



Army Regulars Studying in RP
Help to Boost Students' Fitness **2**



Recognising our
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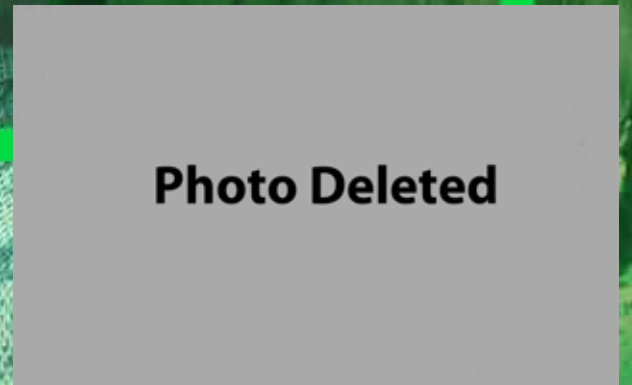


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AOH@Our City **11**



Army Regulars Studying in RP Help to Boost Students' Fitness

Story by Glen Choo/ Photography by Vishnu Prem

Preparing for National Service (NS) is no easy feat for pre-enlistees. Many go through great lengths to attain at least a silver for their National Physical Fitness Award (NAPFA) test, which grants them exemption from the Physical Training Phase (PTP) prior to Basic Military Training (BMT). Without proper guidance however, some will fail to achieve the minimal standard. Pre-enlistees may also be mentally unprepared for the rigours of BMT.

Thanks to an initiative by a group of dedicated warrant officers and specialists (WOSpecs) currently studying at Republic Polytechnic (RP) under the Continuous Learning Academic Study Scheme (CLASS), help is at hand for their fellow RP students.

One key driver behind the initiative, 2WO Low Yeong Kuan, a third-year Diploma in Outdoor and Adventure Learning (DOAL) student, shared, "As the Student Networking 2IC, I was tasked with engaging those who have signed up under the Joint Polytechnic-SAF Diploma Scheme (JPSDS), currently studying in RP and have not yet enlisted. We wanted to make their subsequent transition to the Army a smooth one. MSG Rony Lim, who is also studying at RP, brainstormed with me and we decided that sports and exercises would be the best way to bond everyone. We also roped in 3WO Andy Chua, a fitness specialist, to craft the training programmes."

Although it was initially intended for RP students under the JPSDS, the value of the initiative did not go unnoticed by the staff at RP.

Mr Kevin Tan, Senior Executive, Office of Student and Graduate Affairs, revealed, "We found out about the training being conducted by these Army regulars for the JPSDS students. After getting to know more about their training programme, we thought it would be a good idea to extend it to the rest of the student population."

Ever since the programme was opened to the student population in August last year, approximately 50 students have signed up.

These students are trained by 11 Army regulars who serve as 'mentor coaches'. The students are not the only ones to benefit though. 2WO Low, explained, "The programme also helps us to maintain our physical fitness so that we are ready when we return to our units for training."

Much thought has been put into making the exercises beneficial for everyone. 3WO Chua, a second-year Diploma in Sports and Exercise Sciences student, elaborated, "We start with a generic programme and we adjust from there. For example, those who can keep up will perform at the same intensity, those who are weaker will train at a lower intensity." The exercises also teach students useful techniques that are applicable to NS and beyond. "We taught them how to properly warm-up and cool-down as performed in the Army, and proper gym techniques. They also learn about interval training and how they can use it to improve their running times," explained 3WO Chua.



MSG Lim spotting Clement for a bench press



(from left) Clement, MSG Lim and 2WO Low running on the RP track

The programme does not only help the students to become physically fitter; it also enables them to network and make new friends. MSG Lim, a third-year DOAL student, shared, "Besides training together, we also tell the students what to expect in their studies and share notes so that we can all improve academically."

Clement Tan, a third-year DOAL student under JPSDS who participated in the programme agreed, "I have learned quite a lot from the programme, for example, the importance of having balance in our training because we need to have all-round fitness in order to do well for IPPT. Apart from that, I have also benefited a lot from the mentoring programme and am quite impressed by the mentors." Jaden Toh, a second-year DOAL student also under JPSDS, is thankful for the guidance and mentoring provided by the programme. She shared, "After signing up with the SAF, I still had questions and didn't know who to approach for answers. But with this platform, I can clear my doubts easily. This is especially important for me as a female about to embark on a career in the military."

Does it work?
"Students have shared with us that training with these Army regulars has not only improved their physical fitness, but also provided opportunities to get their NS-related queries answered by people who have first-hand knowledge. This is a big advantage over the pre-existing physical fitness programmes."

Mr Kevin Tan
Senior Executive
Office of Student and Graduate Affairs



(from left to right) MSG Lim, Jaden, Clement, 3WO Chua and 2WO Low performing lunges as a group in the RP gym



3WO Chua guiding Jaden in executing the shoulder press

JPSDS

The Joint Polytechnic-SAF Diploma Scheme (JPSDS) offers full sponsorship for studies at local MINDEF-approved polytechnics. It provides regulars with financial independence during their studies and a stable, rewarding and challenging career upon completion of their studies.

CLASS

First introduced in 2001, the Continuous Learning Academic Study Scheme (CLASS) was extended in 2007 to allow deserving WOSpecs to pursue degree-level courses on a full-time or part-time basis. It was further revised in 2009 to allow shortlisted specialists who showed potential to become warrant officers to pursue an undergraduate programme as early as the end of their second year of service, instead of the sixth year of service previously.

ACCORD Visits HQ SA

Story by Shawn Tay / Photography by Matthew Tan



2SG Kristen Ng, Launcher Commander from 23 SA, briefing the visitors on the HIMARS

On 21 March, members of the Advisory Council on Community Relations in Defence (ACCORD) visited Headquarters Singapore Artillery (HQ SA) in Khatib Camp, in an event hosted by Minister of State for Defence and Education, Mr Lawrence Wong. ACCORD is a MINDEF council that focuses on strengthening broad-based support for defence and National Service. This visit gave the members insights into how the Artillery formation has remained a relevant force that is capable of meeting today's operational challenges.

