



Dear \${FNAME}\$,

We would like to thank those who participated in our Action for Green Town Photo Contest! Check out the winning photos!

Travel back in time and reminisce the good old days as you walk through this old school stationary store that we found, located at the first floor of Sembawang Mart.

For the month of October, stay tuned for our #KeepFitWednesday features.

Stay tuned to our weekly highlights for more news closer to home. Join our Telegram channel, follow us on Facebook and join our telegram channel to stay in the know.



### Action for Green Town Contest Winners



Over 200 entries were submitted for our Action for Green Town Photo Contest & the results are in! Evidently, our GRC has many amazing nature spots, and even more talented resident photographers!

Congratulations to Esther Ong for emerging as the top winner with a beautiful shot at the park connector along Admiralty Link!

[f Find out more](#)

## Woodlands' Improvements

*Making Woodlands a Better Home*

# IOTW

Improvement of the Week

**WEEK 38** | **NEW STAIRS AT BLK 633**  
To improve accessibility and provide convenience

**Before:** 

**After:** 

See an improvement you like?  
Tell us & win a prize!

An #mPowerWoodlands initiative by:  
Grassroots Advisor, Mariam Jaafar,  
Woodlands Zone Taskforces &  
Agencies4Woodlands



**WOODLANDS ZONE TASKFORCES**  
People's Association  
Sukowong  
**HOUSING & DEVELOPMENT BOARD**  
Land Transport Authority  
We Keep You World Moving  
**NATIONAL PARKS**  
SINGAPORE POLICE FORCE

Check out the past 3 weeks of improvements in Woodlands, from new stairs for convenience to water dispensers with jet sprays in multi-storey carparks, and how they came into fruition.

[f Find out more](#)

## Minister Ong Ye Kung and Minister Lawrence Wong answers key questions



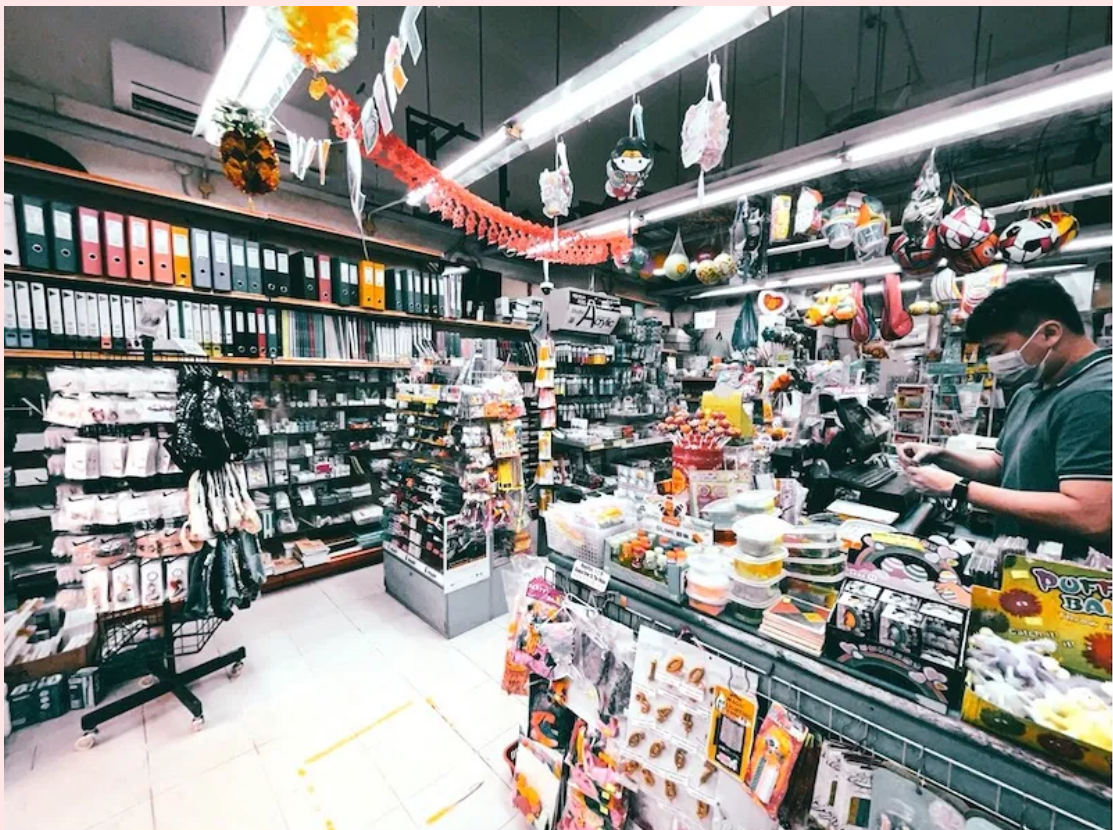


*Photo Source: Minister Ong Ye Kung's Facebook Page*

If you are still unsure about the announcements made by the multi-ministerial taskforce last weekend, watch this video featuring Minister Ong Ye Kung and Minister Lawrence Wong as they address some of your key questions, from vaccines to health protocols.



