

# ARMY NEWS

PULSE OF OUR ARMY

## Training Excellence

Exercise Tiger Balm

## The Men Behind The Scenes

NDP 2016

## Dedication To Serve

Strong Hearts of our C2D Ambassadors



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## Editor Speaks

As we head into the final quarter of 2016, we realise what a busy year it has been so far for Our Army. With renewal of leadership, bilateral exercises and training, Our Army has never stopped.

We take you behind the scenes for the National Day Parade 2016 and we also join our units and schools in the SAF Schools Partnership Program.

The SAFRA Singapore Bay Run/ Army Half Marathon also saw an increase in the number of spouses and families participating. This event was extended to the spouses and families for the first time. We bring you the story on page 6 .

We introduce the C2D (Commitment to Defence) Ambassadors and learn what motivates them to continue and contribute.

Our Army honours its best NS units, winners of the 2016 Best Unit Competition.

As we look forward to the final lap in 2016, we will continue to be Army Ready, Soldier Strong.

*Mel Ferdinands*  
Editor of Army News

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*Army News would like to thank CPL Jeremy Hong, CPL Lim Wei Jian and CPL Jason Chua for their service and contributions during their stint in Army News.*



Soldiers from both armies participating in Combined Arms Live Fire Exercise - full story pg 18

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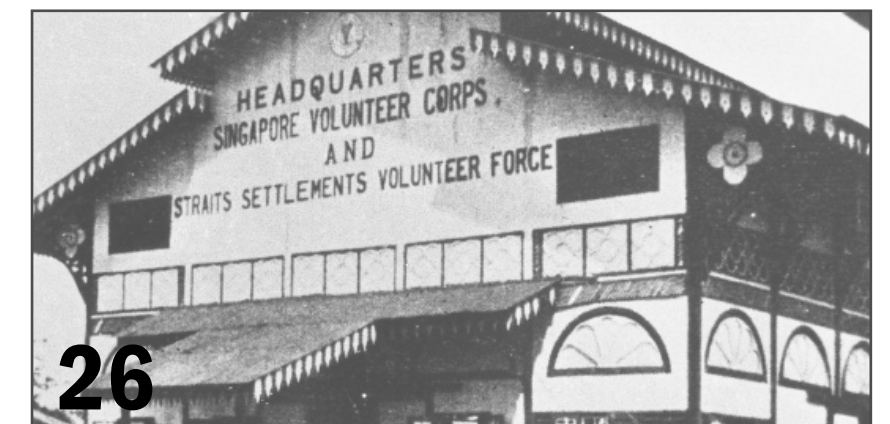
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Chief Signal Officer  
Change of Command

WRITTEN | REC BRYAN TAN  
PHOTOGRAPHY | CPL JASON CHUA

On 22 July, the Signal Formation bade farewell to its Chief – COL Percival Goh. COL Rajagopal, who took over as Chief Signal Officer, also handed over his position as Commander Signal Institute to SLTC Chua Eng Khim in the same parade. Present to witness the event was our Chief of Army, MG Melvyn Ong and other senior commanders.

In COL Percival's farewell speech, he shared his great hopes for the Signal Formation. "Now as I hand over, I will still remain within the tribe as a fellow Signaller and forever be bound to the Signal Creed. I wait eagerly in anticipation of the new stories that our Formation will accumulate towards Signals 75 and 100. Thank you!" Our Army thanks COL Percival Goh for his invaluable contributions to the Signal Formation and congratulates both COL Rajagopal and SLTC Chua Eng Khim on their new appointments!



Commander SAFAC  
Change of Command

WRITTEN | CPL KOH SHI JIE  
PHOTOGRAPHY | LCP DARREN SOO

Soldiers from SAF Ammunition Command (SAFAC) bade farewell to their Commander of five years, ME7 Lim Bock Aeng, and welcomed ME7 Shue Pei Soon on 20 July. Commander, Combat Service Support Command. BG Lam Sheau Kai, was the Witnessing Officer for the Change of Command parade.

"In the past few years, I have noticed something special in SAFAC. Our young SAFACians are energetic and passionate; our senior ones are experienced and dedicated; our NSFs are talented and eager to make a difference. We have become more ground-up in pushing innovation and collaborative in fulfilling our tasking. This combination augurs well for SAFAC in the years to come. If we can align and harness the strengths of everyone, we can overcome any new challenge that comes our way," shared ME7 Lim on his future hopes for SAFAC.

We thank ME7 Lim Bock Aeng for bringing SAFAC to new heights and congratulate ME7 Shue Pei Soon on his new appointment!



2 PDF Change of Command

WRITTEN | CPL JOEL NG  
PHOTOGRAPHY | CPL JASON CHUA

On 20 July, 2nd People's Defence Force Command (2 PDF) witnessed a handing over of command, as COL Dinesh Vasu Dash took over as Commander 2 PDF from BG Terry Siow. There was also a change of appointment for the Sergeant Major 2 PDF Command as SWO Low Soon Pan took over the appointment from SWO Jennifer Tan.

Our Chief of Army, MG Melvyn Ong, and senior commanders were also present to witness this occasion. BG Terry Siow served as the 11th Commander of 2 PDF from 4 April 2014 to 19 July 2016. Over the past 2 years 2 PDF Command undertook major efforts in capability development - a high level of operational readiness through various security operations as well as the commissioning of the Peacekeeper Protected Response Vehicle in 2015, amongst several other milestones. Under BG Terry Siow's leadership, the Island Defence Task Force (IDTF) which is responsible for protecting our key installations has grown from strength to strength.

We would like to thank BG Terry Siow and SWO Jennifer Tan for their invaluable contributions to 2 PDF and congratulate COL Dinesh Vasu Dash and SWO Low Soon Pan on their new appointments.

Steadfast We Stand!



COL Dinesh Vasu Dash taking the oath as the incoming Commander 2 PDF



SWO Jennifer Tan handing over her appointment to SWO Low Soon Pan

**"For more than 50 years, the brand of 2 PDF as island defender has been synonymous with steadfastness in our defence of our homeland as well as the commitment of our people to defend what is ours. The lion in our logo is a symbol of courage and power, renowned for its vigour and energy; legendary for its strength and agility."**

- BG Terry Siow







# Commander TRADOC Change of Command

WRITTEN | CPL JOEL NG  
PHOTOGRAPHY BY | LCP DARREN SOO, REC TAN JIT JENN

On 17 August, the Army Training and Doctrine Command (TRADOC) witnessed a change of command at Leaders' Hall, Pasir Laba Camp, as BG Siew Kum Wong took over as Commander TRADOC from BG Chan Wing Kai. Our Chief of Defence Force, LG Perry Lim, and Chief of Army, MG Melvyn Ong, as well as senior commanders were present to witness this occasion.

In his farewell speech as Commander TRADOC, BG Chan Wing Kai shared about some of the lessons he learnt during his service in the Army.

Also during the Change of Command, several servicemen who had previously worked with BG Chan were also invited to give a tribute speech for the outgoing Commander TRADOC. COL Lee Kuan Chung, Deputy Chief Guards Officer, was amongst one of those who took to the stage to applaud BG Chan, where he said, "All of us recognise that BG Chan has a strong sense of focus, justice and fairness. He is someone we can trust to find the optimal way forward for everyone."

We would like to thank BG Chan Wing Kai for his invaluable contributions to TRADOC and congratulate BG Siew Kum Wong on his new appointment.



Chief of Army, MG Melvyn Ong, presenting the Command Plaque to BG Chan



The incoming Commander TRADOC, BG Siew Kum Wong, taking the oath

**"In the Army, we cannot do things alone. We always achieve through teams, and in our Army, indeed we have very strong teams. Nothing is possible when the team does not come together. In my call of duty, I have had the honour and privilege of working alongside many excellent bosses, colleagues and friends."**

**-BG Chan**



# Sergeant Major of the Army Change of Appointment

WRITTEN | REC BRYAN TAN  
PHOTOGRAPHY | CPL AMOS POH & REC TIMOTHY SEE

**"As we work on this vision, remember that being 'Soldier Strong' is for people like you and me. Only when our Warrant Officers and Specialists embark on this 'Soldier Strong' journey can we raise soldiers with strong bodies, strong minds and strong hearts. We must inspire our soldiers to be deliberate doers of Soldier Strong."**

**- CWO Ng**



On 16 August, we witnessed both the Sergeant Major of the Army (SMA) Change of Appointment, as well as the Singapore Armed Forces Sergeant Major (SAF SM) Change of Appointment at the Leaders Hall, Pasir Laba Camp. CWO Teo See Keong took over CWO Ng Siak Ping as SMA and CWO Ng assumed the appointment of SAF SM from CWO Tang Peck Oon. Present to witness the occasion were both the Chief of Army, MG Melvyn Ong and Chief of Defence Force, MG Perry Lim.

