

SAYANG *Sembawang*

SEMBAWANG TOWN COUNCIL • JUNE 2022

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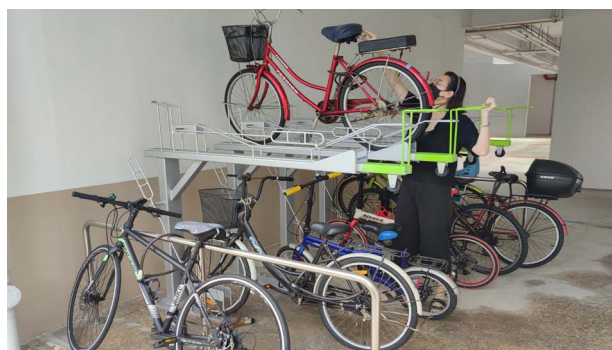
TOWARDS A CLEANER AND GREENER SEMBAWANG

Make Sembawang Special

Check out our Keep Clean, Singapore 2022 events on page 3!



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More Efforts to Make Our Town Green



Dear Residents,

It's the middle of the year. With the easing of COVID-19 restrictions, I am happy to have met many of you at our recent events. I look forward to meeting more of you as capacity limits for events increase.

After a two-year hiatus, we saw the return of Canberra Day. This year, it came back as an upsized version, Canberra Week! A variety of festivities were planned in the span of a week for residents. We hope that those who participated had a fun time with their families and friends.

Sembawang GRC's annual Women's Festival was back too. This year's theme highlighted stories of inspiring women, many of whom had overcome challenges in life and achieved success in their own fields.

We also had our Keep Clean, Singapore across the divisions in the month of April. A big thank you to residents who joined us for litter picking. We also took the opportunity to express our appreciation to our cleaners for their hard work and efforts in keeping our town clean. We should all continue to do our part for the environment.

This issue also features green initiatives in our GRC. Sembawang GRC organised a Farmers' Market, featuring produce from our community gardens as well as booths set up by voluntary welfare organisations and social enterprises. To encourage recycling, we have paper recycling machines across the GRC where residents can contribute paper for recycling in exchange for some payment.

Dengue remains a pressing issue nationwide. The Town Council is working closely with the National Environment Agency to mitigate the situation in our common areas. While we step up on the measures taken, we urge residents to take extra precaution by getting rid of potential breeding sites in their homes.

Let us all work together to make Sembawang clean and green!

Vikram Nair
Chairman of Sembawang Town Council

Para Penduduk yang Dihormati,

Kini sudah pertengahan tahun. Dengan pelonggaran sekatan COVID-19, saya gembira dapat bertemu dengan ramai di kalangan anda di acara baru-baru ini. Saya tidak sabar untuk bertemu dengan lebih ramai penduduk setelah had kapasiti bagi perhimpunan sosial dinaikkan.

Hari Canberra kembali setelah dua tahun. Tahun ini, ia kembali sebagai versi yang lebih besar, iaitu Minggu Canberra! Pelbagai aktiviti telah dirancang dalam tempoh seminggu untuk para penduduk. Semoga anda yang telah mengambil bahagian berseronok bersama keluarga dan rakan-rakan.

Pesta Wanita GRC Sembawang tahunan telah kembali juga. Tema tahun ini mengetengahkan kisah-kisah wanita yang memberi inspirasi. Ramai antara mereka telah mengatasi cabaran hidup dan mencapai kejayaan dalam bidang masing-masing.

Inisiatif Jaga Kebersihan, Singapura juga diadakan di semua bahagian GRC pada bulan April. Kami ingin mengucapkan terima kasih kepada penduduk yang menyertai kami untuk mengutip sampah. Kami juga telah mengambil kesempatan untuk merakamkan penghargaan kami kepada para pembersih atas kerja keras dan usaha mereka dalam menjaga kebersihan bandar kita. Kita semua harus teruskan memainkan peranan kita untuk alam sekitar.

Isu surat berita ini juga menampilkan inisiatif hijau dalam GRC kita. GRC Sembawang menganjurkan sebuah pasar tani yang menampilkan hasil dari kebun komuniti kita serta gerai-gerai yang didirikan oleh pertubuhan kebajikan sukarela dan perusahaan sosial. Untuk menggalakkan amalan kitar semula, kami mempunyai mesin kitar semula kertas di seluruh GRC di mana penduduk boleh menyumbang kertas untuk dikitar semula yang boleh ditukarkan kepada bayaran tunai.

Denggi masih merupakan isu yang mendesak di seluruh negara. Majlis Bandaran sedang bekerjasama rapat dengan Agensi Sekitaran Kebangsaan untuk mengurangkan bilangan kes di kawasan umum kita. Sementara kami mempertingkatkan langkah-langkah yang diambil, kami menyarankan agar para penduduk mengambil langkah berjaga-jaga tambahan dengan menyingkirkan lokasi yang berpotensi untuk menjadi tempat pembiakan nyamuk dalam rumah masing-masing.

Marilah kita berganding bahu untuk menjadikan Sembawang bersih dan lestari!

Vikram Nair
Pengerusi Majlis Bandaran Sembawang

亲爱的居民，

转眼年中将至，随着冠病19防疫措施进一步放宽，我最近参加活动时，非常高兴与你们重聚。随着活动人数放宽后，我期待接见更多居民。

经过2年的停办，坎贝拉日活动又回来了。今年，我们迎接升级版的坎贝拉周活动！我们早前为居民策划准备好整个星期的精彩节目，希望那些参与活动的居民，家人及朋友们能够尽兴，一起共度欢乐时光。

三巴旺集选区也重新举办一年一度的妇女节。今年关注的主题激励女性们的心声，也分享各自亲身经历的感人事迹。她们凭着过人的毅力，克服生活中的种种挑战，并在各自的领域取得辉煌的成功。

于今年4月，我们也在各社区落实“保持清洁 — 新加坡”的运动。我在此衷心感谢百忙之中，抽空参加捡垃圾活动的居民们。我们也借此机会感谢我们的清洁工友们，为了保持市镇整净所付出的辛劳与努力。

这一期的刊物也聚焦三巴旺集选区的众多绿色计划，包括举办农夫市集，推广与呈献社区花园生产的农作物。志愿福利团体及社会企业也在农夫市集设立摊位，让更多居民认识它们。为了提倡再循环意识，我们在集选区各处放置多台纸张回收机，好让居民回收废纸换取现金。

骨痛热症仍然是全国面临的棘手课题。市镇理事会正在与国家环境局紧密合作，来抑制骨痛热症在公共环境散播的风险。当我们加强预防伊蚊滋生的措施时，我们也恳请居民防患于未然，清除可能导致家里伊蚊滋生的积水处。

让我们同心协力保持三巴旺干净及绿意盎然的生活环境！

维凯
主席
三巴旺市镇理事会

அன்பார்ந்த குடியிருப்பாளர்களே,

இந்த ஆண்டின் நடுப்பகுதியில், கொவிட்-19 கட்டுப்பாடுகள் குறைக்கப்பட்டப் பிறகு, உங்களில் பலரை எங்களின் சமீபத்திய நிகழ்ச்சிகளில் சந்தித்ததில் மகிழ்ச்சி. நிகழ்ச்சிகளுக்கான மக்கள் கொள்ளளவை அதிகரிக்கும் போது உங்களில் இன்னும் பல பேரைச் சந்திக்க ஆவலுடன் காத்திருக்கிறேன்.

