

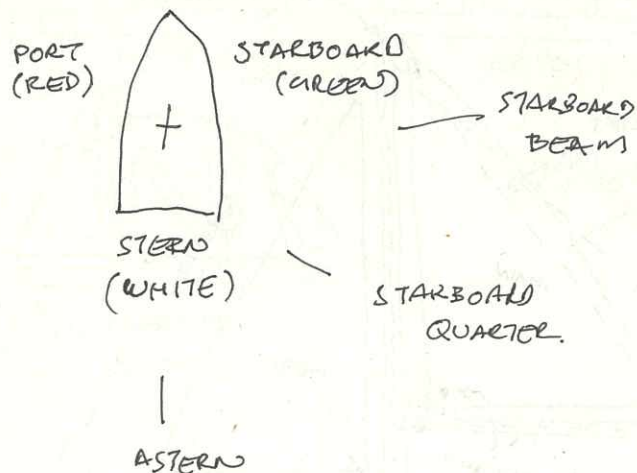


COVER IS FROM LITTLE JAPANESE SQUARES OF PAPER, FROM AN ORIGAMI KIT OR SOMETHING - THINK THEY WERE JUST SMALL PACKETS OF PAPER SQUARES,

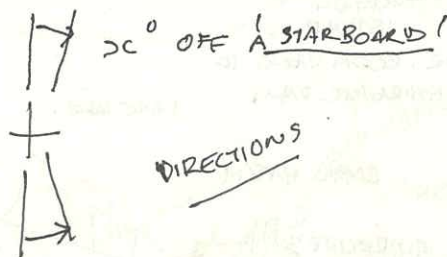
KEEL BOAT ONE
AHEAD
BOW

STARBOARD
BOW

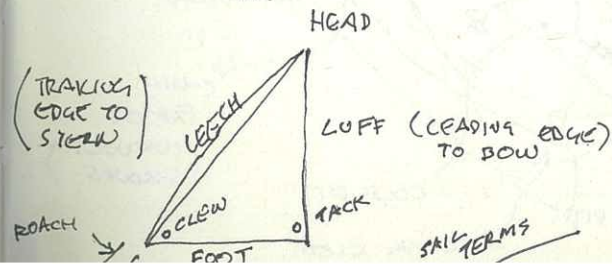
15 APRIL 06

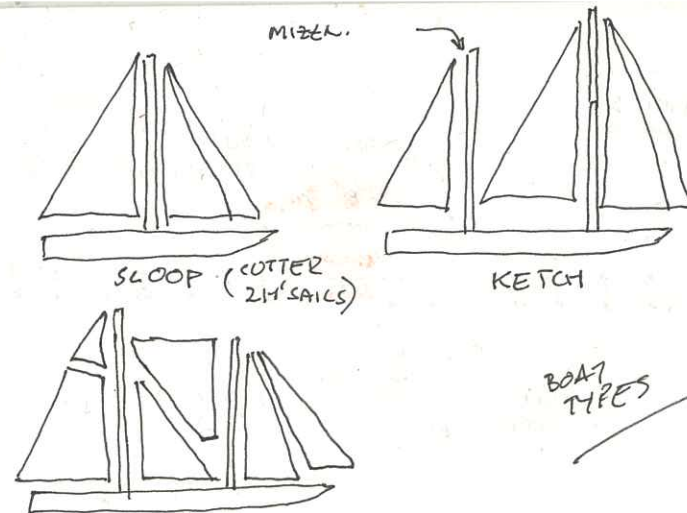
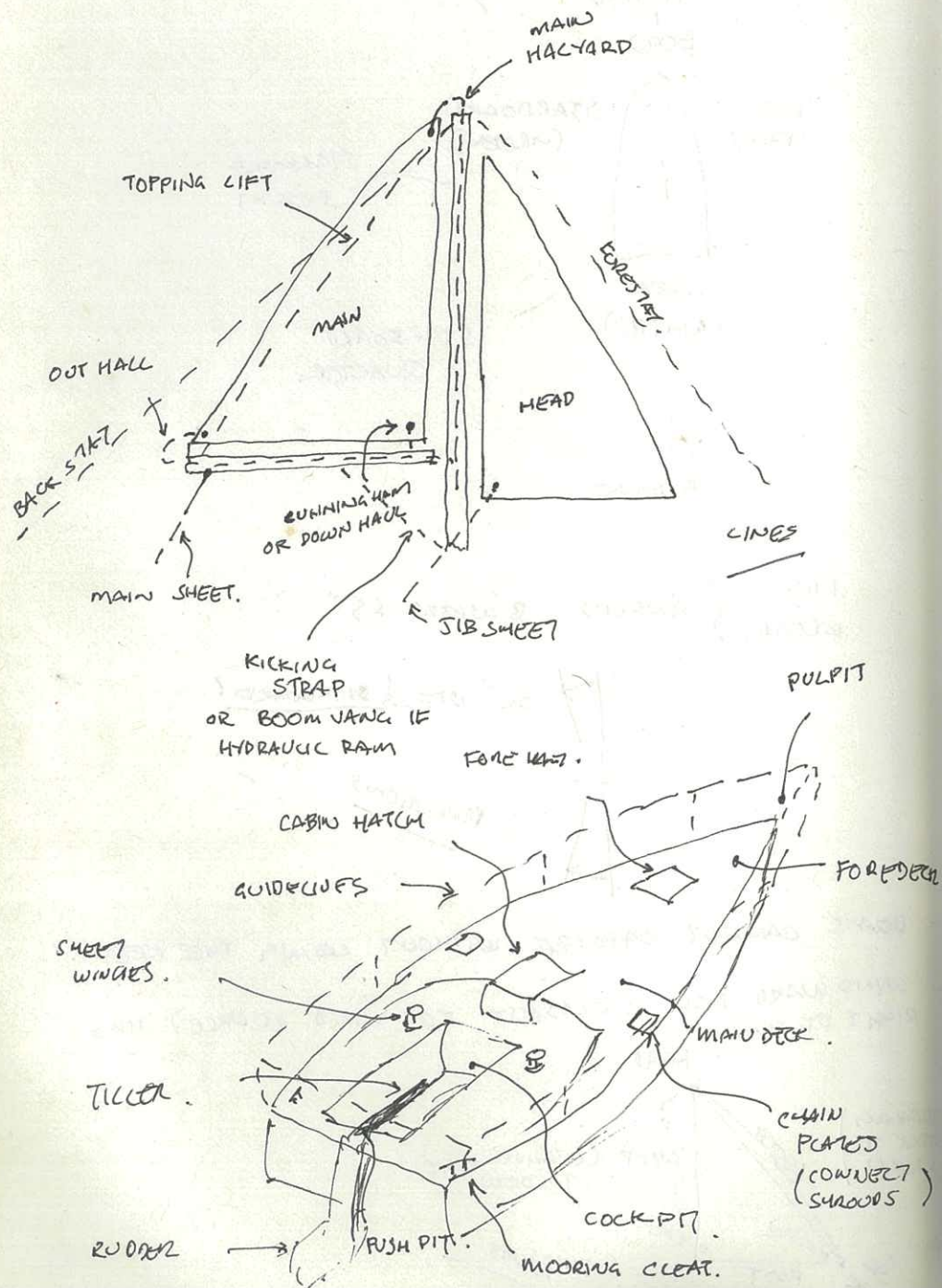


FIVE
BROAD } ANGLES BETWEEN 15°



- BOATS CANNOT CAPSIZE WITHOUT LOSING THE KEEL.
- WINDWARD BOAT (CLOSEST TO WIND SOURCE) HAS RIGHT OF WAY.

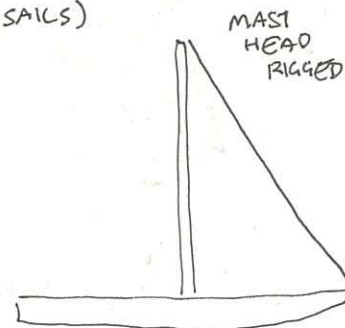




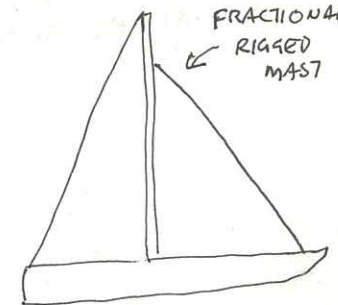
SLOOP (CUTTER 21' SAILS)

KETCH

BOAT TYPES



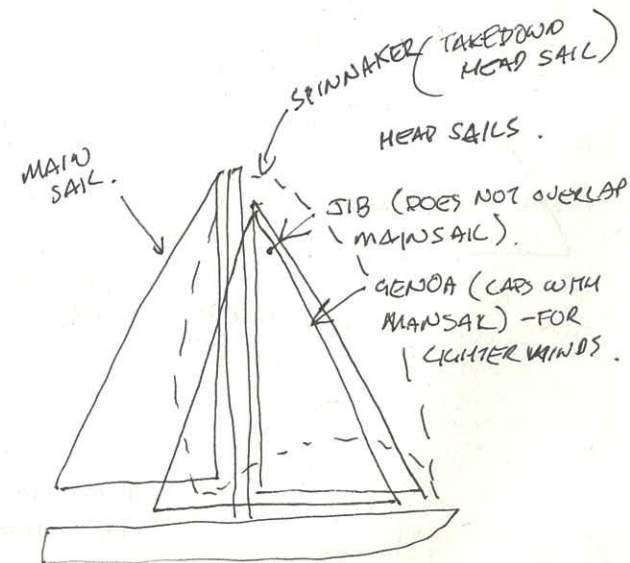
MAST HEAD RIGGED



FRACTIONAL RIGGED MAST

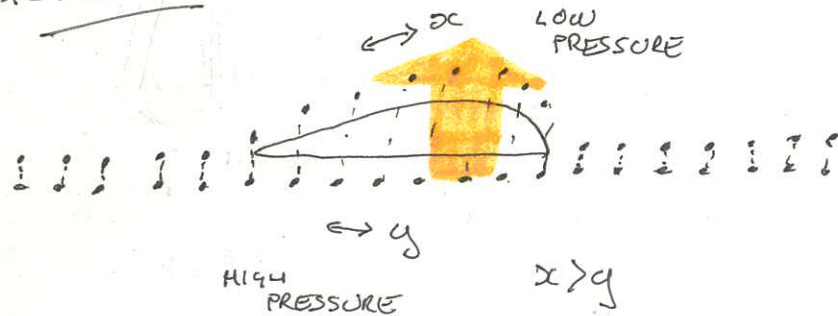
SAILS

SIZE OF HEADSAIL
#1 LARGEST.
#2
#3

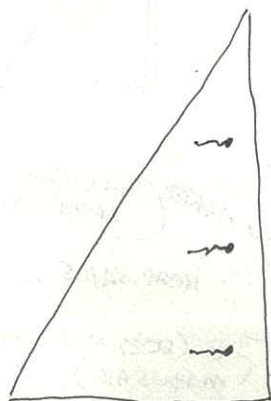
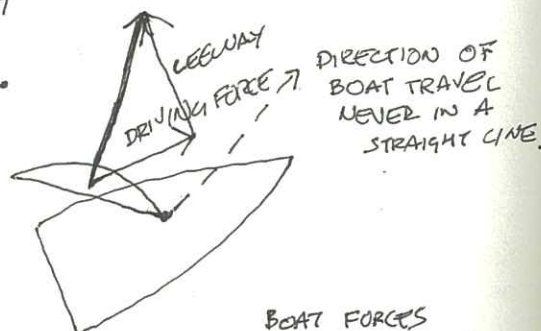


SAIL DYNAMICS

NET FORCE



- MOST EFFICIENT WHEN AT 45° TO WIND - CANNOT SAIL AT LESS THAN 45°

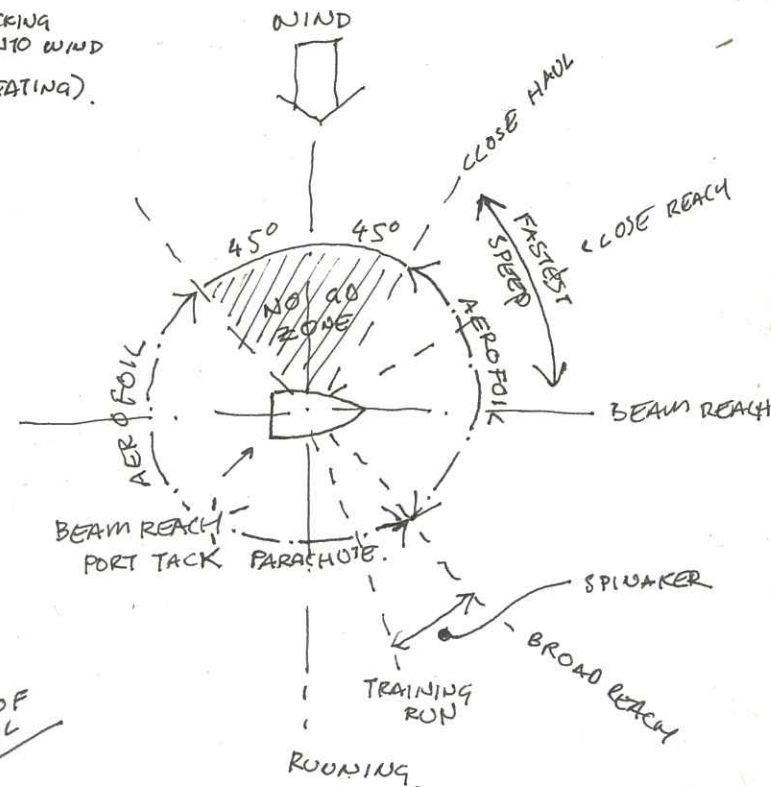


TELL TALES

- IN - IN } SITTING ON WINDWARD
- OUT - OUT. } SIDE IF OUTER TELL TALES
- ARE INCORRECT, SHEET OUT, + OPPOSITE FOR IN

- DOWN WIND SAILS ARE PARACHUTES (TELL TALES WILL BE DOWN).

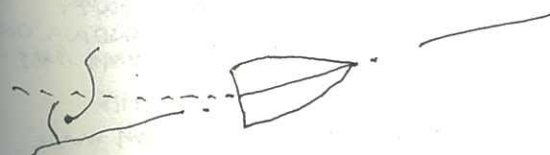
- 'LUFF' - SAILS START TO FLAP OR BUBBLE.



POINTS OF SAIL

- PORT TACK GIVES WAY TO STARBOARD TACK.
- TACK IS A MANOURE INTO WIND.
- GYBE IS A MANOURE AWAY FROM WIND.

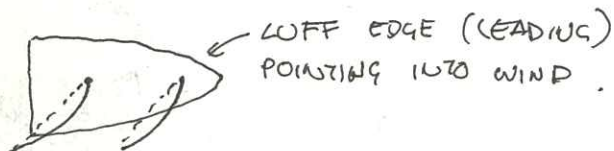
- JUDGE T HEELING BY LOOKING ASTERN + CORRECT



16 APRIL 06



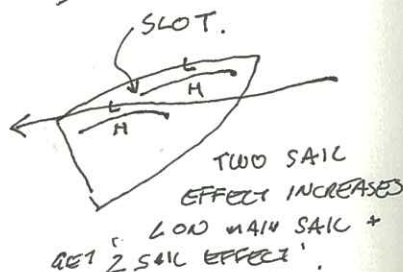
SAIL POSITION



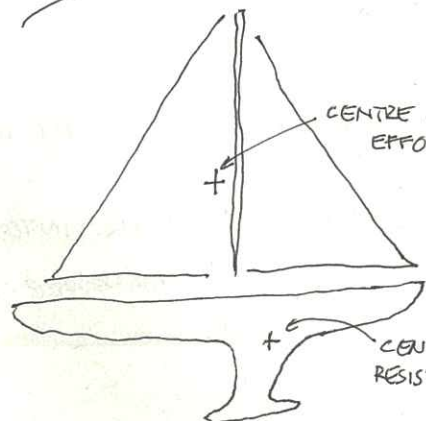
TACKLING TYBINS

- STAND BY TO TACK
- READY
- LOOK AROUND
- SHEET IN MAIN
- TACKLING NOW

BOAT EFFECT



WEATHER HELM



WEATHER HELM IS TURN INTO WIND

LEE HELM IS TURN AWAY FROM WIND

ANY MORE THAN 5° CORRECTION IS TOO MUCH (CONTINUOUSLY) AS EFFECTIVELY PUTTING ON BRAKES.



BOAT TURNS INTO WIND (OR AWAY DEPENDING ON BOAT / SAILS)

- TO COUNTER THIS SPILL WIND FROM MAIN.

MOST BOATS DESIGNED WITH SOME WEATHER HELM AS WANT TO NATURALLY SEEK WIND + SAFER TO TURN TO NO GO ZONE

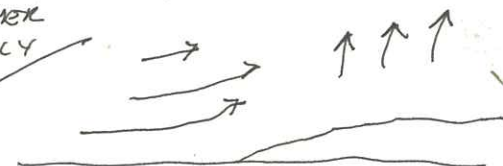
WINDS

CAUSED BY HIGH (LOW) PRESSURE OVER CHINA MAINLAND.

NE MONSOON : DEC → MAR
INTERIM : APRIL → MAY
SW MONSOON : JUNE → NOV
INTERIM : NOV → DEC

SQUALLS ARE INDEPENDANT (CAN HAPPEN ANY TIME)
BUT HIGHEST WINDS ARE AROUND SW MONSOON (APPEARS TO COME FROM SUMATRA).

TYPICAL WEATHER LOCALLY



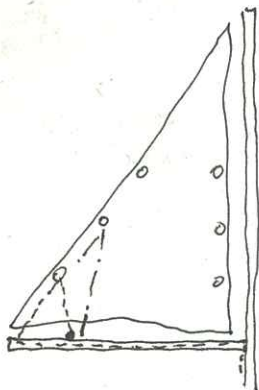
LAND MASS HEATS DURING DAY - SEA BREEZES.
OPPOSITE AT NIGHT WHERE LAND COOLS - LAND BREEZES.

AT RAFFLES CAN CANCEL NE WIND IN THE AFTERNOON + ENCOURAGE FOR SW MONSOON.

* WWW.INTRANET.MSSINET.GOV.SG/~rndops/ship/git/wxchart.gif.

REEFING

- REDUCING SAIL IN STRONG WINDS
- ROLLER FURLING (LADY A) - (HEAD SAIL)
- IN MAST / IN BOOM FURLING (MAIN SAIL)
- SCAB REEFING.
- SUPPORT BOOM - TOPPING LIFT
- TURN INTO WIND
- EASE HALYARD
- HOOK 'CRINGLES' INTO HOOKS FOR TACK.
- REEFING LINES TO CLEWS.



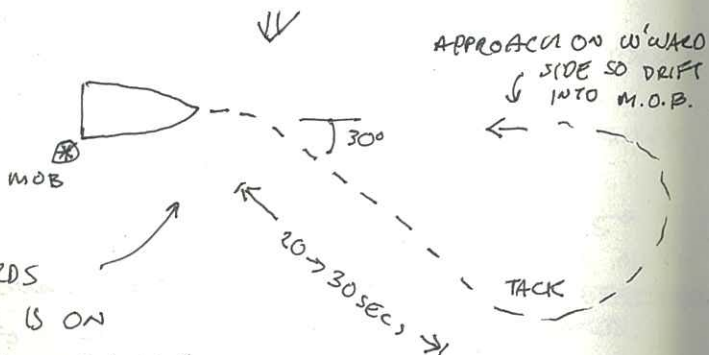
MAN OVERBOARD MANOEUVER

- M.O.B. USUALLY LEE SIDE

WILLIAMSON TURN

- SHEET OUT HEADSAIL + THEN MAIN WHEN APPROACHING PERSON.

TURN TOWARDS
SIDE PERSON IS ON
TO ANGLE PROPELLOR AWAY
FROM M.O.B.

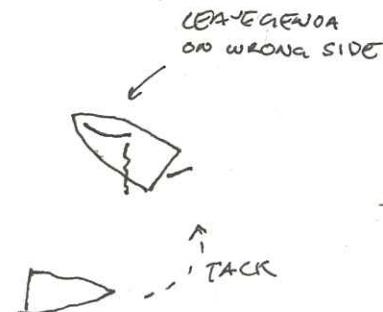


BEAR AWAY FROM WIND (DO NOT GYB AS BOOM
MAY HIT SOMEONE COMING UP FROM BELOW).

LYING TO



HEAVING TO

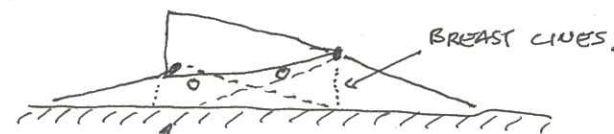


EQUILIBRIUM STATE

WIND BLOWS BOW AWAY
RUDDER COUNTERACTS.



BERTHING



PURPOSE OF SPRING LINES IS TO GET
ACTION PARALLEL TO DOCK.



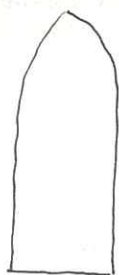
- DON'T TENSION UP FURL - LINES
OVERSTRESS + BREAK POTENTIALLY.

- TAKE OFF LINES THAT ARE NOT ACTING
FIRST THEN SKIPPER PREFERENCE FOR STERN
OR BOW OUT FIRST.

(5 knots) BOAT SPEED. APPARENT WIND (12-13 knots)

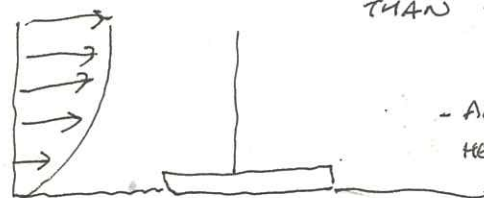
TRUE WIND (16 knots)

TRUE/APPARENT WIND



APPARENT WIND IS ALWAYS TRUE WIND BUT CLOSER TO FRONT OF BOAT.

BOAT SPEED CAN BE GREATER THAN TRUE WIND.



APPARENT WIND SHIFTS WITH HEIGHT B/C TRUE WIND SPEED VARIES - REASON SAILS ARE BUILT WITH TWIST.

SAIL SHAPE



HIGH LIFT " DRAG MORE LIMITED IN DIRECTION BUT WIDER GROOVE



LESS LIFT LESS DRAG CLOSER TO WIND. NARROW GROOVE.

FINE ENTRY - CLOSE HULL SAILING - DIFFICULT TO STAY IN GROOVE AS SMALL ERROR IN ANGLE CAUSE DIFFERENCE IN AEROFOIL ANGLE.

CAN SAIL CLOSER TO WIND.

DRAFT.



TENSIONING HATCHES/CUNNINGHAM BRINGS DRAFT FORWARD.



DRAFT FORWARDED

NARROWER GROOVE BROADER

DRAFT BACK.

NARROWER GROOVE

EMERGENCY

3X (PAN-PAN) - A PERSON AT RISK

3X (MAYDAY) - ALL PEOPLE AT RISK - DUTY BOUND TO REACT

3X (SECURITAE) - SECURITAE IS FOR NAVIGATIONAL HAZARD (CONTAINER / LOG ...)

RADIOS

YACHTS - GENERALLY USE 69 FOR GENERAL + MOVE TO ANOTHER CHANNEL.

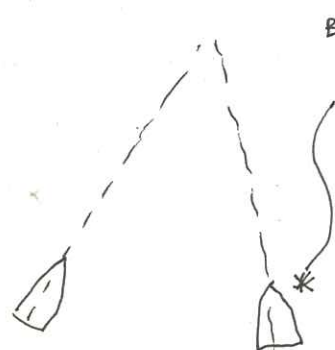
16 INTERNATIONAL EMERGENCY

RAFFLES MARINA USE 7 AS MARINA CH.

THESE DAYS GOING TO DIGITAL DISTRESS SIGNAL (GMDSS)

VHF REQUIRES LINE OF SIGHT FOR COMMUNICATION.

COLLISION REGS

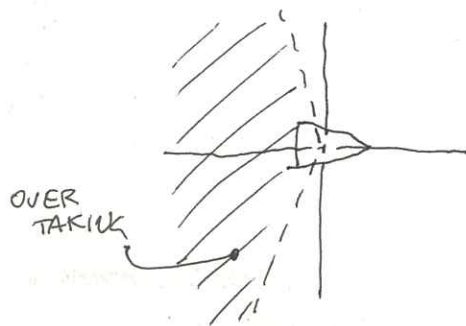


BOAT ON RIGHT HAS
RIGHT OF WAY

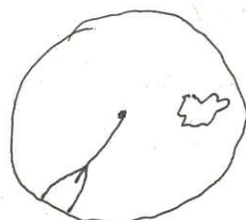
CALLING VESSELS

IN ORDER -
P - PORT TACK
O - OVERTAKING
W - WINWARD VESSELS
VESSELS GIVE WAY

- BOATS KEEP TO STARBOARD (RIGHT SIDE).
- HEAD ON - BOTH BOATS TURN STARBOARD.



ANCHORING



- HORIZONTAL FORCE SO NEEDED
- APPROX 4-5 x d ANCHORING + MORE IN DIFFICULT CONDITIONS
- LAYOUT CHAIN (DON'T DROP SO PILES UP TOGETHER!)
- DON'T NEED MORE THAN 10d.
- MOORING LINES SHORTER (SHORTER RADIUS OF TURN)

ANCHOR 2L AWAY FROM
ANY OBSTRUCTION.

28.12.06 I must get back into sailing! Noether it looks like might have sold his boat so should go down and volunteer crew on another boat. → Will need to brush up on knots and sailing notes however!

Watched Lost in Translation again tonight. Very nice movie and well done in that it relies on the pace and subtle interplay to get its effect. I can't remember the exact quote but the Bob Harris character (played by —... caddy shack / ghost busters → can't remember his name!), says something like the day of your first kid being born is the most terrifying of your life as life as you have known it finishes never to come back! (Which I don't agree with - Stella's birth was amazing and the feeling wasn't one of loss at all but an exciting new time coming upon us.

