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LifeStor^oneys

LIFE IN THE HEARTLANDS



ARTWORK BY ELOUISE LIM McDONALD

PAINTING OUR FUTURE TOGETHER

Envisioning the future of HDB living through the HDB Community Art Project

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ISSUE 29 May/June 2021

Dear Readers,

We hope you continue to keep safe and healthy amidst the pandemic.

In this issue, we take a look at some of the Lively Places Challenge projects, as well as the HDB Community Art Project that will play a part in shaping the design of future HDB flats and towns. Find out more about these exciting events in **Talk of the Town**.

A highlight of waterfront town Punggol is Oasis Terraces, HDB's first new-generation Neighbourhood Centre, whose retailers are the pioneer users of the RetailerLink mobile app. Its complementary app ShopperLink seeks to provide an enhanced shopping experience for heartland dwellers. We also went on an invigorating trip to discover some nature landmarks and historic sites around Punggol. Follow our journey in **Around the Block**.

To support seniors in living independently within a community setting, HDB recently launched a new type of housing option known as Community Care Apartments. For more information on these senior-friendly flats, check out **Our Life Stories**. Also featured in this section is YES 933 DJ Hazelle Teo, who shares the steps she took to land her dream job, and her showbiz experience thus far.

A small lapse in food preparation or storage can lead to serious consequences. In line with World Food Safety Day on 7 June, we give you some tips on keeping your food safe in **Livin' It Up**.

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



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Online AND Offline BONDING

Good news: the Lively Places Challenge (LPC) is finally back on track!

The 2020 edition of HDB's LPC, which aims to develop a strong place identity and add vibrancy to neighbourhoods, kicked off with a bang in October 2019, with participants' ideas being rolled out as planned — until March 2020, when the COVID-19 pandemic put a halt to the proceedings. With the restrictions eased early this year, the LPC is back — and has hit the ground running.

THREE PROJECTS FROM THE LIVELY PLACES CHALLENGE RECENTLY PICKED UP WHERE THEY LEFT OFF IN 2020, BRINGING BOTH FUN AND PURPOSE TO THE RESIDENTS OF BISHAN, BUKIT PANJANG AND TAMPINES.





I got to know of the 'Cash for Trash' event through an RC member who knew that I was active in recycling and upcycling! At home, we repurpose items that would normally be discarded, such as glass bottles, and also turn other things into creative projects for my children.



– MDM RUFIAHAH ABDUL JALIL, BISHAN RESIDENT



Playing our part to save the earth

At Bishan North Zone 1 Residents' Committee (RC), the 'One Earth, Save It!' team marked this year's Earth Hour on 27 March with talks on climate change, a virtual light-up of Earth Hour '60+' logo, and virtual performances via the Zoom platform. Leading up to the main event, the RC also hosted a series of activities, including an online colouring contest and upcycling workshops.

On 6 March and 14 March, residents were invited to participate in the 'Cash for Trash' activity, where they could exchange items, such as aluminium cans and old newspapers, for cash. Held at Block 203 Bishan Street 23, the activity complied with safe distancing measures and attracted a crowd on both days. Many residents brought bags of recyclables, such as old clothes, and walked away smiling with extra pocket money!

There was also a *tikam tikam* (random pick in Malay) corner, where prizes like reusable tote bags were up for grabs.

"I got to know of the 'Cash for Trash' event through an RC member who knew that I was active in recycling and upcycling! At home, we repurpose items that would normally be discarded, such as glass bottles, and also turn other things into creative projects for my children," said Mdm Rufaihah Abdul Jalil, 42.





Mural painting session in February 2020



Bringing beauty to shared spaces

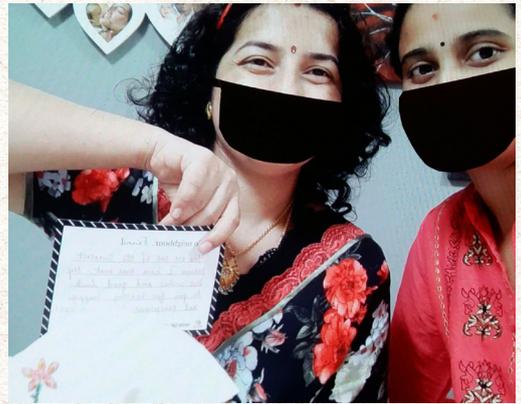
Turning the hard court area at Block 259 Bangkit Road into a beautiful space with murals and LED-lit sculptures was the mission of the 'Bukit Panjang Community Art @ Bangkit Art Street' team.

The murals' designs were conceptualised with feedback from residents gathered over three engagement sessions from October 2019 to February 2020, where most indicated that they would like to see nature-inspired landscapes — a nod to the verdant surrounds of their Bukit Panjang neighbourhood.

The team engaged artist Ms Belinda Low to create the mural designs, and to guide a group of residents and volunteers to paint them from February to March 2020. The painting sessions saw the participants working closely together, strengthening their bonds and forging a greater sense of ownership for their estate.

