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Life Storeys

LIFE IN THE HEARTLANDS



HDB COMMUNITY DAY 2023

Celebrating the contributions of volunteers and residents

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ISSUE 37 Jul/Aug 2023

Dear Readers,

Taking the centre stage this issue is the HDB Community Day, as we celebrate the efforts of our community volunteers in promoting gracious HDB living and fostering cohesive communities in the heartlands. Read about their contributions in **Talk of the Town**.

Bukit Merah is the town featured in this issue of **Around the Block**. Meaning “red hill” in Malay, the town was once home to HDB’s headquarters. This issue shines the spotlight on long-standing food establishments in the area, as well as noteworthy developments that have strong links with the sustainability and disability movements.

Seemingly inconsequential actions can spark destructive house fires. Check out **Our Life Stories** for tips on how to safeguard your flat against fires. Another story explains how walking can offer benefits to your health. This section also profiles Dr Ghanavenothan Retnam. A familiar face in Indian classical music circles, the flautist tells us what he does to promote music in the neighbourhood.

Want to know more about what is being done to enhance the safety of pedestrians and cyclists? Then turn to **Livin’ It Up**, which introduces the features being installed around bus stops to make these shared spaces safer for all users. In conjunction with World Hepatitis Day, we also offer tips on keeping your liver healthy.

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



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Life Storeys is a quarterly community publication by the Housing & Development Board, bringing you stories and happenings from your neighbourhood. Join us in creating a gracious and harmonious living environment for all! You can also access the electronic version at <https://go.gov.sg/hdb-lifestoreys> or scan the QR code below.



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HDB COMMUNITY DAY HONOURS VOLUNTEERS AND RESIDENTS FOR FOSTERING THE COMMUNITY SPIRIT IN THE HEARTLANDS.

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



Your community is formed by residents like you, and ultimately, belongs to you.

— MR DESMOND LEE, MINISTER FOR NATIONAL DEVELOPMENT AND MINISTER-IN-CHARGE OF SOCIAL SERVICES INTEGRATION

Themed “Celebrating Life in the Heartlands”, the annual HDB Community Day was held on 30 June 2023 at the Flower Field Hall, Gardens by the Bay. The event was to celebrate and honour community volunteers for their efforts in promoting gracious HDB living and fostering active and cohesive communities in the heartlands. In line with this, a total of 76 awards were presented to community volunteers comprising individuals, schools and organisations. Three programmes for which awards were given out were Friends of Our Heartlands, the Lively Places Challenge and Singapore’s Friendly Neighbourhood Award.

Guest of honour Mr Desmond Lee, Minister for National Development and Minister-in-charge of Social Services Integration, said, “HDB living forms an important part of the lived experience of many Singaporeans.”

He further encouraged residents to join hands in promoting cohesive neighbourhoods. “Giving back can start small, with little effort. Look for community causes that are close to your heart and look for like-minded neighbours who can team up with you to tackle issues in the community. Your community is formed by residents like you, and ultimately, belongs to you,” he added.



Mr Kelvin Goh (in blue shirt) receiving the Lively Places Challenge award from Minister Desmond Lee

Nurturing Inclusivity

HDB's volunteering network, Friends of Our Heartlands Network (FOH), was launched in 2017 to nurture changemakers within neighbourhoods. A total of 1,284 individuals and 15 schools received recognition for their contributions to FOH and in community building. They were presented with platinum, gold, silver and bronze awards or certificates of appreciation for their contributions to the community under the FOH network.

Mr Khng Joo Seng, George, a silver award recipient, has been an FOH volunteer since 2018. He has helped residents with diverse views build

consensus on many neighbourhood improvement projects, patiently guiding them into prioritising the facilities they wish to see in the neighbourhood.