He also said (with which I do agree however), "and then they grow up into the nicest most enjoyable interesting people you will ever meet".

This really struck a chord as being so true. Stella and Ewan are the two most beautiful people ever. You get to see everything, their fears and wants, their good sides and bad, cheekiness, innocence, it is amazing and an absolute pleasure. Spending the last few weeks with

them has put me on a real high.

2-12-06 Back to work tomorrow after two months off. Two months has flown past and I can't help but think I should be taking more away from it in terms of attitudes to work and life. In reality I have just really enjoyed myself.

Time with the kids and Ange topping the list. Travel, Bali, China, Thailand, all good. A little disappointed in the photos from China but not so concerned, the travel was good and a real experience.

Hopefully, a few tips on dealing with worry in my life. Hopefully will come a little less about work and spend some more time on myself and the family. Need to delegate more and relax about disappointing people.

I don't think that I am that much smarter than the next guy. I do think I am a little! I also think I am better adjusted and have a better view, understanding of reality, but I think I really owe what success I have had to date to

caring more about what other people think of me, than myself? I will go to extraordinary lengths to make I keep people happy. Probably not that healthy (or well adjusted come to think of it! :-)).

And that is what I mean by needing to disappoint people a little more often, so that there is room for Brandon in this world also.

6-1-07 Little (not for much longer mind you!), Ewie is gorgeous at the moment. He seems to have a thing for girls toys which is probably coming from Stellas lead (although Stella is playing with train sets + cars?!?!).

Ewie is a picture of blond short cropped hair and a big round (lucky) boudha belly, dressed in orange shirts with dragons, Ange's high heels, and Stellas fairy dress, gripping a usually naked lambie doll in one hand and twirling so he can watch the dress bell out :-).

He is going to be a sensitive little boy (like his father?).

18.1.07 I feel sometimes like my consciousness in this life is on and off. One moment I am sharp and focussed and capable, the next I am vague, disinterested, slow and forgetful. And I start to wonder if it was the accident, something that has left my head, my mind not quite right? And then I think back and I remember, it has always been like this...

It might sound strange but within myself I don't mind this at all. I have periods of startling clarity and insight, and other periods of wonderful dreaminess where I can feel things and the world around me. It's just that it doesn't fit well into the rest of the world which demands consistency. And I end up living in eternal fear that I will let someone on one side of the equation down terribly. Disappoint them.

"I have always refused to eat a shapeless mass of oysters detached from their shells and served in a soup dish, even though they were the freshest and best in the world"

Salvador Dali

(The secret life of Salvador Dali).

19.1.07 Little Ewie was up at 5:00 this morning wandering around the house singing what Aye calls his whole song. A high pitched humming of some tune unrecognisable. He would appear in the dark around the foot of our bed or up at the head checking us out.

He is good at the moment, not interested in the television very much but prefers to make his own fun in little games he plays with himself around the place, usually at the fringes of all of the other activities going on.

He loves Stella giving her hugs when he sees her at his school unexpectedly or in similar such

situations: and Stella loves him back, looking after him. She went digging around in the cupboards the other day and came out with a blanket to cover him when he fell asleep on the floor in the lounge room.

They are both beautiful kids with really nice close relations. It is hard to conceive when they are like this at this age how it could all possibly go wrong, but judging by Jane's stories, it can and does. I hope they both grow up well adjusted and comfortable with things...

22.1.07 Just finished reading 'What to do when things fall apart', a Buddhist book on self-help. Some good stuff in there.

Learn to live with impermanence, address your fears and use those moments to gain insight into life (the peeling away of ego from our everyday existence is strongest in those moments). Come to the realization that we don't have choices. Tougher - the act of taking on other pain such that we might deal better with

our own (by realizing it is not just us in that situation). Very removed however from the core teachings of Buddhism. Developed maybe? I must admit I have lost faith in all of those books etc. Better to take the good points + live your own life. In my case, the original teachings of Taoism which I can relate to. The rest just gets confusing + cluttered around the edges.

I do not want to be a Buddhist!

23.01.07 I am getting very worried about I.R. I worry that we don't have the people to do the work at the technical level it needs to be done at.

Anyway, I just need to keep working that one through.

More importantly I need to get my life into order. I am thinking I need a routine to make sure I give time to things. Of a night I should aim to be home by 7:00 to see the kids to bed.

I should spend 2 hours for dinner + Angel,

GLARE



JULIA ROBERTS

one hour for work - email etc, and one hour doing something else productive → exercise, paperwork at home that sort of thing.

7:00	UP	- 10.5 + 1 HRS AT WORK
7:30	TO WORK	(INCL LUNCH)
8:00	AT WORK	
6:30	LEAVE WORK	- 9 HOURS SLEEP
7:00	HOME + REST TIME	
9:00	WORK	
10:00	PERSONAL TIME	
11:00	BED	

I think if I commit to this then I should feel less guilty about stopping when I stop... we will see.

30.1.07 Up early this morning doing some dog checks and hear the first little squeal of delight from Ewie over something as he wags up - beautiful!

At Stellar's preschool info tonight (coming about what they will be coming about at school. She is just at the right level of development for all of this and will love it :-). Getting a lot of joy from them at the moment.

That as a background to work which is going

at a million miles an hour at the moment! Jobs like IR and the Flier which are seeing the shit out of me, the Lucky 8 in Macao, Spring Mills roof, etc, etc, and trying to get Adrian (Eworely), and KK Lim (TTLim) on board, significant investments if we can make them happen. I wake up at night thinking fuck me this is old too much, I have to bring myself back to the light of day to get things into some sort of perspective - which is a twisted 'I am here + this feels like the best way / only way / only choice' type of thing! The new recruitment will be expensive and is a leap of faith in good people - Not too dissimilar to the leap that was taken on me. The down side nicks my legs hollow out in a feeling of vertigo I must admit.

FLIER - sued

FUSIONFOCUS - overspent

SPORTS HUB - attraction of loss

IR - huge losses

OTHERS - lost through being too stretched and

all the secret pitfalls and fears haunting my dreams at the moment...

Angie found abser today that the bloody nass that then took from Egon is cancerous. Shit! I really

really feel for her + am hoping to God that it isn't as serious as it would seem at first glance - we find out on Thursday. We had already organised for her transfer to someone else which will now not go ahead. If it is serious we will send her home to be with family and to get further treatment. She already wants to go and her family want her home. we have kept her here however to try and bottom things out. It's not really a big moral dilemma as in sickness like this the only (and best), place to be is with family who can look after her. We will find out from the Philippine embassy what the costs for treatment are likely to be and give her some money to try and cover it. Just a horrible thing all round but one we have to do the right thing on / best thing we can on, with all considered - there is no nice outcome unfortunately, unless the miracle cord comes through ...

Then there is the baby, the trip home for Cams wedding, and moving house, an unbelievable amount of things going on in our lives at the moment.

The most complicated still is the work stuff, I

need to do some figures on group SAC + OHO and figure out exactly what it will mean with KK + Adrian coming in. I feel like I am a small thing pushing against a wave of trouble about to overcome me. I've got some absolute stars of help in Peter Bowtell but I am not sure that this is not bigger ~~than~~ ^(+ Bailey) than the lot of us!

Small steps I guess. Just heart never won fair lady ☺. I tell myself things like this but it is with a tremble in the voice!

5.2.07 All but moved into the new flat over the weekend. Has a good feel about it.

Darwin said in his Origin of the Species, when relating the big picture of evolution, that all of this is done without fear; or anxiety or pain, or something along those lines anyway.

Maybe I have mis-constructed as to what he was talking about exactly, but it seems to me that living and dying and the struggle for ^{existence!} survival is mostly full of fear and anxiety and pain!

In fact when you compound that over millions of generations, it is a scary thing. Perfection borne from

a hellfire of pain down through the eyes.

Which is why Stella and Ewan and I am or 3
are so important! - actually, I am just biased because
I am going through a bit of pain & anxiety on the flyer
at the moment (Temp holding down loads). In
fact for all the pain there is joy & for every bit of
anxiety there is a relaxed moment. Life is a fall or
bubble up and down turbulent affair.

23.2.07 Snowed under at work again. Maybe it is just
me? Maybe the help we are trying to look for in K.K. Lin
(from 74610), and Adrian (Woolley), might help. Maybe
it won't.

Very uncomfortable on the Flyer at the moment
where we have gotten the lines between tarp and perm
wood blurred by trying to do the right thing. I was
saying if something goes wrong it is everyone's problem &
so we should get in & fix it. Should have been a bit
more art & drag (although have made some effort to off
load responsibility).

I keep playing out the discussions with Trish

and Clive if something goes wrong and it is not nice.
I am just too stretched at the moment and not
making the best of decisions.

Not good for the personal confidence levels...

I hope to God nothing goes wrong. Looking at
things objectively nothing should, worst case is a
local failure of the pile cap, but this won't result in
any collapse of the works or anything.

09.03.07

Little Freya was born just over a week ago
28th February 3.54 kg. Had just gone downstairs for
breakfast, the nurses telling me I had a little time
yet. Set myself up with a Toasted bagel, a nice
coffee and a paper. Just peeled the foil seal off of the
cream cheese when I was two floors up through an
opened window, 'Mr Brendon, Mr Brendon, come
quick!'.
Little Freya had turned 180 degrees and when
the nurses went to put in a catheter they found a little
foat! After some serious contractions, live or so



A CHANCE ENCOUNTER WITH NOZAKA - SAW TAKING PHOTOS OF THE CONSTRUCTION PROGRESS APRIL 2007 (A REGULAR WEEKEND ACTIVITY WITH THE KIDS)

TRIP TO NAGASAKI + KOBE TO SEE MHI'S FACTORIES + WITNESS WIND TUNNEL TESTING.

PHIL (MADDOX) AND KEI ITOU. CHRISTMAS 2005?

letting things come...

Work has gotten the better of me at the moment. I'm not enjoying IR at all. I am doing a co-ordination role and doing it poorly. I haven't got the same time (or interest), to apply to it as Peta has and so I am always behind. Other things are not getting done. I need to withdraw a bit but cannot (a little is better than nothing...).

It is a shame as I am not getting to enjoy (or do well), the other work that really interests me. Macau lucky 8 and Regatta with Patrick.

Again, I need to stop living for other praise and just be solid within myself. Do some things for me (sailing, photography, reading, philosophy...). Center and solid and not get distracted and pulled in different directions.

9.4.07 Little Ewie was seizing himself to sleep tonight a good hour or two after he went down. Beautiful boy, he is really very good but with a shambal on board. If you are Stern + serious when you are

for an apology after a session in the naughty corner, he will refuse to give it to you and will quite happily go another few rounds in there. If on the other hand you put a bit of softness into your voice, he will yield and you will get back a small downwards looking sorry...

Final segment of the run went in today for the Sloop, lots of press etc. Very enjoyable watching it go up, Touch wood! I really hope it all goes well from here on in. MHI have done a good job and deserve it.

And me... still tired, still hating the IR. Push through and try to manage the anxiety (easier said than done).

12.4.07 Falling into a bit of a routine at the moment. Get home early (6-6:30), See the kids to bed, have dinner and watch TV for an hour or so, then fall asleep. Wake at around 9:00 start on email with a battle of south and Jewish arguments from 9-1:00! If I am lucky I will cover the days emails but usually a whole lot fall off the back of the truck!

Just doing the best that I can but not really coping... Can't say that the people around me are really coping either which might be my saving grace. Should have resisted getting sucked into MBR → not enjoying it and only half performing. Really should be spending more time seeing the group etc, doing things I enjoy.

Peter is a bit of a good thing + bad thing. He is very persistent + stubborn in getting his own way. Everyone has to be in it together. He is not afraid of using emotional blackmail to get what he wants.



GLENNFIDDICH 119475

This is not where I want to be. Salary reviews look better be good this year!

15.4.07 Just wait for a short run, a little search of how out of shape I am! Will have to start doing more of it.

Had my first smile from Freya this morning, she was rolling around on my lap, looked up and saw my face and smiled :-

22.04.07 Great afternoon sailing today. Out on a guys boat whom I met through the competent crew course (Richard). New Beraton 34', beautiful. A m lucky Anne is giving me the time off to do it. It isn't easy on her looking after the three kids all the time - although with Stella and Ewie at school at least there is a little respite.

Stella's birthday party on the weekend at one of the local hall rooms. She had a great time. The big news was that a boy in her class kissed her! She came up excitedly afterwards sitting down with a beaming smile and saving legs, next to me to tell me :-

Ewie is also adorable at the moment although a little weirdy. He loves women's shoes and constantly plays at wearing long hair (like Rapunzel). He trots around all the time holding a t-shirt or something similar at the back of his neck, and gets a

little glint in his eye when you say "Rapeuzel, Rapeuzel, let down your hair". Yesterday he commandeered a bit of pink mesh fabric Ange had for making Stella's swimming bag and wore it around all afternoon at the shops while Stella was at another party. Very funny - he looked like a little 'chemo' patient or a guy private and spent a lot of time looking at himself in the changing mirrors in Zara. A big hit with all the female staff and other people in the shop.

30.4.06 Stella's 6th Birthday today! She asked me to make her a 'whacker' the other day. When I asked her what a 'whacker' was she told me it was the thing you whack your pony or unicorn with to make it go :)

Ewie is craving attention and getting a bit unruly when he doesn't get it. I have to spend some one on one time with him I think to give him a bit of recognition and worth if that is the right word.

1.5.07 Had a great couple of days for Stella's birthday. Cake and candles, Walk along Clenze park, ride out on the boat to Palace Obier for lunch. They are beautiful kids but can get very frustrating. It is very easy to find yourself yelling at them, giving them attentions and even the odd whack when they really just goa (Stella please don't play there you will fall on this work I have been doing + it will be ruined → and she does and it is and... grrrr...!).

We spent the afternoon looking at old photos and the light in their faces, of enjoyment and wonder and everything else. She (and Ewie) are really enjoying things at the moment, have to do better at being a parent and make sure I don't rain on their parade...

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Boys night at home! Was really good, we

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started by sitting on the kitchen floor eating a packet of biscuits. Went on to games with the construction site car park, packing up jewelry which had been strewn around the living room, a stay on mathematics and a lot of cooing.

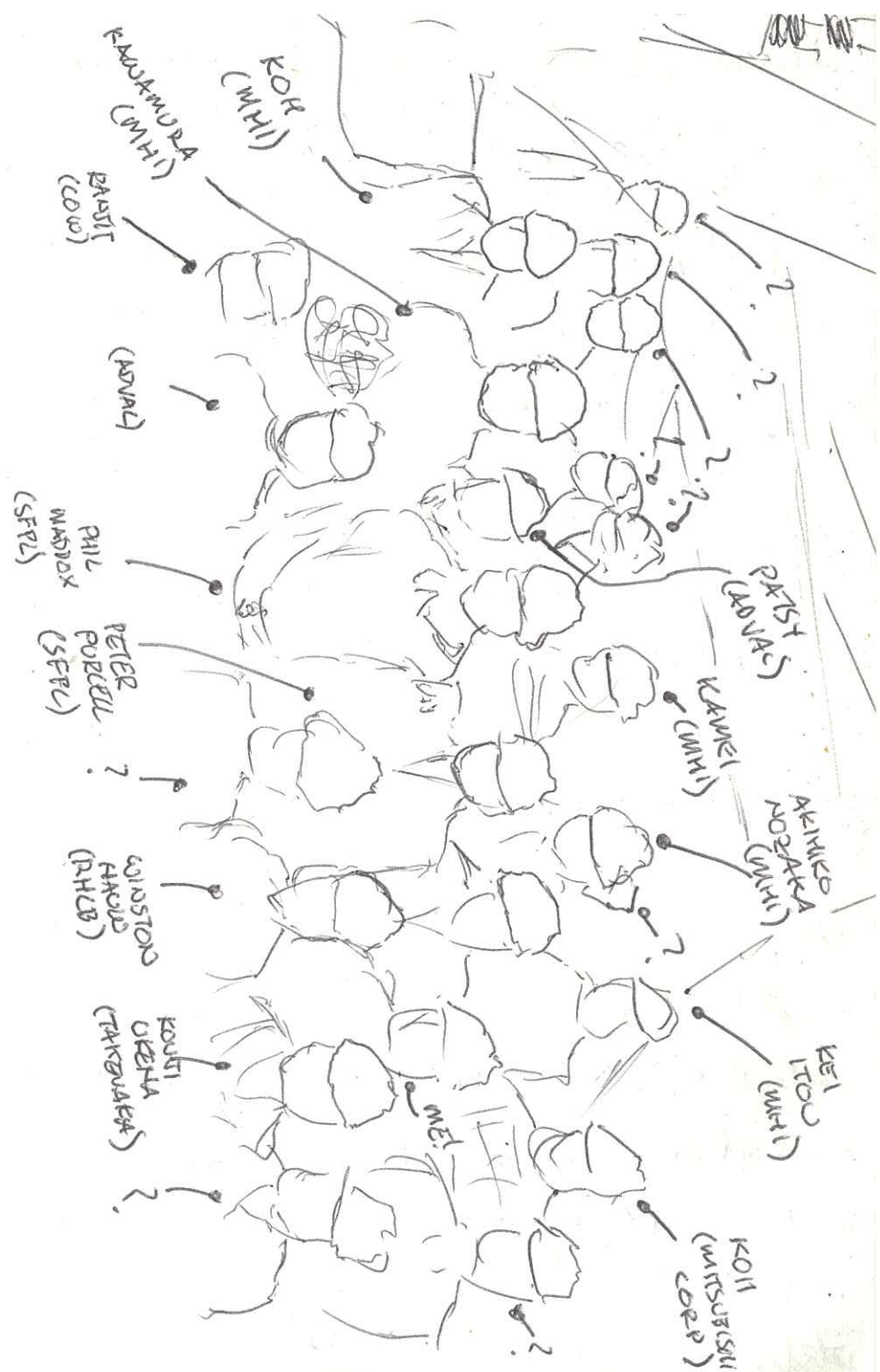
In the end he went to bed quite well. Picked himself up in Stella's fairy ballerina outfit (with wings ~~and~~ dad!), turned on the fan by his bed on his own & off to sleep.

Singing to Lewisell Lew on haer on sen
and finally drifted off. A lot of the playing up
has got to do with competition with Stella + Frege.
Was nice a bit of time on our own → will have to do
more often.

5.5.07 Saw a good Silen tonight (on DVD - Freya in the house and going through the story at home place on a Saturday night (which we both kind of like for a bit of a change → or even just kind of like!).

A bit about love and relationships and of thinking
and writing in diaries, and of impulsiveness and the self

fixed rim completion ceremony 08 APRIL 2007



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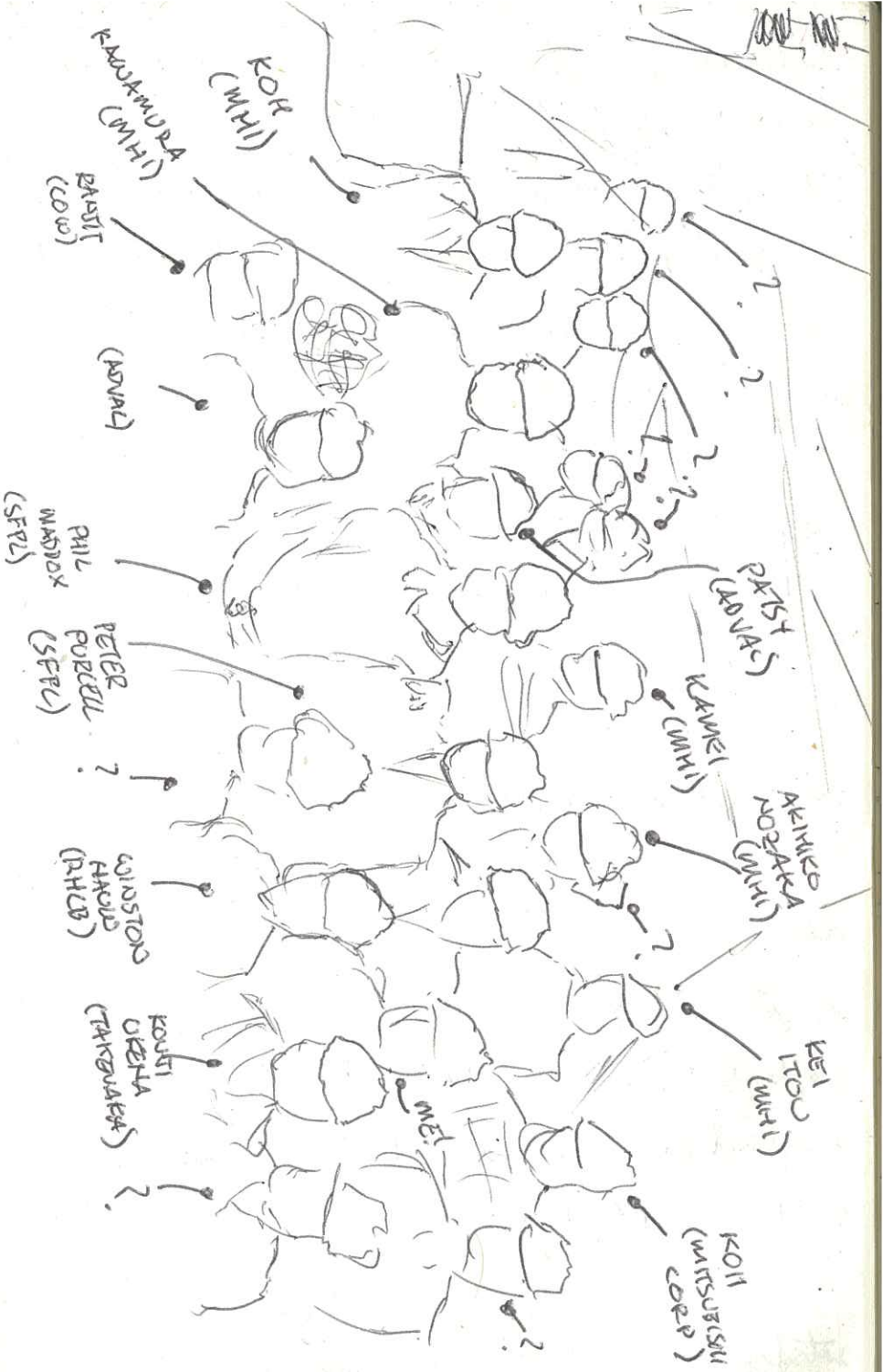
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fix





FLYER RIM COMPLETION CEREMONY 09 APRIL 2007



beatenness of the reality of the world. Makes me want to be real again. At the moment Augie and I are englobed by the kids. There is very little room to move. There are no quiet patches of embliing exploring thoughts, it is continuous maintenance! On and on... and on...!

My body clock and my mind are a bit fucked up at the moment. Had a really busy week with a few late nights. Crashed about 10:00 on Friday night, had some rather tired sex and was bang backup unable to sleep. Worked till 1 am 1:30. Was falling asleep constantly today at the British Club and now when the bed is there, I am unable to doze off.

Nice scotch and a melatonin tablet, some writing in diary might help! So speaking of real, the British Club is not! We will have to be the slightly odd ball people to try and be a bit real. Will be good to dip in and out of though → pool, gym, reading rooms and Sunday breakfasts. ;)

Got out the report for lucky8 on Friday - really satisfying - \$170k for 6 weeks of work (+ a bit

of follow up). Sean in Melbourne did a great job. would have been a bit of a disaster without him!

I like the coffee room at Melcher's offices. The sound of the air handling unit is so heavy a low resonant deep rumble that you feel like you are in a star cruiser or Battleship Galactica, or Star Trek or something. No windows adds to the effect, it takes you away for a moment into another slightly skewed universe where you can feel more important than you really are (A bit like flying, especially when you manage a business class fare - can't help but feel important. A bit sad and pathetic really but there you go!...

Everyone seems to be into this same thing. Not really actually but people like Patrick (Meldan), and Shirley anyway, people who have a bit of drive about them. I like to think I have drive, I wonder if I do? or is I just get pulled along, kicking and screaming? I hope I have something, maybe it is not drive but the

equivalent in a harmonious world, a kind of gentle being and contributing to the flow, an aligning of latents into a positive energy stream or something?

When I can I like to think back to my time in hospital after the accident. It was a good time, intense experience and something I am proud of having had the strength to pull through on. Was no small thing! And I miss the attention a bit as well!

It is such a shame, such a tragedy almost to be so distracted from what is real by the day to day of things. Give me strength to fight through all of this to something meaningful as well.

11.5.07 Watched Joy Luck Club tonight. Not an easy film to watch but very good comment on the cultural differences between China and the West.

I could see a lot of the behaviour in life around me here. The Chinese patriach. Emperor in his own house, rule with an ignorant cron list, behaviour steeped in pride. Women whose role it is to sacrifice and please. Such an old and beautiful culture in

many ways and so smothered by tradition and superstition and unjust, unfair, misguided ignorance and petty competition and jealousy and paranoia in others.

There are few things in this world that are as unjust as a weakling who compensates with power that comes from position and circumstances, unearned and undeserved, and mis used.

While we are talking about paranoia, I take a quick look at salaries when I sign the approval forms for transfer of wages into bank accounts. Last month mine was S\$ 15,300 (S\$ 1,300 having been taken out as rent before hand). Anders was S\$ 18,500 round abouts. This month Anders was S\$ 28,500 exactly. Hmmm... Will watch that, don't want to approach Grace or anyone just yet, will wait + see what happens next month. ↖ Degr is an adverse reaction and a closing up shop from which I don't get to see the figures! Grace has already told the line once already with access to spreadsheets.

I am quite competitive and small minded (not to

mention paroid at times when it comes to it!!!

Face is just a Eastern version of pride with a few distortions to do with cultural perception when it comes down to it!

