

MEDIA RELEASE

For immediate release

RELIVE THE STORIES OF SINGAPORE'S PAST AT SINGAPORE HERITAGEFEST 2021

The festival returns for its 18th edition in a new hybrid format to uncover the lesser-known stories of our healthcare history and food heritage



Singapore, 28 April 2021 – The annual ***Singapore HeritageFest (SHF)*** returns in a refreshed, hybrid format to uncover lesser-known aspects of Singapore’s history. From 3 to 30 May 2021, members of the public can look forward to over 100 on-site and online programmes that invite Singaporeans from all walks of life to embark on an exploration of our healthcare history and food heritage, and to relive the stories that connect us.

2 SHF 2021 commemorates significant healthcare and food heritage milestones –the 200th anniversary of Singapore General Hospital (SGH), the nation’s first hospital, and the inscription of our Hawker Culture on UNESCO’s Representative List of the Intangible Cultural Heritage of Humanity – through a line-up of offerings that includes virtual tours, talks, photo essays and video documentaries, and on-site tours and hands-on workshops. These programmes will reveal the stories behind the medical buildings of our past, delve into the history and benefits of Eastern healing practices such as traditional Chinese medicine and Ayurveda, introduce participants to foods of different cultures, and more.

3 SHF Festival Director David Chew said, “Singapore’s healthcare history and food heritage have a wealth of stories that are waiting to be discovered, from the humble beginnings of our very first hospital 200 years ago, to the fascinating breadth and depth of our culinary culture. Through SHF, we hope that Singaporeans can get to relive these stories that connect us, and also inspire them to take a more active role in safeguarding our shared heritage.”

An islandwide exploration of our shared history and heritage

4 The thematic approach of *SHF 2021* differs from recent past editions of the festival, which focused on the heritage of specific neighbourhoods and precincts. This allows the Festival to move beyond the boundaries of the precincts to take a more holistic view of Singapore’s history and heritage, and to focus on national milestones that connect Singaporeans as a community. The refreshed format for 2021 will reveal tales of our healthcare history and food heritage from all over the island. Some highlights include:

- **Tours of historic buildings and monuments that bear witness to Singapore’s medical history**

Visit SGH to learn more about the three National Monuments that lie within its compound – the College of Medicine Building, Tan Teck Guan Building and Bowyer Block – and discover the roles they played during the Japanese Occupation, as well as the stories of the communities who worked there. Festival-goers will also be able to go on digital tours of the former Communicable Disease Centre at Moulmein Road, and the former St Andrew’s Mission Hospital for Women and Children on Kadayanallur Street to explore areas that are not normally publicly accessible, and discover the lesser-known facts about the buildings. For example, #DidYouKnow that the former hospital houses one of the oldest lifts in Singapore?

- **Interactive workshops at local heritage businesses**

Enjoy a unique tasting session and workshop at local artisan soya sauce brewery Nanyang Sauce, and discover the difference between slowly fermented and factory-

produced sauces, while also picking up tips on how to use different types of sauces in different dishes.

- **A closer look at the food heritage of the Bras Basah.Bugis precinct**

Revel in the rich food culture of the Bras Basah.Bugis (BBB) precinct with a food trail that uncovers its hidden gems, and a three-part series of heartwarming short films, titled *Behind Our Stalls*, that chronicles some of the challenges our hawkers faced due to the COVID-19 pandemic, and how they overcame them. Another highlight is a food-themed photowalk, in which participants can enjoy a professional photography session of food-related buildings, sites and significant eateries in the BBB precinct.

- **This Is What We Eat At Home – A Photo Exhibition**

Mealtimes at home are not only a time to eat. They are spent creating memories together, with knowledge and social traditions passed down from one generation to the next. Through documenting the food they eat at home, six children and youth from Tak Takut Kids Club discover their family history and multicultural community heritage. With households that are helmed by working parents, single parents, and ailing grandparents, the families face challenges preserving cultural heritage, but continue to safeguard the value of shared family meals as one of the last bastions of family connections. Visitors can expect to experience a sensory-charged exhibition where they can view food photography, hear stories of self-discovery, learn about ingredients used in Burmese, Chinese, Malay, and South Indian food traditions, and bring useful recipes to try in their own home.

- **Evolution of Volunteering in the Healthcare Sector**

In some cases you might need strong muscles to help lift patients. On other occasions, you might simply need to be a good listener. Hear stories from healthcare volunteers from the Institute of Mental Health, Kwong Wai Shiu Hospital and Tan Tock Seng Hospital and find out what it takes to meet the needs of patients in this live digital dialogue session. The volunteers will also detail the challenges and rewarding experiences associated with volunteerism.

- **Cinema Reclaimed: Medicine & Modernity in Singapore Cinema**

Enjoy an array of locally-produced films that deal with the theme of medicine and modernity, as part of the inaugural edition of *Cinema Reclaimed*, a special collaboration between researchers Toh Hun Ping and Ben Slater. The film showcase will be accompanied by a virtual lecture by Mr Toh of SG Film Hunter, and Mr Slater, author of *Kinda Hot: The Making of Saint Jack in Singapore*, who will examine how local films have addressed medical themes and in particular, used hospitals as locations, from the Malay studio era of the late 1940s to the present day.

Other highlights

5 In addition to *SHF 2021* programmes, this year's festival will also feature *HomeGround @ NMS*, an art installation on the National Museum of Singapore's front lawn. It is a contemporary interpretation of a traditional *kampong* ("village" in Malay) house, taking inspiration from its most recognisable form and key architectural elements. Constructed entirely using one singular material, the perforated metal mesh is also a cheeky reference to the ubiquitous chicken coop cages often seen in kampongs.

6 The festival's signature *Ride & Discover* programme, which reimagines MRT stations and trains as exhibition spaces, will also return this year to present stories of landmarks such as SGH and Maxwell Food Centre at the Outram Park, Novena, Bedok and Toa Payoh stations. Please refer to **Annex A** for more information on *SHF 2021* programmes.

7 *SHF 2021* programmes will be open for registration from 29 April 2021, 1400hrs. Members of the public may visit www.sgheritagefest.gov.sg/ for more information on the programmes.

#SGHeritageFest | [sgheritagefest.gov.sg](http://www.sgheritagefest.gov.sg/) | <http://www.facebook.com/SGHeritageFest>

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About the National Heritage Board

The National Heritage Board (NHB) was formed on 1 August 1993. As the custodian of Singapore's heritage, NHB is responsible for telling the Singapore story, sharing the Singaporean experience and imparting our Singapore spirit. NHB's mission is to preserve and celebrate the shared heritage of our diverse communities, for the purpose of education, nation-building and cultural understanding. It manages the national museums and heritage institutions, and sets policies relating to heritage sites, monuments and the National Collection.

About Singapore HeritageFest

The Singapore HeritageFest (SHF) is the National Heritage Board's signature annual outreach event that celebrates the many facets of Singapore's diverse heritage and culture. SHF works with individuals, groups and communities to co-create programmes and offerings. This allows the festival to uncover lesser-known stories and narratives, engender a greater sense of ownership, and empower Singaporeans to safeguard and promote our shared heritage. The inaugural edition of SHF was staged in 2004, and since then, the festival has continued to provide on-site and online experiences with yearly themes that focus on different aspects of Singapore's heritage.

Singapore HeritageFest 2021

3 to 30 May 2021

Something new, refreshing and hybrid is coming your way – the Singapore HeritageFest (SHF) returns for its 18th edition in May! This year, discover the lesser-known stories of Singapore’s healthcare history and food heritage through a mix of on-site and online experiences, as we commemorate our healthcare milestones and continue to celebrate our rich food culture. From virtual tours that reveal stories of the medical buildings of our past, to workshops that spotlight Eastern medical treatments like Traditional Chinese Medicine and Ayurveda and how they have adapted to the needs of modern society today, come discover and relive the stories that connect us. You can also find out more about the food of the different communities and reinvention of traditional recipes through hands-on demonstrations by community partners. Whether you’re a heritage fanatic, or just inspired to learn more about the country we call home and play a part in keeping our heritage alive, there’s something for everyone at sgheritagefest.gov.sg!

Food Heritage - Physical Programmes

- **A Taste of Heritage with Kopitiam**

Dates: 22 & 23 May

Time: 9am - 11am

Enjoy flavours of Singapore Heritage with Michelin Bib Gourmand Award winner, Shi Hui Yuan and old-school Singaporean *bak kut teh* brand, Tuan Yuan Bak Ku Teh. Each pair of participants can enjoy a herbal or peppery *bak kut teh* from Tuan Yuan Bak Ku Teh, and a plate of Shi Hui Yuan Hor Fun with collagen-rich gravy and nutrient-loaded herbal braising sauce prepared with over 30 herbs. Each plate of *hor fun* is packed with more than 1500mg of collagen.

About Shi Hui Yuan

4-year Michelin Bib Gourmand Award winner, SHI HUI YUAN is famed for its collagen-rich gravy and nutrient-loaded herbal braising sauce that is developed with a recipe using over 30 herbs, in line with their Cantonese cooking philosophy of “Food as Medicine”. Each plate of *hor fun* is packed with more than 1500 mg of collagen.

About Tuan Yuan

The name Tuan Yuan unites “reunion” with “fate”, the ties that make every reunion with family, friends, colleagues, and business partners precious.

Tuan Yuan is a contemporary dining experience that cultivates togetherness around authentic Teochew Bak Kut Teh. The family’s dedication to creating truly old – school Singaporean Bak Kut Teh goes way back to 1991.

- **An Edible History of Bras Basah Bugis: Food-Themed Photowalk**

Date: 22 May

Time: 10am - 12pm, 4pm - 6pm

Registration required.

Before heading out on your photo walk, pick up some foundational knowledge of the Bras Basah.Bugis precinct’s food scene by joining a talk organised by the National Archives of Singapore.

Thereafter, a professional photographer will help you up your photography game by imparting techniques to compose better images and tips on how to develop an eye for interesting angles and unique vistas.

Armed with all the relevant information, you are now ready to head out for a guided food-themed photo walk of the picturesque neighbourhood.

- **Banana Leaf Dining Experience**

Date: 22 & 23 May

Time: 11am

Registration required.

Learn the art and etiquette of traditional Indian banana leaf dining and get to know the nuances behind the serving sequence, variety of dishes, and the benefits and goodness of the vegetarian meal.

