

# SAYANG *Sembawang*

SEMBAWANG TOWN COUNCIL • MARCH 2021

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## CARING FOR OUR COMMUNITY WITH

# B.A.M.



*Make Sembawang Special*

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Opening of Canberra Plaza



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New East Canberra Sports Park



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#PeopleofSembawang:  
Resident Professional Golfer

Dear Residents,

2020 was an unusual and difficult year, but one that brought us closer as a community. I believe residents have been looking forward to 2021 with new resolutions. Despite the pandemic, there have been several meaningful events and developments for residents in Sembawang GRC in the first quarter of 2021.

Traditionally, Sembawang GRC organises the New Year Countdown celebration at the open field beside Causeway Point, with a variety of performances and fireworks. That was not possible this year, so we had our first ever virtual countdown party. Although our community celebrations have mostly been taken online, it is heartening to know that many of our residents joined in on the fun on New Year's Eve.

The year kicked off with a meaningful GRC initiative, the official launch of Belanja-A-Meal (B.A.M.). This programme aims to encourage the spirit of caring and giving through the sponsoring of meals to neighbours in need. Residents at participating coffeeshop stalls may leave contributions, which will be recorded by magnetic markers. Once there are enough markers accumulated to pay for meals, needy residents may request to redeem these meals.

The long-awaited Canberra Plaza has opened for business as well. Many residents were excited to visit the new mall, especially those who live nearby. With the many amenities and F&B outlets, we hope Canberra Plaza brings you greater convenience and enjoyment with your friends and family.

For those interested in sports, the multi-purpose sports court at East Canberra has officially opened too. Please enjoy it, but do adhere to safe distancing measures while using these facilities. Do continue to stay safe and healthy as we fight this pandemic as a community.

I wish each and everyone of you well. Take care.

**Vikram Nair**  
Chairman of Sembawang Town Council

அன்பார்ந்த குடியிருப்பாளர்களே,

நாம் அண்மையில் கடந்துவந்த 2020-ஆம் ஆண்டு வழக்கத்திற்கு மாறான சிரமமான ஆண்டாக இருந்தபோதிலும், நம் அனைவரையும் ஒரே சமூகமாக ஒன்றிணைத்தது குடியிருப்பாளர்கள் புதிய தீர்மானங்களுடன் 2021-ஆம் ஆண்டை ஆவலுடன் எதிர்பார்த்திருப்பார்கள் என நம்புகிறேன். கிருமிப்பரவலுக்கு மத்தியிலும், 2021 முதல் காலாண்டில் செம்பவாங் குழுத்தொகுதி குடியிருப்பாளர்களுக்காகப் பற்பல அர்த்தமுள்ள நிகழ்ச்சிகளும் மேம்பாடுகளும் நடைபெற்றன.

ஒவ்வோர் ஆண்டும் காஸ்வே பாயின்ட் கடைத்தொகுதிக்குப் பக்கத்திலுள்ள திறந்தவெளித் திடலில் கலைநிகழ்ச்சிகளோடும் வாணவேடிக்கையோடும் புத்தாண்டை வரவேற்கும் கொண்டாட்டத்திற்கு செம்பவாங் குழுத்தொகுதி ஏற்பாடு செய்யும். ஆனால் இவ்வாண்டு அது சாத்தியமில்லாததால், முதல்முறையாக மெய்நிகர் புத்தாண்டு வரவேற்பு கொண்டாட்டத்தை நடத்தினோம். நமது சமூகக் கொண்டாட்டங்கள் பலவும் இணையம்வழி நடைபெற்றாலும், புத்தாண்டுக்கு முந்தினம் நடைபெற்ற நிகழ்ச்சியில் குடியிருப்பாளர்கள் பலரும் பங்கேற்று மகிழ்ந்ததில் மனம் நெகிழ்கிறேன்.

குழுத்தொகுதியின் அர்த்தமுள்ள முனைப்பான "பிலாஞ்சா ஏ மீல்" திட்டத்தின் அதிகாரபூர்வத் துவக்கத்துடன் இவ்வாண்டு தொடங்கியது. வசதி குறைவான அண்டைவீட்டார்களுக்கு உணவு வழங்கி பரிவுடன் பகிர்வதை ஊக்குவிப்பது இத்திட்டத்தின் இலக்கு. திட்டத்தில் பங்குபெறும் காப்பிக்கடைகளில் குடியிருப்பாளர்கள் நன்கொடைகளை விட்டுச்செல்லலாம். அவை காந்தக் குறியீடுகளால் பதிவு செய்யப்படும். சாப்பாட்டுக்குப் பணம் செலுத்துவதற்குப் போதுமான குறியீடுகள் சேர்ந்தவுடன், வசதி குறைவான குடியிருப்பாளர்கள் உணவுகளைக் கேட்டுப் பெறலாம்.

பலரும் பல நாள் எதிர்பார்த்து காத்திருந்த கென்பரா பிளாசாவும் இப்போது திறந்துவிட்டது. இதனால் குடியிருப்பாளர்கள், குறிப்பாகப் புதிய கடைத்தொகுதிக்கு அருகில் வசிப்பவர்கள், பெரும் உற்சாகமடைந்தனர். கென்பரா பிளாசாவில் உள்ள பற்பல வசதிகளும் உணவு, பானக் கடைகளும் உங்களுக்கும் உங்களது நண்பர்கள், குடும்பத்தார் ஆகியோருக்கும் அதிக வசதியளிக்கும் என நம்புகிறோம்.

விளையாட்டில் ஆர்வம் கொண்டவர்களுக்காக, கிழக்கு கென்பராவில் பலபயன் விளையாட்டுத் திடல் அதிகாரபூர்வமாகத் திறக்கப்பட்டுள்ளது. அதனைப் பயன்படுத்தி மகிழ்ங்கள். ஆனால், பாதுகாப்பான தூர இடைவெளி நடவடிக்கைகளைப் பின்பற்ற மறந்துவிடாதீர்கள். பாதுகாப்பாகவும் ஆரோக்கியமாகவும் இருங்கள். ஒரே சமூகமாக ஒன்றிணைந்து கிருமிப்பரவலை எதிர்த்துப் போராடுங்கள்.

உங்கள் அனைவருக்கும் எனது நல்வாழ்த்துக்கள். நலமாக இருங்கள்.

