

AEREA

MAGAZINE

SAVOUR AND SIP

From Home Kitchen
to Icon: Renee Tang's
Journey with Her
Famous Jebeu
Dry Laksa

PAGE 8

HOME AND LIVING

A Design Journey
with REART Design

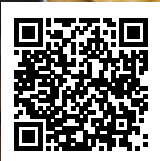
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FITNESS AND WELLNESS

Fit Together, Stay Together

Find out more on the benefits of
working out as a couple.

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STAND A CHANCE TO WIN

2 Bottles of Violet 7 Bubbly
(worth \$88)

PAGE 27



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Dear Readers,

Welcome to this special edition of AEREA, a lifestyle magazine — a celebration of life's simple joys and meaningful moments.

Amidst the busyness of modern life, where time often slips by unnoticed, this magazine is your gentle reminder to pause and embrace the beauty of here and now. It's about cherishing the small things that bring joy—savouring a lovingly prepared meal, finding comfort in a well-kept home, and nurturing your body and soul with care and gratitude.

Our pages are thoughtfully crafted to inspire and uplift, offering stories that celebrate local culinary gems, practical wellness tips, and ideas to transform your home into a haven of peace. Every article invites you to live with purpose, discovering the magic hidden in the everyday.

AEREA is more than a collection of stories. It's a heartfelt companion on your journey to live lighter, laugh harder, and love more deeply. Together, let's explore the treasures of our community and the boundless beauty of life itself.

May these pages inspire you to live with a lighter heart and a brighter spirit.

Here's to a beautiful journey ahead!

My best to you,

Jay Jeremy Gn

Editor-in-Chief



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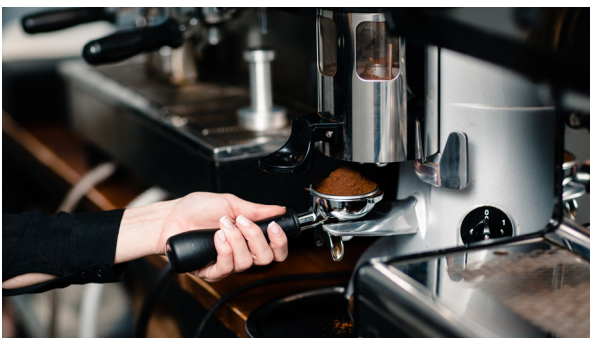
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SAVOURANDSIP



Image by: Louisa Violet Photography

RICH HERITAGE, BOLDER FLAVOURS: MEET THE MODERN DRY LAKSA

Written by: Jay Jeremy Gn

Laksa has always been a cornerstone of Singapore's culinary heritage, beloved for its comforting broth and perfect medley of spices. But food, much like our city, never stops evolving. Introducing Dry Laksa—a bold reinterpretation of the classic dish that has taken local foodies by storm.

By transforming the iconic laksa broth into a rich, fragrant rempah, Dry Laksa delivers an intense punch of flavour with every bite. Tossed with springy rice noodles and topped with familiar garnishes, it's a dish that reimagines tradition without losing its soul.

For those who crave the essence of laksa with an added twist of innovation, Dry Laksa is a must-try. It's proof that the best of our heritage can shine even brighter when paired with creativity and a touch of modern flair. Don't miss out on this sensational evolution—your taste buds will thank you!

FROM HOME KITCHEN TO ICON: RENEE TANG'S JOURNEY WITH HER FAMOUS JELEBU DRY LAKSA

Interviewed by: Marcia Ng

In the heart of Singapore's vibrant food scene, one dish has captivated food lovers across the island: the legendary Jelebu Dry Laksa. At its helm is Renee Tang, a talented young chef and entrepreneur whose culinary innovation and resilience have become a source of inspiration. We sat down with Renee to learn more about her journey, her dish, and the entrepreneurial spirit that fuels her success.

Q: Renee, can you tell us how Jelebu Dry Laksa came to life?

Renee Tang: The journey began during the COVID-19 pandemic in 2020, a time marked by uncertainty. I decided to turn inward and focus on what I truly love—cooking. I took a step back from my full-time kitchen job and began experimenting in my home kitchen on Jelebu Rd, Singapore. I wanted to create something fresh, something that reimagined the traditional laksa. That's when the idea for a dry version came to life. It captures all the bold, vibrant flavours of laksa but features a dry, slightly wet texture similar to Hokkien Mee, making it not only easier to eat but also perfect for sharing.