இரண்டு வருட இடைவெளிக்குப் பிறகு, 'கான்பரா தினம்' மீண்டும் நடைபெற்றது. இந்த ஆண்டு, அது 'கான்பரா வாரம்'-ஆக வளம் வந்தது! ஒரு வார காலக்கட்டத்திற்குள் குடியிருப்பாளர்களுக்காக பல்வேறு நிகழ்ச்சிகள் திட்டமிடப்பட்டன. இதில் கலந்து கொண்டவர்கள் தங்கள் குடும்பத்தினர் மற்றும் நண்பர்களுடன் மகிழ்ச்சியாக பொழுதை கழித்திருப்பார்கள் என்று நம்புகிறோம்.

செம்பவாங் குழுத்தொகுதியின் வருடாந்திர மகளிர் விழாவும் மீண்டும் நிகழ்த்தப்பட்டது. இந்த வருடத்தின் கருப்பொருள், வாழ்க்கையில் சவால்களை சமாளித்து தங்கள் சொந்த துறைகளில் வெற்றி பெற்றுள்ள உத்வேகமான பெண்களின் கதைகளை முன்னிலைப்படுத்தி அமைந்தது.

ஏப்ரல் மாதத்தில் எங்கள் 'கீப் க்ளீன், சிங்கப்பூர்' - 'சுத்தமாக வைத்துக்கொள், சிங்கப்பூர்' திட்டத்தை நம் எல்லாப் பிரிவுகளிலும் நடத்தினோம். குப்பை அள்ளுவதற்கு எங்களுடன் இணைந்த குடியிருப்பாளர்களுக்கு நன்றி. நம் நகரத்தை தூய்மையாக வைத்திருக்கும் நம் துப்புரவு பணியாளர்களின் கடின உழைப்பையும் முயற்சிகளையும் பாராட்ட இந்த வாய்ப்பைப் பயன்படுத்தினோம். சுற்றுச்சூழலை பாதுகாக்க நாம் அனைவரும் நம் பங்கை தொடர்ந்து செய்ய வேண்டும்.

இந்த இதழில் நம் குழுத்தொகுதியின் பசுமைத் திட்டங்களும் இடம்பெற்றுள்ளன. புதிய உற்பத்திகளைக் கொண்ட சமூகத் தோட்டங்கள் மற்றும், தொண்டுழிய சமூகநல அமைப்பாலும் சமூகநல நிறுவனங்களாலும் அமைக்கப்பட்ட சாவடிகள் ஆகியவற்றை தனிச்சிறப்பாக காட்டிய உழவர் சந்தையை செம்பவாங் குழுத்தொகுதி ஏற்பாடு செய்தது. மறுபயனீடு செய்வதை ஊக்குவிப்பதற்காக, குழுத்தொகுதி முழுவதும் காகித மறுபயனீடு இயந்திரங்களை அமைத்துள்ளோம். அங்கு குடியிருப்பாளர்கள் கட்டணத்திற்கு காகிதத்தை மறுபயனீடு செய்து பங்களிக்க முடியும்.

டெங்கிக் காய்ச்சல் ஒரு முக்கிய பிரச்சனையாக நாடு முழுவதும் திகழ்கிறது. நம் பொது இடங்களில் இந்த பிரச்சனையைப் போக்க நம் நகர மன்றம் தேசியச் சுற்றுப்புற அமைப்புடன் நெருக்கமாகச் செயல்படுகிறது. இந்த நடவடிக்கைகளில் நாம் தீவிரமாக மேற்கொள்ளையில், தங்கள் வீடுகளில் கொசுக்கள் இனப்பெருக்கம் செய்யக்கூடிய இடங்களை அப்புறப்படுத்தி முன்னெச்சரிக்கையை எடுக்குமாறு குடியிருப்பாளர்களைக் கேட்டுக்கொள்கிறோம்.

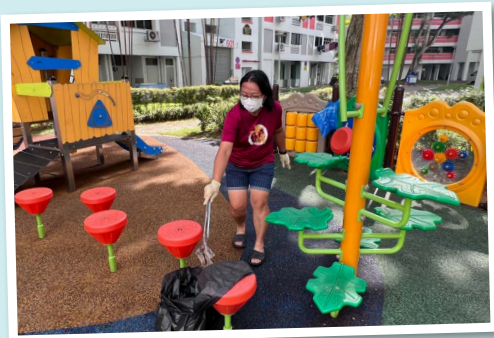
செம்பவாங்கை தூய்மையாகவும் பசுமையாகவும் மாற்ற நாம் அனைவரும் ஒன்றிணைவோமாக!

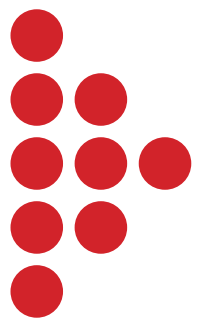
விக்ரம் நாயர்
செம்பவாங் நகர மன்றத் தலைவர்

LET'S KEEP SEMBAWANG GRC CLEAN TOGETHER!

The past quarter, we held the “Keep Clean, Singapore” initiative across the divisions in our town. It is an annual nationwide initiative that raises awareness of how important it is to keep our estates clean. Residents, together with their respective MPs, came together for litter picking at common areas of the estate.

During the respective exercises, we also took the chance to express our heartfelt appreciation for our cleaners’ exemplary service and hard work in keeping our GRC clean and green for all. As we enjoy the fruits of their labour, let us continue to play our part in keeping our environment clean and #MakeSembawangGreen!





THANK YOU TO OUR CLEANERS!