During the visit, the members witnessed a demonstration of the Artillery Detachment Trainer (ADT), a simulator that

replicates the design of the Field Howitzer (FH) 2000 gun system. With its ability to simulate the sound and recoil of an actual firing, the ADT enables our soldiers to perfect their firing drills without going through a live-firing. The visitors later viewed a static display of various Artillery platforms, including the recently commissioned High Mobility Artillery Rocket System (HIMARS).

Mr Wong was very impressed by the the Full-time National Servicemen (NSFs) demonstrating the capabilities of their hardware.

"They are very professional and competent. From the way they presented I can tell that they are very knowledgeable and committed," he said.

As part of the visit, the members attended the third council meeting chaired by Mr Wong. They were updated on the continuing efforts by the SAF to transform itself into a 3rd Generation fighting force. They also shared various ideas on strengthening public and community support for defence.

ACCORD member, Mr Carl Skadian, News Editor of the Straits Times, found the visit very informative. "It gives us a chance to view the SAF's capabilities up close. When we



Mr Desmond Hill, Deputy General Manager of Penta-Ocean Construction Co Ltd, was able to experience the ADT after the demonstration



An active grassroots leader for over 20 years, Madam Teo enjoys sharing the defence knowledge she has gained as an ACCORD member with the residents at community events

read about the competency of the Army, it just provides a small picture of the SAF's capabilities. But seeing it today helps complete the picture," he said. Another member, Madam Teo Lin Lee, Director of Meishin International Pte Ltd, agreed, "Seeing it for the first time, it's really an eye opener especially from a woman's point of view. It reinforced my belief and confidence that our defence remains capable and ready."

GPC-DFA, ACCORD Visit BMTC

Story by Shawn Tay Kai Ren / Photography by Vishnu Prem



(From left) COL Simon Lim (Commander BMTC), Dr Maliki, Dr Lim and Colonel Chia Choon Hoang (Commander 9th Singapore Division/Chief Infantry Officer) arriving at Pulau Tekong

On 15 March, members of the Government Parliamentary Committee for Defence and Foreign Affairs (GPC-DFA), its Resource Panel, and the Advisory Council on Community Relations in Defence (ACCORD) visited Headquarters Basic Military Training Centre (HQ BMTC) in Pulau Tekong. The visit was hosted by Dr Mohamad Maliki bin Osman, Senior Parliamentary Secretary for Defence and National Development.

At the BMTC, the visitors learnt about the various experiences encountered by the recruits upon their enlistment. They also found out more on how HQ BMTC has developed over the years.

"We've come a long way. I'm very impressed by what I've seen today in terms of hardware, software and with regards to the heart matter issues," said Dr Lim Wee Kiak, Chairperson of GPC-DFA.

At BMTC School 2, the visitors saw how the recruits lived and trained and also learnt more about some of the personal equipment issued to them that would accompany them through their NS journey.



2LT Christopher Ignatious Barley, an Assistant Training Officer from BMTC briefing the visitors

At the Battle Inoculation Course (BIC), the visitors learnt how it simulates conventional and urban battle environments under realistic battlefield conditions to test and push the recruits individual field craft and self-confidence to the limits. Dr Maliki commended the recruits for their good performance and encouraged them to share their views on improving the training for future enlistees. An impressed Dr Lim said, "Training facilities and infrastructure have improved, which injects more realism into the training."

The visitors also witnessed the conduct of the Situational Test (SITEST) which assesses recruits' potential to lead under demanding physical and mental conditions.

"There's a big change in the way BMT is conducted. There is a good balance of hardware and software with good policies in place to make sure that recruits have a positive experience," said Mr Benny Pua, a member of the GPC-DFA Resource Panel.



The visitors witnessing recruits under going the BIC (photo courtesy of Pioneer)



Dr Lim (right) encouraging the recruits to use the opportunity provided by the SITEST to learn more about themselves

"Today's generation is different and I think the SAF has taken a lot of effort to improve its training methods. That is the biggest change I have seen, I am very impressed and I think the SAF will continue to do well."

Mr Benny Pua

COA's Introductory Visit to Australia

Story and photography contributed by COA Office



COA inspecting the Guard of Honour

Chief of Army (COA), MG Ravinder Singh, made an introductory visit to Australia from 21 to 24 February, at the invitation of Chief of Army, Australian Defence Force, LTGEN David Morrison. Accompanying COA on the visit was COL Terry Siow, Commander (Personnel Command) PERSCOM, SLTC Alfred Fox, Commander 8th Singapore Armoured Brigade and SWO Tang Peck Oon, Sergeant Major of the Army.

In Canberra, COA visited the Australian Army Headquarters, during which he was warmly received with a Guard of Honour. There, he held discussions with the Australian Chief of Defence Force, GEN David Hurley, and LTGEN Morrison. They

shared their views on the regional strategic outlook, force transformation plans, and potential areas to enhance defence cooperation. COA later visited the ADF Joint Operations Command and Special Operations Command in Canberra, as well as the Australian Army's Forces Command in Sydney. He also laid a wreath to fallen soldiers at the Australian War Memorial in Canberra.

The visit highlighted the close ties between the Singapore and Australian armies.



COA posing for a photo with GEN David Hurley



COA presenting a memento to LTGEN David Morrison

CDF Visits PERSCOM and 428 SAR

Story and Photography by Wee Hong Shin



CDF interacting with CMPB staff



COL Terry Siow presenting CDF a memento of his visit



CDF (foreground) sharing some light moments with the men of 428 SAR

On 2 March, Chief of Defence Force (CDF), LG Neo Kian Hong, visited the Central Manpower Base (CMPB) in Depot Road.

On arrival, CDF was briefed on the development of CMPB by Commander PERSCOM, COL Terry Siow. He later toured the premises, including the Medical Classification Centre, the Human Resource Service Centre (HRSC), and the National Servicemen Services Centre (NSSC). During his engagement session with PERSCOM and CMPB staff, CDF acknowledged their achievement in modernising their work processes and described their progress as an "incredible journey". He said, "On behalf of MINDEF and the SAF, I would like to extend my appreciation for the work you all do here."

