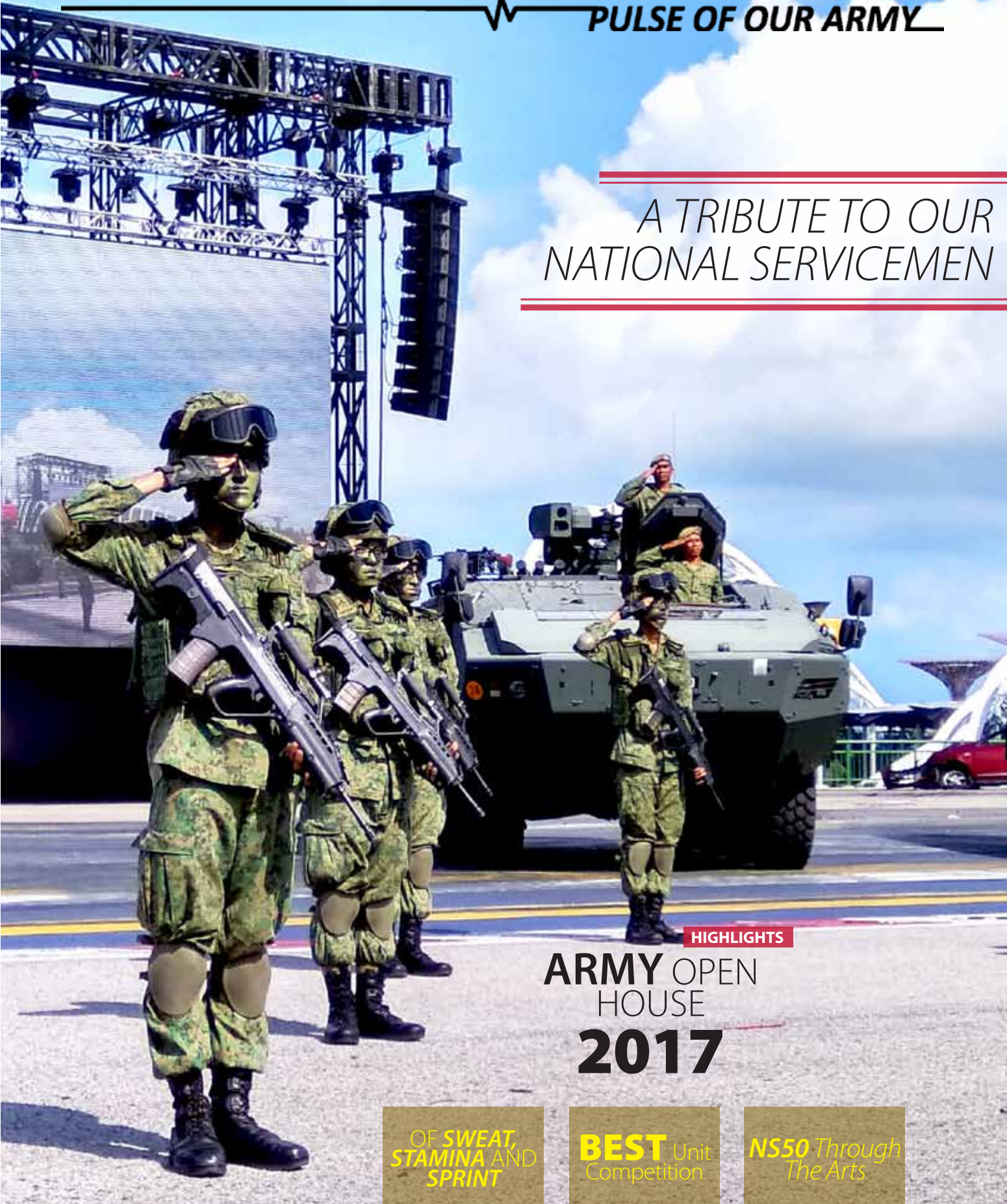


# ARMY NEWS

*PULSE OF OUR ARMY*

A TRIBUTE TO OUR  
NATIONAL SERVICEMEN



HIGHLIGHTS

## ARMY OPEN HOUSE 2017

OF SWEAT,  
STAMINA AND  
SPRINT

**BEST** Unit  
Competition

*NS50 Through  
The Arts*

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41 SAR  
HQ Army Medical Services  
SAFVC  
Army Open House 2017 Exco  
The Singapore Mint  
Army Fitness Centre



## Editor Speaks

As we reach the halfway point of 2017, it is appropriate that we celebrate SAF Day on 1st July, and prepare for Singapore's National Day in August. That we have enjoyed peace and stability for the last 50 years is testimony to a strong and capable SAF.

It is also very timely that we show our appreciation for Our people and recognise their contributions. It is always heartening to see the support that Our Army has from family, friends and the public. The massive crowd turnout for the Army Open House in the City was a true indication of the overwhelming support we have. We were also happy to take the Open House Exhibition to the heartlands (pages 14-23)

We meet three different families and learn what passing 'FROM MY GENERATION TO YOURS' means to each of them.

It is even more heartwarming to learn of the NS50 initiatives by organisations and individuals who want to contribute and show their appreciation for Our Army and National Service. Read about what we can look forward to (page 24).

We honour our best, the winners of the Best Unit Competition 2017 and congratulate them all for their fine showing (see page 12). We take a look at the upcoming Army Half Marathon, and are reminded how to be better prepared, both mentally and physically for the challenge ahead!

To another exciting and fulfilling 6 months ahead, Army Ready, Soldier Strong!

  
Mel Ferdinands  
Editor of Army News



||Design LCP Teo Zhi Guang

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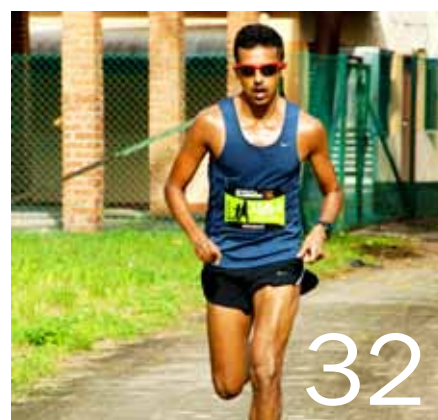
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## Army Safety Day Seminar 2017 – Trust, Ownership, Purpose

||Written REC Marcus Teo |Photography Lee Xiang Rong and CPL Andrew Teo

Safety is an integral part of training, operations and mission success. We cannot consider ourselves successful if we achieve one without the other.

In light of this, the Army Safety Day Seminar was held on 13 April. It serves to remind Our Army to take a pause in training and dedicate time to recognise the importance of safety during our types lines of duty. Various interesting safety innovations were on display at the seminar. These ranged from advanced sensors that covered blind spots in large vehicles, to a video detailing the use of a Risk Assessment Card.

Our Chief of Army, MG Melvyn Ong was present at the event. He said, "As Stewards of the Army, we need to create a Strong Safety Culture, (and) Do the Right Thing when No One is Looking". MG Melvyn Ong urged us all in Our Army to be at the TOP (Trust, Ownership, Purpose) of our game. ■



## Army Open House Employers Visit

||Written LCP Bryan Tan |Photography CPL Andrew Teo

Amidst the many guests that came, the Army Open House received a special group of people - employers supportive of National Service. Most of our NSmen have to take a leave of absence from their civilian jobs when called up for In-Camp Training, and they need their employers' understanding so that they can continue to serve the nation.

As such, several employers were invited to the Army Open House 2017. This was an opportunity to provide them with a better understanding of how the Army operates so that they can see the importance of NSmen to our country's defence. These guests went on the Army Battle Rides and got a chance to either ride the Lighter Amphibious Resupply Cargo, LARC-V(5 ton) or the M3G Military Raft. They also saw first-hand Our Army's land vehicles display their capabilities during the Dynamic Defence Display show. ■







## 31/16 Specialist Cadet Graduation Parade

||Written LCP Bryan Tan      |Photography LCP Teo Zhi Guang

With the start and end of a journey occurring at the same time, this was a unique moment. On 25 May, after months of gruelling training, it was time for the graduation of 1200 cadets from the 31/16 Specialist Cadet Course. They marched into the Leaders Square, where family and friends were present to witness this momentous occasion. Mr Sam Tan Chin Siong, the Minister of State, Prime Minister's Office, Ministry of Manpower and Ministry of Foreign Affairs was also present at the parade to congratulate the new Specialists. We wish the 31/16 Specialists all the best in their future appointments. ■



## The Joint Leadership Course 09/17 Graduation

||Written REC Marcus Teo      |Photography CPL Darren Soo

On 20 January, 119 leaders consisting of 3rd Warrant Officers and Military Experts from the three services commenced the Joint Leadership Course (JLC). They came together at the SAF Warrant Officer School (SAFWOS) to further their leadership abilities and values, but more importantly, to foster friendships between the Army, Navy and Air Force.