To adorn the neighbourhood further, the team also installed LED lights on the gateway arch of Bukit Panjang neighbourhood centre and the nearby 'Bukit Panjang' concrete signage, as well as a heart-shaped LED sculpture, bringing the area alive even at night. For team member Ms Jenny, these installations provide an

identity for Bangkit Art Street, and are focal points for the community to gather around.



Sharing is caring

'Masking It Up!' was a mask embroidery workshop held online on 3 January and 10 January 2021 for Tampines residents. Beyond embellishing reusable face masks with simple decorative stitches, there was also a meaningful side to the activity — participants were encouraged to gift their creations to their neighbours, along with a friendly note.

To fuel these acts of neighbourliness, a contest was held in which workshop participants could submit photos of themselves presenting their embroidered masks to their neighbours. Ten of them were selected as winners.

"I feel happy with the outcome of the event. Initially, we worried a lot over whether participants would sign up, collect their kits, and join us on Zoom. I was delighted to see photos of the participants and their neighbours with the embroidered masks. It is really satisfying to have met our goal of enhancing community bonding," said Ms Sheryl Lim, team lead of 'Masking It Up!'.

The LPC will conclude with the unveiling of this year's winners at HDB Community Week 2021.

I was delighted to see photos of the participants and their neighbours with the embroidered masks. It is really satisfying to have met our goal of enhancing community bonding.

— MS SHERYL LIM, TEAM LEAD OF 'MASKING IT UP!'

IN 2020, HDB EMBARKED ON A COMMUNITY ART PROJECT TO DISCOVER THE HOPES AND ASPIRATIONS OF RESIDENTS AND STUDENTS ABOUT THE FUTURE OF HDB LIVING.

Themed 'Our HDB, Our Home, Together We Paint Our Future!', the co-created content from the HDB Community Art Project (CAP) will inspire and shape the planning and design of future HDB flats, neighbourhoods and towns.

Participants were invited to envision their desired living environment and community in the heartlands through three sub-themes: 'People', 'Homes and Neighbourhoods', and 'Smart and Sustainable Living'.

Guided by art facilitators and introductory videos, more than 3,000 participants across different demographics and segments of society expressed their ideas in three ways — through a digital web app, the creation of physical art cards, or the painting of totems and framed canvases.

Renowned local artist Sun Yu-li will curate the final artwork, transforming it into a unique piece of experiential art. Find out more about the completed CAP at HDB Community Week 2021.



Painting OUR FUTURE TOGETHER

The big green dots represent trees; the orange rectangle with dots represent the apartments; the blue and green rectangles represent swimming pools and fields for exercise; the purple and peach lines represent screens to watch news and movies; the turquoise ovals represent electric pods to travel on; and the peach-coloured outlined rectangle represents nature reserves for people to visit. I really enjoyed creating my own neighbourhood through the website, and I hope this will come true in the future.

— ENOCH SEE, 11, STUDENT AT FAIRFIELD METHODIST SCHOOL (PRIMARY)



ARTWORK (BACKGROUND): ENOCH SEE

CREATION OF ARTWORKS

The actual co-creation of the artwork took place between October 2020 and March 2021.

Digital art cards

On their desktops or phones, participants digitally painted and drew on art cards on a website. They also shared their thoughts and the inspiration behind their artworks.



Residents' submissions (from top: Chua Feng Yang, Christopher Subhodayam Percis Teena, Gladys Seow, Isaac Kee Peng You) based on the sub-themes of 'People', 'Homes and Neighbourhoods', and 'Smart and Sustainable Living'

Physical art cards

To ensure less IT-savvy members of the community and those with no access to computers were not left out, local arts organisation ArtBeatz worked with several institutions (such as SG Enable's i'mable, Apex Harmony Lodge, The Collective Effort, and SEED Institute) to send physical art cards to their members and residents, so they could participate in the CAP.

The completed digital and physical art cards will be digitally stitched together. You can find out more about the completed art piece at HDB Community Week 2021.



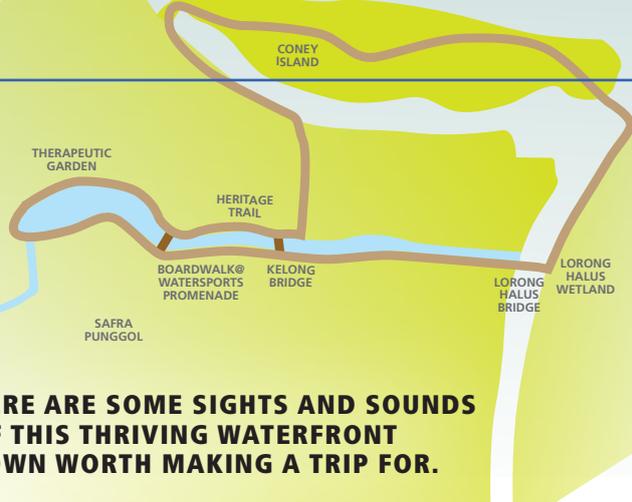
Totems and framed canvases

HDB also engaged art clubs and schools (such as LASALLE College of the Arts, School of the Arts Singapore, Fairfield Methodist School (Primary), Teck Ghee Primary School and Westwood Secondary School) for the CAP. Students were guided by their teachers to paint directly on totems and framed canvases; these will be integrated with the digitally painted artworks.