“Being a Friends of Our Heartlands volunteer empowered me to facilitate focus group discussions on upgrading works like Remaking Our Heartland. I can encourage people in the community to come forward to build a cohesive environment in Singapore. Volunteering has given me tremendous opportunities to contribute to society. I feel honoured receiving the award which will definitely spur me on to greater heights, to do more

good deeds for the heartland,” said George.

HDB presented its first Friends of Our Heartlands Platinum Awards to Mr Chong Teng Kok and Madam Tan Ha Eng who have been championing HDB's community building efforts since 2014. Both Mr Chong and Mdm Tan have contributed more than 110 hours and 120 hours respectively over the last 10 years in various ways, such as training younger volunteers and spreading messages of graciousness and eco-living.

Building a Home

Now in its fifth run, the Lively Places Challenge enables the community to implement projects that enliven and enhance HDB living. Residents are provided with training in design thinking and public engagement to help them actualise community-centric projects. This year, nine teams emerged as winners of the Lively Places Challenge.

Buona Vista's Green-Eye-View was one of the winning teams who transformed the multi-storey carpark rooftop garden at Blk 7B Commonwealth Avenue into an instagrammable gardening hub. The team came together over two months to create Singapore's largest rooftop art display. This impressive feat was documented in the Singapore Book of Records.

“It was a challenging project. However, the enthusiasm of the residents who were there for the project - rain or shine - washing the paint brushes, painting the ground with their families, or making suggestions on how to improve the project touched my heart and made me want to accomplish this project for them,” said Mr Kelvin Goh, Buona Vista Zone C RN Chairperson.

Additionally, the adjacent void deck was revamped with eye-catching signages and artwork to direct residents to the rooftop garden. Explained Kelvin, “We do not buy a house. On the contrary, we build a home through our community. Life is tough, but with the community spirit, we can pull through whatever circumstances we encounter together with the community and our residents.”

Promoting Neighbourliness

Good neighbourly behaviour and habits are fundamental to building a harmonious living environment and enhancing community resilience. The inaugural Singapore’s Friendly Neighbourhood Award (SFNA) was launched to recognise the efforts of Singaporeans who have gone the

extra mile to connect with and care for fellow residents in the community. The award is a collaboration between HDB and the Singapore Kindness Movement, and supported by partners including the People’s Association, Municipal Services Office, Ministry of National Development and Ministry of Culture, Community and Youth (SG Cares Office).

Twelve neighbourhoods from both HDB and private housing estates emerged from 234 nominations to receive awards for celebrating the kampung spirit and fostering ties among neighbours through various activities and initiatives.

Skyline II @ Bukit Batok is home to a vibrant community that organises a range of activities to foster neighbourly bonds. Mr John Tan, a dedicated resident, spearheads initiatives regularly to enliven the neighbourhood. During the Covid-19 pandemic, John initiated a fairy lights installation with a group of neighbours, to make the neighbourhood livelier and uplift the mood of the community. Virtual events such as *ketupat*

making and *rangoli* sand art were held during festive occasions to strengthen multicultural bonds and promote greater understanding among the different ethnicities.

“There is a sense of fulfilment in being recognised as one of the recipients of Singapore’s Friendly Neighbourhood Award. It started as an initiative to foster closer relationships among the neighbours in the community. This is indeed an affirmation of our community’s efforts,” said John.

Visit the digital exhibition by scanning the QR code below to find out more about the inspiring stories in the heartlands.



Mr John Tan (wearing maroon shirt) receiving the Singapore’s Friendly Neighbourhood Award from Minister Desmond Lee

SOCIALLY CONSCIOUS IN *Bukit Merah*

WE REVISIT OUR OLD STOMPING GROUND (HDB HUB, KNOWN AS HDB CENTRE THEN, USED TO BE LOCATED IN BUKIT MERAH) TO REMINISCE ABOUT A FAVOURITE MAKAN SPOT, AND DISCOVER TWO REFURBISHED DEVELOPMENTS THAT HAVE STRONG LINKS WITH THE SUSTAINABILITY AND DISABILITY MOVEMENTS.