Our COA gave a tribute speech to thank CWO Ng for his contributions and for his stellar leadership. "Sometimes we see CWO Ng as a physical being, a very imposing and hard man. But that does not give him enough credit for the man and the leader that he has been for our Army. He is someone who has given his life to make the WOSpec Corps a better one. He made all those around him like him – an outstanding warfighter, trainer and leader. To me, he is the epitome of our Soldier Strong mantra."

We thank CWO Tang for his contributions to the SAF and we thank CWO Ng for his contributions to the Army and for being an outstanding role model to all WOSpecs in the Army. We wish him all the best in his next appointment and warmly welcome CWO Teo See Keong as our Sergeant Major of the Army!



Our Chief, MG Melvyn Ong handing over the Letter of Appointment to CWO Teo See Keong



CWO Tang Peck Oon handing over his appointment to CWO Ng Siak Ping



# What makes a Strong Soldier

## Army Half Marathon 2016

WRITTEN | PTE RYAN TAN, REC BRYAN TAN  
PHOTOGRAPHY | CPL LIM HAN CONG, CPL (NS) LIM WEI JIAN, LCP ANDREW TEO, LCP WONG JIN CHENG, PHOTO COURTESY OF SAFRA AND JUSTRUNLAH.COM

**SAFRA organised the first Sheares Bridge Run in 1992 in support of the National Healthy Lifestyle Campaign. In 2008, it was renamed the SAFRA Singapore Bay Run & Army Half Marathon (SSBR/AHM). This is the annual signature event for Our Army. Beside reinforcing the need to be physically and mentally prepared, it is also a great opportunity for our soldiers to bond and build camaraderie whilst training and participating. The SSBR/AHM 2016 took place on 28 August. This year saw a marked increase in the number of spouses and family members taking part!**

**Just before the crack of dawn, about 42,000 participants from the army, their family members and the public gathered on the Esplanade Bridge, waiting for the flag-off for one of the largest sporting events of the year.**

The mass of runners gathered excitedly at the starting point, pushing forward when Our Chief, MG Melvyn Ong flagged off and Director of National Service Affairs, COL (NS) Simon Lim, sounded the air-horn simultaneously. The runners pushed themselves. It was heartening to see the participants give their all, during the early hours of the day.

The success of the AHM could not have been possible without the contributions of the people working behind the scenes to ensure the safety and smooth completion of the event. As 3SG Timothy Lim of the Medic Training Institute shared, his role in the event along with the rest of his unit, was to keep watch over the track for any potential casualties. When asked about his thoughts on his contributions to the event, he cheerfully shared that “It was a good feeling to being able to go to a large scale event, making the most of (his) NS life”.



Chief of Army, MG Melvyn Ong joining in the 21 km run



Runners in high spirits as they start their run



Chief of Army, MG Melvyn Ong flagging off the 21 km run

## Strong Body

### Keep Up the Pace

32 year old 3SG (NS) Lance Sum of Signals, is a long time participant and the Pacer for the AHM this year. He is an accomplished runner in his own right, having run in multiple marathons, even racing overseas. He has definitely racked up quite a ‘track’ record if you will.

3SG (NS) Lance first began running some 12 years ago, to a less than stellar start. Having signed up for a Marathon on impulse, it took him a grueling six hours to complete and this left him humbled and bruised. Ever since then, he has trained extremely hard to reach his current level. To date, 3SG (NS) Lance has run in 11 AHMs, 12 SCMS (Standard Chartered Marathon Singapore) and even in the European Alps’ highest mountain, the Mont Blanc, in the 2016 Beat the Sun race.

His weekly training routine consists of on average, 4-5 days of variable training, “Tuesday and Thursday focusing on intervals and tempos, long steady runs on Saturday or Sunday. Wednesday is my easy run day while I rest on Monday and Friday.”

3SG (NS) Lance enjoys the simplicity and ease of the nature of running, “I can simply lace up and step out for a run or I can make plans with friends to go out further to run new routes or simply just join a running group and leave the planning to others.” He cites the friendship and camaraderie it brings with his campmates that run alongside him as a major draw for marathons and races.



3SG (NS) Lance always gives his best in his training

### Devoted to Fitness

Chief Warrant Officer (CWO) Wan Eng Bee, 53 years old, started his running journey started 17 years ago, to prove that he could still be athletic, fit and healthy even in his mid-thirties. He was very determined to lose weight and this was the motivation to train regularly. He was very active and participated in his unit’s SSBR & AHM training and found that it really helped him and his colleagues develop into strong soldiers with a strong body, heart and mind, bonding by training together.

“I had a knee injury this year so I’m slowly getting back into the groove.

My personal target is to complete the Army Half Marathon in less than 2 hours 15 minutes.”

“First, aim for distance over time – maintain a steady and comfortable pace. Second, incorporate cross-fit training to complement your running. Cross-fit training will help strengthen your core muscles and give you a better running posture. Third, set goals that are realistic and achievable – break down your goals into short term and long term. Lastly, know your limits when running – increase your running distance gradually and do not overexert yourself, to prevent injury.”

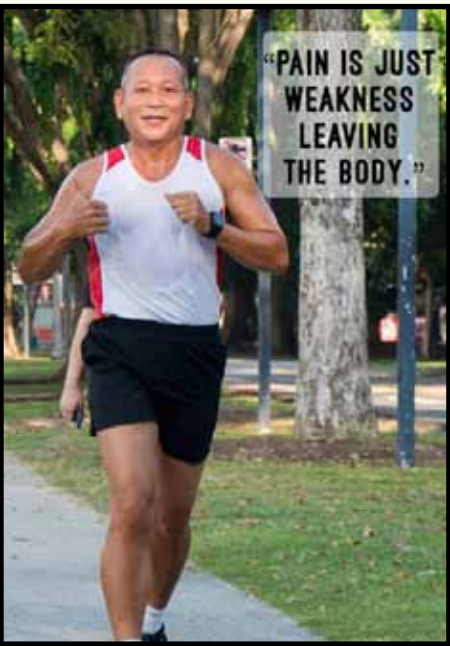


Photo Courtesy of JustRunLah.sg



# Strong Mind

## A Positive Role Model for My Family

Not too long ago, CPT Muhammad Nazirul Mohamed Raffick did not enjoy running.

"I confess, I went through the entire period with difficulty in the first few months of exercising, but with continued discipline and determination, this became a habit and is now my lifestyle," said CPT Nazirul, 27 years old.

Now, this officer in the Singapore Armed Forces (SAF) weighs 80 kg. (50 kg less than during his first year at the polytechnic.)

He had always struggled with his weight since he was in school because he loves light meals and sugary snacks. This changed after he started working out at the gym in his second year of study with an increase in his physical activity. He increased his cardiovascular fitness gradually from the first run and his waist size dropped from 96.5 cm to 76 cm.

Besides losing weight and getting fit to prepare their National Service (NS), he also wanted to be the best example for his three siblings.

"My brother was in secondary school at that time and was overweight. I did not want my two younger sisters to be wrongly influenced by their older brothers," said Nazirul. "So, I decided to change my lifestyle, in the hope that my family members follow." His change had a positive effect on his family. His family now cycles together at least twice a month."

CPT Nazirul is determined to stay fit and healthy but his first love remains running.

"It's the easiest exercise," he said. "You do not need a lot of equipment ... just a pair of running shoes."



## Fighting Fit To Lead

Through a very strict and disciplined regimen, Master Sergeant Marilyn David lost almost half her weight.

In 2007, after giving birth, she weighed 110 kg and she knew that she had to quickly get back into shape. As a WOSpec trainer and leader, it is important that she stays fighting fit. With a controlled healthy diet and fitness training – walking, jogging and running, she managed to get her weight down. After a few years, she managed to get to her current weight.

