



Dear \${FNAME}\$,

Learn about the happenings and opportunities offered in the latest job fair at Kampung Admiralty.

Check out the latest update on the nine HDB carparks' rooftops to be converted for urban farming. Two are located in Sembawang GRC.

Find out about upcoming talks and workshops in Sembawang GRC, from finding job opportunities to keeping fit and healthy. Register your interest soon!

Stay Safe, Stay Healthy, Stay Strong!

Stay tuned to our weekly highlights for more news closer to home. Join our [Telegram channel](#), follow us on [Facebook](#) and visit our [blog](#).

Like us on Sayang Sembawang

Join our Telegram Channel

## Job Fair at Kampung Admiralty



A recent job fair was held at Kampung Admiralty on 25 September 2020. It was joined by many Sembawang GRC residents and MPs for Sembawang GRC, Minister Ong Ye Kung and Ms Poh Li San. The fair had over 2,700 immediate job vacancies offered by 80 employers. This monthly job fair is supported by NTUC e2i.

If you or someone you know is looking for a job or a career change, follow Sayang Sembawang Facebook page for updates on upcoming job fairs in the GRC.

## Nine HDB Carpark to have Rooftop Farms



**Photo Source:** Mothership.sg

The tender has been awarded for the rental of nine multi-story carparks in Singapore. Two of these rooftops are in Sembawang GRC and will be converted for urban farming use. The sites range from 1,808 sqm to 3,311 sqm.

Read more [here](#).

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## #PeopleofSembawang:

### Lim Seow Yin



**Photo Source:** MyNiceHome

Meet 27-year-old Lim Seow Yin, who has been living in Woodlands all her life. See her perspective on how much Woodlands has improved over the years and what the town means to her.

Read more [here](#).

### Mdm Lalitha



Meet Mdm Lalitha, a Woodlands resident for over 32 years and the Chairperson of the Environmental Committee in Woodlands CCC. Get to know more about her passion for greens and the Garden of Bees & Blooms that she helps tend to.

If you'd like to visit, the address is: Blk 869 Woodlands Street 83, Singapore 730869

Watch the full video [here](#).

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## Singapore Children's Society - Walk for Our Children 2020 (Virtual Edition)



Singapore Children's Society protects and nurtures children and youth of all races and religions.

COVID-19 has forced the cancellation of Children's Society's physical fundraising events this year. The Society has adapted one of its signature fundraising events, Walk for Our Children 2020 to a Virtual event launched by President Halimah Yacob. Click [here](#) for more information.

Gather your friends and family to participate in Children's Society's first ever virtual #walkforourchildren2020 by signing up at the event website [here](#) and help them reach the target of 20 million steps!

\*All proceeds will go towards supporting programmes run by Singapore Children's Society to help children, youth and families in need.

## Sayang Sembawang Staying Fit Together Month

### Running Routes In The North



Instead of staring at your laptop and phone all day long, why not catch the high definition scenic views in Sembawang GRC while getting your cardio on!

Read more [here](#).

### Food Alternatives for a Healthier Choice

Diet and exercise come hand in hand when getting into shape or trying to lose the weight we put on during Circuit Breaker. Checkout some of the food alternatives you can try in your healthy journey below!

## Food Alternatives FOR A HEALTHIER MEAL

### BREAKFAST

- REPLACE SUGAR CEREAL WITH UNSWEETENED OATMEAL
- REPLACE WHITE BREAD WITH WHOLE GRAIN BREAD
- REPLACE KOPI WITH KOPI O SIEW DAI OR KOPI KOSONG

### LUNCH

- REPLACE WHITE RICE WITH BROWN RICE
- REPLACE HOT DOGS WITH TOFU
- REPLACE LUNCHEON MEAT WITH PAN FRIED FISH

### DINNER

- REPLACE FRIED CHICKEN WITH BAKED OR STIR-FRIED CHICKEN
- REPLACE FRENCH FRIES WITH BAKED SWEET POTATO OR CARROTS
- REPLACE PASTA WITH SHREDDED ZUCCHINI OR SQUASH