14.5.07^{AM} A little girl was snatched from her parents hotel room while they were holidaying in Spain this week. The restaurant was 50 odd metres from the room in the resort and they took turns to go back and check on her every 1/2 hour or so.

Between 9:30 and 10:00 she disappeared. The police uncovered footage from a service station security tape in the area which showed her being taken away by a couple, maybe forty years old. Earlier in the week there had been some people taking photos of young children on the beach. The police think it is a paedophile related abduction (steal to order they say). My God! It makes me despair in the human race and gives me a sick nauseous feeling in my stomach! The little girl turned 4 a day or so ago

while she was gone.

I couldn't think of anything worse in this world happening than something like this. What fate awaits that poor thing, worse than death. To be taken away from your parents. My God ... I really do not know how I would cope knowing something like that, it would be such a direct misery and so horrible as this. It would kill me no doubt → and no let up, a year, five years ten years, you could never get over it...

Saying a little prayer for them. That sort of thing could turn someone to religion as there would be nothing else. Please let her be found and returned.

PM

Went for a short run tonight, only ten or eleven minutes but feel really energised. Stayed up until eleven listening to music and playing on the computer when normally would have collapsed in bed and woken up later on. Feel great but let's wait until the morning shall we!

Looking through some of the photographs from the Silk Road. I don't feel like it had enough time to

really sink into my psyche. Fantastic trip but a bit rusted perhaps, or maybe because I didn't have anyone to share it with.

Reading about it through the great game has been really good, what incredible times, but again their marches and expeditions took months. Maybe if I do some writing.



YUMENGUAN (JADE GATE)

15.5.07 Great morning this morning. Winds and rain, that wet tree smell making its way through the flat with the breeze. Not so much fresh but rejuvenating, felt like I could set up shop and just lose around for the day doing things for me ☺.

Driving out there was a tree down across the road, a big eucalypt. Luckily the way it had fallen, the branches actually across the road had

all but broken some way down where they met the trunk, and they were man huggable so cleared with not too much effort. Felt like a little bit of Australia come to say hello... do you believe in omens or signs ??? I don't think so, just a welcome visit to say we are still here. !

With miss Arab Street

where we are gone (to Koppel Towers).

Muslim Blue Cafe and the Bakery, the wine Angels and the mosque. Soon to be replaced by the hustle and bustle of Singapore street life, rushing rushing rushing... no time for Choi served overlooking the heat soaked street (Panang St).

20.5.07 Just had a fantastic weekend away at Sibru. Decided to stay at Sea Gypsy for a change which was really good, all needs included, better food, kids club, nice rooms, nicer service, good all round.

Went kayaking, sailing and snorkeling and enjoyed every minute of it. Out sailing on little one man sail boats with Stella all huddled up in her



life jacket, beaming smile looking out for someone to pick up when we sailed past some.

We arrived on the Friday night to thunder and lightning at Tanjung Lemau. Was very atmospheric. Also a bit nerve wracking! They had a new sign up to Tanjung Lemau on the main road which meant we exited quite a bit earlier onto roads we did not know. Getting to be further & further away from the road we did know, lightning lighting up the horizon and palm plantations every minute or two. Peter Boutell came up with us and had taken the bus, we were due to meet them all at the ferry terminal at 9:00 - Doing 100/110 km/hr on small weedy roads is what seemed like the look of B roads up the East Malaysian Coast. Stopping to ask locals directions every few minutes and getting conflicting reports we decided to go with where one had been pointed (by the first sign off of the main

road - we saw nothing after that!). Eventually we made it, after only 5-10 mins in the wrong direction (having approached the turn off from the opposite direction + missed it due to no signs again).

We eventually pulled in behind the bus as it was pulling into Tanjung Lemau at about 9:15!

The trip out to Siber was another experience. We had gotten all of the kids life jackets which was a good thing. Nervous a little frazzled and a couple of sleepy kids (and one - Freya - actually asleep), we got off into the darkness with one near light on the boat illuminating the water and constant lightning and thunder every few seconds (1 kid over rot, no essential)



There was a lot of mist or sea spray / humidity around so one minute you see orange faint lighters way in the distance around the mountain (Kota Tingi it is called I think - the town being named after it), sky down to the sea on the horizon, then you get lightening up above, bright white sheet lightening that would light up the mist around you so that all else disappeared. I had Ernie sitting on me with his collar on the life jacket up to protect his ears from the wind, bright wide open inky black eyes taking everything in.

I kept thinking of the Charlie + the Chocolate Factory scene when they get on the boat "The danger must be growing; for the rowers they keep on rowing, and the..."

And then soon it was around a few rocky points in the darkness and a dying of engines and the on set of lapping waves on the sand, and we were off, up to the restaurant for a drink and a seat in a comfy padded chair. Sand and water and salt

on the feet, a relaxing inter holiday mode.

Not long after that (15 mins maybe), the heavens opened up and we could sit enjoying the thundering rain downpour. The kids were very tired despite the rain + the chocolate milk and just wanted to go to bed. A nice end to the adventure and process of leaving behind Singapore and work and school and Woking drive + everything else that was not Silba.

The next morning the kids were up surprisingly early. Its light outside - so its not, too early go back to bed, its light outside we want to get up - so its still night time, go back to bed, we want to get up, its light outside. So a sleepy headed dad ends up on a beach chair in beautiful morning golden light (yits left the camera at home) soaking up the sun reflected off of the water and trying to keep an acceptable moral balance between keeping an eye on the kids and dozing off to sleep!

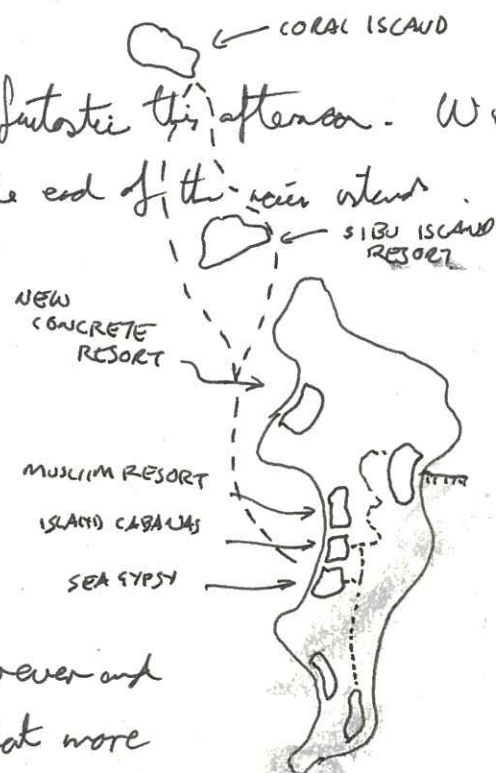
Bealby is a nice place. Little huts around a Rhu tree compound (similar to pios). nice beach that they close in the mornings, kids playground + big grass lawn / barge area

and restaurant.

Spent a bit of time reading, and sitting on the verge of the beach in the shade keeping a very loose eye on where the kids ~~were~~ were, and what they were up to. Peter was great and it felt very comfortable having him along. I am pretty sure it is all healthy and ok. I do keep an eye on the relationship with Ange and the kids! I rely a bit on Ange's good judgement, and in knowing her (and Peter). Ange + I are getting on mostly OK at the moment.

Swimming was fantastic this afternoon. Went out to coral island off the end of the main island. Expected the water to be a bit clearer than it was as seemed to be clearer back at the resort, but it wasn't.

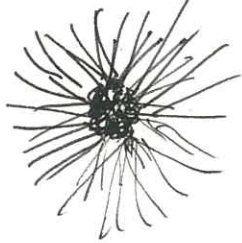
No sea lice however and there seemed to be a lot more sea anemones → whole bunches of them when normally



you only see a few of them, isolated and wapped up mostly in iridescent purple sheaths. And saw nice fish as well. My favourite from the FNR coast, the little zebra Angel fish  and saw a few families of clown fish in the anemones. a couple like nemo with the three white stripes on orange, but mostly black orange with one white stripe towards the gills. . Came across two families (appeared like families anyway). The big (daddy one), would swim out of the protection of the anemone and face directly towards you little mouth open in protection mode.

The mother, about $\frac{1}{2}$ to $\frac{2}{3}$, his size would swim around the family and the baby (about $\frac{1}{4}$ the size of the father), would envelope himself with the tentacles of the anemone in and out in the classic finding Nemo style. Was beautiful to swim down and see. The  spring sea urchins are beautiful as well and  always surprise me. big waving spindles yellow and pair by their very spindly aspect ratio and then what can only be

described as surreal fiction type incoherent while
eyes? spotted around in a perfect geometric form that
seems to prove to be borne of this world. I am not
about to venture my very human
leaves anywhere near one of these
things, that is for sure!



Peter come out with me and was a little
less comfortable swimming out so far I think. I do
feel wary about all of that, and the indifference of
nature along with the unpredictability (and unknown
depth - kept thinking, lots of little fish, all a part of
the food chain, I wonder when I get to meet the king
of the beasts!!!)

I do get so much from it however. A
of peace and reassurance, of calm and solidness. ~~It~~
that is difficult to get anywhere else.

Had a talk with Peter about God and
religion a Sat night → hope I didn't offend him, I
have a feeling he is more reassured than he lets on at first
sight! Anyway. If observation and experience are

no. I in researching and living your life, then nature and the
walls and experiences from living in amongst it are far and away
the most influential and dramatic experience wise for me. Hence
I think my love of Daoism (the original Tao te Ching
Daoism in any case!). Peace be with you bro!

am Really suffering from a lack of motivation at the
moment. Feel like I am not living up to things. Getting people
down through average back lustre technical performance. I
hate to say it but Peter Bowtell does not help. He is
there piling work onto me while he does the things I feel
I should be doing - chasing new jobs and looking after
things like the Sports Hub etc.

He is very good, but likes being very good and
likes to do the skin over the top stuff. A bit more
difficult to do the real delivery stuff, especially
trying to keep up with the office!

I am not interested at the moment, find myself
escaping into the shows and other distractions, leaving the
hard stuff until later which is not like me at all...
Must try a bit harder to care less about me and what

people think, and just 'said' through as Peter Bailey would put it. Talk it up, remain positive, be positive and pretend everything is OK, (and it it will be won't it?).

What do I need to retire?

Park St paid off	- 120k	income 15k
Alatoland St paid off	- 440k	family home
" " renovated	- 250k	-
Car	- 30k	
	<u>840k</u>	<u>15k</u>

Current shares	330k	→ 50k
		50k

Wage + savings

Schooling $20k \times 3 \times 7$	<u>420k</u>	115k
	<u>1260k</u>	

10 years???

then onto living off of shares + income. Borrow against house

$330 + 500 + 500 \rightarrow 1.33M$
→ income 200k!

INTEREST COSTS INVOLVED!
RISK INCREASES INVOLVED!
INFLATION INVOLVED!

Difficult numbers to do accurately but feel with a lot of ups and downs in right ball park.

I should play it out on the computer some time!

22.5.07 Turning 40 tomorrow. It probably should feel more important than it does. Forty still feels young, fifty on the other hand feels old! I am still no master of this place (despite the long apprenticeship) - as Omar Khyam would say.

A few random things in my life at the moment:

- Singapore Flyer almost finished on site.
- Just attended a talk by Moshe Safdie on urban design and the IR (impressed - he seems like the real thing).
- Worried about mosquito bites from the weekend away in Silva that seems to be getting worse not better.
- Struggling with email + motivation at work. Issues with a need for recognition and in getting my own way.
- Living in a two bedroom apartment in Woking Rd estate in Singapore.
- Own two houses in Australia and are getting into shares more and more.
- I love the kids to death and love Ange alot

not that my mind doesn't wander from time to time.

- Personal dreams of enlightenment and nirvana have taken a back seat for a bit.
- Dream of sailing around the world, and of being financially independent (to the point where I no longer need to work).

And a message from Stella apparently:

"Dear Brendon, I hope you have a good time being the number that you are going to be next. Love Stella"

24.5.07



Found a little diamond below my seat during the talk by Moshe Safdie on the IR the other night.

Beautiful little cut stone that must have fallen from someone's ring

or something. Looked like the real thing.

type of stone that would be clasped in by claw type settings.

Thought it was a nice message from beyond. Thought about taking it home for Stella who would have lost it somewhere about the house! Decided on something

thinking to do the right thing and hand it in, in case someone realised it was missing and came to claim it. A bit like putting it back into the natural scheme of things...

25.5.07 Three questions from Stella tonight:

- 1) How do you dream?
- 2) What's underneath islands?
- 3) What makes rockets go?

Still since I was able to give a half satisfactory answer to all. Have a feeling they are going to get harder...

27.05.07 Having trouble sleeping, can't stop thinking about that little girl who was scratched in Spain. What a horrible horrible thing... They are saying it was paedophile based - what must the parents be thinking. I can't begin to imagine the scale of horror.

No one who has seen the joy in a six year old, the innocence and openness and pure beauty could ever do something like that. Severing the bond between the mother and daughter and father and daughter... I just keep imagining someone coming into the room, the little girl waking up sleeping and

being taken / led away leaving everything that is
loved by her in the world, her mother and father
and brother - oh my God! And then even
worse than this into paedophilia. Inter God
knows what!... I want to cry and be sick at
the same time. I want to lock Stella to my
side and never let her out of my sight.

I think in the same situation I would
want to kill myself to spare me the pain, the
mental torture.

Please God, let it not be as bad
as I am making out somehow, please don't let
her suffer. Somehow make things right.

What is it in humans that would allow
someone to do this. How do they live with
themselves, what justification could there possibly be
in their minds. How desperate would you have
to have become to be at a level low enough
to make this an option?



I don't believe in a God, but this is one instance
where I will pray to him (or whatever power there
may be that she is alright).

PM I just watched an hour of ugly Betty and the
first thing I thought of was that little girl (She
deserves to be thought of and not just sad...).
Jesus, it is like the world will never be slipshod
or fun ever again. How can it be when there is
such stuff around? What horror did that little girl go
into? &

3.6.07 On a bit of a fitness kick at the moment,
Squash, running, weights... Taking it easy, sustainable
if you like.

Peter Bowtell is pissing me off at the moment.
He keeps hanging on about not looking at email, work
life balance and all of that, then heads into the
office on week ends and checks email late at night
himself! Proceeds to make me look very bad, he is
across all the issues himself. It is a lot easier
for him, no family commitments, no group to run,

get all positive + enthusiastic about things but never have to actually deliver anything yourself! I don't know how much of it is actually paranoia on my part? I should just take a step back and give him the benefit of the doubt.

Really enjoying home life at the moment (just had the last 5 days off!). So if I do fall foul of things at work, at least that is ok.

9.6.07 A few funny things have happened recently that I thought at the time that I must remember to put in my diary!... and as always they have made their way out.

One at least was the comical Chinese Dragons. We went to dinner at Peter's to go and see the lights for the opening of the new Buddhist temple that holds the relic of the Buddha's tooth (funny in itself :-!).

Anyway the traffic was being held up

on the way home as they packed up the parade and stopped at the lights the police were waving through the floats etc but all we saw were the lights then red and six or seven big Chinese dragons (the ones supported on the ends of lots of poles held by people), run across the road. Was absolutely hilarious, the normally regal proud dancing creations at a double pace took across the crossing jittering up and down like an old black + white movie on normal speed plus a hint



Stella is also in good form at the moment. She gave me a present this morning she had made, a

piece of white paper cut with serrated scissors
and with a love heart stapled to it and
swan marg stella spelt out in big letters.

She told us in the car today that she
doesn't want to be known as bean anymore.
She wants to be called Swan ☺. She really
is a beautiful little soul. She is great with
Ewan and Freya and is full of love for us as
well (except when she ends up in the naughty
corner when it is all looks of thunder + frowns
- no hugs on the way out!).

Uploaded a few China photos on the
web. I wasn't really happy with them when I
was working on them, but looking at them now
do they are not too bad after all. Looking forward
see to writing a few lists and pieces to go along with
them.

Where does a Chinese dragon go after a big
night out at a parade? To a bar for a drink,
out drinking, so a long quiet walk on a

beach with a dragon of the opposite sex? Home
to the wife dragon and kid dragons to kick up his
feet? Where would he find a couch large enough
to kick up his many feet I wonder?

Oh yes, Thursday saw us (well mostly
Ange), held to ransom by a squirrel. Started
with a text message saying a rat had gotten in,
eaten a banana and pooped all over the place.
Then through the day they turned to the antics of
a squirrel hiding out in the kitchen.

He/she had jumped onto the window
sill and looked through the fly screen to eat a
banana. He was then on top of the gas cylinder in
the cupboard, coming back for dinner, hiding under
the washing machine etc.

Peto + I were playing squash that night +
arrived home to the kitchen in a mess and ange armed
to the teeth with broom sticks. We managed to get
him out of the washing machine but amidst howls
from Ange and laughter from Peto he disappeared

up behind one of the free standing cupboards
unable to be found. Much to Peter's amusement I
was also armed with a broom and had my pants
tucked into my socks to avoid him running up my
trouser legs! I thought that showed a bit of foresight
but apparently not :-).

We couldn't find him and had to leave
all of the windows etc open for night to let him
out. Which apparently worked for we have not
heard of him since. Ange swears she could see
little squirrel footprints on the steinless steel
benches. I didn't bother to check them out but am
a bit dubious!



10.6.07 Just watched Midnight Cowboy. John
Voight + Dustin Hoffman, the seventies man! Good
John but damn depressing...!

"Everybody's talking at me,
I don't hear a word their saying,
only the echoes of my mind."

} can really relate
to this right now!

People stop and staring,
I can't see their faces,
only the shadows of their lives.
I'm going where the sun keeps shining,
through the pouring rain..."

19.6.07 Doing an "Essential Skills for Managers"
course at the moment at the British Council. Ok but
not what I was expecting which is a bit disappointing.

Am learning a bit just through interacting
with others on the course however. There is one guy
from GE where they used (they are now phasing out
I believe), to have the "Jack Welch" school of
management applied. This is basically that unless
you have a very good reason, you simply sack the
worst performing 10% of your work force every

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 John but damn depressing...!

from where they used (they are now phasing out
 I believe). to have the "Jack Welch" school of
 management applied. This is basically that unless
 you have a very good reason, you simply sack the
 worst performing 10% of your work force every

year!

This on the face of it taken without moderation is just so wrong on so many levels let alone the human one!

The cost of re-employing people

The stress created

The opportunity for corruption

The loss of loyalty

The difficulty of identifying performance

The short term vision!

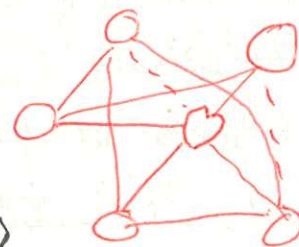
I am sure it is more complex than this but wow! blew me away that someone had actually articulated all this!

The girl from GE is Kim Hoon. She is incredibly likeable + I must admit that I am a little taken with her.

She looks very young even though she has two kids (32 I think). has amazing energy and optimism and is very very Singaporean. That is part of what is

so interesting. she gives that naive impression of black and white theoretical learning. She is very colourful and childish, flowers and rabbits on the name card etc, like she is a 16 year old straight out of school. Dressed very plainly, like a teen boy but in very good brands - Calvin Klein, Relex etc.

I think she is so attractive as she is so young at heart and carefree, something that I want to be but have been dragged (pushed), (drawn?) away from.



22.6.07 Three days on a course this week and the Friday off as a part of a long weekend in Cambodia (Siem Reap). Taking the piss a little but feel I have to in some respects, for me. If I don't start enjoying things a little and be a little selfish now, I never will. I am dog tired (perhaps because I have been going in early mornings), but can't help but feel it is a

long term fatigue that has set in. Partly why I needed the two months before Christmas off, but that is now a distant memory. I seem to take work a little too deeply which ironically affects my performance and ends up in a vicious circle effect!

Anyway, making small steps so just need to keep building on those...

So Siem Reap, Angkor Wat and all the temples (Jungle Book stuff!). Staying in a little unit which is great, room for all of us and out in the suburbs (only 10 min away), but quiet and get to see a bit of real life going on.

Chooks and Buddhist monks, motorcicles and bright brown muddy water whenever it rains (which has been a bit today).

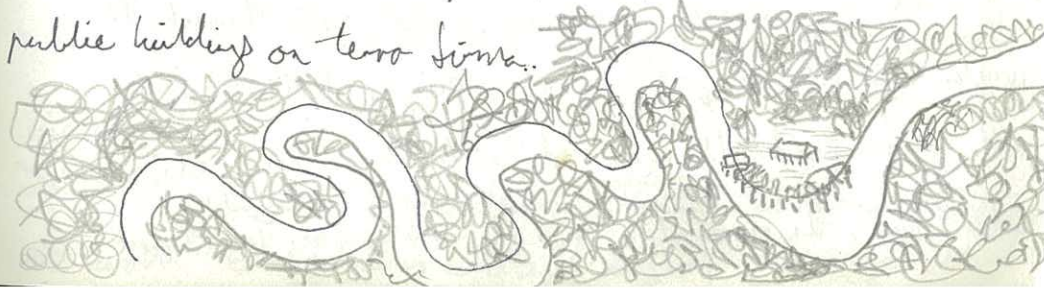
Had a nice chat with an Australian woman who is standing in for the owner looking after it. She usually teaches English in Gungahlin. She was saying (after we enquired), that there is quite a

big sex tourist trade here which they try to keep away from. She quoted a recent Korean tourist as an example who started with one girl, and then two staying overnight. A few words and he left the next day on the false saving pretence of not being able to smoke in his room!

A little sad but a part of life I guess. What is sadder is all of the horrible things that end up coming along with it I guess, crime, corruption, drugs, people trafficking...

Siem Reap has a nice feel to it. Not too big, lovely lovely people, down to earth earthy, reminds me of India with a Thai flavour to it.

We flew in this morning over the jungle with the classic windy river running through it. Little villages in the lands on stilts with perhaps one or two white concrete public buildings on terra firma.



SIEM REAP JUNGLE BOOK STUFF

26.06.07 Fantastical four days. Temples, markets, pub
Street, Boutique Street, Walk up a hill to the Lingas in
the river, Sunrise on stage kids dancing. Tuck Tuck
rides, Mak curries, Couch breakfasts and lunches at
the Villa, DVD movies and ice cream at the Treehouse,
early morning rise for sunrise over Angkor Wat, Silk
Farm and drives through the country.

The trip out to Angkor Wat for sunrise
was good. Up at 5:00, through the jungle with
quite a stream of other people all doing the same
thing. Kind of had me expecting disappointment at first
but it is a big place and everyone had a bit of a
feeling of being there for the something (I would stop
short of camaraderie :-)).

Early morning there was a light mist through the
jungle and a slow feeling of waking. Little ropeds
with yellow headlights and red taillights making their way
into town, the surrounding jungle oblivious to their

passing

6.7.07 Ange and the kids in Melbourne at the moment,
had the normal onset of cold/flu (microplasma
this time apparently!). I am getting far more work
done and am sleeping well - feel 120% but
really miss them all.

Work is a bit up and down - just can't get
all enthused about things, don't want it badly
enough...

9.7.07 Long day yesterday, odd jobs around the
house while Ange and the kids are away. I must have
spent ten hours installing child locks on doors! Including
drilling through to the front of one of the television cabinet
doors only to have it still not working! A magnetic
and so very sensitive to the proximity of the lock to
the key. Late night trips to T-jitsu for putting - think I
was quite de-hydrated and tired at the end of the
whole thing. Struck it out however and got it all
finished.

Feel like I am having trouble communicating
at work. Everyone is always saying how negative I

come across. It is because I worry about the down side to things. Pisses me off everyone doing a lot of talking and not much of real substance getting done. Large potential to end up as a financial disaster! Anyway should not worry myself so much and just have a good time. Need some senior people to help and cannot seem to get them. One or two at mid-level that might be ok but no one at a senior level.

10-7-07 I have an overwhelming feeling of guilt and sadness at the moment thinking about a little boy at primary school. He was smaller than everyone else and one recess some of the kids were taking it in turns to go up and make him cry.

Someone encouraged me to go up and do the same (he was sitting on his own on a rock wall under some trees - I can remember it vividly). I can't remember if I ended up doing it. I think I

did but a little gingerly. What a horrible horrible experience - must have left mental scars in the poor kids development - Sorry wherever you are, sorry for doing anything I did and sorry for not stepping up to protect you.

I don't know why, but I feel quite emotional about the whole thing. I think it is this photo of little Ewie I have on my wall - a father's day present on a home made laminated calendar. He has this passive little look on him and appears very venerable. I can't wait until they are all back and I can spend some time with them making sure they know they are loved, and building up some of their self confidence.

PM How many of our decisions are made on the basis of what we want in life, and how many are made on the basis of how others will judge us. Quite a number in the latter category I would think...

12/7/07 Latest in the monitoring of salaries - Andre 38k (BSM 27k) and no information on

Russell at all!

LESS \$1300
ACCOMMODATION
ALLOWANCE ALREADY
DEDUCTED.

	ASL	BWM	RNC
APRIL	18.5	15.3	
MAY	28.5	15.3	
JUNE	?	?	
JULY	38	27	15.5
AUGUST	20.5	15.5	15.5

(15.5 + 1.3) x 12 + 20 = 221.6
20.5 x 12 = 246.0

Also heard from Peter Buntell Russell had been promoted to Director. Not happy Jan! Am in a dark & pissed off mood at work and not taking any shit! See where it will take me - may be more destructive than constructive but will just have to wait & see...

14.7.07 ↑ Don't be so narrow minded Brendon! Need to be looking at what we have set at what we don't - That seems to be the issue however - how do all of these people afford large luxurious houses etc. I guess I am quite conservative. We could be selling Park St and have a lot of cash but it will just continue to increase in value. we can lend money against it (which we are effectively doing), and it provides some small income directly and is a good contingency plan for the kids when they grow up.

and want to move into the city to study or live.

