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Information Division, Ministry of Culture, City Hall, Singapore 0617 • tel: 3378191 ext. 352, 353, 354/3362207/3362271

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SPEECH BY MR LEE YOCK SUAN, MINISTER OF STATE (NATIONAL DEVELOPMENT)
AT THE OPENING CEREMONY OF THE RADIN MAS JOGGING TRACK,
BLOCK 18, TELOK BLANGAH CRESCENT ON 6 FEBRUARY 1982 AT 4.30 PM

I am happy and honoured to be here today to officiate at this Opening Ceremony of the Radin Mas Jogging Track.

I am told that Radin Mas has a very active Sports Club which was established in 1975. Your Sports Club has organised many activities such as jogging, sepak takraw, table tennis, soccer, basketball and other sports which are popular with Singaporeans. Radin Mas has also enjoyed impressive achievements in sports. For example, in 1981, Radin Mas was the table tennis champion, the third best in sepak Takraw and fourth in overall performance. While your achievements are impressive, your sports club has also widely placed its priority on mass participation so that more and more residents will enjoy wholesome sports activities. Sports is an excellent hobby which will also help us to live longer, healthier and more productive lives.

This Jogging Track is another of the many sports and recreational facilities built by the Government. More such facilities will be built in the new towns. Only recently several new swimming pools have been completed including those at Ang Mo Kio, Bedok and Macpherson. Over the years, the Government has been placing greater emphasis on the promotion of mass sporting activities. With rising affluence the demand for recreational facilities will undoubtedly increase and sports is one of the best forms of recreation. Singaporeans are also increasingly aware that sports is a basic necessity given our common liking for good food. Not long ago many people regarded overweight as a sign of prosperity. Now they realise that it may also be an indication of poor health and lack of physical exercise.

There are many fundamentals in life that one tends to take for granted. Good health is one of them. Without good health it is impossible to lead a meaningful and rewarding life. Yet good health is only appreciated when it is lost, when one falls sick.

Similarly political stability and economic progress have for so long been part of the Singapore scene that many people, especially the younger generation, have come to take them for granted. They assume that there will always be good government, full employment and a rising standard of living. They do not realise or may have forgotten that these are hard-won achievements which the older generations have worked and sacrificed for, and which will require even greater efforts on our parts to preserve.

Two decades ago, Singaporeans did not enjoy the spacious and well-equipped sports and recreational facilities of today. Nor did we have many of the good things of life such as public housing, education, medical services and full employment which we are enjoying today.

We cannot take what we have today for granted. We should not only preserve but also develop on what the Government and the people have collectively achieved. Let us maintain our homes, schools, jogging tracks and everything that we own, clean and well. Let us keep ourselves healthy by enjoying jogging and other sports.

As keen sportsmen, I think many of you know that to maintain your physical form you must exercise constantly. Otherwise degeneration will set in. Similarly to sustain and improve on our quality of life we must not slacken in our efforts. Just as good health is basic to a person's well-being, political and economic growth are vital to the well-being of our nation. Let us strive to preserve all these good things in life that many have come to take for granted.

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