

Check-In



HOT

Cape Town's new silo mentality

There's a buzz around this month's opening of Cape Town's The Silo Hotel. Its six glittering floors rise above the city's historic grain silos, enhancing an already dynamic art and design scene.

The monumental structure's lower levels will house the Zeitz Museum of Contemporary Art Africa, opening in September with the world's largest collection of modern African art.

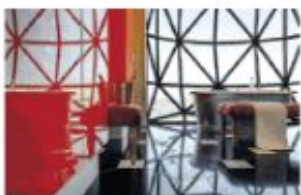
London architect Thomas Heatherwick, of Heatherwick Studio, has reinvented the 1922 silo to retain its industrial heritage and honour South Africa's agrarian roots.

"The modern lower concrete



facade contrasts with the boutique hotel's upper floors inhabiting the silo's grain elevator portions.

Heatherwick points to the hotel's key architectural feature – futuristic glowing floor-to-ceiling



glazed panels that "bulge outward as if gently inflated".

The effect is of a glowing lantern in the night harbor. The 28 suites, which include the 231-square-metre penthouse, have impressive

mountain and ocean views, while the rooftop pool and champagne bar boast equally stunning vistas.

Lu Hoken is the designer behind this latest addition to the Royal Portfolio's stable that includes



LATEST HEADPHONES

SOL REPUBLIC RELAY SPORT WIRELESS IN-EAR HEADPHONES \$149.95. With a Bluetooth connection to your smartphone, these headphones are designed to feel virtually weightless. They rest on the back of your neck, with an adjustable strap to keep them in place. Up to eight hours' continuous play in one charge. See jiffy.com.au



BEOP LAY H4 BY BANG & OLUFSEN \$300. Beoplay H4 headphones are a made from bamboo, braided textile and aluminium with a minimalist design. 10 hours of wireless play with a 20-hour charge and many other features, as well as Bang & Olufsen's trademark great accents. See bangandolufsen.com.au



NOM SMBE JAMAICA BT IN-EAR HEADPHONES \$79.99. With an eight-hour play time, blueooth (Bluetooth) and microphone, the Smbe Jamaica BT has a light-weight neoband design and are made from recyclable materials, such as FSCM certified wood and aluminium. See houseofmystery.com.au

Frenchhoek's opulent La Residence and the chic Birkenhead House at Normans.

Each room is uniquely designed to mix exquisite pieces of furniture, tufted chairs, lively colours, and crystal chandeliers for her trademark sumptuous interiors focusing on a light, modern sensibility.

Integral to her design, she says, is art that "brings a space to life, creates warmth and tells stories. The Silo will take that art experience to a whole new level with a focus on contemporary African art."

Rooms from \$122. See theroyalfolio.com T Alison Stewart

ARMCHAIR

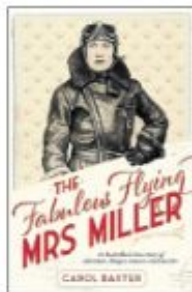
Absorbing tale of a high-flyer

In an age when just going on holiday by yourself can seem terrifying, the feats of adventurers past serve to inspire and remind us that the human spirit is very voracious indeed.

In 2007, after losing a baby, then her father and beloved brother to cancer, 26-year-old Jessie "Chubbie" Miller left Melbourne and her husband to follow her wanderlust.

The Fabulous Flying Mrs Miller (Allen & Unwin, \$29.99), is the true story of where it took her: to being fated in London society and to being the first aviatrix to complete an English-to-Australia flight.

She'll go on to become an international celebrity in the golden age of aviation, before



finding herself at the centre of a sensational and high-profile murder trial in the United States.

In an account that is detailed and deft, author Carol Baxter, a fellow of the Society of Genealogists, brings to life an inspiring figure for whom adventures had few boundaries. See allenandunwin.com T

MOMENT

12 JANUARY 3, 2015 FUTURE BRITISH FOREIGN SECRETARY BORES JOHNSON AT DARWIN AIRPORT, AUSTRALIA

"The fact that it won't come back to bite me on the backside, just like Brexit!"
Mal Cherus



Five places that made me

Ian Thorpe, Olympic gold medalist

KYOTO, JAPAN

I love Kyoto for its spectacular heritage buildings. I also love the spiritual side of the city, home to numerous Buddhist temples. It's where I learnt to really meditate as well. The food is amazing and so diverse, from the painstaking perfection of traditional kaiseki courses, which are subtle and complex, to the outstanding street food with big, bold flavours.

NORTHERN TERRITORY

My charity work introduced me to Indigenous Australian people. Getting to know and understand such a different culture and landscape that's right on our doorstep was an interesting, rewarding and something that I can really recommend.

Experiencing the traditional song and dance of the Jawurri people of Nhulunyu Gorge and exploring the diversity of Kakadu National Park – these were certainly some of my best travel experiences.