Spoke to Ange this morning who is in Melbourne with the kids. Watched a home renovation show this morning on a farm house - lots of grace, rabbits, dogs, ponies and all of that. Would love Stella to grow up with that (although she is growing up pretty well at the moment - trips around Asia - aside from the living 'real' dog issue). Ange is enjoying it and was mentioning maybe going back home in 2-3 years. I am feeling she might be right.

Lots to plan - we would probably sell or build on Abotsford Street depending upon the prices etc. I want a big house to live in.

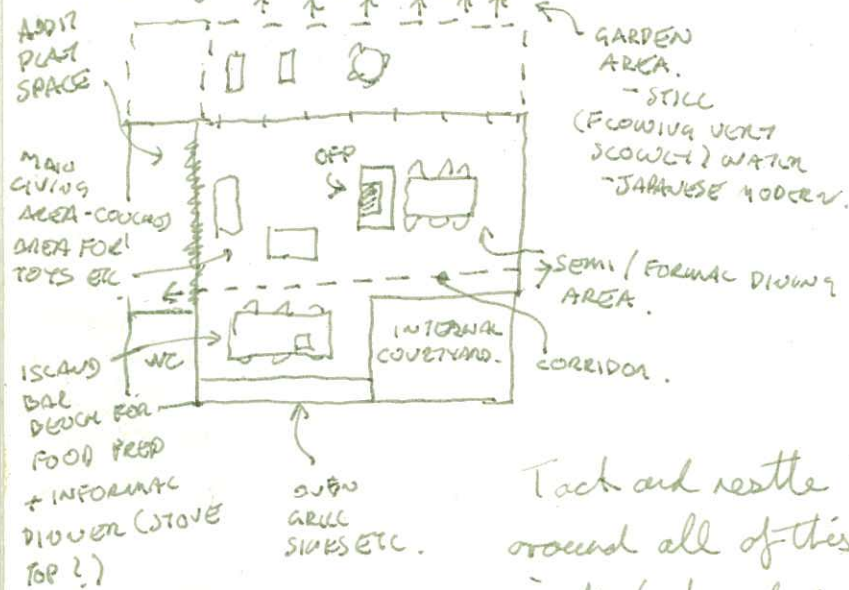
- 3 kids bedrooms
- Main Bedroom.
- Study
- Living Room
- Outside shaded area
- Garden
- Garage (1 1/2 cars)
- Laundry 2 toilets / bath rooms.

↑ green ink dug out of my head side table after many years starting to make it's way through I like things like that getting used to good environment small way

Kitchen

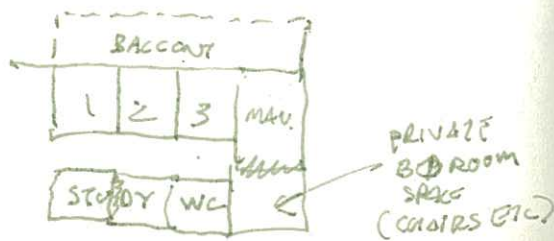
Lounge Room.

The key is all of the living rooms - there have to work + be a combination of space and delineation, privacy + connection. Very 70's I know. But I do like the idea of the island fine place!



Tack and nestle bedrooms around all of this (with private (shared balconies)).

(Kind of like the idea of all bedrooms opening onto a long balcony (a la Woking Rd).



One of the reasons people must be able to manage it in Asia is because both Partners work. I wonder how Ange would feel about that - not a problem I am guessing → teaching or tutoring... Would be better when Freya was a little older and had started school.

FREYA 5
 EMILIE 8
 STELLA 11
 BRENS 45!
 ANGE 44!

} Still have a lot of life to live!

One of the good things I think about me working here is that I will always have experience of the Asian market. There will always be an opportunity to come back.

15.7.07 Good day today. Morning walk up at Bukit Timah nature reserve with Peter Bantell. Good walk out → up and down lots of stairs. incredibly hot and not much air movement, you could feel the humidity and the smell of the earth in the air!

Then breakfast at the British Club and home to finish off the setting on the balcony (my last chair while Ange is away apart from the cleaning of sheets!

Then work till late → 11:00 and finally home to watch Ogly Betty and do some ironing.

I have to admit that a large part of the stress in my life comes from balancing family with work + other things. It has still been a struggle at work but I have been making up ground which helps me sleep. Better sleep clears my mind, more energy (which sometimes leads to more arguments - more fighting and less accepting things as they are because I don't have the energy to fight them.) - a vicious cycle. I have been much more positive at work.

I need to maintain that somehow - how?!!?

21.7.07 Off on an ARF (Amp Australasian 46m) for a few days. Really feeling close to Ange at the moment. Watched Blades of Glory which Ange really liked + so did I. It is a really subtle humor with a lot of p.s.-take of mainstream culture. You need a certain outlook on life - a certain reality to appreciate it.

I am feeling a little under siege at the moment by the mainstream Amp. Everyone selling themselves and towing the company line! So much bullshit and so many executives who are incredibly engrossed in the whole fabrication! Get a fucking life for Christ's sake! There is nothing wrong with enjoying yourself and taking time out from work + you don't need to be business does!!! So many people who are locked down in the superficial complexities of life - who don't know what the real things are. And it's not harmless - it affects everyone around them. They lose focus and perspective. Flights to Australia on business class → at times but generally what a waste of money. One flight is twice what David Na earns at work (my admin assistant). F-ing outrageous...
22.7.07 Quite a surreal wake up this morning. There were no economy seats left on the plane so ended up in business. Nice but a bit of a waste of money! :). Anyway slept all night and then happened to look up to a window, pastel like picture outside. A

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bits of orange and blue clouds spread out in the distance. I had the distinct feeling that time had stopped and we were just poised there hanging above things, a little disconcerting even.

Then the next time I happened to look up you could see the clouds below passing by, like we were sailing on this great cloud river below.

Then one last time looking up from putting on my shoes I could see the silhouette of the top of the clouds passing by the window with orange / brown light behind them. Distinct feeling of submerging below the waves.

A very beatlesque experience. Yellow submarines and diamonds in the eyes type of thing going on.



11.8.07

"If you insist on seeing everything by means of the opinion of others, what you will discover within yourself will be only the opinion of others."

Think with your instincts as well as your brain. It is the only way a man can rise to great heights, by not knowing where his way may lead him."

Kurtz
The heart of darkness
(the movie)

13.8.07 Three races in a row yesterday on Wings. Don't think there is a bit on me that isn't bruised, or sore, or chafed or sunburnt... Feels good though, that nice feeling of recovering and healing in.

Sharemarket has taken a bit of a hit these last few weeks off the back of fears in the US over sub-prime loans → dodgy home loans that people are defaulting on sending one or two of the financial institutions broke.

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of darkness
(re)

run cream
cucumber
sliced cheese
milk
beach
baked
salmon
dill
turna



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few weeks off the back of fees in the US over sub-prime loans → dodgy home loans that people are defaulting on sending one or two of the financial institutions broke.



Lost over A\$ 40,000 just in the last two weeks -
virtually (only says virtually as will come back I am sure!)
wiped out the gains from last year.

Looking for opportunities but leverage jump is too
soon. Other lesson to be learned is to have a diversified
portfolio of long term stocks → will have to spend a bit
more time looking at H. Munther and their ideal port folio.
(mind you, it underperformed the market last year similar
to mine!).

14.8.07 Ewie is very demanding at the moment.
Everything has to be just right. I think it might be a bit of
attention seeking and finding his own space (competing
with Stella. He goes to sleep after Stella, wakes
during the night, and gets up earlier than Stella!
Dark rings around his eyes and bumps and scratches
everywhere, he looks a bit battered I must admit!



23.8.07

Lots of things go on in the life of a six year old
girl I realise. There is the whole school thing of course
new things learn and make and paint, then there is the

whole learning to make friends, establishing thoughts
about boys and all of that. Then there is the looking
after of the pets (Peter Bawtell bought home four
or five new flashing rubber ball pets the other night -
oh dad, such a busy day (with a sigh), so many
pets! :)), and then little Ewie + the back and forward
with him, and now the excitement (Slightly) of the
first wobbly tooth (that she is going to get money
from the tooth fairy for!).

Really enjoying them all at the moment...

31.8.07

"It is the inconsiderate man who forces
things to change to suit himself. The
considerate man changes to suit the conditions
around him. All change in the world
comes from the inconsiderate man..."

saying above the
entrance to a building
(temple / club?) on
Pulau Ubin.

↑ The other view! Peter Bawtell just smiled :). I
think as with everything, there is truth in both.

5.9.07 Another 3:30 wake up to worry about work!
I am again finding it tough, I am doing my best and I
think not a bad job as far as staff goes but have a
huge lack of confidence in being able to well new work +
project manage the work we do have.

I could do with a bit more time and a bit more
memory and a touch more common sense!

I must keep my head steady and just wade through
it remembering to smile and keep in a good mood along
the way - a little more meditation along the way also
inevitable! ☺.

11.9.07 Stella fell over and hurt her knee the
other day. Apparently she turned to Ange horrified at
the small trickle of blood coming out and said "this"
"Am I going to die now". Poor little thing, I can see
the expression that would have been on her face now!

The new flat is turning out well. Ange has made
friends with Lisa + Steve who live just up the hill
behind us. Walks to the Colbar and Sunday night
bonfires. They have a couple of boys - Will and

Ned who Stella and Emma get on very well with.

1.10.07 I think for the first time in my life I am
truly proud of someone else. Previously it has always
been a feeling centred very much upon myself (pride).
Seeing Stella however riding around on her bike
and really enjoying herself, growing up with other
kids and competing and keeping up with them, being
herself and one of the gang with a really heart-
warming self belief about her, not something superficial
or manufactured but something fragile and vulnerable,
and honest and beautiful, and seeing that being up
to the mark, fills me with pride for her. As I said
it is not a pride centred about me it is all about
her and I have this wonderful elation for her, this feeling
of happiness for her. A little sad if you like that I am
so selfish to have really only felt I know this feeling
now but there you go. Human Nature is generally a
selfish thing and I am no different!...

9.10.07 Down on Singapore today! Dealing with Capitaland always gets me that way. Cheap ignorant Project Managers who don't give a shit really. People who won't even look you in the eye...

Aggravated a bit by the thousand and one word fly bites I have from the weekend away up at Silim! So much for the rest and relaxation, hardly slept a wink last night...

13.10.07 Flew to Hong Kong today to give a 20 minute presentation as a part of a larger Building Sector Board review on MBSIR. In the end there wasn't enough time and didn't get to present at all!

Was very good however as there was a global thing on at the same time and got to see a lot of senior people (makes me realise how many people I know in Asap). Craig Gibbons (Dubai), L McLoy (HK), Shigen (Tokyo), Tristram (Sydney)...

Review went well although made me realise it is easy to paint a pleasant picture for people if that is what they want to hear. What is not happening on MBSIR - depth of reviews we should be doing, commercial management, looking after staff work life balance, general overview...

Having said that there is a lot of good things happening also. I do worry about the financial management however - trying desperately to protect the down side through equal profit/loss sharing no matter how much work is done by each office.

Hong Kong is an amazing city. You really see a world of difference with Singapore - population density, buildings, bridges, roads like a twisted mess of spaghetti! Faster pace of life, longer more complicated projects, bigger ambitions, bigger challenges so on so on!

13.10.07 In Daoist culture when someone dies you can burn effigies of things that will get passed to them in the afterlife - money, houses, cars, speed boats etc! Usually gets done around ghost month at which time they set up temporary marquee temples and put out big dinners for the ancestors. People sometimes sit with them to eat which is a little bit out there!

Also though when someone dies they do the same thing. Set up a large dinner under a marquee with many more tables and seats than the real people attending, to cater for the ancestors. The coffin is usually up at the front (closed thank fully), and surrounded by bouquets of flowers

and a photo of the deceased. It is all a bit strange as an affair. Usually the photo is blown up from something like the driver's license so you get this strange expression, a moment of shock or smile or caught off guard or the more typical serious near-death look of a camera working and when will it go off; anyway this random moment of the deceased's life at the foot of his coffin, usually totally out of all context, surrounded by yellow canvas + flowers and round dinner tables with one or two deceased (or loved, or more likely both) relatives; and they are usually set up on a sidewalk somewhere so there are a lot of passers by wandering past on their way to work or home or wherever.

I wonder how I will be remembered when the time comes? Makes me happy having the kids there so there will be something.

24.10.07 Extremely hard to concentrate at work with people continuously interrupting with questions and this and that. Generally noisy atmosphere as well to the point where I just plugged in the ear phones the other day to blackout everything and get some privacy to

finish an email that had been over 24 hours in the making (yes to that bad!).

Anyway still got interrupted once or twice (really need to lock myself in a room!), and when I went back to the ear phones I turned up the volume which had mysteriously dimmed in the process, only to find Patricia + Muei Wu clanking around me to let me know that in fact the headphones weren't plugged in and the whole office could hear! Felt like the senile old fool of a boss who is tolerated with a bit of a good natured smile!!!

Just started to read "The Lost Men", the story of Shackleton's expedition across Antarctica. Starts by mentioning a bit about the First world war including a few newspaper snippets. One snippet "Wanted, Home for boy of two years" really hit home. What must life have been like back then - what value human life and family ties, what desperation and balance between them all. Incredibly lucky the life we lead even in our times. Right country, right family, right society, right time.

4.11.07 On my way to London for a short work trip. We are doing some work on Patrick's Omni-Paragraph (OPG) ride mechanism through John Lyle in London.

Have to say it is a good idea and if successful will make someone (Melchior most likely!) a lot of money. Hopefully Patrick will do well out of it also - he deserves to even if a lot of his efforts are misguided at times - he has been obsessed with figuring out the mathematics of the ride geometry but arrived only with pretty basic mathematics skills! To be fair the obsessive do it yourself lover he has been spending on the problem are borne from a reluctance from Melchior to commit funds to help, and the maths and other technical knowledge he has learned from the web and other places is a refusal to be thwarted!

My maths is no better mind you but hopefully now with John & Hugo from ATG on board, we

can move ahead! And the worry is that maths is no longer the issue these days, all of that is taken care of by the CAD packages we are using, it is an old fashioned geometry problem to be solved by spline curves + generative component manipulation joints etc.

Anyway, been very tired, and so pushed for business class and finally managed to get on (as a last minute grant by the girl at the boarding gate!). 13 hours of a reclined seat comfortable enough to sleep in with paper, books, computer and room service, my definition of heaven just at the moment. (And probably Angus also who is stuck looking after the kids for three or four days!). Managed to get six or seven hours of sleep and feel better than I have for a while - feel like I am not going forward rather than constantly drawing down on my reserves!

I had the horrible realisation that I have left my work pants at home. T-shirt, shorts, shoes, no pants :!!! Am going to have to do some shopping on the Sunday I arrive - need new work pants anyway but fear will be difficult to find (if the shops are even open!).

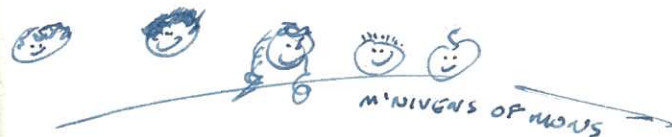
Should I be more of a thought leader and risk taker I wonder? I look at the financial newsworld people like Patrick and Peter get and think so but in my heart I don't think I would be suited. At the moment everything comes to me - I have been extremely lucky, whether I happen to be in the door or whether it is the guardian angel my grand-mother told me about I am not sure, but life is about having to put the ~~brakes~~ brakes on not about accelerating - Mind you, I go where it takes me!

The last couple of days I talked on the Floor at an I Street E conference and then

conducted a site walk around and it made me realise just how lucky I am to be involved in these projects (and judging by the income questions, just how much I know about design and the practicalities of building things -)

We will be comfortable, but never rich. We will be millionaires in our definition of the word - net capital worth, but never in Patoriki's definition - a million bucks cash in the bank to spend.

And I love Ange + the kids to death. I hope Ange loves me back - I think she does but sometimes wonder - the hard work of the kids tends to swamp all else at times making it difficult to know what you ever feel let alone others!



MINIVENS OF
APPLETREE

Back to try + sleep for a bit - build up some more batteries :-.

9.11.07 Strange feeling of dis-association with the

environment around me at the moment. Most likely due to the jet lag and topsy turviness of the schedule after London but can't help thinking there is more to it than that. I sense Ange feels the same way - maybe it is life in Australia or NZ calling?

Reading about the other side of Shackleton's Antarctic expedition at the moment, "The Lost Men". Bloody hard! The whole attitude of the time, the English properness and sacrifice and feeling of duty, and looking after ones mates is summed up by a quote from the previous Scott expedition. Cannot remember the name of the person but he was the third alongside Wilson + Scott when realising he was not going to make it and would only slow the others down risking their lives ~~at~~ also, crawled from the tent saying "I'm just going out for a while, and may be some time...." How very old English! I wonder as to what was actually around this - one can't help think it may have been established or construed by Scott + Wilson to give him some respect but then again, perhaps not?

London was great, just overlaid by that all too human feeling 'everything has a bit' at the moment!! I think 'cause I still compare to that feeling of travelling. I don't think anything is going to be able to compare with that.

12.11.07 Good weekend with the kids although a few episodes! Stella refuses to get ready for anything so this weekend, we missed netball to try and teach her a lesson. I am not sure that it will she seems annoyed by it all and just continues on. I went down to the botanical gardens for W'st instead taking them with me (Ange was at the end of her patience and we had to get out of the house). "but I'd have a good time at the botanical gardens" she said to me at one stage in defiance that missing netball was affecting her in any way.

Anyhow had a terrible scare at the garden when I was reading the paper and the kids were playing around the courtyard. There were

lots of trees and obstructions, and the next thing I knew Stella was up at me telling me to come help Ewan. By the time I stood up Ewan was only a few paces behind her dripping from head to toe and one of the other people having G'fort was on her way back to her table.

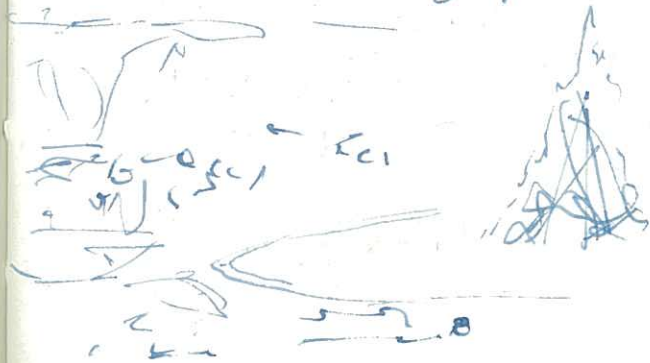
I have seen Ewan disappear below the water a few times before and it scares the crap out of me, he gets out of his depth and struggles to keep his head above water. There were little ponds around ferns with constant fountains would be quite easy to

fall in and get caught. I wished

I had stopped to thank the lady who had stepped in to save him, but I was quite shaken and just marched them into the car and took home. Again, someone looking down on me (significantly quaking?). The thought of losing one of the kids is too

horrible to contemplate. I must admit I do live in fear of that sort of thing coming to pass... It is impossible however to be watching them 100% of the time, both from yours and their perspective. They need some room to grow up - guess I will have to be a bit more vigilant on the area risk assessments in the future before I let them off running since unsupervised.

Saturday night was a huge bonfire for Guy Fawkes night at Wessan estate. Biggest bon fire I have ever seen (very impressive!) Lots of people around all having picnics and tabled dinners → big candleboards and that



sort of thing. A lot of people going to a lot of effort. Kids were fascinated, especially Stella who tried to get the fire to get a move on on our side by throwing

lots of trees and obstructions, and the next thing I knew Stella was up at me telling me to come help Ewan. By the time I stood up Ewie was only a few paces behind her dripping from head to toe and one of the other people having G'fest was on her way back to her table.

I have seen Ewie disappear below the water a few times before. When he comes the crop out of me, he gets out of to keep his head above ponds around ferns with would be quite easy to fall in and get caught. I wished

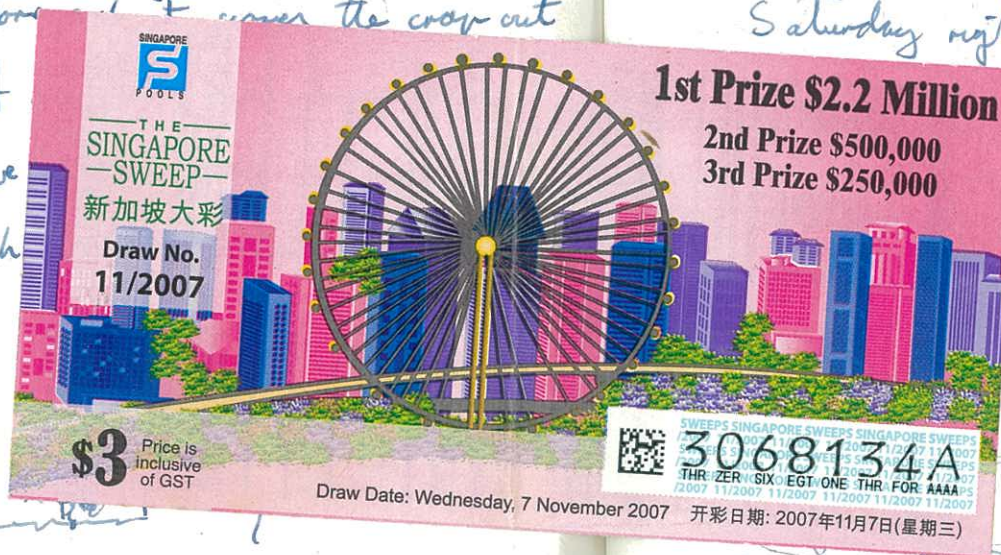
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sparklers into the unlit sections. Ewie was a little wary of the sparklers but was bold enough to venture holding one at the end of the night :-!

Yesterday was a bike ride down east coast park. Stella did fantastically - a very long way, must have been 5 or 6 Km on a little bike with no gears (legs doing overtime!). And finally off to watch the Slingshots again on Sunday night (A rather loss this time to the Adelaide 36ers).

And back to work this morning - there has to be something better than this scrub! Weekend spent fighting off remnants of a cold (sleeping hard and not a lot of energy for things - yesterday felt better but the mist has descended again this morning!).

"Our spiritual development has lagged far behind our scientific and technological development achievements, for the awakening of the heart is a natural consequence of spiritual realization"

Chin-Nan Lai

August 1987

From a book/pamphlet just given to me by Hwei Ns on the Four Lessons of Liao Fan. This one sentence I think sums up a part of what is missing in me at the moment - too tied up in the here and now of technological achievements and need to spend some time growing and nurturing spiritually

19.11.07 A couple have been charged for murder over the death of a seven year old child who weighed just 9 kg when she/he died. Believed to have starved to death. Oh my God!!
———. I hope there are some extenuating circumstances that come to light because that as a truth is just too horrible to contemplate. It gives me a pit in the stomach, and makes me want to cry at the same time...

Starvation is very painful apparently. And the inhumanity of people to people if it is true is like I said too terrible to contemplate. Please let there be a higher order out there that makes some sort of sense of things like this that happen. ~~~~~~~~~...



My favourite songs at the moment. Akon - You can put the blame on me (singing that I ...) for the time and beat and off the wall against the grain happy to confess and take the blame nature. Mad World (the remixed one from CSI). for the excruciating sadness embedded in it. All around me are familiar faces, worn out faces, worn out places...

20.11.01 Two in the morning, I have a lot on at work at the moment and am starting to feel the pressure!

- Flyer - almost finished and enjoying!
- Podium Roods IR - looking after design, signing as PE, hard work very reliant on Jason.
- Retail Roods / Bridges / Canopies - as above
- Sky Park - acting as PE, totally reliant on HK + Wijaya.
- Ants Science Museum (ASM), acting as PE totally reliant on HK + Melbourne.
- South Beach - large possible job we really need for the group.
- JB Mound - Possible Job - 360m high wind turbine, not much work.
- Maran Galaxy Wheel, Peter Parrell, coordinating Mulhouse to deliver.

- Group finances, need to make more robust, go through WIP + state of some of the jobs
- People issues, losing contact with group and people again.

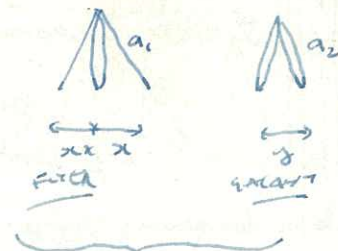
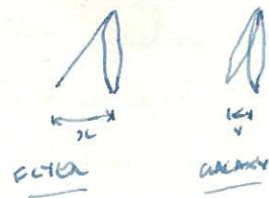
I have job offers from Web Structures which would be interesting - small start up type stuff but I would really be kicking Arup over by leaving at the moment! Also would not be without its own pressures and I like Arup, I like the work I can do and the people around me. There is no upper limit on what is possible. I have Mark Brooks at Hays mentioning possibilities at Magnum Bank. I have this whole market of people in wheels and other rides all earning more than I do with far less work.

I am putting my faith in Arup somewhat, on the basis that I know in my heart that they are a good company and that with honest work, I will (am?) be rewarded. It doesn't always feel like it as there are a lot of blowhards around, but I see some secure available medium and long term. I am just big hand done by at the moment by the likes of Chris Cuckern and Robert Cove etc. Peter Bailey on the other hand and Peter Bortell are the reasons I am

staying. I see in them something bigger than the job and than Arup. Something lasting and worthwhile in terms of what they are creating and what they do. Both in terms of the buildings and work, but also in terms of the people and lots of Arup they look after. I like being a part of all of that, being an enabler and bringing what Arup has to offer to the things around me.

Working for myself or in something better paid but less meaning but would be selling out in the short term and giving up what I hope will be a sustained and rewarding long term!

