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# Life Storeys

**LIFE IN THE HEARTLANDS**



**HDB COMMUNITY WEEK TURNS 10**

The community spirit continues to be honoured and celebrated

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ISSUE 33 Jul 2022

## Dear Readers,

We hope you are well as Singapore transitions towards living with endemic COVID-19.

In this issue, we bring you highlights from HDB Community Week 2022. In its 10<sup>th</sup> edition this year, the annual event comprised both physical and virtual components, with a theme that honours acts of neighbourliness. Read all about the various programmes celebrating this meaningful event in **Talk of the Town**.

Most of us have been to Serangoon for one reason or another, but there is much more to uncover in this town besides its famed food spots and cafes. Join us to explore Serangoon's unique landmarks and even an area dedicated to pet stores in **Around the Block**.

Ensuring your windows are safe and secure is every homeowner's responsibility. In **Our Life Stories**, find out how to keep your windows in good condition and how to apply for the Enhancement for Active Seniors (EASE) programme. Also featured in this section are two former *MasterChef Singapore* contestants who have gone on to make a name for themselves in the F&B industry, as well as national athlete Thiruben Thana Rajan, who recently won a bronze medal at the 31<sup>st</sup> Southeast Asian Games.

As National Day approaches and excitement builds with celebratory events around the island, you may want to relax and unwind on the Coast-to-Coast Trail, which offers many opportunities to engage with nature and history. Check out some points of interest along this 36-kilometre route in **Livin' It Up**. And if you are planning to switch to a digital lock for your front door, we have summed up the key things to look out for so you can pick the right one for your household.

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



*The Editorial Team*

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## EDITORIAL ADVISERS

Eileen Neo, Shivvonne Wong,  
Jeremy Choy, Peh Yang Yu, Low Yi Ying

## PUBLISHING AGENT

ThinkFarm Pte Ltd

## Managing Director

Christopher Tay

## Editor

Dang Hui Ling

## Head, Creative

Sean Lee

## Art Director

Lee Lily

## Contributors

Fiona Chen, Cassandra Yue,  
Josephine Pang, Mark Lee, Vernon Wong

## Head, Client Relationship

Jessie Kek



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Celebrating its 10<sup>th</sup> edition this year is the annual HDB Community Week, which ran from 28 May to 5 June 2022. Following its fully digital format last year, there is no better way to commemorate this milestone than with a physical launch event, which took place on 28 May 2022 at the HDB Hub.

Officiated by Minister for National Development and Minister-in-charge of Social Services Integration Mr Desmond Lee, the theme this year is “LIFE in the Heartlands”, a dedication to acts of neighbourliness in the community — the key to building strong ties that bind.

With a live audience comprising invited guests such as volunteers and partners, as well as those tuning in via the live stream on HDB’s Facebook page, HDB Community Week 2022 kicked off with a speech by Mr Lee, who spoke about the crucial role the HDB heartlands play in fostering strong and cohesive communities.

“To truly forge strong communities, we also need to actively encourage mixing and interaction. Get out of your comfort zone, and you will just be amazed by the diversity and warmth of people around us,” he said.

Following his address, Mr Lee was joined onstage by HDB’s CEO

Mr Tan Meng Dui and representatives from the community to officially launch the event.

### When kindness goes viral

As part of the Good Neighbours Movement, an initiative to encourage neighbourliness, HDB debuted the #OurGoodNeighbours Challenge in April 2022. The month-long challenge saw close to 100 contributions on social media platform TikTok, where participants posted videos on what it takes to be a good neighbour. It was a huge success, clocking more than 5.8 million views on the TikTok challenge page!



# HONOURING THE *Heart* IN HEARTLANDS

**HDB COMMUNITY WEEK  
TURNS 10, AND CONTINUES  
ITS MISSION TO SPREAD  
THE COMMUNITY SPIRIT  
IN THE HEARTLANDS!**

## HDB COMMUNITY WEEK 2022 GOES DIGITAL

Want to find out more about the HDB Community Week, and all the good things that the volunteers and community have dreamed up? You can now do so by checking out the digital exhibition at <https://go.gov.sg/hdb-cw22-ls>.

Here's a sneak preview of what you can explore at the digital exhibition:

### Good Neighbours Movement Exhibition 2022

See the best of #OurGoodNeighbours Challenge at the digital exhibition, including a video montage of different interpretations of what it takes to be a good neighbour. Check out community projects initiated by like-minded residents looking to build neighbourly ties, which were brought to life with the support of HDB's Lively Places Programme. These grassroots projects include Peek-a-Book at Tampines Green Terrace, whereby a section of the void deck was transformed into a book exchange corner and has evolved to become a place for neighbours to connect.

### Friends of Our Heartlands Exhibition 2022

Everyone has the power to make our neighbourhoods great to live in! From spreading neighbourly messages and championing projects to facilitating community conversations, be inspired by these outstanding volunteers from the FOH network by seeing them in action!



Ms Doris Yuen (third from right), Merit award winner of the #OurGoodNeighbours Challenge, in a group photo with her neighbours

Many of the submissions were heart-warming, including features of neighbours sharing food during festive seasons, and simple but thoughtful acts such as keeping shared corridors clean. At the HDB Community Week 2022 launch event, 23 of the submissions were lauded and their creators awarded with shopping vouchers. The first prize was won by student Yang Qixuan April, whose entry featured an animation showcasing the spirit of neighbourliness.