ABC Brickworks Market and Food Centre

**6 Jalan Bukit Merah,
Singapore 150006**

Brickworks is an estate within the Bukit Merah district of Singapore. There has been a hawker centre here since the 1970s — one of the oldest in Singapore. The ABC Brickworks

Market & Food Centre is named after factories that used to be located in this area: 'ABC' stands for Archipelago Brewery Company (the first commercial brewery in Singapore; established by a group of German investors in 1931), and 'Brickworks' is associated with the history of brickworks factories in Bukit Merah.



ABC Brickworks Market and Food Centre



Professor Brawn Bistro at Enabling Village

The hawker centre was reopened in June 2020 after renovations. The good news for foodies is that some returning stalls have been operating here for over a decade.

Some of the die-die-must-try stalls include Jin Jin Dessert (#01-21 — the Gangster Ice is sure to hit the spot for durian and mango lovers!), Ah Er Soup (#01-141 — this Michelin Bib Gourmand awardee dishes out the goodness of traditional Chinese soups with none of the MSG), and Y.R.A Rasool Fatimah (#01-10 — this Indian-Muslim eatery's *onion prata* and *mutton soup* have received good reviews).

City Sprouts

**102 Henderson Road,
Singapore 159562**

The building and grounds of the old Henderson Secondary School were taken over in 2019 by City Sprouts and transformed into a 9,000m² food-and-social hub, with space for subsistence farming, food, education and community building. The old canteen still serves food — just not recess-time grub! Instead, diners can look forward to a bistro bar which serves mouthwatering Thai street food and beer.



PHOTO: ENABLING VILLAGE

The grounds have been turned into urban farmland, a portion of which City Sprouts leases to agritech partners. These partners focus on a particular produce, such as strawberries, rice or mushrooms. To showcase its produce, City Sprouts hosts a free-entry Farmers Market every two months, on the first Saturday of the month.

At these Farmers Markets, besides the chance to browse and purchase fresh seasonal produce, small-batch home bakes, sustainable goodies, and other artisanal crafts, you can also sign up for activities and workshops on myriad topics.

Enabling Village
 20 Lengkok Bahru,
 Singapore 159053

Another spot in Bukit Merah with strong ties to the community is Enabling Village. An initiative by the Ministry of Social and Family Development and SG Enable Ltd, the former site of the Bukit Merah Vocational Institute and the Employment and Employability Institute has been transformed into a beautifully landscaped space, with features for easy access by visitors with disabilities. Integrating education, work, training, retail and lifestyle, Enabling Village is a space promoting inclusion

and integrating persons with disabilities in society. Officially opened in December 2015, it houses numerous social enterprises that are open to the public, each of which caters to the differently abled in a variety of ways.

Professor Brawn Bistro (Academy building, #01-17), managed by Autism Resource Centre (Singapore), provides opportunities for work and social integration to those with special needs. The Centre also operates The Art Faculty (Village Green, #01-07), a three-in-one (shop, café and gallery) social enterprise that supports art and functional gifts created by artists on the autism spectrum. Island Creamery is known for ice cream in local flavours; the ice cream in the outlet here (Nest building, #01-K1) are prepared and served by persons with disabilities. Enabling Village houses Singapore's first inclusive gym, pre-school, clinic and supermarket. These prototypes with universal design features cater to people with disabilities and were replicated in other parts of Singapore.



City Sprouts

PHOTO: CITY-SPROUTS

OLD-SCHOOL *Eats* AND

ENSCONCED WITHIN HDB BLOCKS IN THIS MATURE NEIGHBOURHOOD ARE FOOD AND BEVERAGE GEMS RANGING FROM TRADITIONAL EATS TO MODERN CAFÉS.

