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Life Storeys

LIFE IN THE HEARTLANDS



GROWING COMMUNITIES, ENRICHING LIVES

Amazing outcomes of HDB's Lively Places Challenge 2023

CONTENTS

ISSUE 38 Oct 2023

Dear Readers,

Encouraging community bonding is something HDB continually strives towards. In this issue's **Talk of the Town**, we put the spotlight on the achievements of Lively Places Challenge 2023. The nine winning projects showed various ways in which residents have come together to improve their neighbourhoods, whether by physically transforming common spaces or organising events within the community.

Jurong East is the town featured in this issue of **Around the Block**. Despite being part of the largest industrial area in Singapore, the town is far from grey and dreary. Rather, it boasts tranquil nature spots, and is home to the iconic Singapore Science Centre as well as a spanking new skate park. On top of that, it has a range of affordable eats and shops worth checking out.

In **Our Life Stories**, we share tips on how to guard against hidden hazards in the home. Seniors would also want to look at this section for easy exercises they can do at home by themselves or with a partner, and to learn how to get an effective workout with the fitness equipment in their neighbourhood parks. This section also profiles our local singer, Shawn de Mello. A popular singer in the late '80s and '90s, he is back in the nightlife scene, performing at clubs as well as on radio shows.

Scam cases in Singapore have risen considerably in recent years. In **Livin' It Up**, we present common scams and pointers on recognising them so you can keep your assets safe. With festive celebrations just around the corner, we also show you how you can indulge in seasonal treats without overdoing it.

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



The Editorial Team

TALK OF THE TOWN

- 01 Fostering Closer Communities

AROUND THE BLOCK

- 04 Exploring Eastern Jurong
06 Shop, Eat, Rejuvenate

OUR LIFE STORIES

- 08 Hidden Hazards at Home
10 Easy Exercises for the Elderly
12 Rocking On

LIVIN' IT UP

- 14 Scam-spotting in Singapore
16 Feasting without Binging



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Buona Vista's Green-Eye-View

Fostering Closer Communities

FROM TRANSFORMING UNDERUTILISED SPACES TO CREATING WAYFINDING MURALS FOR PEOPLE WITH DEMENTIA, HDB'S LIVELY PLACES CHALLENGE 2023 SAW INNOVATIVE PROJECTS THAT HAVE IMPROVED NEIGHBOURHOODS AND BROUGHT RESIDENTS TOGETHER.

Now in its fifth edition, the Lively Places Challenge (LPC) by HDB seeks to empower Singapore residents to address communal issues and enliven neighbourhoods. Participants underwent training in design thinking and public engagement to help them put together community-centric projects. This year, LPC received 23 ground-up proposals from seven HDB towns and two estates. They ranged from transforming common spaces to organising events within the community. Nine teams emerged as winners of the challenge.

Bringing beauty to drab spaces

If you happen to stay in a block facing the multi-storey carpark at Block 7B Commonwealth Avenue, you likely already know about the stunning art display that is the carpark's rooftop garden. Known as Buona Vista's Green-Eye-View, the artwork, which drew inspiration from the neighbourhood's Hakka heritage, set a new record in the Singapore Book of Records — as Singapore's largest rooftop mural art. Residents also created eye-catching signages and art at the void deck of the nearby Block 8 Holland Avenue, to guide people to the rooftop garden. Permanent seating has been installed at the void deck to accommodate workshops as well.



Paving a path home for dementia seniors

Flowers, fruits and hopscotch are among the murals you may spot if you visit Stirling View estate. These images are part of the Mural Painting for Dementia Wayfinding project, which aims to help people with dementia find their way around their neighbourhood. The wayfinding murals and feature wall were designed by an artist, together with a team from Queenstown Stirling View Zone RC and 52 elderly participants. The Agency for Integrated Care and Dementia Singapore were consulted to ensure the effectiveness of the wayfinding murals. Over 110 residents came together to paint the murals, with a carnival held in April 2023 to celebrate the project's completion.

Growing friendships through farming

With 67 households from the neighbourhood manning the plots on the rooftop of Block 673 Jurong West Street 65's multi-storey carpark, the space is typically a hive of activity. The flourishing garden — developed by the Gardens by the Roof project — receives as many as 60 visitors a day. Play amenities have been installed, making it a family-friendly spot. In the process of creating this haven, friendships have been forged, with the fruits of their labour often shared with their neighbours.

Promoting a litter-free neighbourhood

Residents from Boon Lay View came up with a creative way to tackle the problem of littering with their Turning the Tides project. After participating in litter-picking kayak excursions and intertidal walks where they witnessed the negative impact of littering on wildlife habitats, seven families participated in design workshops facilitated by an artist, to co-create 11 impactful murals (an ongoing effort) across three HDB blocks at 216A, 217A and 218D Boon Lay Avenue. These depicted their vision for a 'Better Boon Lay' and highlighted the responsibility we bear towards the environment.

