



GolinHarris

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MR GRAY IS NOT GREY

62-year-old action man powerboats and flies a plane

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MORE than 30 years ago, Mr Michael Gray gave up cruising on a “love boat” and sought a “less exciting career” more suited to a man about to settle down.

“My wife-to-be didn’t think it suitable for me to be a First Officer on a cruise ship with all those girls around,” he laughed. “So I chose the most boring job in the world – being an accountant!”

Little did he imagine the job – as the territorial senior partner for Indochina with Coopers and Lybrand – would land him in the middle of a coup in Cambodia.

“I had to coordinate getting my foreign staff to safety, but I was flying in when the coup happened so I had to do it by mobile phone,” he recounted.

Now 62, Mr Gray – who was nominated by his daughters for the Active Ager Award – is not about to leave the adventurous life behind. The sailor, who has a powerboat named *Blursotong*, has taken to the skies. Already, he has logged 12 hours in preparation for his private pilot’s licence.

“Like sailing, it gives me a sense of freedom,” Mr Gray said.

With his son-in-law training to be a pilot with Singapore Airlines, Mr Gray looks forward to them flying together. He believes this inter-generational bonding is key to active ageing.

“I don’t agree it should be a bunch of old people gathered together,” he said. “I’ve been in Singapore so long, I don’t feel as though I’m ‘white’. My philosophy is that if you work or play with younger people, you feel younger.”

While age does apply some brakes on his agility and memory, Mr Gray points out boons to being older, among them, the freedom to do more “impractical” things, like flying.

He also recently completed his Masters in South-east Asian Studies. “It’s totally unrelated to my work, but an area I’ve always been interested in,” he said.

Mr Gray, a Public Service Medal and



CALLING ALL ACTIVE AGERS

If you know a zesty Singaporean or Permanent Resident aged 60 years and above who can be an ambassador for active ageing, nominate them for the Active Ager Award at www.activeageingfestival.com.sg. Nominations close on Tuesday.

Public Service Star recipient, has served on statutory boards and voluntary welfare organisations, and can be credited with helping to set up day care centres for the disabled.

The former Public Transport Council deputy chairman fought for better accessibility at train stations. Now that lifts are being installed in stations islandwide, he said: “Public transport has improved a lot. It’s long overdue, but now it’s much better.”

He also thinks concessionary travel for the elderly should be extended: “I feel the concession should be 24/7. The older generation have played their part in building Singapore to what it is, so it’s time to give back a bit.”

In between his flying and consultancy work, Mr Gray still serves as a vice-president on the National Council of Social Services and is one of its longest-serving members. He is an active member of the Singapore Institute of Directors and edits its bulletin.

“It keeps me active and my mind working. Activity staves off dementia, you know,” he said, smiling. And his next challenge after he gets his flying licence?

“I promised my wife more than 30 years ago I would learn Mandarin. Until today I can only say ‘ni hao ma’ (how are you). A friend suggested I take up scuba diving, but I think I’d better learn Chinese first,” he laughed.



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63岁：她像年轻人一样忙碌！

陈美美成为活跃乐龄人士模范

我最讨厌听到一些年长者说‘老了不中用’这句话，我绝对不赞同这句话。如果一开始便认定自己老了没用，那接下来的10、20年，我就真的没有用了。

——陈美美

刘慧芬●报道

骑脚踏车、学瑜伽、轻快步行、太极……，这些都是63岁的房地产经纪陈美美最擅长的运动。尽管现在房价攀高，房地产业非常忙碌，但并不会影响她每天必须运动两次的决心。

陈美美是在10年前，也就是53岁的时候，开始意识到保持身心健康的重要性。她于是开始各项运动，包括游泳、打羽毛球及轻快步行，因为对她来说，运动是没有年龄限制的。

的。

直到三四年前，陈美美开始感觉到背痛，老化的迹象似乎越来越明显。由于担心自己的健康，她停止了游泳和打羽球，反而开始了新的运动方式，包括骑脚踏车、学瑜伽及打太极。

她说：“只有学瑜伽，我才能确保自己保持正确的坐姿，减少背部疼痛的机会。骑脚踏车能够锻炼我的腿部肌肉，太极能够让我放松身心。总之，我觉得自己在运动时，会比较开

心。”