146 Famous Bukit Merah Ang Ku Kueh Block 146, Jalan Bukit Merah, #01-1086, Singapore 160146

Established more than 30 years ago by the Toh brothers, 146 Famous Bukit Merah Ang Ku Kueh specialises in the confection made of soft, sticky glutinous rice flour skin wrapped around a sweet filling. Translated as red tortoise cake in Hokkien, *ang ku kueh* is usually given as a gift to celebrate a baby turning one month old. The shop started off selling only peanut and bean *ang ku kueh* but over the years introduced exciting new flavours. Today, they offer *ang ku kueh* in 11 different flavours: peanut, bean, salted bean, coconut, durian, yam, sweet potato, sweet corn, coffee, red bean and green tea. The kuehs are handcrafted with no preservatives and each kueh has delicate skin stuffed with generous filling. The shop also sells other traditional snacks such as glutinous rice, nine-layer kueh and *soon kueh*.

PHOTO: 146 FAMOUS BUKIT MERAH ANG KU KUEH

Good Chance Popiah Eating House

Block 149, Silat Avenue, #01-58, Singapore 160149

Good Chance Popiah Eating House may be located in Bukit Merah, but the majority of its customers tend to hail from other parts of the island, reveals its owner, Ah Boy. The 39-year-old is the great-grandson of founder Hou Shen Hu, who set up the eatery in 1977 in the same location where it is still operating today – at Silat Avenue, across the road from the Singapore General Hospital. Resembling an old-school eating house, the restaurant is simply furnished, with photos of celebrities who had patronised it lining the walls.

As its name suggests, the restaurant specialises in authentic *popiah* or spring rolls, a dish believed to have its roots in Fujian province. The *popiah* is served DIY-style, so diners get to fill the skin with braised vegetables consisting of seven ingredients – including finely sliced bamboo shoots, French beans, carrots, mushrooms, and bean sprouts – and condiments like minced garlic, sweet sauce and crushed peanuts.

The housemade chilli paste adds a fiery tang to the dish. From the basic set, you can add on ingredients like XO sausages, crabmeat and prawns. Besides *popiah*, the restaurant serves a selection of other dishes like prawn rolls and *kong bak bao* (braised pork with bun, with the bun here made of pumpkin).

NEW-AGE *Brews*



Nylon Coffee Roasters Block 4, Everton Park, #01-40, Singapore 080004

Tucked away in the quiet neighbourhood of Everton Park is Nylon Coffee Roasters, a coffee bar known for offering quality seasonal blends. The selections are refreshed every one or two months, so regulars won't get bored.



Founded in 2012, the bean-to-cup shop offers craft brews made from house-roasted, single-origin beans. The coffees are imported from Central and South America and the owners make it a point to visit the farms and build a relationship with the coffee producers, ensuring they work with those who share the same beliefs about quality. "We focus on traceability and transparency," emphasises Dennis Tang, co-founder of the café.



While the list of coffee drinks is kept simple, the baristas are happy to accede to requests for beverages not on the menu. There are only a few benches inside and outside the café for customers as they are encouraged to buy the beans home instead. Despite this, it draws regulars like Ara who usually orders a medium white or iced coffee. "I like the cosy vibe and the fact that the owners always acknowledge their customers," she says. Twice a week, customers can watch the coffees being roasted in the adjoining roastery.

SAFEGUARDING YOUR HOME AGAINST

FIRE

保护住家
免遭火患

LINDUNGI
RUMAH ANDA
DARIPADA
KEBAKARAN

தீ ஆபத்திலிருந்து
உங்கள்
வீட்டைப்
பாதுகாத்தல்

FIRES IN THE HOME ARE MORE COMMON THAN YOU WOULD THINK. LIVING IN CLOSE PROXIMITY TO EACH OTHER, RESIDENTS NEED TO TAKE PRECAUTIONS TO KEEP THEIR HOMES FIRE-SAFE, BOTH FOR THEMSELVES AND THEIR NEIGHBOURS. AT THE SAME TIME, KEEPING YOUR FIRE INSURANCE POLICY ACTIVE WILL RELIEVE YOUR FINANCIAL BURDEN AND GIVE YOU PEACE OF MIND.

||||| ●

COMMON FIRE HAZARDS

! UNATTENDED COOKING

Keep an eye on the stove... switch off if you need to step away.

