Log 4 – 12/11/2014 (national portrait gallery)

1. What did you do today?

I went for a swim in the Canberra Olympic Pool. A $5.70 day pass bought me entry and use of the locker room. It was a 50m length pool (I have to make the conversion into metric at some point) and I swam in the ‘medium’ pace lane.

Holt and I also borrowed the hotel single speed bikes again and rode them to the National Portrait Gallery.

1. Describe an interesting creature or human you saw.

At the ‘In the Flesh’ exhibit at the National Portrait Gallery, artist Sam Jink molds human figures in silicon with unnerving detail. The silicon flesh has the same luminescence as human skin and the artist painstakingly inserts hairs in all the right places, like knuckles and arms, and the one that pops out of a mole.

One of the more striking pieces he created was of a man hanging, obviously he relied on the Christ on a cross reference for the gravitas of that piece, but the way the body sagged with whatever was on that character’s mind was intense. There was also an interesting study of a man and woman, each in the fetal position facing one another, but they each had fox heads instead of human heads. Not sure why, but it made me smile since our dog looks like a fox and I miss our dog terribly. The scale of this study was small and each figure had accurate but tiny little toes. It was somehow sweet to see the fox-couple curled up next to one another.

1. Any divine food or beverage experiences today?

Monster chocolate chip cookie. Yeah, I did it. It was glorious.

1. What slang or Australian vocabulary did you hear today?

I don’t pickup on weird things Aussies say, Holt has to point it out to me.

1. Additional Comments

I switched all of my fitness tracking programs over to metric. Pool lengths, and running distances are now all in meters and kilometers. I even went so far to change to Celsius. Total immersion. I’m sticking to Holt’s mantra ’16 is 60’ to learn that 16 degrees Celsius is 60 degrees F. I hope its about 16 degrees often, otherwise I’ll have no idea what temperature it is.