

Sports

Live Demonstration of the 2008 Formula 1™ SingTel Singapore Grand Prix Lighting System



Organisers of the inaugural 2008 **Formula 1™** SingTel Singapore Grand Prix recently demonstrated the lighting system that will make history in September, when Singapore hosts the world's first night race on the **Formula 1™** calendar.

Lighting consultant Valerio Maioli S.p.A. switched on 16 lighting projectors on a 64-metre stretch set up on St Andrew's Road in front of the Padang. Simulating daylight conditions, the projectors are installed on aluminium trusses supported by three towers, each approximately 10 metres tall placed 32 metres apart and supported by a footing system with a steel plate.

The entire track will be fitted with nearly 1,500 lighting projectors and will be powered by 12 twin-power generators. An overall average of about 3000lux levels is required to illuminate the circuit, which is enough to meet High Definition Television broadcast standards. As a result, the track will be almost four times brighter than a typical stadium

The inaugural 2008 **Formula 1™** SingTel Singapore Grand Prix will take place on **28 September 2008** on a street circuit of public roads around the Marina Bay area.

Photo courtesy of Valerie Tietjen

FAST FACTS: FORMULA 1™ SingTel Singapore Grand Prix

Race Date	28 September 2008
Milestones	•Asia's first Formula One™ street race •First night-race in Formula One™ history* *subject to approval by FIA
Number of Laps	61 (estimated)
Circuit Length	5.067 km
Track Width	10m to 15m
Race Direction	Anti-clockwise
Number of Turns	24 turns, consisting of 14 left and 10 right turns
Maximum Speed	•In excess of 300kph along Raffles Boulevard •Between 250 and 300kph on Pit Straight, St Andrew's Road and Esplanade Drive
Slowest Corners	80 - 100 kph at T3, T10, T11, T15, T19 and T20
Overtaking Opportunities	•Turn 1 Pit Straight, •Turn 7 Raffles Boulevard •Turn 15 Esplanade Drive

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Sports

Martial Arts Puts Your Child on the Path to Success

by Fred Evrard



Instructors teaching Sinawali exercises to improve coordination

What do parents look for when it comes to school, education, sports and social activities? **Respect, discipline, focus, coordination, but also fun, passion, excitement...**

What about martial arts? We are not talking about fighting and competition here, but about traditional martial arts, where the *Art* is used as a tool for one's education, a brain gym, and will bring the best out of children by having a deci-

sive impact on their behavior, discipline, focus, overall wellness and health.

Most of the basic exercises will develop children's flexibility, coordination, and help them have a better understanding of their environment. Modern neurological sciences have proven that the principles of some martial arts—like the Filipino double sticks—have a tremendous impact on the balance of the two cerebral hemispheres. The

child trained in the systems will increase the ability to focus, have improved memory capacity—both bringing about improved marks in school—and eventually, will develop skills in ambidexterity.

Today, martial arts for children is very safe, non-competitive and adapted to the child's development. Some Taiji Quan (Chinese Tai Chi) movements can even complete the martial arts training for posture correction and health purposes. The child will learn how to breathe and stand correctly, to focus and center his body and mind, and to quiet his/her mind through basic meditation.

An easy-to-learn, fun and complete martial arts children's program should be viewed as an educational tool that will help improve the child's self-confidence, while also learning to develop a positive outlook and joy for life. Far from being violent and aggressive, martial arts is a way of life, a philosophy and a great tool for personal development and health. For more information, email contact@nitien.com

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Travel

Climbing Mount Kinabalu in Borneo

by Agnès Gros



With a group of eight friends, we decided to go and conquer Mount Kinabalu. We left at dawn on 22nd September to take the plane from Johor Bahru to Kota Kinabalu—leaving three days before our climb on the highest mountain in Southeast Asia; we would descend by the new Via Ferrata.

After a two-hour bus drive, we reached the Kinabalu Park Headquarters. We immediately set off to explore the surroundings, admiring the local flora, and hoping to see the *Rafflesia*, the biggest flower in the world. The flower takes up to fifteen months to bud, but only lasts seven days in bloom, making it very difficult to see one. Sadly, we didn't find a living example; we only saw a cement version of it. The Kinabalu Park boasts one hundred species of orchids and plants that are found nowhere else in the world. In 2000, it was listed on the UNESCO World Heritage listing.

On the day of our climb, we woke up to a beautiful view of Mount Kinabalu's tip emerging from the clouds. After breakfast, we boarded the bus which took us to the entrance gate of the park at 1,866 meters. We all did our best not to feel disheartened when reading the listing of winning times for those who participated in past Climbathons—held every October. The record for running up to the summit and back is 2 hours and 37 minutes!