烹煮时应有人照看炉灶。如果你需要离开，就把炉子关上。

Awasi dapur... matikan jika anda perlu melangkah pergi.

அடுப்பை
கவனியுங்கள்...
விலகிச்செல்ல
வேண்டுமென்றால்,
அடுப்பை
அணைத்துவிடுங்கள்.

! OVERLOADING OF POWER SOCKETS

Don't overload electrical outlets and only use products with safety marks.

不要让插座过载，只选用贴有安全标志的产品。

Jangan membebankan soket elektrik dan hanya gunakan produk dengan tanda keselamatan.

மின்சார சாக்கெட்டுகளில்
அளவுக்கு மீறி சாதனங்களை
பொறுத்தாதீர்கள். அதோடு,
பாதுகாப்பு முத்திரை கொண்ட
சாதனங்களை மட்டுமே
உபயோகியுங்கள்.

"DON'T TAKE CHANCES, BETTER INSURE YOUR HOME TODAY!"

Get your flat protected with fire insurance

买火险保组屋

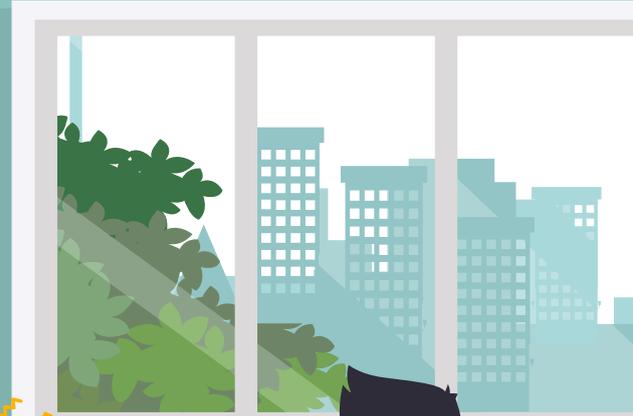
Lindungi flat anda dengan insurans kebakaran

தீக்காப்புறுதியின் மூலமாக உங்களின் வீட்டைப் பாதுகாத்தீடுங்கள்

Besides being vigilant about potential fire hazards, fire insurance provides an additional protection. As fire incidents cannot be fully prevented, insurance can help to relieve costs of repair works, depending on the policy's coverage, in the unfortunate event of a fire. If you haven't bought fire insurance for your home, do consider getting one. If you previously bought a policy, check that it's active and renew it if it is about to expire or buy a new policy if it has expired.

DID YOU KNOW?

Fire insurance is different from home insurance. Fire insurance usually covers the structural damages in a flat, and not the home contents like renovation, furniture and personal belongings. The HDB Fire Insurance, for example, covers the cost of reinstating damaged internal structures, fixtures, and areas built and provided by HDB, but not home contents. To get covered for home contents, consider getting home insurance from any insurer of your choice. Do check that its coverage meets your needs.



OVERCHARGING OF BATTERIES

Unplug when fully charged. Only use chargers and batteries from the original manufacturer.

充满电后应拔掉插头。只选用原厂商的充电器和电池。

Cabut plag apabila sudah dicas sepenuhnya. Hanya gunakan pengecas dan bateri daripada pengeluar asal.

முழுமையாக மின்னூட்டப்பட்டதும், சாக்கெட்டிலிருந்து அகற்றிவிடுங்கள். அசல் தயாரிப்பாளர்களிடமிருந்து பெற்ற மின்னூட்டிகளையும் பேட்டரிகளையும் மட்டுமே பயன்படுத்துங்கள்.