On 1 June, the 09/2017 batch graduated, marking the end of a long yet fulfilling and memorable journey. To all the graduate leaders, we congratulate you and wish you all the best in your future endeavours! ■







3SG Low Aik Hui executing the Retractable Truncheon Drill while Permanent Secretary (Defence), Mr Chan Yeng Kit observed

# Homeland Security Training

Written LCP Ryan Tan

Photography CPL Darren Soo

On 5 May, soldiers from 40th Battalion, Singapore Armoured Regiment (40 SAR) underwent Homeland Security training, to equip them with the essential skills to respond to terrorism threats more effectively. Permanent Secretary (Defence), Mr Chan Yeng Kit, was present to observe our soldiers in action. During the visit, Mr Chan witnessed the Judgemental Video Simulation Training and the Retractable Truncheon Drill with our soldiers, demonstrating their professionalism in dealing with terrorist threats. Demonstrations of the Tactical Scenarios Training also showcased the soldiers' well trained skills in neutralising the threats posed by aggressors.

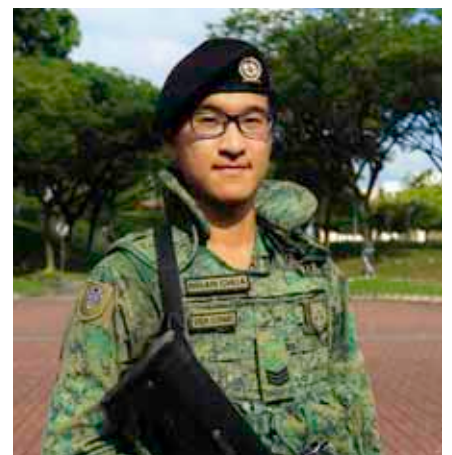
With NS50 in full swing this year, soldiers from 40 SAR expressed their thoughts on National Service. Despite having been in the unit for only five months, their NS journey has been a meaningful and enriching one for PTE Harimane. Through this rite of passage, he learned to be more independent and resilient in the face of difficulties that arose during training or outfield exercises. For 3SG Brian Chua who has only a few months left in his National Service, the homeland security training could be arduous at times but the thought of being part of the frontline to defend Singapore continually motivates him to devote his fullest efforts. ■



- PTE Harimane



Soldiers participating in the Tactical Scenarios Training



- 3SG Brian Chua





Minister for Defence Dr Ng Eng Hen, co-hosts Chief of SAF Medical Corps RADM (Dr) Tang Kong Choong and Command Surgeon Pacific Command RADM Brian Pecha, in a group photo with Heads of Delegation from Asia Pacific Militaries after the opening ceremony

## SAF Medical Corps Co-Hosts Asia Pacific Military Health Exchange with US Pacific Command

**Contributed** HQ Army Medical Services

The Singapore Armed Forces (SAF) and the United States Pacific Command (PACOM) successfully co-hosted the Asia-Pacific Military Health Exchange (APMHE), themed "Future Challenges and Collaborations in Military Health", from 23 to 26 May 2017. The organising committee led by RADM (Dr) Tang Kong Choong, Chief of Medical Corps, started preparations soon after the Singapore Armed Forces took over as the co-host from the Malaysian Armed Forces in 2016.

The APMHE has its origins in the Asia Pacific Military Medicine Conference (APMMC) first held in 1990. It combined previously separate military health meetings led by US PACOM components – Asia Pacific Military Medical Conference, Asia Pacific Military Nursing Exchange, and Senior Navy Medical Leaders Symposium. Singapore last co-hosted the APMMC in 2000 and 2008.

Over 500 delegates from 28 countries were at APMHE in Singapore to discuss issues related to military medicine and global health security.

Minister for Defence Dr Ng Eng Hen officiated at the opening ceremony. During his opening address, he highlighted the importance of building capabilities in military medicine. These capabilities will stand military medicine practitioners in good stead, to lead the responses to modern security challenges, especially in bio-terrorism and control of pandemics. Dr Ng also spoke about the key role military medicine communities play in building relations and trust among militaries. ■



What we have learnt as we worked together for HADR missions, (is that) **military medicine communities often act as a bridge to build relations and trust among militaries...** In 2013, the inaugural ADMM-Plus HADR and Military Medicine Exercise organised by Singapore, Japan, Vietnam and China brought more than 3000 military participants from 18 countries closer together as they jointly developed and executed exercise objectives... After 2013, it became the working model for both Experts' Working Groups to combine their efforts to conduct ground exercises. ■

- Dr Ng Eng Hen, Minister for Defence

Source: <http://www.mindef.gov.sg>





## MY GENERATION TO YOURS - MOTHER TO SON

In modern times, women are commonly seen within the ranks of the military, a far cry from the times before the turn of the century. The many women now serving comprise an integral part of the workforce within the SAF. With changing times comes a shift in mindset as well. In the past, one might have seen a woman joining the army as following in the footsteps of a man. Nowadays however, such notions are considered archaic, in fact in some cases, the opposite is the case.

A proud mother of three and a regular in 2nd People's Defence Force (2 PDF), MSG Koh Muh Hong, Shirley joined the Army seventeen years ago and hasn't looked back since. Initially her intentions in joining the Army were plain and simple, with three sons who would ultimately do National Service and a husband who'd already been through NS himself, she found herself curious and interested in experiencing the military life for herself, and in her own words, "do my sons proud."

Her decision to become a regular played a big role in her son's decision to become a regular himself. MSG Ro Kian Long, Jordan is currently a regular in the 3rd Battalion, Singapore Infantry Regiment (3 SIR). Having signed on during his full time NS, he was drawn to becoming a regular largely due to a desire to work in an environment with discipline and regimentation, whilst being able to stay fit at the same time. However, this wasn't always the case, having been unsure about the prospect at first.

"I was initially afraid of the steep learning curve in the Army," he recounted, when queried about his worries at the time. "With my mother in the Army, and me signing on in the same vocation as she is, it really helped me to get all the info and knowledge I needed, with it being handed over from her to me, and it's easy to check and ask about anything I'm unsure about."

MSG Shirley joked that she hopes all three sons follow in her footsteps, signing on and discovering themselves. "They aren't lying when they say that NS helps boys grow into men," she said, having herself seen many boys within the Supply Formation serve their



MSG Koh Muh Hong, Shirley

MSG Ro Kian Long, Jordan

NS. She also said that she herself had grown, not just as a mother, but also in terms of work experience as well, having previously worked in the commercial sector. "It was a big change, having to lead more than fifty soldiers, not exactly similar to a 9 to 5 job, to be sure."

Even as adults sometimes, many sons are unable to escape the influence of their mothers. Be it in the most trivial of matters, or decisions of great importance, it seems that we will never truly be free from them. But of course, is that a bad thing?

# FROM MY GENERATION TO YOURS

||Written LCP Timothy See and LCP Ashley Seek

|Photography LCP Benjamin Lim and LCP Teo Zhi Guang

Celebrating 50 years of National Service, we meet two generations from three families currently in service. It is inspiring to see how parents feel the need for a strong SAF

and how they have passed this on to their children who carry on the tradition of service to the nation ■

## MY GENERATION TO YOURS - FATHER TO SON

How many soldiers can say that their father is a Chief Master Trainer in the same camp they are posted to? 2LT Reuben Goh from 24th Battalion, Singapore Artillery (24 SA) was posted to Khatib Camp where his father, MWO Goh Soon Meng, Chief Master Trainer of Artillery Institute currently is. "I would see him around during training, and it is good to be able to see a familiar face," 2LT Reuben shared.

Since both father and son are serving in the Artillery formation, they have a lot in common to talk about. When 2LT Reuben is in need of help, MWO Goh will always have the right advice to give as he understands the situations that 2LT Reuben would be in. "Sometimes when Reuben does not understand why the Army is doing certain things, I will explain the rationale behind them, so that he will not have any misconceptions that will affect his attitude towards his service," MWO Goh reflected.

2LT Reuben Goh



MWO Goh Soon Meng

Other than advice, MWO Goh has also taught his son values that he has picked up from serving the Army for 29 years. "My father is a disciplined and persevering person. No matter how tough things get, he will be determined to push through. He also has a lot of moral courage, always doing what is right and never swaying from his decisions." MWO Goh was from the Commandos and also completed the SAF Ranger course enduring two sleepless and physically demanding months of intense training! "I think the Ranger course was definitely my most memorable moment of the Army," commented MWO Goh.