The steps are very steep and we really don't feel up to the mark when compared to the porters who were carrying heavy packs on their backs. We made frequent stops to catch our breath, which gave us time to admire the pitcher plants—the largest ones being able to hold up to 3.5 liters of water!

At the beginning of the afternoon, we reached the Laban Rata rest house situated at 3,273 meters. Here we met with

I-Gek and Wilfred. They took us to the new rest house named Pendant Hut, situated a bit above Laban Rata. We were the first team to stay there for the night and the first to try the brand-new Via Ferrata set up by Mountain Torq. In the midst of a thick fog, we climbed up to the hut using a rope. Our new friends explained that the rest houses on the peak are always fully booked, even during weekdays, mostly by Japanese, Korean, Taiwanese or Australian climbers.

What is a 'Via Ferrata'? A crossbreed between hiking and rock climbing. Its origins date back to WWI when the Italian Army set up ladders, hooks and cables in the Dolomites to quickly move troops and equipment. Those 'Iron Ways' allow access to scenic sections of mountains that would otherwise be available only to rock climbers and mountaineers. Our new friends are proud to have built the highest Via Ferrata in the world and the first one in Asia. The following day they took us on the Low Peak's Circuit (named after Sir Hugh Low, a British colonial officer who reached the summit plateau in 1851).

After a very windy, and noisy night, we woke at 2:00am, ate a quick breakfast, grabbed our gear and proceeded to Laban Rata with our lamps in order to meet up with our guide at 3:00am. We were cold and our hands were freezing.

Gradually the landscape revealed itself and, after passing the Sayat-Sayat hut (3,668m), we climbed on bare granite, which was only occasionally ornamented by small shrubs growing in the crevices. At 6:30am, our group reached the top at 4,095m. We were all very proud of having reached the summit, even though we didn't see much of the sunrise due to the heavy fog.

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Travel

Climbing Mount Kinabalu in Borneo

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After stopping to admire the granite landscape, we descended a bit to meet our friends who were waiting for us with the equipment we needed for the Via Ferrata—an orange helmet, a harness, a green rope, a shock absorber clipping system and two carabiners each. We descended in two teams of five roped together and followed a safety metal cable fastened to anchor points in the rock. When we moved past an anchor point, we had to unclip the first carabiner and clip it onto the other side of the anchor point, then do the same with the second one, so we always stayed attached to the cable.



Too busy clipping and unclipping our carabiners, concentrating on our feet in order to find holds along the vertical walls and grasping the cable with both hands (the gloves came in very handy!) didn't allow us much time to enjoy the breath-taking scenery below. The rungs were sometimes far apart, requiring great flexibility. After a while we reached a suspension bridge with planks, and later, another one with just a cable upon which to walk.



The descent is quite taxing on the knees and thighs—our walking sticks proved to be a blessing. After four hours, we reached the end of the Via Ferrata and took the path to Laban Rata. A delicious hot noodle soup waited for us, then it was off to the airport to catch the evening flight back to Singapore.

The day after our return to Singapore our muscles were still painfully sore. For four days we weren't able to walk down steps without groaning!

Wishing to reminisce, we viewed our friends' website—www.mountaintorq.com—and learned that the best time to climb Mount Kinabalu is between February and June. We also learned the circuit we chose was labelled, "physically demanding" and designed "for those who are sure-footed, not fearful of heights" and that it was supposed to take "4–6hrs over two days". We did it in four hours and thirty minutes in one day...and really enjoyed it. You can too!



Travel



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Travel

When in America...

by Jane Samuel

The bittersweet summer "home leave" is a fact of life for most us American expats. We make it through the warm "winter" and busy school year and are eager for a change of scenery, and if we are lucky, weather. The entire family dreams of spending time with relations and friends living stateside and a bit of good ol' US food. The bags are packed and repacked ("how many toys can I bring mom?"), the pet sitter briefed (he barks at the gate when he is lonely), and the alarms set for the crack of dawn (oh those early flights). Twenty-five or so hours later we finally unfold ourselves from our "streamline" seat-beds, snack crumbs clinging to our laps and stagger into the "land of the free, the home of the brave".

And brave we are, as reality sets in and we scan our itinerary. What? Who booked this ludicrous whirlwind tour of the American northeast? According to my notes, we have to shuttle from Nanabana's and Aunt Ruth's in Boston, to Granny's in New Jersey, before zooming off to cousins in Pittsburg, all the while staying with friends in Lexington, Kentucky. What were we thinking!

If this sounds like your home leave—take heart. There are solutions to this stressful situation and I am going to share my own personal one with you! The code word is Basin Harbor Club.

