



# Takeaways

A newsletter by RICE



## Aging gracefully.

How many of us truly think about the future?

Putting aside climate fears and the like, it can feel deflating thinking about an unknowable future—especially when the present feels chaotic as it is.

This week, we talked to Freida Tan, a 53-year-old psychiatric nurse who ended up in her job after decades of struggling to find fulfilment in her career. She enrolled to study nursing at 33. Today, she finds herself in a frontline healthcare position that she wouldn't trade for anything else.

There's also Glenn Lim, who couldn't even imagine a future for himself when he was sentenced for smuggling drugs. His may seem like a "turning over a new leaf" story that we've read countless times, but Glenn's determination and headstrong focus in giving others the opportunity he fought for himself is admirable.

Both Glenn and Freida, albeit of a different generation, are both examples of people who bloomed later in their lives. For those afraid of being a 'late-blooming millennial', weighed down by the uncertainty of the future, let this stick with you over the weekend: *better late than never*.

Now, go express yourself on the MRT like Tube Girl.

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*P.S. We've also learnt some of you found your way here through your friends. If you haven't already, **subscribe** to our weekly newsletter today!*

*If you like our content and our vibes, consider being a **RICE Media patron** to support the work we do.*

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## The Niigata Knockouts



Like in a lot of sports hobbies, football fans make competition their pastime. They wax and wane in volume as they argue passionately about which team is the best in the game.

Our writer storms in to argue that Albirex Niigata—a team competing in the S-League comprising mostly of Japanese players—is the best of them all. Even if you rarely go crazy over men kicking balls, this is a curious case worth digging into.

## **Late-Stage Calling**



Even if you're working in a job that feels fulfilling, that feeling doesn't always last. Sometimes, it might be good to take a step back or to walk away completely.

For Freida Tan, a psychiatric nurse at IMH, it took several attempts—once in the police force, another in the army, and another in finance—before she found a job she truly loves.

**Finding Her Calling as a  
Psychiatric Nurse, Decades into  
Her Life**

***"Back in my day..."***



It's a common habit to make myths out of reality.

Whether it's for the benefit of a good story, a lasting legacy, or even just a lesson imparted to the impressionable, our lived realities can sometimes veer from the tales we tell of ourselves. Some of us have friends like that, and they can range from endearing to barely tolerable.

Even then, it's worth taking stock of the stories we also hear of others—the rags-to-riches model, for example—and how, sometimes, that path is less a viable pursuit for the common Singaporean than it is a tale of uncommon success.

**Why Do Singaporeans Keep  
Using Their Rental Housing Past  
to Justify Privilege?**

## **New Roads Beyond Ribbons**





Many of us working adults remember countless school assemblies about the perils of drug use—not just about the cataclysmic effect of addiction, but the pitfalls that come with even the most casual use.

It seemed theatrical, blown out of proportion, and perhaps a tad distant. *Surely, it can't be that bad?* Our subject Glenn Lim, an ex-offender himself, knows that the most convincing cautionary tales are told by the ones who've lived through them.

Glenn set up Architects of Life as a network for people like himself to tell their stories—ones that are unvarnished and matter-of-fact.

**Architecting a New Narrative  
for the Drug-Free Cause**

## **Serving on Public Transport**



In case you missed it, TikTok is ablaze with young Singaporeans finding their groove within public spaces. Aside from the breakdancers you'd see along Somerset, these enthusiastic kids are now taking over the MRTs.

Don't worry—it's not going to cause train delays. But the trend has certainly gotten other Singaporeans thinking about their own boundaries when it comes to public displays. We aren't the most expressive bunch after all. We ask some of those who've followed their own rhythm all the way to Queenstown.

**How Singaporeans Take On the  
'MRT Girl' Trend and Its  
Main Character Energy**

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## A **LIVE** Podcast Session

“The many upside and downside of side hustling, and is it really the answer to financial freedom?”

DATE : 14th October 2023  
TIME : 6pm  
VENUE : 60 Arab Street,  
Samsung FlipSide Market, Level 2

ORGANISED BY

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VENUE



SCAN TO REGISTER



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## SPEAKERS

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Clarissa, TOWTOW  
Speaker



Sara Wee, Content Creator  
Speaker



Daniel Peters, RICE  
Speaker



Reggie, The Financial Coconut  
Moderator

**Daniel Peters**, RICE Media's Branded Content Editor, will take part in a live podcast session by **Prudential**, speaking at length about the upsides and downsides of side hustling alongside Tow Tow's **Clarissa Kang** and content creator **Sara Wee**.

The session will be hosted by The Financial Coconut's **Reggie**, so come down to **60 Arab St** next Sat, **14 Oct**, at **6pm** for an enlightening conversation!

RSVP [here](#).

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## Short Grains, or *piping-hot topics by the spoonful*.

- The unfortunate Siam Paragon tragedy this week has reignited mental health and gun control talks in Thailand. (via CNA)
- Bought a limited-edition packet of Yeo's Chrysanthemum Tea lately? Just be sure to dispose of it "responsibly", the MCCY states. (via Mothership)
- Singapore's gold-winning sprint queen Shanti Pereira has returned to our shores to a warm, welcoming reception. (via The Hollywood Reporter)
- Health Minister Ong Ye Kung has announced the inclusion of mental health services into Healthier SG within the next two years. (via Yahoo!)

*News Singapore)*

- A new witness testimony sheds fascinating light on the 1996 murder of hip-hop artist Tupac Shakur. *(via The New York Times)*



You read his story. Now, get to meet Chee Tong, who talks to us in his bedroom about his journey as a Taoist priest.

**Amongst Us: The 24-Year-Old  
Taoist Priest**

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**We like to go out! We also hate our weather.**

But as much as our team is full of contradictions, we simply can't go by our



weekend without checking out some things. If you're still deciding on where to go, let us highlight some unmissable events for you:

1. It's on: Singapore's premier indie music festival Baybeats begins today at the Esplanade! More info [here](#).
2. Too impatient for Halloween to arrive? Get spooked at Singapore Discovery Centre's [Harrowing Halloween 3](#)—from a cobwebbed escape room to a full-fledged haunted house.
3. An adaptation of iconic musical *Cabaret* has begun its run at Drama Centre Theatre, ending 15 Oct.
4. This weekend, feast with abandon at Sentosa's Rumours Beach Club, where local establishments Burnt Ends and Meatsmith collaborate for an [exclusive, event-only menu](#).
5. The National Museum of Singapore is celebrating its 136th birthday with, yes, [free ice-cream!](#)

**Rice Media Pte. Ltd.**

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