I think I just said I will stick it out at Arup and get over those short term worries and concerns. Good, now lets concentrate on the job at hand Brendan and have all of the energy you are spending being frustrated at things behind you!!!



along plane is critical stiffness based on Euler deflections + S's.

$$K_{Force} \propto a_1 (2x)^2$$

$$K_{stays} \propto a_2 y^2$$

If we try for 3 times stiffness for Galorey in this direction, $a_1 (2x)^2 \times 3 = a_2 y^2$

$$y = \sqrt{\frac{12 a_1 x^2}{a_2}} \\ = \left(\frac{12 a_1}{a_2}\right)^{1/2} x$$

In the other direction stiffness proportional to the extension of the stay:

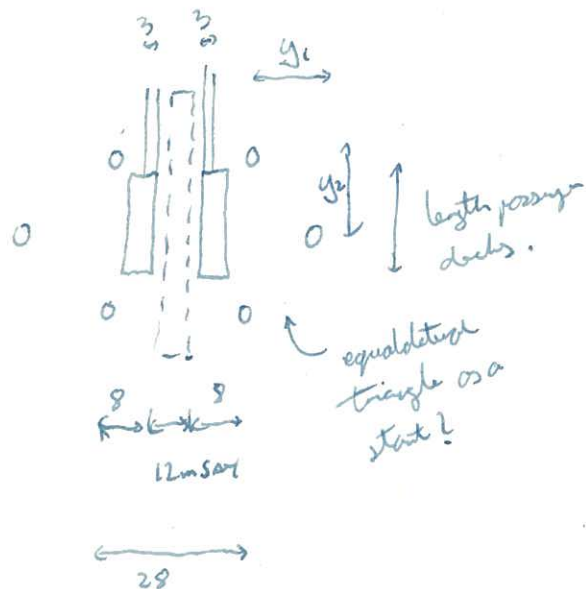
$$K_{Force} \propto a_1 x$$

$$K_{stays} \propto a_2 y$$

Not exactly correct but close enough is an important number $\rightarrow$ go for 3 times stiffness.

$$3 a_1 x = a_2 y$$

$$y = \frac{3 a_1}{a_2} x$$



4.12.07 First week back after the trip to Phuket (delivering Wings for the Kings Cup). Was a fantastic trip and got out of it what I wanted - a taste of long haul sailing. Three hours on, three hours off for four and a half days up the East Coast of Malaysia.

I was a little worried about the 3m, 3 off bit especially as I was so tired to begin with but it was not too bad - 12 hours of opportunity a day to sleep when you think about it, and you are so tired at the time that you really do sleep. Fair to say at the end of it once we had gotten into a bit of a rhythm that I was feeling better than normal life in Singapore where between the kids and work I find myself up at different times during the night and sleeping restlessly at others only to

be mentally drained during the day which is a horrible hollow feeling when compared to the physical tired you get on a boat.

The 3 hour watches are like a series of little stories each with its own idiosyncrasies and unique events.

The first day and a half or two was pretty hard. a baptism of fire in Fred's words. Sailing out of Raffles was beautiful. Late yellow evening light, Ange and the kids came out to see me off and we motored off down the stretch of water we normally race around past the island (I can't remember its name) into the Malacca Straits.

I was on watch with Fred and Pierre shared watch with Judy. Fred being captain (of the boat + his relationship with Judy, we got the better deal on watches by far with the sunset (6-9pm) and the sunrise (6-9am) shifts.

The first watch, Pierre stayed up with us and we got used to picking out all of the lights around the place. Typical lights of ships going each way, the white or yellow of the bridge and the green

and red navigation lights. Then there vertical stack of three or four lights typical of tug boats meaning we had to look out for the solitary light of the potential barge in tow. Then there were the flashing red lights that marked one end of a fishing net (usually a boat or similar red flashing light at the other end. Trying to pick the stationary or moving lights - not easy.

So the first morning watch came on at about the time my sea sickness tablets wore off, and the squalls lit. Bloody Hell! meant to take more but it was all on me before I had the chance.

Boat keeled over at 45° or more, ocean flowing over the heeled side of the deck, driving winds and rain, me trying to stay on board (thank God for the life jacket and harness / tether bought in Sing apore before we left), grinding on the one hand, getting thrown around to be loused like hell around the hips and crotch (sea legs for Joone having kicked in this stage), on the ~~other~~ other hand and throwing up all my stomach had to offer on the third hand! Food was nice enough to compliment

me on my stoicism to the trip. Pierre couldn't quite believe the action, commenting that the angle of the gentle store below defied all belief.

Another boat (a super engineered racer 'Bell metal jacket') ~~was~~ had been following us and got stuck out there without lights or a motor so we spent some time back & forth making sure they were ok.

At that point I was pretty much convinced as to not ever doing this longer term! I managed to time the taking of a half tablet of Sturgeon (some strong motion sickness tablets Fred & Judy had), with a 3 hour break so I could keep them down. A slow suck on a toffee luge had packed away for me helped dribble some sugar into my stomach and ^(it) take the edge off of the total feeling of misery (actually there was some feeling of excitement mixed in there as well but mostly misery!)

The next 12 hours (or was it a full day?) was better with calmer seas and hobby horse rocking as they call it, had a thumping head ache however and the queasiness of sea sickness always lurking around threatening to appear at any second. Forced myself to

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DELIVERY OF WINGS FROM SINGAPORE (RAFFLES MARINA) TO PHUKET

The next 12 hours (or was it a full day?) was better with calmer seas and bobby horse rocking as they call it, had a thumping head ache however and the queasiness of sea sickness always loitering around threatening to appear at any second. Forced myself to

drink water and a fair bit of it as I suspected it may have been de-hydration. As it turns out it probably was as after one 3 hour break I woke up feeling fantastic. Slept the sleep of the dead and woke feeling recovered and ready to go.

The next three days were beautiful. Sunny although hazy during the day and moon light lighting up the seas and islands as we passed through them on the way up the coast. Got into a real groove 2 days in with head aches gone sea legs active and so better handling the motion and enjoying the whole thing immensely.

I remember before I left looking at the reflections of the morning sun on the water from high up in Koppel Towers, looking out the silhouetted islands and ships and imagining the pristine calmness of all of that on a boat. It definitely was not that. There is constant motion and either engine noise (weid mostly over bow so motored around 50% of the time), or the hand kedled angle under sail.

The sea (ocean?) is a funny two dimensional thing, quite scary and unbearably in general. We

saw a bit of sea life - a yellow + black striped sea snake (not the vivid yellow + black but the browned gradations of a brown snake type colour), a beautiful little flying fish the size of a ball point pen, a long thin snout fish and a couple of dolphins or porpoises about 3 feet long (bairis?) who popped up to take a look at us (me as I was only one on deck) for 5 minutes or so before disappearing along their way.

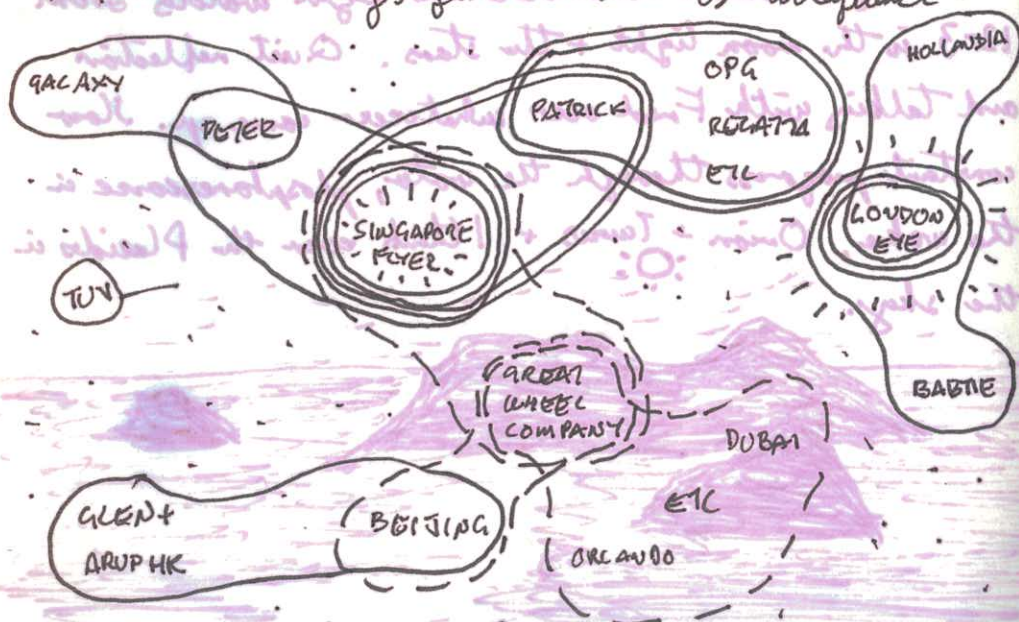
It is a war zone out there however not the mirror pace of the 26th floor view from the A cup Cafe!

My favourite times were the night watches from 12-3 in the moon light + the stars. Quiet reflection and talking with Fred over whatever came up. Slow constant progress through the water, phosphorescence in the wake, Orion + Taurus + I think even the Pleiads in the sky.



6.12.07 Stretched again at work. Can't help myself in terms of taking none on - need to say no and get others to do more. Things are going well though, at stages where people want to work with me personally which is great.

The wheel stuff is all happening as well and trying to balance between Peter + Patrick, Singapore Flyer and this afternoon Great Wheel Company! Of them all Patrick has been best to us and so even though he is a bit all over the place like working with him and will always give him our best allegiance.



THE G.O.W. UNIVERSE (ITY)

11.12.07 Freya is sleeping with us at the moment, she was up virtually all night last night it felt like feeding and moving and kicking and paddling. Killing me man, feel so tired!

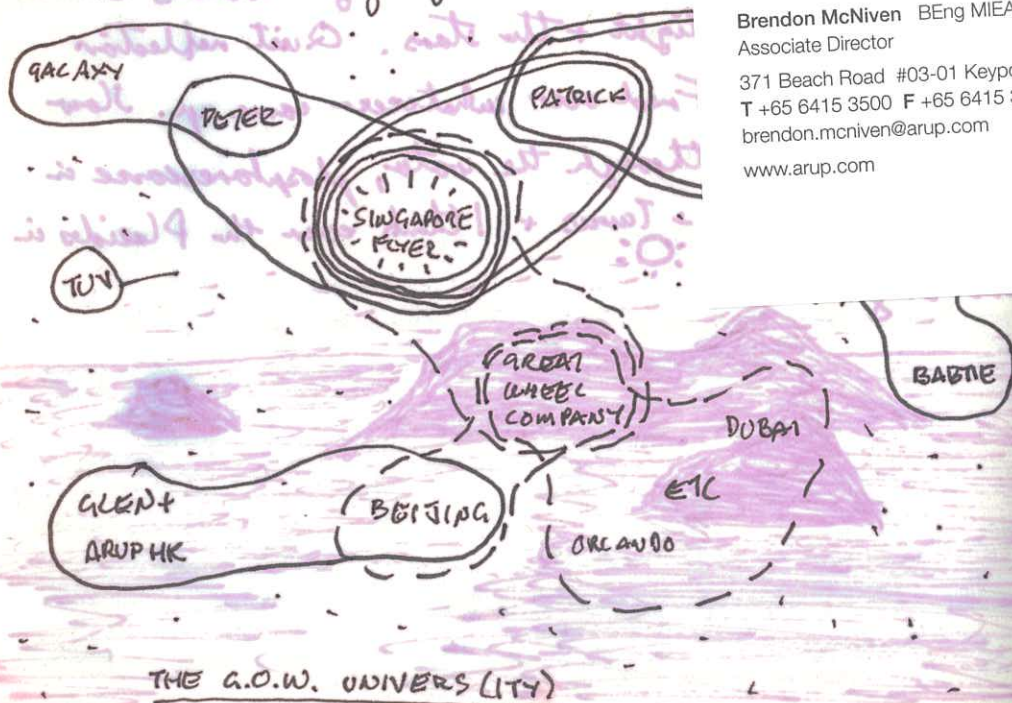
Worked out last night that once we include superannuation (which is fair - valid savings we will use in the future), we are worth over a million A\$! Feels good I must admit although still seem to be in a precarious position w.r.t affording a nice house when we return to Aus (don't want to sell Park Street as it has so many other advantages → ongoing income, place for kids to stay in when older, even a place for us, and will only ever get better + better (great location)).

We never seem to live in the best houses (although Costa Rica was pretty good I have to say :)). Most likely scenario is that we will renovate Raffles Road St. This will use up most if not more of our investment money however! - Liquid investment money we have access to anyway which will become important as we will soon have private school fees to pay and all of that!

Can rely on ongoing income but I never like factoring these savings in as anything can happen job wise (including retirement :)).

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Can rely on ongoing income but I never like factoring those savings in as anything can happen job-wise (including retirement :)).

ARUP

13.12.07 Just saw someone's little girl in the office.
She had something wrong with her eye (missing eye ball I
think). She would have been younger than Stella and
had a beautiful soft smile but you could tell wouldn't
stay far from her mother's reach. Absolutely breaks
your heart poor thing growing up with that stigma to
have how to hear. How do we get to be so lucky
in life not having ever really had any of that to
deal with.

pm Young Freya is not sleeping well at the moment
and causing a bit of havoc! Constantly breast feeding
she demands to come into our bed and is restless the whole
night. Ange + I are sleeping light anyway due to
work + other things and the end result is no one really
sleeps - has been 3 or 4 days now and I am at the
end of my tether.

Temporary retreat to the lounge room - glass of
satch, some writing in the diary, reading + hopefully
back to sleep in a bit?

Krali tomorrow - we arrive at night into
Railway head which is a bit of a worry - long tail
in the darkness with three kids that cannot swim!

I should have put my foot down but Ange doesn't
like staying in Krali itself even for a night for some
reason - should have booked a night in to Wang now
! (that if it → we considered but decided not to, but
think why?)

And Freya continues to cry in the bedroom!!!

Must admit Ange is pissing me off a bit around
the house. She is very lazy at cleaning up as she
goes. Cup of coffee → water off the kettle, come
out on the bench → all tiny things that if she just
did them as she went would make life so much
easier. Then again can't say I would want to be
looking after the kids all day long...

In my dark moments of wondering aimlessly
amongst thoughts, I still have a deep rooted fear of
losing one of the kids. I love them all so much I
couldn't think of a worse disaster. How to learn to live
with that hole that would appear in your life! How
to forgive yourself for that little caring boy
innocent life. Horrible...



DARK NIGHT, LONG PIER AND MANGROVES, LONG TAILS AND FLAKS, FLASHING
 FLASHING BLUE LIGHTS, WE'VE ALREADY GONE ON THE BOAT DAD WE DON'T NEED TO GO ON THE
 BOAT, RED CAMP LIGHT, SLOW LONG TAIL, LIFE JACKETS, I STAY WITH DAD, BLACK
 MOUNTAINOUS PEAKS, BLACK WATER, BLACK SKY AND STARS, PICKING OUT A CART
 THE COAST, ANOTHER LONGTAIL UP AHEAD, RESORT LIGHTS, BEACH TREES,
 AND KIDS, APPLE JUICE AND ROOMS, DADDY STELLA EWAN, MUMMY PRETA, RAILAY.

15.12.07 Arrived in Krabi last night and was
 whisked off to the first day of our holidays. Kids
 dog tired after only falling asleep for the last five
 or ten minutes of the flight :-! Was a little
 bit curious about the long tail trip out to
 Railay but as with all those situations, the
 reality is never as confronting as the imagined and
 the pilot took it slowly (upon request), and
 we hugged the coast until we reached the West
 side of Railay. We saw one other boat on its
 way which is always comforting. The forest side
 of Railay is none more going and there were some
 large trees out in the water when we arrived. We
 wondered if it was the West and the beach had
 "singly been worked away since we were here last
 Christmas (it is still reasonably developed
 on that side with resorts etc.). But
 our bags (and the kids) were loaded onto
 little carts and we threaded our way
 through little paths to Sand Sea Resort
 and the pool is fantastic and apple juice
 as a welcome :-! Fantastic first day,
 slept well, hotel breakfast and most of the
 day around the pool, the kids playing with us or
 little friends they found. Stella is off exploring all the

ARUP



Two Locations, One Office.

Addresses

Arup Office (Keppel Towers)

10 Hoe Chiang Road
#26-01 Keppel Towers
Singapore 089315

Business Units located here:

Civil & Structural, Building Services, Façades,
Environmentally Sustainable Design (ESD),
Corporate Services, Project Management

Office Extension (Southpoint)

200 Cantonment Road
#12-02 Southpoint
Singapore 089763

Business Units located here:
Acoustics, Fire, Infrastructure

Contact Numbers

Tel+65 6411 2500 Fax+65 6411 2501

Reception is located at
#26-01 Keppel Towers

ARUP

15.12.07 Arrived in Kuala Lumpur last night and was
wished off to the first day of our holidays. Kids
dog tired after only falling asleep for the last five
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bit nervous about the tail trip out to

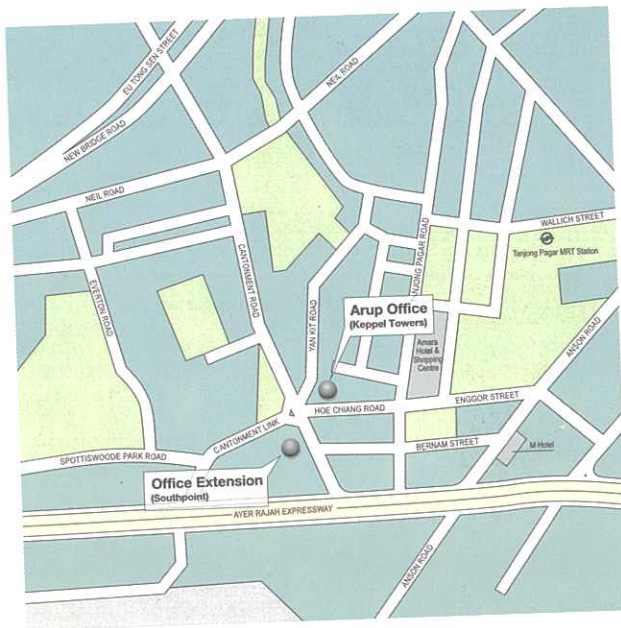
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How to get there



Keppel Towers



Southpoint

From the airport: Singapore Changi Airport is about 23km from where both Arup Singapore offices are located. A taxi ride takes approximately 20 minutes.

By train: Tanjong Pagar MRT Station (EW15) is a five-minute walk from the office.

By bus: The bus stop on Tanjong Pagar Road is a two-minute walk from Keppel Towers (bus numbers are 80 and 145). Bus services 75, 167 and 196 stop at Cantonment Link.

By car: From the Ayer Rajah Expressway (AYE), take the Keppel Road exit. Keppel Towers is located within the Central Business District (CBD) and road pricing charges apply. Southpoint is located outside the CBD. Car park space is available at both office locations.

www.arup.com

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thing is the imagined and (upon request), and we reached the boat one after boat on its parting. The forest side and there were some tea when we arrived. We had the beach had here we were here last (reasonably developed resorts etc.). But kids were loaded onto

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AND KIDS, APPLE JUICE AND ROOMS, DADDY STELLA EWAN, MUMMY PRETA, RAILAY.

through little paths to Sand Sea Resort and the pool in darkness and apple juice as a welcome :-! Fantastic first day, slept well, hotel breakfast and most of the day around the pool, the kids playing with us on little friends they found. Stella is also exploring all the

time and it is the type of place where she can't get into too much trouble, so is good. Ewie hugs around us quite tightly but he is starting to loosen up slightly as well. Trying to get him bubble foam although that will really only happen once he has some swimming lessons and knows how to hold his own. Tansai and Aoi Wang to watch some rock climbing and do some shopping tomorrow (day trip on long tails - although can just walk around to Tansai at low tide which we will do early morning after breakfast).

"Tell us, if there were one thing we could do for your village, what would it be?"

"With all respect, sahib, you have little to teach us in strength and toughness. And we don't envy you your restless spirits. Perhaps we are happier than you? But we would like our children to go to school. Of all the things you have, learning is the one we desire most for our children."

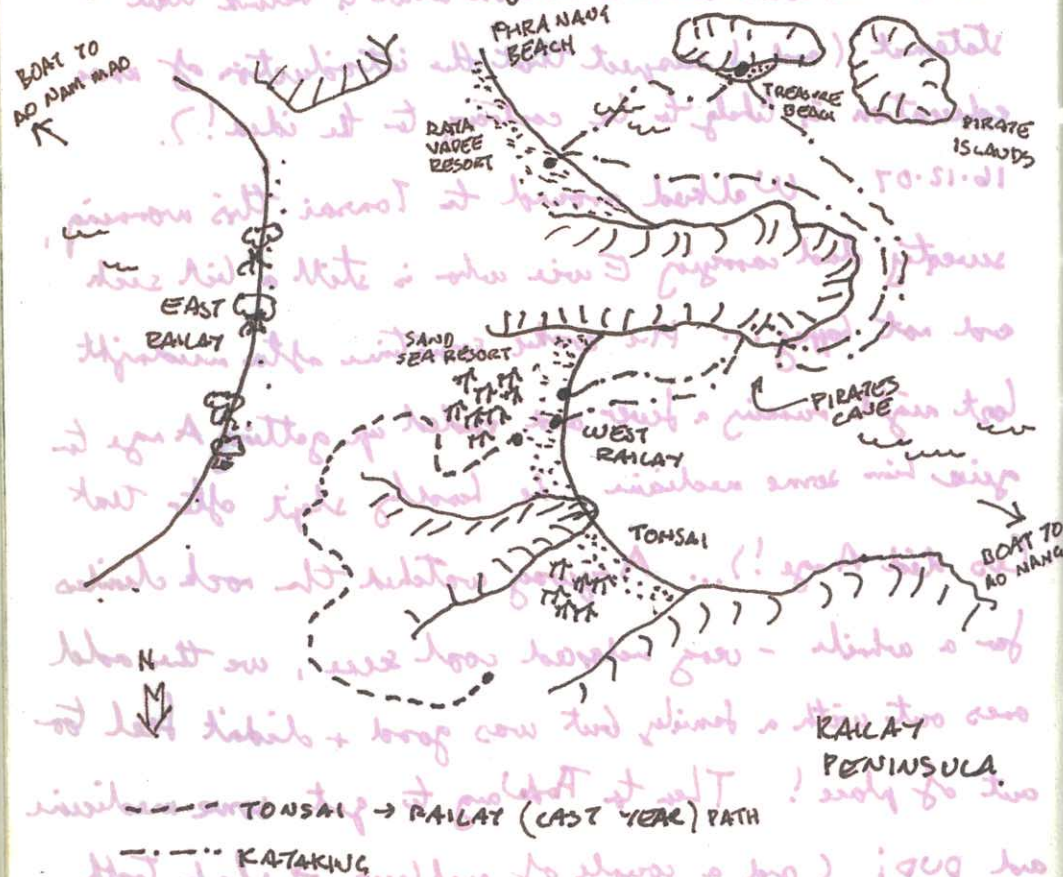
- Conversations Galar Millroy + Jackson Slingsby from school house in the clouds.

We don't envy you your restless spirits - I like that. You could write a book on what is behind that statement (and I suspect that the introduction of some education is likely to be contrary to the idea!).

16.12.07. Walked around to Tansai this morning, sweetly dad carrying Ewie who is still a bit sick and not happy... He woke sometime after midnight last night running a fever and ended up getting Ange to give him some medicine, he hardly slept after that (as did Ange!).... Anyway watched the rock climbers for a while - very relaxed cool scene, we the odd ones out with a family but was good + didn't feel too out of place! Then to Pokwang to get some medicine and DVD: (and a couple of necklaces → sharks tooth for Ewie  and dolphin for Stella ).

Good day but little Ewie was a little grumpy!!! Early night tonight (couple of hours sleep while dad watched Holiday on HBO movies but batteries need recharging (again)).

17.12.07 Had a great paddle with Stella last night after dinner. She was very excited & right up for it.



Around the coast exploring all of the in and outs of the rocks - back to the pirates cave → it is all classic fairy tale pirate scenery - Stella paddled for a little while, and ended up at the beach around the corner. Sun was a classic big orange globe sunset with a few wispy clouds. We landed on the beach and had a bit of a walk around to see what was there.

A rather few resorts, a bit more low key. We then jumped back on and paddled out to a very small beach at the base of one of two mountainous islands poking up out of the sea to

look for pirate treasure. I think she is old enough

to know there won't be any pirate treasure but enjoys the charade anyway. And then back around the point, spending some time paddling up to a beach (sea heron or something), and finally back to mummy and a little flower yellow like jacket that was Ewon on the beach. Ewie seems to have gotten over his fear of the boats being keen to go out when we said we were going kayaking. It was only when he realised what it was he got cold feet → he was thinking it was going to be one of the big tails we had taken during the day. A yellow body well for the rest of the trip if he now enjoys getting out on the boats (might have been quite a traumatic holiday for him otherwise!).

pm Lanta Palace → Feeling of being on the ocean - heat

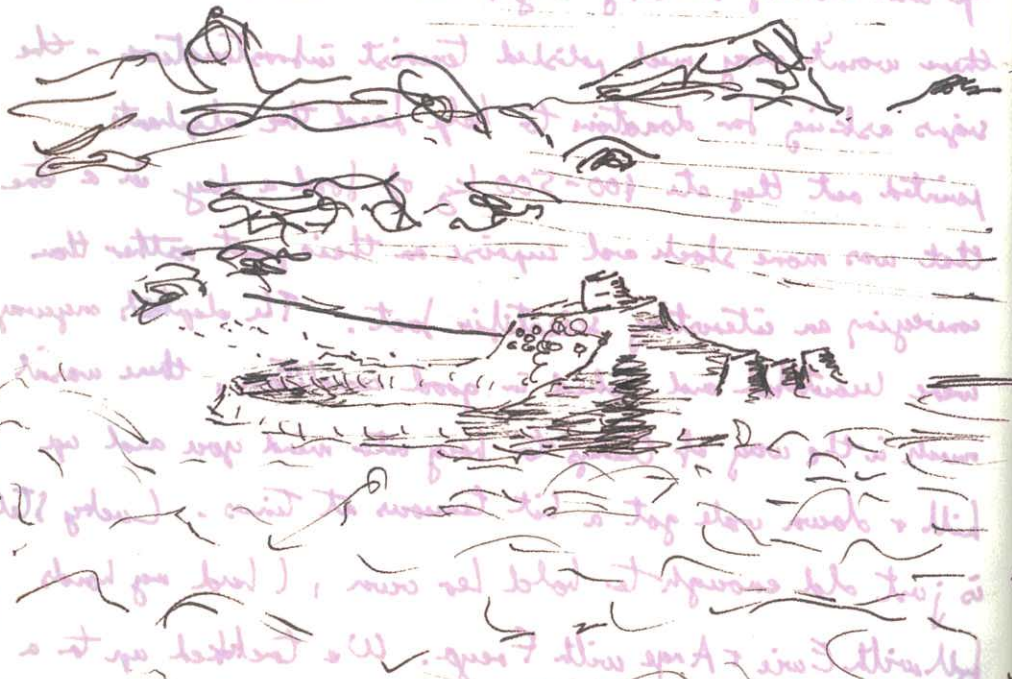
and not much shade. Kind of like it, smallest crossing, exploring to do up and down the beach (rocks, other resorts), fishing boats on the beach to play around, bit of reggae music happening, pool with a kids pool. All a bit Shirley Valentine.