Growing up in New Jersey (and proud of it thank you) I was not your typical "shore kid". While all our friends on the street and for that matter most of Bergen County, headed to places like Lavallette, Asbury Park and Ocean Beach for the summer, we drove north into "God's country"—the Adirondacks. I was only three when I made my first trip to Lake



Lake Champlain

George, but even at that age I remember the sandy beaches, the lush cool water and the vastness of this long lake located in the upper reaches of New York state.

As I grew, our family time there each summer grew—by the time I was a teen my family was escaping to this sweet spot for three weeks. Ah, the cool mornings and warm days. I remember what a joy it was to don a warm sweatshirt after the sun went down and perch beside the nightly bonfire warming my front while my back chilled in the clean mountain air. What sweet music the waves made, lapping on the shore outside our bedroom window, lulling our browned and tired bodies to sleep. With no television or phone (and way before computers and the Internet) this was every parents wish for their children—long days of playing followed by quiet nights of sleeping.

Even into my adult years, these trips were what I looked forward to, organizing my summers around a precious few days "at the lake". By the time I married, my parents had bought their own little place further north on the lake near where it flows into larger Lake Champlain.

By the summer of 2001 our clan had outgrown my parents' lake house. From previous travels up and down routes 7 and 22 in Vermont, we were all familiar with the little hamlet of Vergennes, Vermont, just 40 minutes from my parents' home on Lake George. Located on the eastern shore of Lake Champlain at the confluence of Otter Creek, and a short drive from the town green, is Basin Harbor Club. Touted as a family style resort we tried it out that summer and fell in love.

Basin Harbor Club (BHC) truly is a family friendly spot—in fact it has been run by the same family for four generations. In 1886, Ardelia Beach opened the lodge to "summer boarders" who came to fish and sit by the lake (funny how times never change). In 1909 Ardelia's nephew, Allen Beach, convinced his father to purchase the Lodge and farm from Ardelia's estate. The first summer Allen and his father ran the vacation spot rates were \$9.00 a week and they profited \$1,000. In the late 1920's cottages were added to expand accommodations and the crops' field gave way to a nine-hole golf course. Despite the Depression and World War II the retreat continued to be popular and further cottages and children's

activities were added; families gathered for outdoor cookouts when not golfing, fishing or playing in the lake. By the 1960's Bob Beach, Sr. and his children had taken over the helm at BHC and added many more accommodations, a back nine holes to the golf course, air-conditioned dining, airstrip and pool. In 1986 fifth generation "hosts" began to appear around the resort as the club celebrated its centennial anniversary. Since then, the Lake Champlain Maritime Museum

opened and the "Reflections of Basin Harbor" artists' program, children's playhouse and ropes course joined the array of attractions. Always interested in preservation and ecology, the property was also made an Audubon Cooperative Sanctuary Program, the first in Vermont of its kind.

That first summer my family descended on BHC, it was my parent's 40th wedding anniversary. Eight adults and seven children, aged nine to two, comfortably ensconced themselves in three cottages. We had such a blast we planned to do it again "soon". After two more stays it has become a necessity almost, and something all three of my children ask for when planning summer vacations. Moving to Asia has just improved its image and role in our busy transatlantic lives.

In the summer of 2007 we spent the last week of our home leave there and it was just what the doctor ordered. Flying into Burlington we rented a van and drove the easy forty minutes south to BHC.

On arrival at BHC we wasted no time commencing our vacation. We settled in our cottages, reviewed the activities

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Travel

When in America...

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posted and planned our week. BHC runs daily camps from 9:30am until 1:30pm for four different age groups. Our Emma would be with her cousin Emily in Champ's Camp (ages 3-5), Kate would be with Thomas and Andrew in Champlain Explorer's (ages 9-12) and Liz and her older cousins would be with the Champlain Venturers (ages 13-15). While the children were at camp we adults would catch up on our sleep, reading and pampering. My sister, sister-in-law and I scheduled a few massages and pedicures while my mother signed up for sketching and flower arranging classes. Not to be outdone, the men got their tee times and

also mentally penciled in some time for "horizontal meditation".

Before we knew it the kids were at the lake swimming with Dads in tow ("just a quick dip before dinner I promise") and the women were unpacking suitcases galore. That first night we secretly rejoiced in the fact that our kids, by now seasoned in the BHC ways, were excited to go to their respective dinners. At BHC kids can eat dinner by age group and then gather for games and fun while the adults enjoy a more leisurely "grownup" dinner—yes, I did just say that. Oh, and did I mention they go at 5:30 pm, early enough for

you to change in peace and have a drink on the veranda before your dinner reservations?

After dinner, bingo was going strong in the front banquet room and the cousins were out to see if they could walk off with the prize for the night, which is usually a small pot of cash. Spurred on by my brother who won last summer, my niece and nephew watched their cards intently while my parents helped the younger ones mark their's.

The banquet room is the place to be after dinner, with magic shows, bingo and Disney movies

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