"Every Monday, Wednesday and Friday, I attend a LIFE programme (Lifelong Investment in Fitness and Exercise) conducted by my unit. This programme does not just advocate physical fitness, but the overall benefits of our soldiers' health and camaraderie of the unit."

"I believe that exercise changes your mind, attitude and mood and brings forth warmth, affection and an open heart."



Photo Courtesy of SAFRA

# Strong Heart

## Age is No Barrier

"Old Soldiers Run Marathons Too," says the back of the T-Shirt that the SAF Veterans wore during the Army Half Marathon and you had better believe it! This year 29 members from the SAF Veterans League (SAFVL) participated too.

The SAFVL was started in 1990 to foster and maintain the spirit of camaraderie among ex-regulars.

For the majority of the veterans, this was their first time that they are taking part in the Army Half Marathon. Mr. Hong Seng Mak (famously known as Tiger Hong in the Army) will be participating in the SAFRA 5km Fun Run. "I feel proud to represent SAFVL in the run. Although I may not be young, keeping fit is still very important and that is why I joined the marathon. Aside from the marathon, I do Qigong with some of the veterans every Thursday." To this, one of the other veterans hilariously joked, "He's just an old tiger, pretending to be young!"



"Tiger" Hong training hard for his 5km run

## "Old Soldiers Run Marathons Too".



If you saw the back of their shirts during the run that meant that these old soldiers were faster than you



These veterans ran for the 21km run. How inspiring!

## Friendship forged through sweat

Ever since their time in the 2nd People Defence Force (2PDF), 2SG Lim Xiang, LTA(NS) Colin Tung and LTA (NS) Devathas Satianathan have been consistently chosen to represent their unit in the Army Half Marathon (AHM). This year, the trio once again took part in the 21KM competitive run together.

LTA (NS) Devathas Satianathan shared that they would "help each other take water at water points and share power gels" while encouraging one another to persevere.

LTA (NS) Colin Tung can be touted as a veteran of the AHM. For him, it is long viewed as a tradition to run the AHM since he first started in 2007, after his enlistment. Back in 2014, LTA (NS) Colin Tung emerged as the fastest Singaporean in the history of the AHM, clocking a stunning record of 1 hour 17 minutes 7 seconds.

LTA(NS) Colin Tung shared "The AHM provides the perfect opportunity to cultivate a strong mind. Participants need a resilient mindset to complete the race."



LTA(NS) Colin Tung at the SSB/ AHM media brief



LTA(NS) Colin Tung, LTA (NS) Devathas Satianathan and 2SG Lim Xiang (Left to right). The trio's friendship blossomed through the preparation for the AHM



# Discovering My Sense of Purpose

WRITTEN | CPL KOH SHI JIE  
PHOTOGRAPHY | MR LEE XIANG RONG, CPL DEVIN LIM AND CONTRIBUTED BY MSC

Fresh out of Junior College, I had my uncertainties over what career would suit me. Indeed, this is a tough question that many 18 year olds have at the back of their minds, if they are intending to apply for various courses and scholarships. For me, because of the experience during my National Service (NS) stint, I could see myself working in MINDEF and contributing to Singapore's defence in my own small ways.

Thus, I am sure you can imagine how thrilled I was to learn about the Defence Merit Scholarship (DMS). It was a match made in heaven for me, as the scholarship would sponsor my tertiary education while offering me a fulfilling career as a DXO after I graduate. It has been half a year since I applied for the DMS and I remain ever grateful to MINDEF for offering me the DMS and believing that I have the potential.

## My Discovery Of Purpose

Whenever I tell people that I accepted the DMS I would be frequently greeted with raised eyebrows and odd looks, because it was very uncharacteristic of me. I chose a career as a Defence Executive Officer (DXO). Working alongside their military counterparts, DXOs play a strategic role in the defence and security of Singapore.

My NS stint exposed me greatly to the DXOs as I worked alongside and interacted with many of them during the course of my work. Some of whom I met spoke of their jobs with such passion and excitement, convincing me even more that a career as a DXO would be meaningful. And that was when I discovered my sense of purpose.



My family and I with Dr Ng Eng Hen

## Others Before Self

My mother raised my brothers and I with a strong set of values which helped shaped us into who we have become.

From as far back as I can remember, we were taught to put others before self and always give back to society in whatever way we can. I guess this became such a natural part of my life that I always seek out new ways to do so.

Once I was sent on assignment as a writer to cover a Blood Donation Drive in MINDEF. My colleagues were surprised that I volunteered to join in and become a donor on the day too. Actually, I didn't even think that it was such an odd thing to do until they started to tease me.

My elder brother is also a regular in the Army and he often shares his experiences with me and I am impressed with the things that he tells me about our organisation.

My time as a writer (and sometimes photojournalist!) with The Army News has given me a lot of exposure to all the different aspects of what Our Army does, through my encounters and assignments with different formations and units, and how fortunate I have been to have had that experience.

When the time came for me to commit myself to a career with MINDEF, I didn't hesitate as this was also a great opportunity for me to contribute further.

*"I would like to sincerely thank all officers, DXOs and NSFs who I have had the pleasure of working with for giving me such an enriching NS experience and for shaping me into who I am today." - CPL Koh*



Glad to volunteer at the Blood Donation Drive

# SAF Schools Partnership Programme

Written | REC Bryan Tan  
Photography | CPL LIM HAN CONG, CPL JASON CHUA, LCP ANDREW TEO, REC BENJAMIN LIM AND RECTAN JIT JENN

"IA, hormat, keluar-baris, SIR, SCE," say any of these military terms to a student and you'll most likely get a blank stare. The SAF realises the need to raise awareness of their role in defending our nation. As such, the SAF-Schools Partnership Programme (SSPP) was launched in order to achieve this. Recently, three different formations engaged three different schools to educate students on the Army's role in defending Singapore. The SSPP was conducted in conjunction with National Day.

## 23SA @ Temasek Polytechnic



A student trying out the Ultimax 100

The Pegasus and the High Mobility Artillery Rocket System (HIMARS) are not things you see everyday and they towered over the students when our Gunners from the 23rd Battalion, Singapore Artillery (23 SA) went to Temasek Polytechnic (TP). Students were also allowed to have a hands-on experience with the weapons that 23 SA use. A student, Harith Iskandar joined the NCC in his younger days and was interested in the weapon systems used by the Army. "I learned a lot about the GPMG through the engagement with the soldiers here. Through this, I think I am more ready for National Service

because I know what to expect." After the exhibition in the plaza of TP, the school organised a National Day performance incorporating the National Day Observance Ceremony. Our Gunners stood on stage and recited the pledge along with all the performers.

## 30SCE @ NYJC



Students trying out the Metex mine detector

There is no better way to appreciate what a Soldier does than to personally step inside an Army camp and hear it first-hand from the soldiers themselves. Students from Nanyang Junior College (NYJC) joined our Soldiers from 30th Battalion, Singapore Combat Engineers (30 SCE) in Jurong Camp to celebrate National Day together. The day started with the singing of the National Anthem and reciting of the pledge. The students were then given a tour of Jurong Camp where they tried the Metex mine detector, crossed the Foldable Longspan Bridge and got to see

the Mobility Support System in action. The day ended with the most popular activity - the sampling of our very own combat rations! (above photograph)

## 1 TPT and 3 TPT @ ITE College East



Our soldier engaging the students

1st Transport Battalion and 3rd Transport Battalion went to ITE College East to engage the students. Vehicles from the Transport formation - the Protector of Installation Security Vehicle (PSV) and the Combat Ambulance were on display. 2LT Leong Weng Hong was in charge of telling the students more about the PSV and was grateful for the opportunity to do so. He shared, "I feel that this is a great opportunity for the students to prepare themselves before they enlist into the Army. Through this programme, I hope the students will understand the importance of serving the country so that they will put their whole effort into serving the nation during National Service." SSPP is also a platform for the public to show recognition to our soldiers in the Army. The ITE College East students were given the opportunity to show their appreciation by writing their well wishes onto a sticky note.