Strengthening neighbourly ties

For the fourth edition of the Love Thy Neighbour project, 81 students and alumni from ITE College Central (ITE CC) focused on fostering neighbourly bonds across generations while promoting eco-living and sustainability. Over two months, the students went from door to door, sharing tips on sustainable living and collecting recyclables. They also conducted a workshop to demonstrate how recyclables can be upcycled. The project wrapped up with a carnival focusing on eco-sustainability which was attended by 900 residents.



Mural Painting for Dementia Wayfinding



Gardens by the Roof



Turning the Tides



Love Thy Neighbour

Building greater inclusivity

Responding to feedback that seniors found it physically challenging to participate in the existing community garden, Spottiswoode Park residents pitched in to make the space more senior-friendly. Among other things, they plan to install a vertical farming area, greenhouse nursery and a semi-sheltered rest area. On top of allowing elderly gardening enthusiasts to farm more easily, the Green Gaia project also enhances the sustainability of the community garden with the introduction of vermicomposting. The team organised a vermicomposting workshop in April 2023, during which participants said they would love to volunteer at the expanded community garden when it is ready in end-2023.



For Our Kampung

Curbing the feeding of pigeons

Pigeons can be pests in HDB estates, especially when people feed them. A team of parents and their teenage children rallied their neighbours to reduce the incidences of pigeons gathering in 'hotspots' in their estate in Bedok North. As part of the For Our Kampung project,

the team collected data on when and where pigeons gathered, then joined with community stakeholders to raise awareness and drive change. The team conducted online and offline educational outreaches to teach residents and students about the dangers of pigeon feeding and the diseases associated with their droppings.



Project Togetherness

Creating art "tu"-gether

Under Project Togetherness, a series of art workshops were organised by students from Westwood Primary School for Jurong West residents. Participants were taught traditional and contemporary art techniques, after which they were encouraged to unleash their creativity to the theme of "兔gether" (the Chinese character "tu" means 'rabbit', a reference to this year's Chinese zodiac animal). Their



Green Gaia



Memory Lane

resulting artworks embody the spirit of unity within the community and will be exhibited outside the Residents' Network Centre. Art teacher Mr Dexter Sim — who initiated Project Togetherness — hopes this will become an annual event where residents can gather to create art inspired by the Chinese zodiac.

Empowering better dementia management

Via the Memory Lane project, Republic Polytechnic student Sago Ryusei and his schoolmates organised a carnival in Jurong West to educate the public about active ageing, and how to spot signs of dementia. With games facilitated by Republic Polytechnic students and a booth run by Dementia Singapore, residents were able to test their memory skills while caregivers learnt more about the resources available to them.

Residents keen on making a difference in their neighbourhood can find out more about the Lively Places Programme by scanning the QR code.





SkatePark@Lakeside Garden
 Yuan Ching Road,
 Jurong Lake Gardens

Here's some exciting news for avid skaters in western Singapore: in April this year, the northern section of Lakeside Garden saw the opening of a 17,000-square-metre skate park. About the size of two football fields, it is the largest outdoor skate park in Singapore and boasts both a parkour park and a bouldering wall, among many other features. Designed through consultations and workshops from 2018 to 2023 with over 180 members of the skateboarding, in-line skating, cycling and parkour communities, the park's five skate pods cater to people of various skill levels, from beginners to advanced skaters. Make sure you read and heed the guidelines stated on the etiquette boards before you start.

EXPLORING Eastern Jurong

PART OF THE BROADER INDUSTRIAL AREA OF JURONG, JURONG EAST HAS OVER THE YEARS BLOSSOMED INTO A BUSTLING COMMERCIAL AND RESIDENTIAL HUB. SO, WHAT ARE THREE MUST-KNOW LANDMARKS IN THIS REGION?

Today, Jurong East is a bustling hive of activity, with several large malls offering fashion, food and fun, plus a host of facilities to keep residents happy and healthy. It is part of the largest industrial area in Singapore, but contrary to how you'd picture a stereotypical industrial town (grey, dreary and full of machines), Jurong East boasts nature spots such as Pandan Reservoir and the Chinese and Japanese Gardens — and much more besides! Here, we share three places you can go to find awesome activities for science buffs, lush greenery and wildlife for nature enthusiasts, and exciting facilities for lovers of extreme sports.



The Omni-Theatre has a planetarium digital system that allows viewers to travel through time at light speed

PHOTO: SCIENCE CENTRE SINGAPORE

Science Centre Singapore
 15 Science Centre Road,
 Singapore 609081

Many adult Singaporeans will recall school excursions to the Science Centre, during which they would have had the chance to try out experiments and play with exhibits that unveiled the mysteries of science. A prominent landmark in Jurong East, the Science Centre was launched on 10 December 1977. Among its permanent exhibits is the Ecogarden, which showcases a variety of plants, all growing in an environment that has been

kept as natural as possible. There are also activities and workshops like Stargazing for would-be astronomers, as well as science shows and demonstrations. Beyond that, the centre also houses the 221-seat Omni-Theatre, Southeast Asia's first 8K 3D digital dome theatre. Originally built in 1987 and upgraded several times since then, the seamless dome screen is Southeast Asia's largest and provides an immersive experience. Be transported into the depths of the cosmos, or experience the ascent of the world's tallest mountain.

