lets the weather get them down! So up I got to take the train to Punggol MRT Station.

There should have been 31 of us but only 16 turned up. It was still drizzling when we set out, but it did not put a damper on our walk and talk all the way past the Punggol River. By the time we reached overhead bridge spanning the river where we took a group photo, the rain had stopped and the sun peeped out from the clouds. As we strolled, we took time to read the plaques about Punggol's history. Did you know that it was once a fishing village and its original name was Kangkar which meant 'foot of the river' in Teochew? Well, now you do!

The sun played hide and seek with us, because it started to drizzle again. It kind of reminded me of the lyrics to an old song... "just walking in the rain getting soaking wet and trying to forget". Yes, we did forget our troubles and our illness and had enjoyed ourselves laughing and chatting with friends.

Our walk ended at Sengkang Community Club where we had lunch and more discussions. Come and join us in our next outing. You will find it interesting and fruitful and you can definitely make new friends!