Ageing involves a constant process of adjustments: MM Lee

Ageing involves a constant process of adjustments.

That’s the most important lesson that Minister Mentor Lee Kuan Yew has learnt throughout his life.

Speaking at a dialogue session during the last day of the Silver Industry Conference and Exhibition, he said that everyone will have to go through it. It all depends on how you want to do it.

938LIVE’s Letchumi Jaiganth with more.

With rapid advancements in medical science it is inevitable that people are going to live longer.

So the onus is on the individual to take charge and make it as successful as possible.

Mr Lee said one way to do it is by acquiring knowledge to keep in touch with the rapidly changing world and make sensible health choices.

But he also pointed out that people have to make a conscious effort to translate that knowledge into a change in behaviour:

“I don’t think you can force anyone to change if he doesn’t want to change. But if he doesn’t know what he’s doing, then he’s doing himself harm. Then I think there’s a good chance that he or she would change, because you don’t want to minimise the rest of your life do you? Nobody wants to do that.”

Drawing on his own experience, MM Lee explained that as a person ages, they would also need to realise their shortcomings and come up with ways to overcome them.

He noted that for most, retirement is a much awaited time for rest.

But Mr Lee warned that a tendency to withdraw from everything will leave a person with no purpose in life.

The key is to remain active and continue to interact with people:

“I am determined, I will not as long as I can, be reduced to have my horizons closed on me. It is the constant interaction with people across the world that keeps me aware and alive to what’s going on and what we can do to adjust to this different world. In other words you must have an interest in life.”

Another way to stay active is to work for as long as possible:

“I do not believe we should have a retirement age. But it’s difficult to switch from what was a world practice that we adopted, the British left us with it. So, we pushed it up to 60 then to 62, I think a man should go on working or a woman should go on working as long as they can but changing the nature and intensity of the work, as he ages.”

Mr Lee explained why a pension system will not work for Singapore as it will place unnecessary burden on the younger generation:

“Where are the young people who are going to pay you your pensions, medicare and whatever that I promised you? So I think for Singapore if we have that system, the young will leave. You increase taxes more than they have to pay in Australia or New Zealand or Canada, they’ll leave for these open spaces. And then the economy collapses, so we are aiming for minimum tax rates and maximum self-sufficiency.”

Engineering and Science students at TP work together

Students from the Schools of Engineering and Applied Science at Temasek Polytechnic have collaborated for the first time—and with interesting results.
For their final year project, a group of four students from the two schools came together to conceptualise and design a portable Hydroponics System to grow temperate plants in any climate.

The system, which uses a device normally found in computer central processing units, or CPUs, may soon find a place in homes and restaurants.

Andy Lim, from the Diploma in Electronics, shares how this product is different from its predecessors.

“For commercial products, it would easily cost around five to six hundred dollars, so we are using this due to the small size as compared to the commercial chilling device, which is very bulky in size and also very high on power consumption. We have integrated this Peltier Cell into the Hydroponic System in order to make the overall size very compact, and also very affordable.”

And, although this is the first time the two schools have worked together, it was smooth-sailing for the most part.

Sim Wei Lee, third year student from the Diploma of Biotechnology (eds: School of Applied Science).

“Applied science and engineering isn’t that much different, except engineering is more on the mechanical and practical base, whereas the applied science would be much more on the theoretical base. This project is just one of the small little openings that we are going to have. There may be other opportunities in the near future.”

The group aims to sell this product, inclusive of plant seeds and nutrients, for an estimated 300 dollars.

The Hydroponics System is just one of 97 projects that are being showcased at TP’s Engineering Project Show.

It is part of the school’s three day open house, which ends tomorrow.

**Dragonboating is not a dangerous sport**

Some 500 corporate warriors will ditch their suits and ties for paddles and lifejackets in a dragonboating event aimed at promoting public awareness as well as raise funds for the sport.

This follows the recent tragedy that claimed the lives of five national rowers when their boat capsized in the Tonle Sap River in Cambodia last year while taking part in an international competition.