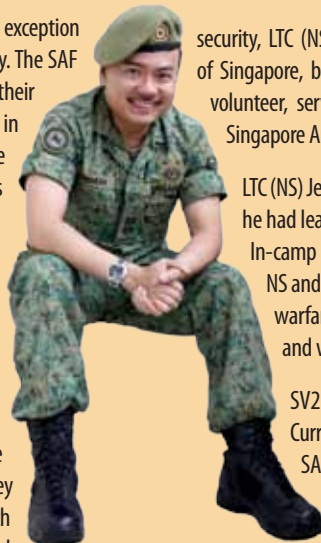
On the other hand, 2LT Reuben's greatest moment in his service was his commissioning as an officer. "It was very different to have my father come and witness my commissioning parade as he is also in the military. He understood what I went through to get there and what that moment meant to me. People would joke that when you commission, your father has to salute you because you have reached the ranks of an officer, but I knew that did not apply to me. On the actual day, I saluted my father instead, and it was a unique and memorable experience for me."

## MY GENERATION TO YOURS - FATHER TO DAUGHTER

Security is of the utmost importance to any country. Singapore is of no exception to this rule despite having enjoyed many decades of peace and security. The SAF works around the clock to ensure the safety of the populace. Despite their efforts however, the most important aspect of national security also lies in the hands of the very citizens being protected, both the young and the old. A simple thing such as knowing the proper procedure during a crisis can make all the difference in the world.

The youth of today make up no small amount of the populace, and the preceding generation must ensure these youth are properly groomed and prepared to bear the responsibilities of safeguarding the country. Some go above and beyond what many consider to be the norm when it comes to such issues.

Headquarters 27th, Brigade Chief of Staff 2nd People's Defence Force (2PDF) LTC (NS) Jeremiah Jonathan Mark and his daughter, SV2 Kimberley Jeremiah would be considered amongst these very people. A staunch believer in public awareness and participation in matters of national



LTC (NS) Jeremiah Jonathan Mark

security, LTC (NS) Jeremiah has played a vital role in not just the defence of Singapore, but also in the upbringing and education of his daughter, a volunteer, serving with pride and dedication who he introduced to the Singapore Armed Forces Volunteer Corps, .

LTC (NS) Jeremiah was very frank about his service in 2PDF and the lessons he had learnt throughout his time there for two years of NS and over 24 In-camp training sessions. "Service doesn't just end after two years of NS and the 10 cycles of ICT" he said. "In this day and age, conventional warfare is not what it used. Our tactics and thinking must change, and when it comes to Singapore, each and every person counts."

SV2 Kimberley was among the pioneer batch of SAFVC volunteers. Currently she is serving as an Infomedia Volunteer within the SAFVC, supporting the planning and execution of publicity campaign. During her time as a volunteer, she talked excitedly about the many opportunities she had received,

such as flying in a Chinook helicopter during her deployment to the RSAF open house, something which LTC (NS) Jeremiah joked that even he himself did not get to experience during his entire service.

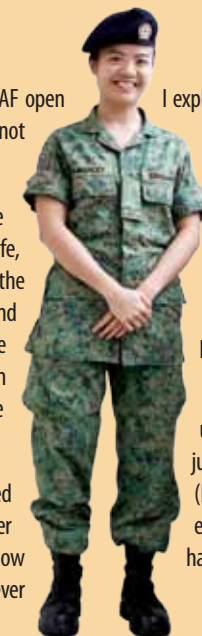
The SAFVC has had a very noticeable impact on her, the biggest change being her newfound appreciation for the various luxuries of civilian life, such as food. Another luxury she began to treasure was something that the average Singaporean would not normally consider, safety and peace of mind in everyday affairs. "Looking around at everybody, calm and unaware of the many things that happen on our island that go on to make sure that we all can enjoy our lives in peace and quiet, my time in SAFVC made me much more appreciative of what we have."

"I think every parent with a child in service feels a sense of pride," explained LTC (NS) Jeremiah, reflecting on the ways SAFVC had changed his daughter throughout her time in the corps. "Explaining things to her is different, now that she understands the regimentation and where I'm coming from whenever

I explain things to her, whatever they may be. It is in stark contrast with my other two daughters, both not in the military. She is no longer just simply my daughter, but a partner in the family and someone I can rely on."

LTC (NS) Jeremiah also expressed delight in the growing like-mindedness that he shared with his daughter. "We can talk about issues and we can discuss many things that she might not have understood previously. It has formed an opportunity for us to bond that was not there previously, and as a father, it makes me very happy."

Though bonds are formed between a parent and child from birth, it isn't until later in life when the bond between them evolves into more than just a parent-child bond and into a understanding between equals. For LTC (NS) Jeremiah and his daughter SV2 Kimberley, their individual and shared experiences in the SAF have led to a greater understanding and as a result has brought them even closer.



SV2 Kimberley Jeremiah



# EXERCISE KOCHA SINGA

Contributed 41st Battalion, Singapore Armoured Regiment



Symbolic handing-over of the RTA Company Flag from LTC Jirapat Somsa-art, Commanding Officer 1st Infantry Battalion, to LTC Andy Quek, Commanding Officer 41st Battalion Singapore Armoured Regiment

“Sawadee Krap!” 2LT Marcus Wong, a platoon commander with Falcon Company, pressed both his hands together and gave a slight bow as he greeted the arriving soldiers from the Royal Thai Army (RTA) at Singapore Changi Airport. It was the start of the 19th edition of Exercise KOCHA SINGA (XKS) 2017, a bilateral exercise conducted annually between the Singapore Army and the Royal Thai Army. Both armies take turns to host the exercise, and this year the honour was given to the 41st Battalion, Singapore Armoured Regiment (41 SAR) and Headquarters 8th Singapore Armoured Brigade (8 SAB). The two-week long exercise is broadly segmented into four phases. ■

## Phase I: “Orientation & Team Building: In-processing & Ice Breaking”

In the first few days of the exercise, Falcon Company, the host company from 41 SAR, took part in various sports and games as well as ice-breaking activities to forge the foundation of friendship. 3SG Shaiful Hamizan Bin Samsuri is a section commander with Falcon Company and he recounted candidly the “struggles” of having to use gestures to overcome the language barrier. “My most memorable moment during the exercise was during games day. SAF and RTA soldiers combined to form mixed teams. We enjoy playing together with them, making new friends and most importantly sowing the seeds of friendship. Even though there was a language barrier, it didn’t hinder both sides from mutual trust and understanding”.



RTA and SAF soldiers after a friendly game of Frisbee, forging friendship and camaraderie through sports and games

## Phase II: “Cross Familiarisation I: Professional Sharing of Capabilities”

The second phase saw the two armies interact and participate in professional exchanges. Both sides demonstrated their conventional and urban-operations (UO) tactics, techniques and procedures (TTPs), further enhancing the understanding and interoperability of the soldiers. 3SG Shaiful recounted how both armies shared their TTPs in UO and how soldiers from 41 SAR broadened their minds when they too learnt about the RTA’s UO drills and more. “During XKS, I learnt their culture and their way of life back in Thailand. I also learnt their tactics and drills in combat. We even got to try out their drills and learnt the techniques and rationale behind them.” The visiting outfit was the Alpha Company from the 1st Infantry Battalion of the 14th Infantry Regiment. The soldiers were accustomed to operating in hot and humid conditions as well as dense jungles. They were however, limited in terms of opportunities to operate in a built-up, urban setting. RTA Alpha Company Commander Lieutenant (LT) Sinlapachai Pongsagorn felt that it was a golden opportunity for his company to train with the SAF, “the simulators were very good, it is very real and tested the soldier’s reaction. Maybe in future the RTA can consider this technology”, referring to the new Basic Judgmental Shoot (Video Targetry System) offered by the Multi-Mission Range Complex (MMRC).



## Phase III: “Cross Familiarisation II: Inter-operate to Fight Together”

The third phase was a continuation of the second, only this time there was a two-day full-troop exercise (FTX), culminating in a final assault on the “Hotel” in Murai Urban Training Facility (MUTF). 2LT Marcus recounted, “My platoon was attached to the RTA Company as we were confident that both our forces could inter-operate to achieve the mission. Being with the RTA’s platoon was an interesting experience as we communicated mainly through hand gestures only, but we were able to understand each other.”