**விக்ரம் நாயர்**  
செம்பவாங் நகர மன்றத் தலைவர்

亲爱的居民

2020 年是一个既特殊又艰辛的一年，但三巴旺社区却变得更团结，并且增强凝聚力。我相信居民们都以‘新年新展望’的心态来迎接 2021 年。我们虽然仍未摆脱冠病疫情，三巴旺集选区在 2021 年第一季度里依然为居民举办许多有意义的活动和发展项目。

据以往的惯例，三巴旺集选区以往在长堤坊旁的空旷草地举办跨年倒数派对，并以呈现各种表演与燃放烟花的方式喜迎新的一年。今年因为疫情的关系，我们首次在线上举办虚拟的跨年倒数派对。虽然许多庆祝活动都已‘上线’，我们很庆幸得知许多居民在线上陪同我们一起跨年倒数。

我们社区今年以极富意义的社区爱心计划，“心益餐”掀开 2021 年新篇章。我们希望通过这项计划可以鼓励更多善心人士为弱势居民预付餐饮，将助人为乐的精神发扬光大。居民在光顾推行计划的咖啡店时可预购餐饮，摊主会以磁贴作记录。当磁贴的数量足以购买一顿餐时，弱势居民可索取磁贴，免费换餐。

大家期盼已久的坎贝拉广场也已全面开放了。许多人，尤其是附近组屋区的居民，都兴致勃勃地光顾广场。我们希望随着坎贝拉广场的投入营业，其设施及餐饮服务，会为你的朋友和家人带来更多的便利及喜悦。

另一则喜讯是位于坎贝拉东的多功能运动场的开幕，对那些热衷于运动的居民来说，应是个好消息。恳请居民在享用新设施时，也注意安全距离措施。在整个社区齐心防疫的当下，请继续注意安全及卫生，并且保持身体健康。

我在此祝愿大家一切安好。



**维凯**  
**主席**  
三巴旺市镇理事会

Para Penduduk yang Dihormati,

2020 adalah tahun yang luar biasa dan sukar, tetapi mendekatkan kita sebagai sebuah masyarakat. Saya yakin penduduk telah menantikan tahun 2021 dengan resolusi baru. Meskipun wabak telah berlaku, terdapat beberapa peristiwa dan perkembangan yang bermakna bagi penduduk di GRC Sembawang pada suku pertama tahun 2021.

Secara tradisi, GRC Sembawang menganjurkan perayaan Tahun Baru di padang terbuka bersebelahan Causeway Point, dengan pelbagai persembahan dan bunga api. Ini tidak dapat dilakukan tahun ini, jadi kami mengadakan pesta maya buat julung-julung kalinya. Walaupun kebanyakan perayaan masyarakat dilakukan di ruang maya, kami gembira hati mendapat tahu yang ramai penduduk menyertai keseronokan pada Malam Tahun Baru.

Tahun ini dimulakan dengan inisiatif GRC yang bermakna, yakni pelancaran rasmi Belanja-A-Meal (B.A.M.). Program ini bertujuan mendorong semangat mengambil berat dan memberi melalui derma makanan kepada jiran yang memerlukan. Penduduk di kedai kopi yang mengambil bahagian boleh meninggalkan sumbangan, yang akan direkod oleh penanda magnet. Setelah jumlah penanda mencukupi untuk membayar makanan, penduduk yang memerlukan boleh meminta untuk menebus bayaran makanan ini.

Plaza Canberra yang ditunggu-tunggu juga telah dibuka untuk perniagaan. Ramai penduduk teruja untuk mengunjungi pusat membeli-belah yang baru ini, terutama mereka yang tinggal berdekatan. Dengan banyak kemudahan dan kedai F&B, kami berharap Plaza Canberra memberikan kemudahan dan kesenangan yang lebih baik kepada anda dengan rakan-rakan dan keluarga.

Bagi mereka yang meminati sukan, gelanggang serbaguna di Canberra Timur juga telah dibuka secara rasmi. Sila menikmatinya, tetapi patuhi langkah-langkah jaga jarak yang selamat semasa menggunakan kemudahan-kemudahan ini. Teruskan menjaga keselamatan diri dan kesihatan semasa melawan wabak ini sebagai satu masyarakat.

Saya mengharapakan kebaikan untuk anda semua. Jaga diri.

**Vikram Nair**  
Pengerusi Majlis Bandaran Sembawang

# SHOW YOU CARE, ONE MEAL AT A TIME

Doing a good deed does not have to cost a lot, and one way to start is through Sembawang GRC's Belanja-A-Meal (B.A.M.) initiative. This community-driven programme provides a platform for residents to help one another by sponsoring a meal for neighbours going through financial difficulties.

It was officially launched on 3 January 2021 by MPs for Sembawang GRC, Mr Ong Ye Kung, Dr Lim Wee Kiak, Mr Vikram Nair, Ms Poh Li San, and Ms Mariam Jaafar, across the five divisions – Admiralty, Canberra, Sembawang Central, Sembawang West, and Woodlands. One hundred and thirty-five F&B stallholders from 22 locations have signed up for the programme.



At \$1 each, residents can purchase magnets to be displayed at their stall of choice. Beneficiaries of ComCare and relevant food aid assistance schemes can then visit the stalls and exchange four of such magnets (the equivalent of \$4) for a meal. Each beneficiary can redeem up to 15 meals per month.



For Raymond Lim, owner of Curry Café at Admiralty Link, taking part in such a programme is a meaningful way to give back to his community and reach out to needy residents living nearby. He says: "When Dr Lim approached me to join the initiative, I found it very meaningful, so I agreed."

At his café, beneficiaries will be able to claim dishes such as curry potato rice, fried rice, and chicken wing rice. Adds Mr Lim: "It's a good way to build closer ties with the neighbourhood, and we want to help promote the programme to residents. Sometimes, we can help contribute to it ourselves as well."

See the next page on how you can B.A.M.