"I chose to use animation in my TikTok video, as I feel that it resonates better with the younger audience and helps bring out the message of being a good neighbour," said April.

Showing that you are never too young to make a difference, other winners included runner-up Woo Jia Hao, a toddler who bowls over his community with his kind acts, as well as five-year-old Najwa Khayyirah, who distributed gifts to her neighbours during Chinese New Year.

### Binding the community

The Friends of Our Heartlands (FOH) Volunteer Engagement Day was held on 29 May 2022, also at the HDB Hub. Guest-of-Honour Ms Indranee Rajah, Minister in the Prime Minister's Office, Second Minister for Finance and Second Minister for National Development, presented individuals and organisations from the FOH Volunteer network with bronze, silver and gold awards, or certificates — based on their years of volunteering

service — to thank them for their contributions to the community.

Honouring the volunteers, Ms Rajah said, "HDB cannot do this alone, and over the years, it has gathered a wide network for friends and volunteers to participate in and



support its programmes. These are passionate volunteers from HDB's FOH network who have devoted their time and lent their expertise to these community-building efforts, and to whom we also want to express appreciation today."

Also taking place at the event were the signing of two Memorandums of Understanding (MOUs) — renewal of the MOU between HDB and Temasek Polytechnic's School of Humanities and Social Sciences, Diploma in Social Sciences in Gerontology; and the signing of the MOU between HDB and Singapore Polytechnic's School of Architecture and the Built Environment, Diploma in Integrated Events and Project Management.

"The two MOUs will offer students opportunities such as seminars and internships at HDB, and community engagements as part of their school practicum modules. Through these modules, they will also learn how to engage residents and seniors effectively and meaningfully, and tap on their skills to design and implement outreach activities," said Ms Rajah.



**I have been volunteering for more than eight years. As a guide leading ecotours in Punggol, I find it very fulfilling to share about the town's eco-friendly features with everyone.**

– MR CHONG TENG KOK, FOH VOLUNTEER, GOLD AWARD RECIPIENT



Friends of Our Heartlands volunteers were recognised for their contributions to the community

### NEIGHBOURLINESS CAPTION ACTIVITY 2022

From 28 May to 5 June 2022, viewers of the digital exhibition were invited to share creative captions on how to be a good neighbour. Here is a snippet of the tips gleaned from the community:



A Wave A Day Makes Neighbours My Friends



The Table of Good Neighbours

# SERENITY, SPORTS AND SUPPER IN *Serangoon*

**MOST OF US HAVE BEEN TO SERANGOON FOR ONE REASON OR ANOTHER — MOST LIKELY FOR ITS FAMED FOOD OUTLETS — BUT WE PROBABLY HAVEN'T SEEN ALL THAT THE ESTATE HAS TO OFFER. SO, WHAT ARE SOME SPOTS THAT SHOULDN'T BE MISSED?**

As with many places in Singapore, Serangoon used to host *kampung* settlements and agricultural areas like rubber plantations. Its name is believed to be derived from the Malay words “*burong ranggong*”, referring to a species of stork that was commonly found in and around the Serangoon River. Today, Serangoon is a lively residential town with several landmarks that it proudly claims.

## The Serangoon Community Club

**10 Serangoon North Avenue 2, Singapore 555877**

With its vibrant multicoloured windows, the Serangoon Community Club's facade is certainly eye-catching. Designed by local architectural firm RDC Architects and opened in 2005, the building becomes even more outstanding when it lights up at night, turning it into a striking beacon in the Serangoon North neighbourhood.

There is more to be discovered when you walk to the other side of the building. From the outside, the structure housing its theatre resembles the nose of a plane jutting out from the side of the building — almost like a scene in an action film!

“

The Serangoon Community Club

has been around for a while, but its cheerful facade still brightens up my day whenever I drive past it on my way home!

— MR LIM JIA LE, 30, ENGINEER





### Serangoon Gardens

A foodie haven, Serangoon Gardens has a history that is as rich as its delicious offerings. Built in the 1950s as a residential area for the British military, the estate's roads are named after places in the UK, such as Kensington Park Road and Farleigh Avenue. Its iconic roundabout, located in the heart of the area, has been around for decades — you may know it as the Serangoon Garden Circus.

Many flock to Serangoon Gardens for its two famed hawker centres. Serangoon Garden Market & Food Centre mostly caters to the breakfast and lunch crowd, while

Chomp Chomp Food Centre has a reputation for being a great supper spot. The neighbourhood is also home to an enclave of eateries and cafes, with some even having al fresco tables perfect for people-watching!

Food aside, there are also many fitness and art jamming studios to expend your energy. And if you are looking to reward yourself with a spa session or two, there are several options for you to choose from. Bonus: your fur baby can enjoy a pampering session at a grooming facility while you indulge in yours, after which you can both adjourn to one of the pet-friendly cafes in the area.

I used to study near Serangoon Gardens, when it wasn't as hip as it is now! I enjoy bringing my family here on weekends for brunch, as it is not as crowded as the town area, and the ambience is laid-back and casual.