About Joyce Kingsley

Joyce is a motivational Speaker and Founder/ Chairperson of LISHA Women’s Wing, she actively organizes cultural programmes, business networking sessions, forums and seminars on various topics to aspire women entrepreneurs.

- **Blast from the Past: A Nature Walk in Thomson Nature Park**

Dates: 22, 23, 29 & 30 May

Time: 9am - 10.30am

Registration required.

Wander through Thomson Nature Park and take a step back in time.

The site is home to abandoned structures – think old wells, pottery jars and ivy-covered spiral staircases – which once belonged to a former kampung known as Hainan Village. The kampung was established in the 1930s and vacated in the 1980s.

Join us as we retrace the footsteps of former villagers who used to climb the area's fruit trees and tap its wild growing flora to spice up mealtimes.

If you're lucky, you might even get to spot the endangered Raffles' Banded Langur which resides in the conservation park.

- **Behind Our Stalls: Bras Basah.Bugis Heritage Food Trail**

Date: 7, 8 & 9 May

Time: 10am - 1pm (all days); and 3pm - 6pm (8 & 9 May only)

Registration required.

Cater to the foodie in you by hopping on this F&B trail of the culturally diverse and artistically vibrant Bras Basah.Bugis precinct – one of Singapore's oldest districts. You will also get to design your own tote bag and take part in a coffee painting workshop!

- **Community Association Series: Eurasian Association (Workshop)**

Dates: 8, 15 & 22 May

Time: 2pm - 4pm

Registration required.

Pick up culinary tips from chef Quentin Pereira as he demonstrates how to cook a common home-cooked dish in Eurasian households - Kristang Stew. A delicious consommé comprising meat brewed with spices and onions, this dish is sure to warm one right up!

Knowledgeable docents, who will walk you through the Eurasian Association's

freshly-revamped heritage gallery, will also share with you about the spice trade, in particular how spices came to be at the heart and soul of Eurasian cuisine. In addition, the guides will speak on what it means to be Eurasian – a culture that reflects a range and combination of European and Asian influences

- **Discover the In-KUEH-dible! Learn all about and make your own Ang Ku Kueh!**

Date: 15 and 16 May

Time: 10am, 11am, 2pm, 3pm and 4pm

Each session is 30 minutes, capped at 3 pax per session. Register via the CapitaStar app.

Did you know that *ang ku kueh* got its name as a literal translation from red tortoise cake? Come find out more on how this traditional food has transformed to become today's popular snack! Join us and try out first-hand how to mould your own *ang ku kueh* from the experts at Ji Xiang Confectionery, right at their new Bugis Street flagship store!

- **Fermentation in Local Food Heritage**

Dates: 9 May & 23 May

Time: 3pm - 5pm

Registration required.

Most of us typically associate 'fermented food' with *kimchi*, beer, and miso, but did you know that our local and regional cuisines are rich in fermentation too? Fermented foods are ubiquitous in our local cuisine! We can see examples across flavours and traditions, from soy sauce to fish sauce, *tempeh* to *tempoyak*, beer to red rice wine. Join our workshop to see fermentation in action at a local brewery, and to learn how fermentation can be used to create products, from probiotic drinks to yeast extract, and not just beer! You will even get to ferment your own *tempeh* and explore ways we can keep our local food culture thriving.

- **From Candy to Singapore's Leading Food Startup Innovation Hub**

Date: 22 May

Time: 9am - 1pm (8 sessions staggered, each 1.5hrs long)

Registration required.

Founded in 1947, Cheng Yew Heng Candy Factory started at Upper Serangoon Road and was making Hawthorne and preserved candies. It then went to making rock sugar, red jaggery sugar, black jaggery sugar which it still does today. Today it

is helmed by the 3rd generation and is Singapore's oldest and only rock sugar manufacturer and leading food start-up incubator. The company has evolved over the decades to make proud Singapore's heritage of moving forward and changing with the times. Learn how Singapore's sugar maker is changing the way we look at sugar, and how it is helping Singapore build a resilient food source, in the name of sustainability and food security.

In this tour, you will get to learn more about the process of making rock sugar at Cheng Yew Heng Candy Factory, as well as visit 2 of the food tech start-ups housed in the same building: ShioK Meats and Kombynation Co.

- **Heritage Dining Experience**

Date: 15 & 16 May

Time: 11am

Experience dining in a heritage home with a specially curated menu by signature host and chef Indra R L Iswaran, as she provides anecdotes on the history of the cuisine and dining narratives that accompany her culinary creations.

About Mrs Indra Iswarana

Signature Host Chef, Indra R L Iswaran is an award winning author of Gourmand World Best Books Award 2020. She began her dining narrative three years ago and it has become one of the most popular experiences for guests who have taken that journey with her. Living in a cosmopolitan community here in Singapore, she loves the vibrance of different food found here and has honed her legacy and her wealth of knowledge to stretch from Jaffna her roots, to the Malay Archipelago her birthplace and further afield. She gives the history of the cuisine through these Narratives and her culinary creations.

- **Little India Sensory Trail**

Date: 29 & 30 May

Time: 10.30am

Registration required.

Feast your senses with the wonders of Indian fragrances, foods and spices! Join us on the Little India sensory trail as we explore this colourful district and witness the cultural beauty of the vibrant precinct that is Little India.

- **Learn to Cook Our Heritage Food: Hokkien Mee**

Date: 22 May
Time: 10am - 12pm
Admission at \$40.00 per person. Capped at 16 pax. Registration required.

This iconic stir-fried noodle dish has its roots in Rochor Road, where fishermen would fry noodles with the leftover catches of the day.

This programme is part of a series where Food Playground will be conducting virtual and physical classes to share how to cook a selection of heritage dishes!

- ***Popiah* Making & Locally inspired Cocktail Mixology Workshop**

Dates: 15, 16, 22, 23, 29 & 30 May
Time: 4pm - 5pm
Admission at \$15.00 per person. Capped at 24 pax. Registration required.

Participants will receive a set of *popiah* ingredients to be able to roll their own *popiah*. They will also enjoy free Nanyang Coffee or Tea with this.

This is followed by a mocktail demo where the bartender will mix a locally inspired mocktail for participants to enjoy before the photo opportunity at Yum Sing.

- ***Prata* Making Workshop**

Date: 8 & 9 May
Time: 10am & 11am
Each session is 30 minutes, capped at 5 pax per session

Have a flipping good time at Makanan Bollywood's hands-on workshop! You will learn how to make your own dough and discover the intricacies of *prata* flipping. Plus point - you will also get to enjoy a 30 mins "All-You-Can-Eat"* inclusive of a hot drink from the menu at the end of the session!

**Applicable for selected pratas only*

Booking via CapitaStar eDeal and CapitaStar members can redeem 1 (one) workspace pass from CS app with 1,000STAR\$-

- **Relive Food Heritage at Capitol Singapore and CHIJMES**

Date: 3 - 30 May

Together with their popular dining establishments, Capitol Singapore and CHIJMES celebrate Singapore's food culture with an array of signature dishes, elevated with a local twist. The festivities will culminate into an exciting food festival at Capitol Singapore featuring your favourite hawkers! Besides perennial favourites, the hawkers will introduce brand new dishes that are reminiscent of the classics while tantalising your tastebuds with new flavours.

If that's not enough to tempt you, CHIJMES will get you drooling with its projection of Singapore's local food on the façade of CHIJMES Hall!

- Heritage Food Trail

Date: 3 - 30 May

Take your tastebuds on a gastronomic heritage food trail at our popular dining establishments that will feature an array of signature dishes, elevated with a local twist.

- Food Festival

Date: 28 & 29 May, and 5 & 6 June

Venue: Food Court, #B1-20/27, Capitol Singapore

Celebrate local food culture with a wide array of local dishes! On 5 and 6 June, join your favourite hawkers as they concoct new classic dishes that tantalise your tastebuds.

- "Say Cheese"

Date: 3 - 23 May

Venue: Capitol Singapore, Outdoor Plaza

Take pictures with life-sized décor inspired by our local culture to get our 'gram on.

- Projection Mapping

Date: 3 - 30 May, 7.30pm - 10.30pm with 30mins interval between each session

Venue: CHIJMES, The Lawn

Catch your favourite dishes come alive on the back of the iconic CHIJMES Hall! Hungry yet?

Find out more at capitolsingapore.com and chijmes.com.sg

- **Remembering the Old Waterfront**

Dates: 8 & 15 May

Time: 10am - 11.30am

Registration required.

Amid the swanky towers of steel, glass and concrete lining our waterfront, lie forgotten stories of yesteryear.

Uncover some of these lost moments in time as we explore a clutch of national monuments that hark back to our early years as a port city.

Among them:

1. The Yueh Hai Ching temple which sojourners of yesteryear visited to thank the Goddess of the Sea for safe travels. While there, look out for the temple's stunning collection of ceramic figurines which portray legends and tales from beloved Chinese classics.
2. Lau Pa Sat – one of Singapore's oldest markets. While there, check out its various Victorian cast-iron elements, its clock tower as well as its airy, octagonal structure.
3. The 1933 Clifford Pier. The pier was officially named after then Governor Sir Hugh Charles Clifford. Among locals, however, it was known as the Red Lamp Pier. This was in reference to a red oil lamp once used to guide seafarers.

Meet us at Yueh Hai Ching Temple to embark on this exciting journey!

- **Sauce Appreciation Workshop @ Nanyang Sauce Brewery**

Date: 8 May

Time: 10.30am

Registration required.

What do you enjoy adding soya sauce to? The founder of Nanyang Sauce Brewery, the late Tan Tiong How, loved adding a dash of the condiment to plain porridge, so much so that he brought his family's recipe with him from Fujian, China to Singapore

in 1942.

Introduced to the flavour-bomb of a sauce, his Singapore-based friends soon became fast fans. On their prompting, he began hawking the bottles to residents and grocery shops in his neighbourhood. Eventually, Mr Tan set up a factory in 1959.

His descendants, who run his establishment today, will walk you through their entire gamut of sauces and share with you tips on the best concoctions to deploy to give your favourite dishes the perfect flavour boost. This workshop is set to be a mouth-watering one!

- **Sauce Making Workshop @ Nanyang Sauce Brewery**

Date: 22 May

Time: 9.30am

Registration required.

Need a change in environment? A visit to Nanyang Sauce Brewery in Jurong where giant earthenware jars of soya beans lie fermenting in the sun, will transport you back in time! The brewery, which continues to produce soya sauce the traditional way, is one of the last few Singaporean sauce makers with local operations.