At the end of his visit, CDF presented the CDF Commander's Coin to MAJ Quek Meng Cher (Human Resource Institute), Ms Wee Soo Chin (Human Resource Systems), CFC Jeremy Lin (NSSC) and CPL Joseph Leong (HRSC). The CDF Commander's Coin is awarded to about 20 personnel annually in recognition of their exceptional efforts in their area of work.

On 6 March, CDF also visited NSmen from the 428th Singapore Armoured Regiment (428 SAR) who were in the midst of their in-camp training. Hosted by BG Yeo See Peng, Commander 6th Singapore Division, the visit included a stopover at the command post where CDF was briefed on the unit's status and mission. Later at the deployment grounds, CDF interacted with the NSmen. He thanked them for their efforts in making the in-camp training productive and stressed the importance of NS to the development of the SAF and the defence of Singapore.

NSmen Trained for New Challenges

Story and Photography by Wee Hong Shin



CPT (NS) Kenneth Lim, OC Bravo, giving a briefing

Our NSmen are well-trained and equipped for the challenges in today's complex battlefield. While fighting skills are critical in winning a battle, it is also important that our soldiers are able to deal with situations involving innocent civilians affected by military operations in the battlefield. To this end, our Army has increasingly provided our soldiers with knowledge in the Law of Armed Conflict, appropriate rules of engagement and other skills to mitigate the effects of operations on innocent civilians.

This emphasis was demonstrated during an NS battalion's recent In-Camp Training (ICT), during which scenario training in the management of civilians was conducted at the Murai Urban Training Facility. The scenario involved civilian elements which a typical NS Infantry battalion may encounter in today's urban battlefield.

To raise training realism, NSmen role played the civilians so that another company can practise dealing with them. This provided the opportunities to simulate various scenarios such as when the civilian casualties requested for



COA presenting the COA coin to LCP (NS) Jim Lim for his exemplary performance and commitment despite his injury

aid. Through the role play, the NSmen were able to better understand the situation from a civilian perspective and the impact of military actions on them.

On 15 March, Chief of Army (COA), MG Ravinder Singh, visited the unit, during which he emphasised that while our Army equips and trains our men well to accomplish their missions, we must be mindful about innocent civilians who may be caught in the middle of a conflict. In his address to the NSmen, COA explained that it was important for commanders and soldiers to be adaptive and learn to deal with the challenges presented by civilians so as to avert a humanitarian crisis. COA surmised that a well-equipped and



COA highlighting the importance of acquiring the necessary skills for dealing with innocent civilians caught in a conflict

New Chief for Guards Formation

Story by Glen Choo / Photography by Wee Hong Shin



COL Yau (left) handing the Command Symbol to COL Tan

At a Change of Command (COC) parade held at the Bedok Camp's Victory Square on 16 March, the Guards formation bade farewell to COL Nelson Yau, the outgoing Chief Guards Officer (CGO), and welcomed COL Desmond Tan as their new chief. The parade was witnessed by Chief of Army (COA), MG Ravinder Singh and other senior SAF commanders.

During the dignified parade witnessed by servicemen from the Guards family, COL Yau handed over his Command Symbol to COL Tan. COA later presented the Command Plaque to COL Yau and Letter of Appointment to COL Tan. COL Tan then proceeded to take the Assumption of Command Oath and led the formation in reciting the Guards Creed, inaugurating him as CGO. The parade concluded with COL Tan and COL Yau jointly reviewing the parade march past and the mobile column drive past.

In his farewell address, COL Yau highlighted the recent Guards' achievements and thanked the many people who helped shape his career. He shared, "I have been blessed with people around me who inspired and shaped me into what I am today. These are people whom I care a lot for and it is an honour and joy to have been part of their team in this journey."

COL Yau will be retiring from the SAF. During his career, COL Yau had held various command and staff appointments. When he was Commanding Officer (CO) 1st Battalion, Singapore Guards, the unit won both the Best Combat and Best Infantry Unit awards in 2003. His other major appointments included Commander 7th Singapore Infantry Brigade and Head National Service Affairs Department (NSAD).

Prior to his CGO appointment, COL Tan was Director, MINDEF Public Affairs. He has also held numerous command and staff appointments in the Army. Under his command, 1st Battalion, Singapore Infantry Regiment captured the Best Infantry Unit award in 2005. Prior to his deployment to Afghanistan in 2010 as the first National Contingent Commander, he also served as Commander 3rd Singapore Infantry Brigade.

To show their respect and appreciation for their outgoing CGO, the Guards family had a surprise programme for COL Yau. NSmen from the 702nd Battlion, Singapore Guards, who had served their full-time NS in 1 GDS when COL Yau was their CO, had prepared a special segment solely for him. The contingent performed their drills sharply and with great spirit, clearly showing their affection for COL Yau. The contingent concluded its performance by executing the advance in review order, the highest honour a parade can bestow. COL Yau applauded their efforts, visibly moved by their performance.



COL Tan (centre) taking the Assumption of Command Oath, witnessed by COA



The 702 GDS contingent bidding farewell to their former CO, COL Yau

Cover Story

Our Army

Ready, Decisive, Respected

On 28 March, Chief of Army (COA), MG Ravinder Singh delivered the Army Workplan Speech in the MINDEF Auditorium. In his speech, he shared on how Our Army developed our new vision (**Ready, Decisive, Respected**) and shared the key thrusts that Our Army will take in the year ahead. He also shared some inspirational stories (highlighted in green boxes) of our People doing our Army proud.

A New Vision



Urban operations will become a mainstay of our Army's land operations

At last year's Planning Seminar, the Army Leadership came together to take stock of our achievements in the first spiral and chart the way forward for the second spiral. The Leadership agreed on the need to focus even more on our people while we continue to build a more ready and capable Army. As part of the process in developing a new vision for the Army, we engaged our active and NS soldiers and commanders, identified the key elements that resonated very strongly across the Army, and finally crystallised the new Army vision:

Our Army – Ready, Decisive, Respected.

Our Army is to be Ready in Peace, Decisive in War, Respected by All

Our Army is the bedrock of our nation's defence. We draw our strength from our Regulars, NSFs and Operationally Ready NSmen. We thrive on the support of our Families, Employers and fellow Singaporeans.