# THE MEN BEHIND THE SCENES - NDP 2016

WRITTEN | CPT RANON L, CPL JOEL NG  
PHOTOGRAPHY | CPL AMOS FOH, CPL JASON CHUA



The meticulous and detailed planning by the Executive Committee, led by Chief Armour Officer BG Kenneth Liow ensured that Singaporeans were treated to a spectacular Parade and Ceremony to mark Singapore's 51st Birthday.

Bomb sweeps were carried out prior to the event, and screening was carried out prior to entry to the stadium.

Soldiers from the 5th Battalion Singapore Infantry Regiment (5 SIR) were involved in packing and transporting the funpacks to the National Stadium.



# The Unsung heroes behind NDP 2016

While all eyes were on the vibrant performances on stage during the National Day Parade, few see what goes on behind the scenes to support the show. Our Soldiers from all over the Army, have been tirelessly working backstage over multiple weekends to ensure the show we see goes according to plan. Thanks for all the effort soldiers!



### Command and Control Group

The Command and Control Group 2 (CCG2) coordinated the security and contingency operations between the Singapore Armed Forces (SAF) and the Home Team, while the Chemical, Biological, Radiological and Explosive (CBRE) Group carried out bomb sweeps before the stadium's lockdown ahead of the National Day Parade (NDP). During his visit to the Command Centre, Minister for Defence Dr Ng Eng Hen was briefed by Executive Chairman BG Kenneth Liow on operations and the measures in place for the smooth running of NDP 2016. The SAF continues to be ready and prepared to respond to any threats or civil contingencies.

### Fun packs

About 280 soldiers prepared the funpacks in between their regular training and about 320 transported them to the National Stadium. A total of 300,000 funpacks were given out at this year's National Day Parade on 9 August. The funpacks were placed on spectators' seats this year, instead of the usual collection points, to facilitate a smooth entry for spectators as they made their way to their seats.



### Providing Security

Members of the public attending this year's National Day Parade, as well as all the participants were able to enjoy the show because of the usual stringent security measures in place. Many of these measures were transparent to the public. As NDP 2016 was gazetted as a special event, our Army and counterparts from the Singapore Police Force were prepared to deal with any security concerns during the event.



### Trainers

Our Soldiers helped train the participants of the Parade Segment during the weekends and their hard work was testament to the outstanding performance by the contingents involved. Their experience not only in training but also in handling their charges ensured that all rehearsals went without any hitches and were a pleasure for all their trainees. They were focused and dedicated and their contributions played a great part in the slick Parade segment for National Day 2016.



### Stage Management

We spoke to 2SG Veknesh S/O Rajasekaran, a HQ Platoon Sergeant from Falcon Company, 41 SAR, who as part of Falcon Coy, was tasked to move and position the various props on stage, as well as making sure the props were ready and in good condition for the parade. Speaking about his experience, 2SG Veknesh shared, **“So far, this has been quite the eye-opening experience for me as this was my first time helping out for NDP. For my coy, we are involved with prop management so it was a something new for all of us.”**

### Drum Major

Hard work was also put in by the parade participants to make sure their drills were tip top. One case in point was ME1 Isabelle Wong, who led the SAF Band as its drum major. Whilst this was her third time participating in the National Day Parade, this was the first time ME1 Isabelle took lead of the SAF Band as the drum major and as one of the choreographers of the Military Tattoo by the Combined Band. Despite the steep learning curve from being a musician in the band to leading it, ME1 Isabelle shared about her experience during this transformative process, **“I learned that people can change if they have a reason to believe in something – I see it in myself and everybody else. I’ve also learned to look at the bigger picture and what it means to shoulder responsibility. Watching the whole choreography come together was deeply satisfying for myself and everyone in the band.”**



### Colours armed escort

2SG Audrey Ng was the first ever female Colours armed escort in NDP's history. Initially overwhelmed when she was informed that she had been selected to be the SAF Military Police Command colours armed escort for NDP 2016, she was also excited by the possibility of representing her unit and Formation in this national event. Despite being the first female Colours armed escort, she affirms that all the Colours armed escorts, male and female, are held to the same stringent standards. In fact, she shares, **“What matters is your performance. If you do it well, people will remember that.”**

### Act of Kindness

LTA Tee Chze Hao's kind and helpful actions were recognised by a member of the public, Mr Kenny Leo. LTA Tee is the Second in Command (2IC) Charlie Company from the 5th Battalion, Singapore Infantry Regiment (5 SIR).

During the NDP Preview 1, gates were open to the public at 4pm and LTA Tee was supervising the entrance of spectators in the South Sector. At around 6pm, the seats in his sector were filled and the remaining spectators were redirected to another gate in the North Sector. It was then that he met Mr Kenny Leo's wife who was carrying her daughter and struggling with her bags. Anticipating the difficulties of her long walk over to the other gate, he offered to help and she allowed him to carry her daughter.

For LTA Tee, knowing that people like Mr Kenny Leo appreciate the effort put in by the soldiers for NDP is heartening. **“I don't think I did anything extraordinary, but I'm definitely glad to know that my actions have brightened someone's day.”**









# Training Excellence

WRITTEN | CPT RANON LI  
PHOTOGRAPHY | CONTRIBUTED BY HQ 6 DIV

Held in Waimanalo, Hawaii, the 36th iteration of Exercise Tiger Balm (XTB) took place between 17 to 31 July.

About 140 personnel from the 9th Singapore Infantry Brigade (9 SIB) and 240 personnel from the 29th Infantry Brigade Combat Team (IBCT), Hawaii Army National Guard and the 3rd Brigade Combat Team (CBT), 25th Infantry Division (ID), United States Army took part in the exercise.

The initial phase of the exercise involved professional exchanges and combined physical training between both Armies. For the first time, XTB 2016 employed a “Live-Virtual-Constructive” training approach – its scale and applicability over two different countries was unique for an army bilateral exercise!

The “Live” aspect of the exercise comprised the Combined Arms Live Fire Exercise (CALFX) that was conducted on 27 and 28 July.

Concurrently, simulations were used to enhance the realism and effectiveness of the training and expand the training space available. The “Virtual” aspect refers to simulators’ such as the US Army’s Unmanned Aerial Vehicle (UAV) Simulation System, that were employed during the exercise for surveillance tasks. The “Constructive” aspect involved the linking of the United States’ Joint Conflict and Tactical Simulation (JCATS) in Hawaii with the SAF’s Army War-game Simulation System (AWSS) here in Pasir Laba Camp! War-gamers from both countries simultaneously conducted and responded to simulated operations in real-time through the exchange of ground tactical information.

Since it was first conducted in 1981, XTB continues to be the longest-running bilateral exercise between the Singapore Army and the United States Army. The successful employment of the L-V-C approach in both Hawaii and Singapore allowed participants to conduct large-scale exercises in a realistic training environment, enhancing the interoperability between the two armies. As the exercise continues to grow in complexity and scale, it is testament and a hallmark of the excellent and long-standing ties between both armed forces.

The exercise officially ended on 31 July in a ceremony co-officiated by Commander 6th Singapore Division (6 DIV) Brigadier-General (BG) Chua Boon Keat and Commanding General of 25th Infantry Division (25 ID), United States Army Pacific (USARPAC), Major General (MG) Charles A. Flynn. Underscoring the importance of this exercise, BG Chua summarised, “The US Army has been an important partner and trusted friend. With the rising threat of extremism, it is extremely important for like-minded countries to train together and develop understanding in peacetime, so that we can operate effectively in operations”.



Weapon technical handling session with the 29th IBCT



Keeping in shape



Preparing for the final assault

# EXERCISE TIGER BALM

## BILATERAL MILITARY TRAINING

This is the first time that a “Live-Virtual-Constructive” (L-V-C) training approach is employed for an army bilateral exercise across two different countries and at such a large scale.



LIVE

The “Live” aspect of the exercise comprised the Combined Arms Live Fire Exercise (CALFX). Soldiers from 1st Battalion, Singapore Infantry Regiment, executed an integrated live firing together with the 2nd Battalion of the 27th Infantry Regiment of the US.



VIRTUAL

The “Virtual” aspect refers to simulators such as the US Army’s Unmanned Aerial Vehicle (UAV) Simulation System that was employed during the exercise for surveillance tasks.



CONSTRUCTIVE

The “Constructive” aspect involved the linking of the United States’ Joint Conflict and Tactical Simulation (JCATS) in Hawaii with the SAF’s Army War-game Simulation System (AWSS) here in Pasir Laba Camp.