PUTTING *Punggol*

ON THE MAP

HERE ARE SOME SIGHTS AND SOUNDS OF THIS THRIVING WATERFRONT TOWN WORTH MAKING A TRIP FOR.



Did you know that Punggol was home to Singapore's first public zoo, or that durian hunters used to seek the 'king of fruits' at the forested area along Old Punggol Road?

Punggol has come a long way from its origins as a rural village known for fishing, poultry and pig farming, to become a dynamic and distinctive waterfront town. Despite its massive transformation in recent years, elements of Punggol's rich history have been retained and incorporated in the development of its new infrastructure.

Whether you are a nature enthusiast, history buff or just looking for some fun, these are some spots to check out:

Punggol Waterway Park Along Sentul Crescent Road

Segmented into four areas — Nature Cove, Recreation Zone, Heritage Zone and Green Gallery — you can easily spend a full day at Punggol Waterway Park.

The tracks along both sides of the waterway running through the park make for a pleasurable running or cycling route. Otherwise, take a seat on one of the many benches, and enjoy a moment of respite while listening to the soothing sounds of running water.

Opened on 30 November 2020, the Therapeutic Garden features two raised planter boxes, which give wheelchair users a chance to be involved in plant maintenance, or simply to see and touch the flora. The garden also facilitates therapeutic horticulture



and provides a sensory experience — you can find brightly coloured flowers and familiar plants like *pandan* here.

Head to the Sunrise Bridge on the eastern side of the park and

feast your eyes on breathtaking sunrise views. Walk further down to the raised platform to take an Instagram-worthy shot of the wavy bridge that lines the edge of the waterway!

SAFRA Punggol 9 Sentul Crescent, Singapore 821313

At SAFRA Punggol, there is plenty to do for people of all ages — from fitness classes and yoga lessons to archery courses and water activities, such as kayaking. There is even a spa for your beauty and wellness needs, as well as F&B outlets to replenish your energy. The Lifestyle Mart offers an array of affordably priced goods like insect repellent spray, swimming trunks and running shoes. You can also engage services such as alteration and engraving.



Splash @ Kidz Amaze is a play centre with themed interactive elements to stimulate a child's sense of direction, motion and coordination. On-site facilitators ensure play is safe and fun, and its fully furnished party rooms can be booked for special occasions.

Coney Island Park
Beside Punggol Promenade
Nature Walk

As COVID-19 travel restrictions remain, many people have begun exploring local nature spots as a new pastime. In the backyard of Punggol, Coney Island Park is a great choice for an excursion. The park boasts a wide variety of habitats, including coastal forests, grasslands and mangroves. Home to over 80 species of birds and a popular stopover for migratory birds, it is also an ideal location for birdwatching.

Constructed from timber of uprooted Casuarina trees and other recycled materials, the adventure

corner known as Casuarina Exploration is an environmentally friendly nature playground for the young and the young at heart.

Cycle along the 2.5-kilometre Park Connector or stroll down the boardwalk for a scenic view of Serangoon Reservoir. Don't forget to snap a few photos for memory's sake!



“My friend and I cycled for about one hour to explore the island. We enjoyed the view while sitting near the beach. I even spotted a squirrel wandering around!”

– MS LYDIA LEUNG, 33, SECRETARY



Punggol Heritage Trail
Old Punggol Road

Another significant landmark in the area is Old Punggol Road, once the main transport route for farmers and fishermen plying their wares from Punggol to Serangoon. To pay tribute to its history, the road has been pedestrianised and preserved as a heritage trail.

Walking along Old Punggol Road is a trip down memory lane. The rustic-looking Kelong Bridge is designed to resemble poles and stilts seen in fishing villages; the old bus stop, with its iconic orange and off-white colours, has been conserved as a sheltered rest stop. At the end of the road is Punggol Beach, a national heritage site, which now bustles with seafront dining establishments.

The heritage trail will also be integrated with adjacent developments, such as the future Singapore Institute of Technology campus, and other residential projects and schools.



Lorong Halus Wetland
Along the eastern bank of
Serangoon Reservoir

When construction of the Serangoon Reservoir began in the 2000s, PUB converted one portion of a former landfill into a wetland to treat potential contaminants in groundwater. Today, Lorong Halus Wetland takes up an area equivalent to 18 football fields, and serves as a unique bioremediation system that uses plants as part of the water treatment process. Every pond here is a part of the system.

The famous red Lorong Halus Bridge connects the Punggol residential estate to the wetland. Stretching over the Serangoon River, it offers an impressive vista of the reservoir waters and nearby Coney Island Park. The bridge also allows trekkers to travel between Punggol and Pasir Ris.



An Oasis of Fun

OASIS TERRACES IN PUNGGOL REDEFINES THE PARADIGM FOR EAT, PLAY AND LIVE IN THE HEARTLANDS.