Pandan Reservoir

11 Penjuru Road,
Singapore 609191

You may have heard of MacRitchie Reservoir, but have you heard of Pandan Reservoir? Not far from Jurong Industrial Park, Pandan Reservoir was formed in 1974 by enclosing the swamps of the Sungei Pandan estuary with an earthen dyke. Before Pandan Reservoir was constructed, this swampy region was populated by prawn farms.

More recently, under PUB's Active, Beautiful, Clean Waters Programme, Pandan Reservoir has been rejuvenated with the addition of water sports facilities. Today, canoeing, kayaking, rowing, sailing and sport fishing are some of the activities that take place here. Nature lovers will be delighted to learn that the mangroves at the mouth of Sungei Pandan are home to many birds, providing opportunities for bird-watching. You may also spot the occasional otter and monitor lizard. The reservoir, which provides water to Jurong Industrial Estate and nearby factories, is linked to the Ulu Pandan Park Connector via Pandan Garden Park Connector — ideal for cycling or jogging. If you're the type to enjoy broad open spaces and serenity, set aside time for a morning or evening visit to the reservoir — the view is worth it!

FUN FACT:

From 1966 to 1999, Pandan Reservoir hosted the Republic of Singapore Yacht Club!





Mdm Lee Fee Yin mixing herbs at Ban Long Medical Hall

SHOP, EAT, *Rejuvenate*

WHETHER YOU ARE LOOKING FOR AFFORDABLE EATS, HOUSEHOLD APPLIANCES OR TRADITIONAL HERBAL REMEDIES, JURONG EAST HAS THEM ALL.

Jurong East boasts both sprawling, modern malls such as Westgate and Jem, and smaller, more traditional outfits. Whatever you need, there's a store that provides it.

Ban Long Medical Hall

**Yuhua Village, Block 252, Jurong East Street 24,
#01-165, Singapore 600252**

Founded in 1957 by the late Mr Oh Chin Huat, Ban Long Medical Hall — one of the oldest traditional Chinese medicine (TCM) shops in the Jurong area — moved to its current location at Yuhua Village in 1982. The family business is well patronised by residents

in the area. Said Mr Benson Oh, the founder's son, "Over the years, our customers have become more like friends." His elderly mother, Madam Lee Fee Yin, still helps out at the shop, mixing herbs. A TCM physician, Mr Oh is available for consultation by appointment. Besides traditional Chinese remedies, which you could also order online, the shop stocks organic health foods and other supplements.



In May this year, HDB in collaboration with GovTech launched a new portal to

help residents locate HDB coffee shops offering budget meals more easily. All you have to do is visit the BudgetMealGoWhere website or access it via the LifeSG app, enter your postal code and click the “GO” button. Here we share two featured on the BudgetMealGoWhere website.

兴旺发饭阁 糜

(Xing Wang Fa Rice Stall)

Toh Guan Food & Drinks Centre

Block 282A, Toh Guan Road, #01-01, Singapore 601282

This economy rice stall offers a budget meal option of two vegetables and a meat dish at \$3.20. Customers are free to select from a variety of dishes. Selected dishes such as seafood, whole fish etc are not part of the budget meal. The stall is open from 10am until 9pm.



Cash Converters

Block 135, Jurong Gateway Road, #01-315, Singapore 600135

Stepping into Cash Converters at Jurong East, you'd hardly think it was a thrift shop. The recently renovated front of the shop where their premium collection sits boasts good lighting and neatly stocked display cases. The 3,100-square-metre store is not the largest Cash Converters in Singapore but it is certainly busy. The best-performing category, said marketing manager Mr Ryan Loi, is their range of premium items, which includes jewellery, luxury watches and branded bags. Also popular are their large selection of gadgets and homeware electricals. The store stocks both pre-loved and brand-new items. During our visit, we saw one gentleman lugging home a gigantic pair of wooden Dutch clogs while another customer, 19-year-old Kelly, had her eye on the cameras, having come there on a friend's recommendation. With the range of goods available here, one could easily spend hours browsing through the shelves and come up with a good find or two.



Muslim Cuisine Food House

Block 61, Teban Gardens Road, #02-10, Singapore 600061

Ensnconced in Food House, Muslim Cuisine sells *nasi padang* as well as *nasi lemak*, *mee rebus*, roasted chicken rice, *lontong* and *mee soto*. The *nasi lemak* and *mee rebus* are priced at an affordable \$3.50. There are also a variety of *kueh* on offer. The affable stall owner Mr Ismoun Mahadi, 68, has been running the stall for 12 years with his wife Mdm Maimuh Binte Hussain. We tried the *mee rebus* and *nasi lemak* and were impressed with the generous portions. The *nasi lemak* comprises coconut rice, fried chicken, a piece of fried *ikan kuning* and *ikan bilis* with peanuts. The crispy, flavourful chicken — which is Mdm Maimuh's special recipe — is marinated with ginger, garlic, turmeric and other spices. The recipe for the *mee rebus*, revealed Mr Ismoun, is his mother's.

