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Life Storeys

LIFE IN THE HEARTLANDS



WORTH A SHOT

The most photogenic HDB blocks across the island

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Dear Readers,

We hope you are keeping safe and well.

In this issue's **Talk of the Town**, we showcase a series of HDB blocks that are not only photogenic, but have also won accolades for their outstanding designs. Follow our journey around the island to capture these aesthetically pleasing buildings in their full glory.

From a new halal food court to an award-winning taekwondo studio, we uncover some hidden gems of Pasir Ris in **Around the Block**. While this eastern town is now known for its various recreational facilities, you can still find traces of its rich history in the natural and built environment around the estate.

Aimed at providing residents in Clementi and Bukit Timah conducive spaces to work or study, the "Switch Work Booths for Community" initiative is a collaboration between HDB, People's Association, and workspace provider Switch. Find out more about this year-long pilot in **Our Life Stories**.

Home maintenance begins the moment you receive the keys to your flat. We share tips on minor maintenance works that homeowners can easily carry out to ensure a safe and comfortable living environment. Also featured in this section is calligraphy artist Ryan Loi, who tells us about his passion for this art form and his enduring love for Bishan-Ang Mo Kio Park.

In the spirit of SG Together, the Love Our 'Hood Initiative encourages residents to co-create solutions that address municipal issues. Check out some of these ideas in **Livin' It Up**. To wrap up this issue, we share some ways to keep cool during the hottest months of the year without turning to the air conditioner.

We hope you enjoy reading this issue of *Life Storeys*.



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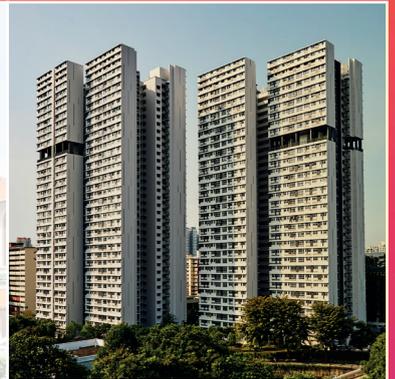
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MOST Instagrammable HDB PROJECTS

SOME OF THESE HDB BLOCKS ARE NOT ONLY PHOTO-WORTHY, BUT HAVE ALSO WON AWARDS FOR THEIR OUTSTANDING DESIGNS.



Singapore made headlines earlier this year when it was ranked by travel publication *Big 7 Travel* as the world's "most Instagrammable place" in 2022. From the iconic Marina Bay Sands to Jewel Changi Airport, our city-state has no lack of eye-catching architectural marvels.



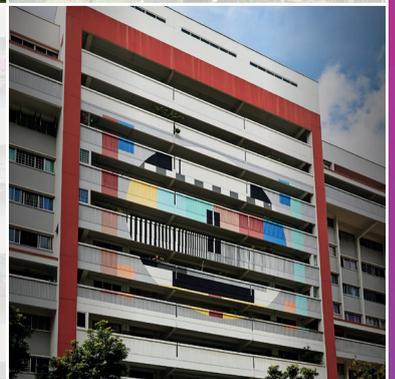
However, it is not just these grandiose buildings that deserve the spotlight.

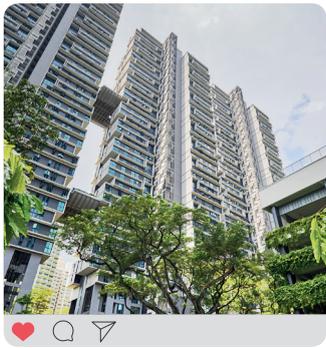
A number of HDB developments, which come in myriad styles and designs, have also been making waves on social media platforms — thanks to avid



photographers who have captured their full glory for all to see.

Read on for a list of photogenic HDB blocks that are worth hunting down so you can immortalise them in your photo album and your mind's eye!





Dawson Estate

The Dawson Estate in Queenstown was among the first few towns identified for comprehensive redevelopment under the Remaking Our Heartland programme in 2007. New-generation public housing projects were launched as part of the renewal, with SkyVille @ Dawson and SkyTerrace @ Dawson completed in 2015. SkyParc @ Dawson is the latest addition to this development and one of the 2021 HDB Design Award winners.

Built with a ‘housing-in-a-park’ concept, the Dawson precinct is flush with greenery that has been carefully integrated so that residents can experience living close to nature. The blocks adopt modern designs in both colour and architectural form, thus creating a striking visual contrast against the rich green of the surrounding vegetation.