Third-generation owner Ken Koh will share with you the origin story of the 1959 business which his grandfather Tan Tiong How started in 1942. Mr Koh will also walk you through how to make your very own chemical-free bottles of soya sauce.

- **Spice Paint Making Session**

Date: 22 May

Time: 10.30am

Learn about spices such as turmeric, chili, cinnamon, and ginger and discover how to make them into paints suitable for drawing and painting in this interactive drop-in session by artist Susanna Tan.

About Susanna Tan

Susanna Tan completed her artist in residency programme at the Indian Heritage Centre from 2020 – 2021. Her documentary art project, Masala Masala! uncovered the love, loss, and lives of spices by exploring shared conversations, recipes, and memories of spices in the community. Susanna graduated from LASALLE College of the Arts with a Bachelor of Fine Arts(Hons) in 2016 and is the inaugural recipient

of the TCC-LASALLE Artist-Curator Alumni Award in 2017.

- **Spices In My Curry**

Date: 22 May

Time: 1.30pm - 2.30pm; 3pm - 4pm; and 4.30pm - 5.30pm

Registration required.

Jeya Seelan has made numerous headlines for giving up a corporate job to preserve his family's long-held tradition of spice mixing.

Get up close and personal with the inspiring young Singaporean who will share insights about his family's heritage business. He will also speak on the histories and origins of spices commonly used in local food and teach you how to make your very own spice blend! What are you waiting for? It's time to get your aprons on!

- **The Greatest Supper Party!**

Dates: 8, 15, 22, 28 & 29 May

Time: 3pm - 4.30pm

Registration required.

Who will you invite to a supper party? Food has been a building block of community, where individuals from all walks of life can come together around a table to open their minds and hearts to others unlike themselves. Piloted as an inclusive food art project among a group of friends who graduated from Kindle Garden, Singapore's first inclusive preschool, *The Greatest Supper Party* aims to collect creations of local dishes with an imaginary twist by children of all abilities, weaving together stories that aim to encourage positive attitudes towards inclusion.

- **This Is What We Eat At Home – A Photo Exhibition**

Date: 7 - 30 May

Time: 10am - 7pm

Free

Mealtimes at home are not only a time to eat. They are a time spent creating memories together, with knowledge passed down from one generation to the next, where elders and children invest in each other with care. Through documenting the food they eat at home, six children and youth from Tak Takut Kids Club discover their family history and a rich multicultural community heritage consisting of Burmese, Chinese, Malay, and South Indian traditions. With households that are

helmed by working parents, single parents, and ailing grandparents, the families face challenges preserving cultural heritage, but continue to safeguard the value of shared family meals as one of the last bastions of family connections.

Expect to experience a sensory-charged exhibition at the community void deck where you will enjoy viewing food photography, hear stories of self-discovery, learn about ingredients used in Burmese, Chinese, Malay, and South Indian food traditions, and bring useful recipes to try in your own home!

Full experience including audio and interactive elements are only available every Thursday to Sunday.

- **This Is What We Eat At Home - An Interactive Tour**

Date: 22, 23, 29, & 30 May

Time: 10am - 11.30am

Registration required.

Discover the lives of six children and youth residing in Boon Lay through an experiential tour of the neighbourhood and a guided tour of a community void deck exhibition!

- **Recess Time by Practice Tuckshop**

Date: 14 & 28 May

Time: 12pm, 1pm, 7pm

Registration required. Limited reservation slots are available via Direct Messages to @PracticeTuckshop's Facebook.

Hear Good Stories, Eat Good Stories!

Recess Time is a lunch party at the heart of the Singapore arts district. Makan Masters put their creative expressions on a plate, while foodies gather over a delicious, yet affordable meal at the Practice Tuckshop.

Located at the heart of the Waterloo Street Arts Belt, Practice Tuckshop is a cafe and creative playground that celebrates the Practice kampung hospitality. Run by The Theatre Practice, the Practice Tuckshop brings together artists and audiences in a community atmosphere and programmes are curated around unexpected intersectionalities. Practice Tuckshop is also an advocate for sustainability in green practices. As this is an on-going effort, we constantly revise how to green-up our act!

On 14th May, Makan Master Megan Hon will helm the stoves and share her favourite hawker dishes which bring her comfort.

On 28th May, Makan Master Priscill Koh aka Tai Tai Chef will showcase her skills in innovation by delivering typical Hawker flavours in a vegan diet.

Both sessions of *Recess Time* held in conjunction with the Singapore HeritageFest 2021 promises:

- A Meal From the Heart: Enjoy a yummy three-course meal and drink, and get to know our chefs. You'll never guess what these Makan Masters will be serving up!
- Eat For A Cause: Combat food waste with our Makan Masters, who are challenged to incorporate rescued produce into their cooking.
- Pop-up Communal Dining: Leave with a full stomach and meet our Kaypoh King/Queen, as we swap stories about our favourite memories associated with food!

- **Wheels On The Bus - Mushroom For Learning!**

Dates: 9, 16, 23 & 30 May

Time: 8.30am - 11am, 10.30am - 1pm, 12.30pm - 3pm, 2.30pm - 5pm

Registration required.

Grow your own mushrooms under the guidance of Kin Yan Agrotech's expert farmers. As part of the workshop, you will also be taken on a tour of the company's pesticide free, commercial mushroom farm – the largest of its kind in Singapore!

- **Wheels On The Bus - Ready, Set, Goat!**

Dates: 9, 16, 23 & 30 May

Time: 11.30am - 1.15pm, 12.30pm - 2.15pm, 1.30pm - 3.15pm, 2.30pm - 4.15pm

Registration required.

Where does Hay Diaries procure all the hay it needs to feed its population of over 800 goats? How much manpower is needed to milk the animals? Why does goat milk trump cow milk?

The people behind Hay Diaries are ready to answer all your burning questions in this special tour of its grounds. While there, you might also get to witness some of the heavy-duty work that goes into running Singapore's only goat farm.

Food Heritage - Digital Programmes

- **Community Association Series: Eng Choon Hway Kuan**

Available from 11 May

Have you ever had herbal duck soup or yam rice? Join us on this episode of the Community Association Series as our host Sarah learns more about the Eng Choon region from the Eng Choon Huay Kuan Singapore. Watch as the head of the Eng Choon Huay Kuan Singapore Women's wing shares with Sarah her family recipes for a nourishing herbal duck soup (白鸭汤 in mandarin) and hearty yam rice (芋头饭 in mandarin). These are both familiar comfort dishes for her family and iconic dishes in Eng Choon cuisine. Come listen to the stories of the rich culinary heritage of Eng Choon Huay Kuan!

- **Community Association Series: Javanese *Jamu***

Available from 11 May

Step into the world of ancient Javanese wisdom and uncover recipes of yesteryear with Mr Suryakenchana Omar and host Sarah. Watch as the pair produce *jamu* – a herbal medicine comprising natural ingredients such as flowers and leaves. This Community Association Series episode will also discuss the health benefits of *kunyit asam*, *halia rempah* and a special paste that helps with inflammation.

- **Community Association Series: Kong Chow Wui Koon**

Available from 18 May

On this episode of the Community Association Series, host Jerald will ring you to one of Singapore's oldest clan associations - Kong Chow Wui Koon. He will learn from the association's members about their activities and also the three treasures of Xinhui - one of which is the mandarin orange peel. This can be used to make red bean soup - a hearty dessert that holds many fond memories for Cantonese families and will make you feel right at home.

- **Community Association Series: Young Sikh's Association**

Available from 11 May

Join Sarabjeet Singh (president of the Young Sikh Association) and his mum, Jeet, as they share about home-cooked dishes from the Sikh community with our host Sarah. In this video find out about *Kala Channa* and *Suji Halva* - two traditional dishes that Sarabjeet has fond memories of eating while growing up. Jeet would cook these two dishes when Sarabjeet was studying for major exams, and on weekends for tea-time as a comfort food. Enjoy watching the video and come on down to the Indian Heritage Centre on 16th May for an on-site cooking demonstration whereby the Sarabjeet and his mum Jeet will teach you how to make another classic dish – *Gajar Halva* (Carrot Halva).

- **Food Fables: CindeRilla**

Available from 11 May

Supported by the Speak Good English Movement

CindeRilla is invited to a potluck party by her new neighbour. There's only one problem - she cannot cook! Can CindeRilla prepare a dish in time for the party? What dish will she decide to cook?

Join Suzannah Chua as she tells the story of CindeRilla, written by Rilla Melati Bahri.

- **Food Fables: 总有一个吃包子的理由**

Available from 18 May

Supported by the Speak Mandarin Campaign

Do you have a favourite food? How do you bargain with Daddy or Mummy to let you have more of it? Listen to Mao Mao engage in friendly banter with his mom, as he tries to convince her to let him beloved snack, the bao. As you listen to this story, write down the food items that you know, and learn different ways to describe food. Enjoy this storytelling session about food, culture and relationships!

Join Kek Zixin as she tells the story of 总有一个吃包子的理由, written by 袁晓峰.

- **Food Fables: Stone Soup**

Available from 18 May

Supported by the Tamil Language Council

A traveller arrives in town, famished and tired. He asks the villagers for something

to eat but the villagers are reluctant to share their food with him. The traveller hatches a clever plan to convince them to make a dish called the Stone Soup. Can these villagers make soup from stone?

Join Rani Kanna as she tells an adaptation of the European folktale, *Stone Soup*.

- **Food Fables: Kuih Yang Mana Satu?**

Available from 18 May

Supported by the Malay Language Council

A young boy and his sister explore all kinds of Malay kuih in bustling Geylang Serai during Ramadan to buy for the breaking of their fast. Can you guess what they bought in the end?

Join Idayu Hussain as she tells the story of *Kuih Yang Mana Satu?* published by Ungu Pen.

- **Food Is Medicine – An Ayurvedic diet**

Available from 4 May

What is an ayurveda diet? Catch Vasanthi Pillay from Ayurveda Association of Singapore (AAOS) and Chef Bala from Indian Chefs & Culinary Association (ICCA) as they share more on the Ayurveda significance of the six tastes in an Indian cuisine prepared through traditional cooking methods.

- **For Here or Takeaway**

Available in the form of a photo essay

Featuring *For Here or Takeaway (2020)* by Brian Xavier Bong (The Fussy Foodie) whose images serve as a commentary on the modern-day local food scene. Project acts as a vessel to question one's perception of the authenticity of food, its importance and relevance in the present.