The Corporate Dragon Boat Relay 2008 : Show of Faith, to be held next month, kicks off the dragonboating calendar this year.

The event's spokesperson, Adrian Tan says, through the activity, they aim to inform the public that dragonboating is a safe sport, especially in Singapore.

“We want to raise awareness that dragonboating is not a dangerous sport. At the same time, we want to raise funds to help improve the safety facilities in the current Kallang area where most of the dragonboating activities are taking place. Not saying that they are not safe now, it's just that we want to improve. Realistically, we are aiming to raise at least about $12,500.”

The three-hour relay will start at Kallang Riverside Park.

There will be at least three boats in the water at any one time, says Mr Tan.

“There will be teams that will be paddling this 2.4 kilometer route. It will be from Kallang Riverside Park towards Cosy Bay and then, they will make a U-turn and they'll come back again to Kallang Riverside Park.”

Cosy Bay is located near the Singapore Indoor Stadium.

This event is supported by the Singapore Dragon Boat Association.

**Dr Lee Boon Yang on Myanmar trip for ASEAN arts event**

Minister for Information, Communications and the Arts Lee Boon Yang will be in Myanmar from tomorrow to Monday.

He’s there to attend the Third Meeting of the ASEAN and ASEAN Plus 3 Ministers Responsible for Culture and Arts.

At the meeting, the ministers will discuss initiatives to enhance cultural cooperation among ASEAN countries.

They will also hold discussions with China, Japan and South Korea.

During the visit, Dr Lee will also attend the opening ceremony of the Third ASEAN Festival of Arts.

The festival is a regional cultural event and its theme this year is “Asians Puppetry Heritage”.

Representing Singapore at the festival is homegrown puppet theatre company The Fingers Players.

Dr Lee will be accompanied on the trip by officials from the Ministry of Information, Communications and the Arts.

**SIA gets second A380**

Singapore Airlines has taken delivery of its second A380, the world’s largest passenger aircraft.

The aircraft was handed over to Singapore Airlines at the Airbus Delivery Centre in Toulouse, France, this morning.
The plane is expected to arrive in Singapore around 9.00 am tomorrow.

SIA says its arrival will complement the first aircraft, allowing some rotation of aircraft on the existing Sydney route, and providing opportunities for crew training.

Then, on delivery of the third aircraft in late February, Singapore Airlines will mount a daily service between Singapore and London Heathrow.

SIA is the first to fly the A380, and is currently the only airline in the world operating the aircraft.

It currently flies daily between Singapore and Sydney.

The airline has firm orders for a further 17 A380s.

60 submissions for inaugural Land Transport Excellence Awards

Over 30 land transport companies will compete for top honours in this year’s inaugural Land Transport Excellence Awards.

The companies sent in 60 submissions for the awards, which aim to recognize the very best in Singapore land transport in various categories.

These include the most customer-centric award, the most eco-friendly transport and the best safety practices award.

To ensure the submissions are evaluated thoroughly, the organizers - Land Transport Authority - will postpone the presentation ceremony.

The ceremony will be held on 18th March instead of 1st February.

Passion’s the key to winning a Nobel Prize

Don’t aim to win the Nobel Prize.

That strange advice came from several Nobel Laureates who’re visiting Singapore.

Instead, they told students and teachers who attended a forum that being passionate in what you're doing is more important.

Our reporter Jeremy Koh was at the Forum.

As they say, curiosity kills the cat.

But for someone who aspires to be a Nobel laureate, curiosity could be the key to discovery.

But above all, one has to have a lot of passion.

Professor Richard Schrock from the US, who won the Nobel Prize in Chemistry in 2005.

"You have to be passionate about your work because you're going to have to endure a lot so if you're not passionate, it's going to be difficult."

And passion is also what Professor Bengt Norden from Sweden says students need to have.