– MS YE XINZI, 35,  
RELATIONSHIP MANAGER

### Serangoon Community Park

In front of Block 217, Serangoon Avenue 4, Singapore 550217

Not far from Serangoon Stadium is Serangoon Community Park. What it lacks in size, it makes up for with various recreational amenities. Given its soothing vibes, it is also an ideal green-filled space in which residents can unwind and relax at the end of a long day. Apart from a running track that loops around the park, exercise enthusiasts can also enjoy other calorie-busting activities at the fitness corners. What sets Serangoon Community Park apart from other parks in Singapore is a small pedestrian bridge that goes over the jogging track — great for selfies!



### Serangoon Stadium

33 Yio Chu Kang Road, Singapore 545677

Serangoon Stadium is a large multipurpose arena that opened in 1994. Runners are especially fond of pounding the tracks here in the evenings, as it offers beautiful unblocked views of the sky, thanks to its location in a low-rise estate. Apart from sporting events, the stadium also serves as one of the training centres for the ActiveSG Football Academy, which introduces children and youth to the art of the “beautiful game”, developing their skills and passion for the sport.



# SERANGOON

## Specials

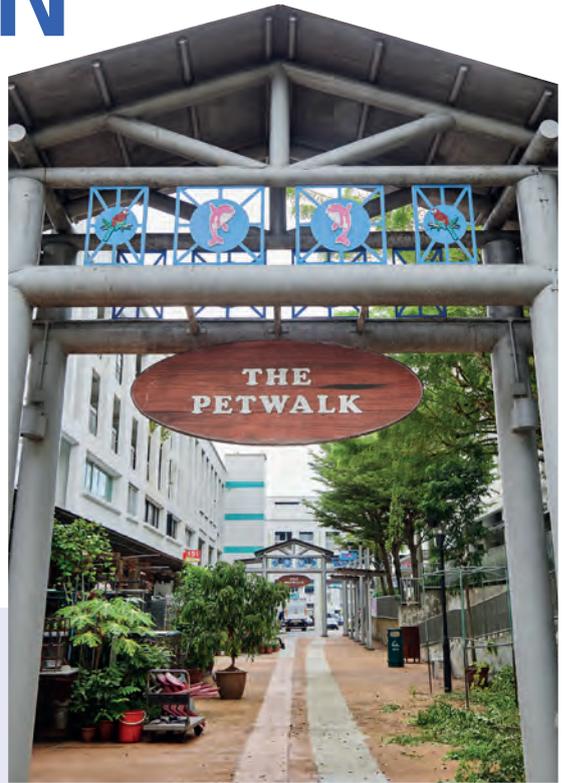
**THIS NORTH-EASTERN NEIGHBOURHOOD IS FLUSH WITH PET SUPPLY STORES, AS WELL AS COSY CAFES THAT NOT ONLY BOAST AESTHETICALLY PLEASING INTERIORS, BUT ALSO SERVE YUMMY TREATS.**

While Serangoon is widely known for its food spots and cafes, did you know that it is also home to Singapore's unofficial pet shop central?

### Serangoon Pet Walk

Blocks 151-154, Serangoon North Avenue 1, Singapore 550151-550154

Most pet owners would be familiar with Serangoon Pet Walk in Serangoon North Village, as it is *the* place to go if you are looking to browse pet stores. When approaching the unofficial start of the Pet Walk at Block 154 Serangoon North Avenue 1, be prepared to be welcomed by a deafening cacophony of bird cries and screeches, courtesy of Goodwill Birds Trading and their cages of winged creatures ranging from more commonly found pet bird species, such as budgerigars, to the exotic white-bellied caique.



I can easily spend an afternoon here looking at all the various animals. Who needs a zoo when you can head to the Serangoon Pet Walk?



– MR DYLAN LIM, 27, ENGINEER

Lovers of small pet mammals like hamsters and chinchillas will have a good time checking out the various stores specialising in the little critters in this area. House of Chinchilla, also located at Block 154, is one such shop. Owned by friendly proprietors, it is not uncommon to see the shop filled with curious children, with the store owners dispensing advice on keeping these small animals. There are also several aquariums at the Pet Walk, where you can get goldfishes, fancy shrimp and even mini crabs!

**TIP:** While you are at Serangoon Pet Walk, don't forget to check out the good food here! Xiao Di Fried Prawn Noodle at Block 153 attracts snaking queues for its fragrant and luscious *hokkien mee*, while Chindamani Indian Food Stall at Block 151A also commands huge crowds for its crispy *roti prata*.



**Pints & Cones**  
Block 304, #01-02, Serangoon Avenue 2,  
Singapore 550304

A scoop of gelato and a cold pint of beer sound like a dream on a hot day, and Pints & Cones — as its name suggests — happens to offer both.

Located about 10 minutes' walk from Serangoon MRT station, the store churns out artisanal gelato in popular flavours such as Roasted Pistachio, while also catering to more adventurous taste buds through options like Strawberry Osmanthus and Banana Biscoff. Those who enjoy a tippie will be glad to find a range of local and foreign craft beers available here.