19.12.07 Saw a kayaker down on the beach yesterday morning so went down to say hello. He had come from the north of Phuket down across the islands just north of Railay and back up (Koh Pa etc). Cool Canadian made kayak. Said it was beautiful but hit strong winds and 2 ft swells every afternoon which were hard going - made him feel like packing it in and going home! He worked for the Aussie government (in Canberra). Those guys have it soft! Like Richard Clements mate, they are at work so few hours you wonder how they accomplish anything worthwhile. Can't believe they are less distracted by politics than we are!!! I think they are still at stages in their career where they are cogs in the machine and not really providing any real driving force. Am I, I wonder? Must admit it is not really in my nature but I take things in a direction, as passive as it often is.

Richard and I were half joking about paddling around Singapore the other night over a beer or two. Would be interesting (hard - habits, no preparation etc - almost want to do it just from that angle! 20.12.07 Elephant riding yesterday - very funny. A ride in the open back of a ute with another young family from Sweden. As usual we were the scummy part of the equation. Stella's hair uncontrollable in the wind around a little pussed face!! What was bumpy on the back of the ute become bumpy on the back of the elephant! They obviously hadn't been up and running for very long, the hits were all new and there wasn't very much polished tourist infrastructure - the signs asking for donations to help feed the elephants painted out they ate 400-500 kg of food a day in a tone that was more shock and surprise on their part rather than conveying an interesting scientific fact. The elephants anyway were beautiful and looked in good condition, there wasn't much in the way of things to bring onto mind you and up hill & down vale got a bit tenuous at times. Lucky Stella is just old enough to hold her own, I had my hands full with Ernie & Ange with Freya. We tackled up to a shack about 10 or 15 mins into the forest where we got off and continued on a walk up a river mostly to a nice little

waterfall in the jungle. Ewie loved walking through the water asking to be put down everytime we got back into the water lids (most of it). Between the but clenching rid on the elephants, keeping pace with the others (Freya + Ewie being mostly carried), the water and the mud + lousiness in the back of the truck it was all in all a bit of a cut away adventure from the laid back pace of the rest of the holiday.

The afternoon (after more quiet time with slowly doo (in Thai) on the tele + mum + dad half sleeping,



was spent building a sand castle and swimming in the beach. Beautiful clear water here and loads of de coral washed up which makes me think the snorkeling must be good. Kids are at an age where forsaking around the rock pools is more the go → Stella launches herself at them scrambling to the top of every rocky outcrop she gets a chance too. Neither of them seem at all perturbed by the corals all over the place or the swirling water in and out with the waves.

Dinner again at the orchid restaurant to amazing sunsets and cups of ice cream - by the time dinner comes, Ewie is

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DEC 21st
 ROCK HOPPING, KONG CANTA, ELEPHANT TREKKING, SAND CASTLES, PLASTIC KOLAGUES
 PININER, TUKTUK + SHOPPING IN SALADAN, SWEDISH TOURISTS
 KETAN FROM LAST YEAR, MUMS BIRTHDAY (CAKE +
 OFFER), CLEAR MUD, SEAWEEED AND A
 SEA DRUM, FORUM CANT ON A
 CRAB AT 8:00PM +
 THE SAND

usually dog tired and whizzing the whole time! Its now morning - the sand castle just escaped the tide it seems (see previous page), and Eivie and I are sitting on beach chairs watching the speed boats come and go picking up their passengers for the day. You can hear the call to prayer broadcast four or five times a day it seems which is kind of nice → a bit of Lantana fabric around you to offset the beach + Swedish tourists. The broadcast (I think - my hearing is not great!), from large towers - steel with the top part in white + red, but perched above something reminiscent of an old minaret (still in steel but sculpted that way). I am guessing that they double up as the Tsunami warning system.



You can see the blue and white tsunami signs indicating hazard zones and evacuation areas on the roads as you drive along the main highway.

This morning it is off for a Tuk Tuk ride (looked forward to with as much anticipation as the elephant ride!) to do some shopping for people back home (Will + Ned + Sheila who has been looking after the kids!).

22.12.07 Koh Taru. Did the midsea transfer from big ferry to long tail (always a highlight!) and chilling out on Koh Taru.

Not much here except the beach (a bit rocky at low tide but nice), a grass compound and little rooms (huts) around it. Walked down the beach a bit to some new houses being built in the same ~~same~~ spirit of the Railway Beach Club. Big houses right on the beach that you will be able to rent out. Beautiful - probably Phuket or Railay 10 or 20 years ago. Makes me want to do something like that but probably not a good idea. Not cheap → over 1m USD and would be tied into it, maintenance etc and not enough return to justify it as an investment. Would love the opportunity for something like that though - need a couple of spare million around in cash! Maybe look out for an opportunity on ground floor somewhere → there must be opportunities in Phuket as well?!?

Also just finished '3 Cups of Tea' a book about a guy who ended up building schools for girls in Pakistan and Afghanistan. Inspired me to do something like that also. Have long been impressed by the beauty and depth of artifice around the mountaineering scene (ever since Nepal). - Well would like to amble a bit more but between the kids + Ange and a 60's CO playing - can't think for more than 2 secs. → the story of my life these days it seems → never get any time to do quality thinking or anything else → work + look after kids → yes read a bit of a

shitty attitude into that !!!

24.12.07

"For children are innocent and love justice, while most of us are wicked and ~~prefer~~ naturally prefer mercy."

G. K. Chesterton.

Quote at the head of a chapter in 'Into the Wild'. Then goes on to talk about peoples (some peoples) love of black and white logic of right & wrong and high moral grounds. And really enjoying reading it, talks about a young guy who wandered (intentionally) into the Alaskan wilderness on a jaunt - perished. Talks about the frustration of growing up and where a lot of these feelings come from - I can relate to a lot of it from when I was growing up. Something I maybe should be getting the kids to read when they are the right age. I remember the feelings of little understanding of my views on life, of casually contemplating suicide etc, weaving around the edges of depression and all of that. And none of it ever really got resolved, it just faded into time overtaken by things like more pedestrian & banal that occupy life. Possibly false goals and objectives to live by - money, achieving things society thinks are worthwhile... And ultimately perpetuating

the circle these guys are trying to break out of. I keep telling myself that one day it will still happen - I will set things up for the family and then break away (maybe, hopefully with them even), to do something worthwhile for the world, make my impact on this place a net positive. Am I waiting for the opportunity to present itself, I think I am → time will tell, right now being a bit selfish and looking after ourselves is the priority, and I think there is room for both.

27.12.07 Back at work - can feel the muscles in my neck tightening already! Was sick for most of the holidays (all actually!). Seems to be the standard thing, body releases its defences and down with a cold. Easier to handle on a break however as no air conditioning. All culminated with me getting dehydrated on Boxing Day (or Christmas Day I think actually), and throwing up on Steve & Lisa's front lawn (neighbours!).

Work is a bit silly - too much to do and not enough people - despite me trying to spread the work around on the Flyer I am the only one with a good understanding of the whole thing as I am the only one (grat from Mark), (Curl is a bit young) to have stuck with it. Didn't help a lot being done in

London + Sydney. Anyway now a lot of the new work in that stream sits with me. I think I will get Mark out of condo work + into more of the upper end steel design. Been looking a bit to Bush on that front - no more condos!

Ange + the kids are away as of next week. Feelings oscillating between looking forward to some time to myself and worry about them being away from me. Plane crashes, car accidents etc - I don't like us being apart as a family. I don't know how I would live without them I love them all so much...

Holidays + time with the kids + Ange was great. Really proud of Stella who is growing up at a great rate of knots - starting to care about appearances now buying a couple of hair clips and sitting in front of the mirror adjusting them and exclaiming how nice they looked. Ewie is just beautiful and is at a point where I am relating to him a bit more - I think a lot of it is just the ability + compulsion to communicate which is improving a bit. And seemed to come together with Fuzza on being dogs when Ange left her with me + Stella

+ Ewie for a good 3 or 4 hours. She happily played around us all for the whole time only needing help when she got herself jammed (she is learning to crawl and whilst not quite there yet can get herself in all sorts of funny positions) soon time to time. Lovely time.

And with Ange in different ways - I think we are both appreciating each other and what we bring to the family. Not an easy job with the kids (and mine isn't easy either) but we are making a go of things and doing well - Touch wood!...

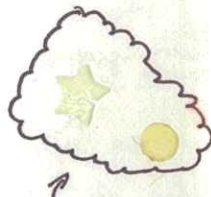
Have given agreement that I will stay in Singapore for another three years with Ange. Hopefully they will look after me and we can continue to save some money. (we will see - I don't have a lot of confidence at the moment!)

29.12.07 Good day with the kids. Ange has them on pocket money at the moment which is fun. She does a great job with them even though she gets frustrated and ends up yelling a bit :-)

Nepal agreed through a palimony vote today to

AND SOME ON THE WALL ABOVE FRIDA COMMENTS STELL SO SHE DOESN'T MISS OUT.

STELLA + ANGE GOT A WHOLE LOT OF THESE FOR XMAS FROM NANNY + POPPY + THEY ARE NOW ALL OVER CEILING OF B'ROOM - LOOPS FANTASTIC



abolish the monarchy and become a republic. Big news, I hope things will be ok. Hopefully it is a start of something a bit more stable however the issue is the Maoists. But good, will have to wait and watch.

2.1.08 Thommo (Rodney Thompson) died on new years eve apparently! Had been to a gym at Fountain Gate shopping centre, left his partner to go out to the car while he got a few things for that night and suffered a massive heart attack.

I really am a bit taken aback → he was only 41, was never in the greatest shape but not the worst either. That and I remember the times we used to do the grand final marathon on TV the night before the match, drinking, playing cards and all of that. He was a really nice guy. He was always a bit on the fringe of the group as he wasn't so athletic (early Colness giving him a few confidence issues also I imagine - what is my excuse?!?), but he was a really gentle friendly funny guy who we all liked.

It is partly the shock of him passing away at such a young age, but also the shock of the abrupt way in which a life can be brought to its totality. We (I anyway), are in the habit of living with the hope of tomorrow. Things can always get better, what we don't manage today we put off until tomorrow, where we sail today, there is

always tomorrow to make amends. Not for Thommo it would seem. There was always this edge of (I don't know if I would call it fear - trepidation perhaps), in Thommo, the wanting to be accepted, and now it has all overtaken him?

04.01.08 Edgar Tinel is looking out at an old black and white photograph hanging above a small bar like round table I am sitting writing at. Into a partially smoke filled room with heavy southern US rock / jazz playing in 'The Tree', a small well hidden Italian restaurant in Beijing.

Down one of the backstreets off of 'Bar Street' away from the neon and loudy toots around a corner opposite an old street guy asking for money, through two black wooden doors with bronze lion faces for handles worn shiny from repeated use, tables on one side and a bar on the other, a warm atmosphere coming from the smoke

the people (busy compared to every where else that seems to struggle), on the large round wood like pizza oven sitting against one of the walls. He (Edgar) looks quite refined his expression caught in an instant not out of place with what he might register to be was here in real life taking it all in. An inquiring

ALSO HAD OTHER FRIENDS IN THE HORSE RACING CIRCLES.

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composed sort of expressions that could almost be taken as admonishing if you had something to hide. What a lovely place - full of ex-pats or westerners I will admit but it is that look packing type place where souls are found and explored where time rolls at an elastic rate yielding to those through which it passes. Dropping the shirt & work pants and in a t-shirt & trousers and sandals I feel right at home here.

We came here last night (Glen & I) tonight was going to be an early night but watched a feel good movie (Queen Latifah), got a second wind and decided to indulge -> dining, messy soup, Q&A pizza Tsig too and a double scotch and a warm place to people watch with Edgar. Fantastic - its moments like this I think back to the A Fred & the accident & thank my lucky stars I am alive to experience this (most other times are with the birds -> E. & F. in particular absolutely neither of whom would be here now...

GEBOREN TE SINAY-WAAS DEN 27 MART 1854
OVERLEDEN TE TRUSSEL DEN 28 OCTOBER 1912

Must say I truly feel happy. The things I love most are distant enough that I have the space to admire & contemplate just how good they are, get close enough that I know they will be back - this is a momentary lapse of keeping on (keeping on). Times like these I know I need to enjoy life more -> smile & not worry about the rest guy -> be outward happy at everything I have.

After counting bottles to the waiters trying to explain how I wanted a Glenlivet, she got it wrong and came back with a 'Singleton' bottle to which I acquiesced (who am I to argue?). Have to say despite all I hear (and a little of what I see). David S has been very good to me, and has done a good job for A rap I reckon -> definitely in Singapore's case anyway...

If you are only ever happy in retrospect, then it's one of those times where you manage to stop and let joy catch you up a little purely on its own momentum.

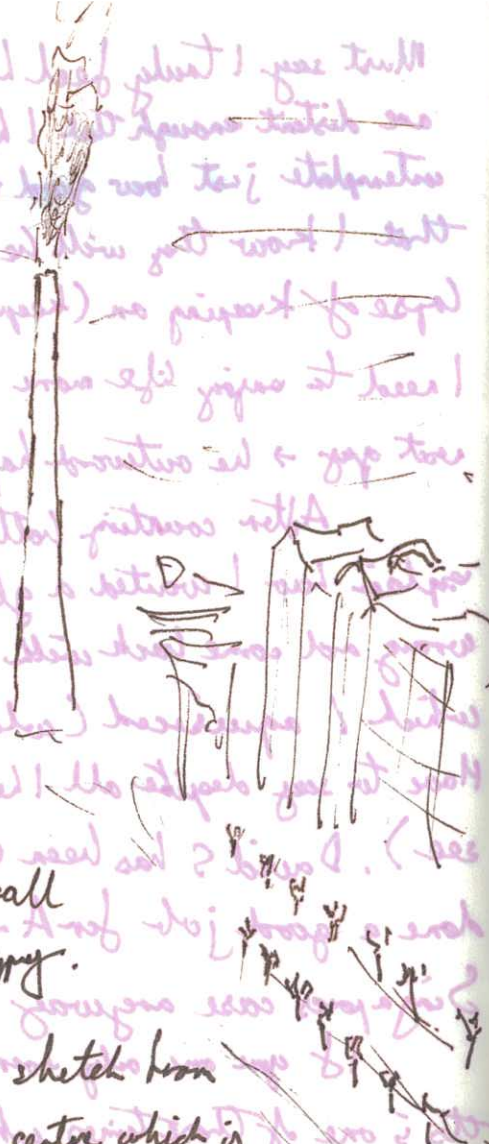
5.1.08 A day off - Doing to enjoy myself - Trainmen Square and the forbidden city -> a walk around some old residential areas someone at the office told me about - search for a computer shop

and all of that - a lot
of wandering along the
streets I think and see
what comes my way is.

Pollution is
quite bad today - worse
than it has been for the
last couple of days
anyway - will be an
issue for the Great
Beijing wheel which is
what we are here to do
some due diligence on. The
polit - burn it that's what they call
it in China will not be very happy.

→
An out of perspective sketch from
breakfast at the Jing Guang center which is
where A's office and our hotel is. In reality
the CCTV building and the one in front of it
loom a lot larger in the landscape.

I am very surprised at how small Beijing is in terms of plane area.
Looking at a map seems most of it is contained in 4th Ring Road which looked
maybe 8 km - 10 km diameter & actually not that small now I say it - the suburbs no doubt go for miles after that.



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Singapore Flyer

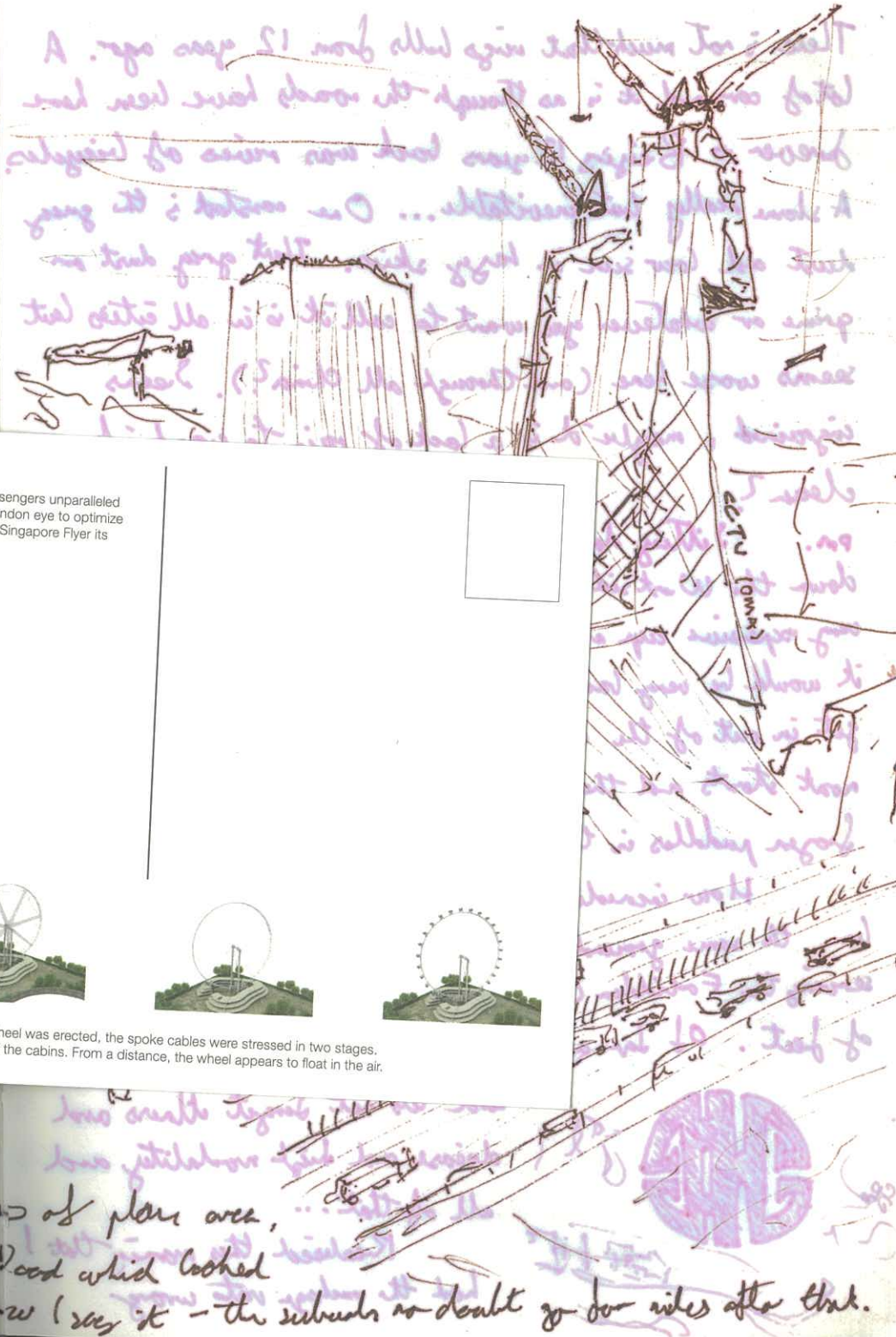
Set amidst a 'necklace' of attractions at the Marina Bay, the 150m diameter Singapore Flyer offers passengers unparalleled 45km panoramic views of Singapore, Indonesia and Malaysia. Arup built upon its experience on the London eye to optimize the design of the spoke cables and rim structure. The two dimensional ladder truss structure gives the Singapore Flyer its overall lightweight and transparent appearance.

Cover image © Arup www.arup.com



Engineering Innovations

The wheel itself was erected in a 'pie-slice fashion'. Each segment was rotated until all segments had been installed. Once the wheel was erected, the spoke cables were stressed in two stages. The temporary struts were then removed leaving only the rim attached to the central hub by cables, followed by the installation of the cabins. From a distance, the wheel appears to float in the air.



the CCTV building and the one in front of it
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maybe 8 km - 10 km diameter & actually not that small now (see it - the suburbs no doubt go for miles after that).

There is not much that rings bells from 12 years ago. A lot of cars and it is as though the roads have been here forever → Beijing 12 years back was rife with bicycles. A shame really but inevitable... One constant is the grey dust and low sun in hazy skies. That grey dust or grime or whatever you want to call it is in all cities but seems worse here (and through all China?). Seems ingrained, maybe it is a lack of rain to wash it clean?

PM. Sitting down in a old tea house about half way down the West side of the Forbidden City about to have a very expensive cup of tea (50 RMB). Am in China after all, it would be very bad form not to! Also partly a chance to get in out of the cold (it is also near to where the road starts and there are large expanses of ice, as well as frozen puddles in the streets so it is cold :-).

How incredible the history of these streets must be, the same ground trodden by servants and people serving the Forbidden City. Days of eunuchs and binding of feet. Of far away ports and wars and barbarians and lets not forget plagues and disease and high mortality and all of that...

Realised this morning that I had the exchange rate wrong



Should be one to five not twenty! The way they quoted the rate at the airport → 20 RMB threw me - no excuse anyway so dinner + scratch last night was 80 not 20! Worth it - lucky that it is about the sum total of what I have spent apart from the essentials of getting around + lunch etc. I am going blurry in my old age, or perhaps its my complacency → need to get a bit sharper → be more positive competitor in life not the hippy the whole time.

PM From warm place to warm place it seems, find the tea house or restaurant with the minimum number of neon lights and find a warm comfy spot to sit. Made my way down to Hou Hai, a little lake around which there is supposed to be some nice older style residential (Cory McCowan lives around here apparently). Its dark but I really like the place, small streets and warm lights even though it is suffering from being popular (lots of antique-questionable + souvenir shops), a few tasteless bars have made their way in. I wonder if they find themselves spending a lot of money only to find the tourists don't come - perhaps it is more the Chinese tourists they rely on for income? A very good food - beef noodles + eggs. #H41BAE36#. And off for a bit more of an exploration back to a movie and a bit of flight 12:05 back home to Singapore. Looking forward to a day or my own in the house :-).

7.1.08 Missing Ange and the kids I must admit, it is too easy to work too hard → Starting early is ok if you go to bed early! Miss the lovely little smiles and energy expended in getting to know the world ☺.

8.1.08 A few motivation issues at the moment. Fair to say, struggle to get to work in the morning and by afternoon seem to get my second wind and work a bit later (8 → 9 pm). And I've signed up for another 3 years of it! Need to get some energy and fitness. I keep seeing stories of people in their early 40's keeling over and dying after massive heart attacks! And I am not feeling that bit! Things to do while Ange is away:

- arrange for medical check up ✓
- arrange for snip operation
- organise payment of tax
- rail down aerial ✓

13.01.08 I hate working! Whenever I stop to do something else, anything not just holidays, shopping, cleaning, filing, anything I feel like my mind has been let out of a cage. I can think of other things and enjoy them. Be a bit nostalgic or tired or lazy or energetic, appreciate what is going around me. When work comes back it survives by shutting everything else out. Focus takes over to the point of forgetting to

breathe properly! My face frowns up and I get all short tempered, bitter and annoyed...

Went out to Parkway Parade and Costa Rhea this morning and found myself reflecting on some really good times. I got a lot of enjoyment out of doing things for the kids and am really missing them all (and Ange). Looking forward to moving back to Australia in a few years time → getting a place built etc. Although it is going to be tough frustrating work!!!

16.01.08 Going between highs during work and daylight hours to real lows during the middle of the night when I lie awake anxious over reasoning, getting out of the Sands unhurt, and all of the other work demons that attach themselves to me waiting for darkness to come.

Reading Dali (the secret life of), isn't helping either. It is a journey through all of his childhood memories at the moment (real + imagined!). Some strange things in there, hints of all sorts of underlying sexual or I don't even know motivations. Reading slowly and taking it in it is like a window into a madman's mind. I feel at times it is so vivid I could be standing on a window sill over all of this insanity, and even at times get a vertigo feeling of concern

of falling into it all!

17.1.08 A worker died on MBSIR site yesterday.

Dodgy temporary works resulted in a brick work wall falling 4m onto this guy, a 39 year old Chinese worker (whose brother also works on site apparently). Going to work to not come home... A lot of talking and investigating and covering of arses, employment of lawyers and scrutiny of rules and regulations! Not very good from any angle.



