Training Excellence
Exercise Tiger Balm

The Men Behind The Scenes
NDP 2016

Dedication To Serve
Strong Hearts of our C2D Ambassadors
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.
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!

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!”

“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

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!
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 has inspired all around him to be better, 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!

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.

“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

“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

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

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

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

Chief of Army, MG Melvyn Ong and Chief of Defence Force, MG Perry Lim

CWO Ng Siak Ping

CWO Teo See Keong
**What makes a Strong Soldier**

**Army Half Marathon 2016**

S AfrA 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 reinvigorating 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”.

**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.

**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.”

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

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

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

**Runners in high spirits as they start their run**

**Runners in high spirits as they start their run**

**Photography | CPL LIM HAN CONG, CPL (NS) LIM WEI JIAN, LCP ANDREW TEO, LCP WONG JIN CHENG, PHOTO COURTESY OF SAFRA AND JUSTRUNLAH.COM**
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."

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!"

"Old Soldiers Run Marathons Too".

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."
Discovering My Sense of Purpose

F resh 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 my 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 met spoke of their jobs with such passion and enthusiasm, convincing me even more that a career with MINDEF would be meaningful. And that was when I discovered my sense of purpose.

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

SAF Schools Partnership Programme

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.

“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 Heng 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.”

SSPP

Others Before Self

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.

“1FA, homat, kehar-baris, SIR, SEE,” 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

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 weapons 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.

Students trying out the Metex mine detector

A student trying out the Ultimate 100

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30SCE @ NYJC

A student engaging the students

Our soldier engaging the students

Glad to volunteer at the Blood Donation Drive

30SCE @ NYJC

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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 Heng 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 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 Liew 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.

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.

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’m 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 Chye Hau’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. Anticipating the difficulties of her long walk 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 to 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.”

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.”

Stage Management

We spoke to 2SG Veknesh S/O Rajasekaran, a HQ Platoon Sergeant from Falcon Company, 41 SAF, 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.”
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”.

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.
Dedication to Serve

Strong Hearts of our C2D Ambassadors

Julius Caesar once said that “experience is the teacher of all things”. Indeed, it is hard to truly understand something without experiencing it. As we serve 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 (MRNVR). After he left MRNVR, 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 knew 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 men 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 Palau 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 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.

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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

To recognize 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. It got me 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.”

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 these 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 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!

288th BATTALION, SINGAPORE ARTILLERY

735th BATTALION, SINGAPORE GUARDS

324th BATTALION, SINGAPORE COMBAT ENGINEERS

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

9th SIGNAL BATTALION

485th BATTALION, SINGAPORE ARMOUR REGIMENT

3rd COMBAT SUPPORT HOSPITAL

BEST NS ARTILLERY UNIT

BEST NS COMBAT ENGINEERS UNIT

BEST NS GUARDS UNIT

BEST NS INFANTRY UNIT

BEST NS SIGNS UNIT

BEST NS ARMOUR UNIT

BEST NS COMBAT SERVICE SUPPORT UNIT
The Camp
Long Forgotten.

Beach Road Camp

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.”

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 knitted 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.
ARSENAL

FN MAG

Mitrailleuse d’Appui Général
General Purpose Machine Gun

Specifications

- Cartridge: 7.62x51mm NATO
- Weight: 11.79kg (Empty)
- Length: 1263mm
- Maximum firing range: 1800m from tripod
- Effective range: 800m
- Muzzle velocity: 840m/s
- Operating principle: Gas operated, open bolt
- Maximum firing range: 1800m from tripod
- Length: 1263mm
- Weight: 11.79kg (Empty)
- Cartridge: 7.62x51mm NATO

DID YOU KNOW?

1. The FN MAG first entered service in 1958, and has remained in widespread use for 50 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.

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.

Check out the video on our Facebook Page @THE SINGAPORE ARMY

Giving back to National Service

CPT (Dr) (NS) Jason Lee

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 defense 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 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 acclimation 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, HD 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. While rice is our heritage, our identity and our staple and it has been maligned as an unhealth food.

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 hawkers 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 year 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 cooked vegetables. In the coming months selected Army camps will be serving a mix of white and cooked vegetables. 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 mean for our soldiers in training? Firstly, soldiers will be less likely to overeat as brown rice tends to feel heavier on the stomachs. 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 for healthy staples has spilled over into food-courts and hawkers centres as well as into home and workplaces.

Promoting Healthy Diets in SAF

Common Concerns

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.

Conclusion

Promoting healthy diets in SAF already begun to offer brown rice, albeit charging additional 20 to 50 cents per portion. Some food courts and hawkers centres have in fact already begun to offer brown rice, albeit charging additional 20 to 50 cents per portion.

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Combat Circuit Training

 Pursuing the fitness components and movements 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 service man’s 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 acclimatise 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.

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IN CASE YOU MISSED OUT...

The Singapore Army
6 Aug 2016

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.

#SoldierStrong
#ReadyDecisiveRespected

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

The Singapore Army
2 Sep 2016

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)

BOOK OUT – MAKAN:
Stagmont Camp

Cai Shu Kway Chap
Blk 145 Teck Whye Avenue
Opening Hours: 8.15am-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.

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

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!

Claypot Bak Kut Teh - Price: $6

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

Don’t worry 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 entree 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.

Siônion Steak - $12.00

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

Claypot Bak Kut Teh - Price: $6

Siônion Steak - $12.00

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)

Claypot Bak Kut Teh - Price: $6

Siônion Steak - $12.00