



Friends of SWET: Newsletter Issue 2

Our way of keeping in touch with you

Coming up...



Run with us at the Marathon!

The Singapore Women's Everest Team will be taking part in the upcoming marathon organized by Standard Chartered bank. But we're not aiming to win – we'll be entering the race with the objective of spreading the message about our Everest journey to more people. Register for the full marathon and run with us wearing the 'I Support SWET' t-shirt (details on how to buy the t-shirt can be found in this newsletter). You can also get our sticker to paste on your runner's tag to show support for us. We'll need all the support we can get!

Trek to Everest Base Camp

Our expedition will be a milestone for Singapore and you can be part of this historic event. Embark on the Everest Base Camp trek – your journey will include a one-night stay at Everest base camp (5400m above sea level), something exclusive to members of this trek.

When? Travel period: Two departures - **Sat, 4 April to Tue, 21 April 2009** and **Sat, 18 April to Tue, 5 May 2009**

Trek briefing and registration: Wed, 19 November 2008 at 7pm (location to be confirmed)

Participants need to commit to training – staircase climbs and Bukit Timah Hill trail walks. Training commences Jan/Feb 2009. More details can be found in our website from Nov onwards.

Here's a brief Itinerary of the EBC trek:

Day	Description	Estimated Altitude at Rest Location
1	Singapore – Kathmandu	1400m
2	Kathmandu	1400m
3	Kathmandu – Lukla – Phakding	2500m
4	Phakding – Namche Bazaar	3440m
5	Namche Bazaar	3440m
6	Namche Bazaar – Khumjung	3790m
7	Khumjung – Thengboche	3867m
8	Thengboche – Dingboche	4350m
9	Dingboche	4350m
10	Dingboche – Lobuche	4930m
11	Lobuche – Kala Pattar (5545m) – EBC	5400m
12	EBC – Lobuche	4930m
13	Lobuche – Thengboche	3867m
14	Thengboche – Monjo	3000m
15	Monjo – Lukla	2850m
16	Lukla – Kathmandu	1400m
17	Kathmandu	1400m
18	Kathmandu – Singapore	Sea level





Community Outreach

SWET Launches “Aspiring Mountaineers’ Programme”

The Aspiring Mountaineers’ Programme (AMP) was launched in Aug over 2 days with resounding success.

AMP is a community initiative by the team, using our climbing experience as motivational story to inspire today’s youth to climb their own “Everests”.

On the first day, we shared our stirring Everest journey at the National Library with close to 100 students from Tanjong Katong Secondary, Hwa Chong Institution, Christ Church Secondary, Ngee Ann Polytechnic, Millenia Institute, and Chung Cheng High School.

Besides being inspired by the talk, the students experienced a “Death Zone” experience of climbing at high-altitude, simulated with a hypoxicator which reduces the body’s oxygen intake. They also had hands-on experience with some high-altitude mountaineering equipment at the gear display tent.



On the 2nd day, the students were challenged to a mini ‘Everest’ experience where they underwent ice-climbing, rope ascending and abseiling at SAFRA Adventure Sports Centre. Through these physical feats, students gained confidence and self-belief as key to achieving their ‘Everests’ in life.

We will continue to bring AMP to schools who’re interested from now till Nov, after which the programme will resume after we return from our Everest climb in mid 2009. Email us at outreach@womenoneverest.com for details on AMP.

We would also like to take this opportunity to thank our friends for taking their personal time to assist us at the AMP launch on both days!



3 minutes with...

Joanne Soo, Member of the Singapore Women's Everest Team



10 years ago I was:

In a 9 to 5 job, and weighing 73kg. I wouldn't dare to eat in the hawker centre all by myself.

5 years ago I was:

Contemplating if I should continue in the adventure business on my own. And I discovered that friends are the greatest gift I have given myself.

1 year ago I was

Eating at a food centre alone, I did my 1st ultra marathon. I was still very interested in the adventure business, and I caught up with my secondary school mates.

Some things on my to-do list:

1. Climb Everest and more...
2. Build my dream home
3. Write a book

If I were a billionaire I would:

Set up a foundation focused on adventure based activities. It would provide more opportunities for children/youth who are poor or come from disadvantaged backgrounds.

5 people I'd want to have lunch with:

1. My dad (deceased)
2. My mum
3. My dream guy
4. Reinhold Messener
5. Alison Hargreaves (deceased)

Some jobs I've had:

1. Selling Otak Otak at HDB blocks when I was 8yrs old
2. Crew with McDonald's
3. Costing Officer with a construction firm

Lee Peh Gee, Member of the Singapore Women's Everest Team



10 years ago I was:

An idealistic strong headed "pit-bull" fighter.

5 years ago I was:

A dream maker making the first step to scale the highest peak.

1 year ago I was

A dream creator in the midst of finding the peace and harmony within.

Some things on my to-do list:

1. Find the peace within
2. Be happy with what I am
3. Provide for my family
4. Make a difference in the lives I meet
5. Enjoy my time on earth

If I were a billionaire I would:

Give 50% to a trust fund set up for philanthropic causes. Give 45% to my family. Keep 5% for my fantasies that include buying an island to swim in and travel to the remotest area and meditate.

5 people I'd want to have lunch with:

- 1) Mahatma Gandhi
- 2) Leonardo da Vinci
- 3) Albert Schweitzer
- 4) Barack Obama

** Since the first 3 people are in netherworld and the 4th is halfway round the globe, I would want to have lunch by myself. yeah, so the last person is myself.*

Some jobs I've had:

- Bookworm mugger
- Baby diaper changer
- Fumbling climber
- Defender of the nation
- Professional slacker



Backdrop to our Climb



“Ten years ago, I don't think you could have imagined a women's team wanting to go and climb Mount Everest, but today, there is...”

~ Singapore Prime Minister Lee Hsien Loong
Inaugural National Day Rally 2004 Speech.

Formed from diverse background and experiences, the Singapore Women's Everest Team (SWET) is forged by a common aim to challenge personal assumptions and self imposed boundaries. Through our expedition, we aim to:

- Be role models of a highly motivated team
- Set Everest as a symbol to motivate Singaporeans to pursue their own ambitions
- Increase female and youth participation in the local mountaineering scene.

Training & Expeditions

Since our team came together in 2004, we have had a string of successful training expeditions gearing towards Everest.

When we're not away on an expedition, we spend 6 days every week doing physical conditioning. Our local physical training is focused on building cardiovascular endurance through long runs, anaerobic endurance through interval training and gym work, as well as building performance specificity through pack-carrying training sessions at a 30-storey HDB block and Bukit Timah hill.

Join us! If you would like to join us on our Bukit Timah training sessions, please email us at info@womenoneverest





Fundraising

As we actively source for sponsors, here're a few ways you can support us and be part of our Everest journey!

- 1) Adopt a Metre on our Virtual Everest for \$10 onwards at our website, www.womenoneverest.com
- 2) Refer us* contacts for corporate sponsorship
- 3) Refer us* contacts for corporate team-building workshops
- 4) Purchase* any of our merchandises below to support us



Latest merchandize!
White Color Car Decal
(S\$5ea)



Postcards
(S\$10 for pack of 8)



Badges
(S\$5ea)



Car Decal
(S\$5ea)



Dri-Fit T-Shirts
(S\$30ea)

*Drop us an email us at info@womenoneverest.com



Exclusive for FOS!

"Centrum Multivitamin 7 tablets sample!"
Write in to enwchsg@wyeth.com with your name and mailing address to receive Centrum Multivitamin 7 tablets worth \$4. Limited to first 100 pax only!"
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