# Dedication to Serve

## Strong Hearts of our C2D Ambassadors

WRITTEN | REC BRYAN TAN  
PHOTOGRAPHY | CPL DEVIN LIM

Julius Caesar once said that “experience is the teacher of all things”. Indeed, it is hard to truly understand something without experiencing it. Likewise, it is difficult for our young soldiers to fully understand the importance of defence when Singapore currently enjoys peace and stability. Thankfully, we have a committed bunch of veterans, known as the Commitment to Defence (C2D) Ambassadors, who are passionate about imparting core values to the younger generation and boosting community support for defence.

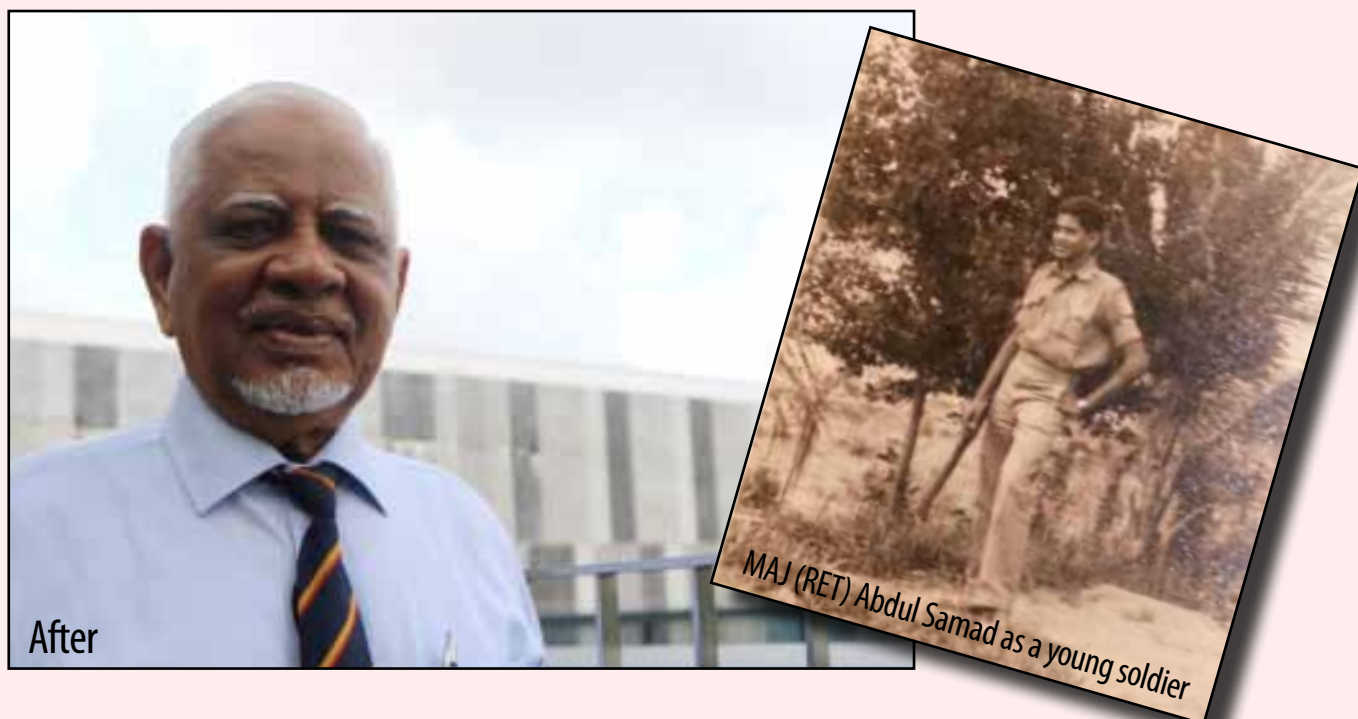
These C2D Ambassadors are SAF veterans or Operationally Ready National Servicemen who have served with distinction in their military careers, lived through significant historical events and participated in key military operations. It is amazing how these ‘old’ souls are still serving the nation even after they have left service in the Singapore Armed Forces (SAF). We interviewed three of these veterans to hear about their experiences as C2D Ambassadors.

### MAJ (RET) Abdul Samad

“Our soldiers cannot look at one another with suspicion. We are all in the same boat. We all row together or we all sink together.” Having been deployed as a patrol officer during the Racial Riots in 1964, racial harmony is a value that is very close to MAJ (RET) Abdul Samad’s heart.

MAJ (RET) Samad was from the pioneering batch of the 2nd Battalion, Singapore Infantry Regiment (2 SIR). During the racial riots, MAJ (RET) Samad was activated to patrol Singapore. He witnessed the effects of violence and atrocities- dead bodies lying in drains, rioters attacking one another with knives and innocent civilians streaming into the police station for protection from the rioters. This led MAJ (RET) Samad to realise the importance of racial harmony in Singapore. “If we do not live in harmony, the enemy can just wait for us to attack one another and we will be defeated,” he shared with conviction.

Today, MAJ (RET) Samad shares these experiences to many students and SAF personnel because he does not want them to take racial harmony for granted. He uses the lessons learnt from his experiences to remind them not to make the same mistake. “The racial riots started because of a simple action - several Chinese people threw rocks at the Malays who were participating in a religious procession. Likewise, the same thing can happen today. Just a tiny remark about another race can spark conflict and I hope that our students will learn how to tolerate and live with one another.”



### CPT (RET) Adrian Villanueva

CPT (RET) Adrian Villanueva started his military life as a volunteer in the Malayan Royal Navy Volunteer Reserve (RNVR). After he left RNVR, he became one of the two officers who were appointed to start the operations of a security intelligence department in the Army. Being an intelligence officer allowed CPT (RET) Adrian to be privy to previous conflicts such as the Konfrontasi. As such, he knows how easily the security of a country can be threatened. “When it comes to hostilities, it can happen any time and we have to be prepared. Therefore, when I give my lectures, I try to show that everything is not as peaceful as it seems. I do not want them to take our safety for granted and become soft in their thinking.”

Though CPT (RET) Adrian may be older now, his stories continue to provide insights and lessons to our youth today. “We have to be practical about telling stories, because there is no reason for the young to listen to them. There must be a

lesson to learn from our stories. When they realise that what we are saying applies to their lives, they start to listen.” CPT (RET) Adrian makes reference to current affairs, such as the recent terror attacks and the territorial disputes in the South China Sea to show the need for Singapore to be prepared to face these threats and challenges. When asked if he had any advice for the younger generation, CPT (RET) Adrian had this to say, “Take your training seriously, and be dedicated with the task that you are involved with. Lastly, be prepared! Singapore is on our own and we need our soldiers to be ready and defend!”



### COL (RET) Andrew Chng Teow Hua

“As a commander, you cannot simply tell people what to do. You must be prepared to do it yourself before you tell other people what to do.” Leading by example is important to COL (RET) Andrew Chng Teow Hua and by looking at his contributions to the nation, anyone would say that he has the credibility to teach and inspire the younger generation.

COL (RET) Andrew Chng Teow Hua was part of the first batch of officers of the SAF in 1966. After being commissioned as an officer, he was one of the key members to start the Combat Engineers formation. Following that, he became the Deputy Commissioner of Civil Defence where he took charge of rescue operations such as the collapse of Hotel New World and the Pulau Merlimau Fire. All these experiences enable him to capture his listeners’ attention and earn their respect. However, COL (RET) Andrew does not claim credit for all his achievements. “In everything I did, I couldn’t do it on my own. Teamwork is everything!” he told us with vigour and certainty. “Even for the defence of Singapore, the most important thing is teamwork. If we are not prepared to work as a team - to put aside our racial differences, we will surely lose the battle.”

COL (RET) Andrew joined the Army primarily to support his family. He was the eldest brother of six siblings and his father struggled to provide for the whole family. As such, he was determined to join the Army and when asked whether he would die for Singapore, he responded with a resounding, “Yes!” Although we enjoy peace and good living conditions, COL (RET) Andrew urges the younger generation not to take things for granted. “Their thinking may not be like ours - they may think that the blessings they have are entitlement. But there is a need to change ‘entitlement’ to ‘enjoying what has been paid for’. There is no such thing as entitlement. After all, if you don’t work hard for it, you won’t enjoy it.”