Q: What makes Jelebu Dry Laksa so unique?

Renee Tang: The key to our dish lies in the type of beehoon (thick vermicelli) and the sauce. We use a specially selected beehoon that absorbs the rich, flavourful sauce perfectly and holds up well during delivery. Our sauce is a decadent blend of homemade rempah, fresh coconut milk, a generous amount of laksa leaves, and a carefully curated mix of spices that deliver that signature laksa taste. We top it off with freshly grilled seafood—prawns, squid, and even Boston lobster. For the finishing touch, we add crispy fried ebi and a drizzle of laksa herb oil, which elevates the dish with an irresistible aroma and satisfying crunch. It's a modern interpretation of a beloved classic, still deeply rooted in its culinary heritage.



Q: What inspired you to transition from your home kitchen to a full-service restaurant?

Renee Tang: The response to my dry laksa was incredibly positive, far exceeding my expectations. To expand its reach, I teamed up with the Topsy Collective, a renowned group with a chain of bars, to share my dish with a wider audience. We opened a retro-style restaurant that paid homage to Singapore's history while introducing something fresh and exciting. Seeing customers enjoy my creation in such a dynamic and nostalgic atmosphere was an unforgettable experience—blending the traditional with the contemporary in a way that resonated with everyone.





Q: Despite the success, the restaurant eventually closed. What happened?

Renee Tang: Running a full-service restaurant was both immensely rewarding and undeniably challenging, particularly during times of uncertainty. While I valued the experience, I realised that in order to regain full autonomy over my brand and truly shape my own direction, a shift was necessary. In early 2024, I made the difficult decision to end the partnership and close the restaurant. It was a hard call, but ultimately, it allowed me to return to a home-based kitchen where I could focus on creating dishes that I am passionate about, all while managing the business on my terms. This was the best move for me, enabling me to continue doing what I love while staying true to my vision and serving customers the food that excites me.

Q: How did you stay motivated through these ups and downs?

Renee Tang: It's all about passion and resilience. I constantly remind myself of why I started this journey—to share my love for food and create something meaningful that people can truly enjoy. It's incredibly rewarding when customers express their appreciation for the dishes—some have even become close friends over time! There are definitely challenging moments along the way, but those experiences have been invaluable in teaching me how to adapt, learn, and grow.

Q: What advice would you give to aspiring chefs and entrepreneurs?

Renee Tang: Start small, stay focused, and always keep innovating. It's crucial to remain true to your vision while staying open to learning and evolving. Above all, don't be afraid to take risks. Every challenge presents an opportunity to grow and push the boundaries of what you can achieve.

Q: What's next for you and Jelebu Dry Laksa?

Renee Tang: Right now, I'm dedicated to perfecting my craft and continuing to serve my customers from my new home kitchen. The future is full of possibilities, and I'm excited for what's to come. I'm always open to new ideas and opportunities, ready to embrace whatever the next chapter holds. The journey is never truly over—it's about growth, evolution, and the passion to keep moving forward.

A Culinary Visionary

Renee Tang's journey with Jelebu Dry Laksa is more than a story of culinary success—it's a testament to determination, creativity, and the power of a single idea to transform lives. Whether you're savouring her legendary dish or drawing inspiration from her story, Renee reminds us that passion and perseverance can create something truly extraordinary.



Scan to order now and enjoy \$10 off every \$100 spent—use code AEREA10



JELEBU DRY LAKSA

Instagram: @jelebudrylaksa

Website: www.jelebudrylaksa.sg

3 SIZZLING DRY LAKSA SPOTS YOU MUST TRY

Craving a twist on the traditional laksa? Dive into the world of dry laksa—where velvety laksa gravy clings to noodles, delivering a bold punch of flavours in every bite. Our team have uncovered three must-try spots where you can savour this iconic dish, each bringing its unique twist to the table. Get ready to embark on a flavourful journey that's guaranteed to tantalise your taste buds!

1. QUENTIN'S THE EURASIAN RESTAURANT



Photo credit: Quentin's the Eurasian Restaurant

Quentin's, Singapore's only Eurasian restaurant, preserves heritage through dishes like the Dry Laksa. Fresh rice noodles are wok-fried to perfection and coated in a rich, flavourful laksa gravy, then crowned with succulent prawns, tau pok, and fish cakes for a delectable twist on tradition.

