



Dear \${FNAME}\$,

The Clean & Green Singapore 2021 was launched at Kampung Admiralty last Sunday! Also, Sembawang West and Canberra held their annual Tree Planting Day in the past weekend!

Check out the Deepavali festivities that were held in Sembawang GRC!

Sembawang West shares their harvests from community gardens with residents.

*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.*



## Clean and Green @ Kampung Admiralty.



The Clean & Green Singapore 2021 was launched at Kampung Admiralty. DPM Mr Heng Swee Keat, Mayor of North West District Mr Alex Yam, Minister Desmond Lee, SMS Dr Amy Khor to Sembawang GRC and MP for Sembawang GRC (Woodlands) Ms Mariam Jaafar were present for the launch event last weekend, which kickstarted with a Tree Planting Ceremony.

During the event, Woodlands and Sembawang West division were recognised with the Best Constituency - Commendation Award. Let's strive for a cleaner and greener Sembawang!





## Tree Planting Day in Sembawang GRC

Canberra



Joined by MP for Sembawang GRC (Canberra) Dr Lim Wee Kiak, PBM, new trees were planted at the entrance of Canberra Community Club last Sunday morning! We also took the opportunity to appreciate our cleaners for all their hard work especially during this period.

[f Find out more](#)

Sembawang West



Together with members of the community and volunteers, MP for Sembawang GRC (Sembawang West) Ms Poh Li San officiated the Tree Planting Day at Sembawang West! The event was also followed by a litter picking exercise. Let us all do our part in keeping our estate clean and green for all in Sembawang!

[f Find out more](#)

## Deepavali Celebrations in Sembawang GRC

Woodlands' Deepavali Celebration



**Photo Source: Ms Mariam Jaafar's Facebook Page**  
Last Saturday, Ms Mariam Jaafar, together with 100 residents within our GRC celebrated Deepavali at Qihua Primary School. The festivities were also livestreamed online. This was Woodlands first hybrid event.

[f Find out more](#)

Canberra spreads Deepavali festive cheers!



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

Dr Lim Wee Kiak, together with Canberra volunteers, gave out 750 festive cheer packs to our residents staying in rental flats.

*\*All COVID-19 measures were adhered to*

[f Find out more](#)

## Sembawang West's Project Gardens Giveback



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

The Project Gardens Giveback in Sembawang West has been seeing bountiful harvests. Ms Poh Li San joined our community gardening volunteers at Zone B and Zone C RNs to harvest Caixin and Spinach crops and share them with residents. Do keep a look out for more green spaces in our GRC!

[f Find out more](#)

## Sembawang Central's Edusave Awards



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

Sembawang Central division held their annual Edusave awards last Sunday. MP Mr Ong Ye Kung gave out the awards to top performing student residents in the division, recognising them for their character, leadership, conduct, learning dispositions and academic performance. Congratulations to all recipients!



# Mental Health Wellness with Mr Vikram



Photo Source: Mediacorp Oli 96.8's Facebook Page

MP for Sembawang GRC (Admiralty) Mr Vikram Nair joined DJs Rafi and Ravi G on Oli 96.8 last Friday to discussing mental health issues and resources people can turn to for assistance. Here are Health Promotion Board's tips for mental wellness summarised in the acronym "OKAY":

- **O:** Observe your emotions
- **K:** Keep a healthy lifestyle.
- **A:** Adopt coping skills.
- **Y:** You can reach out.

[f Find out more](#)

## Exciting Eats in Sembawang GRC!

Popular Bubble Tea AtTea is now available at Sun Plaza!



AtTea SG 署茗職茶, founded by popular Taiwanese artiste Jam Hsiao, is now available at Sun Plaza! Their bubble teas were refreshing and tasty, especially after a meal with family and friends! Head down to Sun Plaza to try their assortment of Bubble Teas today!

[f Find out more](#)

Nur Fah Muslim Corner keeps the Sembawang Kampung Spirit Alive!

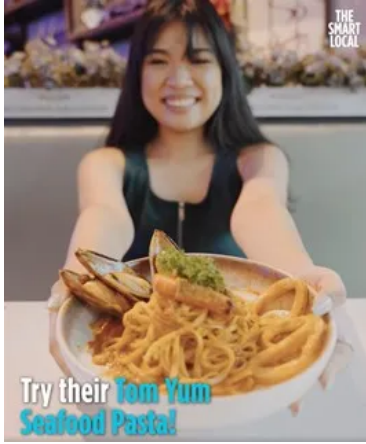


Inheriting their kampung recipes from their elders, Mr Rosly and Mdm Salbiah runs Nur Fah Muslim Corner, which sells over 50 types of dishes! It happens to be the secret favourite of residents, and their Mee Rubus is one of Minister Ong Ye Kung's favourites as well!

[f Find out more](#)

Get your late-night cravings satisfied at Citrus By The Pool





Sayang Sembawang Fans! Enjoy an exclusive 20% off the ala-carte menu when dining at Citrus By the Pool! Located at Woodlands Sports Centre, enjoy some café food at this hidden gem.

[f Find out more](#)

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