“I often come to this stall to buy *lontong*, *nasi lemak* and *mee rebus* for my family. The owners are friendly and the food is *sedap*.” –

MUMTAZ, 65, HOUSEWIFE

HIDDEN HAZARDS AT Home

家里的
安全隐患

BAHAYA
TERSEMBUNYI
DI RUMAH

வீட்டில்
மறைந்திருக்கும்
அபாயங்கள்

BE AWARE OF POSSIBLE DANGERS LURKING WITHIN YOUR HOME THAT COULD AFFECT YOUR FAMILY'S SAFETY, AND ADDRESS THESE PROACTIVELY.

Our homes should be our refuge, a place to relax and rejuvenate, but invisible perils may be lurking within. It is easy to spot some potential threats, such as open flames, but as homeowners, we also need to keep a lookout for less obvious issues.

HAZARD 1: UNDETECTED GAS LEAKS AT RISER PIPE

安全隐患一：未察觉的煤气管道泄漏

BAHAYA 1: KEBOCORAN GAS YANG TIDAK DAPAT DIKESAN PADA PAIP RISER

அபாயம் 1: ஏறு குழாயில் கண்டுபிடிக்கப்படாத வாயுக் கசிவுகள்

HDB blocks are built with gas provision at the time of construction, where feasible. Flat owners at blocks built with gas riser pipes are able to use town gas.

Regardless of whether you are a town gas user, the gas riser pipes located within or outside your flat have to be checked every five years, as stipulated under the Gas (Supply) Regulations. This is to ensure you and your family's safety.

Who helps to check the gas riser pipes?

Currently, SP Group (SPG) is the HDB-appointed agent to inspect and ensure the safety and integrity of gas riser pipes. This is done via a visual check as well as the use of a gas detector. The inspection is free of charge and takes no more than 15 minutes. Should the gas riser pipe be found to be corroded, it will be replaced.

What do flat owners need to do?

If the gas riser pipe is within your flat, you will receive a letter from SPG two weeks before the inspection. Flat owners only need to be present and provide access to the gas riser pipe within the flat on the day of inspection. Do ensure an adult is at home on the day of inspection. If necessary, flat owners may arrange with SPG to reschedule the appointment.

For flats where the gas riser pipe is located outside, checks will also be conducted by SPG to ensure it is in good working condition. Homeowners need not be present during the checks.

ENSURE SOMEONE IS AT HOME ON THE DAY OF INSPECTION WHEN NOTIFIED BY SPG ABOUT A WITHIN-UNIT CHECK

若接获新加坡能源集团入屋检查煤气管道的通知，请确保当局人员上门检查当天有人在家

PASTIKAN ADA ORANG DI RUMAH ANDA PADA HARI PEMERIKSAAN, APABILA DIBERITAHU OLEH SPG TENTANG PEMERIKSAAN DALAM RUMAH

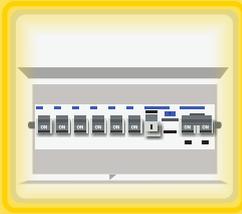
வீட்டிற்கு உள்ளே சரிபார்க்கப் போவதாக எஸ்பிஜி தெரிவித்தால் ஆய்வு செய்யும் நாளில் யாரேனும் ஒருவர் வீட்டில் இருப்பதை உறுதிசெய்யுங்கள்.

HAZARD 2: HIGHER RISK OF ELECTRICAL SHOCKS WITHOUT A RESIDUAL CURRENT CIRCUIT BREAKER

安全隐患二：若没有安装漏电断路器，触电受伤的风险更高

BAHAYA 2: RISIKO RENJATAN ELEKTRIK YANG LEBIH TINGGI TANPA PEMUTUS LITAR ARUS BAKI

அபாயம் 2: மின்னோட்டத் தேக்கத் தடுப்புப் பொறி இல்லையென்றால், மின் அதிர்ச்சிகள் ஏற்படும் ஆபத்து அதிகம்



A Residual Current Circuit Breaker (RCCB), formerly known as the Earth Leakage Circuit Breaker (ELCB), is a safety device commonly installed in residential premises and buildings and helps to prevent electric shocks by cutting off electricity supply when it detects a current leakage. The latter can be caused by ageing or exposed wires, faulty electrical appliances or damaged cable insulation. Owners of all HDB flats and private residences are now required by the Energy Market Authority (EMA) to install an RCCB from 1 July 2023, if they do not already have an RCCB or ELCB. With a grace period of 2 years, those who do not do so by 1 July 2025 can face a fine from EMA.

HDB flat residents may also consider applying for assistance and subsidies via HDB's RCCB Installation Assistance Programme if one meets the criteria*. Depending on their flat type and eligibility, they may only need to pay 5% to 12.5% of the cost if the RCCB installation works are carried out by HDB's appointed contractor.