## Seng Kang Trading



Remember playing Captch during your recess break in school?

Those were good times where we had so much fun playing old school games and forming new friendships in our play time. When we walk into Seng Kang Trading located at the first floor of Sembawang Mart, the nostalgic feeling of childhood sank in.

## Canberra's Home Recovery Programme



*Photo Source: Dr Lim Wee Kiak's Facebook Page*

For the the past few weeks, Canberra CO staff were spreading cheer by delivering care packs to residents on the home recovery programme. On one of the deliveries, Dr Lim Wee Kiak also joined in to distribute the care packs. The team would call to inform the resident about the delivery and to enquire on their well-being before delivery. We also heard that residents would be waiting in their homes for the CO staff to give their appreciation and greetings, making the effort worth it.

Kudos to them!

## Admiralty Welfare Team celebrates Children's Day





In light of Children's Day celebrations last week, the Admiralty Welfare Team included some special items for children in the Admiralty community pantry vending machine, located at Block 693D! The items were also popular with the children there.

## **#KeepFitWednesday**



*Photo Source: Ms Poh Li San's Facebook Page*

This month, we will be introducing a new activity to do in Sembawang GRC every week. Join us as we embark on a fitness journey together!

Click below to watch Ms Poh Li San and sports personality, Natalie Dau, as they share a few tips on workouts to keep you fit.



# Upcoming talks and workshops in Sembawang GRC:

## Introduction to Chinese Home Medicine

HEALTH AWARENESS MONTH

### INTRODUCTION TO CHINESE MEDICINE

Discover Traditional Chinese Medicine and the simple practices you can do at home for better health.

**SPEAKER**  
**NEO MIN JUN**  
Lead Physician,  
NTU Chinese Medicine Clinic

**23 OCTOBER 2021**  
**2PM TO 4PM**  
**ZOOM**

REGISTER HERE

STAND A CHANCE TO WIN \$10 VOUCHERS!

ORGANISED BY  
People's Association, WOODLANDS YOUTH WOODLANDS, Singapore Council

IN PARTNERSHIP WITH  
南大中医 NTU CHINESE MEDICINE

Saturday, 23 Oct 2021 2pm to 4pm.



## A more inclusive Woodlands Community

HEALTH AWARENESS MONTH

### A MORE INCLUSIVE WOODLANDS COMMUNITY: AUTISM

Come learn more about our friends with autism, its key characteristics and common misconceptions. Let's strive towards a more inclusive community for them.

**DATE: 30 OCTOBER 2021**  
**TIME: 2PM TO 4PM**  
**VENUE: ZOOM**

REGISTER HERE:

STAND A CHANCE TO WIN \$10 VOUCHERS!

ORGANISED BY  
People's Association, WOODLANDS YOUTH WOODLANDS, Singapore Council

IN PARTNERSHIP WITH  
AWWA

**SPEAKER**  
**SARAH TSO**  
Speech and Language Therapist,  
AWWA Early Intervention Centre  
and Development Support Plus

Saturday, 30 Oct, 2pm to 4pm



## Heartland Hackathon

Heartland Hackathon is giving you the opportunity to not only come up with your own innovation tech solutions, but also giving you a chance to win \$10,000! All you have to do is to come up with a tech-based solution that could possibly resolve 'Noise Disturbance' and 'High-Rise Littering' within our neighbourhood!

Click [here](#) for more details and to register.



#beagoodneighbour

# Heartland Hackathon

We invite you to come up with an innovative tech solution to resolve our neighbourhood issues!

Registration is open



## "NOISE NOISE GO AWAY!"

Noise disturbances are on the rise!  
Help us to come up with innovative ways to identify the source of loud, disruptive noises



This is a litter-free zone

## "HIGH-RISE LITTER BUSTER!"

High-rise littering is a persistent problem!  
Help us find ways to identify high-rise litterbugs and deter high-rise littering

## DETAILS:



You may get to present to Minister Ong Ye Kung and stand to win \$10,000!



Scan here for more details & to sign up!



[www.heartlandhackathon.com](http://www.heartlandhackathon.com)

Closing date: 7th Nov 2021

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