Distinguished guests from the SAF and the RTA witnessed the final assault from the MUTF viewing tower. They were part of the delegation, who were present to officiate at the Closing Ceremony held later that morning. CPL Verill Lim Wei Qi said “I was particularly impressed by the level of professionalism and discipline displayed during

the assault. The troops, they showcased the qualities that every excellent soldier should possess.” He was referring to the speed and aggressiveness, which both forces displayed in securing the foothold buildings and finally storming the “Hotel”.

Once the smoke and adrenaline dissipated, the soldiers quickly transited to the parade ground for the Closing Ceremony. The Officiating Officer of the Closing Ceremony was General (GEN) Chalermchai Sitthisad, Commander-in-Chief (CIC) of the RTA, and the Witnessing Officer was MG Melvyn Ong, Chief of Army (COA) of the SAF. In his closing speech, MG Ong said, “The success of the exercise demonstrated the high level of professionalism and interoperability between the Singapore Army and the Royal Thai Army. This bears testament to the mutual trust and rapport between the commanders and soldiers of our two armies.”



The static display stations, showcased both SAF and RTA equipment and capabilities, applicable to both conventional and urban operations



An SAF commander instructing for an RTA Squad to advance, during a training exercise in MUTF

## Phase IV: “Post Exercise Administration: Cultural Immersion Program”

In the fourth and final phase, the RTA soldiers embarked on a two-day Cultural Immersion Program. The itineraries brought the visiting soldiers to the most iconic places in Singapore, specifically the attractions at the Marina Bay area. Many of them were looking forward to seeing Singapore’s renowned cityscapes. Besides seeing the touristy locations, the soldiers also experienced the roots of our metropolitan culture, visiting places such as Chinatown, Bugis Street, Arab Street and Little India, wrapping up a wholesome journey since their arrival in Singapore. CPL Verill remembered the fun times he had with his Thai counterpart, “it was nice seeing their smiles as we brought them around Singapore, even at heartland malls such as JEM. They were really delighted to have the opportunity to train abroad!”

After spending 14 days together in camp, outfield and in town, 41 SAR bade goodbye and farewell to the RTA, promising to keep in touch and treasuring the many invaluable friendships forged.



Group shot of Singapore Army and the Royal Thai Army



# BEST UNIT COMPETITION

## NS Unit

The Singapore Armed Forces Best Unit Competition is an annual competition which confers awards of recognition to the most outstanding units of the Singapore Armed Forces (SAF) in combat readiness, operational proficiency and administrative excellence. Besides encouraging the above, the award also seeks to promote esprit-de-corps and camaraderie among participating Army, Air Force and Navy units through friendly competition.

We are proud to honour Our Army's recipients of the Best Unit Competition 2017. ■

### COMBAT



1st Commando Battalion

### INFANTRY/GUARDS



1st Battalion, Singapore Guards

### ARMOUR



48th Battalion, Singapore Armour Regiment

### COMBAT SUPPORT



38th Battalion, Singapore Combat Engineers

### ARTILLERY



24th Battalion, Singapore Artillery

### COMBAT ENGINEERS



38th Battalion, Singapore Combat Engineers

### SIGNALS/C4I



1st Signal Battalion

### COMBAT SERVICE SUPPORT



6th Army Maintenance Base

### 3 DIVISION



733rd Battalion, Singapore Infantry Regiment

### 6 DIVISION



769th Battalion, Singapore Infantry Regiment

### 9 DIVISION



788th Battalion, Singapore Infantry Regiment

### GUARDS



740th Battalion, Singapore Guards

### 2PDF



812th Battalion, Singapore Infantry Regiment

### ARMOUR



474th Battalion, Singapore Armoured Regiment

### ARTILLERY



289th Battalion, Singapore Artillery

### COMBAT ENGINEERS



327th Battalion, Singapore Combat Engineers

### SIGNALS



9th Signal Battalion

### COMBAT SERVICE SUPPORT



2nd Combat Support Hospital



# ARMY OPEN HOUSE 2017

What a glorious couple of weeks it has been! Our Army saw a massive show of support and appreciation from Singaporeans during the recent series of Army exhibitions.

The Army Open House (AOH) 2017 returned with a bang to the City in May at the F1 Pit.

With the theme "Army Ready, Soldier Strong", visitors had the opportunity to experience "hands on" some of the army's physical training routines with obstacle course specially designed for AOH 2017. A spectacular show (the Dynamic Defence Display) was also put on to wow the audience. This segment, popularly referred to as the D3 show, featured Our Leopard MBT, troop carriers as well as a response to a simulated terror attack, showcasing the Special Operations Task Force. Our own Red Lions, best known for its free-fall displays was also a part of D3 show.

Visitors also had the opportunity to experience what it was like riding in Our Army's different platforms in the Battle Rides sector.

There was such an overwhelming response that the AOH was extended for one extra day to Monday, 29 May for the public. It was wonderful to see the people from all walks of life enjoying the open house and appreciating the contributions of our NS men and Our Army.

This year is also a celebration of NS50 (National Service) and an NS50 Showcase exhibition themed "From My Generation to Yours" was an important feature on show, charting the evolution of NS and recognising the contributions of national servicemen for the past 5 decades.

Following AOH, Our Army brought the exhibition to the heartlands, at Punggol from 2-4 June and Jurong East from 9-11 June. ■

||Contributed SV1 Perigounder Sekar, SV1 Richard Wang Yuan Chao, SV1 Choon Lee Yoong and SV1 Meng Zhen

||Design LCP Aloysius Tan & PTE Allan Yeo





# HIGHLIGHTS

Dynamic Defence Display



NS50 Showcase



Army Formation



**NS50**  
FROM MY GENERATION TO YOURS

Soldier Strong



Army Platform Display



Battle Rides



Battlefield Zone



Kids & Games Zone



Technology & Innovations



Night Walk





# HIGHLIGHTS OF AOH 17



An outstanding event AOH 2017!! We are indeed so proud of the Singapore Army and feel so secured!! Our compliments to everybody – directly or indirectly involved with the AOH 2017!

— Ajoy Dasgupta, Member of the public

The story of LCP Huang Ke Yong, NSmen Ambassador at AOH17@City. The boy made his day when he ran up to LCP Huang for a hug because he is a soldier.



...Our elderlies left the AOH feeling satisfied. They were all singing praises of all the army personnel... They all agreed that you guys are very thoughtful n helpful. Goody bags are very well packed.

Thanks again for every hard n heart effort made for the event... hv a good nite rest... :D

— Jasmine, TOUCH Yishun



"I was in the guards formation during my NS days. Back then, it was really tough. I'm sure that with our advanced technology, it would put Singapore at a great advantage in troubled times."

— Terence Tan, Member of the public



"...thank you very much...for organising such a wonderful event! Our students have all enjoyed themselves a lot some of them didn't even want to leave AOH at the end of the day!"

The AOH has totally changed my views on SAF and it is really a very great experience to be part of it this year!"

— Ying Xue, YMCA Education Centre



## HEARTLAND



Well done Singapore Army. You are a very advanced and capable force to be reckoned with. Thank you for your invaluable service.

— Nagu Sundram, Member of the public

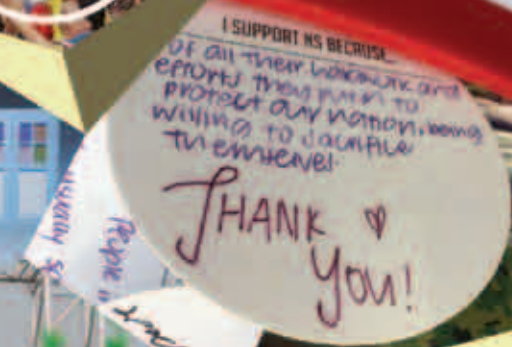


“ My son enjoyed himself and it was certainly an eye opening experience for him. Thank you for everything!

— Jolene Lim, Member of the public



"Double thumbs up!"



# NS50



# ARMY OPEN HOUSE 2017

AT HEARTLAND @ PUNGGOL & JURONG EAST

**Contributed** SV1 Periaounder Sekar, SV1 Cody Chen, SV1 Indira and SV1 Sunena

The AOH17 at Punggol was so inviting that some people who visited the F1 pit also revisited AOH at the heartlands too. As a member of the SAF Volunteer Corps (SAFVC) we really felt that the AOH17 was very successful. ■

I was expecting the AOH@F1 pit to be too crowded and so I gave it a miss. The Army Open House was extended into the heartlands and being in my Jurong East neighbourhood, it was too good an opportunity to miss. I have not been to any before. ■

The Singapore Army formations with the individual booths helped me to understand and learn about vocation based activities, our weapons and the equipment our Army has in its arsenal.