Keeping our town clean and green for all is not easy. Our cleaners keep our estates tidy and well maintained for our residents to live comfortably. In honour of “Keep Clean, Singapore”, we recognise some of our cleaners who have shown exemplary performance and have gone the extra mile in their line of duty.



“I would like to feedback on block cleaner Mr Hasan and his team for keeping our block clean every day. When I ask for help or feedback about our area, he will do it immediately and with a smile on his face every time. Mr Hasan and his friends have respect for our residents. My daughter, she is 9 years old, every year she writes a letter to Mr Hasan since from NN1. She still writes letters with arts and crafts to give to him. Thank you Mr Hasan.”

— Resident Kavitha Ganesan



“I want to compliment worker Deloar from Sembawang Town Council, who has been very hardworking and friendly to residents of Montreal Link. Every day, I see him working in the morning and afternoon, cleaning the neighbourhood and providing service for those who need help. Every night, I see him cycling around the neighbourhood to ensure all is in place. He is very diligent in his work, and he ensures residents get to live in a clean and safe environment. He greets all residents with a smile, and I can see his sincerity in his work. He deserves the best recognition by the Town Council and I hope the Town Council can reward good workers who deserve it, in particular Deloar. I wish him and his colleagues good health. To Deloar: My family thanks you for your excellent service and we look forward to your smiles every day. Keep up the good work and may God protect and bless you and your family back home.”

— Resident Daniel



“I’m writing this letter to express my greatest gratitude to two staff of yours. Today, I accidentally threw a small plastic bag of shopping vouchers into the rubbish chute. I went downstairs immediately hoping to find the contact for the Town Council. In the lift going down, I was lucky to have met your staff who were removing some bulky items from another level of the same block. I raised my request to them for the recovery of my valuable items. They assisted me immediately after understanding my situation. They spent some time looking for the blue plastic bag that I described to them. And they finally managed to find it and handed it over to me, which prevented my loss of thousands of dollars. I can’t thank them enough.”

— Resident Yu Weiyang





EMPOWERING OUR EVERYDAY HEROINES



Trying times make women even stronger. The SG Women's Festival 2022 spotlighted inspiring stories of women resolving challenges with resilience, positivity and ingenuity. Held at Woodlands Community Club on 6 March 2022, Minister of State, Ministries of Social and Family Development and Education, Ms Sun Xueling and MP for Sembawang GRC (Sembawang West) Ms Poh Li San launched the event.

The fourth edition of the annual event honoured winners of the SG Heroine Awards. The six winners championed social causes such as fostering, raising awareness of persons with invisible disabilities, and initiating community projects. "In life, there's good and bad. If you focus on the negatives, you'll definitely spiral down. But if you start looking at the positive things in there, then you will know that life has got something beautiful for you," said Ms Vickineswarie Jagadharan, a school counsellor and recipient of the SG Heroine Award.



SG Heroine Award winners, with MPs for Sembawang GRC Ms Poh Li San and Ms Mariam Jaafar, MP for Marsiling-Yew Tee GRC (Woodgrove) Ms Hany Soh, and Minister of State, Ministries of Social and Family Development and Education, Ms Sun Xueling

As part of the early celebration for International Women's Day, which fell on 8 March 2022, women from various industries gave talks on women pursuing their passion, women saving her environment (sustainability), women caring for her family (dementia), and women regaining health and strength. During a session where caregivers of loved ones living with dementia shared their personal journeys, Ms Poh added: "You are never in this alone. There's always people around us that can lend us some support, lend us a listening ear, and give us strength to overcome challenges together."

A more supportive environment for women to blossom both in the workplace and family is certainly welcomed. Ms Sun cautioned against complacency in advancing women's rights: "Women have made great progress when it comes to educational as well as employment opportunities, but our work to further women's progress cannot end just because we think that we are in a good place." Three key areas — equality in the workplace for women, caregiving support, and protection from violence — will be discussed in Parliament, she announced.



Ms Joan Poh, an Olympic rower and nurse, sharing about training for the 2020 Olympics during a dialogue session on women pursuing their passion, along with Ms Sher-Li Torrey, founder of Mums@Work and co-founder of Career Navigators, who also shared her path to success



A dialogue session on women caring for her family (dementia) by Dr Wong Sweet Fun, a senior consultant of geriatric medicine at Khoo Teck Puat Hospital, Ms Belinda Seet, a carer for persons with dementia, and Ms Karen Lim, a community enablement manager at Dementia Singapore



A segment on women regaining health and strength: Ms Nur Azlina, active health nutritionist, and Ms Ong Wan Xin, active health coach, on cultivating healthy habits and improving muscle mass with age, along with Ms Azlinda Bte Alip, a full-time housewife, and Ms Alice Chong, principal of a childcare centre, who shared their personal experience going through health transformations

#ICYMI
Check out the
livestream of
the festival:



#MakeSembawangGreen

SEMBAWANG GRC'S FIRST FARMERS' MARKET!

It is only through the concerted effort of our community that the green movement can gain momentum in Sembawang GRC. On 3 April 2022, our town's first farmers' market since the pandemic struck two years ago was held at Woodlands Sports Pavilion. Besides offering fresh homegrown produce, the farmers' market aims to be a staple feature for local schools, voluntary welfare organisations, social enterprises and corporate partners to promote sustainability and showcase their causes and products.

"We want Farmers' Market to become a regular feature in our town, and we will continue to improve the format and the produce to bring out the character of our town," said Minister Ong Ye Kung, who was joined by fellow MPs for Sembawang GRC Mr Vikram Nair, Dr Lim Wee Kiak, PBM, and Ms Poh Li San.



Highlights of the day include Residents' Networks showcasing their hydroponics system and smart farming techniques, demonstration of circular economy through the use of black soldier fly larvae, as well as snacking on them, feeding of quails and more. Youths with special needs got to display their art and handmade crafts, and the farmers' market also became a platform for training programmes and meaningful job opportunities for individuals with special needs.

During the event, vegetables (sponsored by SGVeg and Sembawang West Zone E Residents' Network) and gift packs (sponsored by Admiralty Welfare Team) were distributed to 250 needy residents in Sembawang GRC.

On the same day, we saw the opening of a new community garden at Block 693 Woodlands Ave 6 MSCP rooftop that was adopted by Greenwood Primary School and Jolly Owl School House. The students planted herbs with Minister Ong and Mr Vikram to signify the launch of their community garden.