EastLink I and II @ Canberra

This development is a photographer’s playground, where creative camera angles and framing perspectives can be explored. Its design is inspired by the town’s history as a naval base — the linkways curve gently like waveforms and the building facades feature undulating bands that bring to mind the constant movement of the sea. The verdant housing project is also dotted with nautical-themed playgrounds. EastLink I and II @ Canberra is a winner of the 2021 HDB Design Award (Mixed Development).



Waterway Terraces I and II

The design of Waterway Terraces pay homage to the terraced rice fields of Asia, with Waterway Terraces I being the first public housing project along Punggol Waterway. Completed in 2015, a core design element of the development was to connect the buildings and the man-made waterway. This was realised by the shape and orientation of the blocks, along with the cascading landscaped terraces of the roofing, which give the visual illusion of ‘flowing blocks’.



St. George’s Towers

One of the winners of the 2020 HDB Design Award (Housing), St. George’s Towers is a Build-To-Order (BTO) project that adds vibrancy and diversity to the mature estate of Kallang Whampoa. This contemporary-looking development is flanked by HDB blocks built from the 1970s to 1990s, which are simpler and more utilitarian in design, reflecting the evolution that accompanies the passage of time.



The Pinnacle@Duxton

Completed in 2009, this cluster of sophisticated-looking buildings is the tallest HDB development in Singapore. Comprising seven blocks linked by skybridges at the 26th and 50th storeys, The Pinnacle@Duxton is a landmark that is hard to miss in the Central Business District. The juxtaposition of its modern facade against the old shophouses in nearby Chinatown and Tanjong Pagar makes it exceptionally photo-worthy.



Block 9, Selegie Road

Every year around National Day, photographers flock to this geometry-inspired block for a shot of the building facade with Singapore flags hung over the parapet wall outside each unit. Beyond its noteworthy appearance, it is also among HDB's earliest forays into high-rise public housing, officially launched in 1963 by then-Prime Minister Lee Kuan Yew. The 20-storey block was one of the tallest buildings in Singapore when it was completed.



Blocks 1 to 7, Teck Whye Avenue

Singapore may be a concrete jungle, but look closely and you will find art almost everywhere in the city. At Teck Whye Avenue in Choa Chu Kang, some HDB blocks can't help but draw attention with their colourful facades. Art aficionados will recognise the multi-hued grids that are inspired by Dutch artist Piet Mondrian's paintings in the 1920s and 1930s. In 2020, several HDB blocks at MacPherson Estate were also painted with a similar design.



Block 418, Tampines Street 41

There was a time when television programmes did not run for 24 hours and streaming services did not yet exist. At the end of the day's programming, viewers would see a test screen on their TVs that resembles the image painted on several HDB blocks in Tampines. When the blocks were due to be repainted, residents voted to retain this nostalgic design, which has become an icon of this area.



Block 316, Hougang Avenue 7

Affectionately dubbed the 'Rainbow Block', Block 316 at Hougang Avenue 7 features — as you would expect, given the name — a huge rainbow across its facade. This gigantic mural dates all the way back to the 1980s, when the building was completed. Although the block and its surrounding amenities have been modified and rejuvenated over the years, the rainbow has remained, with only slight adjustments to its design.

Pasir Ris:

PAST TO

PRESENT

ONCE A VACATION HOTSPOT, THIS EASTERN TOWN CONTINUES TO DELIGHT RESIDENTS AND VISITORS WITH ITS MULTIFACETED CHARMS TODAY.

Its name believed to be derived from the Malay words *pasir* ('long sand') and *hiris* ('to shred or slice'), Pasir Ris is steeped in history as a coastal town. Until the 1950s, it was populated with holiday bungalows and beachfront accommodations. While Pasir Ris is now known for its various recreational spaces, you can still find traces of its colourful past all over the estate.

Pasir Ris Park

Accessible via Elias Road and Pasir Ris Green

Although Singapore has more than 350 nature parks, Easties can take pride in the serene sanctuary that is Pasir Ris Park. Usually less crowded than East Coast Park, the 70-hectare seaside park has multiple walking and cycling trails to meet different needs.

For the best view of the sunrise or sunset, pick a spot along the beach that spans the park's entire length. But don't be too intimidated

by the many photographers and birdwatchers wandering around — they come to the park to see species like the Little Egret, White-collared Kingfisher and Oriental Pied Hornbill. You can also climb the park's three-storey lookout tower to observe birds in their natural habitat.

The sizeable play area comprises climbing nets, swings and slides that guarantee hours of fun for the little ones. At the same time, these play structures also encourage imaginative play and self-expression.

Adrenaline junkies can check out PAssion WaVe @ Pasir Ris for activities like sports climbing, and water sports such as dinghy sailing and kayaking. Also housed within Pasir Ris Park is Gallop Stable, a horse riding centre that offers myriad horse-related activities for both young and old. These include riding lessons and camps, pony rides and feeding, and trail rides.