# HOW TO B.A.M.

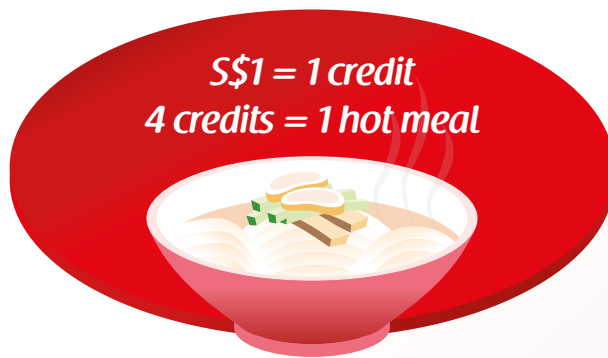
Sponsor a meal for your neighbours in need. When paying for your food at a participating eatery, donate a little extra towards a meal for someone who needs it.

## STEP 1



When paying for your food, let the stallholder know that you would like to belanja a meal.

## STEP 2



Contribute \$1 or more.

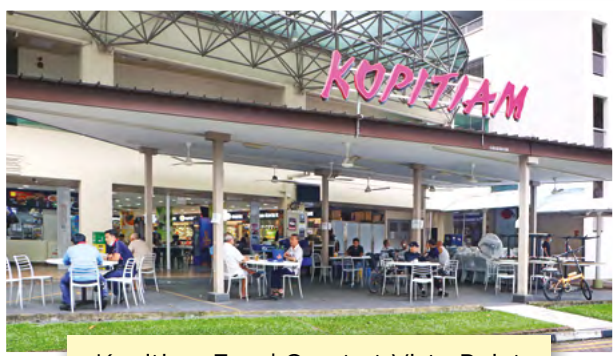
## STEP 3



The stallholder will give you a magnet and direct you to the board where you may stick it.



Food Paradise at Blk 785E



Kopitiam Food Court at Vista Point



Fu Chan



NTUC Foodfare at Kampung Admiralty

### Participating eateries:

No.	Eatery	Location
1	834 Eating House	Blk 834 Woodlands Street 83
2	Bgain Eating House	Blk 463 Sembawang Drive
3	Broadway Food Centre	Woodlands North Plaza (Level 2)
4	Curry Café	Blk 482 Admiralty Link
5	Fair Inn Food Place	Blk 806 Woodlands Street 81
6	Food Paradise	Blk 785E Woodlands Rise
7	Food Paradise Enterprise Pte Ltd	Blk 120 Canberra Crescent
8	Food Village Holdings Pte Ltd	Blk 115 Canberra Walk
9	Foodpark	Blk 782 Woodlands Crescent
10	Fork & Spoon (Koufu)	Woodlands Mart (Level 1)
11	Fu Chan (505) F & B Pte Ltd	Blk 505 Canberra Link
12	Happy Hawkers (Koufu)	Blk 406A Sembawang Drive
13	Kerk's Kopitiam	Woodlands North Plaza (Level 2)
14	Kimly, Flavours of Life	Blk 365 Sembawang Crescent
15	Kopitiam Food Court	Vista Point (Level 1)
16	Koufu Foodcourt	Sembawang Mart (Level 1)
17	Koufu Foodcourt	Woodlands Mart (Level 1)
18	KPT Coffeeshop	Blk 313A Sembawang Drive
19	NTUC Foodfare	Kampung Admiralty (Level 2)
20	Viva! Food Court (Koufu)	Vista Point (Level 2)
21	Yak Hong Coffee House	Blk 590 Montreal Links
22	Yong Li Food Holdings	Blk 105 Canberra Street



Curry Café

Woodlands and Sembawang West residents can register as a donor via the respective B.A.M. websites.

Scan the QR codes for the link.





Sembawang GRC e-Getai & Chingay Watch Party

Lunar New Year festivities were held across Sembawang GRC. Despite not being able to celebrate physically with the community this year, the spirit of this festive season still ran high – from virtual celebrations, such as e-getai, Facebook Live shows, and Zoom sessions in various Residents' Networks, to spreading festive cheer with food hamper distributions, walkabouts, and light-ups.

Let us continue to stay united in spirit as we fight this pandemic. Sayang Sembawang!

# CELEBRATING THE 牛 (NIU) YEAR!

## ADMIRALTY



Woodlands Glen Chinese New Year (CNY) Lou Hei Virtual Celebration



CNY e-Celebration via Facebook Live



## WOODLANDS



Reunion in the Time of COVID (an #mpowerwoodlands production)

## CANBERRA



Canberra Zone 2 RN Virtual CNY Celebration



CNY Festive Cheer



Woodlands Youth Network - CNY Spring Cleaning

## SEMBAWANG WEST



CNY 2021 e-Celebration @ Sembawang West N7



CNY Celebration @ Woodlands Galaxy



Distribution of Oranges



Distribution of Oranges

## SEMBAWANG CENTRAL



CNY Light-Ups at Blocks 313, 505, 115



# CANBERRA PLAZA

## OPENS ITS DOORS!



The long-awaited Canberra Plaza had its opening on 18 December 2020. Despite the early morning rain, many eager residents waited in line to have the first look at this newest addition in Sembawang GRC.

Minister Ong Ye Kung, MP for Sembawang GRC (Sembawang Central), officiated the opening with a ribbon cutting ceremony before welcoming residents into the three-storey development. Mr Ong then took a tour of the newly opened mall, greeting residents and its tenants. One of the highlights of the tour was a beautiful live performance by a student from The Ballet School.

On that same eventful morning, Minister Ong also officially opened the connecting link bridge that allows residents living in nearby HDB precincts to easily access the mall.

Read on to explore some of the many features of Canberra Plaza!



## WHAT TO LOOK OUT FOR AT CANBERRA PLAZA

Residents may be spoilt for dining, retail and activity choices in Sembawang GRC now that Canberra Plaza has opened. Accessible via bus, a link bridge to nearby HDB precincts, and directly connected Canberra MRT, good food finds, retail therapy, and more are just a stone's throw away from your neighbourhood.



Here are highlights of Canberra Plaza that might entice you and your family to pay a visit soon!



## FOOD

Good food is definitely a factor when it comes to deciding which mall you want to visit. Canberra Plaza has many unique food options for our fellow foodie residents such as:

**A&W**  
(#01-04/26/27)



Luckily for our residents, there is no need to travel all the way to the East to satisfy your A&W cravings. Chill with friends and family over a freezing mug of root beer float and a hotdog with curly fries on the side.