Together, the students and their families will care for the garden and distribute the harvest to lower-income households in the community. An estimated total of 1,800 kg of fresh vegetables can be harvested each year from the existing community gardens in our GRC.



HARI RAYA CELEBRATIONS IN OUR TOWN

Hari Raya celebrations may not be back in full swing, but the festivities felt as if we were back in pre-pandemic times. Some of the many exciting events we had include Bazar Untuk Rakyat (bazaar for residents), which was held at the newly renovated Woodlands Sports Pavillion, and the Hari Raya Open House at Kampung Admiralty on 22 May 2022. There were also light-ups that brought the festive spirit and food distributions to the community! Check out some of the celebrations below.

Bazar Untuk Rakyat @ Woodlands



Light-ups



Food distributions



Photo: Ms Poh Li San's Facebook page



Photo: Mr Vikram Nair's Facebook page



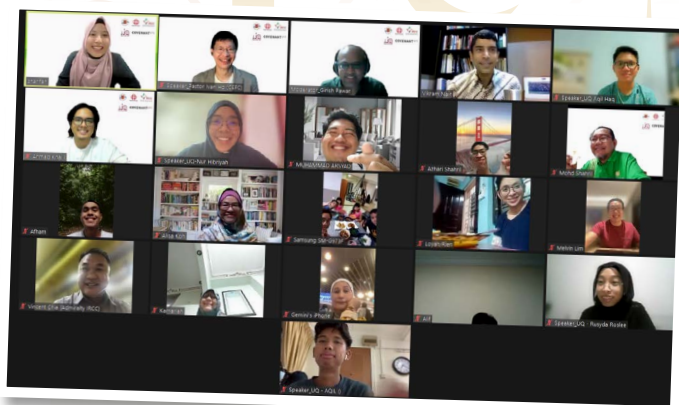
Photo: Ms Mariam Jaafar's Facebook page

Breaking fast with residents



Photo: Ms Mariam Jaafar's Facebook page

Sembawang GRC Hari Raya Open House & Suara Utara Gema Syawal



NEW IMPROVEMENTS IN YOUR ESTATE

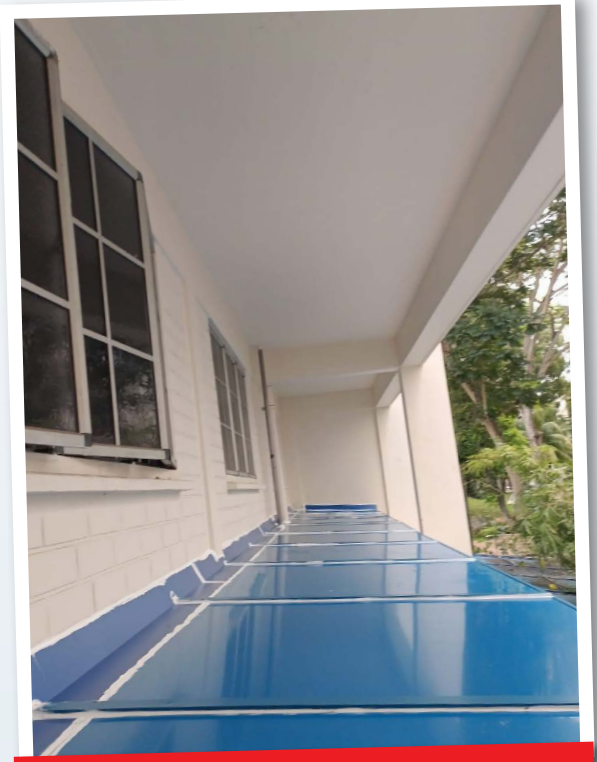
Town improvements, through the addition and enhancement of amenities and facilities, are important to meet the needs of residents. Check out the recent upgrades in our town!



BBQ Pits with Pavilion near 108C Canberra Walk



New Double-Tier Bicycle Racks at Blks 500+



Extension of Awning to 7 Blocks - Blks 817, 819, 828, 829, 833, 837, 838



BFA Ramp near 121D Canberra Street



Construction of High/Low Linkway from Blk 718 Woodlands Ave 6 to Existing LTA Linkway



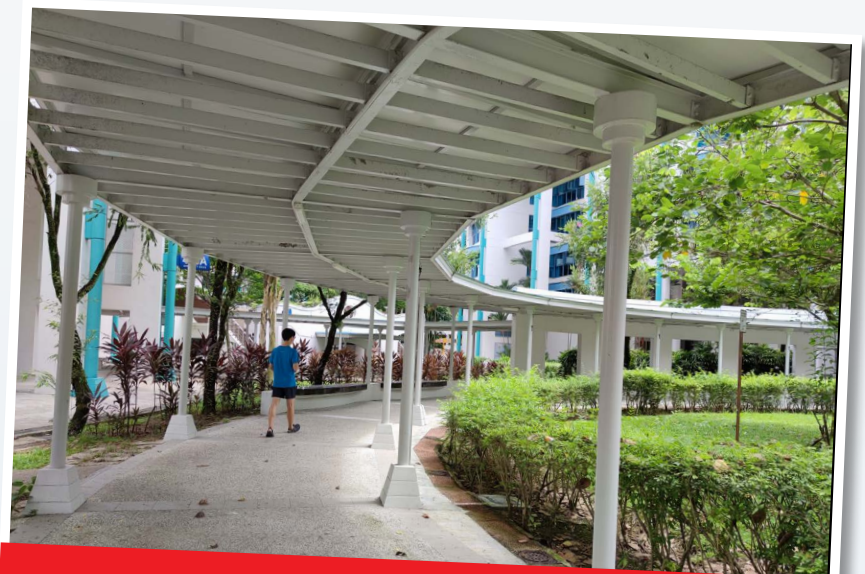
Construction of Ramp near Blk 753 Woodlands Circle