Ready in peace, we are capable of a full spectrum of operations

Our Army is to be ready and capable of conducting a spectrum of operations from Humanitarian Assistance & Disaster Relief (HADR) to peacetime contingencies, both local and overseas, to defend the security interests and sovereignty of Singapore.

Decisive in war, we will fight and win to defend our country

Our Army's mission is to deter aggression, and should deterrence fail, to secure a swift and decisive victory. We will continue to build warfighting capabilities to give our Army the decisive edge.

Respected by all, our Army is a trusted national institution. We forge the fighting spirit of our people to secure our future and protect our way of life.

“The Army delivers its mission through the commitment and dedication of each and every soldier and the support of every Singaporean. The “Will to Fight” is the spirit that embodies this. We have chosen RESPECT as the term that best embodies our belief in our soldiers and the support of Singaporeans. This starts off with each one of us respecting ourselves as soldiers, respecting our peers as soldiers and finally earning the respect of all Singaporeans, our military partners and our potential adversaries. It is important that we continue to ensure that the Army remains a respected and trusted national institution.”

MG Ravinder Singh
Chief of Army

The Year Ahead

Operationalising Our Vision

Ready

This year will mark the 6th year that our Army is participating in NATO-led reconstruction efforts in Afghanistan. Our Army's deployment to Afghanistan will continue, including the Imagery Analysis Teams and the Military Institutional Trainers, who support artillery training for the Afghan National Army. Besides continuing to support the various International Security Assistance Force (ISAF) Command Headquarters in Kabul and Kandahar, our Army had for the first time dispatched a Counter Improvised Explosive Devices (IED) Training Team to partner the Australian Defence Force (ADF) in training the Afghan National Army.

Within Singapore, our Army's commitment to Homeland Security Operations and other high-profile international and national events like the Shangri-la Dialogue, F1 Singapore Grand Prix and National Day Parade, will continue.

Flying our Flag High

During their deployment to Afghanistan last year, our Imagery Analysis Team (IAT) proved their mettle when they were activated to support the quick reaction force from the ADF and Afghan National Army, during a major insurgent attack on the town of Tarin Kowt in Uruzgan. Under immense pressure of time, ME3 Ramesh and his team accurately and correctly identified a group of people on the top of a building as friendly. This identification prevented civilian casualties as Apache Attack Helicopters

hovering overhead were ready to open fire if the targets were positively identified as hostile.

Our medical team also distinguished themselves in the same incident, working tirelessly to treat 35 casualties from the attack. As a result of their professionalism and proficiency, they gained the trust and respect of the US medical team, who then entrusted them to treat American casualties as well. It was a proud day for our country when the Singapore flag was flown for a day at the US hospital towards the end of the team's mission in recognition of our contribution. The ADF accorded us the same honour by flying the Singapore flag on 9 August, Singapore's National Day.



ME3 Ramesh (third from right) and the members of the IAT team

Decisive

Training

Our soldiers want to participate actively in their operational roles, take ownership of their mission and make meaningful contributions to national defence. Our citizens accept military service. They want fulfilment when they don their uniforms

and are called upon for duty, such that they see the purpose of their service and are proud of their contributions to Singapore's defence.

In peacetime, training is our primary focus. Our training must not only be efficient and effective, but also engaging. When soldiers are engaged, they train willingly.

To achieve this engagement, three important thrusts are caring for soldiers, effective training systems and leadership.

a. Taking care of our soldiers during training. Besides ensuring their safety and welfare, we have to ensure they understand the purpose of training.

b. Introducing challenging and realistic training systems, and providing feedback to allow our soldiers and units to attain higher proficiencies.

c. Coach, motivate and inspire. All leaders must make training meaningful, purposeful and engaging.



A positive NS experience motivates our NSFs to give their best

To enhance our training facilities, advanced targetry systems will be constructed in live-firing areas. Murai Urban Training Facility (MUTF) will also be enhanced to sharpen soldiers' skills through live-firing. Going ahead, the Army will also introduce better designed battle circuits to transform our local training land. Increasingly, recruits also will train with Tactical Engagement System (TES) to start them off with correct tactical behaviours and instincts.



Realistic and effective training for the various platforms such as the Leopard Main Battle Tank will enable the Army to fully harness their capabilities

Commitment Makes the Difference

The achievement of 732nd Battalion, Singapore Infantry Regiment during their Army Training Evaluation Centre exercise was shared by COA to reinforce his points on training. It was found that the unit had achieved significantly higher kill rates than others because the unit had taken the initiative to zero their TES sets at MUTF to better understand the capabilities of their TES-enabled weapons. Because of their commitment and determination, the unit scored a high REDCON 2A, and this further boosted their confidence and morale.

Decisive

Capability Development

The Army will continue to strengthen our urban fighting capability as we work towards operationalising more motorised forces in the near future. New protected vehicles with improved fire power and enhanced protection for operations in urban environment will be introduced.

To explore innovative solutions for overcoming the complexity and challenges in urban operations, the Army Urban Operations Challenge will be organised this year with the intent to draw out new ideas and concepts. Participating units will be given free play to configure their fighting forces to achieve mission success and derive new concepts for the Army.



Our Army will remain vigilant always to protect Singapore

Our island defence forces will increase their use of technology to enhance security and optimise manpower. Camp security will be strengthened with intelligent video surveillance and detection, and comprehensive access control systems. Camps will also be networked with Island Defence HQ to enable real-time awareness and integrated incident response and management. The Army will also leverage on the capabilities of the entire SAF through networking with the Air Force and Navy to give us a comprehensive security picture.

Respected

Being Ready and Decisive does not automatically mean that our Army will be Respected. To earn that respect, our Army will need to focus on three areas:

Strengthening Ground Leadership



As CO Military Police Training School, SWO Amar Singh underscores the Army's effort to give warrant officers greater roles and responsibilities

Our Army has emphasised the Officer-WOSpec partnership over the past year. This is key in ensuring we have strong leaders on the ground. For example, warrant officers have assumed the role of Commanding Officer and other key appointments in training schools. This enables our Army to harness their expertise and experiences to better train our soldiers in vocational skills.