### SNACKS

- REPLACE CHIPS & CANDY FOR TRAIL MIX
- REPLACE ICE CREAM WITH GREEK YOGURT AND FRUITS
- REPLACE SODA WITH WATER

# Upcoming Talks & Workshops in Sembawang GRC

## Virtual "Where Are The Jobs?" PMET Career & Resource Info-Talk

**Where Are The JOBS?**  
PMET Career & Resource Info-Talk  
with NTUC LearningHub, Infineon, Security & Risks Solution and White Ocean  
**11 OCT**  
Sunday  
3 pm  
(via ZOOM)  
REGISTER NOW!  
CLOSING DATE:  
10 OCT

Tips by NTUC LearningHub on how to upskill to be relevant for existing and future jobs  
Chat with progressive employers from Infineon, Security & Risks Solutions and White Ocean

Host  
**Ms Poh Li San**  
Grassroots Adviser to Sembawang West

SCAN QR CODE

Follow us on Facebook & Telegram to get updates on latest job listing and upcoming career fairs:  
Telegram: Job Listing Sembawang GRC Facebook: Sembawang Our Home



Hosted by Ms Poh Li San, learn tips on how to upskill yourself and the job opportunities offered by Infineon Singapore, Security & Risk's Solution Pte Ltd and White Ocean (Council of Estate Planning Pte Ltd).

**Date:** 11 October 2020 (Sunday)  
**Time:** 3pm, via Zoom

Register for the talk [here](#).  
Registration closes 10 October 2020.

## KpopX Dance Nite

## Know more about Careshield Life

**Manage your finances**  
Know more about CareShield Life  
**Sunday, 25 October 2020**  
**9.30am** f LIVE

On 1st Oct 2020, Careshield Life was officially launched as a compulsory long-term care insurance for policyholders as young as age 30. Find out more on the impact and importance of Careshield Life and how we can better prepare ourselves financially.

Sign up now!  
[go.gov.sg/careshield](http://go.gov.sg/careshield)

Organised by: People's Association M3@Woodlands Supported by: OTTERMISE

Did you know that Careshield Life a compulsory long-term care insurance for policyholders as young as age 30? Find out more!

**Date:** 25 October 2020 (Sunday)  
**Time:** 9.30am, live at M3@Woodlands Facebook.

Sign up [here](#).

## Know more about Careshield Life

# M<sup>3</sup> KpopX Nite

Join us for free KpopX Fitness online with Coach Haziqah



**Friday,  
23 & 30 October  
8.30pm**



KpopX Fitness



Sign up now!  
[go.gov.sg/kpopx](http://go.gov.sg/kpopx)



Organised by:



Supported by:



Get your heart pumping and body moving while jamming to popular Kpop songs!

**Date:** 23 and 30 October 2020 (Friday)

**Time:** 8.30pm, via Zoom.

Sign up [here!](http://go.gov.sg/kpopx)

## Updates on developments in Sembawang Central

### ONLINE CHAT

UPDATES ON DEVELOPMENTS IN SEMBAWANG CENTRAL

# MR ONG YE KUNG

MINISTER FOR TRANSPORT  
ADVISER TO SEMBAWANG CENTRAL GROS

SATURDAY 24/10/2020  
3:30PM TO 4:30PM



Organised by:



Scan QR code to Register Now!  
(Closing Date: Thu 22 October 2020. 6pm)

## What are the symptoms and myths of dementia?

**Guest Speaker**

**Dr Yao Fengyuan**

Consultant and Chief, Geriatric Psychiatry Department  
Institute of Mental Health



**Guest Speaker**

**Nicodemus Ching**

Social Worker  
Health & Senior Care, AWWA Ltd



Join us live on  
**M3@Woodlands  
Facebook!**

Sign up now!  
[go.gov.sg/dementia](http://go.gov.sg/dementia)



**Sun, 11 October  
9.30am**

Organised by:



Supported by:



Is dementia merely part and parcel of old age? Ask the professionals

**Date:** 11 October 2020 (Sunday)

**Time:** 9.30am, via M3@Woodlands Facebook.

Sign up [here!](http://go.gov.sg/dementia)

To our Sembawang Central residents! Chat with MP for Sembawang GRC, Minister Ong Ye Kung, about the latest updates on developments in the division.

**Date:** 24 October 2020 (Saturday)

**Time:** 3:30pm – 4:30pm

Register [here!](#)

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