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📍 Address:

139 Ceylon Rd, Level 1 Eurasian Heritage Gallery, Singapore 429744

🕒 Opening Hours:

Tue - Sun: 11:30am-3:00pm Lunch, 5:30pm-10:00pm Dinner

2. NASSIM HILL BAKERY BISTRO BAR



Photo credit: Nassim Hill Bakery Bistro Bar

Nestled off Orchard Road, Nassim Hill Bakery Bistro Bar brings people together with food and drinks. Their Dry Laksa Pasta swaps rice noodles for linguine, tossed in a rich, creamy laksa sauce with fish cakes and fresh prawns. Available in full or half portions, it's a unique take on a local favourite.

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📍 Address:

56 Tanglin Rd, #01-03 Tanglin Post Office Building, Singapore 247964

🕒 Opening Hours:

Tue - Sun: 8:00 AM - 10:00 PM (Closed on Mondays)

3. HOUSE DOWNSTAIRS



Photo credit: House Downstairs

Laksa Goreng at House Downstairs reimagines tradition with a twist. This hybrid dish marries bold spices and a gentle heat, complemented by a luscious sous vide egg that melts into mildly-wet noodles, evoking the creamy richness of laksa gravy.

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📍 Address:

170 Ghim Moh Rd, #01-03 Ulu Pandan CC, Singapore 279621

🕒 Opening Hours:

Tue - Sun: 9:00 AM - 4:30 PM (Closed on Mondays)



AN AWAKENING TO A NEW COFFEE CULTURE:

The Rise of Coffee Bars in Singapore

Written By Jay Jeremy Gn

Coffee is more than just a drink—it's a ritual, a daily awakening antidote to what each new day may bring. For me, it's the essential pause that fuels inspiration and sets the rhythm of my life. Amidst Singapore's ever-growing café culture, a new trend has emerged that's worth your attention: **coffee bars**.

These intimate, artisanal spaces have been quietly springing up across the city, offering a unique twist to our caffeine journeys. But what exactly is a coffee bar, and how does it differ from your regular café? Let's explore this brewing trend and why it's worth savouring.

Coffee Bars: Where Craftsmanship Meets Culture

A coffee bar is a haven for coffee aficionados. Unlike regular cafés, where food and drinks share the spotlight, coffee bars focus almost exclusively on the art and science of coffee-making. It's a place where every detail matters, from the origin of the beans to the brewing techniques and even the interaction between barista and guest.

Picture a sleek, minimalist space with a counter-centric setup where you can watch baristas meticulously prepare your pour-over or cold brew. The ambiance is refined yet approachable, designed to make coffee the star of the show.

Why Coffee Bars Matter

Singapore's coffee bars are more than just places to grab a quick espresso. They're about celebrating the craft of coffee and fostering a deeper appreciation for what's in your cup. For anyone looking to escape the noise and immerse themselves in a curated coffee experience, coffee bars offer a refreshing alternative.

What Sets Coffee Bars Apart

- 1. Specialty Coffee:** Coffee bars emphasise quality over quantity, with beans sourced from specific regions or roasters to highlight unique flavour profiles.
- 2. Artisanal Methods:** From siphon brews to hand-poured coffee, the brewing process is often a spectacle, showcasing the barista's skill and dedication.
- 3. Bar-Like Setting:** True to their name, coffee bars feature a counter where customers can engage directly with the baristas, much like in a cocktail bar.
- 4. Minimalist Menus:** Food takes a backseat to coffee, with only light snacks or pastries offered, if at all.
- 5. Refined Ambiance:** With Instagram-worthy interiors, coffee bars exude a chic, contemporary vibe.

Coffee Bars: A Ritual Worth Exploring

Whether you're a die-hard coffee enthusiast or someone seeking a quieter, more thoughtful coffee experience, coffee bars offer a unique and elevated way to enjoy your brew. As they continue to pop up across Singapore, they're quietly reshaping how we see and savour coffee.

So, the next time you crave a caffeine fix, why not step into a coffee bar? You might just find a new appreciation for this timeless ritual—and perhaps even your own favourite spot to awaken each day.

“ Behind every productive day is a sacred coffee ritual. ”

CAFFEINE ADDICT ALERT:

5 UNIQUE COFFEE BARS IN YOUR NEIGHBOURHOOD

More than just coffee stops, coffee bars are lifestyle hubs blending comfort, creativity, and community. From the aroma of fresh brews to cozy spaces for connection, they offer much more than a caffeine fix. Here are our 5 recommended coffee bars to explore in Singapore:



Photo credit: @oldhencoffee on Instagram

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1

OLD HEN COFFEE BAR

Founded in 2014, Old Hen Coffee is dedicated to serving high-quality, sustainable coffee. After collaborating with top roasters, they began roasting in 2024. This coffee bar focus on clean, expressive flavours and building community through great coffee, food, and meaningful connections in a family-run, welcoming space.