*To be eligible for the RCCB Installation Assistance Programme, the flat owner has to be a Singapore Citizen, and the flat has to be completed in/before 1985 and not been installed with an RCCB.

INSTALL AN RCCB IF YOU LACK ONE

若未安装，请安装漏电断路器

PASANG PEMUTUS LITAR ARUS BAKI JIKA RUMAH ANDA TIDAK MEMPUNYAINYA SEKARANG

ஏற்கனவே இல்லையென்றால், ஒரு மின்னோட்டத் தேக்கத் தடுப்புப் பொறியை நிறுவிக்கொள்ளுங்கள்

Creating a safe home environment for you and your family is important. Make sure you look out not just for obvious hazards but also ones that may not be visible at first glance.

DID YOU KNOW?

- SPG will inspect the gas riser pipe (portion of pipe up to before gas meter)
- Flat owners are responsible for the maintenance of the pipe that runs after the gas meter to their appliances.
- Do ensure that the gas pipes are not fully enclosed or encased (you may refer to the renovation guidelines of gas works for clarification by visiting <https://go.gov.sg/gasworksguidelines>).



Easy Exercises

FOR THE ELDERLY

WHILE WORKING OUT PROVIDES HEALTH BENEFITS AT ANY AGE, AN EXERCISE REGIMEN IS ESPECIALLY IMPORTANT TO HELP SENIORS KEEP PHYSICALLY FIT, MAINTAIN THEIR INDEPENDENCE AND STAY ACTIVE.

It is never too late to start getting active. As an older adult, exercising regularly is one of the best things you can do for your health. Research shows half an hour of light exercise six days a week is all it takes for an elderly person to increase their chances of greater longevity.

However, sedentary seniors should have a thorough medical check-up before beginning any activity. Once your doctor gives you the green light, start slow. Begin with short intervals of light physical activity and gradually increase the duration and the number of days a week of exercise, slowly building up to the desired amount.

Regular exercise offers a host of health benefits. It reduces the risk of heart disease and helps maintain muscle strength, thereby preventing falls. It can also help keep your mind sharp and reduce anxiety and depression.

The best part is, you can exercise anywhere, not only at the gym. Ms Chia Kah Lai, Senior Physiotherapist at Outram Community Hospital, shares exercises that can be carried out at home, at neighbourhood parks (with the use of senior-friendly equipment) and with family members or caregivers.



Exercises to try at home



1 Side leg raises

- Hold on to a railing or the wall.
- Lift your outer leg to the side while keeping your body upright. Hold it for 3 to 5 seconds. Repeat for the other side.

Recommended duration:

Repeat 10 times for one set and you can do a total of three sets.



2 Calf raises

- Hold onto a railing, stand as high as possible on tip toes. Hold it for 3 to 5 seconds.
- Slowly lower your body and repeat the exercise.

Recommended duration:

Repeat 10 times for one set and you can do a total of three sets.



TIPS WHEN EXERCISING AT HOME

- Stay hydrated. Always ensure that you drink plenty of water before and after exercising.
- Ensure that your exercise space is clear and uncluttered. Exercising in a cluttered area can be a fall risk.
- Play some music. It can help relax your mind so that you can focus on the exercise.
- Make use of items like a ball or pool noodle to inject fun into your workout. Using an exercise tool is a great way to vary your routine.

Exercises to do at neighbourhood parks (with the use of senior-friendly equipment)



1 Pedalling on the pedal bike
Sit on the seat and start cycling.
Recommended duration:
20 to 30 minutes.

2 Lat pulldowns
On the lat pulldown machine, pull bar down to approximately chin level and release back up with control.
Recommended duration:
Repeat 10 times for one set. You can do two to three sets with one minute of rest between each set.

3 Aerobic workout on elliptical machine
Move alternate arm and leg on the machine.
Recommended duration:
20 to 30 minutes.

Pair exercises (that can be done together with family members/caregivers)



1 Squat and high-five each other
a) Position: Stand facing each other, legs shoulder-width apart.
b) Action: Squat together, stand and high-five each other.

Recommended duration:
Repeat 10 times for one set. You can do two to three sets with one minute of rest between each set.

2 Forward and sidestep (mirror image)
a) Position: Stand facing each other and leave a one-metre gap.
b) Action: One person will step forward, backwards and to the side. The other person will perform the same action in mirror image at the same time.

Recommended duration:
Repeat 10 times for one set. You can do two to three sets with one minute of rest between each set.



ROCKING ON

A POPULAR SINGER IN THE LATE '80S AND '90S, SHAWN DE MELLO LEFT HIS FANS CRESTFALLEN WHEN HE RELINQUISHED HIS MUSIC CAREER 26 YEARS AGO. BUT THEY'LL BE PLEASED TO KNOW THAT THE CROONER WITH THE SOULFUL VOICE IS NOW BACK IN THE ENTERTAINMENT SCENE!