To better equip our ground leaders, we have also enhanced systematic training, education and grooming, introducing Leadership and Organisation Development training to key commanders in Training Institutes and the well-received Army Warrant Officer Leadership Development Programme.



As exemplified by the Terrex's capabilities, the Army will continue to improve its fire power and protection for operations in an urban environment



"Wearing green means the camaraderie and leadership that bonds each and every one of us. This is a positive culture that describes what wearing green is all about."

Respect and Be Respected

To illustrate the importance of ground leadership, COA shared the story of how PTE Fwah Bing Guang overcame his initial disappointment over his failure to qualify for command school after BMT. During his Advance Infantry Training phase, his Section Commander, 3SG Ang Kah Poh, encouraged him to win the Best Soldier Award for a second shot at command school. Through 3SG Ang's continuous motivation and inspiration, PTE Fwah eventually won the award and was admitted to the Specialist Cadet Course. A grateful PTE Fwah said, "I want to be a commander too, to make sure that my men are in good hands, just as I was in 3SG Ang's." A classic example of what it means to Respect your soldiers and be Respected by your soldiers.

Anchoring Commitment to Defence and Support for National Service

Our Army must be cognisant that today's younger generation want to be more involved and have a hand in shaping their future. In this respect, our Army has been strengthening deployment and unit cohesion of our NSFs.

The Army-initiated SAF-School Partnership Programme (SSPP) has been an important touchpoint both for students and teachers involved as well as our soldiers and commanders on the importance of defence.

This year, we will commemorate 45 years of NS with the theme "Celebrating 45 years of National Service: From Fathers to Sons". We have enlisted 900,000 NSmen over the past 45 years. Today, the majority of our NSFs have fathers who have themselves served NS. We have lined up a series of celebrations throughout the year (see page 11 & 12 for details).



Students are our future soldiers and leaders

Commitment to Serve

LCP (NS) Jim Lim Chee Kian had missed his first two In-camp Trainings (ICTs) due to severe injuries sustained from a traffic accident. But he was determined not to miss his third ICT despite not having fully recovered. Prior to his recent ICT, he requested to report one day earlier, as he was limited in his ability to carry heavy objects, so that he could bring in all his belongings and equipment without burdening his platoon mates. After the unit had reviewed his medical status and cleared him for ICT, he participated actively in most activities under the close supervision of his immediate commanders and excelled in his vocation skills test.

On a visit to LCP (NS) Lim's unit, COA advised him to be mindful of taking good care of himself first, so that he could continue to serve further in the future. His reply to COA was "Everyday I am paid \$16, this money belongs to Singaporeans and their families. I must do my best in every In-Camp Training!" His Commanding Officer, LTC Psalm Lew, said, "It is because of people like LCP (NS) Jim Lim that I chose to serve. They are worth my every effort."

Our Culture and Engagement

COA asked, "What does it mean to wear green?" He explained, "Wearing green means we hold ourselves to high standards and professional values. It also means operational readiness and combat decisiveness. More importantly, green means the camaraderie and leadership that bonds each and every one of us. This is a positive culture that describes what wearing green is all about."

The Army has done particularly well in the areas of Leadership, Engagement and Army Culture. Most servicemen find their work meaningful and are aligned with the Army and their units. COA said, "This is a positive environment that we need to continue to shape and sustain. This positive outcome is the result of the strong leadership across the Army. We must continue to build on this to sustain the Army."

Everyone Counts

Our Army has a clear vision ahead. COA exhorted all servicemen, "Now it's up to each and every one of us, wherever we are in the Army, Active or NS, to strive, to live, to realise this vision. Everyone of us has an important part to play, because after all, it is Our Army."

Commander RBLF Visits Singapore

Story and photography contributed by G2 Army



BG Dato Seri Pahlawan Haji Yusof bin Haji Abd Rahman, Commander Royal Brunei Land Forces (Comd RBLF), accompanied by his spouse, Datin Hajah Masnunah binti Haji Ibrahim, visited Singapore from 5 to 6 March. During the visit to MINDEF on 6 March, he made courtesy calls on the Minister for Defence, Dr Ng Eng Hen, Chief of Defence Force, LG Neo Kian Hong and Chief of Army, MG Ravinder Singh. On the same day, BG Dato Haji Yusof was also conferred the Meritorious Service Medal (Military) [MSM(M)].

BG Dato Haji Yusof has served as Comd RBLF since November 2009. The MSM(M) award not only symbolises the close ties between the armies of both countries but also expresses the SAF's appreciation to BG Dato Haji Yusof for his personal efforts in enhancing the excellent bilateral defence relations between the two forces.



In the afternoon, BG Dato Haji Yusof visited the Mural Urban Training Facility (MUTF) where he was hosted by Commander TRADOC, BG Lim Hock Yu (right).

MSM(M) Conferred on KASAD TNI-AD

Story and photography contributed by G2 Army

GEN Pramono Edhie Wibowo, KASAD TNI-AD visited Singapore from 11 to 12 March. On 12 March, GEN Pramono made courtesy calls on Minister for Defence, Dr Ng Eng Hen, Chief of Defence Force, LG Neo Kian Hong, and Chief of Army, MG Ravinder Singh. He was later conferred the Meritorious Service Medal (Military) [MSM(M)] in recognition of his contributions to strengthening bilateral defence relations between the two forces.

During his visit, GEN Pramono was accompanied by his spouse, Ibu Kiki Gayatri and MG Eko Wiratmoko, ASPAM KASAD (Assistant to Army Chief-of-Staff for Security).



GEN Pramono being conferred the MSM(M) by Dr Ng



GEN Pramono (second from left) and COA posing for a group photo with their spouses

APSN Visits AFC

Story by Bjorn Teo / Photography by Wee Hong Shin



On 1 March, the Army Fitness Centre (AFC) welcomed 105 visitors from the Association for Persons with Special Needs (APSN) to its Pasir Laba Camp (PLC) premises. APSN runs four schools and a training centre that provides mildly intellectually disabled students and clients with education, training, and support services. The visit was organised in response to the expressed desire

of several APSN members for an opportunity to learn more about life in the Army.