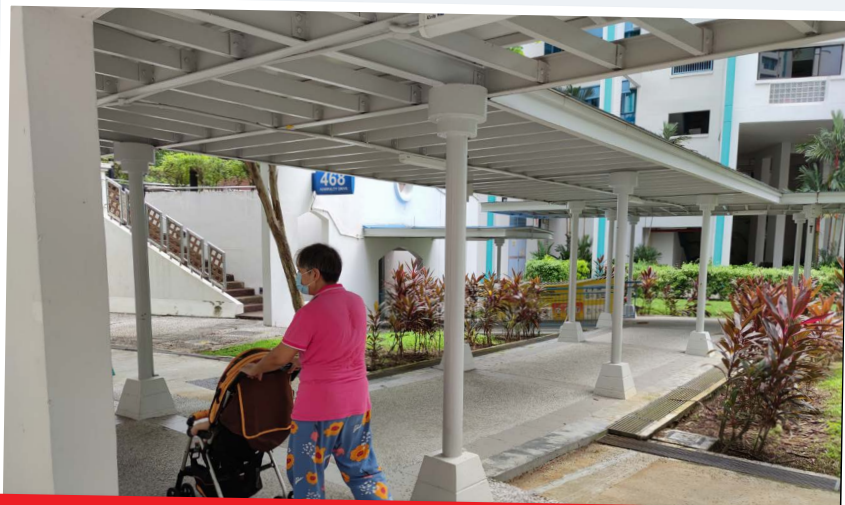
Construction of Sheltered BFA Ramp from 718 Woodlands Ave 6 to 718A Woodlands Ave 6 Existing Linkway



High/Low Linkway near 115D Canberra Crescent



Upgrading of Circular Linkway from Blk 468A to 468D Admiralty Drive



Upgrading of Covered Linkway from Blk 468A Admiralty Drive to Blk 468 Link Hall



Upgrading of Covered Linkway from Blk 468B Admiralty Drive to Circular Linkway



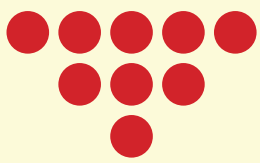
Upgrading of Covered Linkway from Blk 468C Admiralty Drive to Circular Linkway



Upgrading of Covered Linkway from Blk 468D Admiralty Drive to Circular Linkway



Upgrading of Multi-purpose Hall near Blk 466D Sembawang Drive



MORE EFFORTS TO

#MakeSembawangGreen

Solar Power in Our Town!



DID YOU KNOW?

Under the Housing and Development Board's (HDB) SolarNova programme, solar panels will be installed in another 400 blocks in Sembawang GRC. Installation is expected to begin in the third quarter of 2022 and be completed by the first quarter of 2025.

Recycle Paper for Cash!

To encourage residents to adopt a zero-waste lifestyle, paper recycling machines have been deployed across 15 towns. This cash-for-recycling programme is part of the Action for Green Towns (AGT) initiative by the People's Action Party (PAP), in partnership with SGRecycle.

To use the machines, residents will have to register an account with SGRecycle. They can deposit paper waste into the machine in the form of general scraps, letters, books, cardboard, magazines, and newspapers. For every 1 kg of paper deposited and recycled, six reward points (= 6 cents) will be added to their digital wallets. The minimum sum that can be withdrawn from their digital wallet is 1000 points or \$10 equivalent.

Check out where your nearest paper recycling machine is and start recycling!

- Blk 505 Canberra Link
- Blk 782A Woodlands Crescent
- Blk 541 Woodlands Drive 16
- Blk 319 Sembawang Close
- Blk 852 Woodlands Street 83



Paper recycling machine at Blk 319 Sembawang Close

From January to March, we have recycled 1,809 kg of paper (per SGRecycle machine) = 31 trees saved!

Register an account with SGRecycle via www.sgrecycle.com or their mobile app (iOS/Android) available on Apple App Store and Google Play Store

Get it on the Apple App Store for iOS users

Get it on the Google Play Store for Android users

Stay tuned for more green initiatives in our town!

CANBERRA DAY TURNED CANBERRA WEEK

IT'S BACK AND BIGGER THAN EVER!

After a two-year hiatus due to the COVID-19 pandemic, Canberra Day came back in a bigger and upgraded version, Canberra Week! From 13 to 20 March 2022, a series of fun-filled events and activities were organised for residents to spend the school holidays together. Among them were yogalates at Canberra Park, movie screenings, magic shows, and workshops such as conscious parenting and watercolour painting for adults and children respectively. The event certainly lifted the morale of our Canberra residents.

Check out some highlights of the week below!



Virtual Canberra Week 2022 Finale filled with performances and interactive games such as Pictionary, Bingo and the Price is Right



Magic show



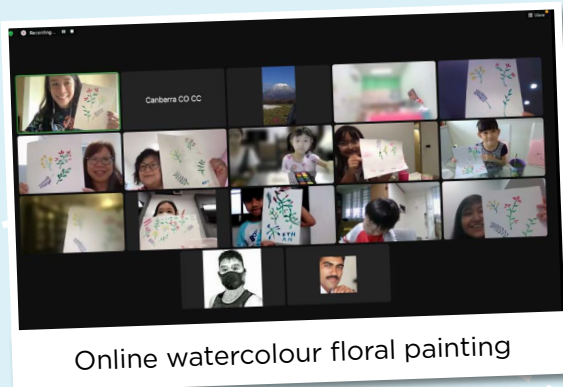
Basic balloon sculpture for kids



Canberra Education Bursary Award Ceremony



Acrylic keychain painting



Online watercolour floral painting



Acrylic flowerpot painting



Taichi at Canberra Park



Yogalates at Canberra Park



Movie screening at Canberra Zone 5

BLOSSOM SEEDS

YOUR ACTIVE AGEING CENTRE IN SEMBAWANG CENTRAL



Blossom Seeds
福善



Blossom Seeds Limited (BSL) was started by members of BW Monastery to serve the needy and active seniors of various races and religions for interfaith harmony and social cohesion. It has been an Institution of a Public Character (IPC) since 1 February 2017.

BSL moved to the second level of Block 105 Canberra Street in December 2018. As of May 2021, BSL is an Active Ageing Centre (AAC) in partnership with the Agency for Integrated Care (AIC). BSL provides active ageing programmes and befriending services, serving as the go-to point for vulnerable and active seniors. In addition, under BSL's Medical Escort and Transport (MET) programme, frail and vulnerable seniors are accompanied by a volunteer to their medical appointments, with transportation provided.

Some of BSL's programmes and services include:

- Active Ageing Centre
- Community Befriending Programme
- Medical Escort & Transport (MET)
- Intergenerational Programme
- Gym Tonic Programme
- Community Health Post
- Digital Clinic
- Volunteer Training



Active Ageing Centre: Stretch band exercise every Monday morning



Medical Escort & Transport (MET) programme: BSL volunteer and beneficiary on our MET bus



Community Befriending Programme: Digitalisation enhancement on Zoom usage

In January 2022, BSL was appointed by the SG Cares Office under the Ministry of Culture, Community and Youth (MCCY) to serve as the SG Cares Volunteer Centre (VC) @ Sembawang.