We are thankful for these veterans who have contributed so much to the nation and are still contributing today. Their experiences are invaluable - they have been through difficult times and conflicts that many of us have not. Their stories contain gems of wisdom that constantly remind us that we cannot take our peace and security for granted. We must continue to defend our home.



# Our Soldiers of the Year

WRITTEN | CPL KOH SHI JIE  
PHOTOGRAPHY | CPL DEVIN LIM

To recognise our soldiers’ outstanding contributions and sacrifice towards National Service, Chief of Army MG Melvyn Ong presented these exceptional 47 soldiers with the Soldier of the Year Award at the National Stadium this year. We congratulate all the recipients for receiving the award.

MG Melvyn Ong and other senior commanders present also took this opportunity to thank these servicemen for their service to the nation, and their family members for their encouragement and support.

We catch up with a few of these soldiers to hear their inspiring stories!



## TAKING ON RESPONSIBILITY

CFC (NS) Saiful Rijal demonstrated his great sense of responsibility as he stepped up as a Section Commander despite being a trooper from 3 SIR. He elaborated on his role, “I have had the opportunity to be the stand-in Section Commander for a lot of my NSF days. I had the responsibility of taking care of my section and having this responsibility was a very good experience. +I got the chance to learn and to fight alongside our commanders.” In fact, he thoroughly enjoyed his role so much that he decided to sign on as a regular in the Army.

His mother, Mdm Hayati binte Amin, also added, “I’m very proud that he has been recognised for all his hard work during NS.”



## PROFESSIONALISM IN TRAINING

3SG (NS) Noel Chong shared his thoughts on being named the NSF of the year, “It is an award given to me, but the credit should go to the people in my company as well as BMTC School 1 as they have helped me realised my potential and played a part in everything I have achieved.” 3SG (NS) Noel was nominated for his outstanding performance and dedication to his trainees.

While the sergeants at BMTC are usually the ones teaching the recruits the basic soldiering fundamentals, 3SG (NS) Noel acknowledged that he has gained much from his trainees as well. “I have taken a few batches of recruits and I have learned from them,” shared 3SG (NS) Noel. He added that he has become better, both as a soldier and a person, while passing his knowledge to the new recruits.

## PROTECTING WHAT WE VALUE

For LCP Bhatt Paras Krishna, his National Service journey was a road to discover a sense of purpose as to why he is serving. He shared a piece of valuable advice to all NSFs who are currently serving, “A sense of purpose is not something given to you from an external party, it is something you have to discover for yourself.”

As a trooper from the 9th Battalion, Singapore Infantry Regiment, LCP Krishna is involved in protecting our nation’s key installations. Nominated for his outstanding and exemplary performance, he shared on how he is proud to serve his unit, “I know people who have lost their lives to terror and this has personally affected me in a way. The fact that I can be there to deter and make a difference if any threats occur makes me proud.”



## STAYING POSITIVE

Similar to most combatants, CFC Ross Harris participated in many outfield exercises and felt this was a key highlight of his NS journey. “The best bonds and memories are forged in the field, be it fighting alongside each other or just sitting around ‘enjoying’ our rations. These experiences allowed us to learn about each other’s personalities - both strengths and weaknesses and taught us how to work well in high stress situations, with people of multiple different backgrounds,” reflected CFC Ross on how he not only viewed these exercises in a positive light, but also built on this experience to be who he is today.

With such a mindset, it is no wonder that CFC Ross advised other NSFs, “Take anything with a positive mind, and take care of those around you because they’ll be the ones taking care of you. It may not be an easy experience but in the end, it’ll be worth it.” CFC Ross was nominated for showing a positive attitude and outstanding performance.



## LEADERSHIP BY EXAMPLE

“How bad do you want it?” This was how 2SG (NS) Ng Fu Quan motivated his comrades to strive to do their best to achieve the IPPT Gold.

Not only is he physically fit himself, 2SG (NS) Ng went on further to train with his peers to ensure a high level of fitness in his battalion - 1st Commando Battalion was maintained. “I will do interval trainings with them as well as follow them for out of camp runs. I can see the efforts that they are putting in to push themselves to their limits. I feel really proud of them and this gives me a great sense of accomplishment.” 2SG(NS)Ng was nominated for his outstanding performance in motivating and inspiring his peers.



# Honouring Our Best Best Unit Competition 15/16

The Best Unit Competition (BUC) was mooted in 1969 and was open to active units in the Singapore Armed Forces. The competition was extended to NS units in 1993.

In this issue, let us take a look at the winners of our Best NS Unit Competition.

Congratulations!

**735th  
BATTALION,  
SINGAPORE  
GUARDS**



**BEST NS GUARDS UNIT**

**754th, 772nd,  
787th, 611th  
BATTALION,  
SINGAPORE INFANTRY REGIMENT**



**BEST NS INFANTRY UNIT**

**485th BATTALION,  
SINGAPORE  
ARMoured  
REGIMENT**



**BEST NS ARMOUR UNIT**

**BEST NS ARTILLERY UNIT**



**288th  
BATTALION,  
SINGAPORE  
ARTILLERY**

**BEST NS COMBAT ENGINEERS UNIT**



**324th  
BATTALION,  
SINGAPORE  
COMBAT ENGINEERS**

**BEST NS SIGNALS UNIT**



**9th  
SIGNAL  
BATTALION**



**BEST NS COMBAT  
SERVICE SUPPORT UNIT**

**3rd  
COMBAT  
SUPPORT  
HOSPITAL**



# The Camp Long Forgotten.

## Beach Road Camp

WRITTEN | PTE RYAN TAN  
PHOTOGRAPHY | CONTRIBUTED BY CENTRE FOR HERITAGE SERVICES

If one were to take a stroll along the Central Business District and were to pass the exclusive Raffles Hotel, one would notice a dull coloured building just across the street that is under construction. Located beside the building with the sign reading “Non-Commissioned Officers Club”, that building under construction now sits on the former site of the old Beach Road Camp. Completed in October 1932, Beach Road camp was home to the Singapore Volunteer Corps (SVC), which is now known as the 2nd People’s Defence Force (2PDF) following Singapore’s independence. The camp was built on reclaimed land that was originally by the sea, thus explaining the reason behind the name Beach Road.

The iconic main building of the camp, once the headquarters of the SVC, embodied the popular architectural design symbolic of the 1930s. Easily distinguished from other blocks by its long, vertical ornamental window, the building was also commonly referred to as the Drill Hall which is now transformed into a grand ballroom. The pristine white, two-storey building, formerly known as the armory located in Block 1 is now converted into a hip and bustling hangout place for party-goers looking for an old school themed club. At the base of the window sat a memorial plaque that was unveiled on 21 December 1950 to commemorate the patriotic sacrifices of the SVC during their service in defending Singapore during World War II (WWII) and during the Indonesian Konfrontasi in the 1960s. Perhaps this was why the old beach road camp holds such historical significance to so many, and evoked nostalgic reminiscence from the pioneers of our nation when it was demolished on 18 February 2000. Besides being home to the SVC, the premises of the camp also once served as the main registration centre for National Service Recruits that were called up under the new conscription policy, as well as the training centre for these servicemen. This practice eventually led to the popular saying, “First to Beach Road, then to Army”.



The camp held greater significance to the people who once worked there before. Mdm Khatijah Suratee for example, recalled the years spent there. Being part of the first batch of Dental Assistants posted to Beach Road Camp, Mdm Suratee felt that her experience at the camp was very memorable and that it marked “the start of a new beginning” for her since she got married while being in Beach Road Camp. At a time when women in the army were rare, she was one of the pioneers of female servicewomen that contributed to improving the welfare of our soldiers. She fondly recalled that the camp was strategically located near many famous food places such as the Old Alhambra Theatre and the Beef Kweh Teow stall at Seah Street, allowing her and her colleagues to pop by for a tasty bite whenever they wanted a change from camp food. However, despite the culinary delights that accompanied the location of the camp, there was also a story behind the origins of the camp. According to Mdm Suratee, the Military Police (MP) Barracks facing Merdeka Bridge was rumoured to be haunted by a group of Japanese soldiers that committed suicide after Japan’s surrender in 1945. Several MPs that slept in the barracks would find themselves waking up in the field outside the next morning. Nevertheless, Mdm Suratee fondly looked back on her time spent in the camp as she missed the strong camaraderie she had with her colleagues.