Shawn de Mello was barely 19 when he made the finals of Talentime 1988, a Channel 5 singing competition. Following that, the teenager released two albums through BMG Records. His debut album, *First Time*, scored a hit song on local radio, *Unspoken Words*, and he became known beyond our shores, in Hong Kong and Malaysia.

In 1997, Shawn left the music industry and joined Singapore Airlines (SIA), rising through the ranks to become chief steward. Having recently taken early retirement, the genial gentleman is easing into the nightlife scene.

How did your interest in music begin?

My father was a professional musician who played bass guitar for the band, Energy. Growing up, I was surrounded by music. Singing has been an integral part of my life; in school, even in National Service, where I played for the Singapore Police Force band. After NS, I joined Kruger as a singer and bass player. I then played the club scene under the Europa group after which I became a member of Energy, which was at the time Singapore's most prominent live band. I performed at local nightspots like Sparks and Hard Rock Cafe, and also toured Indonesia and China.

Why did you leave the scene?

I was 26 and wanted a more stable career. So, I joined SIA as a member of the cabin crew. While there, I was a part of the SIA Cabin Crew Performing Arts Circle and SIA Cabin Crew Music Society, which allowed me to pursue my passion: singing. I sang and acted in musicals and performed at corporate events in different countries.

“Simei is a quiet estate. It's attached to Tampines but has its own identity. The neighbourhood is self-contained and has all the necessary amenities. More importantly, most of my family lives around this area.”

What are you up to these days?

I retired from SIA on 9 July this year and started work on 10 July. I perform at Youngs Bar & Restaurant in Seletar every Monday with Regi Leo, my former band member from Kruger, and also with GMT, a three-piece band. I do gigs and one-nighters and appear every fortnightly on Let's Jam on ONE FM 91.3's The Brightside.

Have you had to reinvent yourself musically?

I have been told that I do power ballads – like the songs sung by Tom Jones and Whitney Houston – and American jazz standards *a la* Frank Sinatra and Tony Bennett pretty well. I have a voice range of a low tenor or baritone and am considered a good storyteller, i.e. you can hear the story clearly through my singing. A song request

I often get is *Love, Me* – a moving ballad sung by Collin Raye about the narrator's grandparents' love story. Being a gig musician playing in clubs, I have to know my strengths but I also perform contemporary numbers by the Jonas Brothers, Justin Bieber, Miley Cyrus — though I try to make them my own.

What are your future plans?

I plan to run my own entertainment company, source for talent and create shows. Being a singer myself, I have an ear for good voices. I also want to do some albums, with original songs.

What do you like about your neighbourhood?

I've been living in the area for about 20 years. Simei is a quiet estate. It's attached to Tampines but has its own identity. The neighbourhood is self-contained and has all the necessary amenities. More importantly, most of my family lives around this area. I am an East boy. I grew up in a kampong in Siglap and went to St Patrick's School.

What's your favourite spot in the neighbourhood?

There's a little park behind my flat with a running track where I sometimes jog, and benches where you can sit and have quiet chats.

What is your relationship like with your neighbours?

I have a good camaraderie with them, especially my elderly next-door neighbour who calls me 'Ah Boy'. Whenever she whips up desserts like *tang yuan*, she will send some over. Being Eurasian, we like to have parties with singing and dancing and it can get a bit noisy. But my neighbours are understanding and always greet us with friendly smiles.

SCAM-SPOTTING

in Singapore

WITH SCAMMERS STEPPING UP THEIR GAME AND BECOMING MORE DECEPTIVE, IT'S IMPORTANT TO RECOGNISE HOW SOME OF THEIR RUSES WORK SO AS TO PROTECT YOUR ASSETS. REMEMBER — NO ONE IS IMMUNE TO SCAMS AND SCAMMERS!

No matter where you look, there are cautionary stories about scam victims. This is not surprising, as the total number of scam cases in Singapore has risen considerably in the past two years.

It's important that you recognise the way scammers work so that you can avoid falling prey to them. Here are how four common scammers work.

ACT NOW!

Don't fall victim to scams. Take these steps now:

- Add the ScamShield app and enable other security features
- Check for potential scam signs and verify with official sources
- Tell authorities if you encounter scams

For more information, visit <https://go.gov.sg/scam-alert-sg>

加查报，防诈骗！

立即采取以下行动，避免掉入诈骗陷阱：

- 添加防诈骗应用ScamShield并启用其他保安功能
- 留意潜在的诈骗迹象，并向官方机构查证信息
- 遇到诈骗后，立即向当局举报

请浏览 <https://go.gov.sg/scam-alert-sg>，了解更多防诈骗信息

TAMBAH, PERIKSA DAN LAPORKAN SEKARANG!

Jangan jadi mangsa penipuan. Ambil langkah-langkah ini sekarang:

- **Tambah** dan muat turun aplikasi ScamShield dan bolehkan ciri-ciri keselamatan lain
- **Periksa** tanda-tanda penipuan yang mungkin berlaku dan sahkan dengan sumber-sumber rasmi
- **Laporkan** kepada pihak berkuasa jika anda menghadapi penipuan

Untuk maklumat lanjut, lungsuri <https://go.gov.sg/scam-alert-sg>

இப்போதே சேர்த்துக்கொள்ளுங்கள், சரிபாருங்கள், சொல்லுங்கள்!