The SG Cares VC @ Sembawang was officially launched on 16 April by Mr Ong Ye Kung, Minister for Health, and attended by MCCY Deputy Secretary Philip Ong, BSL CEO Ms Ong Siew Chin and representatives from 12 partner agencies, including the government, community and religious groups

Daily Activities

Every Monday 每周一

0930-1000
Stretch Band Exercise
弹力带运动

Every Tuesday 每周二

0930-1030 0900-1200
Shape It Up Community
甩一甩, 扭一扭 Health Post
社区保健站
1100-1200 Hotline 热线:
Qi Gong 气功 9236 6573

Every Wednesday 每周三

0930-1030 1100-1200
Seated Taichi Chair Zumba
坐式太极 坐式尊巴

Every Thursday 每周四

0930-1030
Chair Yoga
坐式瑜伽

Every Friday 每周五

0930-1030
KPOPX Fitness
韩式韵律操



Blossom Seeds Limited (BSL)
Active Ageing Centre (AAC)
福善活跃乐龄中心
105 Canberra Street #02-01/06 S750105
Tel: 6259 8614
www.blossomseeds.sg
Enquiries on Centre Activities
中心活动询问电话: 9815 6389 / 9625 0614



JOIN ONLINE!
Zoom ID:
613 102 5350
Password:
388876

LET'S CONNECT!

Exclusively on



Check out our popular Facebook posts for the last quarter!



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



sayangsembawang



sayangsembawang.home.blog



Sayang Sembawang

JELUTUNG HARBOUR PARK IS NOW FULLY OPERATIONAL

Sayang Sembawang is at Jelutung Harbour Park. 27 April at 16:24 · Singapore ·

Good news! The water feature playground at Jelutung Harbour Park is fully operational now, so head down and have a splashing fun time! 🌊

Location: Near Blk 488/489 Admiralty Link, Singapore 750488
Operating hours: 9.30am to 9.30pm ... See more

QI HUA PRIMARY SCHOOL'S FOOD DIGESTER REUSES LEFTOVERS

Sayang Sembawang 10 April at 12:00 ·

Did you know that Qi Hua Primary is one of the first few places in Sembawang GRC to adopt a Food Digester?

Find out more on how they recycle their food - from how they collect the food to processing it in the digester to using the compost for their gardens. Talk about NO WASTE! 🌱

#MakeSembawangGreen #MakeSembawangSpecial

WANDERING IN WOODLANDS' WONDERLAND (PHOTO ESSAY)

Sayang Sembawang 4 April ·

Wandering in Woodlands' Wonderland

Located in Woodlands, Vista Park is pretty much like a wonderland for youth, specifically students, as it serves as their comfort space to destress and connect with each other.

This Photo Essay is done by students of Republic Polytechnic: Pawe, Yating, Isabel & Adlina

SEMBAWANG GRC FARMERS' MARKET

Sayang Sembawang Published by Sembawang Town Council · 3 April ·

It was a fun Sunday morning at the Farmers' Market, held at Woodlands Sports Pavilion!

Our MPs for Sembawang GRC graced the event, checked out the many booths, and met our residents! Residents were able to get their hands on homegrown fruits and veggies, feed cute quails, snack on Black Soldier Flies (if they dared), learn about Admiralty Zone 10 RN incubator germination and hydroponic system, and more!

In the same morning, we also saw the launch of a new community garden... See more

PANGUNI UTHIRAM FESTIVAL IN OUR GRC

Sayang Sembawang 19 March ·

Panguni Uthiram marks an important festival honouring Lord Muruga, the son of Lord Shiva and Goddess Parvathy. It is an important festival for Tamil Hindus and is celebrated by both Shaivites and Vaishnavites.

On this day, Lord Shiva married Lord Parvathy. Similarly, the wedding between Murugan and Deivanai also occurred on this day. Tamil literary works claim that the union between Lord Ranganannar and the poet Andal happened on this day. This day is also highly significant... See more

SG HEROINES IN SEMBAWANG: SHERRY

Sayang Sembawang 6 March ·

This International Women's Day, we celebrate the lives of women in Sembawang GRC. Women who display values of passion, compassion and perseverance unceasingly everyday.

Meet Sherry, one of the SG heroines in Sembawang, an award held in conjunction with SG Women's Festival 2022. Her positive outlook to life and strong truly inspires us to never give up in adversities.

On the surface, Sherry looks like your typical healthy person, however she has been plagued by vasculitis, ... See more

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

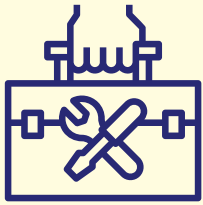


FINANCIAL REPORT

FINANCIAL YEAR 2020/2021

Where did the Town Council's money come from?

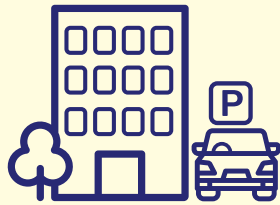
Total = \$91,073,000



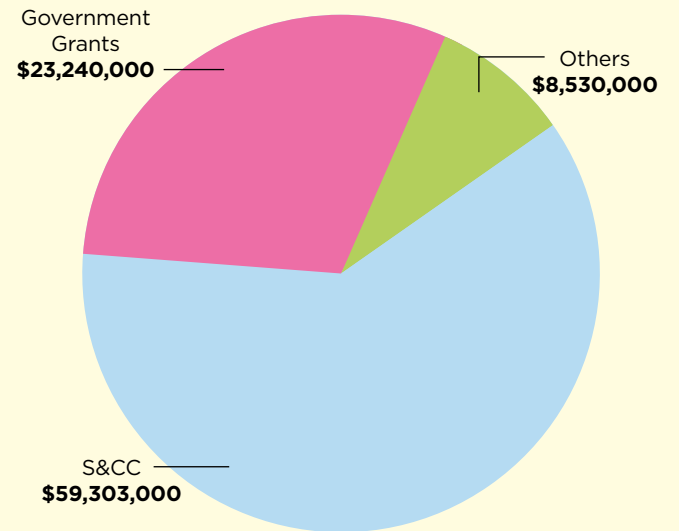
Majority of the Town Council's operational income continued to come directly from residents in the form of Service and Conservancy Charges (S&CC).



The Town Council's major source of income for the financial year came from Government Grants totalling at **\$23,240,000**.



An additional **\$8,530,000** 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?