Located along the picturesque Punggol Waterway, Oasis Terraces (Block 681 Punggol Drive) is HDB's first new-generation Neighbourhood Centre. Completed in June 2018, the seven-storey complex is easily accessible via public transport, with a direct connection to Oasis LRT station.

The community plaza is framed by a series of garden terraces that slope in the direction of the waterway. Together, these serve as spaces for communal activities, an amphitheatre, and a children's playground. The rooftop plays host to planting beds for city farming. Interestingly, the gardens in this building form a collective horticultural project; residents can gather to plant and maintain them, strengthening their bonds in the process.

Beyond its award-winning design, Oasis Terraces is a one-stop destination that offers a plethora of amenities, including a polyclinic, a 24-hour fitness centre, a supermarket, a food court, eateries and retail stores.

We highlight five shops that are onboard the ShopperLink app (see page 10). Come check them out when visiting this gem in the north-east!

Rise and Grind Coffee Co. #01-06

Rise and Grind Coffee Co. is a semi-casual dining concept guided by the belief that "everyone deserves a hearty meal and decent coffee to enjoy every day". It aims to be a space for people from all walks of life to relax and bond.

Marrying foreign and local flavours without compromising on taste, Rise and Grind's most popular items include Australian-inspired brunch food (such as Pulled Pork Benedict), mains (such as Angus Ribeye Steak, and Truffled Bacon and Mushrooms Carbonara), and desserts (such as Belgian Chocolate Lava Cake). The cafe also serves up kids' meals and specialty coffee brewed using locally roasted coffee beans. Non-coffee lovers, fret not — you have a selection of other beverages, such as tea, organic sparkling juice and craft beer, to choose from.



“What makes Rise and Grind unique is our ability to serve quality dishes and decent coffee without breaking the bank. In addition, we pride ourselves on providing heartfelt service.”

— MR CHARLES YOSHIDA, CO-FOUNDER, RISE AND GRIND COFFEE CO.



Lou Yau #01-12

Although we are unable to travel to our neighbouring country just yet, we can get our fix of authentic-tasting Malaysian staples from Lou Yau, a brand under the Select Group. Using freshly imported ingredients from Malaysia, Lou Yau serves up classic delicacies from Ipoh, Penang, Kuala Lumpur, Johor and more.

Its iconic Spring Water Hor Fun is used in many dishes, such as Char Kway Teow with Prawn and Kai Si Hor Fun. Other signature items include Big Bowl Curry Mee, Crispy Fermented Pork Belly, Sesame Oil Chicken, and Penang Cendol.

Swee Heng Classic 1989 #B1-04

Founded in 1989, Swee Heng Bakery was one of the first full-fledged Halal bakery chains in Singapore. Over the years, the bakery grew from a tiny 10-employee outfit to a beloved household name with more than 60 retail outlets islandwide.



Similar to its other outlets, Swee Heng Classic 1989 at Oasis Terraces offers products that are baked on the spot to ensure freshness and hygiene. In 2015, the brand set up an in-house R&D team that is constantly exploring recipes and creating new flavours to appeal to younger consumers. Swee Heng's bestsellers include Classic Otar, Pandan Coconut, and Purple Potato Yam Mochi Tarik.

COVID-19 has definitely changed us in one way or another. For us, we adopted online ordering and engaged food delivery platforms to increase sales. The ShopperLink app is user-friendly, with lots of information in a single platform.

– MS BELLE CHENG, ASSISTANT, MARKETING & BUSINESS DEVELOPMENT, SWEE HENG BAKERY PTE LTD



Pets' Station #01-02

Having started as a small family business in 1990 at Serangoon Gardens, Pets' Station has expanded steadily and now boasts five other outlets across the island. Today, Pets' Station stores carry a broad range of pet-related products, and offer grooming and transportation services to meet the needs of pets and pet owners in Singapore.

Keeping up with the rise of e-commerce, Pets' Station has its own online store that allows customers to buy their goods and opt for doorstep delivery service, which is free with any purchase of \$55 and above in a single order. In addition, the store is listed on delivery platforms like pandamart and GrabMart, whereby customers can receive their items within an hour.



Tadbebe #03-23

Recognising a possible untapped market in the form of young families in Punggol, Tadbebe opened its concept store at Oasis Terraces in 2018. To stand out from the crowd, some of the shop's products are designed in-house and produced by a designated factory overseas. Tadbebe's Princess Dresses are especially popular among its customers.

The pandemic accelerated the launch of its website, which was originally slated to be completed in 2022. The brand is in the process of listing its products on major e-commerce platforms to reach a wider group of consumers. In terms of back-end operations, Tadbebe has also gone digital via the adoption of cloud computing.

Heartland Shopping GOES DIGITAL

WITH THE NEWLY LAUNCHED SHOPPERLINK AND RETAILERLINK APPS,
HEARTLAND SHOPPING IS NOW MORE INTERACTIVE AND REWARDING
FOR BOTH CONSUMERS AND BUSINESS OWNERS.