Address:

88 Rangoon Road #01-03 Singapore 218374

Opening Hours:

Daily: 9.30am to 6.00pm

2

BIG SHORT COFFEE

Born to be different, Big Short Coffee is a renegade in the industry. Their mission is to create exciting, innovative drinks in a space where creativity thrives. Inspired by global cultures, they experiment with unconventional techniques and ingredients, blending science and artistry. Proud to be part of Joo Chiat's vibrant community, they invite everyone to join their journey.

Address:

2 Fowlie Road #01-01 Singapore 428505

Opening Hours:

Mon: 8 AM - 5 PM

Wed-Sun: 8 AM - 5 PM

(Closed on Tuesdays)



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Photo credit: @bigshortcoffee on Instagram

3

ROUND BOY ROASTERS

Round Boy Roasters, founded in 2018, is a Singapore-based coffee bar and roastery dedicated to offering specialty-grade coffee. Located in Jalan Bukit Merah, they roast high-quality beans with a degassing process for optimal freshness. They also offer espresso machines and brewing gear for convenient at-home coffee setups.

Address:

146 Jalan Bukit Merah, #01-1092, Singapore 160146

Opening Hours:

Mon to Fri: 8 AM - 4 PM

Sat to Sun: 8.30 AM - 4.30 PM



Photo credit: @roundboyroasters on Instagram

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Photo credit: @apartmentcoffee on Instagram



4

APARTMENT COFFEE

Apartment Coffee tells the story of each coffee, from its origin and growing climate to the people behind it. Committed to quality, they carefully source and roast each batch to highlight its unique terroir characteristics. Through passion and craft, they share these extraordinary stories in every cup.

Address:

139 Selegie Rd Singapore 188309

Opening Hours:

Daily: 10:00 AM - 6:00 PM

5

KURASU SINGAPORE

Kurasu Singapore brings Kyoto's specialty coffee culture to the world, offering high-quality coffee roasted in their Nishijin Roastery, alongside tea and Japanese brewing equipment. Originally an online homeware shop in 2013, Kurasu now shares its passion for Japanese coffee culture, community, and sustainable coffee practices.

Address:

261 Waterloo Street #01-24, Singapore 180261

Opening Hours:

Daily: 10:00 AM - 6:00 PM



HOME AND LIVING

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REART DESIGN

A DESIGN JOURNEY WITH US

Transforming Your Dream Home into Reality

Creating your dream home should be an exciting and fulfilling journey. At REART Design Pte Ltd, we guide you through a thoughtful, journey-based design process that transforms your vision into an exceptional living space. With a focus on crafting interiors that reflect your unique personality and lifestyle, we ensure a seamless experience—one that leaves you satisfied, excited, relaxed, and happy every step of the way. Through our unwavering commitment to transparency, quality, and timeliness, REART turns your dream home into a beautiful reality.

Your Vision, Our Creation

At REART, we believe that every homeowner is unique. That's why we don't believe in cookie-cutter designs or chasing fleeting trends. Instead, we take the time to understand your personality, needs, and aspirations, creating a bespoke design that is both functional and breathtaking. From conceptualisation to execution, every detail is thoughtfully planned, ensuring a seamless integration of your vision with expert craftsmanship.



The REART Promise: Trust, Transparency, Timeliness

1. No Surprises

We pride ourselves on clear, comprehensive proposals that outline every detail of your project. Unlike others in the industry, we avoid hidden costs and unnecessary variation orders. Our process ensures you're satisfied with fair and accurate pricing—and rest assured that there will be no unpleasant surprises or additional cost at the end of the journey.

2. Guaranteed Timeliness

Renovation delays can disrupt your life and cause unnecessary stress. That's why we guarantee timely project completion. In fact, we're so confident in our ability to deliver on schedule that we forgo our final payment if we miss the agreed timeline. With REART, you can relax during the renovation period, knowing your project is in capable hands.

3. In-House Expertise

From carpentry to masonry, our in-house construction services allow us to maintain the highest quality standards while minimising delays caused by third-party contractors. Our experienced team is dedicated to precision and care, ensuring your vision is brought to life flawlessly.