**Yi Fang Taiwan Fruit Tea**  
(#01-10/11/12)



Bubble tea-loving residents will be interested to know about this new brand in the North. With over a thousand outlets worldwide, this fruit tea specialist prides itself on serving premium ingredients with no artificial flavouring or concentrated juice.

**Cantine**  
(#01-21/22/23)



If you are looking for a casual food court serving a variety of cuisines, you should check out Cantine! From Muslim-friendly dishes such as ban mian and chicken rice to flavourful cuisines like mala hot pot and Western cuisine, Cantine offers something for every taste bud.



## SHOPPING

Get your groceries, cheap hunts, and shopping fix at this one-stop mall.

**NTUC FairPrice Supermarket**  
(#B1-03/04)



Residents living near the mall can rejoice as grocery shopping is closer and more convenient than ever. Find fresh produce and poultry, after-school snacks, household cleaning necessities, and more at low prices with frequent promotions at the supermarket in Canberra Plaza.

**Daiso Japanese Mart**  
(#B1-01/02)



For residents who are always on the lookout for cheap hunts, you can now visit Daiso, the \$2 haven offering a variety of items, from snacks to pet necessities, in the basement of the mall.



## FUN & ACTIVE LIFESTYLE

Always on the lookout for more activities to do in the North? Why not check out these places that can get you moving?

**Gymmboxx**  
(#03-04/05)



No more excuses to skip the gym as Gymmboxx at Canberra Plaza is open for 24 hours! Gym junkies can sign up for a membership, and if you need some training guidance, they offer personal training sessions as well.

**Water Play Park**  
(Level 3)



Here is a fun option for kids! What better way to cool down than to play in the newest water playground addition in the North? Just make sure to bring a towel and a spare change of clothes.



## HOW TO GET THERE?

**133 Canberra View,  
Singapore 750133**

### BY BUS

Bus stop:  
Opp Canberra Stn (58541)

Bus service numbers:  
117, 883, 169, 883M

### BY MRT

Canberra MRT station  
(North South line)

That's not all at Canberra Plaza — there are many other features for all generations, including enrichment and tuition establishments, and healthcare and beauty centres, just a few MRT or bus stops away.

**#MakeSembawangSpecial**



SCAN TO WATCH OUR FACEBOOK LIVE TOUR OF CANBERRA PLAZA ON ITS OPENING DAY!



**SYLVIA CHAN AND MS MARIAM JAAFAR**



*Checking out of 2020, please*



**FAKKAH FUZZ**



**AISYAH AZIZ**

# SEMBAWANG GRC FIRST INSTAGRAM LIVE VIRTUAL COUNTDOWN 2021 PARTY!

The countdown celebration to 2021 was a different experience from previous years. Sembawang GRC residents gathered online to welcome 2021 at the first ever Sembawang GRC live virtual countdown party, held on MP for Sembawang GRC (Woodlands) Ms Mariam Jaafar's Instagram page (@1mariamjaafar) on 31 December 2020.

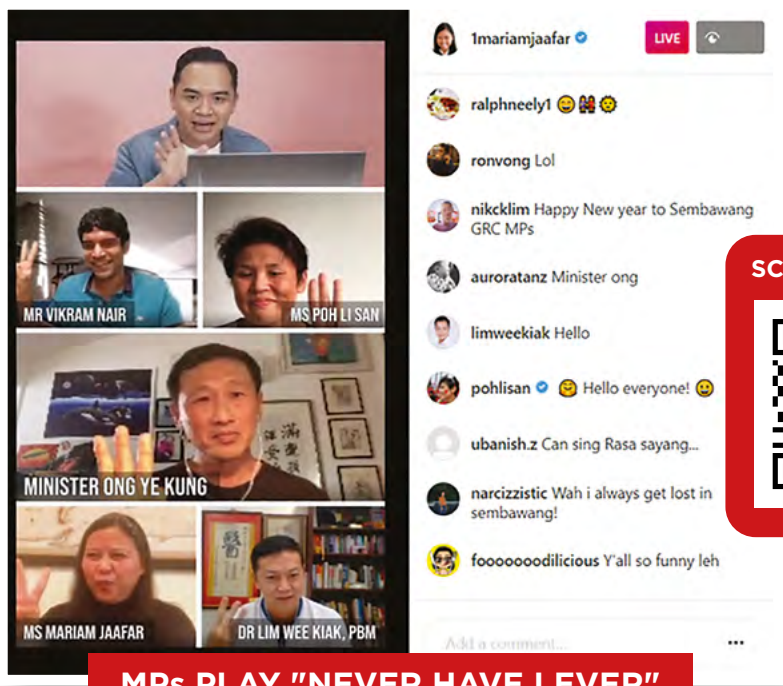
The online event was hyped and hosted by Sylvia Chan from Night Owl Cinematics, with residents blowing up the comments section with new year greetings. Ms Mariam also joined in the livestream, revealing exciting upcoming developments and talking about her favorite parks in the GRC.

Live performances from local artistes boosted the energy of the virtual celebration with their talents. Band duo Jack and Rai sang covers of Rick Astley's "Never Gonna Give You Up", George Ezra's "Shotgun", and Fun's "We Are Young", while singer Aisyah Aziz gave a passionate performance of her own original songs, "Love Me", "Love Like This", and "Loving Room", plus a cover of "Bengawan Solo". In addition, stand-up comedian Fakkah Fuzz also made an appearance to tickle residents' funny bone.

One highlight of the night was a game of "Never Have I Ever" played amongst the MPs for Sembawang GRC. As they competed to survive the game, they revealed many fun facts and juicy confessions about themselves. The MPs also wished residents a Happy New Year and a better 2021.

As part of the festivities, giveaways were also held for residents to win exclusive prizes such as a PlayStation 5, Apple AirPods, and shopping vouchers.

When the clock struck midnight, residents were dazzled by a livestream of colourful fireworks at the open field between North Woodlands Way and Woodlands Avenue 2.



**MPs PLAY "NEVER HAVE I EVER"**



**JACK AND RAI**







NEW

# EAST CANBERRA

# SPORTS PARK

Staying active and practising your footwork are much easier with the right facilities. On 6 February 2021, MP for Sembawang GRC (Sembawang Central) Minister Ong Ye Kung officiated the opening of the new East Canberra Sports Park near Block 108A Canberra Walk.