"The first advice is not to try to be a Nobel laureate. The chance is so small. There are so many people, scientists, skilful scientists who deserve a Nobel Prize. Not everybody get it. But if you want to go into science, the advice I can give you is to think. Is this really something I want to do? Is this really something I have passion for."

But does aspiring to be a Nobel laureate mean you have to have fantastic academic results first?

Education Minister Tharman Shanmugaratnam offers hope to all students whose academic results aren’t that great.

"Many people who achieve the real breakthroughs don’t often start off as exceptional academically, in the conventionally measured sense. They’re not outstanding students in schools, they’re not the ones who have perfect As, and perfect academic records for one reason or other."

Audrey Wong from Raffles Junior College was one of more than 300 students and teachers who attended the forum.

"I think it's very inspiring to see all the scientists exchange their ideas and new discoveries. It's also furthered my interest in pursuing research as a career in future."

The forum was organised by the Institute of Bioengineering and Nanotechnology.

It was held in conjunction with a symposium in which world-renowned experts presented the latest scientific advances in areas such as molecular recognition and function, and mini-DNA synthesis.

Does the Chinese Government mean what it says?
The Chinese Government has announced that foreign journalists will be given unprecedented freedom in the run up to the Beijing Olympics.

On the face of it, these journalists will be given a level of press freedom never seen in China before.

938LIVE's Jeremy Koh finds out if the situation's really as it appears to be.

Since January last year, China has allowed foreign reporters to travel and report more freely across most of the country.

However, some reporters have said that they've been harassed and even detained by local authorities who flout the rules or say they are not aware of them.

Beijing correspondent for Japan's public broadcaster NHK Hideki Yui.

"My colleague went to the Chinese countryside, and he was covering the local environmental issues and some police came to him and he was detained for a while, and actually his video camera was captured by the local government."

In response to these reports of harassment, the Government said there is a need for more training at the local levels, especially for officials who have had few opportunities to engage with the foreign media.

But this will only benefit members of the foreign media who are able to get into China in the first place.

This August, there could very well be journalists who will be denied entry.

Deputy Director of the Beijing Olympic Accreditation Centre Yang Minghui says the Government will conduct background checks on journalists before granting accreditation.

"The ultimate purpose is to assure the safe operation of the Olympic Games. So we will be reviewing and examining the background of all the applicants so that we can eliminate those who will pose potential threats to the Olympic Games."

Mr Yang said background checks were done in the last three summer Olympics and so Beijing is merely following past practice.

However, he declined to specify what could constitute a threat.

"If anyone poses a potential threat to the safety, security and order of the Olympic Games, we will have to prevent them from coming."

So will journalists be denied entry to China based on political or religious grounds?

And will China meet its promises of press freedom?

The world's eyes are watching.

**Break-in at Coyuco Building**

An office at Coyuco Building along Jalan Besar was broken into and $500 cash was stolen.

The victim, a 50 year old Chinese woman secured the office on 8th January at about 3pm and returned on the morning of 9th to find the main wooden door forced open.

Burglars had ransacked the office and made away with the cash and 20 crossed cheques.

No CCTVs or alarms were installed.

If you have any information, call the police hotline at 1800-255-0000.

**Theft of construction parts**

Several construction equipment parts were stolen in several incidents over Tuesday evening and Wednesday morning.

At a construction site along Kranji Way, $6,000 worth of excavator parts were stolen.

The complainant, a 50 year old Chinese man had returned on 9th January at about 8.30am to discover fuel guages, controller boards and hydraulic pumps missing from the excavators.

He is the owner of one of the 3 companies which were were affected by the thefts.

The construction site had minimal security.
The police are appealing for anyone with information.

In another case, $800 worth of metal poles were stolen from a heavy vehicle carpark along Bukit Batok Road.

The complainant, a 50 year old Chinese man had secured the 8 metal poles, each one meter in length, to his trailer with a padlock.

He returned on Wednesday morning at about 9 to find the metal poles missing.

If you have any information on either case, call the police hotline at 1800-255-0000.