HOUSING & DEVELOPMENT BOARD **Where2Shop**

SHOP AND REDEEM!

Download **ShopperLink** and earn rewards!



Online shopping is great, especially during a pandemic, when it has become a necessity for some and a preferred form of retail therapy for others.

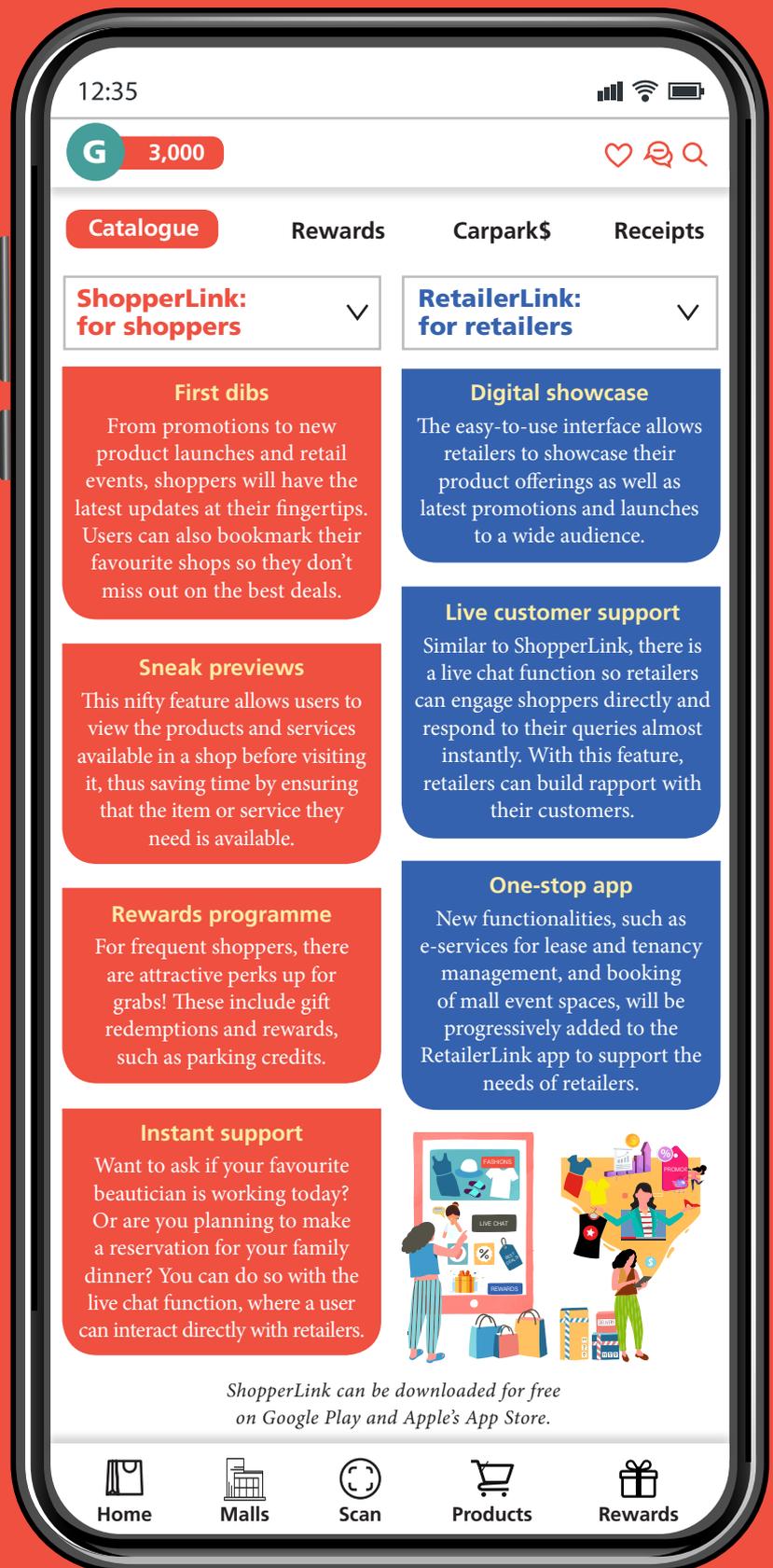
HDB has launched a pair of mobile applications, RetailerLink and ShopperLink, which help HDB retailers go digital and provide shoppers with an enhanced shopping experience.

