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pulse of the army



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# NDP 2010

LIVE OUR DREAMS  
FLY OUR FLAG

# Preparing WOSpecs to Lead

## Professional Leadership Programme

Story by Jonathan Chan / Photography by Derrick Heng



PLP was characterised by small group sharings

As the custodians of war fighting skills, warrant officers are seemingly more at home out in the field, leading and training their men. To be effective in this, they also require leadership qualities. One way to further build such skills is through reflecting and sharing their professional knowledge and experiences. This is exactly what happened at the Professional Leadership Programme (PLP) which aims to nurture 3WOs in these key competencies through facilitated introspection and self-discovery sessions. Besides strengthening leadership qualities, PLP also imparts knowledge on Tri-Service Warfare and SAF structure and organisation.

SWO Quek Ser Hiang, Chief Instructor at the SAF Warrant Officers School (SAFWOS), explained, "Specialists are leaders of squads or small groups. Warrant officers, however, are organisational leaders. They must be able to consider the impact of their actions and decisions on an organisational level. Furthermore, they must be imbued with the warrant officer ethos and uphold the image of a warrant officer as an upright leader. To inculcate all these into the fledgling warrant officers, the PLP is heavily focused on leadership and management development."

### Share and Learn

The directing staff at SAFWOS recognised that good leadership qualities are not something that can be taught easily. SWO Quek shared, "Good leadership is difficult to teach so we adopted the method of facilitating platforms whereby they can learn from each other's strengths and weaknesses as well as reflect on their own past experiences." Because each course participant was willing to freely share their own personal encounters, the participants had a wealth of collective experience to learn from. 3WO Susan Lee Siok San, a Military Police Platoon 2IC from Gombak Base revealed, "Although some of us were initially shy and unaccustomed to sharing our personal experiences in groups, we quickly opened up and a rapport developed among us. The sharing helped us grow as leaders." 3WO Jamaludin Bin Rawi, a Motor Transport Warrant Officer from Transport Hub East added, "Most of us have more than 10 years of service behind us. Some of us became really emotional while recounting some of our more significant experiences but we encouraged and supported one another. Often after class had ended, we would adjourn to the mess to continue discussing and learning from each other."

Using real events as examples, the directing staff further coached the participants on various approaches or techniques that can be used to deal with different situations. 3WO Thanabal from Commando Training Institute said, "In my unit I encounter many different people from different backgrounds. PLP has taught me to adopt different techniques to handle and coach them. Sometimes it pays to start by understanding the individual and his background."

### Inner Reflection

Apart from teaching them leadership and managerial skills under the Centre of Leadership Development framework, the PLP also took participants through a process of inner reflection to establish a deeper meaning in what they do in the Warrant Officer Specialist Values, Identity and Purpose (WOSVIP) module. SWO Quek elaborated, "As an organi-



SWO Yeo emphasising the importance of the WOSVIP for specialists and warrant officers

sational leader, warrant officers must be keenly aware of the reason behind their actions, conduct and instructions. Furthermore, they must be able to articulate this rationale to motivate and inspire their men. We hope this soul searching will enhance the self-awareness of our warrant officers and in turn help them to execute their roles as confident and mature leaders."

Participants were asked fundamental questions on various topics such as the role of the SAF in defending Singapore and reasons for them choosing a career in the SAF and their continued service. These questions were aimed at getting the participants to discover the WOSVIP for themselves. SWO Yeo Lay King, a Directing Staff at the Institute of Warrant Officers and Specialists shared, "At its core, the WOSpec ethos is about having the tenacity to overcome all obstacles with Pride, Passion, Performance and Professionalism. It begins with our selfless commitment to the nation, mission, unit and fellow soldiers. We want all our participants to discover this WOSpec ethos and identity within themselves."

### Equipped to Lead

At the end of the course, all participants were clear on their identity as a warrant officer who is equipped to lead. Exuding confidence, 3WO Lee said, "A warrant officer is someone who is on the ground and is an expert at combat skills. He or she is also a passionate and committed leader who inspires his or her men." 3WO Jamaludin added, "After the course, I am now much more confident of my ability to mentor my men and perform the tasks required of me as a warrant officer."