4. Quality and Care Beyond Completion

Our commitment doesn't end with the final handover. We offer a 24-month warranty that guarantees prompt attention to any issues, with a promise to resolve concerns within 14 days. This after-sales service reflects our dedication to building lasting relationships and ensuring your happiness long after the project's completion.

At REART, we want you to **feel**

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with personalised design and quality
- 2 EXCITED**
to work on your home with us
- 3 RELAXED**
throughout your renovation journey
- 4 HAPPY**
with our timely handover and after-sales service

Your Dream Home, Made Real

Whether you're renovating a cozy apartment or designing a spacious family home, REART Design Pte Ltd is your trusted partner in creating a space you'll love for years to come. With a proven track record of delivering personalised designs and a stress-free experience, we bring your dream home to life with honesty, precision, and care.

Let's embark on this exciting journey together. Contact us today to start designing the home you've always envisioned.



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EFFORTLESS LIVING, WITH **AEREA HOME** CONDO APP

In today's fast-paced world, life at home should be simple, secure, and connected. **AEREA Home Condo Lifestyle App** redefines condo living by seamlessly integrating essential services into one easy-to-use platform, bringing everything you need right to your fingertips.

"At AEREA, we believe that condo living should be hassle-free and connected," says Alan Wong, Chief Executive Officer of AEREA. "With AEREA Home, we've created a solution that empowers residents to enjoy convenient living, from managing payments to receiving the latest updates about their residence, all in one place."

Technology should make life simpler, not more complicated. That's why AEREA Home is designed with an intuitive interface that's easy to navigate for users of all ages. Whether you're accessing your home with facial recognition, booking a facility, or staying updated with real-time notifications, every feature is built to be straightforward and efficient. With AEREA Home, advanced technology blends seamlessly into your daily routine, making condo living smarter without adding complexity.

Imagine unlocking your door with just a glance using facial recognition or your phone, effortlessly managing maintenance payments, and receiving real-time updates about your community—all within one app. With AEREA Home, you'll not only simplify daily tasks but also enjoy enhanced security and smoother interactions with your neighbours. Whether it's booking facilities, connecting with others in your community, or staying informed about the latest news, AEREA Home ensures that every aspect of your condo living experience is effortless, secure, and connected.

AEREA Home brings you closer to the future of condo living—a vibrant, hassle-free community where convenience meets enhanced security, making your everyday life smarter and more enjoyable.

Simple and Smart. All within AEREA.

Contact Us For a Free Demo Today!



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Simplify property management with AEREA Manager. From resident communication to access control, and financial management, our all-in-one solution handles it seamlessly.

2

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3

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SMARTSCAPE
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THE SMART CHOICE: **SOLUTION-BASED** SMART HOME TECHNOLOGY OVER **DIY**

Written by: Jay Jeremy Gn

As technology continues to evolve, so do our expectations for convenience, comfort, and efficiency in daily life. Smart home technology has moved from being a luxury to a necessity, seamlessly blending innovation with practicality to enhance our lifestyles. From boosting comfort to improving security, smart home solutions are designed to make life easier, more efficient, and more enjoyable.



The Benefits of Smart Home Technology

- **Convenience:** Imagine managing your lights, thermostat, or security system with just a voice command or a tap on your phone. Smart home systems bring unparalleled ease to your daily routine, automating tasks that once required manual effort.
- **Energy Efficiency:** With smart thermostats and energy-saving devices, you can reduce energy consumption without sacrificing comfort—helping you save on utility bills while being environmentally conscious.
- **Personalised Ambience:** Whether it's creating a cozy atmosphere or setting the perfect vibe for a gathering, smart technology lets you adjust lighting, sound, and temperature to suit your mood.
- **Security and Peace of Mind:** Integrated camera systems, smart locks, and remote access ensure you can monitor and control your home from anywhere, providing safety and reassurance.
- **Increased Home Value:** Homes equipped with smart systems are highly attractive to buyers, offering added value and a modern edge.



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Fun Fact

A single smart light bulb can make your home feel modern, but a fully integrated system can transform your entire living experience. Why stop at one when **Smartscape** can connect them all?

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- **Enhanced Functionality:** Piecemeal setups can fail to deliver the performance you expect. Our holistic approach ensures your smart home system exceeds your expectations.
- **Expert Support:** Don't get lost in the overwhelming array of options online. Our team provides guidance and professional installation, giving you confidence in your investment.