Mr Ong kicked off the opening of the multi-purpose sports court with a ribbon cutting ceremony and unveiling of plaque. Friendly futsal and basketball matches were also held to mark the official opening, with Mr Ong spontaneously joining in on the fun.

Residents living in the East Canberra estates can now make use of this large hardcourt and space to dribble some balls, or challenge your family and friends to a game of badminton.

*We seek residents' cooperation to adhere to safe distancing measures when using these new facilities.*

## BUKIT CANBERRA UPDATES

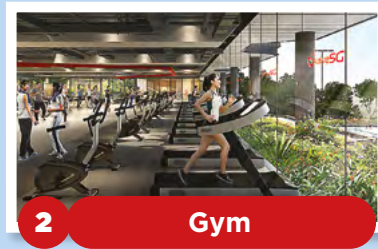
Having put in place the necessary safe management measures, construction works have been ongoing as planned.



AERIAL VIEW FROM HDB BLOCK 311



1 Polyclinic



2 Gym



3 Swimming Pool



AERIAL VIEW FROM HDB BLOCK 504C



4 Indoor Sport Hall

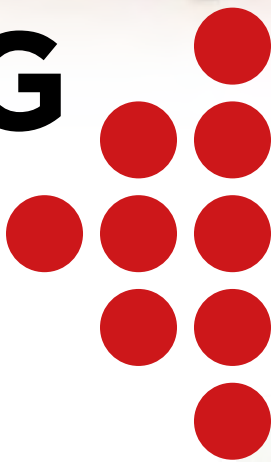


5 Hawker Centre

*Artist impressions of Bukit Canberra are for illustration purposes only.*



# SEMBAWANG WEST GOES GREEN!



On 27 December 2020, MP for Sembawang GRC (Sembawang West) Ms Poh Li San, volunteers of Sembawang West Branch and partners from Sembawang Town Council, 800 Super and SembWaste (Ezi), collected 1.7 tonnes of recyclables from residents.

They went door to door for 22 blocks (from Block 780 to 785), collecting used books, clothes, plastics containers, and more. These items will be reused or recycled for other purposes, hence reducing waste in Singapore.



Ms Poh said, "We believe more can be done to conserve our environment and everyone should take ownership. Caring for our environment starts with every individual and every effort counts."

Thank you to our volunteers, residents, and partners for their kind support with this initiative.

SCAN THE QR CODE TO WATCH OUR INTERVIEW WITH MR MAMAT



# #PEOPLEOFSEMBAWANG: RESIDENT PROFESSIONAL GOLFER

Even at the young age of nine, Mr Mardan Mamat knew he wanted to play golf for a living. Living in Teban Gardens, just five minutes away from Jurong Golf & Country Club, he would pass by regularly and stop to watch golfers swing balls across 200 to 300 yards. It was when he “fell in love with golf”, he said.

Over the years, his interest continued to grow as he visited the golf course every day after school. Though he could not afford the lessons, Mr Mamat spent many hours there just watching golfers practise, and even picked up the courage to talk with some friendly coaches and ask for golfing tips.

He can still recall the day he told his mother about his ambition to be the best professional golfer in Singapore. She was supportive of his passion, although his father wanted him to complete his education first.

Thinking back, he wished he had dared to dream bigger – to be the best golfer in the world.

Nevertheless, Mr Mamat’s passion and drive led to many proud moments in his career. For instance, he emerged as champion of the Singapore Masters’ Tournament in 2006, after competing with 156 others. While it was not easy carrying all the expectations of the crowd who showed up to support him, the feeling of winning was something he could never forget, he said.

Asked for a tip to share with beginner golfers, Mr Mamat said: “Always remember the fundamentals of golf – your stance, grip, and posture.” After all, without these, it will be harder to correct swing positions in the future.

For more expert tips and lessons in golfing, check out Mr Mamat’s Instagram (@mardan.mamat)!



## Dietitians are not ‘food police’

You may have spotted Wong Yuefen, a Sembawang GRC resident at cooking demonstrations or supermarket tours in the heartlands with her patients.

As a dietitian, Yuefen is well aware that some patients see her as the ‘food police’. However, the Principal Dietitian, who works in Ang Mo Kio Polyclinic, does not believe in stopping her patients from tucking into their favourite food items, even if they are harmful to their health. Instead, she guides them to consider healthier options, especially when eating out, for example, choosing food that are lower in calories, fat and sodium, higher in dietary fibre, and practising food portion control.

Yuefen recounts: “I remember a resident who started shopping for healthier and affordable products to cook up simple meals. She also heeded my advice when I encouraged her to take up exercise to strengthen her muscles. I even received emails with photos of the dishes she cooked and her gym sessions! I was very touched to witness her motivation to change her lifestyle and better manage her chronic condition.”



### To kick off a healthier 2021, Yuefen shares some healthy eating tips and habits:

1. Eat regular meals and start the day with a whole-grain breakfast. Do not skip meals or substitute them with snacks.
2. Avoid having an empty stomach for too long to prevent overeating or overindulging during meal times.
3. Choose healthier snacks like baked nuts or fresh fruits.
4. Be selective of what you eat – it has to be worth the calories!
5. If it seems impolite to say ‘no’ when you are offered snacks, learn to say ‘later’ if you are not keen to indulge in that particular snack.

Yuefen added, “It’s incredibly fulfilling to help others achieve their goals and take control of their health. Some of my patients have gone on to be health ambassadors to their families, friends and colleagues. This inspires me even more to give my best at what I’m doing.”

Stay healthy and safe this year!



Allied Health

For more information about a career in Dietetics, visit [caretogobeyond.sg/ahp](http://caretogobeyond.sg/ahp)



Exclusively on



Check out our popular Facebook posts for this quarter! Like and follow us to stay updated on the latest community news and happenings in Sembawang GRC. Scan the QR codes to go straight to the posts!

Connect with us today!

- [facebook.com/sayangsembawang](https://facebook.com/sayangsembawang)
- [sayangsembawang](https://instagram.com/sayangsembawang)
- [sayangsembawang.home.blog](https://sayangsembawang.home.blog)
- [sayangsembawang](https://t.me/sayangsembawang)

### #SAYANGOURHEROES: MR GOPAL & MR ISLAM

Sayang Sembawang

We received a compliment from Ms Fern Wong, a property agent who happened to be in our neighbourhood just a few days ago. She was impressed by the exceptional service received from our Operations Manager, Mr Gopal, and Site Supervisor, Mr Islam!