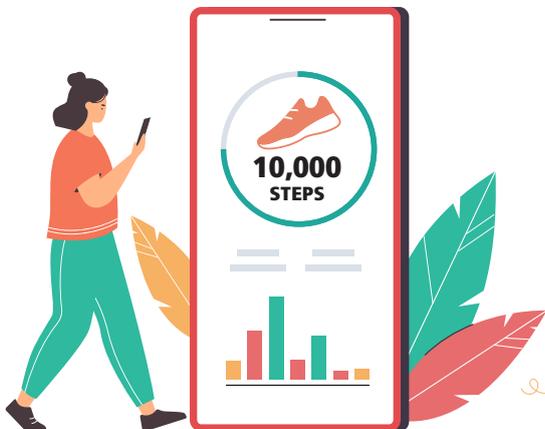


Stride **RIGHT** ✓

WALKING, AN ACTIVITY WE ARE NOT UNFAMILIAR WITH, IS MORE THAN JUST A SIMPLE EXERCISE. ITS HEALTH BENEFITS ARE MORE EXTENSIVE THAN YOU'D EXPECT!



Walking is a low-impact, moderate-intensity exercise that offers numerous health benefits. It is also an easy activity to take up as the intensity and duration can be adjusted to suit varying fitness levels. Senior Physiotherapist Lucille Basilio Satorre from Outram Community Hospital reveals the benefits of walking and how to incorporate more steps into your day.



How many steps?

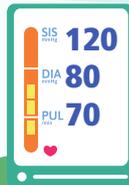
Healthy adults, it has been found, take between 4,000 and 18,000 steps per day. Walking 100 steps per minute can provide healthy adults aged 21-40 with a moderate-intensity workout. The benchmark for an active individual is 10,000 steps a day. This works out to about 40 minutes to an hour of walking, depending on individual step and stride length. Walking 10,000 steps per day is recommended for all ages to maintain a healthy lifestyle, but age, underlying heart conditions, medical considerations and whether the individual has been leading an active or sedentary lifestyle also need to be considered.

The benefits of walking

1 Can reduce weight, and also lower Body Mass Index (BMI).



2 Lowers blood pressure. During walking, muscles expand and contract to pump blood back to the heart. Doing this regularly lessens the stiffness of the blood vessels, so blood can flow easily.



3 Improves bone health. Low bone density can lead to osteoporosis and bone fractures. Walking 10,000 steps per day can help to maintain bone mineral density.

4 Improves cholesterol levels by increasing high-density lipoprotein (HDL), also known as “good cholesterol”, and reducing low-density lipoprotein (LDL) or “bad cholesterol”.



Hit your daily step goals

- Get up and walk around your house every hour. If you are at work, stand up every two hours, stretch and move around your office.
- Use the stairs instead of the lift where possible.
- Instead of taking the bus for short distances, walk to your destination. Alight one or two bus stops from your destination and walk the rest of the way.
- Enrol in exercise or workout classes.
- Connect with a group of active friends and go for walks together.
- Set aside a regular time for walking. Use an app to track steps and monitor your total daily steps. Once you have a routine in place, you can gradually increase your daily step count.

TIP

You don't have to go far to clock up your daily steps. Go for a walk around your nearby neighbourhood park or park connector.

A man with a mustache, wearing a blue patterned kurta and black trousers, is sitting on a white metal railing on a balcony. He is smiling and looking towards the camera. The background shows a modern building with balconies and some greenery.

POWERED BY

MusDe

SOUGHT AFTER AS AN ACCOMPANIST FOR CLASSICAL INDIAN DANCE AND MUSIC PERFORMANCES, FLAUTIST DR GHANAVENOTHAN RETNAM ALSO ENDEAVOURS TO REPRESENT OUR MULTI-CULTURAL HERITAGE THROUGH HIS MUSIC.