Total = \$80,539,000



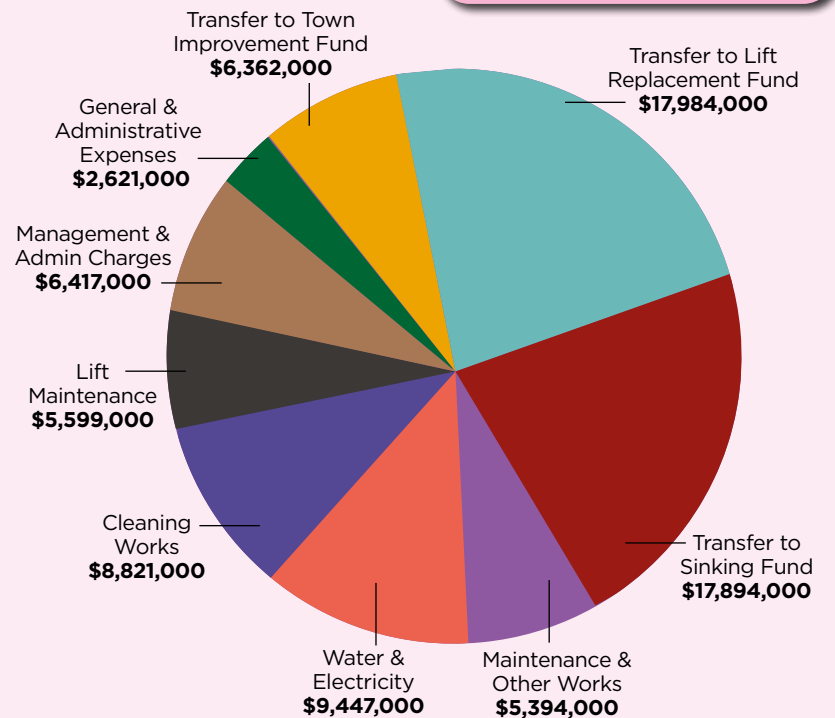
The Town Council's total expenses and transfers carried out for the year amounted to **\$80,539,000**.



The highest disbursement item of the year is Water and Electricity, incurring a total expenditure of **\$9,447,000**. This is followed by Cleaning Works at **\$8,821,000**.



For the Town Council to meet upcoming cyclical maintenance and replacement needs, a total of **\$17,894,000** was transferred to the Sinking Fund, and another sum of **\$17,984,000** was transferred to the Lift Replacement Fund.



How much did the Town Council spend on cyclical works?

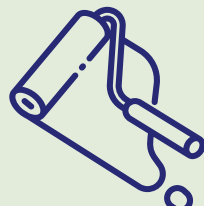
Total = \$19,920,000



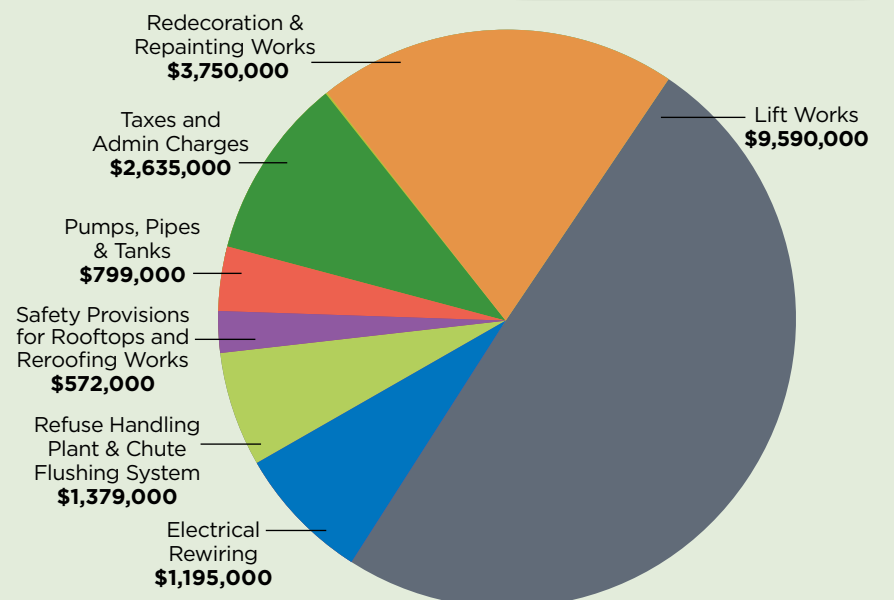
A total of **\$19,920,000** was spent on cyclical works for the financial year, which ended on 31 March 2021.



A sum of **\$9,590,000** was spent on Lift Works.



And another **\$3,750,000** was spent on Redecoration and Repainting Works.



"Dengue made my muscles and joints feel like they were being crushed day and night."
Shima, 39

"Dengue gave me rashes that felt like razor-sharp spikes stabbing my flesh."
Alisha, 29

"Dengue made my gums bleed like I'd gone multiple rounds with a boxer."
Gary Yang, 42

DENGUE IS CLOSER THAN YOU THINK

If you suspect you have dengue (fever, rashes, joint pain, etc.), please seek medical attention immediately.



START YOUR MOZZIE WIPEOUT

STOP DENGUE WITH B-L-O-C-K

HENTIKAN DENGGI DENGAN B-L-O-C-K 进行灭蚊行动, 杜绝骨痛热症 B-L-O-C-K வழிமுறையின் மூலம் டெங்கியைத் தடுத்து நிறுத்துங்கள்

BREAK

up hardened soil



Gemburkan tanah yang keras

铲松干硬的泥土

இறுகிப்போன மண்ணைக் கிளறிவிடுங்கள்

LIFT

and empty flowerpot plates



Telungkupkan piring pengalas pasu bunga

清除花盆底盘的积水

பூந்தொட்டித் தட்டுகளிலுள்ள தண்ணீரை அகற்றிடுங்கள்

OVERTURN

pails and wipe their rims



Telungkupkan baldi dan lap kering bibir baldi

倒置存放水桶并擦干水桶边缘

வாளிகளைக் கவிழ்த்து வையுங்கள். அவற்றின் விளிம்பு வளையங்களைத் துடைத்திடுங்கள்

CHANGE

water in vases



Tukarkan air dalam pasu bunga

更换花瓶里的水

பூச்சாடிகளிலுள்ள தண்ணீரை மாற்றிடுங்கள்

KEEP

roof gutters clear and place BTI insecticide



Bersihkan alur bumbung dan bubuhkan racun serangga BTI

疏通阻塞的屋顶檐槽并放置BTI杀蚊药

கூரை வடிகால்களைச் சுத்தம் செய்திடுங்கள். அவற்றில் பி.டி.ஐ.(BTI) பூச்சிக்கொல்லியை வைத்திடுங்கள்