In Ms Wong's letter of compliment, she expressed her gratitude for their kindness and help in a panicky situation. She misplaced her iPad when helping her client dispose their unwanted items in a carton, at the rubbish area a... See more

### (FACEBOOK LIVE) OPENING OF CANBERRA PLAZA

Sayang Sembawang was live.

Opening of Canberra Plaza officiated by Minister Ong Ye Kung

### #PEOPLEOFSEMBAWANG: MR SARAVANAN BHUPATHY, FOUNDER OF THE PATIO

Sayang Sembawang

Meet Mr Saravanan Bhupathy, the founder of The Patio.

Do you know, The Patio has been a significant eating place in Sembawang due to its rich history? The old outlet has been around since the 1960s, and the new one is located just beside it. The Patio is now a modern 'hawker-bar' which brings back memories of the old The Patio and also, they definitely serve a variety of amazing food and beverages!

We had the opportunity to hear more from the ... See more

### MPs FOR SEMBAWANG GRC PLAY "NEVER HAVE I EVER"

Sayang Sembawang

Watch our MPs play 'Never Have I Ever' and find out things you probably didn't know about them!

#MakeSembawangSpecial

### #EATWHATFRIDAY: WANTON MEE (BLK 313A SEMBAWANG DR)

Sayang Sembawang

For this week's #EatWhatFriday, we recommend this plate of tasty Wanton Mee from the coffeeshop at Block 313A Sembawang Drive

This egg noodles is served at the right level of springy-ness, drenched in a mixture of homemade sauces. What's unique is in its wanton, with the minced meat well-marinated! To ensure its freshness, they make these amazing wantons from scratch daily.

They are usually sold out fast, so be sure to be there early!... See more

### TREE PLANTING DAY IN SEMBAWANG CENTRAL

Sayang Sembawang

It's the start of a new year, and we kickstarted it off with our Tree Planting Day! Even though it was drizzling, it did not dampen our mood.

Together with the residents, Happiness Tree and Chiku were planted into the greenery landscape of our estate, further beautifying the surroundings.

We hope you all have a great morning today! 😊

Look out for upcoming giveaways, contests, resident features, lifestyle content, and more every week on our Facebook page.

STAND A CHANCE TO WIN ATTRACTIVE PRIZES!

# BUDGET 2021: EMERGING STRONGER TOGETHER!

The Budget 2021 speech was delivered on 16 February. The measures shared in the Budget are focused on helping Singaporeans recover from the COVID-19 pandemic, such as subsidies for households and continuation of support for workers and businesses. Read on to learn how you can benefit from this year's Budget.

SCAN HERE  
TO FIND OUT  
MORE ABOUT  
BUDGET 2021



## COVID-19 RESILIENCE PACKAGE

- **\$4.8 billion for contact tracing and testing, and free vaccinations**
- **Jobs Support Scheme (JSS) to extend for:**
  - > Tier 1 Sectors (i.e. aviation, aerospace, tourism)
    - 30% wage support Apr-Jun 2021
    - 10% wage support Jul-Sep 2021
  - > Tier 2 Sectors (i.e. retail, arts and culture, food services, built environment)
    - 10% wage support Apr-Jun 2021
- **Retrenched employees for at least 3 consecutive months can receive up to \$700/month for 3 months; employees and self-employed persons with reduced income can receive up to \$500/month for 3 months**



## JOBS GROWTH INCENTIVE

- **Additional \$5.2 billion for support of local hires**
  - > For new hires — qualifying window for 25% wage support extended to Sep 2021
  - > For mature hires (aged 40 and above), persons with disabilities, and ex-offenders — 50% wage support extended by up to 6 months with supportable gross monthly wage increased to first \$6,000



## HOUSEHOLD SUPPORT PACKAGE

- **\$900 million for families**

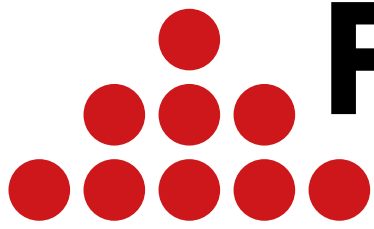
Beneficiaries	Payment	When
Lower-income Singaporeans qualified for GST Voucher — Cash	Additional Cash Special Payment of \$200	Jun 2021
Eligible HDB households	Additional 50% of regular GST Voucher — U-save <b>OR</b> \$120-\$200 utilities rebate	Apr 2021 and Jul 2021
Eligible Singaporean households living in HDB flats	Service and Conservancy Charges (S&CC) rebate between 1.5 and 3.5 months	Apr 2021, Jul 2021, Oct 2021, and Jan 2022
Singaporean children (below age 21 in 2021)	One-off top-up of \$200	Edusave Account and Post-Secondary Education Account — May 2021 Child Development Account — Sep 2021
Every Singaporean household	\$100 CDC voucher	TBA



## SINGAPORE GREEN PLAN 2030

- **\$60 million in Agri-Food Cluster Transformation Fund**
- **No Additional Registration Fee (ARF) for electric cars from Jan 2022 to Dec 2023 and revised road tax**