Feeling peckish after having a blast? There are F&B outlets in the park, where you can dig into a hearty meal while enjoying the sea breeze.

Mangrove forest within Pasir Ris Park

Pasir Ris Park Area 2, Singapore 519144

A highlight of Pasir Ris Park is none other than its six-hectare mangrove forest. One of Singapore's two protected mangrove forests, it boasts luxuriant greenery and hordes of wildlife.

Strolling along the Pasir Ris Park Mangrove Boardwalk is not only a fascinating experience, but also an educational one. The trails, which add up to about 1.5 kilometres, give visitors the opportunity to get closer to mangrove breathing roots, wild cinnamon trees, herons, monitor lizards, mudskippers, crabs, snakes, otters and even saltwater crocodiles.



FUN FACT: Look out for unique plants such as the Nipah Palm, which bears the Attap fruit. This is the source of *attap chee*, which you may have encountered in the shaved ice dessert, *ice kacang*.

HDB blocks with nautical features

Blocks 138-146, Pasir Ris Street 11, Singapore 510138-510146

As a tribute to its history as a seaside resort, several HDB blocks along Pasir Ris Street 11 boast maritime-themed architectural details, such as lighthouse-shaped turrets formed by columns of balconies and grille patterns inspired by traditional basket-weaving designs.

The facades of other blocks in this neighbourhood also showcase nautical elements. For example, void decks and precinct boundary walls feature porthole-shaped openings, while the windows and balconies of some flats are framed in openings that resemble clams.



FUN FACT: Unlike the uniform designs of earlier decades when the focus was to ease the housing crunch, these blocks in Pasir Ris were designed by HDB architects who were given rein to create distinctive visual identities for each precinct. This brought about refreshing architectural expressions through the use of varied building materials and designs, while recognising the town's heritage.



Bumboat Playground

Next to Block 623, Elias Road, Singapore 510623

Sitting atop a sandpit, the Pasir Ris Bumboat Playground, located next to Elias Mall, has been around since the 1980s. It is one of HDB's series of mosaic playgrounds that are known for their terrazzo tiles and designs based on Asian cultures.

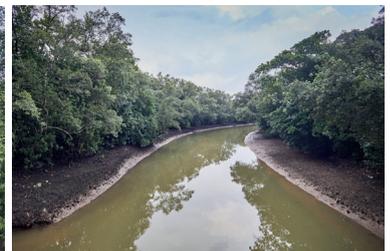
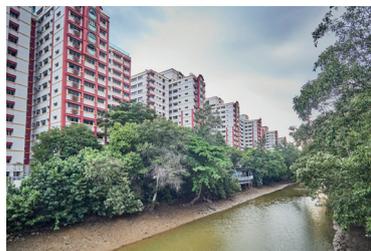
Shaped like a bumboat, the playground pays homage to the vehicles that used to transport cargo



from larger ships to the shore in the past. Real bumboats can still be found along Singapore River today, albeit as a tourist attraction.

Mimicking the boat's traditional design, the 'bow' of the playground features the classic colours of red, green and white; a terrazzo slide is situated at the aft. There are also climbing structures made from tyres, a key element that makes the playground bear a striking resemblance to the actual vessel.

FUN FACT: A distinctive feature of the bumboat is the eyes painted on both sides of the bow. According to ancient Chinese beliefs, these 'eyes' help the boat navigate and avoid danger.



Riverfront views of Sungei Api Api

Between Pasir Ris Park Area 2 and 3; between Pasir Ris Neighbourhood 5 and 6

Before the redevelopment of Pasir Ris in the late 1980s, Sungei Api Api and Sungei Tampines — two rivers that flow through Pasir Ris town and into the Strait of Johor — were the largest of more than 10 rivers in this area.

Although the two rivers were later converted into canals, sections were

preserved within the public housing estate at Sungei Api Api and Pasir Ris Park for research, education and public enjoyment.

Residents staying along the waterway get to wake up to views of the soothing waters and lush greenery, while visitors can take in the sights from a bridge at Pasir Ris Park Area 2. The calming vista offers a moment of respite from the stresses of everyday life.

FUN FACT: Sungei Api Api and Sungei Tampines were named after the Api-api mangrove tree and the Tempinis tree (*Streblus elongatus*) respectively, both of which used to be abundant in the vicinity.

HIDDEN GEMS IN *Pasir Ris*

THERE IS MORE TO PASIR RIS THAN HOLIDAY CHALETs AND RECREATIONAL FACILITIES!



Most people would be familiar with the entertainment complexes in Pasir Ris, but residents in this town would have you know that there are several hidden gems that are also well worth a visit.