It was a great learning experience for the SAFVC like us, what more the general public, to know the details about our ARMY's strengths and the latest technologies used. We also had the opportunity to interact with people of different ages, from 2 year old children to eighty year old Uncles!



This was educational and fun. The kids enjoyed themselves with face painting, an obstacle course, the walk in the dark, a dress-up photoshoot, CPR medical section, trying combat rations, Quiz time, DJs and so on. Adults were updated on the significance of each of the booths while the kids were learning without realizing. I watched little kids using CPR and checking heartbeats – who would ever have thought of that as fun! I overheard little kids referring to the face paint as camou cream. Army awareness was getting ingrained into adults and kids through each of the booths.



The SAF military dogs put-up short displays and saw large crowds. The discipline and obedience of the dogs were impressive. I learnt that the dogs have many different roles and duties. Children & adults queued up after the performance to take photographs with these furry heroes.



This was where Our Army vehicles were on display. I asked questions about the exhibits. The helpful soldiers smiled and patiently shared. I personally was in awe with the very slender vessel, the self-propelled gun and the Terrex. It was interesting to learn that fully geared infantry soldiers could be safely transported into a combat zone with roving cameras and mounted remote controlled weapons to defend our soldiers..



PUNGGOL

It was really an eye opener for everyone to be able to get really close to the various Singapore Army Platforms. Before AOH17, what most people(including myself) knew about Our army only from what we read in the newspapers, and probably from browsing the internet. Here we had the chance to see everything FOR REAL!

It was only since last year when I joined the SAFVC and went through the basic training, that I received some basic understanding and experience about what army life is like. . . And now the display of Army Platforms really expanded my knowledge about Our Army's capabilities. It was great seeing so many people in the same position that I was in, happy to learn more about Our Army, and showing how grateful they were that we have a Capable Army.

Not only did we get a chance to have a close look from the outside, the AOH also allowed us to go inside the vehicle to have a real feel; with the soldiers' friendly guidance, helping to explain the functions of the weapon systems.

Our Singapore Army Platforms are really comprehensive – for example we have the Leopard 2SG Main Battle Tank, the Terrex Infantry Carrier Vehicle, the Belrex Protected Combat Support Vehicle, the Bronco All-Terrain Tracked Carrier, and the Peacekeeper Protected Response Vehicle..All these platforms have their unique functions and requires specialised training.

Knowing that we have such world class advanced weapon systems, plus our well trained solders, I'm very confident that the Singapore Army is doing a good job defending the country and providing a safe and peaceful environment for our people.



PUNGGOL

The NS50 showcase marks the milestone of half a century of National Service, showcasing 5 decades of NS, its changes and its progress. Visitors to the exhibition were able to learn why NS was established after the withdrawal of British Army in 1967, as well as the achievements of our NSmen in defending and safeguarding Singapore.

In the Pledge section we were able to join the public in pledging support to NS by taking photos and sharing them online using the onsite pledge photo booth.

The NS50 showcase was not only a good platform for the general public but also for newbies like us in the SAFVC to know how NS has helped Singapore to be Safer.

AOH17 was a great event and we were so thankful to be part of it contributing in our own small way. Looking forward to serve Our Army AGAIN!!!!



Trying out the obstacles at the Kids & Games Zone



Never too old to challenge yourself!



# ARMY OPEN HOUSE 2017

BEHIND THE SCENES  
EVERY SOLDIER COUNTS

||Written LCP Ryan Tan

The success of this year's Army Open House 2017 is also because of the many soldiers working tirelessly behind the scenes, to ensure that all visitors had a safe and fun time during the exhibition.

From the Soldiers manning the Formation Booths, Obstacle Course, and Operating the Platforms for the Battle-Rides, to the ones involved in the Dynamic Defence Display, every soldier contributed tremendously to the overall success of Army Open House 2017.

We now take this opportunity to mention a few individuals with their stories from behind the scenes. ■

## The UNSTOPPABLE RED LIONS

Our Red Lions rehearsed hard to put up a good parachute display at the Army Open House 2017 at the F1 Pit.

However, even the most experienced jumpers have to face the elements of nature such as strong and sudden ground wind direction changes, as well as the very tight landing strip between the stage and the grandstand seats beside the F1 Pit Building.

On the morning of 23 May during rehearsals, one of the Red Lions, 3WO Sim Chee Jin, had a hard landing.

Although there was a minor hiccup during his landing in this morning's rehearsal jump, resulting in scrapes on his arm, the team were confident and ready to put up a good show for AOH 17!"

3WO Sim said, "I'm glad to be given the opportunity to represent the Singapore Armed Forces Red Lions Parachute Display Team in the display jump for the Army Open House 2017.



3WO Sim Chee Jin (top left) soaring together with the Red Lions above AOH

### FRONTLINE AT THE DYNAMIC DEFENCE DISPLAY

Similarly, for PTE Arjan Srirengan of 3SIR, the Army Open House was a rare opportunity for him to understand more about the transition of National Service (NS) through the years as he interacted with the pioneer generation of NSMen. As an usher for the Dynamic Defense Display, PTE Srirengan of 3 SIR felt proud to be part of the frontline crew guiding the visitors, enabling them to have a good time at the Army Open House.



### SOLDIER STRONG

For 1SG Yew Cheng Jiun of 17C4I Bn, the most satisfying part of manning the Monkey Bar Station was seeing the ecstatic expressions of the children when they completed the Soldier Strong Challenge. It was also a humbling experience for her as she witnessed the perseverance and will demonstrated by the children to finish the challenge regardless of the difficulty.



### SAFETY AT THE BATTLEFIELD

The best thing about Army Open House, to 3SG Firdaus of 8 SIR, was that it presented the perfect opportunity for family bonding while allowing them to learn more about the Army. After all, he expressed gleefully, how often can families and friends come together while enjoying such fun-filled and interactive activities?



*To all our servicemen and servicewomen who had contributed to this successful AOH17 in the City in one way or another, the smiles on all the visitors' faces are a testimony for all your efforts and commitment. A Big Shout Out to You All In Appreciation of All Your Contributions!*

**Army Ready, Soldier Strong!**



Marshalling the vehicle in place



A big congratulations to all the soldiers who helped make the Army Open House a rousing success!



# NS50

FROM MY GENERATION TO YOURS

## GROUND UP INITIATIVES FOR NS50

||Written LCP Ashley Seek ||Photography CPL Darren Soo and Singapore Mint

As we listen to this line from the pledge that all our soldiers shout out in unison, we remember fifty years of national service; their service to Singapore - The soldiers that have dedicated their lives to defending our country, keeping our nation safe day and night. But it is not just a time of remembrance; Singapore also takes this time to celebrate all that National Service (NS) has achieved. ■

### Showing Appreciation to our NSmen

It is very inspiring when the general public as well as many organisations step forward to say thank you to all who have served. These are just some of the many initiatives that we can look forward to.

*"We will preserve and protect the honour and independence of our country with our lives!"*

Excerpt from the SAF Pledge.

**GILLETTE** has partnered with the SAF to launch the Gillette Salutes NSmen series, a limited edition NS50 razor. This is also to celebrate Gillette's parent company Procter & Gamble's (P&G) 30th year in Singapore. The campaign began on 19 May and will end when P & G will host the SAF Day Combined Rededication Ceremony 2017 for the Central Business District & South Zones on SAF Day, 30 June.



**CAPITALAND** has extended NSmen the opportunity to exchange their NS50 vouchers for use in more than 2000 participating outlets across 17 operational malls all over Singapore. They are also offering special deals for Staycations at their luxury serviced residences and for anyone keen to organise their own NS50 activities, CapitalLand will also provide more than 380 hours of venue space across all their properties.

For more details you can also visit : [www.capitaland.com/NS50](http://www.capitaland.com/NS50)



Image Source: [www.capitaland.com/NS50](http://www.capitaland.com/NS50)

**LTA (NS) Yip**  
DIRECTOR OF SINGAPORE MINT



"I am proud and happy that the Mint not just celebrates with the nation on NS50, we are also able to celebrate for the nation by producing silver medallions that are iconic and representative of the 5 services of National Service for the NS50 occasion."

**CPL (NS) Keith Oh**  
GRAPHIC DESIGNER OF SINGAPORE MINT



"I am honoured to be given the opportunity by the Mint to design the NS50 medallions. Particularly the medallion with the mobman, it gives me great pleasure to be the designer, and that someday I can pass on the medallions to my sons and tell them that "This medallion is designed by Papa. It is from Papa to you!"