18.01.08 Share market continues to tumble! Huntley the newsletter we subscribe to (and who are generally pretty good) seem adamant it is just another significant correction but with a lot of talk about recession in the States I am not so sure. I am taking any opportunity I can to reduce the shares we have borrowed to buy (not many → 90k out of 300k - well 30%!) Don't have much choice other than to hang on and ride out. I think panicking now I would really be kicking myself. In reality we have 2-3 years before we are going to need the money. Bit apprehensive about

the whole thing mind you.

Kids and Ange are back tonight :). Sitting in a doctor's clinic waiting for my check up (taken after hearing about Thomas!) although been on the couch for a while. Looks like we have won Sports Hub, it is amazing how lucky I have been at work - it is uncanny - have South Beach also I think (hope one doesn't affect the other!). Anyway can't help have that at the back of my mind, is there a check and balance out there somewhere coming my way. A big health problem (especially given my accident history), could be coming my way. Or maybe it is the whole share market thing :). - The girl sitting next to me has some serious facial deformities, and I saw a few people on the way over, an old lady (must have been 70+) pushing a cleaning trolley in Keppel Towers, a girl with skin problems caused by an unwanted injection when young (see a lot of that too different legumes in Singapore - must be the Asian skin make up or maybe the way they were done?). Anyway, how does all that work, it is not fair. There has to be something to even things out doesn't there? (For the same reason people in airplanes only crash if everyone on board has done something terrible and all of that... hmmm...).

30.1.08 Business trip to Sydney with Patrick + Alex from Malacca to present Regatta (the drive to sea with John (Lyle), A380 on the way over → very impressive but bit excessive on the space could have done with less width + more length but that's just me isn't it. First ride on the Flier yesterday → absolutely fantastic! Weird sensation of movement looking through to the other side of the river. Thought it would be long and boring but was really good (perhaps because we spent so much time looking at the structures!). Views were very good as well but should go the other way - Straits Bridge and Marina Bay second. Went back + forward a bit at the top to try and repeat a bump we felt but couldn't. Pretty smooth ride anyway, was only because we were sensitive and looking out intentionally. Don't like travelling with business as a rule. Don't like being away from the family and don't like the chance of something happening (to them or me), while we are apart. Also though, filled with workers who all have a feeling of self importance. So superficial these lives, and sadly the irony is they don't know how to experience real life + real travelling! - I miss India and our gear out :...

5.2.08 Work is a drag! Really boring - not so

much boring as issues I am just not interested in dealing with! Truth be known, I am quite busy, I just want to be enjoying things and relaxing not getting stuck in the rigid steel traps and cages of a work life, being forced to think rationally, being forced to plan and anticipate and interpret and be better than the rest guys! I feel like I have been just managing to stay ahead of the white water of deise around me at work to now find myself alone here in a place maybe I shouldn't be! Where have all the others gone? To other jobs and things more interesting or better paid? It is just Boredom out here with a few others who have made it their career (maybe for good reasons that suit them). My reason is I didn't want to give up!

Where does everyone go? Feels like there are less people my age than when I was in school + uni etc!

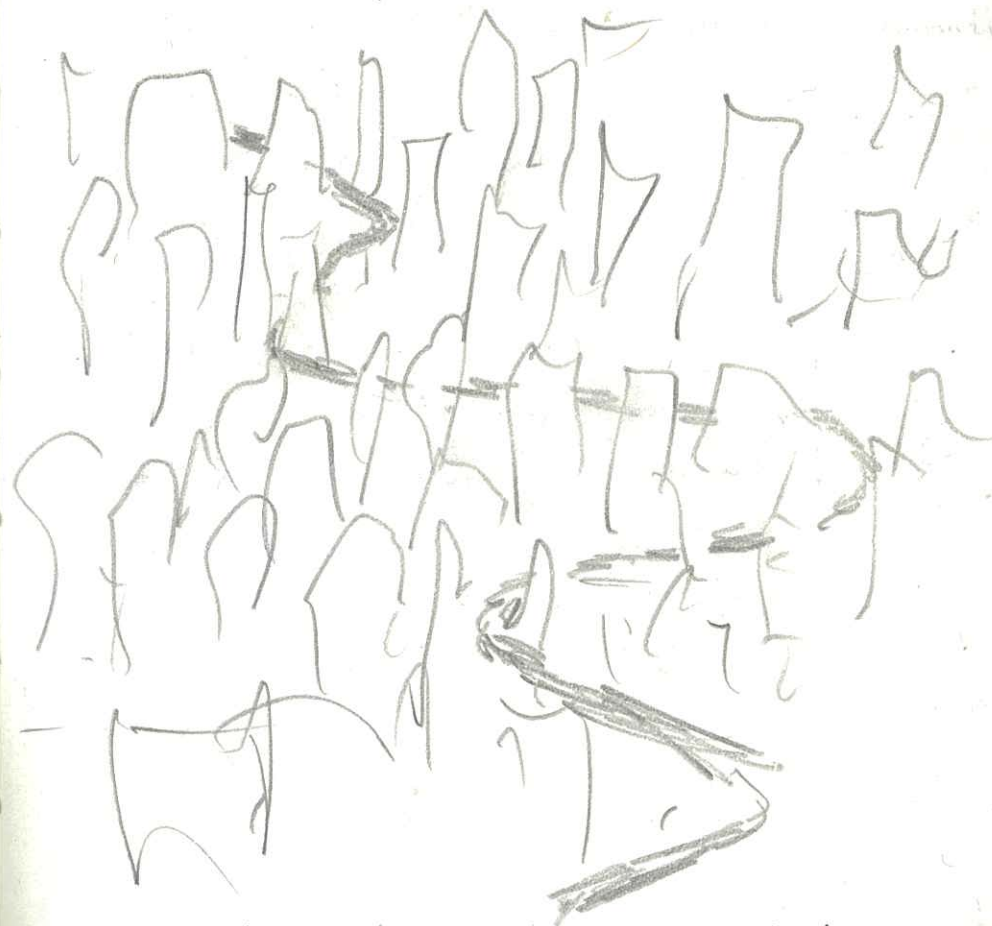
15.2.08 Back in HK, always taken



about at how densely developed it is. The mountains
(by comparison with Singapore!) and towering housing blocks
one after the other on a massive repetitive vertical scale.



And at ground level in the classic city parts around
Kowloon where the Army office is the same busyness
and activity heaped in layers upon each other at street
level. The signs that are allowed to protrude into the
street make it feel like a continuum of cities you
penetrate yourself through. Staying at Cyberport and
took a rd. down yesterday that seemed like a snake
wound down a hillside of apartment blocks, no ground
or horizon visible, and never ending. Brings me

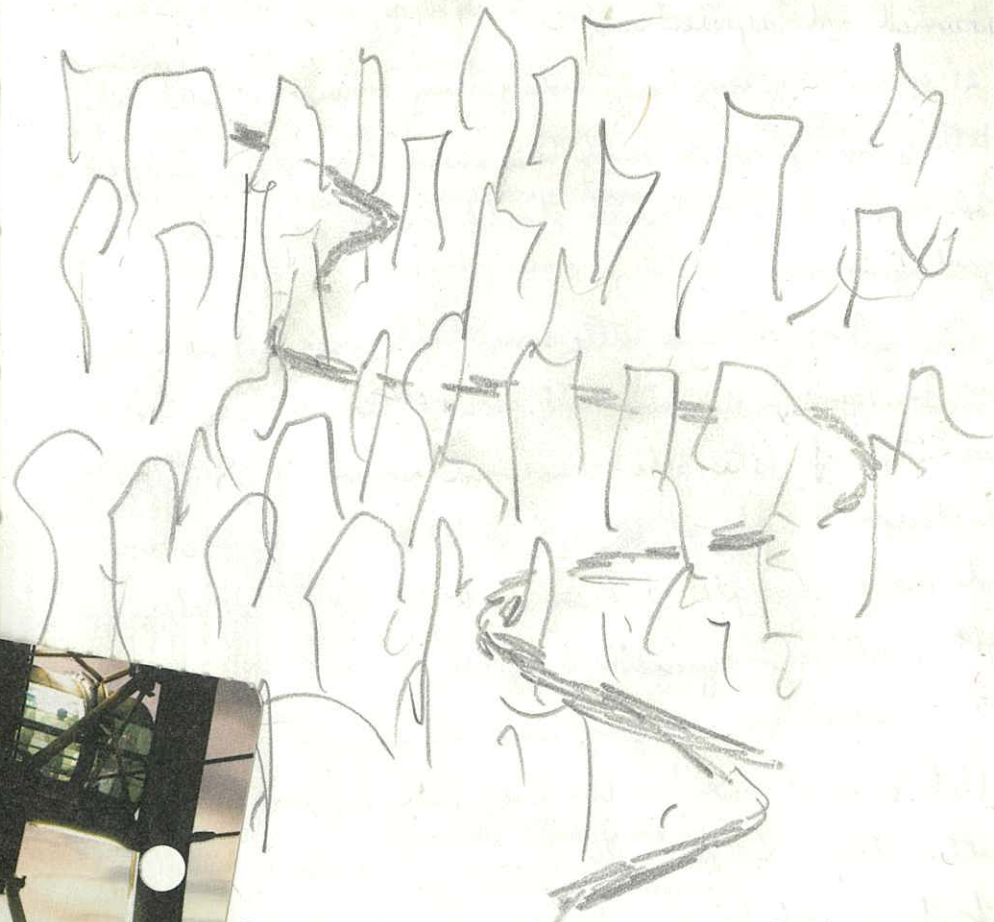


back to the first night I spent in HK all those years
ago in Mid Levels where I was up amongst all that stuff.
The yellow lights of the apartment blocks on all sides at
seemingly arms reach. That feeling of humanity that was
so strong I could almost feel the pulsating of life force in
and around and through it all. A part of the Tao that
has been locally dominated by the effects of man born
that of nature. And it was a quiet calm nice thing.

about at how dearsely developed it is. The mountains
(by comparison with Singapore!) and towering housing blocks
one after the other on a massive repetitive vertical scale.



And at ground level in the
Koreoon where the Army office is
and activity heaped in layers upon each
level. The signs that are allowed to protrude into
street make it feel like a continuum of cities you
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took a rd. down yesterday that seemed like a snake
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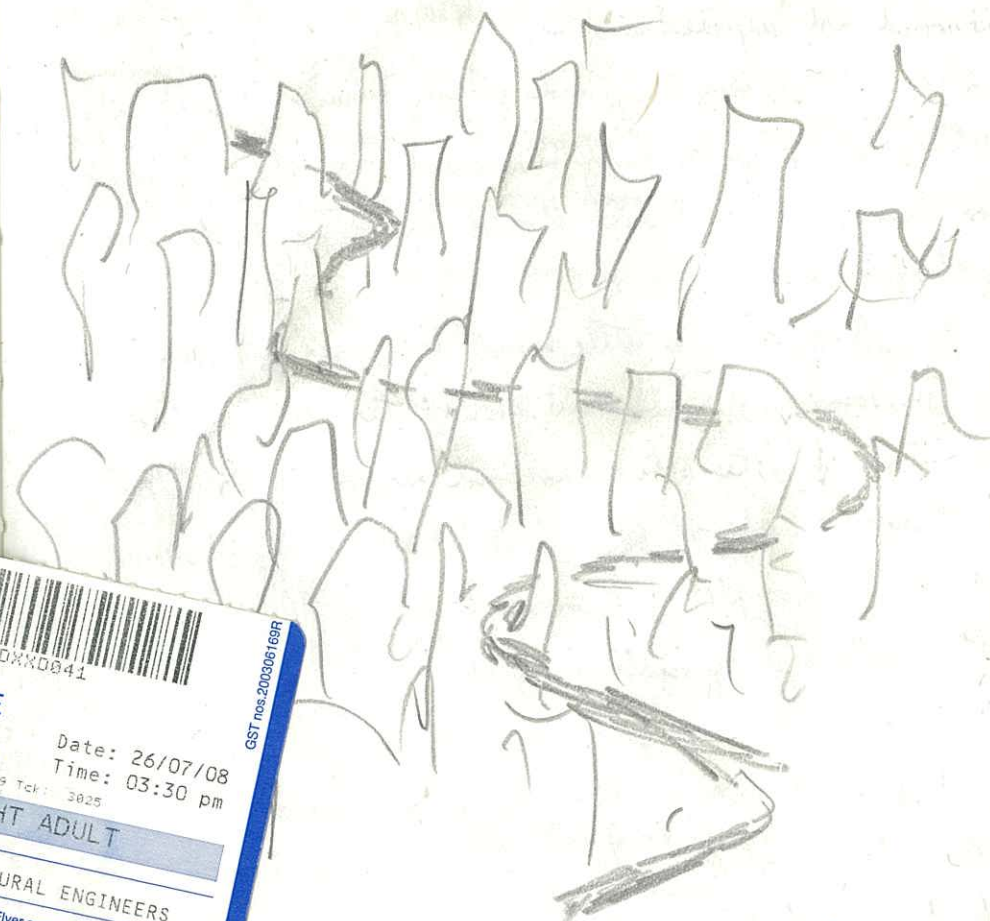


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unknown and uncertainties :-

21.2.08 Very very busy and getting busier - feel like I am setting myself up for hard times ahead - no choice lah. If we can manage to get through should be very profitable + very good for us!

Am getting a little more hard nosed in making time for the family - I miss being around them + have had a few trips of late which have not helped. Peto stays on as though - waking at 2 or 3 in the morning at the moment and doing a couple of hours work! 4-5 hours sleep per night, not very enjoyable!

Shoes are not going well at all. Will take the bullet + hold out for the long term I guess! Is there another choice? Actually there is, who am I kidding but think it would be a mistake to do a lot of selling now when times are bad. We will have another 2 years here at least before we will need the money.

24.2.08 Really good day yesterday - Phil saving us a ride on the Flyer + we took along Steve + Lisa + Will + Ned. Then day with the family and a cinch. Stella + Ewan wanted to camp out on the balcony. Ewan didn't last long before he came into his own bed, Stella (who has slept out before) was there for the whole night. They are all just incredibly beautiful

and watching them grow up fills me with warmth + love. If I could only make the rest of it - work and other crap disappear away! Work is hard at the moment. We have brilliant opportunities and in the context of where we have come from and where we hope to go I cannot let them go - but it means a lot of personal pressure for me unfortunately. I don't enjoy it at all - I get very little help from any of the local guys - Peta Bostell is doing everything! Things I need to do:

- slow down + do things thoroughly + methodically.
- maintain time for family + for me.

02.03.08

"If the supply fails there is no one up there to buy or beg or borrow from. The people must die."

from Quigsworth,
Rudyard Kipling's
Jungle Book.

That sense of desolation and grim hard edged fight is what I am feeling now with work it seems. Things are becoming a bit desperate. I don't like fighting, but have reached that point, getting dragged further and further into the compromise of a cold fight

unharnessed and unpotentiated :-

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02.03.08

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That sense of desolation and grim hard edged fight is what I am feeling now with work it seems. Things are becoming a bit desperate. I don't like fighting, but have reached that point, getting dragged further and further into the compromise of my old friends

water. And very few to hang, beg, or borrow from?

9.3.08 Watched Wild Mogs last night, a movie about four middle aged school friends who are in a time motor-cycle gang (themselves basically), in the city. They decide to do a road trip to try and recapture some of the freedom and life of their youth (for different reasons). That's Ange and I, we used to be the real thing, travelling and free, real travelling crossing snow bound mountain ranges in the Himalayas and sleeping on the great wall ... I want to get back into that. The trip to Taklamakan desert was sign of the searching for all of that again!

A few more hard years here, save some money and see where we end up. Keep a lookout for the opportunities. Maybe on our return to Australia? We plan to build on Allotford street + I worry that will reduce the other things we could be doing ...

Stella has a play date at the moment with Harvey from school. She has been looking forward to it for days and it is really nice to see. None of the inhibitions of her parents. I was worried about her giving up net ball the other day. After asking her a few times and only ever getting the standard 'it's boring'.

response, she finally opened up to me and told me she was scared of the ball coming her way during the game they have at the end. I was suddenly a bit happier and felt a tension in me relax knowing this. I was even happier at having her have the openness and confidence to tell me. Our relationship has been a little quiet of late and has moved away from the kisses + cuddles and I feel like it is now moving into other form of intimacy. That intimacy is the thing I value the most and was most scared of losing.

12.3.08 Choir night tonight for Ange. I come home on time and put the kids to bed which I quite like. Then stay up and watch CSI (Miami) before hopefully getting into bed before Ange. ☺☺.

Stayed up a bit tonight to watch a few clips on YouTube from 'The Flying Conchords'. Bloody funny. Gives me hope that the whole world has not gone stupid. A bit of cool off heat humour that you feel is out there but can really relate to - and other people obviously can also - must be a good sign ...

19.03.08 Nice dinner last night with Peter Bantell at the screening room, good food and a drink on the rooftop overlooking the roofs of Chinatown to the back of the buildings at Boat Quay.

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Of winning and losing, and ultimately of success, of cultures explored and navigated, of laughing buddhas and friendships translated, transposed to another land, another climate. Of hard work and of sacrifice, of things given and things received. Peking tea for venues new, Gardens Emerald and amis Francais for the old and yet unseen. Young admirers, Woking, Ubin, Sibin, stiff necked rings, Friday Madge. Implied thanks and overdue goodbyes....thanks

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It has been great having Peter around - made everything more enjoyable - someone with a similar frame of reference with whom to share things.

A little bit sad that statement on one level perhaps - means that I need recognition of the experience or what I am doing by others! A little unfair on other levels in that that is what life is all about, interaction with others around us. Something I have always shielded away from as rule! ☺.

The photo on the previous page was a note to say thank you for all of his efforts, unbelievable really. Peter also has the respect of others in Australia which helps make things run much more smoothly. I hope I am finally getting there on that front. Had my interview to become a director. Will be very disappointed if that doesn't come through. (and expired).

15.4.08 Feeding frenzy! Had a spate of things not going as well as they should have and a head cold meaning I get to watch it all with constant sniffing and cotton wool in my ears. Back at the doctor for a second round of anti-biotics. It cannot go on like this surely ☺...

I have still not managed to get comfortable with my

work life. There are too many people I feel I have to please all of the time - too conscientious - and it always seems to be me it comes down to. Maybe I have to learn to delegate more → just need some people to delegate to! Garry has been great, might try to grow a few more like him.

Have to get back in sync with the world - try some meditation and drink more water.



It seems I sit in meetings not entirely on the same track as everyone else but my mind not quick enough and my speech not eloquent enough to be able to change anything. And I think others think the same thing but we all just keep on going. Some care more, others care less and I am not sure who wins the game at the end of the day?

Keep looking for that holy grail of understanding, or is it just of coping - getting by at a level you feel comfortable with, maybe that's second prize.

Paul + Joh have split up again. Paul had kept on seeing the same girl he was seeing when they split up last time. Cannot

understand it myself. They seemed so together when they visited us last month for a week and the relationships with the kids Eva + Lloyd were just beautiful. Eva is a sensitive girl and she is going to feel it quite badly I fear. Joh was saying she came into her the other night upset saying she could feel something bad was coming - breaks open heart.

Are people really as flat and boring and un-interesting as they seem from a distance? I am sitting here having a coffee (bit of trying to get back into that groove), and looking at people and things I have no interest in getting to know or even be around. Where have all the real things gone?

27.4.08 Dinner and drinks (or should I say drinks and dinner) at the Colbar with Richard + Heather and Peter B. Kids on the bikes neighbors on the way home, Lisa + Wals + Ned, Catherine, very nice...

Reading Paul Theroux (spelling?). Riding the Iron Rooster. Well written. He talks about talking to the Chinese about English authors and starts to get into different classic authors, different ideologies and philosophies. the cultural revolution etc. etc., all in third

person, removed from the second to second somehow I can't help but feel. Gave me the overwhelming feeling of a million and one opinions, hypotheses, accepted this, and accepted that.

This unwieldy jumble of things that these people know! It is all very intimidating, very not me (or you even). It is all a list text book? I felt possessed to know all of this, to be able to quote accepted idioms at dinner parties, to be able to navigate the infinite means of accepted opinions, of reality recorded in books or just even peoples minds. When actually, what is happening is happening now in front of me and around me. Try as you might to pigeon hole and rationalise and to make sense of, it is just the plain simple reality that is.

That postulation at dinner parties and in books and paper and accepted intellectual circles is way too heavy for every day life, lighten up and let things be for christ sake. The cultural revolution was a tragedy no matter which way it is looked at, leave it at

that and accept the China that is. A little too simplistic I know and you cannot ignore these things but they get overdone, they become the plays for point scoring etc and lose their edge. Move on to the here and now...

It is a bit like religion, I am happy with where I am in relation to religion but don't ask me to write it down or explain it. It is something to be lived not recorded! It is an approach, a creedance, not a set of rules. I feel I know it and that is all that is important, not the actual being or abiding by even, or the actual knowing even even! Sounds illogical and indefensible but there it is, I don't know what else to say, how else to put it, or in what way to make it materialise! I just know how to live it - maybe because it is the ultimate in subjectiveness! I don't know?!!



28.4.08 Stella ill today although whenever anything took her interest (caterpillars we bought her having spun a cocoon), she suddenly perked up + forgot about it altogether until realising she was jeopardising a day at home, she reverted back to the sick Stella! ☹. Meant that Ewie was on the bus on his own (With + Ned being driven as Ned has a broken leg!).

A bus driven by a 60 year old auntie was in an accident last week, one girl hurt and the boy who sat next to her thrown from the vehicle and killed.

Incredibly sad and seeing little Ewie tumble off up the stairs to the bus tugged at the heart strings! I love him so much, maybe it is that time of life but he is adorable and innocent (and vulnerable), at the same time. Terrible to say but the truth is he is my favorite at the moment... I am sure that will change ☹.

9.5.08 Sitting in the Sheraton Killing Time before another presentation on the Flyer. Probably should be out at tea and coffee networking but want to calm my nerves a bit, and I am tired also (always tired!)

Things are good at the moment - finally

promoted to grade 9 (Principal). Hopefully some financial benefits will start to flow - I have been a little hard done by through Australia - not hard done by perhaps but limited over what it could / should have been. I did get a 15K bonus this year in recognition of how well we did as a business unit. - bit by bit - still better off than had we been in Australia (for many reasons not just the \$!).

Stella fell asleep at her desk at school the other day in a maths class taught by the head of the junior school. Funny more than anything else -. Only concern is her not eating well, very difficult to get her to eat anything.

Both Stella + Ewan - actually Freya also are a bit up and down with tiredness, getting colds etc and often end up natty and fighting. Ewan screams from the minute he wakes up on some days - other he is fine + a little Angel.

21.5.08 Stella had a swimming carnival the other day. She is actually not bad in the water diving for rings etc and playing about but is not so good on the different strokes. Was heart breaking and heart warming to watch at the same time.

She would jump in from the blocks (quite high considering her height in comparison!) and struggle and struggle, spluttering along way way behind everyone else. The life guards helping her along a little as she needed it from time to time. We would be cheering and she would dog herself a bit bewildered and crest fallen from the end of the pool after all the others had gone back to the main rallying area. To her absolute credit she kept trying her best, a bit teary in between voices, and trying on a life jacket at one stage to see if it helped.

I tried to plug it down when I got home knowing she would be on the edge and apprehensive, told her how much I had had watching her and all of the others, the loud music etc. Then went on to do something with Ewan. She ended up following me out to the car (I went to sleep squashed), to say goodbye. A bit of a life lesson (for her and us) I guess.

I was so proud of her managing to struggle her way through the whole thing, building some character rather than just giving up like she used to at little athletics and Horse House Harrows.

27.5.08 I am a scared at the moment. Scared about how things are going to go at work. Dr See + Mr Chia (two new senior people) have started. I am unsure about how

effective their contribution is going to be. You are only as good as the team around you after all... I guess I am doing what I can and I really just have to try to make it work to the best of my abilities. Things that are worrying me at the moment.

- How D.-See + Mr Chia will turn out.
- Marina Bay Sands - technical, financial.
- Galaxy + Peter Parcell - Melbourne performance.
- Southlack - going nowhere ???
- Resources - getting good people.
- OPH + Regatta + the whole Matches / Patrick relationship.
- This up + coming 2 1/2 weeks of training + annual leave in Melbourne.
- Great Wheel Beijing.
- Andre and his take the piss attitude.
- Up and coming office move and separation from infrastructure.
- General risk / reward / profitability profile of the business.
- Performance on Sports Hub for Dragages.

On a brighter note, things are going really well at home. I have just been promoted and received a bit of a bonus recognising good performance last year.

- The next down turn in the industry and how we are going to handle it.

28.5.08 Watching Baraka again over some email and a scratch. The slow motion shots of people to music, of homeless, of children and the elderly and misplaced is incredibly powerful, incredibly sad and heart breaking. You realise how little you are exposed to in life how little you understand and know about in the world, you realise how lucky you and your children are...!

30.5.08 Up at 2:30 this morning to go and have a look at the testing on the cable dampers for the flyer. Was interesting and enjoyable seeing the Mitsubishi boys again - worn night slight breeze the lights of the city and white soft glow of the rim LEDs. I really enjoyed that project.

Happend I found out later to have driven past Ho Chong Hong out addressing a bit of an emergency situation on the ECP caused by MBS - some subsidence of the road. Office is working hard at the moment, HCL for all his faults is putting in as best as he can (knows how).