ITALY

Italians just do summer holidays better than anyone else in the world. Their incredible history, their rich culture and some of the best food and wine in the world. I also find that Italians have a joy for life unlike any other culture I have ever experienced.

AFRICA

I recently spent some time in Tanzania and Kenya tracing my DNA back over 200,000 years. Tanzania is the site of the Olduvai Gorge, one of the most anthropologically significant sites in the world, home to the earliest evidence of the existence of human ancestors. I even spent some time with the Hadzabe, an Indigenous tribe in north-central Tanzania who still live in such a way that reflects our ancient hunter-gatherer origins.

GREAT BARRIER REEF

I have had the privilege of experiencing the reef with some of our CSIRO scientists. Over the years I have seen the reef at its very best, and its very worst. It is such an important biosphere ecosystem and we all really must do what we can to protect and ensure its lifeblood.

Former swimming champion and Olympic Ian Thorpe is an Ambassador for The Star Sydney. See star.com.au

TRIPLOGIST

Everyone Asks ...

HOW DO AIRCRAFT DEAL WITH ICE?

Ice on the wings and tail is a potentially fatal condition in an aircraft since it alters airflow over the wings, reducing lift with the potential to cause an aerodynamic stall, and a consequent crash.

De-icing operations are a common feature of winter at cold-weather airports, when the aircraft's wings, nose and tail are sprayed with a mix of heated propylene glycol alcohol and water before take-off.

In order for ice to form moisture is required, and at cruise altitude the air is generally too dry for that

to happen. The danger occurs when the aircraft is passing through cloud, when ice can form on the leading edge of wings, nose and tail surfaces.

Different aircraft have different methods of counteracting ice build-up. Some have heating elements inside the leading edges, otherwise hot bleed air drawn from the engines which is then ducted to the leading edges of wings and stabilisers. Some use boots, rubber strips attached to the leading edge of the wing and tail surfaces. When ice occurs the pilot can pneumatically inflate the boots, causing the ice to drop off.

The so-called "sweeping wing" pumps liquid ethylene glycol into porous titanium panels on the leading edges of the wings, while the Electro-mechanical Evaporation De-icing System uses an electrical charge to flex the skin of the aircraft, causing the ice to crack and fall off.

Michael Gebicki

Seven dishes you must try in Cebu, Philippines

DEGUSTATION

... according to Jason Atherton, The Social Company



- 1. CEBUANO ADOBO, CAFE LAGUNA**
This is a classic Philippines dish and a firm family favourite in our house. Every region has its own style and the Cebuano style is made with vinegar. Cafe Laguna have a great cebuano adobo on the menu. See cfe.laguna.com
- 2. BULALAO**
This is a slow-cooked soup made with beef shanks and marrow bones. The soup is boiled until the
- 3. LECHON**
This is a big winner at Christmas time or any big celebration. It is a roasted suckling pig. You can find

collagen and fat has melted into a clear broth. It's super tasty and can be bought at Carcer City Public Market.

See shopgoodguys.ph



some of the best suckling pigs in the country in Cebu. My wife (Ira) is from the Philippines and every year we go there with our girls for Christmas. We will have lechon on the menu at my new restaurant The Pig and Palm this year. See shopgoodguys.ph



colours and fat has melted into a clear broth. It's super tasty and can be bought at Carcer City Public Market.

See shopgoodguys.ph

6. LUMPIA SHANGHAI

These are Filipino spring rolls filled with pork, shrimp and vegetables, served with a dipping sauce like hot chili sauce. You can find these at Carbon Market, freshly made by the locals. They are incredibly tasty, a classic workers' street food.

7. EMBUTIDO

This dish was introduced when Spain colonised the Philippines. The recipe was tweaked by the locals so there are lots of variations of this dish. It's essentially a super tasty Filipino-style meatloaf dish and you can get it at most local restaurants. A firm favourite of mine is served at Cafe Laguna.

London-based The Social Company's restaurants are spread across the globe and include Kensington Street Social within The Old Clare Hotel in Sydney and The Pig & Palm, a tapas restaurant in Cebu. See thesocialcompany.co.uk

5. CRISPY PATA, ANTONIO'S FINE DINING

This is a fun new Filipino pork dish that uses the whole pig's leg. It's seasoned, marinated for 24 hours and then deep-fried in hot corn oil. It's a classic Filipino dish. Head to Antonio's Fine Dining in Tagaytay to taste it yourself. See antoniosrestaurant.ph

4. GREEN MANGO SALAD

Rumour has it Princess Diana

ordered her mango from Cebu – I believe it because it really tastes amazing. This salad is a crisp and fresh mixture of mango, shallots, peanuts, shrimp, mint and cilantro tossed in a string-dressing. This can be bought at Carbon Market – it's the oldest and largest farmers market in Cebu; well worth a visit. MC Briones St, Cebu City

YOUR WEEKLY TRAVEL DIGEST

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