**“I love their Roasted Pistachio gelato. It is as good as the ones I’ve tried in Italy!”**

— MS NELLIE JANE, 48,  
VIDEO EDITOR



**TIP:** Come hungry so you can try the unusual waffles, which are infused with thyme for an aromatic herbaceous flavour.



**The Plain Jane**  
Block 211, #01-10, Serangoon Avenue 4,  
Singapore 550211

Tucked away in the void deck of Block 211 at Serangoon Avenue 4, The Plain Jane specialises in swiss rolls, which fans rave are some of the best on the island. The cafe serves the delicate sponge cake in an exciting variety of flavours, such as Earl Grey, Raspberry and Yuzu.

You can pre-order whole rolls to bring home, or enjoy individual slices in the cafe, which has been tastefully furnished to exude a homely, welcoming vibe.

**TIP:** Apart from its usual selection of swiss rolls, The Plain Jane also offers seasonal flavours and specials like rare cheesecake served with homemade strawberry basil compote. Follow their social media accounts to stay updated on their latest menu!

PHOTOS: THE PLAIN JANE AND INSTAGRAM USER @FOO.YONGJIE

# WINDOW TIPS MAINTENANCE FOR SAFE, COMFY LIVING

**KEEPING YOUR WINDOWS SAFE AND SECURE IS EVERY HOMEOWNER'S RESPONSIBILITY.**

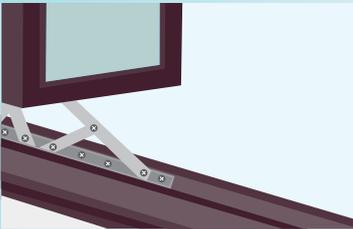
Did you know that homeowners can be fined or jailed if a window falls due to lack of maintenance? Luckily, proper maintenance can help ensure that your windows are functional and in good condition, and not potential killer litter.

## Check your windows at least twice a year

You should check and maintain your windows at least once every six months. If you spot any issues, take precautionary measures to secure them immediately! Then, engage a Building and Construction Authority (BCA)-approved window contractor listed with HDB for inspection, retrofitting or repairs.

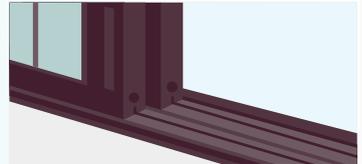
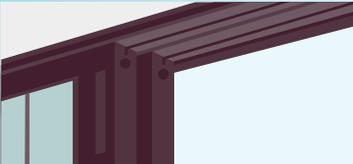
### Casement windows:

- 1 Check that fasteners are not loose or rusty.
- 2 Clean and oil joints or moving parts.
- 3 Change all rivets from aluminium to stainless steel by engaging an approved window contractor.



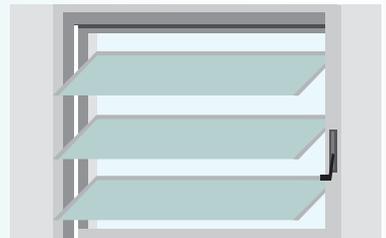
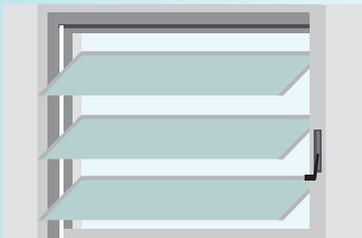
### Sliding windows:

- 1 Check that safety stoppers and angle strips are in their correct positions.
- 2 Clean the tracks and ensure that window panels can slide smoothly.
- 3 Change worn-out safety stoppers and angle strips by engaging an approved window contractor.



### Adjustable aluminium louvred windows:

- 1 Check that lever locks are in working condition.
- 2 Check that glass panes are not cracked and are secure.





### Do your windows need retrofitting?

Since 2004, homeowners of older flats with casement windows are required by law to replace aluminium rivets with stainless steel ones.

Once the retrofitting is complete, your contractor will provide you with a report (Form B1) that has to be submitted to HDB via eFeedback or through the Submission of Window Retrofitting Report e-Service.

### Window minimum safety requirements

Homeowners are to ensure that their windows meet the minimum safety requirements. Examples of issues that pose safety risks include:

#### In casement windows

##### ISSUE

- Friction stays that sag or are bent
- Rivets used to connect friction stays to the window frame are missing or made of aluminium

##### SOLUTION

- Replace with stainless steel friction stays
- Replace existing rivets with rivets made of stainless steel grade 304 or equivalent

#### In sliding windows

##### ISSUE

- Damaged or missing safety features
- Cracked or loose glass panels
- Jammed rollers

##### SOLUTION

- To prevent sliding panels from jumping track, fit windows with a minimum of one stopper per sliding panel width or with an aluminium angle strip at the bottom of the window outer frame
- Replace glass panels and rubber gaskets
- Replace rollers

#### In aluminium adjustable louvre windows

##### ISSUE

- Cracked or loose glass panels
- Jammed adjustable lever

##### SOLUTION

- Replace glass panels
- Replace lever mechanism

## APPLY FOR ENHANCEMENT FOR ACTIVE SENIORS (EASE) VIA DIRECT APPLICATION

### What is EASE?

The EASE programme aims to enhance the mobility and safety of seniors within their home to enable them to age in place. Eligible residents can choose to install one or all the elderly-friendly improvement items offered under the EASE package. The items include:

Slip-resistant treatment to existing floor tiles for up to two toilets.