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Many DIY setups fall short because they lack integration and alignment with the homeowner's vision. Buying individual products may seem convenient but can lead to mismatched systems and unmet expectations. Smartscape's solution-based approach eliminates these challenges, delivering a cohesive smart home experience that transforms your space into a haven of efficiency and comfort.

Smartscape: Your Partner for Solution-Based Smart Home Systems

Unlike à la carte approaches, our smart home solution is more than just devices—it's creating a seamless system that works for you using one single app.

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Tel: +65 8022 3418

Email: info@smartscape.com



BUILDING A HAPPY COMMUNITY:

THE HEART OF EVERY HOME

Written by: Marcia Ng

More Than Just Spaces

A community is more than just buildings and facilities—it's the people who live, work, and thrive together. A happy community doesn't happen by chance; it's built on trust, care, and shared goals. When residents feel connected and secure, they foster relationships that create a vibrant and supportive environment.

At the core of every thriving community are well-maintained spaces that bring people together. From safe playgrounds for children to functional gyms for wellness, and from scenic landscaping to efficient facilities, these are more than amenities—they're the groundwork for fostering relationships and encouraging an active, happy lifestyle.

But achieving this harmony requires thoughtful planning and expert management. This is where the role of a reliable partner becomes invaluable.



Olympian Property Management Pte Ltd

13 Lorong 8 Toa Payoh #02-04 Braddell Tech Singapore 319261

Email: enquiries@olympiangroups.com | Tel: (65) 6100 3277

The Human Touch in Property Management

Olympian Property Management has been helping condos in Singapore unlock their potential since 2008. By offering comprehensive property management solutions, we go beyond routine maintenance. From building repair and repainting projects to upgrading lifts and refreshing shared spaces like outdoor fitness areas, Olympian ensures your environment remains inviting and functional.

Our expertise in asset management not only enhances the lifespan of your condo's assets but also saves costs in the long run, ensuring your home is a source of pride and joy for years to come.

While facilities are important, compliance, communication, and fostering relationships are just as crucial. Olympian excels in supporting MCSTs to not only manage the physical spaces but also build stronger, happier communities by enhancing trust and transparency.

The Olympian Advantage

With a rich history in property and facilities management, Olympian Property Management combines decades of expertise with a forward-looking approach. From assisting government agencies to private developers, we understand the nuances of managing diverse properties. Our solutions are designed to enhance the lifespan of assets, achieve cost savings, and ultimately, provide peace of mind to residents and management councils alike.

Let's Build A Happy Community Together

A happy community starts with proactive care and expert guidance. Whether it's maintaining facilities, upgrading spaces, or creating a more inclusive environment, Olympian is here to help your condo estate shine.

Contact us today to explore how we can work together to make your condo estate a place everyone loves to call home.



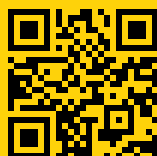
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- Community & Compliance

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for Reliable and Effective Security

Interviewed by: Marcia Ng



~Eugene Tan,
Managing Director of
Security Enforcer Pte Ltd

Protecting what matters most

For over two decades, Security Enforcer Pte Ltd has been a trusted name in the security industry, delivering high-quality services to industrial, commercial, and residential properties. Established in 1999 and licensed by the Singapore Police Licensing and Regulatory Department (PLRD), the company has built a reputation for excellence and client safety.

This success is driven by Managing Director Eugene Tan, whose innovative approach and strong business philosophy have shaped the company's operations and its close client relationships.

Building Client-Centric Partnerships

What sets Eugene apart is his hands-on approach to client relationships. He makes it a priority to understand each client's unique security needs, tailoring services to address specific challenges. "Trust is the cornerstone of security," Eugene explains. "Our clients need to know that we're not just providing a service; we're providing peace of mind."

Accountability and Professionalism

Eugene has cultivated a culture of accountability and professionalism, ensuring every Security Enforcer officer upholds the highest standards. Regular training and certifications prepare the team to meet modern security challenges. "Security is more than just guarding premises," Eugene says. "It's about creating an environment where people feel safe and confident."

Leading with Innovation and Technology

Believing the security industry must evolve, Eugene has integrated state-of-the-art technology into the company's services, including advanced surveillance systems, AI-driven solutions, Security Robots, and smart CCTV video analytics, all supported by a 24-hour HQ Command Centre.

"Technology is not just a tool; it's an enabler," Eugene often says, emphasising the company's commitment to providing efficient and effective solutions. This innovation has earned recognition from the Singapore Police Force as a leader in security innovation.