The visitors' first stop in their tour was the Standard Obstacle Course (SOC) grounds. AFC trainers gave a demonstration on the various stations, impressing the visitors with their physical fitness and agility. The visitors were then brought to the Multi-Purpose Hall (MPH) where several booths to showcase various equipment and essential items used in the SAF were set up. These included the SAR 21, Integrated Body Armour (IBA), combat rations, face camouflage cream, and the medicine ball, a commonly used item in AFC. These displays and other activities such as rock climbing in the MPH provided hands-on experiences for the visitors and enabled the AFC personnel to meaningfully engage the visitors.

The AFC trainers later put on a spectacular close-combat display, showing off various mixed martial arts disciplines, such as Muay Thai, Brazilian JiuJitsu and Judo.

Kenny Lam, a visitor, was impressed with the SAF combat rations. He said, "I did not expect the food to taste this good." Another visitor, Ong Jian Ming, added, "I didn't know there are so many types of rations for the soldiers!"

Despite the visit's brief duration, many were thrilled by the opportunity to have an insight into the Army. Chua Chin Lee said, "If I have the chance to join the Army, I would join the AFC. My goal is to keep fit and maintain a strong body, just like the AFC guys."

It was also a meaningful experience for the AFC personnel. MWO Ronald Wee, Officer Commanding of the School of Physical Training (SPT) and Army SAF Chief Fitness Warrant, said, "It is also good for the AFC guys to understand the society outside the SAF. We



Two AFC trainers demonstrating a Brazilian JiuJitsu move during the close combat display



APSN visitors posing for a photo with AFC personnel

have a need to reach out to the members of the public. So when APSN approached us, we were more than happy to give them a tour." 3SG Ignatius Ang Wei Shawn, an SPT Instructor, said, "A lot of the APSN members may not get the chance to serve NS, so I think this was a great opportunity for them to take a look at what the Army has to offer."



Jian Ming trying out the rock climbing wall

Army Shooting Meet 2012

Story by Bjorn Teo / Photography by Vishnu Prem



COA (fourth from right) with the Rifle Overall Team Champions from 9 DIV/INF

The annual Army Shooting Meet (ASM) was concluded on 28 February with a closing ceremony held at the Nee Soon Range 500-metre Range 1. Together with Chief of Army (COA), MG Ravinder Singh, who was the Guest of Honour, 376 marksmen and markswomen from various Army formations were present to commemorate the end of the 3-week competition.

Organised by the School of Infantry/Motorised Infantry Training Institute, the ASM replaced the SAF Inter-formation Skills at Arms Meet (SAFISAM), an annual small arms meet that was first held in 1992. This friendly competition also

CPL Tay Chi Wei Dennis, from the Commando formation, emerged victorious in the Rifle Individual Top 10 category. He shared, "My coach taught me all the basic techniques and skills which I was able to put to use during the meet. This event has improved my shooting skills."

MSG Lim Bee Choo, also from the Commando formation, scored in the pistol category. She was the top female shooter in the Falling Plates event, the Individual Champion (female) and Team Champion. She too felt that participation in the ASM has improved her shooting skills, "In 2006, I was an ASEAN Armies Rifle Meet (AARM)

serves to identify sharp shooters to represent the SAF in regional competitions.

A highlight of the closing ceremony was the novelty shoot which saw participation from members of the Army Leadership Group (ALG) and Army Warrant Officers Leadership Group (AWLG). This was followed by the presentation of prizes to the winners in the various categories. The Commando formation performed very well, bagging top honours in the pistol, GPMG, and SAW categories. Other winners included 9th Singapore Division/Infantry (rifle category) and 6th Singapore Division (Steyr category).

shooter, but I've not participated since then. However, my CO gave me this opportunity to take part in the ASM. The training and guidance from my coach and friends from AARM have also really helped me a lot."

While some participants aimed to improve their shooting skills, others simply wanted to savour the meet's friendly atmosphere. MSG Lim's team-mate, SSG Krasny Chew, who was also the Individual Champion (male) and Falling Plates Champion (male), said, "After training for so long, I am pleased to have the opportunity to participate in this meet. Being champion is a great reward for me. I also enjoyed this ASM as it allowed the various Army shooters to come together and bond with each other."



Winners of the individual categories - (from left) 2WO Lam Kok Seng, 3SG Harshanal Abdul Halim, 1WO Yik Man Wai, SSG Krasny Chew, MSG Lim Bee Choo, CPL Tay Chi Wei Dennis and CPL Muhaimin

Recognising our Retirees' Contributions

Story by Glen Choo / Photography by Vishnu Prem



Commander 9th Singapore Division / Chief Infantry Officer COL Chia Choon Hoong (in uniform) hosting one of the dinner tables

The Army Farewell Dinner 2012 was held on 28 February at Sheraton Towers to express the organisation's appreciation for 89 of its recently retired servicemen and their spouses.

In his address, Chief of Army (COA), MG Ravinder Singh highlighted the contributions to our Army made by the retirees and their spouses. He said, "Tonight, our Army pays tribute to the sterling leadership each and every one of you has provided through your years of long service as well as the important role that your spouses have played in supporting your service to our nation."

Speaking to the retirees, he said, "Your leadership has shaped our Army into what it is today: a ready, decisive and respected force, one that all Singaporeans would be proud of." COA also acknowledged the spouses' contributions, "Throughout the military careers of your husbands and wives, you have been faced with

their long working hours and frequent overseas deployments for training and operations. To the spouses, we salute you and your children for the sacrifices and support for our servicemen and servicewomen throughout their military careers."

COA later presented mementos to the retirees and their spouses as tokens of appreciation.

The night was also given a personal touch through the sharing of reflections by retired servicemen LTC (RET) Tan Kim Seng and SWO (RET) Jeffrey Chung. SWO (RET) Chung, who was the former SAF Sergeant Major (SAF SM), thanked the Army for

the role it played in his life and recounted our Army's rich history, from its humble beginnings to today's 3rd Generation force capable of conducting a wide spectrum

of operations. He reminded the retirees of their duty as the Army's ambassadors in preserving its image.