- **Local Flavours**

Available from 6 May

Order your next bite from *Local Flavours*, and let us put words in your mouth! Explore our enticing menu prepared by Singaporean writers and illustrators in this celebration of well-loved hawker dishes.

Featuring 15 poems carefully paired with gifs and illustrations, this eclectic selection offers a mix of cuisines and poetic styles. With foods ranging from favourites like chicken rice and prata, to lesser known dishes like *garam assam* and idli, there's something for everyone!

All delivery fees waived. Give us your email address and receive these tasty sides, delivered straight to your inbox:

- Insightful articles to find out more
- Recipes to try at home
- Digital stickers to use with friends

Be sure to also check out the "Gift" feature, which allows you to send a digital care pack to friends and family who miss Singaporean food.

- **Modern Malay Cooking with Shamsydar**

Available from 4 May.

Impress your family this Hari Raya Aidilfitri with two divine recipes from chef Shamsydar Ani who will teach you how to make her *ibu's* (mother's) *boujee rendang minang* (meat dish with spicy paste) and *ayam lemak chilli padi* (chicken with coconut cream).

Chef Shamsydar recently released a cookbook called "Spices & Lime: Recipes from a Modern Southeast Asian Kitchen". It houses her family's favourite recipes from their kitchen in Singapore as well as their travels around the globe. The book is testament to her desire to keep her family's food adventures alive while also ensuring that Malay cooking is accessible to all.

- Ibu's Boujee Rendang Minang

Chef Shamsydar's take on this traditional Minangkabau spiced meat dish comes with a twist. She recommends using the oven instead of the stove, thereby eliminating the need to keep stirring.

Her rationale: it frees up the stove especially in the lead up to Hari Raya Aidilfitri when kitchens tend to be overwhelmed by dishes that need to be sauteed and stirred.

Chef Shamsydar will also impart her mother's art of "agarration" – a technique in which the cook estimates quantities and portions to produce a balanced dish and prepare items like *rempah* (spice paste).

- [Ayam Lemak Chilli Padi](#)

Chef Shamsydar's healthier take on the traditional *ayam lemak chilli padi* recipe uses *kampung* (village) chicken which tends to be less fatty. Going the extra mile to keep things low calorie, she abstains from adding oil to the dish and instead depends on the fats from key ingredients – chicken and coconut cream – to cook the heavenly dish through.

- **Project Teahouse: Play From Home**

Available from 3 May

Join us for a digital showcase featuring nine prize-winning games from Heritage Game Jam 2020 – a game design competition which took place in the third quarter of last year. Try out the games for yourself and drop by the digital booths of their creators for a more intimate understanding of the development process.

The showcase is put together by the Sagakaya Collective which comprises Gwen Guo, Jewell Koh and Jedidiah Siah.

- **The Hungry City: Singapore's Food History in Global Perspective**

Date: 27 May & 28 May

Time: 10am - 4pm

Registration required.

Singapore has served as a key node in the trade of food and raw goods within Southeast Asia since the 19th century. Yet, the island has received relatively little attention in the global historiography of food.

This inaugural history workshop, *The Hungry City: Singapore's Food History in Global Perspective*, seeks to plug this gap. This two-day gathering will reflect on food's multi-layered and omnipresent nature in Singapore. Public intellectuals, practitioners, faculty members as well as students of history will explore how Singapore's edible past can generate new understandings of the island's position in Asia and beyond. In keeping with their wide-ranging backgrounds and interests, speakers will draw on a broad range of approaches to history.

Presentations on day one of the workshop will explore the island's history from the perspectives of memory, work, and cultural identity. Fresh research on Singapore's hawker culture and kopitiam scene, the histories of labour in home kitchens and restaurants, as well as the changing consumption patterns of salt, stingray, *laksa* (a spicy noodle dish) and "Singapore Noodles", will also be on the table.

On day two, speakers will discuss other novel ways of looking at Singapore's food history. Several presenters will investigate the multidimensional histories of local horticulture, colonial-era slaughterhouses as well as the island's reliance on the sea for sustenance. Other speakers will discuss the rich history of edibles used to treat common local ailments.

The first of its kind in Singapore, this history workshop will appeal to scholars, heritage specialists and general audiences interested in the edible history of Singapore and the region.

Co-organised by Anthony Medrano (Yale-NUS College) and Geoffrey Pakiam (ISEAS-Yusof Ishak Institute), held in conjunction with the Singapore HeritageFest 2021.

- **Ray Bans: A Look Into *Sambal* Stingray**

Photo-essay available from 4 May.

Sambal stingray is a popular seafood dish found in many hawker centres in Singapore and Malaysia. Previously an unpopular fish, Inez Alsagoff questions how the demand for stingrays as a good dish has changed over the years, and to explore the interesting shift from a "trash fish" to a local favourite.

Author Inez Alsagoff is an alumna of the Environmental Studies department of NUS and will be sharing more about her research at The Hungry City history workshop as a panellist.

- **Salt of the Earth: Salt and Salt-Preserved Foods from Past to Present**

Photo-essay available from 4 May.

Salt is one of the most essential and yet overlooked commodities in Asian food culture. This photo essay traces the evolution of salt production and consumption in Singapore, following the trajectory of this ingredient from its humble backgrounds to the elevated position that it currently occupies in high cuisine.

Author Sheryl Teo is an undergraduate student in the Anthropology programme at Yale-NUS College and will be sharing more about her research at *The Hungry City* history workshop as a panellist.

- **We Are How We Eat: A Discussion on Food, Sustainability and History**

Date: 8 May

Time: 10.30am - 12pm

Registration required.

Food is key to the Singaporean identity. A panel put together by Ethos Books in collaboration with SHF 2021 will discuss the country's relationship with food in the context of a global climate crisis and a nation lacking in natural resources.

Panellists will, among other things, chew on the all-important question of whether it is possible to produce food sustainably in Singapore as the push to grow local and eat local gains momentum. They will also tackle broader topics like how traditional histories have sometimes been sidelined in our food paradise and will consider how we might be able to reimagine food narratives in Singapore.

The event will be streamed live on Ethos Books' Facebook page.

- **When Cooking Was a Crime Dialogue**

Date: 23 May

Time: 2pm - 3pm

Using chamber pots as cooking vessels and toilet water to make soups and gravies, prison inmates and drug rehabilitation centre detainees used to recreate *laksa*, *bubur cha cha* and even *ban mian* within the confines of their cells. Much of this took place under the cover of night during the downtime of patrolling guards. On special occasions such as birthdays, a bar of chocolate, soda biscuits and margarine would have been combined and set in a "cake mould" fashioned out of magazine covers and rice glue.

The former convicts' lost recipes and stories are documented in the 2020 publication, *When Cooking Was A Crime: Masak In The Singapore Prisons, 1970s-1980s*. Author Sheere Ng and photographer Don Wong will take us into the heart of the project during this live dialogue session. Participants will also get to hear from Benny Se Teo, a chef and former drug offender, whose experience was chronicled by the

pair.

The event will be streamed live on the SHF Facebook page.

Medical History - Physical Programmes

- **Discovering Singapore's Best Kept Secrets: Tour of Tanglin Village**

Date: 22 & 29 May

Time: 9am - 10.15am; and 11am - 12.15pm

Registration required.

Presented in partnership with Jerome Lim and the Singapore Land Authority.

Where did soldiers in colonial Singapore go to get treated for common ailments, skin conditions and sexually transmitted diseases?

Which hospital was known for producing one of the world's leading allergists and immunologists – Dr William Frankland?

The answer to both questions: Tanglin Military Hospital.

The former hospital's various blocks still stand today although they have been repurposed to suit the needs of lifestyle destination Dempsey Hill. The popular food and retail enclave in Tanglin Village started life as Tanglin Barracks back in the 1860s. Along the way, other landmarks rose within the complex. Among them, St. George's Church which was built to meet the spiritual needs of British soldiers living in the barracks. The SHF volunteer guides will walk you through the grounds of the defunct hospital as well as the quaint, red-bricked church which was gazetted as a national monument in 1978.

- **Healing Garden @ Singapore Botanic Gardens**

Date: 22, 23, 29 & 30 May

Time: 9am - 10am (22 & 29 May), 11am - 12pm (23 & 30 May)

Registration required.

Join our SHF volunteer guides on this tour of the Singapore Botanic Gardens' 2.5 hectare Healing Garden – home to 400 varieties of plants traditionally tapped by Southeast Asians for their medicinal properties.

While there, see if you can spot the betel nut which aids digestion as well as Thai

ginger which can help alleviate fevers. If you are having trouble locating the plants, here is a tip – the Healing Garden has been laid out according to the human form!

- **Spirit of Saving Lives**

Dates: 22 & 29 May

Time: 10am - 11.30am

Three national monuments that lie within the Singapore General Hospital (SGH) compound bear testament to this country's medical history – the College of Medicine Building, Tan Teck Guan Building and Bowyer Block. Be inspired by the generosity of members of the Chinese community such as Tan Jiak Kim, as well as passionate doctors such as Lim Boon Keng, who dedicated their lives to laying the foundation of Singapore's medical education and healthcare system. At the same time, learn more about SGH's role during the Japanese Occupation.

- **Talk on Traditional Chinese Medicine with Cooking Demonstration**

Date: 15 May

Time: 3pm

This heritage programme features Mdm Lee Swee Har and Mr Chow Khai Shui who will be speaking in both Mandarin and Cantonese.

Mdm Lee Swee Har is the vice-president of Kwong Wai Siew Lee Clan Association. She has years of experience in conducting cooking workshops and holds a higher certificate in culinary skill from the Singapore Culinary Institute. In May 2009, she was awarded the Special Gold Award at the 5th International Competition of Far East in Beijing.

Mr Chow Khai Shui is the managing director of Teck Soon Medical Hall, and a TCM doctor. His interest in TCM was sparked as a young boy when he started helping his father at the family's small TCM store in Sago Street. He went on to study the subject at the Chung Hwa Medical Institution, graduating as a TCM doctor in 1985.

Medical History - Digital Programmes

- **Cinema Reclaimed: Medicine & Modernity in Singapore Cinema - Body Puzzle**

Date: 29 May

Time: 2pm - 3.30pm

Treat yourself to a special screening of the *Body Puzzle* (2001), a lost film directed by Laurence Ma Yuk-Fai. The showcase is part of the inaugural edition of *Cinema Reclaimed*, a special collaboration between researchers Toh Hun Ping and Ben Slater centered on the theme of medicine and modernity.