## New SWI Logo Unveiled



COA unveiling the SWI emblem

The new Specialist and Warrant Officer Institute (SWI) emblem was unveiled by Chief of Army (COA), MG Chan Chun Sing at the Leader's Hall in Pasir Laba Camp on 30 July. In his speech, COA reiterated the need to continue up-profiling the Warrant Officer Corps and developing the Enhanced Warrant Officers Scheme. Commenting on the new SWI logo, he said, "This new emblem is not merely a cosmetic change. It represents the internal development and growth of our Warrant Officer Corps to become premium professional leaders and master trainers."

Following the unveiling ceremony, a dual graduation for the inaugural Professional Leadership Programme (PLP) and Warfighter Course (WFC) was held.

# Developing Our Warfighters

Story by Jonathan Chan / Photography by Derrick Heng & Mark Ng

“A graduand of the Warfighter Course (WFC) is a competent, confident, committed and adaptive leader who will effectively mentor his men in the areas of individual fitness, navigation and skills at arms. With the ability to work under stress, he is able to overcome adversity and excel in missions.” said MWO Ng Siak Ping, Institute Sergeant Major, SWI. MWO Ng was the driving force behind the inaugural Warfighter Course held from 5 to 31 July, which was attended by 78 specialists from the various Army formations. He added, “I want to have full confidence in the abilities of all the participants that graduate. To prepare our 3WO as individual trainers, the course has to have the quality to ensure that our warrant officers are of a certain standard and calibre.”

## Combat Fitness First



No pain, no gain

The 4-week course kicked off with a strong focus on individual fitness. The first week was primarily fitness training centred on the Australian Strength and Conditioning Association (ASCA) techniques. SWO Tang Peck Oon, Sergeant Major of HQ 9 DIV/INF, who had attended an ASCA course, explained why this is a smart move, “In the past, it was generally thought that training more is better. But this is not necessarily the case. ASCA advocates training specific sets of muscles to achieve a specific goal. This provides a more efficient way of attaining combat fitness. Some activities require strength in a certain group of muscles and some individuals have weaknesses in only particular muscle groups. Hence, this kind of targeted training is very useful. Through a routine of morning physical trainings and regular power trainings and interval trainings, we helped the participants build up certain muscle groups in order to meet specific mission requirements. We taught the course participants the science behind this training so that they will be able to coach their men back in their unit to improve their individual fitness.”

Many participants felt the course fitness training programme had produced positive results. Coupled with MWO Ng’s motivational nudges and spurs at appropriate junctures, the fitness training left the participants fit as fiddles. MSG Harley Kwee from HQ, Armor Combat Engineers, shared,



SMA (left) encouraging a participant (center) on the home run. Accompanying them is SWO KV Thalapathi, Chief Instructor of SWAS

“This is the fittest I have been for as long as I can remember. The trainers really know how to bring us to our peak level of fitness!”

## Building Resilience



The Individual Skills at Arms includes a series of gruelling activities, that test the participants’ resilience, such as the leopard crawl

“Resilience has been identified as a critical quality that must be further strengthened among the specialists in Our Army.” shared SWO Tang. This observation made cultivating resilience a key priority in the WFC. One major technique used to test and build the resilience of participants is the injection of surprise challenges at appropriate junctures. MWO Ng elaborated, “For example, the participants will be briefed that they are going for a 8-kilometre route march. At the end of the eight kilometres, the instructor will inform them that they have to march an additional two kilometres. Fatigued and caught off guard, the participants will have to rely on their mental strength and resilience to push themselves on.” Participants were also gauged on their ability to think on their feet through exercises akin to infantry professional tests in between strenuous physical activities.

As the training was very rigorous, MWO Ng had paid strong attention to the safety of the participants. He explained, “We assigned the participants to different groups based on their



The WFC tests the participants on many basic combat skills such as the grenade throw

fitness levels. Because we know their fitness levels, we know who we can push and who needs more attention. The different groups train differently when it comes to fitness training so that the weaker ones will not get injured trying to match up to the fitter ones.”