**THE SINGAPORE MINT** launched a special commemorative Medallion on 28 June to mark NS50. What makes this extra special is that this idea was conceived and designed by NSmen who were keen to contribute towards this landmark celebratory year.

LTA (NS) Yip Pak Ling, 54, is the Mint Director. A Sword of Honour recipient, he started his NS journey as the Battalion Signals Officer in 3rd Guards Battalion, then continued as Brigade Signal Offer for 3rd Singapore Infantry Brigade. Married with a son who is 18 this year, LTA (NS) Yip shared "National service is an important aspect of being a Singaporean. It not only transforms a boy into a man, but also gives a family the experience of Nationalism. It is nation building and character building for Singapore and her citizens.

When the news of NS50 celebrations first came out in February, it struck me that the sons of Singapore, including myself, have protected our own territories for a good 50 years and we are striving well as a nation. This is a remarkable feat for Singapore, which is a small country compared to other countries around the world. 50 years of national service is definitely a milestone worth commemorating."

Graphic Designer CPL (NS) Keith Oh has been with The Singapore Mint for 7 years.

Currently a Combat Medic with 453 SAR, CPL (NS) Keith Oh, 39, is married with two sons, born in 2015 and 2017. He said "Both my Mint Director and I wanted the NS50 medallion to be iconic and easily recognizable. So one night while I was playing with my elder son, my mind wandered off to how he will be doing national service when he grow up and I will be able to share stories of my NS and reservist days. That is where I realised, the Mobilisation exercise symbol "Mobman", will be a constant icon of National Service, not just for me and my sons, but all other Singaporean males as well!"

Indeed, truly a fine example of passing from one generation to the next.

Besides this glow-in-the-dark NS50 medallion, The Singapore Mint will be launching another NS50 medallion featuring the HomeTeam. These silver medallions are available to the public for purchase online and at their retail outlets, so that the public can come together to commemorate this milestone year for Singapore. All past and present NSmen will be able to get the NS50 medallions at a special price.

It is heart-warming to see the outpouring of support and appreciation for Our Soldiers past and present. Together we celebrate NS50 and look forward to the next 50 years of National Service!

FRONT



BACK



GLOW IN THE DARK





With a plethora of dramas to watch, both locally and internationally, many of us face the dilemma of choice. Instead of convincing you ourselves, we have invited the stars of this drama - Pierre Png, Romeo Tan, Felicia Chin and Desmond Tan to tell you why "When Duty Calls" is not to be missed! Read on to also get their personal takes on this drama and also find out more about your favourite celebrities! ■

||Written LCP Ryan Tan, LCP Bryan Tan and PTE Brandon Kit

|Coordinated by CPT Goh Ai Zhi

**What would you say is the biggest pull factor for this drama?**

**PIERRE PNG:** "If there is one thing I can say to look out for in this show, it might be the first series that I know off that has dedicated close to 50% of the drama to reservist personnel. What is also really great is that the audience will be able to see how the forces will work together, the Army, the Navy, the Air Force, what happens behind the scenes and how total defence kicks in during times of crisis"

**FELICIA CHIN:** "I think the biggest pull factor is celebrating NS50. Also, in this drama, I feel it is the audience's first time seeing the Air Force, the Navy and the Army in a very realistic drama. I feel that everyone can relate to this show as there are light hearted and more serious as well and I think everything adds up to a wonderful drama."

**DESMOND TAN:** "It's very local and that many people, having memories, will be able relate to the story, with many different elements involved in the show. With the NSF, NSman and Regular elements in this story, I believe a large pool of people will enjoy this drama. Not only guys, but girls as well as they will be able to get a better understanding of what their husbands, boyfriends and sons are doing in the army. So I think this is one really good drama that Singaporeans will really love and in fact even people overseas as well."

**ROMEO TAN :**"The location , the weapons and the vehicles we used on set will definitely give our audience an eye opening experience as these places and weapons are not commonly seen by the public. In addition, the 20 episodes will give our audience a better understanding of what we went through during our 2 years of national service."

**Did you do anything to prepare for this drama?**

**FELICIA CHIN:** "Yes! Besides having a lot of help from the Army to learn what a medic does, I also asked my friends who are medics as well. I wanted to learn more about what they feel like when they are on the job, what it's all about, when they hang out with their friends, what do they say. . . That was one part of the preparation that I liked a lot. And also watching a lot of Youtube videos to learn more as well. I was trying my best from all sources to get the best picture of what my role is like."

**ROMEO TAN :**"During my NS days, I was with the Air Force so I needed to read up and find out more about my vocation in this drama, where we operate the Terrex."

**What was something new you learnt about the army?**

**DESMOND TAN:**"Because I was in the commandos, I haven't really experienced life outside of it other than life in OCS. We did our own operations, training and with a mono-intake, we didn't really get to interact much with others outside of our camp. While doing this drama I got to see other kinds of operations, like how the armour vehicles engage in battle, which was very interesting for me. So I was really excited when working on this drama."

**ROMEO TAN:** "Perhaps ten years ago soldiers were trained hard in the physical aspect but nowadays, soldiers are trained not just physically but mentally. Just like what they call "thinking soldiers".

**Did acting and preparing for this drama evoke any of your memories towards NS?**

**PIERRE PNG:** " I didn't do anything to prepare for this drama because this character is supposed to be someone who is really out of touch, even to the point of getting his new uniform, not knowing how to do the recent IPPT because back in his time it was still about the pull-ups, sit and reach etcetera. The route march in the drama was something I really enjoyed it and I wished I could have done more, like go for some



Pierre Png as LCP (NS) Tan Kim Poh (Chen Jin Bao)

Romeo Tan as CPT (NS) Xu Long Bin

Desmond Tan as 1SG (NS) Loke Jun Guang

Felicia Chin as ME2 Bai Jing Yu



exercise. The section exercises where we had to clear and overrun enemy objectives and the whole regime of booking in and booking out and getting reprimanded by the enck really brought back memories."

**ROMEO TAN:** "Of course! In fact there are too many, just wearing the uniform brings back lots of memories, not to mention the helmet and LBV."

**Was this role challenging for you?**

**FELICIA CHIN:** "To be honest, YES. A lot of the scenes were discussed on set, and whatever mock up situation or how the setup would be. Being an actor, I need to be adaptable because the homework I do at home might be different from what happens on set. I have never done NS before, unlike Desmond and Romeo who knew everything so the challenging part was having lesser knowledge than them but needing to look as comfortable in front of the camera. I hope that asking questions and doing my homework made up for that."

**ROMEO TAN:** "Every role that I played definitely has its own challenges and difficulties. I do not set high expectations of myself in real life but I do have my own expectations to meet, but not as extreme as the character I played. There is a part about the role which I felt is pretty challenging, when someone takes pride in their life and has high expectations in everything he does. The way he sees things, speaks, and how he walks does make a lot of difference."

**What was the most fun and interesting thing you had to do in the drama?**

**DESMOND TAN:** "This is one series that I have had so much fun doing and so much interesting things to do! I could try things I've never done before. I jumped off a building from the second storey, we filmed in an MRT station that was especially made vacant. Given this might be the only chance I'd have to shoot a terrorist attack in an MRT station, it's an experience I would really cherish. There are so many different elements in this drama, like fight scenes which saw me getting a ride on the Terrex and that's something I've never done before in my active years. One very interesting thing I've had to do was eat a raw fish when I was lost in the jungle and that was something really challenging. So with all the fun and interesting things that I've done, I really hope the audience will look forward to this drama!"

**ROMEO TAN:** "I guess the most fun thing is I get to scream at and scold Pierre Png! I can still remember that I shouted this at him "You walk somemore! The cookhouse auntie can run faster than you!". To be honest that was fun! Haha. The other interesting thing was where I got to do some actions scene and witness the SOTF Team taking down the terrorists."

**Is there anything you want to tell those currently serving the nation?**

**PIERRE PNG:** "Take the good and the bad and learn from it. I say in every interview that the best education I had was in the army. It taught me to always believe in myself, to always push beyond boundaries, to always be ready and not grow complacent and too comfortable in situations. Make the most of the two years you're in there. Learn as much as you can. Being able to think out of the box, being able to work hand in hand with people from different walks of life and experiences as a team is really something to be cherished. Although you may play just a small part, there's always a bigger picture to everything."

**ROMEO TAN :** "Enjoy the process, cherish the friendships, because ten years down the road you're going to look back and smile about it. It was probably the most significant part of your growing up process from boys to men."