Synopsis:

This violent, visceral and rather bizarre film stars Singapore's Thomas Ong and Hong Kong's Gigi Lai. The characters' budding romance is disrupted by a serial killer on the loose. The Hong Kong filmmakers behind the movie were based in Singapore and working for Chinese television at the time. Their aim had been to create a show based on the cases of real life forensic pathologist, the late Chao Tzee Cheng who was known for solving high-profile crimes in Singapore.

- **Cinema Reclaimed: Medicine & Modernity in Singapore Cinema - Doctor**

Date: 27 May

Time: 8pm - 9.30pm

Treat yourself to a special screening of the 1958 *Doctor*, a melodrama directed by Phani Majumdar and produced by Shaw's Malay Film Productions. The showcase is part of the inaugural edition of *Cinema Reclaimed*, a special collaboration between researchers Toh Hun Ping and Ben Slater centered on the theme of medicine and modernity.

Synopsis:

Carpenter Bakar (S. Kadarisman) sends his son Idris (Aziz Jaafar) to medical school with the lofty goal of having him serve the poor and needy as a doctor. Idris struggles to find a balance between pursuing his own interests and fulfilling his father's wishes. This relatively gritty social-realist melodrama was directed by Phani Majumdar who was also behind the popular historical drama *Hang Tuah* starring P. Ramlee.

- **Cinema Reclaimed: Medicine & Modernity in Singapore Cinema - Tunang Pak Dukun**

Date: 13 May

Time: 8pm - 9.30pm

Treat yourself to a special screening of a Cathay-Keris production from 1960 called *Tunang Pak Dukun* by director S. Roomai Noor. The showcase is part of the inaugural edition of *Cinema Reclaimed*, a special collaboration between researchers

Toh Hun Ping and Ben Slater centered on the theme of medicine and modernity.

Synopsis:

Karim (Abdullah Chik), an earnest and progressive doctor-to-be, has little choice but to engage with cranky bomoh (Dollah Sarawak) whom he needs to study under to win the hand of his beloved University of Malaya schoolmate Khatijah (Rose Yatimah). Khatijah's aunt, whose approval Karim must gain, is determined to retain traditional healing practices within their kampong. The romantic comedy, filmed in and out of Singapore, and featuring a great score and songs by Zubir Said, explores the clash of modern science with ancient wisdom.

- **Community Association Series: Singapore Chin Woo Athletic Association**

Date: 16 & 30 May

Time: 11.30am - 12.30pm

Registration to the workshops required.

Video will be available on 18 May.

On this episode of our *Community Association Series*, host Jerald visits the Singapore Chin Woo Athletic Association to delve into the mind of a *qigong* master. The goal? To better understand the health benefits and philosophy behind the ancient exercise. Pick up some key moves and try them out for yourself from the comfort of your home.

If you are interested in learning more about this martial art form, Chin Woo Athletic Association will be opening their doors for festival participants. The association will be giving the low-down on its history and sharing about its role grooming martial arts experts over the years. An instructor will run through the key steps behind the stress-relieving sport of *qigong*. You will very likely come away with moves that can help undo some of the knots in your neck, back and wrists from all the time spent working at your desk.

- **Community Association Series: Singapore Hok San Association**

Date: 16 & 30 May

Time: 10am - 12.30pm

Registration to the workshops required.

Video will be available on 18 May.

On this episode of the *Community Association Series*, Jerald will bring us to Kreta

Ayer, the home of Singapore's oldest lion dance troupe, Singapore Hok San Association. There, he will learn about the unique health benefits of lion dance and pick up key moves from the guardians of the traditional artform.

If you've been mesmerised by the sleek moves, Hok San Association is organising a workshop to let you try your hands at lion dance!

During the workshop, the association's practitioners will let you in on some of the technique, skills and discipline involved in putting together a seamless performance. They may also teach you how to bat the eyelashes of the costumed beasts and even pass on a few tips on how to move like a sultry feline.

While there, be sure to look out for the association's century-old artefact — a lion head from 1920 weighing a staggering 15kg.

- **Discovering Singapore's Best Kept Secrets: Digital Tour of 5 Kadayanallur Street by Jerome**

Date: 15 May

Time: 4pm

Presented in partnership with Jerome Lim and the Singapore Land Authority.

Developed for the poor and opened in 1923, the St Andrew's Mission Hospital for Women and Children catered to the dense residential population in and around the area of Chinatown. Its 1929 lift, the oldest operational elevator in Singapore, served contagious children stricken with tuberculosis. Under quarantine, the lift gave them the option of ascending to the building's roof for fresh air and a spot of time in the sun. Guide and heritage buff Jerome Lim will walk you through the backstory of this State property and shed light on the three-storey facility's Modernist design. Mr Lim will also pepper the digital tour with anecdotes from former users of the space.

- **Discovering Singapore's Best Kept Secrets: Digital Tour of Communicable Disease Centre (CDC) by Jerome**

Date: 22 May

Time: 4pm

Presented in partnership with Jerome Lim and the Singapore Land Authority.

One of the ways to stem the spread of infectious diseases is to space out beds and

wards. This was the principle that guided the design of the former Communicable Disease Centre (CDC) at Moulmein Road — home to a series of long, single-storey pavilion buildings. The complex, which was shut in 2018, was the site of numerous medical battles to combat infectious diseases such as HIV/Aids, polio and tuberculosis. Take part in a digital walkthrough of the historic centre's pastoral surroundings with heritage buff and author Jerome Lim.

- **Discovering Singapore's Best Kept Secrets: Digital Tour of Old Changi Hospital by Jerome**

Date: 8 May

Time: 4pm

Presented in partnership with Jerome Lim and the Singapore Land Authority.

Old Changi Hospital started life as a camp for Royal Engineers in the 1930s. It was converted for use as a hospital in 1947 to serve the Royal Air Force (RAF) Station Changi. It was one of the RAF's best medical facilities. Among other things, patients appreciated its proximity to the sea. Heritage blogger and author Jerome Lim, who has collaborated with SLA for the *Discovering Singapore's Best Kept Secrets* series of State property tours, will walk you through the history of the former hospital and point out architectural features that worked well for patient care and recovery.

- **Evolution of Volunteering in the Healthcare Sector**

Date: 9 May

Time: 2pm - 3pm

Hear stories from healthcare volunteers from the Institute of Mental Health, Kwong Wai Shiu Hospital and Tan Tock Seng Hospital and find out what it takes to meet the needs of patients in this live digital dialogue session

This programme is co-organised with members of the Museum Roundtable.

About Institute of Mental Health

The Institute of Mental Health (IMH), a member of the National Healthcare Group, is the only tertiary psychiatric care institution in Singapore. Located on the sprawling 23-hectare campus of Buangkok Green Medical Park in the north-eastern part of Singapore, IMH offers a multidisciplinary and comprehensive range of psychiatric, rehabilitative and therapy services in hospital-based and community-based settings. IMH volunteers give patients an opportunity to build friendships and develop relationships with more people, other than their hospital care team. They help

patients to feel that they are not forgotten and forsaken by society and play a vital role in normalising their lives.

About Tan Tock Seng Hospital

Volunteerism at Tan Tock Seng Hospital (TTSH) officially started in 1948 with the formation of the Diversional Therapy Unit. It has since been an active group for more than 70 years, with the volunteers engaging patients with tuberculosis back then to creating handmade crafts to raise funds for the needy patients at TTSH. Today, TTSH has more than 30 volunteer groups and volunteers are an integral part of our care team in providing a better care experience for patients and their caregivers. They are the advocates for good care practices and positive thinking for our patients. For this year's Singapore HeritageFest, we shine the spotlight on our Lupus Patient Support Group. Formed in 2002, the group was under the auspices of the Lupus Association (Singapore) as part of a weekly visitation programme in Tan Tock Seng Hospital. Volunteers formed a network of friendship and support for the lupus patients and their families, educating them about their illness through the sharing of personal experiences, motivating them to take on a positive attitude towards their condition.

About Kwong Wai Shiu Hospital

Established in 1910, Kwong Wai Shiu Hospital (KWSH) is a charitable healthcare organisation and is registered as an Institution of Public Character, committed to looking after the sick and needy. At present, KWSH operates a nursing home, a rehabilitation centre, a traditional Chinese medicine centre, a community training institute, community care centres, and offers home care services. It is now one of the most established providers in the Community Care sector. As a charity organisation, volunteers are valued partners in our efforts to provide quality care for our residents. KWSH's volunteers have sacrificed time and energy in helping us during many of our fundraising and community events organised to benefit the elderly at large. Even during this COVID-19 pandemic, volunteers have continued to step forward unreservedly, contributing significantly to our Hospital by adding a variety of activities and bringing cheers to our residents.

- **Living Legacies: In Sickness and In Health**

Available from 3 May

Living Legacies is a new digital collaboration between the National Heritage Board and Plural Art Mag for the Singapore HeritageFest 2021, that explores the intersection between Singapore's history, heritage and contemporary visual arts.

Local contemporary artists have been invited to respond to themes included in Singapore's national Inventory of Intangible Cultural Heritage, with a targeted view towards audience engagement in the digital realm.

This year's inaugural edition of *Living Legacies: In Sickness and In Health* turns the focus onto health, wellness and healing. Included in Singapore's national Inventory of Intangible Cultural Heritage, traditional healing practices across different cultures have been passed down for generations by our ancestors. Today, amid the burgeoning wellness industry and despite the dominance of Western medicine, traditional healing practices have been retained and, in fact, have gained popularity for their holistic approaches towards wellness.

Responding to aspects of health and wellness across different ethnicities and cultures, three contemporary artists present newly commissioned digital artworks.

The project is presented in a digital format with various touchpoints for audience participation. Through companion events and direct artist engagement (refer to programmes below), this project seeks to introduce Singapore's traditional healing practices to a wider worldwide audience, with her contemporary artists as guides to lead the way.

Step into the world of Singapore's Living Legacies, as viewed through the eyes of her cutting-edge contemporary artists. Your journey starts here at <https://livinglegacies.pluralartmag.com> from 3 May onwards.

- Quiz Night: In Sickness and In Health

Date: 20 May

Time: 8pm - 9pm

Join us on Zoom for Quiz Night, and put your knowledge of traditional healing and wellness practices to the test! Stand to win attractive prizes, or simply join us to learn more about Ayurveda, Traditional Chinese Medicine (TCM) and traditional Malay medicine. All you'll need is a good sense of humour and access to Zoom and Kahoot.