Local and international flautist Dr Ghanavenothan Retnam started performing on stage when he was just nine years old. He gets his flair for music from his late father, a *bulbul tarang* or Indian banjo player. A music director at Bhaskar's Arts Academy, he has accompanied renowned classical Indian musicians, composed music for orchestras and dance ballets, and won several accolades including the Young Artist Award in 1995.

In addition, Dr Ghana, who plays both the Chinese and Indian flutes, has been involved in cross-cultural performances with his Chinese, Malay and Western counterparts.

The affable multi-hyphenate has been living in his flat in Serangoon North for seven years. His cosy abode is filled with paintings and sculptures, some inherited from his parents.

“ I like to visit the small parks nearby and listen to the birds. Nature is my inspiration.

You are a soloist, accompanist, composer, arranger, conductor, educator, music director and music consultant. Which role do you most identify with?

While I give my best in all of these roles, performing is what I enjoy most because when I'm on stage I feel transformed. I forget myself and become immersed in the music. It warms my heart when the audience is touched by my playing.

You conceptualised and formed the fusion music ensemble 5 Elements. Tell us about that.

The ensemble was formed at the request of the National Arts Council for the ASEAN Ministerial Meetings. Our first performance was at the ASEAN Musical Extravaganza in Kuala Lumpur. The orchestra is named after the five elements –

earth, water, fire, wind and space. We try to express the concept of balance and environmental harmony through music and dance. One of the ways I represent this during a concert is by using five instruments. Singapore is made up of different races – I feel it is important to represent that through East-West fusion compositions, done tastefully.

Of your accomplishments, which are you most proud of?

I have had the opportunity to perform in front of dignitaries like Emperor Akihito and Empress Michiko of Japan. I have also been to tribal villages in Himachal Pradesh to help archive their music for Mediacorp's Vasantham channel. But what I'm most proud of are my students. Some of them are now teaching the flute. One of them, Dr Tan Qing Lun, came in first in the Indian flute category in a National Indian Music competition organised by the National Arts

Council. I am happy to have created the first generation of Singaporean flautists to carry the flag.

Where do you go within your estate to relax and get inspired for your music?

I like to visit the small parks nearby and listen to the birds. Nature is my inspiration. I do a fair bit of composing as I get commissioned by overseas productions and charities. Most of my composing is done late at night as my days are filled with classes and rehearsals.

What do you like about your flat?

I like to cook and host small gatherings for my senior students. I whip up *dosa*, *idli*, vegetarian *mee goreng* and *nasi goreng* and we gather at the rooftop garden to chat and mingle. When in the mood, I take my flute, sit on a bench in the garden and play soft, meditative music. Sometimes while there, I listen to the buses and cars passing by and get inspiration for my music.

How is your relationship with your neighbours?

My neighbours are friendly. They know I'm a musician. Sometimes, they listen to my playing and compliment me on it or ask to take photos with me when I'm dressed in traditional costume for a concert. I also help some of the seniors with their groceries when I meet them downstairs.

You also help promote music in the community. Tell us about that.

I perform for Serangoon Community Club's shows and am a member of its orchestra. I am also involved in Arts In Your Neighbourhood, where we hold mini concerts in various spaces for the public.



Dr Ghana (in green) giving a flute concert with his senior students.

SAFER SHARED SPACES

SAFETY INFRASTRUCTURAL ENHANCEMENTS ARE BEING ROLLED OUT PROGRESSIVELY TO MAKE BUS STOPS AROUND THE ISLAND SAFER FOR ALL USERS.

Bus stops are busy places shared by bus commuters, pedestrians, cyclists and other active mobility users. To make such shared spaces safer for all users, safety features are being rolled out to prompt users to look out for one another, and to remind device users like cyclists to slow down and give way to pedestrians.

Safety enhancements



“SLOW” markings and speed regulating strips are implemented to remind cyclists and active mobility device users to slow down as they approach bus stops.