A Recognised Leader in the Field

Over the years, Security Enforcer has not only achieved countless commendations and compliments but has also garnered accolades for its innovative practices and unwavering dedication to client satisfaction.

Additionally, Security Enforcer's efficiency stands out in the industry. We respond swiftly to incidents, providing peace of mind through our vigilant presence. This recognition reinforces the company's position as a trusted name in Singapore's security landscape.

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FITNESS AND WELLNESS



EMPOWERING WOMEN

TO SHINE BEYOND SIZE

Every woman deserves to feel confident in her own skin. As someone who has spent close to 2 decades in the slimming industry, I've witnessed firsthand how achieving one's desired body can be transformative—not just for appearance but for self-assurance. Yet, it's crucial to emphasise that confidence is not exclusive to size or shape. Slimming is often misunderstood as purely a pursuit of aesthetics, but to me, it's about self-care and personal empowerment. It's a journey toward feeling healthier, stronger, and more in control of one's body and well-being.

For some women, this journey involves slimming, not to fit societal standards, but to align with their personal aspirations. Others may find their confidence in embracing their natural curves, radiating joy and self-acceptance. Neither path is more valid than the other; what matters is the alignment of one's body with one's sense of self.

In my years of consulting, I've learned that true empowerment comes from listening to women's individual stories and supporting their unique goals. Whether it's through adopting a healthier lifestyle, redefining fitness, or celebrating natural beauty, every woman's path is deeply personal.

Confidence stems from self-love and respect, and this is the foundation I encourage every woman to build on. Regardless of the numbers on a scale, we should focus on the mindset of wellness and feeling our best—physically, emotionally, and mentally.

To all women reading this, remember: confidence isn't one-size-fits-all. It's a personal, evolving journey. Whether you're on a path to slimming, maintaining, or simply embracing who you are today, know that you deserve to feel beautiful and confident, just as you are.



Tiffany Ching

Columnist

Body Wellness Advocate



FIT TOGETHER, STAY TOGETHER

Daryl and I have found a way to maintain our health while strengthening our bond as a couple through fitness. Together, we run Physique 360, a business born from our shared passion for exercise. For us, fitness isn't just a job—it's a way of growing closer every day. As grandparents of 3 and parents of 2 adults, our focus has evolved to include family fitness and overall wellness, emphasising aging well, minimising health issues, and reducing bodily aches and pains. We believe fitness is for everyone, at every stage of life.

Our fitness journey began during our early dating days, where our workouts were filled with laughter and encouragement as we pushed each other to go further. What started as quality time together has since turned into a mission to inspire others. Today, Physique 360 is about more than personal fitness—it's about creating a community and showing that fitness can bring couples closer together.

The Benefits of Working Out as a Couple

Exercising together has always been about more than fitness milestones for us—it's how we've strengthened our relationship.

"Working out as a team builds trust and camaraderie. It's about encouraging and lifting each other up," Daryl often says, and I couldn't agree more. On days I don't feel like exercising, he reminds me of our goals, and I do the same for him. We keep each other accountable and consistent.

Research backs what we've experienced: couples who exercise together communicate better, resolve conflicts faster, and feel closer overall. It's teamwork that extends far beyond the gym.

Why Fitness is the Ultimate Bonding Activity

The best part of our fitness journey has been the connection it has fostered between us. Fitness has taught us patience, teamwork, and resilience. We've faced challenges in our workouts, just like in life, and we've overcome them together.

Exercising releases endorphins, which not only make you feel good but also reduce stress. When we work out together, we're creating positive memories and energy as a couple. It's a shared experience that continues to strengthen our relationship in so many ways.

Tips for Couples to Start Their Fitness Journey

We believe fitness should be enjoyable and sustainable for everyone, and we love sharing tips with couples who want to embark on their own fitness journeys:

1. Find an Activity You Both Enjoy

Fitness isn't one-size-fits-all. Experiment with different activities, from hiking and cycling to swimming or even trying a dance class.

2. Set Realistic Goals

Start small and set achievable goals. Whether it's walking 30 minutes daily or completing a certain number of workouts per week, focus on consistency rather than intensity.

3. Incorporate Playfulness

Don't take it too seriously! Try fun partner exercises like wheelbarrow push-ups or passing a medicine ball. Laughing together makes the process even more enjoyable.

4. Create a Routine

Find a time that works for both of you, whether it's early mornings, evenings, or weekends. Having a routine helps establish fitness as a non-negotiable part of your lives.