Eutopia Cafe

625 Elias Road, #01-K8, Singapore 510625

Before its opening at Elias Mall in December 2020, Eutopia Cafe served hearty meals and desserts to teachers and students of Eunoia Junior College from 2017 to 2019.

Specialising in handmade ice cream and cones, the cafe offers up to 16 ice cream flavours daily, with a selection of specially crafted Singaporean flavours. This includes Mao Shan Wang, Milo Dinosaur and Chrysanthemum. To keep customers excited, the team is constantly developing and introducing new flavours.

Besides ice cream, acai bowls and lava cakes are also available at the cosy shop. While seats are limited, most customers are happy to enjoy a takeaway post-meal treat!

“Our bestsellers are Mao Shan Wang (made with pure Mao Shan Wang durian puree), Dark Chocolate, and our signature Blue Vanilla.”

— MR JARON CHANG, OWNER OF EUTOPIA CAFE





KAAAKIS Hangout

735 Pasir Ris Street 72, #01-342, Singapore 510735

This new halal food court at Pasir Ris West Plaza not only offers a wide variety of food choices, but also Instagram-worthy photo spots, such as swing seats and neon-lit signages. Other than seats placed at safe distances, the space is also kept well-ventilated with multiple ceiling fans.

In addition to familiar brands like Heavenly Wang and Kapitan Noodle Bar, KAAAKIS also houses five other halal-certified stalls: CRAVE's Crispy Ayam, Padang Grill (by Rumah Makan Minang), Old Amoy Chendol, Spaggie & Mee, and Freshly Grilled Ota by IKAN 1986.

Made from a recipe passed down for more than 30 years, IKAN 1986's freshly grilled *otah* is a sublime combination of minced mackerel and a fragrant blend of herbs and *rempah* (spice paste). Padang Grill adds a tasty twist to *tahu telur*, a classic Indonesian dish that means "tofu egg". Here, the tofu is paired with vegetables, bean sprouts, grated peanuts and dark soy sauce, then dipped in a beaten-egg batter and fried to perfection.

Pasta lovers ought to check out Spaggie & Mee, a mod-Sin concept (modern Singaporean cuisine that adds a twist to local food) making its debut at KAAAKIS. You can either choose from its eight pasta options or DIY your dish from a variety of sauces and toppings. For sharing, we recommend the Buffalo Drumlets, Po-Tater Tots with Cheese Dip, and Mozzarella Cheese Sticks.

Taekwondonomics

258 Pasir Ris Street 21, #05-01, Singapore 510258

Taekwondonomics is an illustrious taekwondo school with several studios across the island. It is affiliated with the Singapore Taekwondo Federation, the national governing body for the sport. Its coaches, who include national athletes and world champions, are recognised by Sport Singapore and are qualified first-aiders. Thanks to these highly experienced coaches, students get to undergo training of global standards.

The classes offered at Taekwondonomics cater to people of various age groups and competencies. Besides improving fitness and physical abilities, classes also emphasise the development of qualities such as perseverance, confidence, self-discipline and leadership.



For instance, the Super Junior programme is designed to match the developmental needs of children aged three to five, where instructors help children build their coordination, concentration and balancing skills. For adults, taekwondo training not only burns calories and allows you to learn essential self-defence techniques, but also helps relieve tension and stress from everyday life. With its vast experience participating in regional and international tournaments, Taekwondonomics boasts a programme that can groom ordinary trainees into award-winning athletes.

Work Booth

Pay Per Minute



- 1 Check In
- 2 Use
- 3 Check Out & Pay



On Switch App, tap on **Check In** button to show QR code. Scan at the Switch scanner to check in.

Enter the space and start using it!

On Switch App, tap on **Check Out and Pay** button to show QR code. Scan at the Switch scanner to check out and complete your payment on the Switch App.

PRODUCTIVITY BOOST IN A

Booth

WORKING FROM HOME BUT FINDING IT TOO NOISY TO FOCUS? THESE WORK BOOTHS WILL PROVIDE A QUIET AND CONDUCIVE ENVIRONMENT SO YOU CAN GET THE JOB DONE!





Switch Work Booths for Community at Bukit Timah Community Club

Anyone who has had to study or work from home understands the importance of a quiet work environment in order to be productive. However, living with family or in built-up areas may mean having to contend with noise from children playing or worse, construction or renovation work.

“Switch Work Booths for Community”, an initiative mooted by Senior Minister of State and Member of Parliament for Holland-Bukit Timah GRC Sim Ann, aims to offer residents in Clementi and Bukit Timah conducive spaces in which to work or study, in the form of private work booths.