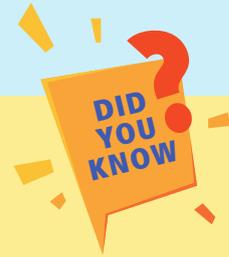




Some bus stops located along a cycling path have demarcated **Pedestrian Priority Zones (PPZ)** behind the bus stop with **dashed red lines**. The PPZ signals to device users that the zone ahead is prioritised for pedestrians, and to be prepared to slow down and give way to pedestrians when needed.



You may have come across bus stops with **dashed blue guiding lines** behind them. These are to guide cyclists to ride behind the bus stops. They are typically implemented at bus stops not located along a cycling path and where there is space to add a footpath behind the bus stop.



HDB residents can look forward to more of such enhancements at bus stops around the island. LTA is working with Town Councils and HDB to include these enhancements in the upcoming Neighbourhood Renewal Programme and Remaking Our Heartland projects to improve the safety of residents and commuters.

LTA will continue to boost the commuting experience for users of the **5,000 bus stops** around the island. As safety is a collective responsibility, commuters should share these busy spaces graciously and keep a lookout for one another.



Oh, my liver

WITH WORLD HEPATITIS DAY FALLING ON 28 JULY, IT IS TIMELY TO LEARN ABOUT THE MAJOR CAUSES OF LIVER INFLAMMATION, AND HOW TO AVOID THIS SERIOUS CONDITION.

Did you know that the liver is the largest solid internal organ in the body? It is located in the upper-right portion of your mid-section, and has several important functions such as eliminating toxins from your blood and regulating blood sugar (glucose levels).

What is hepatitis?

Hepatitis is an inflammation of the liver. The condition can be self-limiting or can develop into fibrosis, cirrhosis or liver cancer. While autoimmune diseases and consumption of toxic substances such as alcohol and certain drugs can lead to hepatitis, the most common cause is infection by the hepatitis virus (HV). There are five types of this virus (HAV–HEV), each causing its respective medical condition (Hepatitis A–E).

Symptoms of hepatitis

Common symptoms of infectious hepatitis include:



fatigue



abdominal pain



loss of appetite



dark urine



flu-like symptoms



yellow skin and eyes (signs of jaundice)

These symptoms are typical of someone with acute hepatitis. However, some chronic forms of hepatitis, such as Hepatitis B or C, may not show symptoms. Please seek medical advice if you have any concerns.

Lifestyle modifications

To reduce the risk of catching viral hepatitis, you may wish to alter your lifestyle and habits:



Vaccines have been developed to prevent most types of the hepatitis virus, so go get your shots.



When in a country with high rates of hepatitis, avoid eating raw or undercooked shellfish, and raw fruits and vegetables. Avoid local water and ice; drink only bottled water.

Common causes of different types of hepatitis

Transmission

HEPATITIS

A



Through contaminated food or water.

HEPATITIS

B



Through exposure to HBV in bodily fluids (blood, semen, etc). A pregnant woman can transmit HBV to her baby at birth.

HEPATITIS

C



Through exposure to HCV in blood and blood products.

HEPATITIS

D



Occurs only in those who have HBV. The combined infections can result in a worse outcome.

HEPATITIS

E



Through contaminated food or water.

Availability of vaccines

✓		✗ HEPATITIS C
HEPATITIS A	HEPATITIS B	
HEPATITIS D 	HEPATITIS E 	
Hepatitis B vaccines could provide protection against HDV infection.	Effective vaccines have been developed to protect against HEV infection, but they are not widely available.	



Maintain good personal hygiene.



Do not touch someone else's spilt blood.



Do not share toiletries such as razors and toothbrushes.



Keep items away from open windows and ledges!

Placing any object on ledges of windows and/or balconies is a big no-no. Prevent any cause of killer litter by moving it away from windows and ledges. Otherwise, someone could get badly hurt!

LIFE'S SAFER WITH NO KILLER LITTER.



Scan to learn more about how to prevent killer litter.