Grab bars for toilets and within the flat.



Up to five ramps within the flat and at the main entrance. The installation of ramps is only recommended for households with wheelchair users. Where required, the ramp at the flat's main entrance should be kept after being deployed and used, to ensure compliance with the Singapore Civil Defence Force's requirements of maintaining a 1.2-metre clear width along the common corridor.



### Who can apply?

- Singapore Citizen household with a family member aged 65 years and above; or
- Singapore Citizen household with a family member aged between 60 and 64 who requires assistance for one or more Activities of Daily Living, such as bathing, dressing and feeding. A Functional Assessment Report endorsed by a qualified assessor must be submitted when applying.

### How to apply?

EASE (Direct Application) can be done online at <https://go.gov.sg/hdb-ease-esvc> or via the **Mobile@HDB app**.



# MasterChefs IN THE HEARTLANDS

**ARE YOU A FAN OF THE MASTERCHEF SERIES? FIND OUT HOW TWO FORMER CONTESTANTS ARE DOING AND WHERE TO GET A TASTE OF THEIR CULINARY GENIUS.**

A number of contestants from the competitive cooking reality TV show *MasterChef Singapore* have gone on to establish themselves in the F&B industry. In particular, Aaron Wong and Leon Lim — from Seasons 1 and 2 respectively — are making waves in the heartlands. Read on for more on their post-*MasterChef* accomplishments.

## **JIAK SONG by Aaron Wong**

*MasterChef Singapore Season 1* top-five finalist Aaron Wong's passion in cooking comfort food for the common people is beyond question. Starting from a single stall at Telok Blangah, his *mee hoon kueh* (hand-torn noodles) brand JIAK SONG is doing so well that there are now eight outlets islandwide. Having all its outlets in the heartlands is also a reflection of his determination to keep the hawker culture alive.

The most distinctive part of JIAK SONG's *mee hoon kueh* is the taste of *wok hei* (which refers to the flavour imparted by a hot wok during stir-frying) in its broth. This smoky flavour is a 'secret weapon' inspired by ramen that Aaron had in Japan, which was served in broth made using a type of flying fish that was roasted over charcoal.

With only three items on the menu, one could say that JIAK SONG is a *mee hoon kueh* speciality shop, thanks to Aaron's belief that it is better to be focused and excel at one thing than to be "a Jack of all trades but master of none".

**I have always been very vocal about being a local boy. The slogan of our company is called 'Food For The People' and retaining tradition is our direction.**

— AARON WONG, MASTERCHEF SINGAPORE SEASON 1 FINALIST AND CO-FOUNDER OF JIAK SONG



Besides the broth, every component of JIAK SONG's *mee hoon kueh* is handmade — from the noodles, made from a round of dough that is pressed, flattened and hand-torn; to the accompanying ingredients. We recommend trying their signature all-in combo that comes with minced meat, pork slices, pork balls and shrimp balls. Those with a smaller appetite can go for the basic option with minced pork in both soup and dry versions. Don't forget to scoop yourself some tangy chilli, which pairs exceptionally well with the meat.

To maintain consistency, ingredients such as pork balls are marinated and broth concentrate cooked in a central kitchen, and then distributed to all the outlets every morning. The quality is proven by statistics — on average, every outlet sells about 400 bowls of noodles a day.

**JIAK SONG outlets are located in Bedok, Bukit Batok, Jurong West, Kovan, Queen Street, Tampines, Telok Blangah and Toa Payoh.**

### Creatr. by Leon Lim

Creatr. (pronounced as “creator”) is a halal café; it is the result of a collaboration between *MasterChef Singapore Season 2* runner-up Leon Lim and Three's A Crowd, a popular ice cream joint with outlets in Tampines and Little India. Channel 8 viewers may also find Leon familiar, as he was a semi-finalist on Mediacorp's singing competition *SPOP WAVE!*.

Leon first got to know the founders of Three's A Crowd some four years ago. When the team was looking to expand their operations into hot-food dining, they felt it was the right time to synergise their skills and resources.

The café at Stirling Road is hard to miss with its logo, a portrait illustration of Leon, perched on the wall outside. His *MasterChef* apron can also be seen framed and hung with pride.

Creatr. serves up locally inspired dishes, all dreamed up and created by Leon himself. The menu is updated from time and time, depending on seasonal ingredients and customers' responses. Bestsellers include the Chilli Crab Pizza and Laksa Pizza. Vegans are also well catered for with options like Meatless Nuggets and Tempeh Fries, but note that the sauces served separately for both dishes are not meat-free.

Paying homage to its parent brand, the specially handcrafted Kaya N Speculoos gelato is a unique take on local breakfast flavours in the form of a dessert. And if you haven't had enough of the various sauces and dips, which are also concocted by Leon, you can buy a few bottles for home.

**Visit Creatr. at Block 169, #01-1149, Stirling Road, Singapore 140169.**

I think the advantages of being in a residential area is that the neighbours and residents are very friendly, and it has a more laid-back vibe. The neighbourhood is also peaceful and quaint, so those who are looking for an escape from the hustle and bustle of city life can find solace in our space.

