



Takeaways

A newsletter by RICE



How to make millions

By now, most of us have heard of that new movie that has been emptying millions of tear ducts—How to make millions before grandma dies. If you haven't seen it yet, maybe make a movie date with your dad this weekend.

After all, when was the last time you actually hung out with your dad? Between now and the last time you actually dedicated quality time to your dad, can you accurately and confidently point out what's changed about him? Maybe that can be our homework for this Father's Day weekend.

*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!*

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Call me, I miss you



Our parents are always just one call away, but as children, we can't always say the same works the other way round. At the prime of our lives and up to our knees in priorities, calls from our parents sometimes feel more like a nuisance.

But when each call checks every box of “Have you eaten?” “Remember to sleep early.” and “Call us when you can.”, it's a reminder that there's always someone who cares about your wellbeing, wherever you are in the world.

The Emotional Cost of Ignoring Our Parents' Calls

Viewfinders



Photos are a reflection of a photographer's heart. A father and daughter pair, through a shared love for film photography, learn to understand each other better by seeing the world through the other's perspective.

**About A Father, His Daughter,
and How They Shoot The World**

Trying to be a better man



Becoming a better man is a never-ending journey, especially when you're the first man your child sees and learns from.

Toxic masculinity is out, healthy masculinity is in. As their son's first hero, and their daughter's first love.

**How Young Singaporean Fathers
Are Parenting Differently Than
Their Dads**

Words left unsaid



Silently leaving a plate of cut fruit on our table, giving us a lift to the nearest MRT station, mass buying an item we've mentioned liking in passing—these are ways our parents express their love for us, and ways they hide their inability to apologise.

**This is the One Phrase
Singaporean Parents Never Seem
to**

What's Cooking?

ALT CTRL HEALTH: REPACKAGING THE WELLNESS RENAISSANCE

Panel Discussion:
How do you market holistic healthcare?

🕒 26 JUNE 2024
7-9PM

📍 SIXTYFOUR
CLUB STREET



Cherie Lui
Flojo



Michelle Kwara
Moom Health



Ng Chee Yong
Somewhere Else



Dr. Jeremy Lin
AMILI

Organiser:

flojo

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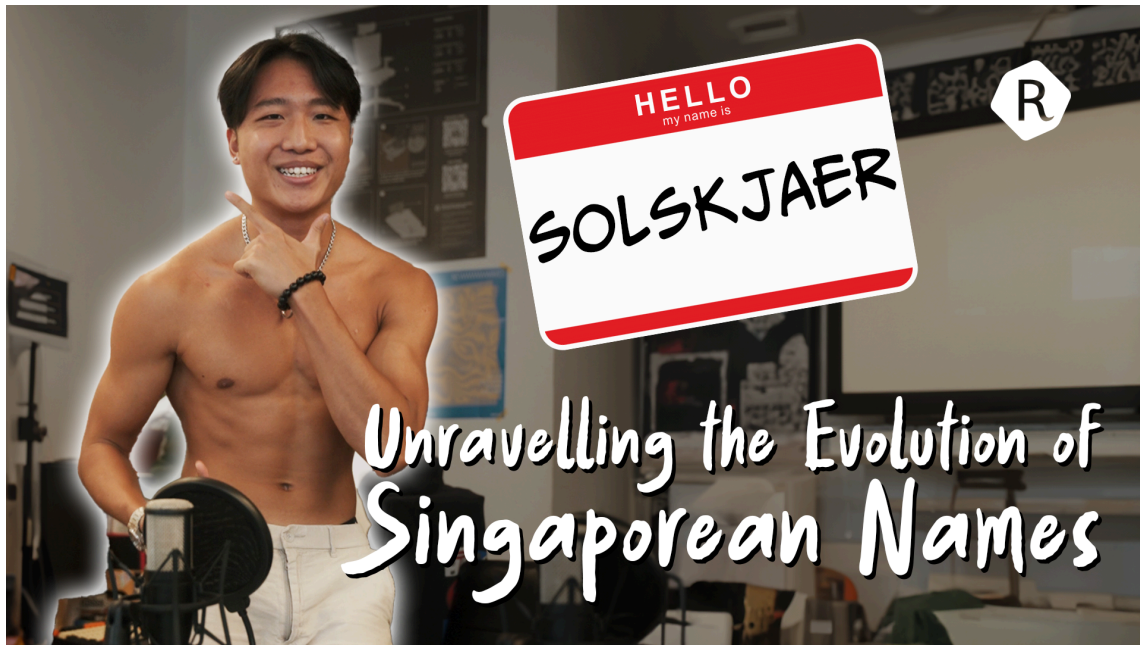
From melatonin gummies to green juices, natural remedies are all the hype. Sign up now to hear our panel of wellness entrepreneurs divulge keen insights from the alternative health industry.

**Repackaging the Wellness
Renaissance**

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

- Tired from working? You're not alone. A survey by Telus Health notes that 47 per cent of Singaporeans feel mentally or physically exhausted after work. (via *Straits Times*)
- Love is in the air as Asian Games gold medalist Shanti Pereira and former national sprinter Tan Zong Yang announce their engagement. (via *Straits Times*)
- Chinese football fans are flocking to Singapore Lions goalkeeper Hassan Sunny's Nasi Padang stall, all in appreciation of his 11 saves against Thailand that inadvertently helped China qualify for the World Cup. (via *AsiaOne*)
- In case you need another reason to catch the film, How To Make Millions Before Grandma Dies topped Singapore's box office over the June 6-9 weekend. (via *Straits Times*)
- The Korean Samyang brand ramen is too hot to handle, at least for the Denmark government who has recalled it for having capsaicin levels "so

high that they pose a risk of the consumer developing acute poisoning".
(via *BBC*)



The increasing popularity of novel English names among Chinese Singaporeans marks a clear generational shift in naming practices.

Unravelling the Evolution of Singaporean Names

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:

- Catch Pandemonium's [Who's Afraid of Virginia Woolf?](#)—a gripping blend of comedy and romance. Experience this unforgettable theatrical performance that will make you laugh, cry, and reflect.
- [The Great Grubs and Goods List: Summer Edition](#) hosted by TRIFECTA is happening this weekend and admission is free! Relish a wide selection of food and drinks while shopping for surf-inspired clothes, and maybe a tooth gem or two.
- Celebrate Pride Month at [Cold Plunge Brunch](#) by TRC. Enjoy live music, delicious bagels and specialty drinks. Proceeds go towards PinkDot, so join

in for a day of good vibes while contributing to a good cause!

- Not sure about what to do this Father's Day? Celebrate it at the [Joo Chiat Father's Day Food Fair](#), where you can take your pick from a wide array of food, drinks and knickknacks by small independent businesses..
- Try your hand at [basic silversmithing](#)—a beginner-friendly jewellery-making course that will introduce you to basic and practical techniques for making simple jewellery.

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