PROTECT YOURSELF BY PRACTISING S-A-W

LINDUNGI DIRI ANDA DENGAN MENGAMALKAN S-A-W 自我防护, 采取防蚊措施 S-A-W நடைமுறையைப் பின்பற்றி உங்களைப் பாதுகாத்துக் கொள்ளுங்கள்

SPRAY

insecticide in dark corners around the house



Semburkan racun serangga di sudut-sudut yang gelap

噴杀虫剂 - 检查家中阴暗角落

உங்கள் வீட்டிலுள்ள இருட்டான மூலைகளில் பூச்சிக்கொல்லியைத் தெளியுங்கள்

APPLY

insect repellent regularly



Sapukan obat penghalau serangga selalu

用驱蚊剂 - 定期防范

பூச்சிவிரட்டியைத் தவறாமல் பூசிக்கொள்ளுங்கள்

WEAR

long sleeves and long pants



Pakai baju berlengan panjang dan seluar panjang

穿长衣长裤 - 免蚊虫叮咬

முழுக்கைச் சட்டைகள் மற்றும் முழுக்கால் சட்டைகளை அணியுங்கள்

UPCOMING EVENTS

DATE	NAME OF EVENT	TIME	VENUE
ADMIRALTY ☎ ACE The Place CC - 6891 3430 📍 Our Admiralty			
25 Jul 2022	Parents' Day Celebration	7pm - 10pm	ACE The Place CC MPH
7 Aug 2022	Admiralty National Day Dinner	7pm - 10pm	Vista Park Sheltered Hard Court
CANBERRA ☎ Canberra CC - 6755 6369 📍 Kampung Jelutung @ Canberra			
7 Aug 2022	Sembawang GRC National Day Observance Ceremony	8am - 12pm	Bukit Canberra
8 Aug 2022	Canberra National Day Dinner 2022	7pm - 10pm	Canberra CC
SEMBAWANG CENTRAL ☎ Sembawang CC - 6752 7212 📍 Sembawang Central Community			
PLEASE VISIT THE 'SEMBAWANG CENTRAL COMMUNITY' PAGE FOR EVENT UPDATES			
SEMBAWANG WEST ☎ Woodlands Galaxy CC - 6366 2218 📍 Sembawang Our Home			
7 Aug 2022	National Day Run	8am	Starting point - Woodlands Galaxy CC
9 Aug 2022	National Day Observance Ceremony	9am	Woodlands Galaxy CC Hall
WOODLANDS ☎ Woodlands CC - 6368 9938 📍 Woodlands Community			
PLEASE VISIT THE 'WOODLANDS COMMUNITY' PAGE FOR EVENT UPDATES			



Want to get important local news? Sign up for the Sayang Sembawang e-newsletter by scanning 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 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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Offices:
 Sembawang Town Council
Blk 504C Canberra Link #01-63, S753504
 Tel: 6368 3100
 Kampung Admiralty
Blk 676 Woodlands Drive 71 #06-04, S730676
 (Behind Admiralty MRT Station)

Email: feedback@sbtc.org.sg
 Facebook: Sayang Sembawang (for Town news)
 Sembawang Town Council (for Town Council matters)
 iPhone/Android App: iTown@SG

Publication Committee Advisor:
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WORD SEARCH

Highlight/Circle the missing word that completes each sentence in the word search below. The answers can be found in this newsletter. See an example below. All entries should reach the given address latest by 31 July 2022.

- Example:
 Page 3: As we enjoy the fruits of their labour, let us continue to play our part in keeping our environment clean and #MakeSembawangGreen!
- Page 5: A more supportive environment for women to _____ both in the workplace and family is certainly welcomed.
- Page 6: It is only through the _____ effort of our community that the green movement can gain momentum in Sembawang GRC.
- Page 10: To encourage residents to adopt a _____ lifestyle, paper recycling machines have been deployed across 15 towns.

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

**Winners will be issued cheques only*

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 2022)

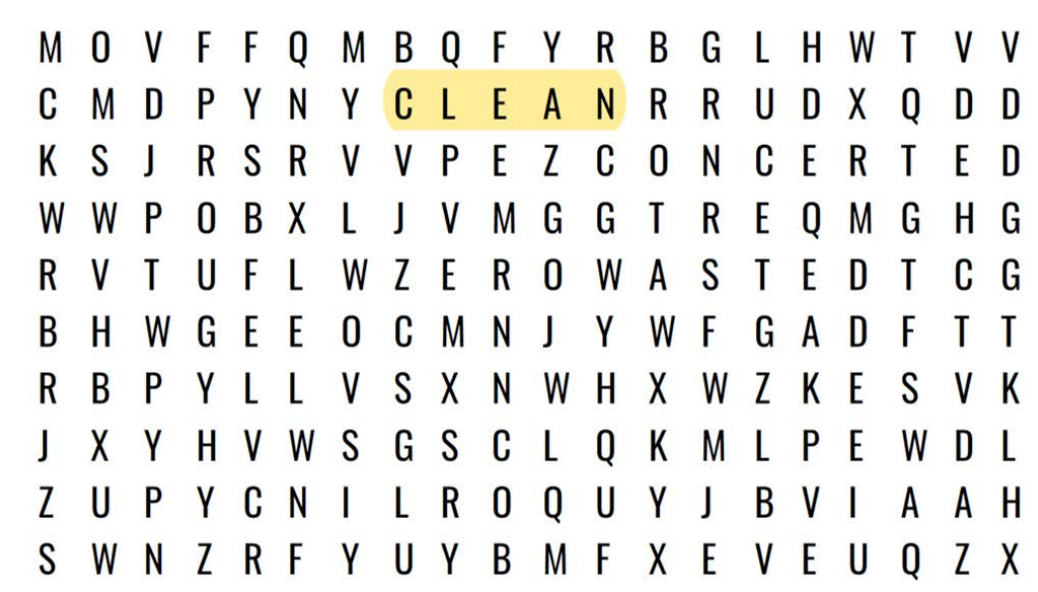
My Address:

Postal Code:

My Email Address:

Phone No:

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



CONGRATULATIONS TO THE WINNERS IN THE LAST CONTEST:

- Jovan Lin Dingxuan
- Pajan Singh Nee Jagjeet Kaur
- Ali Syafiq Bin R Ghazali
- Tan Shi Jie
- Jonna Bino
- Nurhayati Binte Dahlan