— LEON LIM, *MASTERCHEF SINGAPORE SEASON 2* RUNNER-UP AND CO-FOUNDER OF CREATR.



# FULL STEAM AHEAD



**FIND OUT HOW NATIONAL RUNNER THIRUBEN THANA RAJAN JUGGLES SCHOOL, TRAINING AND FLYING SINGAPORE'S FLAG HIGH.**

A member of Singapore's national track and field team, Thiruben Thana Rajan recently brought glory to Singapore with a bronze medal at the 31<sup>st</sup> Southeast Asian Games (SEA Games) in May, in the men's 4x400 metres relay event.

Thiruben's first foray into running was when he had to pick a co-curricular activity in Secondary 1 — unsurprisingly, as his parents used to run, too. He ended up representing the Singapore Schools team for the next two years, and joined the national team when he was 16.

At National Junior College, he was part of the school's cross country team. In 2017, Thiruben broke the national Under-18 400-metre record at the World U-18 Championships in Nairobi, Kenya, and made it to the semi-finals — something that the 21-year-old considers his biggest achievement to date.

Amid his hectic university and training schedules, Thiruben spoke to *Life Storeys* about his experiences as a national athlete and neighbourhood boy.

## **How does it feel to represent the country from a young age?**

I represented Singapore for the first time at the 2016 Asian Junior Championships. It was extremely exciting and I learnt a lot competing against athletes who were two to three years older than I was. It motivated me to continue training, and to train harder so that I could represent the country at even bigger competitions in years to come.

## **Tell us more about your recent SEA Games experience.**

It was one of the most memorable major competitions I've been to so far, mostly because the track and field team did extremely well as a whole and we came home with our biggest medal haul in almost 30 years. It was great to immerse myself in the atmosphere of a major games after a long while, as I was serving National Service and many competitions were cancelled because of the pandemic. I had to adjust my personal goals for this SEA Games due to a toe tendon injury in February and a bout of COVID-19

after that. Considering that, I'm satisfied that I ran quite close to my personal best and that our 4x400 metres relay team came away with a bronze medal.

## **When is the next major competition for you?**

The next one would be the Commonwealth Games at the end of July. In the meantime, I will be doing a few races in Malaysia to prepare for it.

## **How do you manage your time between studying, training and competing?**

It is definitely not easy, and it was especially challenging during my A-Level days. But over the years, I have learnt how to compartmentalise my school life and my sporting life, and to keep them separate. It is important to be focused and undistracted when I am training and competing, and the same applies when I'm studying.

Giving myself time to spend on hobbies or with friends helps prevent burnout. I am an avid football fan and proud supporter of



“The whole Queenstown area, especially Tanglin Halt, is very special to me because it is where I have lived my whole life. I love how quiet and laid-back it is, compared to the newer estates.



Chelsea Football Club. I'm also into film photography and listen to quite a lot of music in all kinds of genres.

**Which estate are you currently staying at?**

I have been staying at Queen's Close since I was 12. My childhood home is just a stone's throw away at Tanglin Halt.

**What do you like most about your neighbourhood?**

The whole Queenstown area, especially Tanglin Halt, is very special to me because it is where I have lived my whole life. I love how quiet and laid-back it is, compared to the newer estates. After eating the *laksa* at Tanglin Halt Market, no

other *laksa* I've had elsewhere cuts it for me. I have also been eating the market's famous *wonton mee* from as early as I can remember — the taste hasn't changed one bit!

I love to cycle and run around the Portsdown Road area, with its colonial houses and an abandoned water tank, which is a popular photo spot.

**In your opinion, what is the best part about HDB living?**

It would definitely be the forming of close bonds with my neighbours and feeling like I am part of a tight-knit community. Like many other Singaporean children, the

HDB void decks and playgrounds hold many great memories for me, such as endless hours spent kicking footballs after school!

**Do you have any special memories with your neighbours?**

My family is very close to our two next-door neighbours. I remember an incident when I was younger, where I had cut my finger badly but my parents were not home. My younger siblings went to tell my neighbours and they immediately came over to help. My neighbours are also always happy to help us water our plants when we are overseas.

# FROM Coast TO Coast

**WHAT ARE YOUR PLANS THIS NATIONAL DAY? IT MIGHT BE A GOOD TIME TO CHECK OUT THE COAST-TO-COAST TRAIL, WHICH FEATURES VARIOUS ICONIC SPOTS AROUND THE ISLAND.**

Launched in 2019, the Coast-to-Coast Trail (Central) is a 36-kilometre route that starts at Jurong Lake Gardens in the west and wends its way to Coney Island Park in the north-east. Along the way, you will have many opportunities to get up-close and personal with nature and history.

The trail offers many points of interest; here are some to get you started.



## Jurong Lake Gardens

Jurong Lake Gardens offers a myriad of experiences that will delight nature lovers of all ages. Neram Streams is a series of waterways where you can spot insects such as dragonflies and damselflies flitting among the plants, while many small birds feed and seek shelter in the tall grasses of the Grasslands.

Children will enjoy the various play areas, including Forest Ramble, where they can pretend to be wild creatures, and Clusia Cove, a three-hectare area comprising several interlocking tidal pools that allows families to cool off while learning about tidal patterns.