# NS50 Through The Arts

Written LCP Ashley Seek

As a tribute to our national servicemen past and present, the “Commemorating NS50 through Art” project was initiated by the Singapore Art Society. 50 artists from the Singapore Art Society were challenged to capture the essence of National Service in line with the theme “From my Generation to Yours”.

The artists were hosted in more than 20 camps for inspiration and to get a better understanding of National Service. Over a period of 4 months, using various media such as oils, pastels, watercolours, Chinese inks, charcoal, copper, and bronze, the artists produced more than 130 art pieces.

These art pieces will be displayed at 3 different venues. As described by the President of the Singapore Art Society, Mr Terence Teo “this series of exhibitions - commemorating NS50 through Art will allow Singaporeans, through the eyes of the artists, to understand life in NS and how it is meaningful, full of excitement, energy and challenges.” At each venue, a different selection of art pieces will be curated for display. ■



**CONCEALMENT CHINESE INK**  
Terence Teo

“I have to make full use of the characteristics of Chinese Ink to portray the soldiers in their habitat. Merging seven soldiers in camouflage ink style is a challenge for me to convey the sense of anxiety and ambush strategy of the troops. The colours have to balance and harmonise together. Yet, I also have to subtly show details of the soldiers in wait. The painting helped me achieve a sense of nostalgia by blending contemporary ink with local subject.”



**HONOURED TO SERVE AND SUPPORT**  
Marvin Chew

“This piece portrays the teamwork and camaraderie amongst the NSmen and regulars and how each and every one comes together for a common cause. As a first generation permanent resident in Singapore, I was exempted from NS. Therefore, taking part in “Commemorating NS50 Through Art” has given me the opportunity to witness the professional organisation behind the Singapore Armed Forces and at the same time, contribute my artworks to celebrate this milestone.”

**BOOK OUT LOH**  
Aaron Gan

“Book out loh” is special because it portrays a unique feature of National Service: NSFs returning home (i.e. booking out) during the weekends.

National Service was a tough experience personally. From 100km road marches to swamp walks, booking out during the weekends and returning to my family served as a constant reminder as to why I was serving National Service. And that was so that I could protect my family should the need ever arises.



**EVERY HOUSEHOLD A SOLDIER**  
Aaron Gan

My dad served his national service. I served my 2 and a half years and when the time comes, my son will fulfil his duty when he comes of age.

“Every Household a Soldier” symbolizes the strength of Singapore National service where every household have at least 1 male who can defend his family and nation.



**LEAVE NO MAN BEHIND**  
Victor Ang

“It is a symbol of strong foundation, readiness, strength and endurance as it braves through all hard weather conditions and is exposed to nature’s physical torment. It represents uniformity and discipline of both the military and civil defence.”

While its key purpose is to protect the feet of our servicemen, the combat boots also serves as a reminder of the “buddy system” in various uniformed groups, where we “leave no man behind.”

**BAND OF BROTHERS**  
Jeffrey Wandly

“Being a part of NS50 takes me back to my days in National Service where I had trained locally and overseas with my Alpha Platoon 2 brothers in the Officer Cadet School, 3/84 IOCC and being commissioned as an Infantry Officer. My training experience on dry, foreign hills in the scorching heat is reflected in my painting. It’s true when they say we become men and leaders in NS when a sense of responsibility hits us in the thrusts of discomfort and extreme conditions.”





# Of Sweat, Stamina and Spirit

||Written LCP Ashley Seek

|Photography REC Marcus Teo

In the darkness of the early morning, thousands of participants line up at the starting point, all with determined looks on their faces. Long and hard have they trained for this day. Time, schedules and personal hobbies were sacrificed to compete to see who the fastest was.

They were ready.

On the side-lines, thousands more watch with bated breath as they wait for the signal to begin. They have watched their family and loved ones grind and prepare, and now it is time to be the extra force to push them to the finish line.

Soon, the starter steps up.

“5...4...3...2...1...!”

The race is flagged off, and the runners who had devoted their time just for this event sprinted of into the distance. With perspiration dripping and the crowd cheering, everyone within the venue knew that it had just begun.

Did that scenario above excite you? If it does, then prepare yourself with every ounce of stamina that you have! The 25th edition of the SAFRA Singapore Bay Run & Army Half Marathon (SSBR & AHM) will be held on Sunday, 20 August, with sign ups that run till 26 July.

Last year, the event attracted an incredible turnout of over 42,000 participants and a record number of SAF national servicemen’s family members. About 7,000 family members participated in 2016, marking a significant 51 percent increase from 2014, with the largest surges in the SAFRA 5km Fun Run and SAFRA 10km Race.

This year, the event will continue to feature its four established run categories, including the competitive 21km Army Half Marathon and SAFRA 10km Race, as well as the non-competitive SAFRA 5km Fun Run and 800m Family Challenge. Flagging off at the Esplanade Bridge, the run will end at the Padang, where there will be a carnival for families to enjoy themselves.

2017 adds spice with a new NS50 Team Run introduced to encourage teams of 10 (past and present) Singapore Armed Forces (SAF) NSmen to run 5km together and clock a total distance of 50km to mark this significant milestone in NS’ history. ■



While there are still thousands of sign ups and counting, here we listen to the stories from some of the participants from the two competitive categories.

### 3SG Timothy Lister Byrne

"This is actually my first year running in the half marathon," 3SG Timothy Lister Byrne nervously said of his inexperience, "I'm going to run together with my battalion. I feel that running alongside people helps everyone push each other along as well as motivate yourself."

However, his aspirations that he set for himself are extremely high. Not only would this be his AHM event, but he has also signed up for the Standard Chartered Singapore Marathon that is happening in the first week of December this year.

"I feel like the biggest sacrifice that I have made would be time. As an NSF, I only have limited time during the weekends. Even then, I would dedicate the time to run and train on my own as well."

### CPT Mandy Tan

As the quote goes: third time's the charm, as this would be CPT Mandy Tan's third time doing an AHM event. During the past few years, she also participated in several half marathons on her own.

She would also be participating in the Standard Chartered Singapore Marathon in December.

"I'll be running with my friends because I feel that with them, I can motivate myself to run," she tells us, "Even if we feel like giving up, we can help each other to get back up and finish the race."

### 2LT Clenlin D'Cruz

Although he signed up as a solo runner, 2LT Clenlin D'Cruz laughs as he tells us that he would likely end up following the pace of his fellow runners from the battalion.

"I've always run in a group," he states with a smile, "My running partners usually include all the officers, sometimes even with the specialists and troopers too. They're the guys who usually push me to get out of bed in order for me to be consistent with my training, even though on some days I just feel like taking a longer nap."

"Eventually, we end up running longer than our usual four kilometres, up to six, to eight and sometimes eventually just ending up at ten kilometres by the end of it. We do this almost every day that we are together."



MENTALLY  
"IN THE ZONE"

RELAXED  
SHOULDERS

BALANCED  
FORM

FLEXED  
KNEE AND HIP

LIGHT STEP

BORN  
TO  
RUN

|| CONTRIBUTED BY LTC (DR) Alexander Gorny and MAJ (DR) Suriya Prakaash



As children, we learned to walk and run without being taught. A number of recent books and journal articles have argued that homo sapiens evolved to stand on two legs, carry a weapon and run its prey to exhaustion. If we are born to run, then why are there still so many coaches and running gurus telling us that we are getting it all wrong? ■

### Biomechanics 101 - Stride to Walk then Fly to run!

Walking is fundamentally a locomotive process comprising two distinct phases: two-legged stance and single-leg swing. When you walk your body is therefore in constant contact with the ground either through one or both feet. As your walking speeds increases, your legs swing faster and faster until the point when the thrust through the planted leg is powerful enough to propel your whole body off the ground. At this point you begin to alternate between single-leg contact and flight phases thus eliminating the double-foot contact phase altogether. At this speed, most scientist would say that running motion has replaced walking. Jogging is something of a hybrid that maintains the running "bounce" albeit at a speeds that is slower than your maximal walking pace. This explains why we call it jogging on the spot when there is practically no forward movement.

### Efficiency in Motion.

When 1.0 MET (metabolic equivalent of task) is the rate of energy expenditure at rest in a reclined position then 1.6 MET is all you need to stand in an upright position. A seated position, say at the computer requires approximately 1.3 MET. Walking demands rates between 2.0 to 3.0 MET, and runners tend to reach 7.0 to 8.0 MET depending on their speed. That said, a brisk walk uses more energy than a jog at the same speed, meaning jogging and running are a means of improving in both speed and efficiency in locomotion.