Intimidated? Don't be! All questions are multiple-choice, and our friendly quiz hosts will take you through the answers so that you'll leave with a greater understanding of our traditional medicinal practices.

- Artist Panel: In Sickness and In Health

Date: 23 May

Time: 11am - 12.30pm

In this panel discussion, contemporary artists Adeline Kueh, Divaagar and ila will share the processes behind their newly commissioned digital artworks for *Living Legacies: In Sickness and In Health*, and their personal experiences with traditional healing practices.

- **Open Business @ Heng Foh Tong Medical Hall**

Date: 16 May 2021

Time: 2pm - 2.30pm

Watch Party will be hosted on the SHF Facebook page.

Video available from 11 May.

From their humble storefront in Bukit Batok, the family-run Heng Foh Tong started life serving poor Chinese immigrants. Today, the business continues to offer authentic TCM herbs at fair prices to ensure the ancient practice and its suite of treatments remain accessible to all.

Learn more about the 1957 establishment in this online theatre experience co-created with independent outfit, Theatre Today.

- **Open Business @ Malayala Ayurveda Vaidyasala**

Date: 16 May 2021

Time: 10am - 10.30am

Watch Party will be hosted on the SHF Facebook page.

Video available from 11 May

How did the ancient practice of ayurveda find its way to Singapore? Leela Appoo as well as her son Mahesh from the 1932 Malayala Ayurveda Vaidyasala clinic at Serangoon Road, will shed light on its journey to the tropical island. The pair will also take you through the ups and downs of their family business and share with you secrets behind their success in this online theatre experience co-created with independent outfit, Theatre Today.

- **People's Museum**

Available from 11 May

In partnership with Singapore HeritageFest 2021, WY-TO is co-curating the very first edition of *The People's Museum*, a virtual museum where your stories of Singapore's public healthcare sector will be featured on. We invite you to celebrate 200 years of medical history with us and share your experience and stories through images of items such as photographs, illustrations, objects and documents as a contribution to being a part of the nation's social history! Be it a personal experience/interaction with a fellow patient or healthcare professional, or recount from a loved one who is or was in the Singapore public health sector, your contributions will give a voice to the stories of our everyday heroes in the healthcare sector.

- **Scene and Heard: Concoction**

Available from 11 May

Awash with ancient wisdom, TCM has become an integral part of Singapore's healthcare landscape. As testament to its longevity, the practice continues to be tapped to treat a spectrum of ailments. To celebrate its role, poet Marc Nair has composed a piece of spoken word poetry called Concoction which features key TCM ingredients. He will deliver the performance in this video.

About Marc Nair

Marc Nair is a poet who works at the intersection of art forms. He is currently pursuing projects that involve photography, movement and creative non-fiction. His work revolves around the ironies and idiosyncrasies of everyday life. He has published ten collections of poetry.

- **Scene and Heard: How to Move a Hospital**

Available from 11 May

How has Singapore's medical landscape changed over the decades? How to Move a Hospital, a spoken word piece performed by artist Cheyenne Alexandria Phillips, captures the Kangas Kerbau Hospital's 1930s move from the junction of Stamford Canal and Victoria Street. Her performance is inspired by the movements and relocations of Singapore's various healthcare institutions from their colonial-era sites to the spaces we have grown familiar with today.

About Cheyenne Alexandria Phillips

Cheyenne Alexandria Phillips is a writer, performer, educator and Associate Artist with Checkpoint Theatre. She has written several plays and some of her work can be found in local anthologies. She is also a licensed tour guide.

- **Scene and Heard: National Campaign Rap**

Available from 11 May

Singapore has seen its fair share of health campaigns ranging from the promotion of heart health to dental hygiene. In this fun rap, artists Marc Nair and Cheyenne Alexandria Phillips pay tribute to memorable favourites and examine their impact on the populace.

About Marc Nair

Marc Nair is a poet who works at the intersection of art forms. He is currently pursuing projects that involve photography, movement and creative non-fiction. His work revolves around the ironies and idiosyncrasies of everyday life. He has published ten collections of poetry.

About Cheyenne Alexandria Philips

Cheyenne Alexandria Phillips is a writer, performer, educator and Associate Artist with Checkpoint Theatre. She has written several plays and some of her work can be found in local anthologies. She is also a licensed tour guide.

- **Scene and Heard: Brief History of Singapore General Hospital**

Available from 11 May

Uncover stories and highlights from the Singapore General Hospital's 200-year history and mark its bicentennial with writer and performer Cheyenne Alexandria Phillips.

About Cheyenne Alexandra Philips

Cheyenne Alexandria Phillips is a writer, performer, educator and Associate Artist with Checkpoint Theatre. She has written several plays and some of her work can be found in local anthologies. She is also a licensed tour guide.

Family-friendly Programmes

- **Behind Our Farms - A Video Documentary**

Available from 11 May

To run a successful farm in modern Singapore requires a forward moving mindset. Hear how the third-generation business managers and owners of Hay Dairies, Kin Yan Agrotech and Ah Hua Kelong have adapted their businesses to meet the needs of local consumers in this insightful video documentary which will take you behind the scenes of sustainable farming operations in Singapore.

About Hay Dairies

With more than 20 years of experience in the consumer industry, Hay Dairies is the only goat farm in Singapore since 1988. This is a family owned business and was first established by Mr Hay Yak Tang in 1920, who had evolved his farm from one that used to rear ducks, chickens and pigs to the goat farm it is today just after pig farming was phased out in the 1980s. Now, the farm holds more than 800 goats and takes pride in using only the latest milking, pasteurising processes and bottling for the sale of locally produced goat's milk in Singapore.

About Kin Yan Agrotech Pte Ltd

Kin Yan Agrotech is a company engaged in agro-food related activities in Singapore since 1997. They take pride in being a farm free of pesticides, chemical and artificial fertilisers and believe in growing foods that are organic. Situated in Lim Chu Kang Agrotechnology Park, they are Singapore's largest commercial wheatgrass and mushroom farm that produces and supplies such crops alongside edible cactuses, aloe vera, rosella, winter melons and various leafy vegetables.

About Ah Hua Kelong

Starting off as a fish farm over 20 years ago, Ah Hua Kelong is one of the few fish farms located off the coasts of Singapore. With the growing demand of seafood in Singapore today, Ah Hua Kelong has also expanded its fish farming business to cater to the local farm to table experience by opening their very own restaurant, Scaled.

- **Brush, Brush, Brush Your Teeth**

Available from 11 May

Wigglepods, a creative music movement company, will take audiences young and old on an action song inspired by dental health campaigns of the late 1960s and 1970s.

The video also features a mother recounting her drainside dental hygiene experience to her daughter.

- **Food and Community: A Touch of Warmth**

Available from 3 May

Join visually-impaired thespian Claire Teo as she optimises the use of her senses to put together a heartwarming meal.

See how she embraces her keen sense of smell and touch to create new recipes; and pay special attention to her song choices which she tends to select based on the type of food she is preparing. For instance, whenever she makes a family recipe, she is often overwhelmed by a sense of love and nostalgia and tends to put on the Mandarin ditty 甜蜜蜜 (Sweet, Honey, Honey).

- **Food and Therapy: A Touch of Clemency**

Available from 3 May

Dr Dawn-joy Leong is, among other things, a multidisciplinary artist. Join her as she conducts a session where you will be encouraged to use everyday materials within your home to make a toy from yesteryear and engage in tactile experiences with your pet (or even a soft toy!). The goal? To stimulate mental well-being through sensory art inspired by the nation's rich heritage.

- **Sing Along - A Tummy Quest!**

Available from 11 May

Discover more about our nation's fabulous hawker food as we sing and move together while visiting a hawker centre – the communal dining room of all Singaporeans – in this special video showcase revolving around three popular local dishes.

Other Programmes

- **From Darkness to Light: Cyanotype Printing**

Date: 29 May

Time: 10am - 1pm; and 2.30pm - 5.30pm

Registration required.

This two-part session will immerse you in our natural world.

First, you will be taken on a tour of the *Human x Nature: Environmental Histories of Singapore* exhibition at the National Library which features among other things, natural history books, botanical prints, plantation photographs, maps as well as herbarium and natural history specimens.

Following the educational tour, you will get to take part in a hands-on experience producing a cyanotype print using natural materials such as leaves, twigs and flowers. You will leave with a new-found appreciation for this tactile, analog photography process which dates back to the 1840s. Psst, you will also get to bring home your very own works of art!

- **Heritage Hacks by Ngee Ann Polytechnic - Arts Business Management**

Available from 3 May

A group of final year arts business management students from Ngee Ann Polytechnic have put together five how-to guides for SHF 2021 to equip the everyday person with the means to document and share their heritage stories.

You will walk away with the basic skills required to put together cookbooks, photo essays, podcasts and even videos on your favourite heritage subjects.

These guides are short, simple and a whole lot of fun to put into action! Take your pick from the following downloadable guides to kickstart your heritage adventure!

- [Heritage Hack 1: Capture Your Heritage](#)
Capture Your Heritage is a fun and simple guide which will equip you with the skills to create your very own photo essay. Follow our steps to create a memorable, thematic look at, say, the neighbourhood you grew up in.
- [Heritage Hack 2: Hear to Share](#)
Hear to Share will teach you how to produce your own podcast. Start by collating heritage stories. Thereafter, edit and string them together to create your very own unique podcast series!
- [Heritage Hack 3: Show Your Culture](#)
Show Your Culture will teach you how to put together a snazzy video

chronicling and showcasing elements of Singapore's distinct cultural heritage. For instance, learn how to capture your favourite hawkers in action as they cook up a storm or tape your traditional tailor putting together an ethnic outfit.

- Heritage Hack 4: Taste of Singapore

Taste of Singapore takes you through the process of creating a food journal. Populate the diary with a list of your favourite local fare from your go-to food places. Grab a friend or bring your family along as you hunt down the best restaurants and hawker stalls in Singapore!

- Heritage Hack 5: The Family Cookbook

The Family Cookbook will show you how to put together a publication that documents your family's food heritage, favourite recipes and food-related stories. Gather both young and old members of the family to create a memorable and one-of-a-kind "heirloom" cookbook.

- **Home Museum**

Available from 3 May

If your home was a museum, what would you collect, archive and display? Some might choose to showcase their stamp collection; others might opt to exhibit their stuffed animals.

Join three heritage collectors and researchers in a private sharing session centred on their love for collecting traditional food moulds, cooking utensils and blades.