由于工作忙碌，陈美美并没有固定哪一天要进行哪些运动。不过，很肯定的是，不管工作有多忙，每天上班前和下班后，她一定要进行其中一项运动，把运动当作她日常活动的一部分。

她说：“我是随心的，例如上班前会到公园轻快步行或打太极，下班后就会骑脚踏车，到了星期日就会与朋友聚集打太极。平时在家时，我也会在房间里边看电视边练习瑜伽。”

对她来说，因忙碌而不运动是借口。她认为，即使在观看电视时，虽然眼睛是对着电视机看，但也可以同时做瑜伽，例如进行“一字马”练习，这总比坐在沙发上看电视来得好。

陈美美的瑜伽教练池枫心很敬佩她学习瑜伽时的不屈不挠精神。她说：“比起年轻的学

员，美美的表现出色多了。年轻的学员不但进度慢，而且脊椎也比较差。”

育有两名分别是35岁及37岁儿子的陈美美，由于孩子都长大了，无须她花时间特别照顾，因此认为自己现在更有时间做自己喜欢做的事，包括运动、策划筹款活动、搞房地产业等。

除了运动外，陈美美也曾在2003年与朋友一起主办筹款活动，替儿童会筹款；2004年也主办音乐晚会，为爱之病患者筹得了超过10万元。平时，她也喜欢与朋友聚会，一起交换书籍，甚至结伴旅行。

她说：“我最讨厌听到一些年长者说‘老了不中用’这句话，我绝对不赞同这句话。如果一开始便认定自己老了没用，那接下来的10、20年，我就真的没有用了。”



学瑜伽并不只是年轻人能做的事，陈美美虽然已经63岁，但她的瑜伽表现，并不比年轻人逊色。(邓智炜摄)

像陈美美这样的活跃乐龄，正是活跃乐龄理事会 (C3A) 要寻找的对象。

配合下个月举行的活跃乐龄节而主办的“活跃乐龄奖” (Active Agers Awards)，将选出5名过着活跃生活的60岁及以上乐龄者，表扬他们以积极的态度过着晚年生活。

以陈美美为例，她即使工作

提名活跃乐龄奖明天截止

赢取价值500的奖品。

忙碌，也能过着活跃的生活，如运动、社交及行善。这样的晚年生活，正是理事会所要鼓励的，并希望通过“活跃乐龄奖”，让更多活跃乐龄分享他们的经验。

得奖的活跃乐龄人士，除了可获得价值5000元的奖品外，还能成为活跃乐龄的大使，积极推广活跃生活。他们的提名者也能

明天是提名截止日期。有兴趣者，可到理事会设在碧山第8站办公楼10楼的会所索取提名表格，或者上网www.activeageingfestival.com.sg/awards直接提名或下载表格。

颁奖礼将于12月1日在克拉码头 The Arena 举行。询问电话：63580333。



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63-year-old: She is as busy as a teenager!

Cycling, learning yoga, brisk walking, tai chi ... these are the types of sports that 63-year-old real estate broker, Mei Mei, is best at. Although the property market boom is keeping Mei Mei very busy, work does not affect her daily exercise regime. 10 years ago, at the age of 53, Mei Mei began to realize the importance of maintaining one's physical and mental health, and thus, began engaging in various sports, including swimming, badminton and brisk walking. She believes that there are no age restrictions in sports. Apart from these, Mei Mei and her friends also organize several fund-raising activities. Her hobbies include meeting with friends, reading and traveling. The Active Agers Awards, as part of the Active Ageing Festival held next month, will elect five "agers" of 60 years and above in recognition of their positive attitude to live their old age. Winners of the Active Ageing Award will win \$500 worth of prizes and also become ambassadors to actively promote active living. The deadline for nominations submission is tomorrow.