### Nature versus Nurture and Mileage.

Equipped with powerful legs, slender arms and an awesome thermoregulatory system, humans are built to run. But this is only part of the story, because what we also need is mileage - lot's of it. Walking and stair-climbing are non-specific and a poor substitute for actual running. We experience up to 3 times our own body weight in normal reaction force with each foot-strike between flight phases. Without progressive adaptations in muscle, tendon and bone strength, sudden exposure to forces of that magnitude will result in injury.

To make matters worse, we have spent much of our lives sitting behind desks and computer screens, meaning we lack many of the fundamental movement skills for smooth running. These don't come naturally after adolescence, which is why we would like to share a few key pointers in the run-up to Army Half-Marathon 2017.

### 7 Habits of Successful Endurance Runners:

- 1. Maintain Your Lean Weight.** Running and recreational body-building do not mix very well. Changes in your muscle mass may impact not only your agility and flexibility, they can also dampen the spring in your step. However, performing exercises to strengthen and activate core muscles are essential to improve running form minimise injuries.
- 2. Always Warm Up.** A proper warm up ensures that your body is primed for the activity ahead. Start off with a walk/jog and gradually ease into your desired speed.
- 3. Calm Your Mind.** You run best when you are calm and collected. Many endurance runners use this analogy when they are "in the zone". Mental and physical relaxation are key. To give it a try, the next time you face an open stretch, actively tell yourself to calm down and focus on maintaining a good form.
- 4. Avoid Fatigue.** Fatigue comes in various forms: Over-training, insufficient sleep or excessive distances. Once you have reached your limit of strength or endurance you should notice a drop in speed, rhythm or form. Any additional mileage at this point only serves to train your mental stamina, but will do little to improve your running.
- 5. Vary Distances.** Especially in the run-up to an endurance race the temptation is to make every run count to progressive mileage. Shorter runs of 4-8 km will allow you to pick up speed and improve your form, even if you are still trying to hit the 18 or 20 km mark.
- 6. Pay a Visit to the Track.** Sprinting pushes your running muscles to their physical limits. While you might not be running the 100m dash, sets of 400m can reveal where your form is lacking.
- 7. Watch And Learn.** It is quite easy to pick out runners with great form - they make running look easy. they make running look easy, and it should be!

### Conclusion

The authors look forward to **AHM 2017** and wish **ARMYNEWS** readers all the best for the race ■.



# BOOK OUT – MAKAN: KHATIB CAMP

||Written LCP Ashley Seek |Photography LCP Benjamin Lim

Let all the delicious foods come forth with Khatib camp located in the north. For those who like your food a bit spicy, then let us take you on a little adventure. These are some of the more popular places with the National Servicemen in Khatib. ■

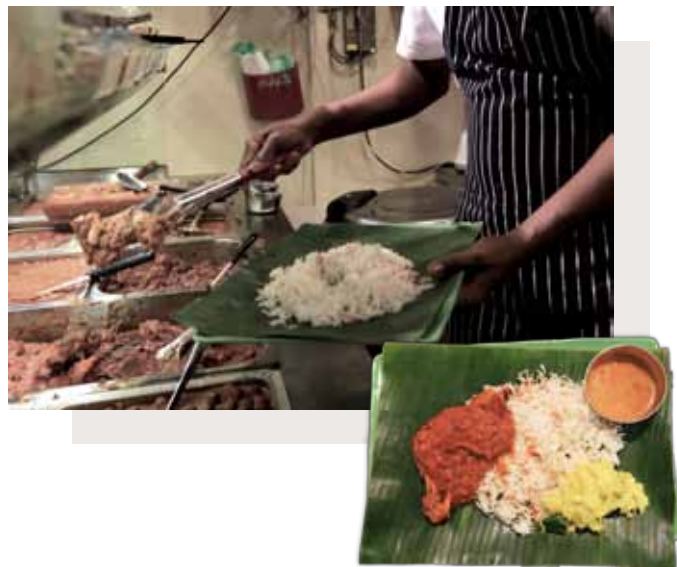
## Shami Banana Leaf Delights

With a five minute walk in a straight line from the camp, Shami Banana Leaf Delights continues to impress customers with their unique styles of Briyani dishes. The rice and vegetables are flavoured lightly, accompanied by a thin curry filled with flavours that enhances the dish. The chicken and mutton are also cooked with a thick chilli and garlic sauce blend bringing out the taste out of the meat dish of choice.

Price: \$1.80 - \$25

Operating Hours: 10am – 10pm daily

Address: 349 Sembawang Road, Singapore 758356



## A&A Eating House

Just a little to the left of Shami Banana Leaf is the humble A&A Eating House. Touted as one of the more popular eating areas among the Khatib dwellers, their roti prata is one of the most popular items in the house. The dough is fried to give it an extremely crispy taste. Their highly recommended cheese prata and chicken curry blends very well for all tastebuds.

Price: \$1 - \$6.50

Operating Hours: 7am – 11pm daily

Address: 343 Sembawang Road, Singapore 758353

## 928 Yishun Laksa

Although hidden amongst covered walkways and tall HDB blocks, one cannot miss the long queues coming from 928 Yishun Laksa. Do not let the size of the bowl fool you, however. A small bowl of this Laksa contains generous portions of fish cake, cockles and tau pok bathed in a pool of rich coconut gravy. Another fun fact: the noodles are thinly cut and sliced such that only a spoon is needed to slurp it up.

Price: \$2.80 - \$3.30

Operating Hours: 8.30am – 7pm daily

Address: 928 Yishun Central 1, Singapore 760928



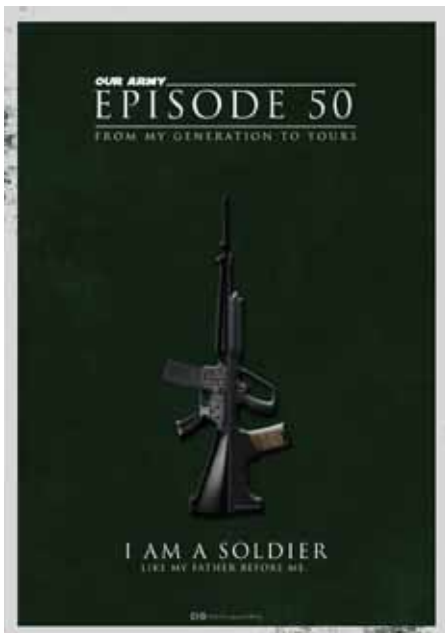


# IN CASE YOU MISSED OUT...



## The Singapore Army

04 May 2017



040517

#NS50  
#MayTheFourthBeWithYou  
#ArmyReadySoldierStrong

Designed by: LCP Tan Jit Jenn (Army News)

1k Likes 35 Comments 426 Shares



## The Singapore Army

28 May 2017

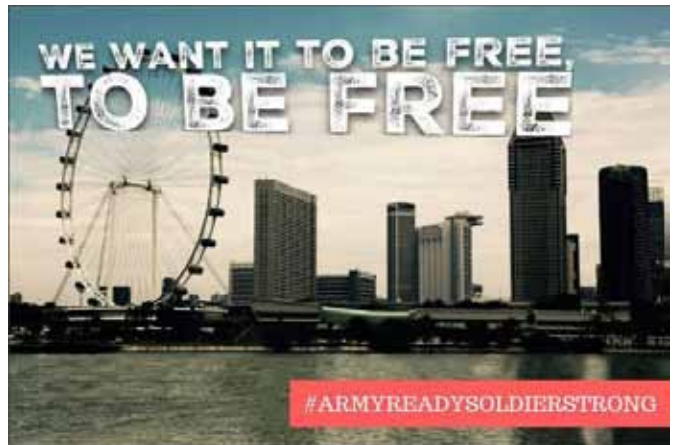


367K Likes 62 Comments 64 Shares

Instagram



**oursingaporearmy**



♥ 297 likes

**oursingaporearmy** ...and we want it to be free, to be free!

We hope you had enjoyed our 'Training to be Soldiers' series of photos. Head on down to the F1 Pit Building on the 27th & 28th of May to immerse in the Army Experience right in the City! Join the Army Open House event page for more details & get the latest information:

<https://www.facebook.com/events/1871152876430113/>

Lights Off, for now! Goodnight!

#A0H17  
#ArmyReadySoldierStrong  
#NS50

We are live streaming the the Dynamic Defence Display show now! Head on down to the Army Open House 2017 tomorrow at 10am and 4pm to catch the last two shows!

#A0H17



25<sup>TH</sup> EDITION

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SUNDAY | PADANG

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