LTC (RET) Peter Lim, who once served as the President of the 1st Court Martial Centre, shared similar sentiments with Mdm Suratee, as he too missed the tightly knit bonds forged with the people in the camp. The old court martial centre at Beach Road once played a key role in the administration of military law and the maintenance of discipline in the SAF. It has since relocated to Kranji Camp II, at Choa Chu Kang Way. Unlike most camps today which are too big for everyone to be acquainted with each other, camps of the past such as Beach Road Camp were “less clinical and had more of a human touch”.

Although years have passed and the old Beach Road Camp is no longer standing, the memories will never be forgotten.



The site of Beach Road Camp is now a hotel



Entrance to Grand ballroom was Block 9, which is part of the old Beach Road camp



# FN MAG

## Mitrailleuse d'Appui Général General Purpose Machine Gun

### SPECIFICATIONS

- CARTRIDGE: 7.62X51MM NATO
- WEIGHT: 11.79KG (EMPTY)
- LENGTH: 1263MM
- MAXIMUM FIRING RANGE: 1,800M FROM TRIPOD
- EFFECTIVE RANGE: ~800M
- MUZZLE VELOCITY: 840M/S
- OPERATING PRINCIPLE: GAS OPERATED, OPEN BOLT

The **FN MAG (Mitrailleuse d'Appui Général)**, more commonly known in Singapore as simply the **GPMG (General Purpose Machine Gun)** is a 7.62mm machine gun. Like most machine guns, the GPMG fires a hail of higher caliber bullets than those fired by rifles or Light Machine Guns, allowing it to cover wide open areas effectively and suppress advancing hostiles from long range.

Originally made by Belgian arms manufacturer Fabrique Nationale, this reliable weapon sees use in over 80 countries with over 200 000 MAGs produced, and is licensed for manufacture in Singapore in addition to several other countries. In Singapore the GPMG is manufactured, along with most Singapore firearms, by the company that was once known as CIS (Chartered Industries of Singapore), now known as ST Kinetics.

A very utilitarian weapon, the FN MAG has a very simplistic design mostly consisting of steel stampings and pressings and does not include a heat shield. Befitting its 'General Purpose' designation, it comes in two variants in Singapore; an infantry assault variant fitted with a bipod, and a co-axial model meant to be mounted on vehicles such as tanks and jeeps. Most in Singapore, including the mounted variants, are fitted with pistol grips and wooden stocks.

### DID YOU KNOW?

- 1 The FN MAG first entered service in 1958, and has remained in widespread use for 58 years.
- 2 The UK L7A2, American M240 and Swedish KSP 58 are all variants of the FN MAG
- 3 The MAG utilizes aspects of many other, highly successful firearms, such as the receiver and locking mechanism of the Browning M1918 (BAR) as well as the feeding and trigger mechanisms from the German MG42.
- 4 Many ASEAN countries utilize the FN MAG, (Singapore, Malaysia, Indonesia, Thailand, Brunei and Vietnam).
- 5 The FN MAG's basic design was originally created by simply turning the receiver of a BAR upside down, in order to incorporate belt feeding from the top, instead of a magazine feed from the bottom.
- 6 The FN MAG, along with its multiple variants, are one of the most ubiquitous guns in popular media, including movies such as Captain Phillips, Rambo III and War of the Worlds



Check out the video on our Facebook Page @ [f THE SINGAPORE ARMY](#)



CPT (Dr) (NS) Jason receiving the CARMO coin from COL (Dr) Poon Beng Hoong, Chief Army Medical Officer (CARMO), for his contributions to the Army

## Giving back to National Service CPT (Dr) (NS) Jason Lee

WRITTEN | CPL JOEL NG  
PHOTOGRAPHY | CONTRIBUTED BY CPT (Dr) (NS.) JASON

Recipient of the SAF Commando Formation National Serviceman of the Year Award for the year 2014 as well as 2016, CPT (Dr) (NS) Jason Lee Kai Wei also supports the development of the training process of the Army in his capacity as Head, Human Performance Laboratory at the Defence Science Organisation (DSO) National Laboratories, as well as an adjunct Associate Professor at Yong Loo Lin School of Medicine in the National University of Singapore.

Speaking about being a two time recipient of the award, CPT (Dr) (NS) Jason said, "It's an honour that I am very proud to be associated with. To me, this award is an official affirmation of commitment to the formation, a very nice gesture of which I am most thankful."

Speaking about his journey up to this point, CPT (Dr) (NS) Jason said that he felt the need to support the mandate of national defence during his time in the UK pursuing his studies. Combining his interests in human performance research and military activities; becoming a military physiologist seemed to be

"Being overseas for my studies made me more appreciative of what Singapore has given me. Together with the rising global terrorism threat, it has made me more aware of the importance of NS. While many see that I am giving back through this scheme, I am also gaining from it. As a commander, I get the privilege to initiate activities that I hope will give a positive experience to the men under my charge. As a comrade, I get to work alongside fellow commanders and men to achieve certain objectives. Of course, the usual banter that comes as part of the ritual whenever we gather, instils camaraderie and brotherhood at the same time!"

an ideal fit. From there, a thought became reality when CPT (Dr) (NS) Jason joined the DSO National Laboratories.

As a member of the Soldier Fitness and Health Working Committee (SFHWC) as well, CPT (Dr) (NS) Jason actively contributes professional advice and personal experiences in fluid balance, heat stress and exercise nutrition. Speaking about the improvements specific to heat management implemented by the Army, CPT (Dr) (NS) Jason said, "There has been the introduction of various heat mitigation strategies such as the 10-day heat acclimatisation programme, climatic heat stress monitoring, revision of hydration guidelines and the provision of cooling aids during

selected activities. These are just several examples of positive changes to the system over the years to enhance training quality and safety. A mantra that keeps me doing what I am doing – "Physical fitness alone may not overcome the adversary, but the lack of it ensures defeat!" Physical fitness is not an end; it is a (critical) means to an end. It brings about resilience."

CPT (Dr) (NS) Jason continues to contribute to the Army through his participation in the Reservist on Voluntary Extended Reserve Service (ROVERS) Scheme.



# A Matter of TASTE

CONTRIBUTED | LTC (DR) ALEXANDER GORNY, HD SOLDIER PERFORMANCE CENTRE,  
HQ ARMY MEDICAL SERVICES

## The White Rice Dilemma

A few months ago a local health correspondent wrote, “The rice you eat is worse than sugary drinks.” What followed were inflamed rebuttals, technical clarifications and several more balanced reviews. White rice is our heritage, our identity and our staple and now it has been maligned as an a health threat?

## Brown Rice to the Rescue?

Unpolished rice, more commonly known as brown rice, has been offered as a substitute for polished white rice. The Health Promotion Board calculated that the risk of diabetes could be reduced by up to 16 percent if we replaced every fifth portion of white rice with an unpolished alternative. Some food courts and hawker centres have in fact already begun to offer brown rice, albeit charging additional 20 to 50 cents per portion.

## Promoting Healthy Diets in SAF

Over the past years HQ Supply and SAF cookhouses have been working behind the scenes to use healthier oils, reduce salt and supply more freshly cooked vegetables. In the coming months selected Army camps will be serving a mix of white and brown rice as the default staple. The plan is for all cookhouses to eventually make the switch.

## More than Long-term Health Benefits

Some of the immediate benefits brown rice can bring include improved portion control, smoother bowel movements and a longer sense of feeling full. These advantages also apply to other staple foods such as bread and noodles when refined flour is substituted with the whole grain alternative. What does that means for our soldiers in training? Firstly, soldiers will be less likely to overeat as brown rice tends to feel heavier on the stomach. Secondly, soldiers will be less likely to suffer constipation and other problems associated with low-fibre diets. Lastly, we expect that our servicemen will feel less hungry between meals. These advantages might translate into other real health benefits such as a lower risk of unhealthy weight gain and improved performance and productivity throughout the work-day.