The year-long pilot, which kicked off on 16 December 2021 at Trivelis Residents’ Network (RN) Centre in Block 311B Clementi Avenue 4 and Bukit Timah Community Club at 20 Toh Yi Drive, will assess the project’s popularity in the community.

Affordable and easy-to-use

This collaboration between HDB, People’s Association and workspace provider Switch will offer residents work booths in two configurations to suit their needs. The Trivelis RN Centre has two single-seater booths and a four-seater booth, while the Bukit Timah Community Centre offers two booths of each size.

The one-seater booths are ideal for video meetings or uninterrupted focus on work or study, while the four-seater booths are great as mini co-working or discussion spaces.

The booking rates for the single-seater and four-seater booths are \$2.40/hour and \$4.80/hour respectively.

The booths can be booked by scanning their QR codes with the Switch mobile app, which can also be used to check a booth’s availability.

Health and safety still paramount

To maintain a clean and hygienic environment, eating and drinking are prohibited within the booths, and users must be fully masked at all times.

Switch Work Booths for Community are available at Trivelis Residents’ Network Centre in Block 311B Clementi Avenue 4 and Bukit Timah Community Club at 20 Toh Yi Drive.

KEEPING YOUR HOME IN

TIP-TOP SHAPE

THE DIY WAY!

HERE ARE SOME TIPS AND TRICKS TO MAINTAIN YOUR HOME.

Home maintenance and upkeep is vital to ensure you have a safe and pleasant place to live, and this begins the moment you receive the keys to your flat.

As the flat owner, you are responsible for the maintenance of your own home! Here are some minor maintenance works that can be easily carried out on a DIY basis. Check out the following pointers.



Paint peeling and mouldy ceiling

Mould growth and paint peeling issues in HDB are generally related to moisture and humidity in the flat; at times, they are due to improper surface preparation before the coating of new paint.

What to do?

- Allow cross-ventilation in the flat. Keep windows, vents or doors open as often as possible.
- Check the ceiling to ensure that any holes or cracks are sealed to prevent moisture from entering.
- Repaint the ceiling regularly. If necessary, engage a competent contractor to do the job.



Floor traps

Your bathroom or kitchen floor trap may develop a foul smell, or have water overflowing from it due to clogging.

What to do?

- Remove solid materials that are causing the floor trap to choke. In severe cases, you may need to seek the help of a licensed plumber.
- Close the floor trap grating to prevent particles, such as hair, from clogging it.
- Avoid pouring cooking oil down the floor trap as it may solidify and cause the floor trap to choke.
- Use a diluted solution of one part bleach to 99 parts water to clean your bathroom and kitchen regularly.



Floor finishes

Refinishing or repairing your floor can be costly and inconvenient, which is why it is advisable to prolong the life of your flooring as much as possible.

What to do?

- Use a stiff brush or old toothbrush to loosen grout and reinstate joints with suitable tile grout.
- Install rubber soles or paddings to legs of movable furniture to reduce damage to your floor.





Bathroom fittings

Everyone uses their bathroom multiple times each day, which makes it even more important to keep it in good condition.

What to do?

- Keep your bathroom door and door frame dry by installing shower screens or curtains at the shower area, ventilating the bathroom properly after showering, and wiping the door and door frame dry if they get wet.
- Replace your shower screen door sealant when it turns yellowish or black, and/or if water begins to leak through its joints.
- Clean bathroom fittings, such as basin taps, with a mild detergent to prevent corrosion.



Wall cracks

A result of natural expansion and contraction, wall cracks are a common occurrence in many homes.

What to do?

- Repaint the wall with a flexible sealant or elastomeric paint to seal hairline cracks.
- Engage an approved contractor to repair wider cracks.

MINIMISE NOISE WHEN YOU RENOVATE



With work-from-home becoming increasingly common, it is always good to show consideration to your neighbours, who may be working from home, by keeping noise disturbances to a minimum. Take note of the following to make your renovation journey a pleasant one for everyone:

- General renovation works that do not involve loud noises, such as painting or plastering, can be carried out from Monday to Saturday, 9am to 6pm.
- Noisy works that require excessive hacking and drilling must be limited to Monday to Friday, 9am to 5pm. They cannot be carried out on Saturdays, Sundays, public holidays, and the eve of New Year's Day, Chinese New Year, Hari Raya Puasa, Deepavali and Christmas.
- Simple DIY reno works, such as installing of lights and shelves, can occur outside of the above-mentioned time frames. However, you should limit such works to between 7am and 10.30pm, and keep noise levels to a minimum. One way to do that is to keep your main door closed and inform your neighbours in advance.
- Download the Municipal Services Office's OneService App to get information, such as duration of renovations taking place in your block, via the Home Renovation Notice (HRN) — this can help you plan your at-home activities ahead of time.
- Works that do not affect the structure of the building do not require a renovation permit and thus neighbouring units will not be notified via the OneService App. However, it is still a good practice to be considerate and keep your neighbours informed of these works, so they can make their own arrangements.

