



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 Carparks 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](#).

#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](#).

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

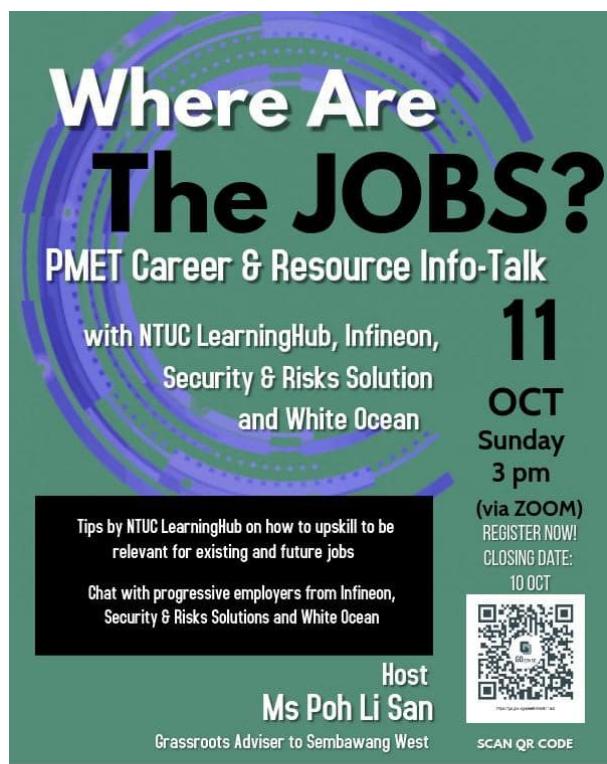
- REPLACE FRIED CHICKEN WITH BAKED OR STIR-FRIED CHICKEN
- REPLACE FRENCH FRIES WITH BAKED SWEET POTATO OR CARROTS
- REPLACE PASTA WITH SHREDDED ZUCCHINI OR SQUASH

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 TheJobs?" 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

Host
Ms Poh Li San
Grassroots Adviser to Sembawang West

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

SEMBAWANG GRC GRASSROOTS ORGANISATIONS

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

fb LIVE

Nadya Hashim
Moderator

Nur Fitria Rozlan
Associate Partner
IAM Advisory Group Ltd

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

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

SCAN QR CODE

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

A vibrant promotional image for the 'M³ KpopX Nite' event. The top half features a large, stylized title 'M³ KpopX Nite' in bold, black, sans-serif font. Below the title, a line of text reads 'Join us for free KpopX Fitness online with Coach Haziqah'. The background is a colorful, abstract geometric pattern of triangles and dots in shades of pink, blue, and yellow. In the center, there's a large blue 'zoom' logo. To the right, a framed photo shows a woman, Coach Haziqah, standing in a gym. Below the photo, the text 'KpopX® Fitness' is written in a stylized font. The bottom half of the image features a colorful silhouette of several people dancing against a city skyline silhouette. To the right of this silhouette, the text 'Sign up now!' is followed by the website 'go.gov.sg/kpopx'. A QR code is also present in the bottom right corner.

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

 [LIVE](#)

Sun, 11 October 9.30am

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!](#)

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:

People's Association

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

<https://go.gov.sg/rykchat2Nov30pm>

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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