\*as of 2021



# FINANCIAL REPORT

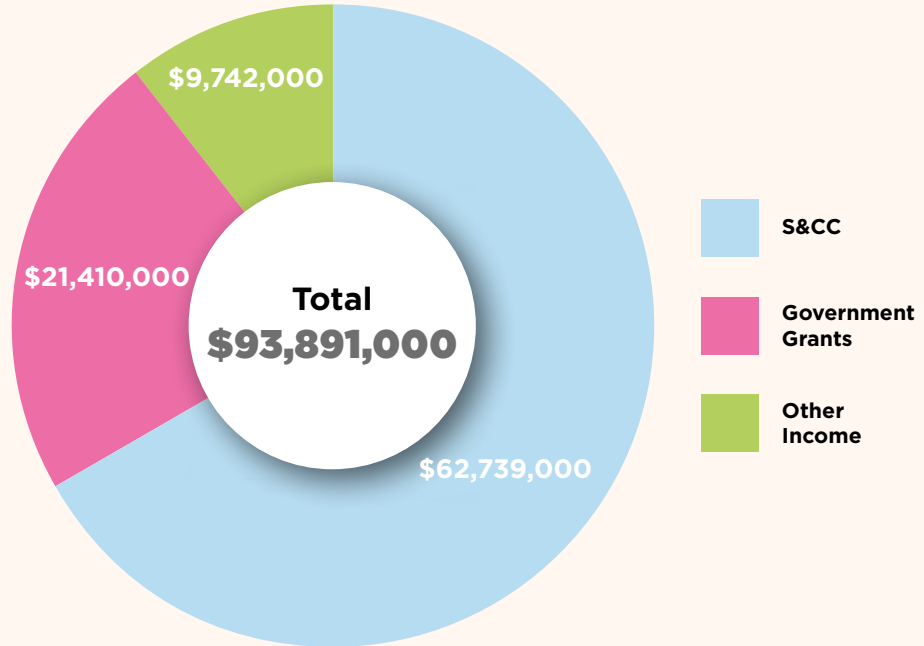
## FINANCIAL YEAR 2019/2020

### Where did the Town Council's money come from?

The majority of the Town Council's operational income continued to come directly from residents in the form of Service and Conservancy Charges (S&CC).

Another major source of income for the financial year came from Government Grants totalling **\$21,410,000**.

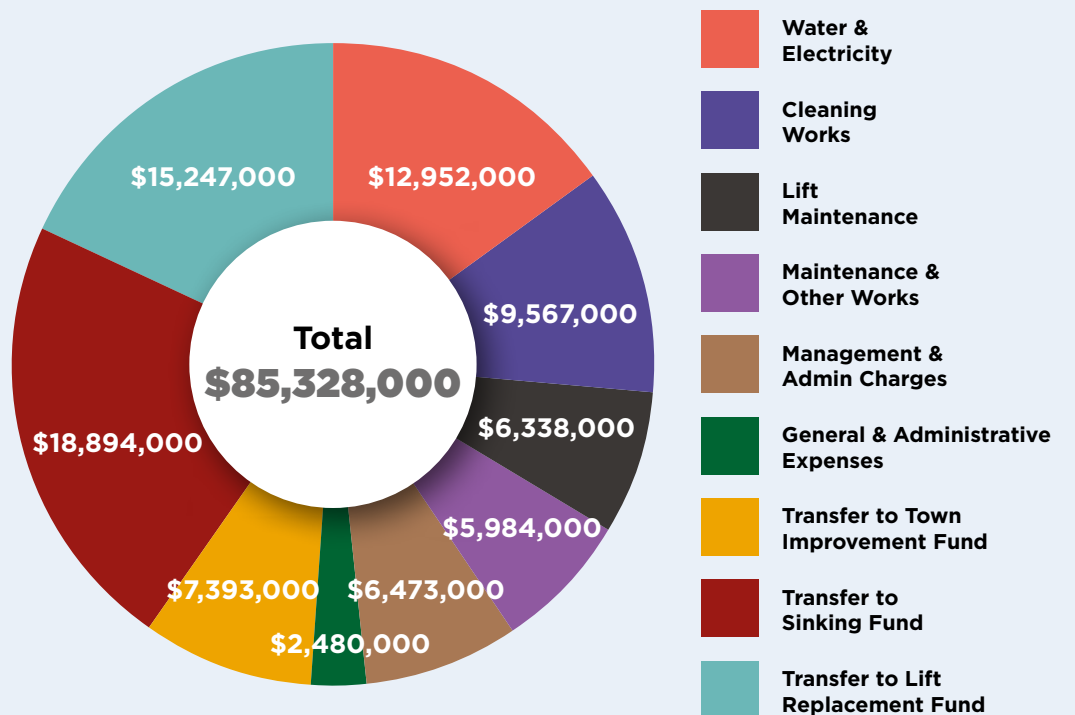
An additional **\$9,742,000** came from other income, such as fees charged for maintaining HDB carparks, Temporary Occupation Licenses, and use of void decks, etc.



### What did the Town Council spend it on?

The Town Council's total expenses and transfers carried out for the year amounted to **\$85,328,000**. The highest disbursement item of the year is Water and Electricity, incurring a total expenditure of **\$12,952,000**. This is followed by cleaning cost at **\$9,567,000**.

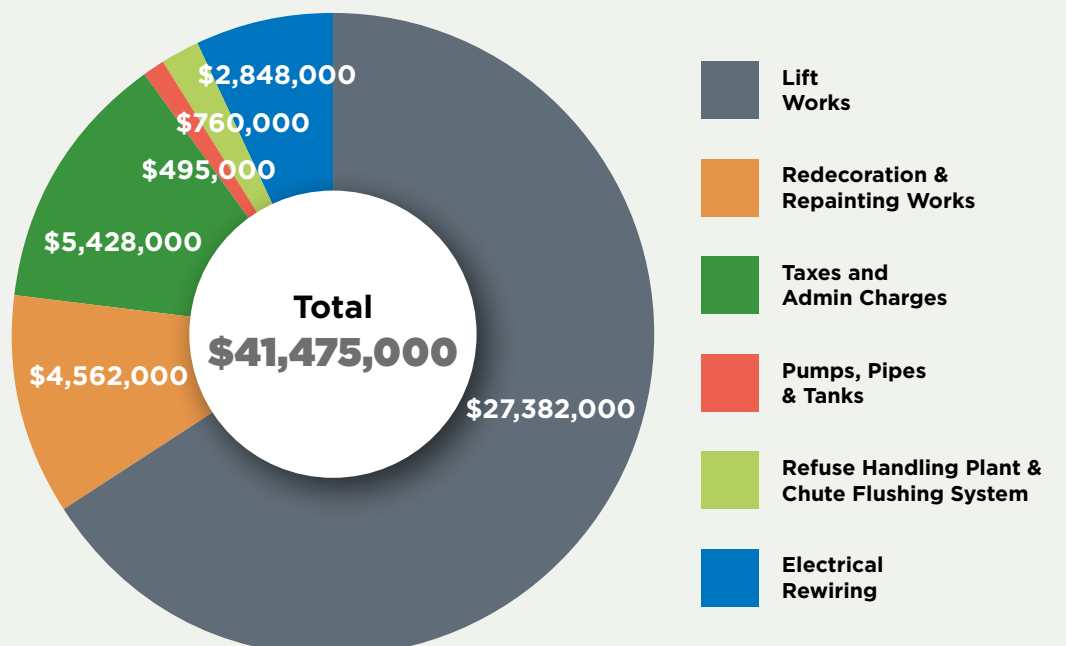
In order for the Town Council to meet upcoming cyclical maintenance and replacement needs, a total of **\$18,894,000** was transferred to the Sinking Fund, and another sum of **\$15,247,000** was transferred to the Lift Replacement Fund.