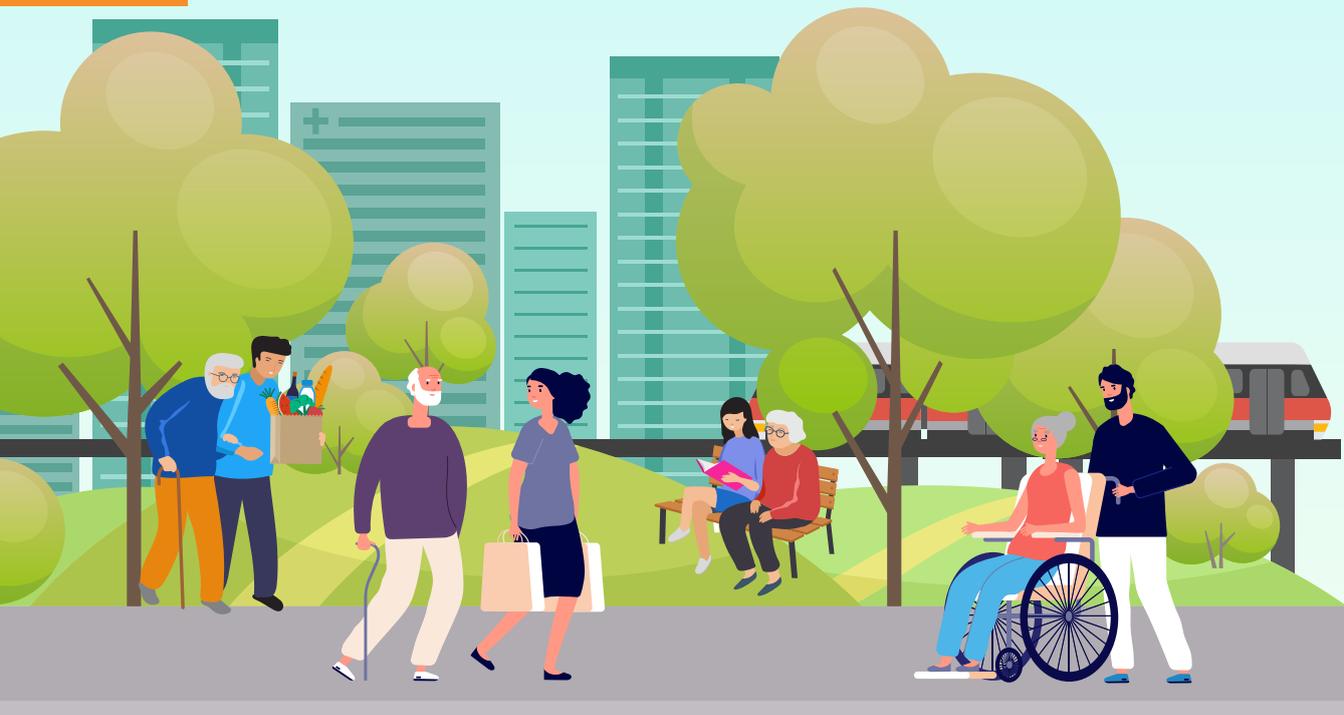
Developed in response to feedback from heartland shop owners, both RetailerLink and ShopperLink aim to revitalise the heartland shopping experience, so that retailers can remain relevant and attractive to shoppers.

As part of a pilot initiative, RetailerLink and ShopperLink were rolled out in December 2020 and January 2021 respectively at Oasis Terraces in Punggol (see page 8). All shops at the Neighbourhood Centre have signed up to be a part of this initiative.

The benefits are not just for Punggol residents. Plans are under way to expand the apps' coverage to other HDB shopping complexes, such as Buangkok Square and Canberra Plaza.

Here are some of the most exciting features of the two apps:





5 Things TO KNOW ABOUT COMMUNITY CARE APARTMENTS

THIS NEW TYPE OF PUBLIC HOUSING WILL EXPAND THE CONTINUUM OF AFFORDABLE HOUSING OPTIONS FOR SENIORS.

Jointly developed by the Ministry of National Development, Ministry of Health and HDB, Community Care Apartments (CCAs) are designed to support seniors to live independently, while preparing for their future care needs.

CCAs are integrated with care services that can be scaled as necessary, and social activities and communal

features to help the residents age well within the community.

The first batch of CCAs at Harmony Village @ Bukit Batok (located at Bukit Batok West Avenue 9) was offered for sale during the February 2021 Build-To-Order (BTO) exercise.

Here are five key things you need to know about the CCAs:

1 Proximity to amenities and in-house facilities

The CCAs at Harmony Village @ Bukit Batok will be well connected to recreational facilities, eateries, public transportation, healthcare and other amenities. Nearby amenities include public parks such as Little Guilin and Bukit Batok Central Park, healthcare facilities like Bukit Batok Polyclinic and St Luke's

Hospital, Bukit Batok MRT station, shopping centres, and a wet market.

Within the development, residents can enjoy wellness and social programmes at the activity centre, as well as make full use of the strolling paths, community garden and fitness stations to stay active. In addition, the development will house a hawker centre offering myriad food options.

2 Designed for independent living

Each CCA unit will have an open layout with an internal floor area of 32 square metres. It will come with pre-installed fittings and senior-friendly design features, including:

- ✓ Wheelchair-friendly main door, with a built-in bench
- ✓ Wheelchair-accessible bathroom, with slip-resistant flooring and grab bars
- ✓ Built-in wardrobe and storage cabinets
- ✓ Furnished kitchen with induction hob (without refrigerator and washing machine)
- ✓ Service yard accessible from toilet, with laundry rack
- ✓ Sliding partitions that separate the living room and bedroom

On each floor of the CCA block, there will also be furnished communal spaces, where residents can mingle, share meals and engage in social activities.