Visit <https://go.gov.sg/hdb-reno> (under Guidelines) to find out the types of renovations that require a permit.

If you require professional help, you may engage a contractor on your own. In the event that you do not have any available contacts, you may scan the QR code or go to <https://go.gov.sg/hdb-minor-repairs> for a list of contractors who offer various home maintenance services.



Need more tips on home maintenance and basic DIY repair? Visit <https://go.gov.sg/hdb-homecare-guide> or scan the QR code to find out more.

A Stroke OF Brilliance

CALLIGRAPHY ARTIST RYAN LOI ADDS HIS MAGIC TOUCH TO ADORN THE HOMES OF SINGAPOREANS.

Having trained in various forms of Western art, Ryan Loi has been in the field of design and advertising for 20 years. Currently the Creative Director of Whitewood Creative Company, his work mainly involves designing marketing and promotional materials for television dramas, movies and theatre productions.

Apart from his day job, Ryan is a calligraphy artist whose works have been seen on TV and in musicals, as well as at restaurants, events and commercial merchandise. These days, the 42-year-old takes on commissions to create calligraphy art pieces for homes and private collectors.

A testament to his vast experience in photography and typography, Ryan's works encompass strong imagery and expressive brush strokes, which are inspired by his interest in Zen philosophy, contemporary art forms, and roots in Southeast Asian culture.

Ryan tells *Life Storeys* about his journey in pursuing calligraphy and his enduring love for Bishan-Ang Mo Kio Park.

What inspired you to delve into calligraphy?

I am goal-oriented; my initial objective was to use calligraphy for my marketing works. But as I dive deeper into this craft, I see calligraphy more as an art form rather than a means to an end. I dabbled with basic Chinese calligraphy at a young age due to my father's influence, but only

practised it actively in the past five years under the tutelage of Japanese calligraphy master Kimie Nagai. It is through her teachings that I have learnt the way of *shodo* (the art of beautiful writing).

Currently, where can we view your calligraphy works? To date, which artwork are you most satisfied with?

My works can be found on my official website (ryanloi.com) and Instagram (@ryan_loi). The most memorable project that I have done so far is 定风波, which means 'Stabilise the Storm'. It is an ongoing series that I created at the start of the COVID-19 pandemic, during which I experienced great uncertainty and anxiety. The title represents a desire close to my heart at that point in time. One of the pieces has been sold to a private collector. I intend to continue this series as I get older, to document how I feel about stability and chaos over time — an open-ended series with unexpected possibilities.

Do you have plans to hold an exhibition?

Yes, I hope to hold a solo exhibition within the next two years!

What do you think can be done to raise awareness and interest in calligraphy?

I am unable to provide data on the size of the calligraphy community in Singapore, but I do know that there is a sizeable group of young

flat — when I was younger. I chose to buy my own flat in Ang Mo Kio because it is close to my parents, so I can walk over often to visit. But the biggest pull factor is really the park.

I have always enjoyed going to the park, even before its major revamp from 2009 to 2011. After its transformation, I love it even more! It is tranquil and has such beautiful landscaping; and with the Park Connector Network, I can jog and cycle to Bishan Depot easily. It is very convenient and helpful for people like me who jog regularly.

Ang Mo Kio is a mature estate with many amenities. Are there any hidden gems that people living in other parts of Singapore may not know about?

Ang Mo Kio has a lot of good food. If you ask any foodie, they will know where to go — I am not sure if anything is hidden from them! If I can only recommend one stall, it will be SHU Vegetarian at Block 554, Ang Mo Kio Avenue 10. Good vegetarian *tze char* is hard to find!

How is your relationship with your neighbours?

I have a cordial relationship with my neighbours, and we do not intrude on each other's privacy, which is important to me.

What is your favourite part about HDB living?

Living in an HDB flat gives me a sense of pride, knowing that it is one of the systems in the world that is effective in providing citizens with a roof over their heads. The system may not be perfect, but I am extremely grateful that we do not have a serious housing crisis like what other countries are facing.



(Above and background)
The most memorable calligraphy artwork that Ryan has done is titled 定风波, which means 'Stabilise the Storm', a reflection of his experiences during the COVID-19 pandemic.

- Singaporeans who are interested in commissioning calligraphy art pieces for their homes. Instead of raising awareness for one particular art form, I believe there is a need to increase the overall standard of arts education and art appreciation.

How long have you lived in your current flat? What do you like about your neighbourhood?