Was reading about the turn around of the Indian Railroad company today. They are the world

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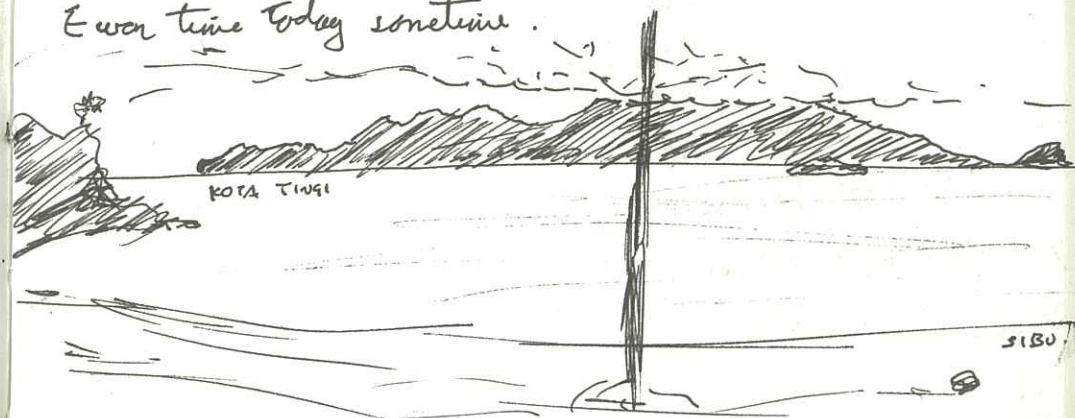
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largest company by employees - 1.4M people - astounding.
They have turned things around from nearly going broke
(only 77M US\$ profit) to turning SSB US\$ profit last year
through their Crown Prince chairman or minister or
whatever he is.

Doesn't take much to get me back reminiscing
about India. The railways were amazing, 60km/hr
through the country side, deserts, rivers, mountains,
plains. Dusty little platforms and towns in the
middle of nowhere. People and their belongings
going places, rocking back & forth over the expanse
of India - fantastic. It was like opening up an
old book you had found in a second hand book
store and wandering in to explore. Kaleidoscopic
mix of just about every thing, odd & new,
superstition and hard reality, wild of the mountains and
heat of the plains, history and people and feeling every-
where you looked. I wish I were there again...

8.6.08 Early morning on the beach, Silvan. Had a
great couple of days. Playing around the beach and the
restaurant / bar area. Had good sleep and a good

time with the kids. Ewan is at a bit of a difficult stage,
wanting and demanding attention but a little frustrated at
how to do it with Stella there taking the time light the
whole time. I must make sure I spend some dedicated
Ewan time today sometime.



I get the feeling I am heading into the back end of life.
Things are not so much sacrificing for and preparing for things
to come, but enjoying the times that are. Helping the
kids perhaps do a little bit of preparing in an indirect way
and helping them to enjoy being a kid.

I think it is harder to have meaningful experiences the
older you get. There is this whole warped time phenomenon
where perceived time gets shorter, and less impact as you put it
in the context of time gone by. A year at age 20 is 5%
of your total life where at age 40 it is half of that.
And it is worse than that as the converse applies in effect
it will have on your life. At age 20 it will impact 60
years of your life to come. At age 40, 40 years - so on.

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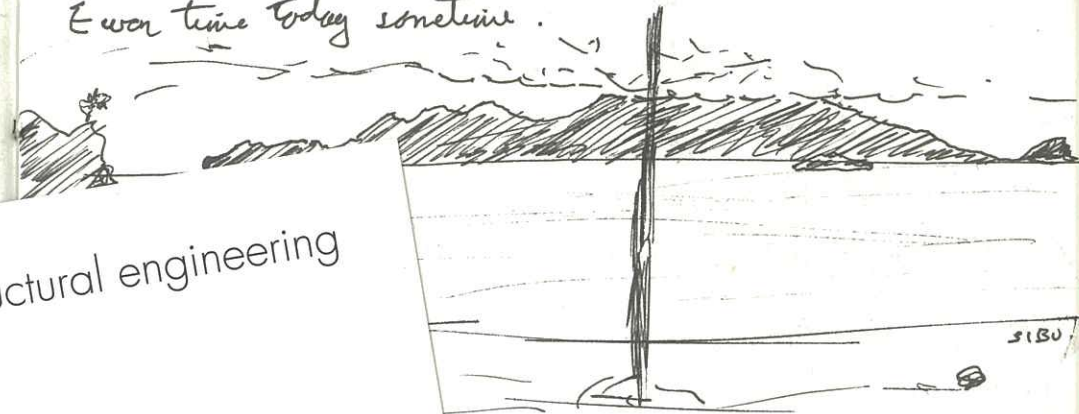


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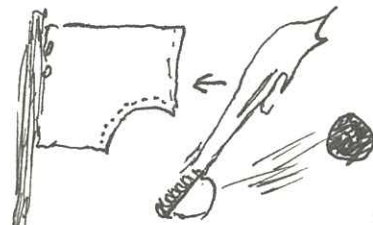
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9.6.08 Breakfast with Dad today at the Australian School - There we all were in the school canteen with all the other kids and dads having breakfast. All three of us were so proud to be with each other, was really good :).

I meant to mention I took Stella out on a blow up canoe when we were at Silva. We went around to the next cove just out of site of the main beach and landed on the rocks to look for pirate treasure. We named it Treasure cove but after not finding any treasure decided to name it Pirate Cove. We found a black flag on a stick with a float - the type that fishermen use to mark their crab pots. It was obviously an old pirate flag being black and everything. Stella even found one or two dunes with marks being caused by pirate swords or cannon balls. She really loved it and made sure it came home with us. Having a great time in these places growing up with lots to imagine and live through :).



Getting back to work away from the pirates and the beach and sea and everything else was a real drag. Felt drained of energy and motivation ...



15.6.08 Saw "Kung Fu Panda" today at the cinema (Father's day). Overdone on the action and camera angles and

all of that but a really good film. There were a couple of quotes in it that really struck a chord with me, something I have believed (or wanted to believe in the case of the first maybe), for a long long time.

"There are no 'accidents'
There is no secret ingredient"

"KUNG FU PANDA"

Enjoying things at the moment I must admit :). Except for Andee who is really disappointing me (and hence pissing me off) big time.

Enjoying the kids, Ange and what and where we are.

18.6.08. There was a story on the news tonight about two young children who died in Brisbane. The mother and father were estranged apparently but still living under the same roof with the kids. The two youngest, twins were found dead in their room weighing around 4kg each (the weight of new borns), apparently starved to death. They were three years old apparently... One of the older kids noticed the smell and figured out what had happened + said to

his mother he knew why she had been crying all week. One of the neighbors related on television how one of the three year olds had arrived at her doorstep some time earlier, completely naked and asked if he could live there. Oh my God. It is hard to imagine something more tragic and horrible than what those little boys must have been through. A time of their life when things should be magical and beautiful and life full of love and wonder, and they were left to fend for themselves alone with no one to look after them, a mother and father who didn't love or even care enough to keep them alive let alone give them love and attention. My stomach turns at the horror and the helplessness and chilling emptiness of the whole scenario. There will be other things behind it - mental illness in the parents perhaps etc but I can't extract myself from those two little boys. I'm not even religious but

I will say a prayer for them tonight. I am not mentally strong at the moment on things like that. I am on tenterhooks watching suspense movies and I am deeply affected by stories like these, the cruelty of the world, I am not sure I know how to deal with it.

 darkness, cruelty, emptiness + death where there should be love + sunshine + life; placed upon those pleading for help, but too young to be able to defend themselves. Like killing unicorns, taken from a fairy tale novel + dragged into photographic reality. Sadness + coldness even lasting, there is no road back from that place...

24.6.08 (Actually the twins that starved to death were actually 18 months only (not three as I first heard). Terrible to say but this makes things not as bad, from the unthinkable indescribable black hole in your psyche to the plain horrific gut wrenching tragic. Little 18 month olds maybe somehow

suffer less as they understand less ??? I am not sure if this has logic behind it, it just feels that way.

Having said that and thinking about Foreya (18 months round about), she is a beautiful little thing with a personality starting to explore the world around her. A bit too depressing to think about too much. I must instead think about what I can do about it. Maybe start to donate more to kids? Is it the right thing to do donating to a third world child as we do now?

Perhaps we should also donate to a western world cause, children or depression perhaps - must remember to bring up with Angie.

Other terrible stories in the news at the moment, Mugabe's strong arm tactics in maintaining power in Zimbabwe, Babes and a high percentage of the rest of the population being infected with HIV in central Asia (Blood on the silk road the documentary is called!). I am glad I stayed away from that side of life when I was over there!

At a week long live in Leadership development Program at the moment. It is a bloody long road! You think you have been through it all, you have come out the other side etc etc etc and all of that! I think success last year didn't make me cocky, but perhaps in light of fatigue and working hard, perhaps complacent and lazy to some extent - even if it is

just easing off for a little bit! Seems you are always at the bottom (relatively speaking when you want to move forward). I am still no master of this world, I am the perpetual student, the perpetual learner. Humility and learning are the heralds of our existence - everything else is perceptions, falsehoods which are destined to come unstuck around us. There is no oasis or resting place in this world if you wish to move forward.

A few quotes from the learning manual:

"Imagination is more important than knowledge"

Albert Einstein.

"Nothing in life is to be feared, it is only to be understood"

Maria Curie.

"In nature there are neither rewards nor punishment, there are only consequences."

Robert B Ingersoll

25.6.08 AM "Wednesday Goal", a behaviour to change during the day. I must admit that I don't really agree with this. Changing behaviour is a) incredibly hard to do b) leads to all sorts of internal conflicts and awkwardness. Sometimes outside the comfort zone can be a good place in inspiring a increased level of behaviour. It can also be the opposite but whatever the result it is likely to be erratic!

I would prefer to concentrate on the natural strengths and making these work, and if your natural strength is to be reserved, intimate in your dealings + relationships with people...?

PM. We are (I am), pretty easily deflated from my perceived opinions of myself when removed from my work. At Arup I lead one of the biggest and most profitable groups in the country. I work on international projects that are large and complex and I am respected by a lot of people, technically and managerially. Strip me down naked and put me in a room away from all of that and I am Brendon from Glen Waverley, tall

gangly, head shaped like a mosquito! How much of the other Brendon comes across I wonder. There are some people here on a CEO or senior executive course. Some of those guys look like CEOs. One guy is the image of aristotle Onassis, portly, grey beard presence of substantial being and power around him. I think perhaps these things do start to exhibit themselves in your being. You become older, you get grey hair and wrinkles, you become weather beaten, you care less about your appearance and mannerisms, care less about what others think which exhibits itself in more of you at the surface. Healthy I think, better I think... I remember how lying in hospital after my accident, I felt like my whole life and being had been taken away from ^{me} - I hated it ("I just want my life back"). Maybe I am becoming more at one with me, Peter Pan, nailing his shadow back to himself after losing it at the start of the movie. Maybe I am growing older with some optimism or respect? I must remember that it is not just me, we are now a little package. Ange and the kids and me, with a lot of ground to go, a lot to live through and to.

Beautiful sunset tonight looking back over the bay. Wide expanse of dark blue (cold wind driven dark blue with unseen white caps and furrowed waves foaming in the darkness), wide strip of orange and red brown to an equally dark sky, a soft reflection of the blue of the bay with the cold star shining brightly in an even colder Kelvin zero out there some where. Just to bring it all back to reality, to sail it to the here and now, were some swaying eucalypts in one corner ~~slow sway~~ back and forward in respect to the previous seriousness of the cold wind. And not to forget the burning mountains floating above the horizon on an imperceptibly thin layer of atmosphere. Burning there as they have for the longest time while the more recently arrived city has somehow disappeared into smog or something else, who knows what, why or even comes. A scene worthy to be looked upon by the original aboriginals living around the bay. A cold unbegriving place this must have been. I feel like we are akin to barnacles hanging on to something much larger, moving in ways we only remotely understand

something that exists in far more dimensions than we could possibly know or understand, something far more continuous and connected to the rest of the world and universe than we will be able to appreciate for many years to come. Time to extract my gaze from the monolith to this puzzle piece of the ultimate truth, and back into the thin film of habitable existence in which we live, our people and race survive... ~~Tomorrow~~ I can't help but feel.



MT ELIZA

8-7-08 What lessons do you learn from holding a shivering rabbit on the side of an elephant, that has had both of his eyes pecked out by ~~the~~ crows? Fear, I guess the lesson is fear. Maybe there is something in there about trust also, and moving on is that we just left releasing it to its own fate come what may? I am not too sure. I can't think about it all that much as my mind gets stuck on that awful initial image of the

helpless rabbit in your hands not knowing what is going on.



The trip back home made me feel a bit mortal I must admit. I am thinking that it is only 14 years before I am 55 and I maybe should be thinking about putting some money into superannuation. And then I think about where Mum and Dad are and their age. All of a sudden death which has always been so easy to laugh off, over which I have never really been intimidated or scared of seems to loom large around me.

Again, the mental robustness that I seemed to have when I was younger is now noticeably absent. I think it is because I now have so much and so many people to live for, no longer a self sufficient unit but with bits of me strewn all over the place, in things, in places and in people. Death is going to cut a lot of strings. And the passing of others will also. It is hard not to be fearful, not to be worried and concerned. I have become pretty tough my strengths I guess a bit of a control freak which only makes it worse. A brittle piece of glass above a hard

slate floor. I need to soften up a bit, take some lead from Cam or Simon. Although it is probably a natural progression, and this is the way it should probably be, a good thing it not a painless one.

All around me are familiar faces,
worn out faces, worn out places...

4.7.08 Going back home also created a bit of a 'how are we doing compared to everyone else' environment. Especially with Andy which used to be the case with him also (not 100% sure why this is - him or me?). Anyway feel like we are a bit behind...

Craig + Jo are doing really well, Craig's job obviously pays extremely well. Andy + May are doing a good renovation on their property in Maitland (doing fantastically), although not sure about their debt profile? Stevy + Sharon are really happy + have a nice place. Tad + Julie ditto with a commercial property investment in Qld. Al + Heather - places down the coast etc!! How do they all do it? I seem to work so hard - but the oxygen mask!

don't - and Ange has been able to spend all of her time bringing up the kids - three of them!

Anyway not much else to do other than over best.

- Decided not to buy another investment flat in the city just yet - Did think market will fall and I think there is a good chance of it also.

Paul Street is not a great house but don't want to get rid of it - all of the stamp duty costs and had to get such a good position again. Might knock down the external wall to the kitchen + living room some time - job when we return.

- Aldershot Street, not a great house either → would like to renovate or rebuild - actually would be a rebuild if we were to do it. Favourite location, we both fell in love with the Coast + Yarra Trail. Would be happy seeing this become the family home.

- Shares are a bit of a disaster + keep on going down → will get rid of the small debt we have and hold on ~~as long as we can~~ I think waiting for market to recover in 18 → 24 months time.

- Money now goes into cash I guess when we receive it. → Maybe try and transfer back to avoid selling shares?

- Think I will try + encourage Ange to work part time. She has been saying she is a little bored here, and it would be good to re-engage some of her education into experience for when she returns.

→ Need to suss out the situation w/ schools - start getting some architectural plans going + find out about planning etc. - Maybe use Mog when I am very impressed with an architect.

28.7.08 Yet another horror story in the news about a poor girl left to die in the backyard of her foster home. A terrible waste of life. That look to exist in +



blood poisoning in the end. She was twelve years old and couldn't stand up or walk it was so bad. When she refused to walk or have a shower she would be hit on the leg. She was punished for defaecating where she lay unable to move. In the end she was left in the back yard without water or help and died. Other children around at the time said she talked about seeing Jesus and a light and it coming to take her away. And social workers visited the house the day before she died to find her on the kitchen floor crying.

Oh God let it not be true, how could she have been so badly let down by her school, by the social workers and by the other kids in the foster home?

Went and had a peek at our three just to take my mind off of it + onto something over which I have some control. I must admit I did the wrong thing by Ewie on the weekend. Got a bit

violent swatting away a plastic catamaran from a table + breaking a door baby barrier. She cried and rightly I felt ashamed and weak and like I had failed him. Came home early tonight + played with him to make amends. - would like to try to do that more often. I really hope I haven't done any permanent damage or instilled any violence in him... I absolutely love them all to death and it disappoints me to the core that I can allow myself to lose it like that. It's just such an abject face pace and understanding wise after work. I need to switch into a whole other frame of mind in order to cope.

Also watched 'The last lecture' tonight by Randy — 2. from Carnegie Mellon. Good although not as altruistic perhaps as he made it out to be. Things to take away:

- live right (the law of Karma)
- be positive (the law of Tigger!).

Shavers continue to fall - over 30% now
from the peaks due to high exposure to banks!
Just have to sit tight + try to pick the moment
to get back into banks. → might dollar
average a bit and buy some WBC. I have
seen how they bundle mortgages and have a
lot of respect for them. - mind you that was
one branch + one person manage + the policies you
could argue weren't competitive!!! - I have a
feeling however + fervour last words.

4.8.08 Finding myself more and more fatigued at the
moment. I haven't really found a pace since I've been
back from the Melbourne trip. It is the mental energy and
it is not the up front in your face type energy, it is the all
pervading "I really don't want to be doing this" negative energy.
A lot worse I am guessing for well being and health and
home life (everything!).

What to do? I need to make a living, and a
good one at that to look after the three muckins. I need

to find a way of making things more tenable is how. I need
to somehow align my life with the natural state and what
is going on around me. I need to do less ^{work} and be hard
about it. I need more me time, and more family time be
it at the expense of other things. I need to rely more on
those around me and let things go to rot every now and
then...

I am getting some enjoyment out of seeing all of the
birds around where we live at the moment. I had a
look under wiki-pedia but couldn't find many of them, will
have to keep a look at for a look.

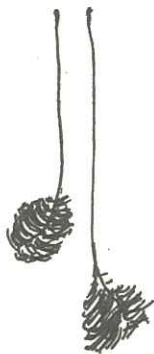
There are the kingfishers <sup>COLLARED
KINGFISHER</sup> which are quite common.
Electric blue over the upper body and brownish yellow underneath.
Big fishing beaks!  Beautiful in flight with
and feathers on the wings curling upwards, nice
straight line gliding action. Saw a pair of them on the
weekend.

A few weeks ago hidden in the trees from the
balcony, shy in the shade was this beautiful bird. The
type I remember seeing in books as a kid.
Bird of paradise? Deep black
colour with two single feathers  Blue
drooping down below the main tail with a pair of the

Leather only present for the last couple of centuries.
Beautiful.

PM Move to finish off the Lego house today (early). Was great but again, question my motivation at work. Ewan was ill today and also had parent teacher interviews this morning (Auge forgot to tell me!). Anyway his teacher is worried about his motor skills and has suggested seeing an occupational therapist as a part of school. Hmmm... I think it is more a mental thing, just a lack of concentration on what he is doing. I should spend more time with him throwing balls etc but cannot get him interested. It will come with time I am sure.

Saw another nice bird on the way home tonight, a small long legged egret type bird. Black and white head with yellowish beak, white underside of body, and brown wings - with a little tuft of feathers sitting up at the back. Wouldn't have been more than six inches high and was shepherding a baby back to the cover of the overgrown undergrowth by the edge of the Malaysian railway line.



Doing a bit more looking on the web and finding some better web pages with which to identify these things

Have also seen a black bluey bird with yellowish wings and tail before
A bit by memory but think it was an Asian Paradise Flycatcher (maybe a bit bigger than that?).



ASIAN PARADISE
FLY CATCHER

6.8.08 Work is suffering a bit at the moment. Making a few sacrifices to be home and not getting everything done - not sleeping well as a result! Things that are on my mind are:

- South Beach Services, ABS's, and contracts
- Galaxy Services
- MBS steel spec.
- GWS public works etc.
- Friday 5's from the CDP.

Try to get a bit of this sorted out tomorrow to ease my mind. Go to Beijing for the physics

WEB SITE

- BIGGER PHOTOS IN LINKS FROM THUMBS
- ADD MORE QUOTES
- TRIM THAILAND (+ INCLUDE KRABI PHOTOS).
- ADD OTHER COUNTRIES?
- ~~ADD SICK ROAD IMAGES~~
- ADD VIETNAM
- ~~ADD CAMBODIA~~

this weekend which will be great! Maybe get a bit of work done on the Saturday I fly up as well. I perhaps need to extract myself from some of this project work or get some help on board... Easier said than done.

Shares continue to march backwards I think now for the four years we have been investing we are A\$20k in the red! Kept putting money in effectively doubling the bets which meant when the bad times came, we were at our greatest exposure! No choice really but to continue to play the game longer term. I still have a lot of faith in the banks. How bad can a business be

PREVIOUS

22.01.03	ISB = 0.98 A\$ (1.02)	- 100 \$	} 185,000
27.01.04	= 0.76 (1.31)	- 78 \$	
25.04.05	= 0.77 (1.30)	- 78 \$	
18.02.06	= 0.83 (1.21)	-	
26.09.07	= 0.78 (1.28)	-	40,000
11.01.08	= 0.78 (1.28)	-	20,000
08.08	-	-	20,000
05.08	-	-	10,000
16.06.08	= 0.77	-	15,000

A\$

where you just revise your rates to cover any wrongdoings! Will leave investment at current levels for a bit and wait for the bulls to come back - may be a year or two - or worse knowing how these things tend to work.

Properties have done all right I believe although not as well as everyone seems to think from what I can tell over the past few years ??? Maybe I am being conservative, maybe our properties are just not that good - in terms of state of repair etc ??? Will be some big decisions to make in coming back to Melbourne. To

PREVIOUS - 41 RUNS.

2 MAY 04	BRIDGE + BACK	19:00 (FIRST)
8 AUG 05	" "	15:15 (BEST)
5 DEC 06	" "	16:17 (LAST)

(6)
↑

JAN 07	PLAZA - PETER LOOP	35:00
JAN 07	SIS LOOP	17:00
15 APR 07	WESTMEAD ROAD	10:50 FELT REALLY BAD!
14 MAY 07	WORKING LOOP	11:28 STARTING TO CLEAR A FEW CORNERS!
16 " "	" "	10:47
21 " "	" "	10:30
25 " "	" "	10:24
1 JUN 07	" "	9:53
2 JUN 07	" "	9:03 (WITH KPB)
9 JUN 07	" "	9:54 (AFTER SLEEP)
01 SEPT 07	" "	10:33
03 AUG 08	" "	10:06

rebuild, or beg again? - Schools etc; not a ready thing. I have have made harder as that was our nest egg with which to rebuild. Now we are looking at 500k loan to do this → another 3.5k per month of non tax deductible loan to be servicing (making total 7k per month!). A lot of money. Still have a couple of years in ...

TO DO LIST.

- LOOP INTO DEISM + RATIONAL CHRISTIANITY.
- FILM - "THE EMPEROR + THE ASSASSIN" (STORY OF FIRST EMPEROR QIN).
- ~~BRITISH MUSEUM WEBSITE ON MOGAO CAVES.~~
- CHINESE WEB SITES ON MOGAO CAVES.
- TRAVEL TO FERNANDO DE NARONHA - BRAZIL (FLY OUT OF RECLIF)
- ~~RIDING THE IRON COASTER BOOK~~
- ~~STUDY ON THE GREAT GAME.~~
- ART FROM SILK RD - WWW REFERENCES FROM LP. P 779
- STUDY STRUCTURE OF HIVE BEES (HONEYCOMBS)
- BOOK ON FIRST + LAST EMPERORS (CHINA).
- ~~BOOK SALVADOR DALL BIOGRAPHY~~
- ~~MAOS LITTLE RED BOOK.~~
- MAOS BIOGRAPHY
- ~~WALLACE GUT + CONTINENTAL DRIFT (STUDY).~~
- SAILING - POWER BOAT COURSE
- - SKIPPERS LICENCE (NAVIGATORS COURSE?)
- ~~WEB SEARCH GREAT GAME.~~
- ~~LOAD UP CHINA PHOTOS.~~
- ~~MONEY TRAVEL - WESTERN RECORDS OF JOURNALISM~~
- ~~PHOTO FOR PETER BOWTELL.~~
- LOOK AT DONATING TO WESTERN WORLD CAUSE - KIDS OR DEPRESSION.
- SORT OUT ABBOTSFORD ST SCHOOLS.

per year. - another 100k and the home. We probably wouldn't cash in the shares as there would be when they are starting to come good (he says! hopes!). Might need to loan more towards income shares so they offset the loan repayments. Thing to do would be to borrow against shares and house - at least part of loan would be tax deductible. Again all in Trust so little tax to be paid on shares in any case. Issue is building up CGT offset account but if the property is never sold, then there will never be any CGT ??!! Need to speak with Steven when we are back.



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Bantaey Srei

THREE-DAY PASS US\$ 40.00

SOKHA HOTEL Co., LTD.

Date of entry : 23/06/2007

Date of expiry : 25/06/2007

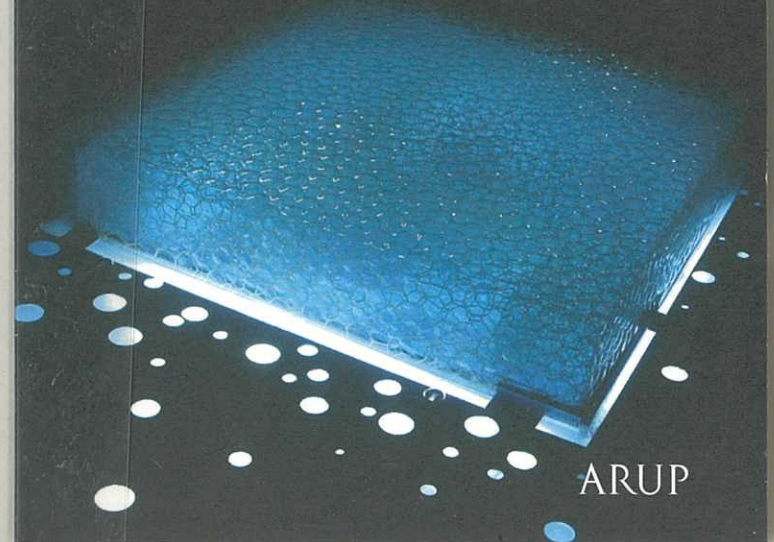
Nationality : C 7:40



NON-TRANSFERABLE

This portion to be kept by visitor and shown on demand during its validity

it's often
the simple things in life
that **inspire us**



ARUP