3 Integrated care services

All residents will have to subscribe to a Basic Service Package. The package offers 24-hour emergency response, basic health checks, and the service of an on-site community manager, who will ensure the following are provided:

- ✓ Care and support services
- ✓ Simple home fixes
- ✓ Regular activities at the communal spaces
- ✓ Key card access to individual flats

Residents will also have access to a community gym at Bukit Batok Care Home, and priority admission to the nursing home.

Depending on their needs, seniors can opt for optional care services at an additional cost. These include shared caregiving service for assistance with activities of daily living, meal delivery service, housekeeping and laundry services, medical escort and transport services, and more.

4 Eligibility conditions

You can apply for a CCA if you meet these purchase conditions:

5 Mode of payment

Successful applicants are required to make full upfront payment for the flat either by cash and/or CPF. For the mandatory Basic Service Package, applicants can either make full upfront payment in cash, or partial upfront payment with a monthly fee throughout the lease term.

To check your ability to buy a CCA, please refer to the financial calculator on this website:

www.mohh.com.sg/cca-calculator.

For further assistance, you may call 1800 866 3066 on weekdays, between 8am and 5pm.

AGE
Applicant(s) and their spouse (if any) must be 65 years old and above.

FAMILY NUCLEUS
You can apply as a couple, a family, a single, or together with unmarried siblings or other singles, subject to HDB eligibility schemes.

CITIZENSHIP

- At least 1 Singapore citizen applicant
- When applying under the Joint Singles Scheme, all applicants (maximum of four) must be Singapore citizens

ELIGIBILITY CONDITIONS

INCOME CEILING
The average gross monthly household income cannot exceed \$14,000.

PROPERTY OWNERSHIP
All persons listed in the application who own a private property locally or overseas or an HDB flat must dispose of the property within six months from the date of taking possession of the CCA.

PREVIOUS PURCHASE
Those who have previously enjoyed two housing subsidies, or have bought a Studio Apartment or short-lease 2-room Flexi flat are not eligible.

LEASE LENGTH
The lease chosen must be able to last all applicants and their spouse (if any) until at least the age of 95. Lease options range from 15 to 35 years (in five-year increments).

A woman with long dark hair, wearing a light green, short-sleeved, pleated dress and a wide-brimmed straw hat, is smiling and looking towards the camera. She is standing outdoors in a lush, green environment with trees and a wooden fence in the background. The lighting is bright and natural, suggesting a sunny day.

MAKING *Waves* IN HER OWN WAYS

MEDIACORP YES 933 DJ HAZELLE TEO IS SPREADING HER WINGS BEYOND RADIO AND TV, WITH A MISSION TO MAKE A DIFFERENCE.

For Hazelle Teo, the quote “if you can dream it, you can do it” by Walt Disney cannot ring truer. The multi-hyphenate has known since she was 14 that she wanted to be in the entertainment industry. Today, at the age of 27, she is a radio presenter, actress, host, podcaster and even an entrepreneur.

After graduating from university, Hazelle sent out her resume for numerous casting calls. Her first gig was a role in *7 Letters*, a 2015 Singaporean anthology film. Since then, she has participated in several other productions, including *Dear DJ* and *Die Die Also Must Serve*. The turning point in Hazelle’s career came when she took part in *The Sound Makers 2016*, a DJ competition that landed her the opportunity to join YES 933 — after eight years of trying.

Despite these achievements, the go-getter isn’t about to rest on her laurels. Alongside fellow DJs Azura Goh and Germaine Tan, Hazelle is a member of Clarity, which aims to empower women through relatable and inspiring content.

A known dance enthusiast, Hazelle has been dancing since she was seven years old. She took up Chinese dance as a child and explored contemporary dance in junior college, before finding her true calling in street dance in university. No wonder then that Hazelle is business partners with Tay Ying — daughter of local celebrities Zheng Ge Ping and Hong Hui Fang — at Art Republic Studio, a platform that offers dance, music and fitness classes.

During the photo shoot with *Life Storeys* at Little Guilin, also known as Bukit Batok Town Park, Hazelle's bubbly and affable personality shone through, as we learned more about her experience in showbiz thus far and her off-air life.

What have you been up to lately?

I have my radio show every weeknight, and that is something I really love. In March, I worked on my first-ever kid's show *Word Whiz or Slime Pit*. It's fun because I get to interact with kids. Apart from such "official" work, I am also looking to make more song and dance covers!

What are the challenges and the most rewarding part about your job?

I think they are the same thing: to bring joy to my listeners. As a human being, I have many emotions, negative ones included. Sometimes I come into the studio not feeling my best — although that is rare as I am usually very happy (*laughs*) — and it is tough to switch on the microphone with a bright smile on my face. However, knowing that I spread warmth and positivity to my listeners really makes my nights!

How has joining showbiz changed you?