Five years. I lived with my parents in Bishan — just across Bishan-Ang Mo Kio Park from my current

“Living in an HDB flat gives me a sense of pride, knowing that it is one of the systems in the world that is effective in providing citizens with a roof over their heads.”

FROM THE Ground

THE LOVE OUR 'HOOD INITIATIVE ENCOURAGES RESIDENTS TO CONTRIBUTE IDEAS TOWARDS BUILDING A BETTER LIVING ENVIRONMENT.

Staying together in a high-density living environment has its fair share of challenges. In the spirit of SG Together, the Love Our 'Hood Initiative (LOHI), organised by the Municipal Services Office (MSO), aims to bring residents together to co-create solutions that address municipal issues on the ground.

The initiative was launched in January 2021 in Mountbatten, followed by Pioneer in August the same year. The next LOHI will take place in Bukit Gombak this year.

Gracious living in Pioneer

In LOHI@Pioneer, which wrapped up in October 2021, participants worked together to develop a set of community norms on second-hand smoke from residential units and noise from neighbours. The norms serve to provide clarity on accepted behaviours and act as a point of reference to manage disputes, which would lead to greater tolerance and understanding among neighbours.

Part of the process involved seeking residents' opinions via surveys and interviews. Mr Gordon Rong, a participant of LOHI@Pioneer, said that the experience reminded him of the importance of adopting a collaborative approach between grassroots leaders and residents in establishing norms. This is particularly important, as these municipal issues directly involve people living in the community.

Mr Shamendra, Chairman of Pioneer Zone 9 Residents' Network Committee, shared that he was initially unaware of how different groups of residents thought about the issue of second-hand smoke. "(Through the session) I gained a new understanding of how the environment was like for smokers and how they felt. This allowed us to craft norms that encourage residents to extend empathy to those who need to smoke at home," he said.

Some suggestions mooted from these sessions included setting up community-designated smoking spots in selected public areas that would minimise the impact of second-hand smoke on non-smoking residents, and putting up physical calendars at lift lobbies where residents could indicate upcoming renovation dates on them. These ideas were presented to Mr Patrick Tay Teck Guan, BBM, Adviser to Pioneer Grassroots Organisations; the Chair of Pioneer Citizens' Consultative Committee; the MSO; and other agencies at the final session of LOHI@Pioneer.

The MSO is working with interested participants and local grassroots organisations to communicate the norms and pilot the potential ideas in Pioneer.

For more information about LOHI, visit www.go.gov.sg/loveourhood. If you are keen to participate in the upcoming LOHI, keep an eye on our Facebook page (www.facebook.com/OneServiceCommunity).



Ideation session at LOHI@Pioneer to develop potential solutions



Pitching of ideas to Grassroots Adviser Patrick Tay on Zoom



Getting started on LOHI@Pioneer through our field guide



Physical session to understand and discuss municipal issues in Pioneer

LOVE OUR 'HOOD FUND

The Love Our 'Hood Fund supports ground-up initiatives or projects that address municipal issues and/or foster a sense of community within the neighbourhood to manage neighbourly issues amicably. It is a collaboration between the Municipal Services Office (MSO) and Our Singapore Fund.

Application is open to both individuals and organisations. Successful projects can receive up to 80% of the supported project expenditure, capped at \$20,000 per project.

More information can be found at www.go.gov.sg/loveourhoodfund.



BEAT THE Heat!

AFTER THE COOL RESPITE OF THE NORTHEAST MONSOON SEASON FROM DECEMBER TO EARLY MARCH, INCOMING ARE THE HOTTEST MONTHS OF THE YEAR – MAY AND JUNE. FIND OUT HOW TO KEEP COOL AND COMFORTABLE WITH THESE TIPS.

Did you know that May and June are the hottest months in Singapore, with temperatures often hitting 32°C and above in the afternoons? While switching on the air conditioner is a popular way to combat the heat, here are other ways to keep cool.

1 Full use of the fan

Many households in Singapore have at least one electric fan. These fans use less energy than air conditioning, and so are considered relatively better for the environment — and your utilities bill! A table or standing fan can move heat away from your body, while a ceiling fan provides ventilation and can help cool a space. Setting a ceiling fan to rotate in an anti-clockwise direction blows air downwards, which creates a comfortable breeze.

2 Cross ventilation

A natural method of cooling, cross ventilation relies on the natural movement of air or wind. To achieve cross ventilation and good airflow in a room, ensure that the windows or doors facing each other are open so that warm interior air can be forced out by cooler exterior air.