Feeling peckish after a good walk? Grab a bite at Fusion Spoon, which offers both Western and Asian cuisines; or stuff yourself silly at the nearby Yuhua Village Market and Food Centre and Yuhua Market and Hawker Centre.

Jurong  
Lake  
Gardens



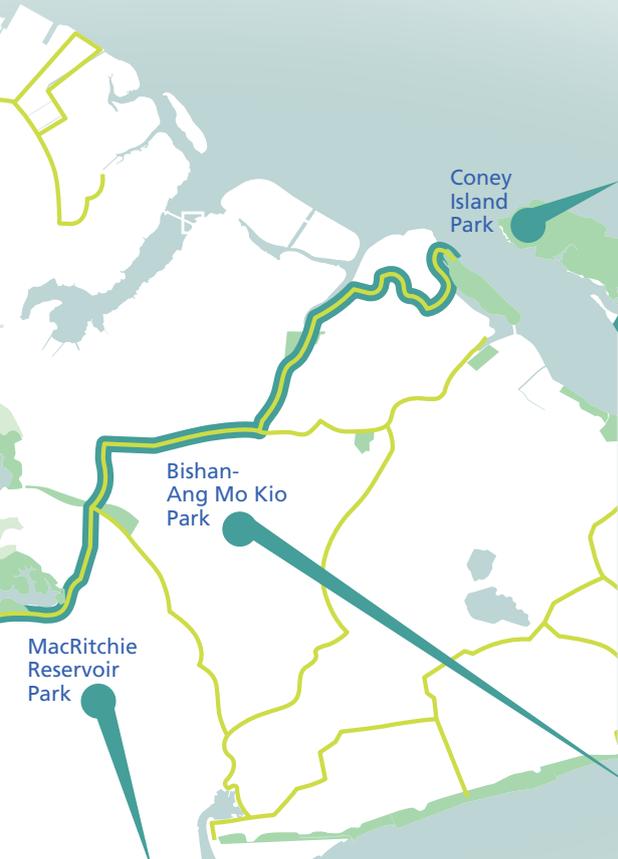
Singapore  
Botanic  
Gardens

## Singapore Botanic Gardens

An oasis of calm in the heart of the city, most sections of the Singapore Botanic Gardens are open daily from 5am to 12 midnight. The Gardens was inscribed as a UNESCO World Heritage Site in 2014, and to date, remains the only tropical botanic garden on the list.

With its soaring trees and lush greenery, the Gardens is a firm favourite with residents and visitors alike. Be awed by the more than 1,000 orchid species and 2,000 hybrids on display at the National Orchid Garden. If you need a break from Singapore's year-round warm temperatures, the Sembcorp Cool House is designed to mimic a high-elevation montane forest, and is also home to orchids — and other interesting flora, including carnivorous plants — that prefer a cooler environment.

The Jacob Ballas Children's Garden is the first garden in Asia devoted to children aged 14 and below, which enables them to discover more about plants and the environment through play. Note that children aged 12 and below must be accompanied by an adult, so be sure to join your little ones on their learning journey!



**Coney Island Park**

Coney Island Park marks the end point of the Coast-to-Coast Trail, and is a hidden gem for nature lovers. Take a stroll on the boardwalk that is open daily from 7am to 7pm, and delight in the scenic views. In keeping with the spirit of sustainability, the boardwalk was created using wood from uprooted casuarina trees. Fallen casuarina trees have also been repurposed into park signages, seats and benches.

The park also hosts a wide array of habitats, ranging from casuarina woodlands and coastal forests to grasslands and mangroves. Many plants and animals call Coney Island Park home, including some species that are critically endangered and presumed extinct in the wild elsewhere in Singapore.



**Bishan-Ang Mo Kio Park**

This park is situated between the housing estates of Bishan and Ang Mo Kio; speaking of which, did you know Bishan features unique colourful pitched roofs on many of its housing blocks, while neighbouring Ang Mo Kio was the seventh new town to be built in Singapore?

Find out how some plants naturally filter and clean water by visiting the Cleansing Biotope at Bishan-Ang Mo Kio Park's Pond Gardens. Here, plants that are known for their water-cleansing capabilities sieve impurities from the water, thus keeping water quality at a high level without relying on chemicals.

Butterfly lovers will not want to miss the Butterfly Habitat, which features a selection of plants that appeal to butterflies — and other beautiful insects that have been drawn here by these plants. The space was initiated by two students in 2012, and over the years, has grown from 260 square metres to 500 square metres.

**MacRitchie Reservoir Park**



**MacRitchie Reservoir Park**

MacRitchie Reservoir is the oldest reservoir in Singapore, and sits beside MacRitchie Reservoir Park. Take a walk on the wild side along the park's 11-kilometre MacRitchie Trails, where you are likely to see long-tailed macaque monkeys, squirrels and monitor lizards going about their business.

For an adrenaline rush, check out the TreeTop Walk, a 250-metre-long suspension bridge straddling the two highest points in the park. Standing 25 metres above the ground at its highest point, the bridge is a great vantage point for panoramic views of the park and its wildlife.