மோசடிகளுக்கு ஆளாகிவிடாதீர்கள். இந்த நடவடிக்கைகளை இப்போதே மேற்கொள்ளுங்கள்:

- **ஸ்கேம்ஷீல்டு (ScamShield)** செயலியைச் சேர்த்துக்கொள்ளுங்கள். அத்தோடு, மற்ற பாதுகாப்பு அம்சங்களைச் செயல்படுத்துங்கள்
- சாத்தியமான மோசடி அடையாளங்களைச் சரிபாருங்கள். அத்தோடு, அதிகாரத்துவ மூலங்களோடு உறுதிசெய்துகொள்ளுங்கள்
- நீங்கள் மோசடிகளை எதிர்கொண்டால், அதிகாரிகளிடம் சொல்லுங்கள்

மேல்விவரம் அறிய, <https://go.gov.sg/scam-alert-sg> இணையப்பக்கத்தை நாடுங்கள்

Hi, I have a job...

Job placement notices have been popping up all over social media and messaging apps. If they sound too good to be true, they probably are. Those that offer sky-high pay for little effort are, more likely than not, job scams.

Common signs include:

- High pay for little effort
- You have to transfer money to the recruiter
- You have to pay upfront for products

TIPS

- Don't respond to dubious job offers
- Don't allow others to use your bank account
- Don't pay to secure a job offer

I'm with the authorities... you must respond!

The first thing you hear when you take such a call is the person on the other end claiming to be a government representative or service provider. The caller then asks for your personal details, bank credentials, etc. Common signs of such government official impersonation scams include:

- The use of scare tactics (you've committed an offence, your unclaimed parcel will be destroyed, etc)
- Request for personal details
- Phone number beginning with prefix '+'

TIPS

- Download the ScamShield app only from official app stores. It blocks scam calls and detects scam SMSes from known blacklisted numbers
- Don't provide your credentials and OTPs to unknown persons
- If the caller can't identify him/herself to your satisfaction, hang up and contact the organisation on any of its official channels
- Do not click on suspicious links in unsolicited texts or messages

Concert ticket on sale!

If you see a good deal online for any product, including tickets to popular concerts, and are keen to grab the offer, be careful. There are fake sellers pretending to be authorised dealers on popular marketplaces; some may even have created fake websites and social media accounts to look credible. Common signs of an e-commerce scam include:

- An incredibly good offer
- Requires multiple payments
- Offers little information

TIPS

- Insist on official payment methods or cash-on-delivery
- Choose only reputable sellers or shopping platforms
- Check the terms and conditions

Hello, guess who?

Have you received calls from an unknown number with or without the '+65' prefix? It could be a fake friend scam. The person at the other end claims to be a friend, asking you to guess who he/she is. They will then assume the identity of whoever you name. Common warning signs include the caller:

- Asking for personal details or money
- Pressuring you to visit phishing sites
- Encouraging you to download unverified (often malicious) apps

