

November 2019

Issue 1

ARCADISE EXPRESS

Monthly Newsletter

Inside the Issue



KILLER LITTER

An Australian man has been charged over his alleged involvement in an incident at a condominium in Spottiswoode Park Road in which a 73-year-old man died after he was struck by a glass bottle.

AWNINGS IN CONDOS

Another case of a condominium unit owner installing awning went before the Strata Titles Board

PMD MATTERS

Starting from Tuesday (May 1, 2019), stiff fines and even jail time await those who fail to rein in the speed or observe regulations set out in the Active Mobility Act that has just kicked in.





HOW TO EAT MORE MINDFULLY

by MSN Lifestyle news

With our busy lives, eating has become a heedless activity for many of us. We eat because we "have to," and usually do so in a rush and without paying attention to a number of things.

However, being mindful about eating can really take the experience of having a meal to the next level.

Being present in the moment and aware of what we're eating, why we're eating it, and how our bodies respond to food, among other things, can be truly enlightening. Mindful eating is all about feeding your mind, body, and soul, all at the same time.

TO IMPROVE METABOLIC HEALTH, AEROBIC FITNESS MAY TRUMP STRENGTH TRAINING

by CNA Lifestyle

Stamina may trump strength for improving metabolic health, according to an interesting and provocative new study of the molecular effects of different aspects of fitness. The study, which was published in August in JAMA Network Open, finds that people's aerobic endurance – or lack of it – can influence their metabolisms more potently than their muscular weakness or might, a result with implications for anyone wondering which types of exercise could be most beneficial for health.

Our metabolisms are, of course, massively complex, encompassing the myriad biochemical reactions that transform calories into energy and keep our cells nourished. But many standard measures of metabolic health, such as blood sugar or cholesterol levels, are broad, providing an overview of the state of our interiors, but little detail.

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The people who often exercised almost all had elevated levels of certain particles of their high



DID YOU KNOW

YOU ARE LIABLE TO PAY INTEREST IF YOUR MAINTENANCE CONTRIBUTION IS NOT SETTLED BY DUE DATE

from the BMSMA - Section 40(6)(b)

- (6) Any contribution levied under this section or section 41 —
- (a) shall become due and payable to the management corporation without any deduction whatsoever in accordance with the decision of the management corporation to make the levy;
- (b) if not paid on or before the 30th day after it becomes due and payable, shall bear interest at the rate determined by the management corporation and such interest shall accrue from the expiry of 30 days after the date when the contribution becomes due and payable unless the management corporation determines in a general meeting (either generally or in a particular case) that any unpaid contribution shall bear no interest; and
[Act 35 of 2017 wef 01/02/2019]
- (c) may, together with such interest due, be recovered as a debt by the management corporation in any court of competent jurisdiction.



ITS IMPORTANT TO KNOW YOUR BY LAWS FOR YOUR CONDO



Living in a condo or thinking of purchasing a one? Condos across Singapore vary in their by-laws, and it's important to check how the condo you're considering deals with matters such as security, garbage disposal, common areas and more. Knowing them can spare you from conflicts and potential issues. Scan the QR Code to find out more



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Our unique selling point is that before you engage us as your Managing Agent, we would arrange a simple session with our existing estates Council Members. There is nothing better than hearing from the horses' mouth before you decide to engage Arcadise Property Management. We know, we will win your hearts