5. Celebrate Milestones Together

When you reach a goal—big or small—celebrate it. Reward yourselves with a healthy meal, a relaxing spa day, or simply acknowledge your progress together.



“

If you're ready to strengthen your bond and improve your health, let our story inspire you to take the first step. Visit www.physique360.guru or scan the QR code below to see how Daryl and I can support your fitness journey.



Don't forget to follow us on Instagram @physique_360 for daily tips, inspiration, and a peek into our life as a fitness-focused couple.



Caroline Teo

Columnist

Certified Personal Trainer (FISAF)



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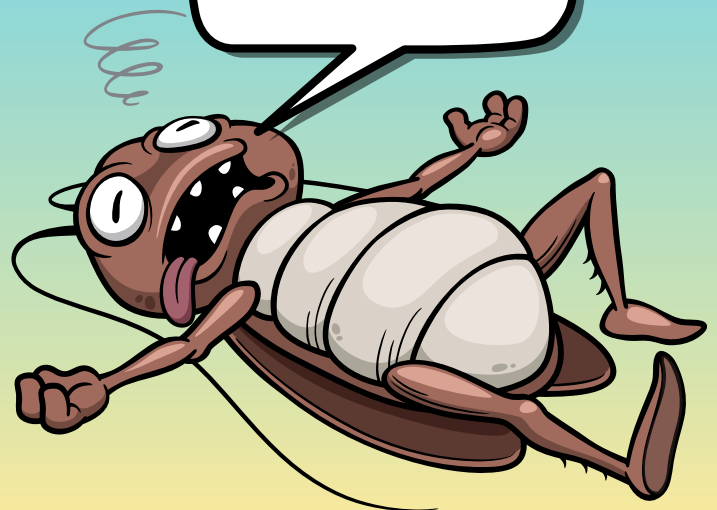


Bin Chute Sanitation (in development)

JADO Facility Services Pte Ltd is leading a multi-party collaboration to implement an **advanced bin chute sanitation system** aimed at **controlling cockroach populations in high-rise buildings** with shared waste disposal chutes.

While traditional methods of cockroach control often involve toxicological approaches, such as the spraying or application of controlled chemicals, this innovative system offers a more **sustainable and effective solution** to **managing pest infestations in common waste disposal areas**.

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KAIZEN: THE ART OF SMALL STEPS TO BIG CHANGES

Written by: Jay Jeremy Gn

Let me share a little secret: I'm just like you. Behind this magazine, I'm a person striving to juggle work, relationships, and self-care, all while navigating the curveballs life throws my way.

I first discovered the philosophy of Kaizen during a particularly challenging phase. Back then, I was overwhelmed by the idea of making big, life-altering changes. That's when I realized that small, manageable steps—like setting aside 10 minutes a day for mindfulness or organising one corner of my desk—could make a world of difference.

I started celebrating these small wins, like ticking off a single item on my to-do list or choosing to smile on a tough day. Gradually, these tiny changes began to transform how I viewed life. Today, I'm not perfect, but I am better—and it's all thanks to Kaizen.

If this resonates with you, I encourage you to join me in adopting this approach. Together, we can take one step at a time toward a better, lighter life.

“

Small changes can yield big results when pursued daily

RECOMMENDED READING

If you're curious to dive deeper into the Kaizen philosophy, consider reading “One Small Step Can Change Your Life: The Kaizen Way” by Dr. Robert Maurer. This book explores how incremental changes can help overcome fear and create lasting transformations in your personal and professional life.



Applying Kaizen to Your Life

Adopting Kaizen in our daily lives can lead to profound personal transformation, even if the steps seem insignificant at first. Here's how you can integrate Kaizen into your life:

1. Start Small and Steady

Rather than overhauling your routines overnight, focus on tiny changes. For instance, if you wish to read more, commit to one page a day. Over time, one page becomes chapters, and soon, you'll have finished an entire book.

2. Embrace the 1% Rule

Ask yourself: What is one small improvement I can make today? Whether it's taking a five-minute walk or drinking an extra glass of water, these small acts compound over time.

3. Acknowledge Progress

Celebrate each small victory. Checking off even the tiniest task from your to-do list builds momentum and confidence.

4. Adapt and Reflect

Kaizen isn't about perfection; it's about persistence. Regularly reflect on what's working and tweak your approach.

5. Spread the Mindset

Encourage those around you to adopt Kaizen principles. Sharing goals and celebrating progress together fosters collective growth and motivation.

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