Frankly, I feel like I was a lot more honest with the kind of content I put up on social media prior to joining showbiz. I am still honest now, but it is more filtered. For example, I do not post negative Instagram Stories

“After a day of hustling and bustling, it is always nice to come back to this comfortable place I call home, where I can recharge.



because I feel the responsibility to not dampen my followers' spirits. The good thing is, I watch myself a lot more and that effectively eliminates many bad habits. I am also more conscious and will cut down on my favourite fried foods (*laughs*) — but that is ultimately good for my body, too.

How long have you lived in Bukit Batok?

All my life! My primary and secondary schools are also located in Bukit Batok. I know every nook and cranny in this area. I love the quietness of this neighbourhood. After a day of hustling and bustling, it is always nice to come back to this comfortable place I call home, where I can recharge.

Besides Little Guilin, are there any other nice spots in your estate?

I enjoy a good morning run at Bukit Gombak Stadium. Back when I was filming *Dear DJ*, I would go to the stadium to run at 6am! When it comes to food, I absolutely love the *prata* served at Alif Restaurant at Block 374 Bukit Batok Street 31. The cheese *prata* is amazing! Before I started my night radio show, I used to frequent the place for supper with my friends.

What is your favourite part about HDB living?

The togetherness and unity among neighbours. I haven't experienced a single mean neighbour in my life.

Do your neighbours pay special attention to you?

I would like to think that my neighbours and I are on good terms (*laughs*). When they run into me downstairs or in the lift, they will comment that they saw me on TV or that I have lost some weight, and ask if I'm going to work. Once, a young neighbour was really happy to see me because she is a listener of mine, and we walked her dog together for a bit.

What would you say to your 15-year-old self?

“Don't be afraid to fail, just do it.” Many times in the past, I let my ego and confidence get in the way, and I doubted my own decisions. But some opportunities are now or never. Being in this industry was always a dream for me, and I am glad I took every opportunity that came my way. I just have to remind myself that there is nothing to lose, only experience to gain.

STAY TUNED!

Catch Hazelle Teo on YES 933 every Monday to Friday, from 8pm to midnight. You can also watch Season 3 of *Word Whiz or Slime Pit* for free on meWATCH.



AT HOME

THIS WORLD FOOD SAFETY DAY, WHICH FALLS ANNUALLY ON 7 JUNE, WE HIGHLIGHT SOME PRACTICES TO HELP YOU KEEP YOUR FOOD SAFE.

All it takes is a small misstep, such as undercooking raw meat or improperly storing food, for contamination to happen. Consuming contaminated food can lead to food poisoning, which may result in serious consequences.

It does not take much to ensure the safety of food, so why not start cultivating good habits today? Here are some pointers to bear in mind.

FOOD SAFETY FACTS

When buying food

DOs

Look out for rust, dents or bloating on cans — this may indicate that the contents have been contaminated

Ensure that bottled drinks, especially dairy products, are tightly sealed

Fruits and vegetables are perishables; only buy what you can consume

Head home quickly after buying frozen foods and store them correctly as soon as possible

Only purchase fresh seafood that is properly refrigerated or iced

DON'Ts

Do not buy frozen or chilled products that have reached room temperature or have excessive ice crystals on the packaging

Do not buy meat that appears stale or has rancid odours

Do not pierce or press fruits and vegetables to check for freshness, as this could allow bacteria to enter



FOOD SAFETY FACTS

When preparing and serving food	After preparing food	Storing raw and cooked food
Frozen food should be thawed by defrosting overnight in the refrigerator, or by using the microwave oven	Change dishcloths frequently and dry them quickly after use, to prevent germs from breeding	Place raw food in tightly wrapped bags or covered containers in the refrigerator — this helps keep raw food juices from contaminating other foods
Keep marinated food in a covered bowl or storage bag, and place it in the refrigerator	Clean the cooking area promptly after cooking; food residue hardens over time, making it more difficult to remove	Store frozen meat in the freezer at -18°C
Always wash and soak fruits and vegetables thoroughly prior to consumption	Dispose of kitchen waste in bags or covered bins, so as not to attract insects and other vermin, such as cockroaches and rodents	Do not refreeze meat that has been completely thawed
Clean raw meat and seafood before cooking	Wipe down kitchen surfaces and countertops often with detergent and hot water	Ensure there is sufficient space between items in the freezer and refrigerator so that cold air can circulate freely
Never place raw vegetables or fruits on the same plate or chopping board that previously held raw meat or seafood, as this may result in cross-contamination	Disinfect kitchen sponges by soaking them in chlorine solution. You can also heat a rinsed, wet sponge in a microwave for two minutes to disinfect it	Refrigerate or freeze cooked food within two hours of cooking; label them with dates for reference
Use separate chopping boards, utensils and serving plates for raw and cooked food	Use a brush to scrub off stubborn food and dirt particles on chopping boards; sanitise with a chlorine or bleach solution thereafter	Keep cooked foods in clean, shallow containers; food stored in deep containers may retain warmth for a long time, which can encourage the growth of harmful bacteria
Wash hands as frequently as possible, especially after handling raw meat and seafood		
Ensure that food is cooked thoroughly, particularly meat; partially cooked food runs a higher risk of bacterial growth		





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