TIPS

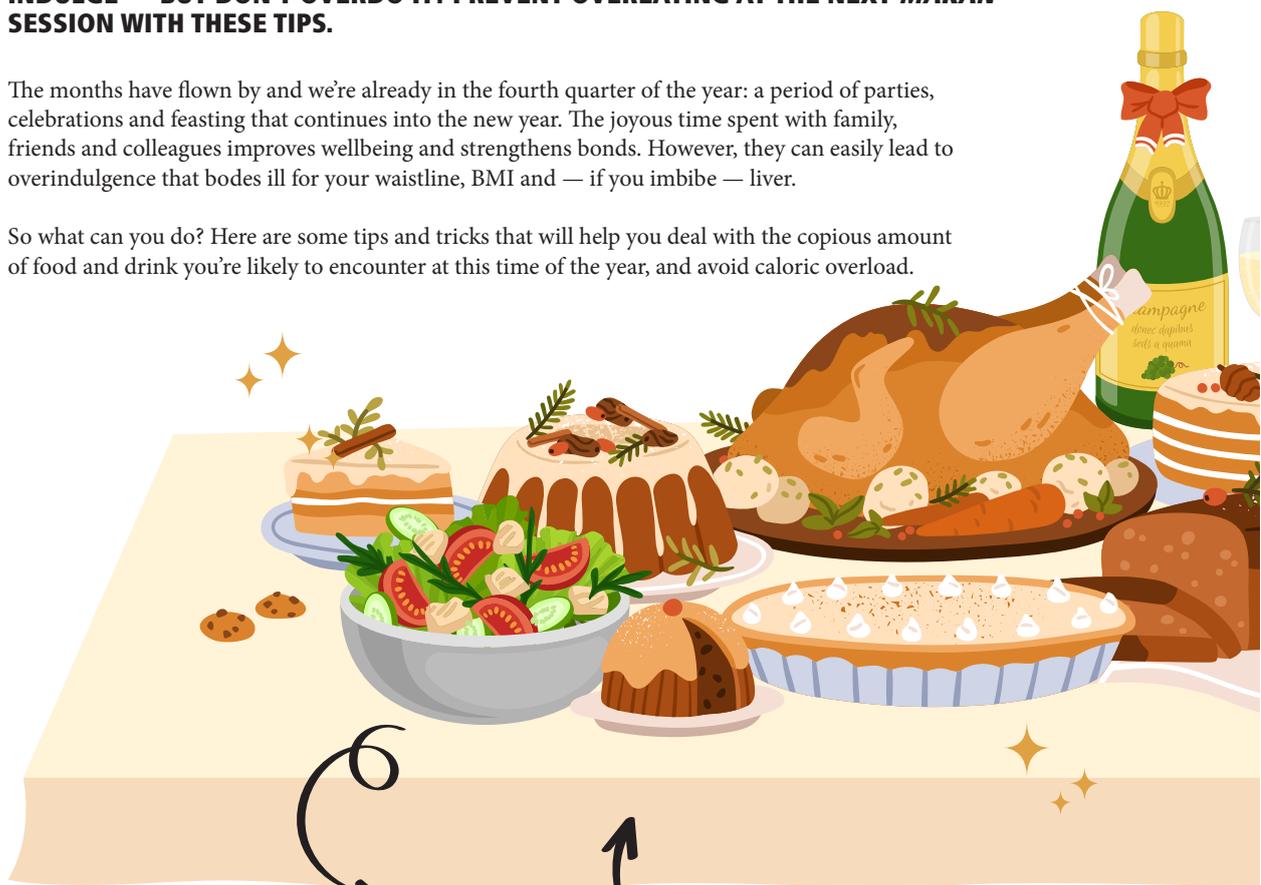
- Don't give anyone confidential information/ personal details
- Check with your friend by calling his/her phone number and verifying that he/she did indeed call you earlier

FEASTING WITHOUT BINGING

THE YEAR-END FESTIVE SEASON IS UPON US, WHICH MEANS MANY OCCASIONS TO INDULGE — BUT DON'T OVERDO IT! PREVENT OVEREATING AT THE NEXT MAKAN SESSION WITH THESE TIPS.

The months have flown by and we're already in the fourth quarter of the year: a period of parties, celebrations and feasting that continues into the new year. The joyous time spent with family, friends and colleagues improves wellbeing and strengthens bonds. However, they can easily lead to overindulgence that bodes ill for your waistline, BMI and — if you imbibe — liver.

So what can you do? Here are some tips and tricks that will help you deal with the copious amount of food and drink you're likely to encounter at this time of the year, and avoid caloric overload.



1 GO HIGH-FIBRE
Choose foods that are high in fibre because these will keep you feeling fuller for longer. Starting with high-fibre foods like salad and vegetable soup will also help fill you up before you move on to more sinful items like ham and sausages.

2 DO NOT FEAR DESSERTS
Desserts often get a bad reputation when it comes to nutrition because of their high sugar content. However, you are allowed to indulge a little — just be mindful of the portion. Also, home-made is generally better than store-bought or factory-made.

4 ABSTAIN FROM ALCOHOL

Not only are they high in calories, alcoholic drinks will impair your judgement — we've all heard crazy stories of boozy office parties! One trick to avoid or limit your alcohol intake is to offer to be the designated driver for the event. Alternatively, ensure you have a convincing reason not to drink too much, such as an important meeting the next morning. If you do have a tippie, savour it — drink slowly to make it last and avoid refills. Remember not to have an alcoholic beverage on an empty stomach.



3 CHOOSE WATER OR SUGAR-FREE DRINKS

When it comes to beverages, water is your healthiest option. You could also ask for unsweetened iced tea or sugar-free soft drinks.

AVOID...



SKIPPING A MEAL

Some people feel that eating less — or not eating — earlier in the day gives them licence to eat whatever they want later. However, when you skip a meal, you tend to overdo when you next eat.



GOING ON AN EMPTY STOMACH

Prior to a gathering where lots of food and drink will be served, you could snack on something healthy, like fruits or a few pieces of wheat crackers, to prevent overeating later.



RUSHING THROUGH YOUR MEAL

Savour every bite. Take the time to appreciate the look, smell, taste and texture of the food you consume. Remember that it takes about 20 minutes for your brain to register fullness, so eat until you're no longer hungry and stop before you feel really full!

The year-end get-togethers should be a time for you to let your hair down and relax over food and drinks. You shouldn't have to be stressed out over every spoonful you put in your mouth. Adopting these ideas at your next *makan* session should make it guilt-free!

Cooking left unattended, cannot lah!



Keep an eye on your stove... and fire insurance!

Switch off the stove when you step away. Use products with safety marks and limit the number of plugs for each socket. Also, remember to renew both your HDB fire and home insurances!

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



Scan to find out more about HDB fire insurance and additional home insurance.