LTC (RET) Tan, who continues to serve as a branch head in Joint Operations Department after his retirement, also recounted his past Army experiences with great pride. He urged his fellow retirees to always remember the Chinese idiom "yin shui si yuan" – to constantly bear in mind the source of one's happiness and blessings.



LTC (RET) Tan sharing his reflections



COL Anson Lim, Chief of Staff, 6th Singapore Division, interacting with MAU (RET) Sabai Bernard at the pre-dinner reception



COA proposing a toast to the retirees and their spouses

CSSCOM Family Enjoys MSER Challenge

Story by Shawn Tay / Photography by Matthew Tan



Flag off! At the sound of the horn, the participants raced off to the first station

On 2 March, the Combat Service Support Command (CSSCOM) held its Main Supply Evacuation Route (MSER) Challenge in Kranji Camp 2 and 3. This annual event tested the teamwork and individual skills of the various 10-man teams as they raced to complete the different stations spread over a 5-kilometre route.

Vouching for the tough challenges encountered were ME4 See Li Qiang and his team mates from the 9th Army Maintenance Base (9 AMB). “The greatest challenge was encouraging everyone to run together as a team and this year’s challenge required a lot more teamwork,” said ME4 See. 3SG Li Kai Peng from 3rd Army Maintenance Base, agreed, “Competing as a team was a lot more difficult than we expected.”

Each of the stations represented one CSS component, and they included Medical Services, Maintenance and Engineering Support, Supply and Transport. At each station, the team had to perform tasks related to that CSS function. Collectively, the stations underscored how the components complement each other during operations. IWO Raimi Bin Siraj, who chaired the organis-

ing committee, said, “We made the challenge more meaningful by replicating the CSSCOM main supply evacuation route; from ammunition, to evacuation, manpower, supply, transport and lastly maintenance.”

The MSER Challenge was introduced 12 years ago as the Army Logistics MSR Challenge, by the Army Logistics Training Centre (ALTC). For the first time this year, warrant officers, Military Experts (MEs) and specialists took the lead in its organising – a testament to our Army’s endeavour to give them more leadership roles.

The participants came from CSSCOM, the various divisions’ CSS elements and partners from the defence industries. Also present were Chief of Army (COA), MG Ravinder Singh, Sergeant Major of the Army (SMA), SWO Tang Peck Oon, and other senior commanders. Commander CSSCOM, COL Tan Peng Kuan, commented, “This MSER Challenge is a signature event for us to get together to have fun and enjoy each other’s company.”



Participants performing a casevac at the Medical Services station

Headquarters Army Medical Services (HQ AMS) eventually emerged overall champion. ME3 Timothy Zachary Rajah from HQ AMS exclaimed, “We’ve been aiming to bring back this trophy for the past three years. Today we can finally bring it back with us!”



Participants packing the ammunition boxes according to the instructions given at the Ammunition Station



Congratulations to HQ AMS for winning this year’s MSER Challenge!

Artillery's 124th Anniversary Road Relay

Story by Shawn Tay / Photography by Vishnu Prem



The participants were greatly encouraged by the cheering from the sidelines

The Artillery formation marked its 124th anniversary on 22 February with a road relay at Khatib Camp. This annual event, known as the Men of Steel Challenge, promotes esprit de corps among the Artillery family. Chief of Artillery, COL Tan Chong Lee, said, “This is an opportunity for all the Gunners from different units to come together to celebrate our anniversary, compete in a friendly competition and interact with one another.”

track and perform 124 chin-ups. SSG Lim Wei Liang, who chaired the committee, said, “Previously, we always ran about 120 kilometres around the vicinity. This year we wanted to do something special. We wanted everyone to be in the stadium so that the spectators and cheerleading teams could see what was going on during the event. That’s why we came up with the idea of 124 rounds around the track. We also included the chin-ups because as Gunners, we have to have strong arms for lifting heavy rounds.”



Each participant had to complete four chin-ups besides four rounds around the track

The 23rd Battalion, Singapore Artillery (23 SA) was finally crowned overall champion, followed by 24th Battalion, Singapore Artillery and 3rd Division Artillery Headquarters. Training together as a unit had certainly paid off for 23 SA, which won the competition for the second consecutive year. “Commanders and men came together every week to train together. The training was always tough and the commanders pushed us to our limit. But they also led by example, giving their best,” said LCP Sivaganes from 23 SA.

LTA Rakesh Roshan from 21st Battalion, Singapore Artillery, added, “This competition allows everyone of different ranks to participate. During training we try to motivate the men. In turn, the men also motivate us. Through this, we get to know one another better.”



COL Tan (centre) leading the Gunners in warming up with kickboxing

AOH@Our City

Excitement and Fun Await you

Story by Glen Choo / Photography by Matthew Tan



Photo Deleted

The Army Open House (AOH)@Our City is just around the corner. For the first time since its inception, the AOH will be held in the city instead of an Army camp. Army News interviewed BG Yeo See Peng, Commander 6th Singapore Division, and Chairman of the AOH executive committee, to find out more.

Many Unique Features

This year’s venue, the F1 Pit Building, is unique and befitting. It conjures dynamism and excitement – just close your eyes and you can almost hear the roaring F1 engines and racing fans’ cheers. But this is not the only unique feature. BG Yeo shared, “One of the unique features is the NS 45 Showcase (see page 12). As this year marks the 45th year of National Service, we are setting up the special showcase to allow visitors to take a look at the past,

present and future of National Service. The theme of AOH is “Celebrating 45 Years of National Service: From Fathers to Sons.” Another new feature is the MINDEF PRIDE Day exhibits which will be part of AOH for the first time. Last but not least, we have the ‘mobile parade’. There will be a small, daily parade featuring some of our 3rd Generation platforms and the SAFRA radio deejays. The parade will make a trip to the City Area before returning to the F1 pit area to extend the presence of AOH.”

Accessible and Comprehensive Facilities

This year’s venue was chosen after careful consideration. BG Yeo explained, “Firstly, it is in the city and is easily accessible, especially from the Promenade MRT. Secondly, it is also at the fringe of the Marina area. This makes it easier to control

and safer for our platforms to be driven around. Thirdly, the area is also big enough for us to hold the various activities that we are organising. Lastly, the area not only has open space, but a sheltered building. This allows us to hold some of the activities indoor, in air-conditioned comfort.”