### How much did the Town Council spend on cyclical works?

A total of **\$41,475,000** was spent on cyclical works for the financial year, which ended on 31 March 2020.

A sum of **\$27,382,000** was spent on Lift Works and another **\$4,562,000** was spent on Redecoration and Repainting Works.



"Thank you for your prompt service. I would like to express my heartfelt thanks to Ms Vernisa Heng for the undivided attention and help rendered. Thank you SBTC. I am proud to be in your GRC."

- Resident Sahul

# "THANK YOU" FROM OUR RESIDENTS

"I would like to thank the following officers for extending their help to assist me patiently whenever I called or visited SBTC's office with enquiries — Mr Heng Guo Hao, Ms Siti Nasyirah, Mr Victor Wong, Ms Chen Shurong.

I would especially like to thank Ms Chan Shuying for taking the time and effort to drop by my house and advise me about the CCTV and other items I've placed outside my unit.

All of you have been a tremendous help to me and I am thankful. Your hard work is definitely recognised."

- Resident Ang Rong Kian

"I would like to thank Ms Li Eng and her team for helping my mum during the lift maintenance period. Ms Li Eng listened to our needs, understood the challenges we faced, and quickly arranged for staff to carry my mum to the common floor for three days. We really appreciate the care and thoughtfulness. Thanks again for the valuable help and service provided. We are happy to have you and your team as our Town Council."

- Resident Annie

**HAVE  
FEEDBACK FOR US?  
SCAN THIS QR CODE TO LET US KNOW!**



**PLEASE BAG YOUR REFUSE & DISPOSE THEM  
INTO THE CENTRAL REFUSE CHUTE.**

请将垃圾包起来，并丢进中央垃圾槽内。

Sila buang bungkus sampah anda ke dalam pusat pelongsor sampah.  
தயவுசெய்து உங்களது குப்பைகளை ஒரு பையில் வைத்து மத்திய குப்பைச் சரிவுக்குள் போடவும்.



**For bulky items  
disposal service, please  
call our Town Council at  
6368 3100.**

**Terms & Conditions apply:**

- Service by appointment at fixed time slots only
- Limited to max. 3 items in 1 visit, once per month



# CALENDAR OF EVENTS

**S/N** | **DATE** | **NAME OF EVENT** | **TIME** | **VENUE**  
**ADMIRALTY** FOR MORE INFORMATION, PLEASE CALL THE CC AT **6891 3430**

PLEASE VISIT THE 'OUR ADMIRALTY' FACEBOOK PAGE FOR EVENT UPDATES

**CANBERRA** FOR MORE INFORMATION, PLEASE CALL THE CC AT **6755 6369**

PLEASE VISIT THE 'KAMPUNG JELUTUNG @ CANBERRA' FACEBOOK PAGE FOR EVENT UPDATES

**SEMBAWANG CENTRAL** FOR MORE INFORMATION, PLEASE CALL THE CC AT **6758 4183**

S/N	DATE	NAME OF EVENT	TIME	VENUE
1	27 April 2021	Conversations on Singapore Women's Development Dialogue	Please contact Sembawang CC for more details.	Online Platform

PLEASE VISIT THE 'SEMBAWANG CENTRAL COMMUNITY' FACEBOOK PAGE FOR EVENT UPDATES

**SEMBAWANG WEST** FOR MORE INFORMATION, PLEASE CALL THE CC AT **6366 2218**

PLEASE VISIT THE 'SEMBAWANG OUR HOME' FACEBOOK PAGE FOR EVENT UPDATES

**WOODLANDS** FOR MORE INFORMATION, PLEASE CALL THE CC AT **6368 9938**

PLEASE VISIT THE 'WOODLANDS COMMUNITY' FACEBOOK PAGE FOR EVENT UPDATES



Want to get important local news? Sign up for the Sayang Sembawang e-newsletter by following the QR code!

Do you have a business located in Sembawang GRC and wish to advertise your services?  
 Write to us at [feedback@sbtc.org.sg](mailto:feedback@sbtc.org.sg) for more details!  
 Rates below:  
 Full page - \$3,500.00  
 Half page - \$2,000.00  
 Quarter page - \$1,200.00  
 \*subject to 7% GST



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**WE ARE NOW ON TELEGRAM TOO!**

Join us to receive the latest updates in our Town!

## NEWSLETTER QUIZ

These sentences have appeared somewhere in this newsletter. To win, simply write down the page number and headline of the story in which the sentence can be found. For example, the answer to the sentence, "Thinking back, he wished he had dared to dream bigger – to be the best golfer in the world." would be "Page 11: #PeopleofSembawang: Resident Professional Golfer". All entries should reach the given address below latest by 30 April 2021.

*At \$1 each, residents can purchase magnets to be displayed at their stall of choice.*

Answer: .....

*"Caring for our environment starts with every individual and every effort counts."*

Answer: .....

*Despite the early morning rain, many eager residents waited in line to have the first look at this newest addition in Sembawang GRC.*

Answer: .....

**Great prizes to be won: 6 LUCKY WINNERS WILL GET \$45 EACH!**

*\*Winners will be issued cheques*

**Please mail to:  
 The PR Manager  
 Blk 504C Canberra Link  
 #01-63, Singapore 753504**

My Name: (as per IC/birth cert)

.....

My Age: (as of Jan 2021) .....

My Address: .....

.....

Postal Code: .....

My Email Address: .....

Phone No: .....

I do not wish to subscribe to the Sayang Sembawang e-newsletter.

## CONGRATULATIONS TO THE WINNERS OF THE LAST CONTEST:

- Lim Qian Qi
- Dian Binte Sa'adon
- Ho Lay Kim
- Lim Wei Da
- Isaac Neng
- Syazwani Binte Ariffin