# 5 THINGS TO KNOW ABOUT DIGITAL LOCKS

**CONSIDERING A DIGITAL LOCK FOR YOUR FRONT DOOR? LEARN MORE ABOUT THESE HIGH-TECH GADGETS, SO YOU CAN PICK THE RIGHT ONE FOR YOUR HOUSEHOLD.**

It can be frustrating to be locked out of the house because you forgot your keys. Fortunately, with digital locks, you can reduce the chances of this occurring. That is why more homeowners are opting to go key-less.

Find out what to look out for when shopping for a digital lock.

**“**I decided to install a digital lock for the ease of not having to carry — or remember to carry — bulky keys. The digital lock experience has been great and the convenience it gives is immense. All I need to do to enter the house is to tap the key card, even with groceries in hand.

— MR ANDREW ANG, WHO MADE THE SWITCH TO A DIGITAL LOCK IN 2016

## 1 Digital locks vs smart locks



Unlike traditional locks, digital locks use digital technology to lock and unlock doors. These include biometrics such as fingerprint, retina or face; key cards utilising wireless technology such as radio-frequency identification (RFID) or near-field communication (NFC); and personal identification number (PIN).

If you prefer not to carry additional cards or remember PINs, then biometrics is the way to go. Using your fingerprint to unlock a door is quick and fuss-free. However, fingerprints can become less defined and harder for machines to 'read' as we age, which could make it more difficult for older people to handle a digital lock. Similarly, people with excessively dry skin on their hands and fingers may also have trouble with digital locks.

In such cases, a key card or PIN may work better. Key cards are usually compact and easy to carry. For seniors and young children who may not be able to remember a PIN, a key card is a good option. On the other hand, PINs work well for those who do not want their biometrics stored in a system and do not wish to carry key cards.

Digital locks have been around in Singapore for a while, but have recently gained fancy features, with some becoming smart locks. These features include being able to check the lock status of your door through a mobile app, notifications to update you when your door gets unlocked, one-time passwords that can be shared with guests, and even being able to lock and unlock the door remotely via a smartphone.

## 2 Types of digital locks



Not all doors and locks work well together. As such, you will need to find out which type of digital lock best fits your door.

There are three main categories of locks — mortise, deadbolt and rim latch — but a good tip is to pick a digital lock that is the same type as your existing lock. In other words, if you are using a mortise lock, replace it with a digital mortise lock.

Keep in mind that while digital locks can be installed on metal gates, the process is more complicated and costs more than doing so for wooden doors, as additional components are required.

When choosing a digital lock, take note of the available space between your front door and the gate as well as the door handle. These dimensions will have an impact on your choice of digital lock.

## 3 Power supply



Are you afraid you will not be able to get in or out of the house in the event of a power outage? Don't worry, most digital locks are powered by batteries. This means they will continue to work even during power blackouts.

Typically, digital locks come with a low battery alert function, allowing you ample time to replace the batteries before they become flat. Some models even come with a USB port so you can power up the lock enough to unlock the door.

## 4 Safety issues



As digital locks are enhanced with anti-hacking capabilities, it takes a lot of effort and time to hack into the system — this may deter would-be burglars. Some models also send smartphone alerts or emit a warning sound when a break-in is suspected.

In addition, certain digital locks have a privacy mode to inhibit unauthorised entry by double-locking the door when you are home, as well as child safety features that keep your children from opening the door for strangers.

## 5 Price point



With an array of options available in the market, you are spoilt for choice. Prices range from slightly over \$100 for a basic model, to over of \$1,000. Remember to check whether installation is included in the price, so you don't end up exceeding your budget.

Before you go shopping, make sure you examine your door and existing lock, gather the necessary measurements, and decide what type of digital lock is suitable. Discuss with members of your household whether they prefer biometrics, key card or PIN, and what smart features they may want. If possible, you should try out various locks at physical stores before committing to a purchase.

"Dengue made my muscles and joints feel like they were being crushed day and night."

Shima, 39

"Dengue gave me rashes that felt like razor-sharp spikes stabbing my flesh."

Alisha, 29

**DENGUE IS CLOSER THAN YOU THINK**

"Dengue made my gums bleed like I'd gone multiple rounds with a boxer."

Gary Yang, 42



If you suspect you have dengue (fever, rashes, joint pain, etc.), please seek medical attention immediately.

START YOUR MOZZIE WIPEOUT

**STOP DENGUE WITH B-L-O-C-K**

**BREAK**

up hardened soil



**LIFT**

and empty flowerpot plates



**OVERTURN**

pails and wipe their rims



**CHANGE**

water in vases



**KEEP**

roof gutters clear and place BTI insecticide



**PROTECT YOURSELF BY PRACTISING S-A-W**

**SPRAY**

insecticide in dark corners around the house



**APPLY**

insect repellent regularly



**WEAR**

long sleeves and long pants



**DENGUE RISK ALERT LEVELS**

HIGH DENGUE RISK. PLEASE BE VIGILANT.

DENGUE CLUSTER ALERT! 2 TO 9 CASES.

DENGUE CLUSTER ALERT! MORE THAN 9 CASES.

DENGUE CLUSTER CLOSED. PLEASE REMAIN VIGILANT.

Download myENV app to check your neighbourhood's alert level.