What Visitors Can Expect

So what does our Army hope to achieve through AOH@Our City? BG Yeo said, “We want visitors to have an enjoyable and enriching experience. More than just having fun, we want them to learn more about our 3rd Generation Army and National Service while enjoying themselves. Besides the visitors, we also want to make the experience a positive one for the participants. We hope that the visitors and participants will leave with fond memories.”

Participants can look forward to a wide variety of activities, including static displays and an exciting air, land and sea show. There will also be performances by the Military Police, SAF Music and Drama Company and SAF Band with pyrotechnic displays on the evening of 25 and 26 May. Servicemen who present their SAF 11B identity card will also enjoy a 45% discount on the Singapore Flyer ride for the family!

“It’s an open house not to be missed and a tribute to the contributions of our servicemen. We promise that it will be an enjoyable and enriching experience,” said BG Yeo.

Mark the dates on your calendar and make your plan now to be at AOH@Our City! See you there.

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Army News thanks COL Kenneth Liew for his guidance and leadership during his tenure as Head of Army Information Centre from January 2011 to March 2012. COL Liew has assumed the post of Director, Public Affairs.

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ARMY NEWS (Suggestions and Feedback)

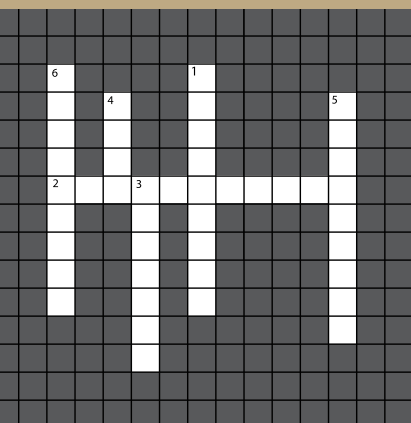
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Army News would like to thank Ling Wei Chao and Jared Yeo for their contributions during their stint in Army News

Quiz Of The Month - March / Issue 198

Send us the correct answer and win a pair of Golden Village movie vouchers. There will be 5 winners!



Closing Date : 11 May 2012

Across

2.The Battle _____ Course simulates conventional and urban battle environments under live-fire conditions.

Down

1. The _____ Detachment Trainer is a simulator that replicates the design of the Field Howitzer (FH) 2000 gun system.

3. During the Guards' Change of Command (COC) parade, COL Nelson Yau handed over his _____ Symbol to COL Desmond Tan.

4. AFC trainers put on a spectacular close - combat display, showing off various mixed martial arts disciplines such as muay thai , Brazilian JiuJitsu and _____.

5.The MSER Challenge is an annual CSSCOM _____ event.

6. Challenging and _____ training systems will enable our soldiers to attain higher proficiencies.

Rank / Name:

Unit:

E-mail:

NRIC:

Contact No.:

1. This contest is open to all Army personnel except the executive staff of Army News Section.
2. Each person is allowed one entry.
3. Prizes are not exchangeable for cash. Winners can either collect their prizes from Army News or arrange for mail delivery.
4. The judges' decision is final. Please send us your entries via mail or email us at armynews@starmet.gov.sg.
5. Prizes not collected within a month of notification will be forfeited.

January / Issue 196 Quiz Answers

Answers:

1. RESPECTED
2. WAICOURT
3. PEGASUS
4. OUTSTANDING
5. SOLENOID
6. FLOATING

January / Issue 196 Winners

- 1) 35G(NS) KOH JIA WEI NRIC: SX00X968Z
- 2) LTA (NS) TAN WEN DA NRIC: SX00X149B
- 3) LCP GAY YU LUN NRIC: SX00X240J
- 4) OCT WONG SOO HOU NRIC: SX00X352A
- 5) PTE DESMOND HENG NRIC: SX00X105C

Winners are to contact Army News at 6427 0642 for collection of prizes.

Info Nuggets

We Want your NS Stories!

Story and photos contributed by NSAD



"Even today, I'm sure many of us continue to reminisce about our time in NS. Because no matter how long ago we did our NS, there is always something special about our NS experience that we all cherish and remember, especially when we get together with our unit mates. I invite all Singaporeans to share their stories and engage in conversations on our NS45 website."

Mr Lawrence Wong
Minister of State for Defence and Education

Since 1967, generations of NSmen have served with pride and honour, in the footsteps of the National Service (NS) pioneers who set the foundation with their commitment, determination and fighting spirit. NS is a truly shared experience across generations and a part of every Singaporean's life.

Connect with the past and share with present and future generations your special NS moments. Memories drawn from photographs, songs, food, artifacts and of course, about the special people you have met along the way. Do you have a special commander you would like to thank? Perhaps a recent coffee session with your unit mates brought back fond memories? Whether you are an NSF, NSman, Regular, parent, sibling or employer, we would like to hear your experiences.

Your submission can be in text, photos or videos.

Log on to **www.NS45.sg** to share your stories!

NS45 Theme and Logo

To commemorate 45 years of NS, the theme 'NS: From Fathers to Sons', has been adopted. Not only would we like to recognise the contributions of our NSmen (past

and present), we would also like to inspire our youths, families and employers in continuing to do their part for NS.

In the NS45 logo, the different equipment and uniform symbolise the two generations of Singaporeans – the fathers who served as the pioneer batch, equipped with the AR15 and old-style helmet, and the sons who are the current batch of NSmen with their SAR21 and kevlar helmet with night vision goggle.



NS Showcase @ AOH 2012

The NS Showcase at the Army Open House (AOH) in May will serve as an anchor event for the NS45 commemoration activities. Held for the first time in the city (F1 Pit Building), this year's AOH will stretch across five days, instead of the usual two. Your NS stories and photos will be featured as part of the showcase.

After AOH, the showcase will travel to selected heartland malls during the June school holidays. It will make a stop at the Employers' Support for Total Defence Symposium before the stories are eventually archived as part of the Singapore Memory Project.



In-Camp Training provides opportunities for NSmen to bond as a team



Father and son bonding at 287 SA Family Day



Field training back in the old days

