

Dear \$[FNAME]\$,

When paying for a meal, donate a little extra towards the Belanja-A-Meal (B.A.M.) Initiative which has officially launched in Sembawang GRC. Learn more on how you can B.A.M. below!

Check out Sembawang Central's Tree Planting Day with Minister Ong Ye Kung.

If you had missed the live telecast of Sembawang GRC virtual Countdown to 2021 celebration, see the festivities that brought our GRC together towards the stroke of midnight.

Stay tuned to our weekly highlights for more news closer to home. Join our <u>Telegram channel</u>, follow us on <u>Facebook</u> and visit our <u>blog</u>.

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**Join our Telegram Channel** 

#### Launch of Belanja-A-Meal (B.A.M.) in Sembawang GRC

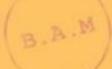


Photo Source: Ong Ye Kung's Facebook page

On 3 January, MPs for Sembawang GRC Minister Ong Ye Kung, Dr Lim Wee Kiak, PBM, Mr Vikram Nair, Ms Poh Li San and Ms Mariam Jaafar officially launched the Belanja-A-Meal (B.A.M.) initiative in Sembawang GRC, at Fu Chan Coffeeshop (Block 505 Canberra Link).

22 coffee shops and 135 stalls are on board this B.A.M Initiative throughout Sembawang GRC, helping over 600 beneficiaries living in the area.

# BELANJA A MEAL





## 请你吃一餐



#### WHAT IS BELANJA A MEAL?

'Belanja a Meal', or 'B.A.M',
is a project where residents
sponsor meals for other
residents who are experiencing
difficulties or with less
means. We have a caring
neighbourhood and this is one
way we support each other!

《请你吃一餐》或 "B.A.M" 这项善举的目 的是让善心人士捐赠一餐给生活面对困境 的居民。

#### HOW TO BELANJA A MEAL?



Upon purchasing your food, inform the stall vendor that you would like to sponsor a meal.

如果您想加入"B.A.M" 这项善举的话,请在购买食物时告知有关摊主。



Contribute S\$ 1 or more
(S\$ 1 = 1 credit and 4 credits = 1 hot meal).

您可捐献一块钱或更多金额 (一块钱=一个磁铁,四个磁铁=一份热餐)



Stick the magnet(s) on the board fixed at the front of the stall.

请把以钱换到的彩色磁铁吸付在摊位前方的海报板上, 这样一来,有需要帮助的居民就可以取下磁铁换取免 费的热餐。

Woodlands residents can register to be a donor here.

Sembawang West residents can register to be a donor here.

For residents *in other divisions*, you may inform the participating stallholder that you'd like to make a contribution.

#### Sembawang GRC New Year Countdown to 2021 Virtual Celebration



Albeit a different countdown from previous years, many Sembawang GRC residents gathered online for this year's celebration, which was held via Instagram Live on MP for Sembawang GRC (Woodlands) Ms Mariam Jaafar's Instagram page, on 31 December 2020.

Spirits ran high during the virtual event with host Sylvia Chan, and live performances by Jack and Rai, Fakkah Fuzz, and Aisyah Aziz.

Watch the full telecast here.

## **Tree Planting Day in Sembawang Central**



Sembawang Central kicked off the new year with Tree Planting Day on 3 January, at the open space near Blk 503C Canberra Link. Minister Ong Ye Kung officiated the event, planting Happiness Tree and Chiku at the greenery landscape of the estate, further beautifying the surroundings.

### **Get To Know Your MP: Mariam Jaafar**



Let's get to know our MP for Sembawang GRC (Woodlands), Ms Mariam Jaafar!

Find out her funny travel story, her aspirations for the Woodlands community, and more here.

#### **#EatwhatFriday**

#### Roti Prata @ Curry Café



Check out this place that serves amazing curry dishes that is found only at Curry Café. We especially love the Roti Prata because it is so crispy and flavourful! When dipped in either chicken or mutton curry, the taste is further heightened. What's more, even our MP, Dr Lim Wee Kiak, PBM, claims that they serve one of the best Roti Pratas in Singapore!

Location: Blk 482, Admiralty Link, #01-13

#### Wanton Mee @ Block 313A Sembawang Drive



To our fellow foodie residents, add this Wanton Mee stall your list of good food in the North. The 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.

Location: Block 313A Sembawang Drive

## Talks and Workshops in Sembawang GRC

**Our Health Journey** 

**Our Mental Wellness Journey** 



Join Coach Adib for a live workout and learn more about Chronic Disease Management with Woodlands Health Campus.

Date: 17 January & 7 February 2021,

Sunday
Time: 9am
Venue: via Zoom

Sign up here.



Learn more about mental health affecting elderly with Club Heal.

Date: 24 January 2021, Sunday

Time: 10am

Venue: via M3@Woodlands Facebook

page

Sign up here.

#### **Fight Cancer!**



You are invited to attend the Fight Cancer talk on Colorectal Cancer with Singapore Cancer Society.

Date: 31 January 2021, Sunday

Time: 10am
Venue: via Zoom

Sign up here.

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