- **HomeGround @ NMS**

Date: 30 April - 30 May

Homeground@NMS is a contemporary interpretation of a traditional *kampong* ("village" in Malay) house, taking inspiration from its most recognisable form and key architectural elements. Constructed entirely using one singular material - the perforated metal mesh is also a cheeky reference to the ubiquitous chicken coop cages often seen in *kampongs*. During the day, the house is light, airy and porous. At night, it becomes ethereal, glowing like a lantern.

- **My River Valley Heritage Tour**

Date: 15 & 16 May

Time: 8.30am

Situated along the Singapore River and in close proximity to Fort Canning Hill, the economic lifeline and seat of government in colonial Singapore respectively, the early immigrants to Singapore settled in River Valley to pursue economic prosperity and a comfortable life. This inevitably resulted in the establishment of prominent landmarks dotted around the precinct, from old bungalows and shophouses to schools and religious sites.

My River Valley Heritage Tour traces the story of Singapore's early communities and their contribution to the economic and social development of the nation from its time as a British colony to post-independence.

- **Nanyang Tea Challenge Digital Edition**

Date: 30 May

Time: 1.30pm

Think Nanyang tea is only for when we eat *Ba Kut Teh* (Herbal/Pepper Pork Rib Soup)? Think again! Join us for the final round of the Pek Sin Choon *Nanyang Tea Brewing Challenge* and watch our Finalists express their creativity in pairing our Nanyang tea blends with novel hawker food pairings. Tune in to this live stream and vote for your favourite tea challenger to become the champion of this 4th edition of the *Nanyang Tea Brewing Challenge*!

For more information about our partner - Pek Sin Choon Pte. Ltd., you may visit their website at <https://www.peksinchoon.com>

- **Ride & Discover**

Date: 29 April to 2 June

The *Singapore HeritageFest* presents stories of landmarks such as Singapore General Hospital, Maxwell Food Centre and more through *Ride & Discover*, a content series which reimagines MRT stations as exhibition spaces. Come and relive the stories that connect us at these stations – Outram Park, Novena, Bedok and Toa

Payoh.

Programme details:

- Bedok, Outram Park and Toa Payoh MRT Stations: 29 April to 26 May
- Novena MRT Station: 6 May to 2 June

- **Where Nature Meets Culture**

Dates: 22 and 30 May

Time: 5pm

Registration required.

This immersive and interactive walking tour kicks off at the lush foothills of Fort Canning and will take you to places like Saint Andrew's Cathedral and Raffles Hotel, amongst others.

Along the way, your guide will share with you surprising facts and stories about wealthy Arab merchants, philanthropists and civic leaders who shaped the city as we know it today. Your guide will also rattle off the distinct characteristics of Arab culture unique to the region, so be sure to pay close attention!

The two-hour trail ends in Kampong Glam where your senses will be treated to a perfumery workshop. Rest your weary feet, and end the evening with a spectacular Arab song and dance performance.

Organised by the Arab Network @ Singapore.

Programmes by Partner Museums and Heritage Institutions

- **Ayurveda Talk**

Date: 23 May

Time: 10.30am

Ayurveda places emphasis on diet and lifestyle for wellness and prevention of diseases. Learn the basic principles of Ayurveda and how to understand different body types and why Ayurveda adopts a customised approach to nutrition.

[About Ayurveda Association of Singapore](#)

Ayurveda Association of Singapore (AAOS) is a not for profit organisation that was

founded in 2009 by a group of active and committed Ayurvedic professionals and enthusiasts and we advocate wellness through holistic diet and lifestyle. AAOS aims to promote the awareness of Ayurveda as an evidence-based science as well as to ensure that the authenticity of this knowledge is preserved in the pursuit of globalising this ancient healing system.

- **Heritage Weekend @ Malay Heritage Centre**

Date: 29 & 30 May

For this year's SHF, discover the richness and benefits of Malay cuisine and traditional Malay health practices. Drop in and ask our community partners about their food culture, learn about *jamu* and post-natal care or sign up for our food trail with Khir Johari and sample the wonderful flavours of Kampong Gelam.

Programme highlights:

- *Nasi Tumpeng to Nasi Ambeng: From the Altar to the Table*

Date: 29 & 30 May

Time: 2pm

Limited to 30 participants. Registration required.

Nasi Ambeng has seen an increase in popularity in recent years with many restaurants offering different versions of it. When a Peranakan restaurant offered the dish, it sparked an online debate on cultural appropriation. But what is *Nasi Ambeng* really? Did you know that it is rooted in traditional Javanese rituals? Sign up for this talk and find out more about the *Nasi Ambeng* and other Javanese dishes.

- Traditional Culinary Icons and Healthy Food

Date: 29 May

Time: 4.30pm

Limited to 30 participants. Registration required.

Malay food has a reputation of being rich and tasty but also unhealthy. Dishes such as rendang and anything lemak are popular items at any Nasi Padang place, but did you know these dishes are only enjoyed during special occasions in the past? Come and learn about the humble *Nasi Padang* and the dishes that make it up.

- The Kitchen as Pharmacy: *Jamu* and other home remedies

Date: 29 May

Time: 2pm

Limited to 30 participants. Registration required.

In the past, access to doctors was limited. Many societies developed remedies for common ailments from nature. Some of the most common plants used in cooking have medicinal properties. In Java, knowledge of plants and herbs for making remedies gave birth to the *jamu*. In this talk, learn about the common types of *jamu* and how you can prepare them at home.

- Traditional Javanese Pre & Post Natal Care

Date: 30 May

Time: 2pm

Limited to 30 participants. Registration required.

Pregnancy and childbirth are delicate periods in the life of a woman. All communities in the world have developed understanding and taboos in relation to child bearing. In the Malay world, the *Mak Bidan*, or traditional midwife, used to be a respected profession. With modern medicine, this role has all but disappeared. However, traditional pre- and post-natal care approaches can still benefit women today. Find out what traditional Javanese pre- and post-natal care entail and how you too can benefit from this age-old knowledge.

- Flavours of Kampong Gelam with Khir Johari

Date: 29 May

Time: 9am - 12pm

Admission: \$10.00 per person

Limited to 15 participants. Registration required.

Come take part in this special food trail around Kampong Gelam and sample the various halal cuisines on offer as you learn more about this unique historical district. Since the days of Raffles, the port town that is Kampong Gelam has seen newcomers from throughout the Malay world and beyond make their new homes in the area. Along with their trade and culture, these newcomers also brought with them their cuisine. The Kampong Gelam of today is a smorgasbord of flavours, colours and scents from areas such as Padang, Java, India, Turkey and the Middle East. Don't miss this chance to get to know Kampong Gelam through its food, people and history!

About Khir Johari

Khir Johari is a collector and independent researcher on the history and culture of the Malay world with a focus on Malay food ethnology. He was born and raised in Gedung Kuning, in Kampong Gelam. Khir enjoys documenting oral history and gathering items of material culture, such as antiquarian books and maps, textile and old music recordings. He has a degree in Mathematics Education from Stanford University.

- Nusantara Community Booths

Date: 29 & 30 May

The Malay community in Singapore is a diverse and vibrant one with their own unique traditions, material culture, language and cuisine. Come down to the Malay Heritage Centre and discover the sights, sounds and flavours of the Baweanese, Minangkabau, Javanese, Bugis and Banjarese people. Treat yourself to the exquisite material culture such as batik, songket and other textiles, and get acquainted with how these communities treat common ailments with homemade remedies. We will also have some food demos just for you!

- **Singapore HeritageFest 2021 @ Sun Yat Sen Nanyang Memorial Hall: Modern Women x Health and Wellness - Weekend Programme Highlights**

Date: 22 and 23 May

Traditional Chinese Medicine (TCM) has been around for some 2,000 years. The timeless system of medicine continues to be tapped by modern civilisation. Swing by the Sun Yat Sen Nanyang Memorial Hall in Balestier this SHF 2021 for the lowdown on how to incorporate TCM therapies and recipes in your everyday life as a modern woman.

The heritage institution will also be hosting walking tours which will take you to neighbourhood landmarks such as Lam Yeo Coffee Powder Factory, Loong Fatt Tau Sar Piah, Loy Kee Best Chicken Rice, Sweetsland Confectionery and Lim Kay Kee Optical.

- Bingo Balestier Hunt: Modern Women of Yesteryear

Date: 3 - 30 May

Do you love snapping photos for the 'gram? Grab or download your bingo sheet and go on a photo hunt to learn more about the women of yesteryear by exploring our galleries and the Balestier neighbourhood.

Present your completed bingo sheet at the Memorial Hall by 30 May to redeem an exclusive gift!

- Balestier Trail (Street Corner Heritage Galleries Edition)

Date: 22 May

Time: 10am (English-guided trail); 10.30am (Chinese-guided trail)

Admission: \$10.00 per person (includes an exclusive goodie bag).

Recommended for ages 13 and above

Behind every business lies a treasure trove of stories we don't often hear when we drop by the neighbourhood tau sar piah shop, or dabao our favourite chicken rice. Embark on our best-selling Balestier Heritage Trail to uncover the rich history and origins of Balestier from as early as 1835. Delve into the architectural and cultural developments of Balestier as you visit heritage stops such as Loy Kee Chicken Rice and Lam Yeo Coffee Powder Factory, and discover the unknown stories behind these places.

- Balestier Trail (Healthcare Edition)

Date: 23 May

Time: 10am (English-guided trail); 10.30am (Chinese-guided trail)

Admission: \$10.00 per person (includes an exclusive goodie bag).

Recommended for ages 13 and above

Uncover the rich history and lesser-known stories of the Balestier precinct in this educational walking trail! From landmarks such as the former Tan Tock Seng pavilion wards and the former nurses' quarters (now Lee Kong Chian School of Medicine), delve into the architectural developments of Balestier and its significance to Singapore's healthcare history.

- Permanent Gallery Guided Tour with Herbal Tea Tasting

Date: 22 & 23 May

Time: 2.30pm - 4pm (Chinese-guided tour); and 3pm - 4.30pm (English-guided tour)

Join us for a guided tour of Sun Yat Sen Nanyang Memorial Hall and hear the stories behind this century-old villa that trace Dr. Sun Yat Sen's revolutionary activities in Southeast Asia. Gain valuable insights on the impact of the 1911 Revolution on Singapore, as well as Singapore's contributions to the Revolution. Complete your experience with a refreshing herbal tea tasting session by aromatherapist, Ms Sherry Lim and learn about the benefits of various herbs!