## Nudging Citizen-Soldiers Towards Healthier Diets

Once implemented on a large scale, we hope that the brown rice experience will help NSFs, Regulars and NSmen overcome concerns over taste and appearance. At some point we would like to see the healthier choice become the new default choice. In the best case scenario, this would mean that demand for healthy staples has spilled over into food-courts and hawker centres as well as into home and workplace.



Brown rice contains more nutrition compared to white rice

## HERE IS HOW BROWN RICE WORKS:

### Chewing Your Food.

Simply by chomping down on physical matter we elicit powerful signals alerting the brain that food is on its way. Part of the reason why we tend to over-consume processed foods such as glazed donuts and blended drinks is because they slide down our throats so efficiently. Unrefined grains, raw fruit and vegetables require additional effort and the brain has an easier job gauging when we have had enough.

### Time for Digestion.

Plant husks, skins and shells pass through the intestinal system without being dissolved. Sugars, starch and proteins hiding within this material are digested more slowly, thus ensuring that the nutrients are absorbed at a slower, more steady rate. This means that the hunger signal remains suppressed even after we have chewed, swallowed and emptied our the stomach contents into the intestines. The bulk of dietary fibre has a secondary benefit of promoting more regular visits to the toilet.

### Vitamin B.

Polished grains are low in B vitamins which are most concentrated in the grain husks. Short of adding health supplements to your diet, whole grains can help provide sufficient vitamin B to meet your body's daily needs.

## Conclusion

The author has at least one meal of rice per day, courtesy of SMTI Cookhouse. At home, he cooks a mixture of white, brown, red and wild rice to perfection using a dash of salt and a drop of olive oil for taste.

## COMMON CONCERNS

### My family refuses to eat brown rice - period.

Brown rice has a long history of being the poor man's staple. Many older Singaporeans flatly refuse any alternative to starchy white rice. Such strongly held beliefs are difficult to tackle, especially over the dinner table. If approached with a sense of moderation and respect for people's opinions, it might be possible to create buy-in for the healthier choice in small increments.

### I need fast absorption of processed foods to recharge quickly.

Athletes in particular are concerned whether the food they eat is providing sufficient energy to sustain performance during training. A nutrition strategy that relies easily absorbed foods typically results in wide fluctuations of energy supply. This might be a relevant argument for body-builders. Soldiers are typically involved in moderate intensity activity over many hours. Unlike athletes, they tend to benefit from a steady resupply of energy nutrients.

### We have had white rice for generations and we have been fine.

Some might argue that by attacking rice, Western academics seek to undermine Asian culture and and promote Western foods. Truth be told, many Western health providers have experienced the same resistance advocating whole-meal over white breads. The difference in Singapore today is that we are confronted by rising obesity and the second highest rate of diabetes among developed nations. Brown rice offers just one powerful option among a host of other public health measures.



# Combat Circuit Training

WRITTEN | CONTRIBUTED BY ARMY FITNESS CENTRE  
PHOTOGRAPHY | CPL JASON CHUA

Possessing the fitness components and movement skills needed for operations alone is not enough to optimise combat task performance. There is a further need to have these elements of fitness in actual combat task performance. Just as an athlete applies his pre-season aerobic and strength work in games and matches, so must the soldier utilise his fitness in an operational setting. Combat Circuits are designed to fulfil this need by providing a realistic training environment which includes the donning specific attire and the performance of actual combat tasks (or close representations), using actual equipment where possible.

A soldier who is not sufficiently conditioned to handle the physical demands of combat operations is at a higher risk of sustaining musculoskeletal and heat injuries. Furthermore, being unaccustomed to the load or attire would excessively drain the serviceman of his energy reserves and badly affect his performance. This reduces his effectiveness in combat and makes him more vulnerable to threats. It is therefore important to accustom the body to performing at expected levels and to regulate body temperature while in the loaded attire. Specific training with the required loads and tasks is necessary.

Combat Circuits serve two main functions: Training and Diagnostic. As a training tool, it conditions the body to move and perform combat tasks in an operational setting. As a diagnostic tool, it may be used by unit commanders to assess the readiness of their soldiers, as well as to identify

weaknesses and prescribe remedies. Hence, Combat Circuits ought to be tailored to each unit's unique operational demands and may be tweaked to represent conventional or urban operations.

Combat Circuits are designed to condition soldiers to performing combat tasks with the expected load, attire and equipment, and thereby accustom them to handling their operational demands. This includes adaptations to heat strain as well as the added load and equipment which may hamper typical movement patterns.



Soldiers simulating casualty evacuating each other as in combat situations



Short sprints while carrying a stretcher with two full field packs on it for conditioning soldiers to expected load, attire and equipment



# BOOK OUT – MAKAN: Stagmont Camp

WRITTEN & PHOTOGRAPHY | CPL AMOS POH

Having a great meal can spice things up for your nights-out. You will certainly look for the cream of the crop with the limited time that you have. In this issue's Book Out Makan, we recommend some heavenly food around Stagmont Camp.



Kway Chap - Price : \$4.30(Serves 1) / \$17(Serves 4)

**Cai Shu Kway Chap**  
**Blk 145 Teck Whye Avenue**  
Opening Hours: 7.15am-2pm, 6pm-9pm

Cai Shu is one of the best Kway Chap in Singapore. Many online reviews have left them with excellent feedback. Cai Shu has more than 30 years of experience and offers you Kway Chap with traditional herbal broth. Their Kway Chap is served in generous portions with many ingredients. If you are not a big fan of pork intestine, remember to request a swap in ingredients.



Claypot Bak Kut Teh -Price: \$6

**Kam Par Claypot**  
**Blk 143 Teck Whye Lane**  
Opening Hours: 8:30am – 9:30pm

Big fan of pork and you crave for more? Kam Par Claypot offers you Claypot Bak Kut Teh and Claypot rice. Their Bak Kut Teh is prepared according to the Malaysian Hokkien Recipe. The Bak Kut Teh is served in a traditional claypot with a darker and herbal soup base. Rushing for time? Worry not. You can call and order in advance. If you ordered a serving for 2 or more, be sure to ask for more soup. It is free-of-charge!



Sirlion Steak - \$12.90

**Tenderbest Western Food**  
**Blk 143 Teck Whye Lane**  
Opening Hours: 11am – 11pm

Fret not our Muslim friends, for we have not forgotten about you. Tenderbest serves a large variety of western food and is Halal certified. You can enjoy top notch western food at an affordable price. Their chicken chops and steaks are bathed with thick and aromatic pepper sauces. Each entrée is served with fries, coleslaw and a perfectly cooked egg. Still hungry? You can add extra fries for just \$0.50. If you still have stomach for more, do try their crispy fried wings. You might get addicted to it.

## IN CASE YOU MISSED OUT...



**The Singapore Army**  
6 Aug 2016



4K Likes 115 Comments 1.4K Shares  
281k Total Reach



**The Singapore Army**  
2 Sep 2016

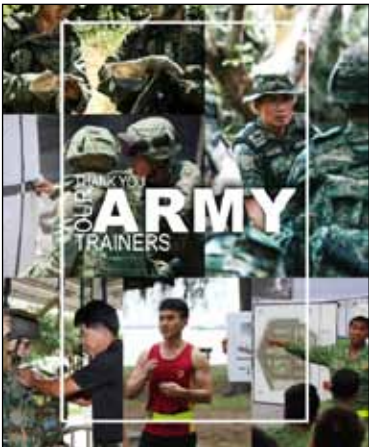


1K Likes 35 Comments 776 Shares  
358K Total Reach

Instagram



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♥ 746 likes  
**oursingaporearmy**

Today, on Teachers' Day, we want to show appreciation to our Army Trainers for their dedication and patience. Thank you for imparting to our Soldiers the values, knowledge and skills required for them to be competent, ready and strong. Thank you, Trainers!  
#SoldierStrong  
#ReadyDecisiveRespected

Ever wondered what happens when our Explosive Ordnance Disposal personnel from the 36th Battalion, Singapore Combat Engineers are activated to dispose a war relic? Here's an exclusive behind-the-scenes look at the recent disposal of a 227 kg aerial bomb at Pulau Senang!

We salute our Soldiers for keeping us safe!  
#SoldierStrong  
#ReadyDecisiveRespected  
Republic of Singapore Navy  
Video By: LCP Wong Jin Cheng (Army News)