3 Lighting matters

Are you still using incandescent light bulbs? If so, it's time to switch to light-emitting diode (LED) bulbs. The former works by heating the filament until it glows, which produces heat as a waste product. LED lights produce much less heat, and as a bonus, are

more energy-efficient, which helps downsize your electricity bills.

4 Foliage's your friend

Because of the longer hours spent at home due to the COVID-19 pandemic, houseplants are enjoying a massive boom in popularity. Indoor greenery not only adds aesthetic appeal to your home environment, but also can help bring down the temperature in a space and purify the air.

5 Solar power

Is your home receiving the brunt of the afternoon sun? You can consider investing in solar films for your windows. Solar films help filter out harmful ultraviolet rays, decrease heat transmission from the sun's rays, and reduce glare that can cause eye strain. If you do not have solar films, curtains and blinds, when drawn, can keep out heat-inducing sunlight, especially on sunny days.

6 Dehumidify your home

Heat and humidity can be a distressing combination. A dehumidifier removes excess moisture from the air to prevent problems such as mildew or mould. Simple lifestyle changes like showering with cooler water, which leads to less steam, can help mitigate excessive humidity at home, too.

7 Dry run

Similar to a dehumidifier, the 'dry mode' available on most air conditioning systems serves to suck

out moisture and release dry air. By creating a drier atmosphere, the air feels more comfortable even though the temperature may not actually have decreased. The dry mode is also economical, as it costs less to operate when used correctly.

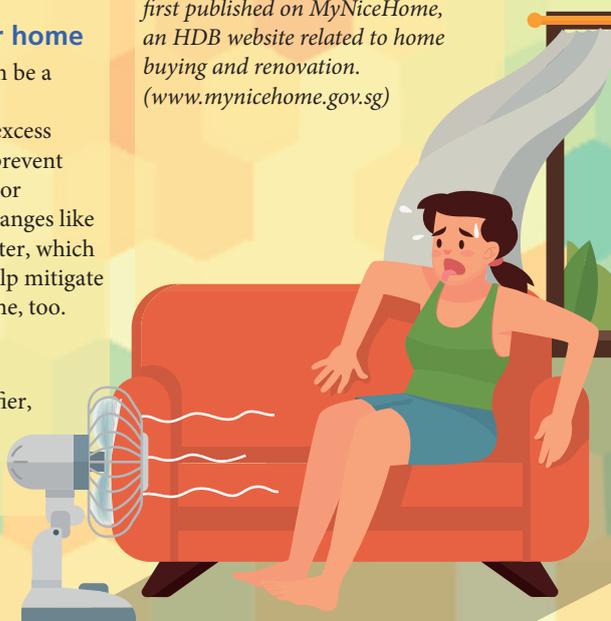
8 DIY a 'cool box'

For quick relief, try this! Place some ice in a shallow bowl, then stand the bowl between you and a table fan. Angle the fan towards the bowl and yourself, switch it on, and enjoy the blast of cool air!

9 Change your sheets

Cotton bedsheets may be the trick to getting a good night's sleep in warmer months, as the fabric is soft, lightweight and breathable, allowing heat to escape and helping you to stay cool. Avoid materials such as silk or satin, which can stick to sweaty skin.

This article was adapted from content first published on MyNiceHome, an HDB website related to home buying and renovation. (www.mynicehome.gov.sg)



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HDB COMMUNITY WEEK 2022

life in the heartlands

Launch of HDB Community Week 2022

Date: 28 May 2022

Platform: HDB's Facebook Page

Enjoy the live showcase of community bonding efforts of residents, and the presentation of prizes for the #OurGoodNeighbours Challenge!

Friends of Our Heartlands Volunteer Engagement Day

Date: 29 May 2022

Platform: HDB's Facebook Page

Join us live on HDB's Facebook Page as we recognise HDB's outstanding volunteers as community enablers!

Digital Exhibition

Date: From 28 May 2022

Find out how the community has come together to promote neighbourliness in the heartlands, and be inspired by the stories of our outstanding volunteers.

Virtual Workshops

Date: From 28 May to 5 June 2022

Bond with loved ones and fellow neighbours as you pick up tips on living a healthy lifestyle, greening, decluttering your homes, creating handicrafts, and more!

For more information, visit
go.gov.sg/hdb-cw22-ls
or scan QR code



Join the #OurGoodNeighbours Challenge

Beyond the four walls, home is about the neighbours who live in our communities. Show us what it means to be a good neighbour and stand to win up to **\$500 worth of shopping vouchers!**



HOW TO PARTICIPATE:

There are 2 ways to submit your short video!

- On TikTok using the **#OurGoodNeighbours** hashtag
- Via our microsite at go.gov.sg/hdb-our-good-neighbours

For more information, scan the QR code

CLOSING DATE:
4 MAY 2022