- TCM-inspired Floral Installation: The Swings of Florals and Herbs
Date: 3 - 30 May

This Singapore HeritageFest, head down to the Memorial Hall to snap a photo with our latest outdoor art installation, Swings of Florals and Herbs. This whimsical floral installation seeks to celebrate the relationship between nature and TCM. It is done through a delicate and ethereal arrangement of medicinal flowers and herbs such as rose, lavender, butterfly pea etc., which are known to contain benefits to women's beauty, health and wellness. Visitors are invited to take a ride on the swing to identify the various herbs and guess their healing properties!

- Workshop: Lavender Wax Sachet
Date: 22 May
Time: 10.30am - 11.10am; 11.30am - 12.10am; and 12.30pm - 1.10pm
Free admission.
Recommended for ages 7 and above.

Fill your home with the relaxing fragrance of lavender without the hassle of burning candles! Create beautiful, fuss-free organic wax sachets in this hands-on aromatherapy workshop as you learn more about the stress-relieving properties of lavender. This workshop is supported by Aiyo Event.

- Workshop: Hand-printed Scented Herb Health Card
Date: 22 May
Time: 2pm - 3.15pm; and 3.30pm - 4.45pm

Pick up cool printing techniques in this printmaking workshop and create your very own collection of scented prints! Discover the health benefits of different medicinal plants and herbs in this relief printing workshop, where you'll learn to carve an image of a herb plant onto linoleum and print it using powder

grounded from the very same herb. This workshop is held in collaboration with STPI – Creative Workshop and Gallery.

- Workshop: Stitch Your Own TCM Handbook

Date: 23 May

Time: 10.30am - 11.15am; and 11.30am - 12.15pm

Admission: \$10.00 per person (includes an exclusive goodie bag).

Recommended for ages 13 and above

Assemble your own TCM handbook and pick up the basic threading techniques used in traditional Chinese book-binding while learning about the health benefits of different medicinal plants and herbs! This workshop is supported by Ms Sherry Lim, President for Reading Development Association of Singapore

- Workshop: Aloe Vera Hand Sanitiser

Date: 23 May

Time: 2pm - 2.30pm; 3pm - 3.30pm; and 4pm - 4.30pm

Aloe vera is known as a power plant in Western remedies, but did you know that this medicinal succulent is also commonly used in TCM? Favoured for its antioxidant properties that aid in wound-healing, the aloe plant is also well-loved for being an au naturel moisturiser. Protect your loved ones by creating your own aloe vera hand sanitiser in this fun and simple workshop!

- **Savour Heritage @ ACM**

Date: 10 & 11 May

Rediscover aspects of Singapore's food heritage at ACM with a mix of onsite and online programmes that are part of Singapore HeritageFest 2021. Go on a culinary trail in the galleries, attend food styling workshops, learn new recipes inspired by the museum's collection, and more. Learn, explore, and create with us at ACM.

- #ACMComics: Memories of the Empress Place Food Centre

Date: 10 May

Find out about the former hawker culture along the Singapore River through the stories and memories of David Lim, a former hawker who was based at the Empress Place Food Centre, which was once located along the river

beside the ACM building. Enjoy this edition of “Stories from ACM” as part of Singapore HeritageFest 2021.

- Culinary Activity Trail

Date: 3 May - 31 May

Learn about culinary objects from the past. Pick up a hardcopy of the trail at ACM Front Desk or download it from the ACM's website. This activity trail is suitable for ages 7 to 10.

Softcopy available for download on ACM website at <http://www.nhb.gov.sg/acm/Whats-On/Festivals/2021-SHF-Savour-Heritage-at-ACM>

Hardcopy booklets available for pick up at Front Desk from 3 May till 16 May.

- Guided Tours: Culinary Trail

Date: 7, 8, 9, 14, 15 & 16 May

Time: 1pm (7 & 14 May); and 2pm (8, 9, 15 & 16 May)

Visit ACM galleries to find out interesting facts about culinary objects!

- Food Styling & Photography Workshop

Date: 8 & 9 May

Time: 3.30pm

Registration required.

Pick up food styling tips and learn how to make use of natural lighting and composition techniques to improve your food photography skills in this online workshop for adults by food stylist C.R Tan (@xlbcr).

- Miniature Hawker Food Clay Art Workshop

Date: 15 & 16 May

Time: 1pm - 1.45pm; 2pm - 2.45pm; 3pm - 3.45pm; and 4pm - 4.45pm

Suitable for ages 10 years and above

Registration required.

Get hands-on at this clay-making session to make a miniature hawker dish! Catch the *Satay* workshop on 15 May and *Roti Prata* Workshop on 16 May!

- ACM on a Plate: Fish Maw Soup with Chef Malcolm Lee

Date: 5 May

Time: 12pm

Join Chef Malcolm Lee of Candlenut in this cooking demonstration as he creates his version of Fish Maw Soup inspired by the beautiful *kamcheng* on display in ACM's Maritime Trade Gallery.

About Chef Malcolm Lee

Chef Malcolm Lee is head chef and owner of Candlenut in Singapore. The restaurant specialises in Peranakan heritage cuisine with a modern approach. Chef Malcolm Lee, a Peranakan himself, started operating a Western café-bar during university days. His rediscovery of familiar Asian flavours came when he became the very first Singaporean recipient of the Miele Guide Scholarship, granting him a place at the At-Sunrice GlobalChef Academy here in Singapore.

His time there enabled him to re-experience his Asian culinary roots, and thus played a large role in his decision to preserve Peranakan cooking. Bringing these experiences together, Chef Lee seeks to serve his heritage through a menu of refined tastes and techniques, hence Candlenut's authentic yet innovative Peranakan flavours. His hard work and passion for heritage cuisine and culinary innovation was acknowledged when Candlenut became the first Peranakan restaurant to receive an acclaimed Michelin star in 2016, and he has retained the star ever since.

- ACM on a Plate: *Teh Halia* Crème Brûlée Tart with Chef Maxine Ngooi

Date: 12 May

Time: 12pm

Learn to bake a *Teh Halia* Crème Brûlée Tart with Chef Maxine Ngooi of Tigerlily Patisserie in this cooking demonstration. This dessert was inspired by the Ginger Teapot on display in ACM's Ceramics Gallery.

About Tigerlily Pastisserie

Chef Maxine's love for baking began in her family kitchen, where she would earnestly follow her mother around, intrigued by the sights and smells of baking. But it wasn't until her university years in Australia, when she got inspired by the readily available fresh produce, that she took up the art of

baking. With no prior culinary education, she first put on her chef's hat in the two Michelin-starred Les Amis restaurant under the mentorship of renowned pastry chef Cheryl Koh, who she subsequently worked with to launch Tarte by Cheryl Koh.

With a passion for discovering new flavours and experiences, Maxine has travelled around Australia to work at Brae, listed in the World's 50 Best, and Masterchef Australia Reynold Poernomo's Koi Dessert Bar. When the opportunity to launch her very own concept presented itself, Maxine believed that it was the perfect chance to fulfil her dreams, and so Tigerlily Patisserie was born!

- **Singapore HeritageFest at the National Museum**

In conjunction with this year's Singapore HeritageFest (SHF), the National Museum will be presenting a series of programmes on unique workshops featuring local food favourites and explore medical stories of individuals who were impacted during the pandemic. Viewers can look forward to workshops on the innovative recreation of Singapore's favourite foods and hear experiences of individuals who were in the heart of the Covid pandemic.

- *My Kueh Story - A story of love that began with kueh*

Date: 15 May

Time: 11am

Registration is required. Admission at \$7.00 per person. Each ticket includes light refreshment and bento set comprising of two *ang ku kuehs* for each participant to take home.

What started as a daughter's wish to give a meaningful gift for her mother's 70th birthday has turned this self-taught cook and bubbly mother of two into a business owner running a successful home-business, Kuehdys Foo, earning mentions on local lifestyle blogs and The Sunday Times.

The mastermind behind it is Gladys Foo, who began her kueh journey by learning how to make *ang ku kueh* using an aunt's recipe, wanting to surprise her mother on her birthday.

Join us as she recounts her memories of learning how to make these traditional treats through trials of family recipes and research on cookbooks

and food websites. Don't miss her food demonstration on *ang ku kueh*, the *kueh* that started it all!

- InKUEHdible Workshop

Date: 15 May

Time: 3pm

Registration is required. Admission at \$12.00 per person. Each ticket includes a set of moulds and ingredients to recreate their own *kueh* at home.

While *kueh* holds an irreplaceable role in Singapore's food heritage, the food texture of certain types of *kueh* may not be suitable for all, particularly the elderly and dysphagic patients.

In this special workshop by GentleFoods, find out more about the history of *kueh* and the importance of food textures for those who have swallowing difficulties. Participants will also learn how to prepare pureed *ang ku kueh* during the 1.5-hour workshop.

- Our Medical Journey

Date: 8 May

Time: 11am

Registration is required. Admission at \$5.00 per person.

Limited spaces available. Each ticket comes with light refreshments to take home

When we remember the COVID-19 pandemic, we think of medical professionals and their tireless work at the forefront of the battle against the pandemic. But how do we capture that moment in time?

As part of an initiative by the museum to document contemporary events and developments in Singapore, photographer Bob Lee was commissioned to capture the day-to-day of a nurse's working life during the pandemic.

Hear from Bob as he recounts his experience of taking photos in the Khoo Teck Puat hospital and what it meant to capture the work of healthcare professionals during these exceptional times.

This programme is organised in conjunction with the museum's '*Picturing the Pandemic: A Visual Record of Covid-19 in Singapore*' special exhibition.



- The ImPECKable Rendang Workshop

Date: 15 May

Time: 11am

Registration is required. Admission at \$15.00 per person. Each ticket comes with a box of this unique rendang to take home.

Rendang, a hearty festive dish made from chicken or beef that is simmered in coconut milk and spices till tender is synonymous to Hari Raya. Today, *Rendang* has earned a special place in our food heritage, can be enjoyed without waiting for the festive season and appreciated by many in Singapore.

In commemoration of Hari Raya and as an extension of the *InKUEHdible Workshop* presented as part of the museum's Singapore HeritageFest programmes, where we showcase moulded pureed food, we present *The ImPECKable Rendang Workshop*.



**SINGAPORE
Heritage
Fest**

ANNEX B

List of sponsors

Supported by: Tote Board



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Key Festival Supporter: SMRT Media



Held in conjunction with: Sofitel Singapore City Centre

S O F I T E L
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