## A Warfighter at Last!



Our pioneer batch of warfighters performing the warfighter’s cheer at their graduation in Leaders’ Square

By the end of the WFC, the participants would have passed many challenging tests. These include a 10-kilometre run under 65 minutes and an Individual Skills at Arms test conducted on Pulau Tekong which consists of topographic navigation of the island. Other tests include individual field craft, live-firing at the 300-metre range and the 3-day Combat Skills Badge. Speaking on the Warfighter course, Chief of Army, MG Chan shared, “The Warfighter Course is like a litmus test to separate those who have the tenacity to be a warrant officer from those who do not.” Completing the course was a great source of pride for the graduands. One of them, MSG Jocelin Joseph, Platoon Warrant Officer, 10<sup>th</sup> Command, Control, Communications, Computer and Intelligence Battalion (10 C4I) said, “I am filled with a special sense of fulfilment in being one of the two women to complete this course. We met all the course requirements like our male counterparts with no concessions made. Even though the course was tough, we never felt that we were going up against a wall. The progressive training and encouragement have enabled us to achieve more than we thought we could. The planning of the course is based on sound training methodologies. I appreciate the recovery periods provided in the training schedule which enabled our combat fitness to improve while avoiding injuries.”



MSG Jocelin is proud to be the pioneer batch graduating from this “litmus test”

At the end of the course, all 78 specialists had made the leap to become qualified warfighters, a result that was made sweeter with no record of injuries and drop-outs. MSG Lim Woon Pin, CSM, 1<sup>st</sup> Battalion, Singapore Infantry Regiment, shared his joy, “I am proud and honoured to be a graduand in this inaugural course and look forward to my role in helping to brand our specialists and warrant officers as expert warfighters.” Summing up the rationale behind the WFC and PLP, Sergeant Major Army, SWO Joseph Koa, who has closely followed the development of these courses, elaborated, “To perform the roles of master trainers well, our warrant officers must have both managerial soft skills as well as warfighting skills. This is why both the PLP and WFC are pre-requisites for promotion to warrant officerhood.”

## Strengthening Bilateral Ties Through Interaction Games

Story by Samuel Cheam / Photography by Derrick Heng

The fifth annual Army Interaction Games (AIG) held from 22 to 23 July had further boosted the strong bonds of friendship between Our Army and Tentara Nasional Indonesia Angkatan Darat (TNI AD). During the two days, senior commanders from both armies renewed and strengthened personal bonds through friendly competition and interaction,



Senior commanders looking at their results at the shooting competition



LG Toisutta firing the SAR 21 in a friendly competition

and in the process raised the professional ties between both armies to an even higher level.

The AIG included a friendly shooting competition held at Nee Soon Range on 22 July. Senior commanders from both armies formed mixed groups and fired the SAR 21 assault rifle and the P226 pistol. The competition was greatly enjoyed

by the participants whose laughter could be heard across the range. The shooting competition was followed by a dinner and golf competition the next day.

Commenting on the warm ties between the two armies, Army Chief of Staff (KASAD), GEN George Toisutta said, "The relationship between TNI AD and the SAF is already very good. To further raise this, activities like the AIG which are meant for senior leadership should be extended to the men on the ground."

Our Chief of Army, MG Chan Chun Sing shared GEN George Toisutta's positive sentiments on the AIG and its role in building strong bilateral ties. He said, "Indonesia is one of our closest neighbours and we have a long-standing and deep friendship. Activities like the AIG reinforce this by helping to break the ice between senior commanders. If something arises, we can just pick up a phone and give a call to each other."

To further strengthen defence cooperation and enhance mutual understanding, Our Army will be training alongside TNI-AD at Exercise SAFKAR INDO PURA, to be held in November in Indonesia.

## Recognising Our Partners in Defence

Story by Samuel Cheam / Photography by Mark Ng

To defend Singapore, our Operationally-Ready National Servicemen who form the bulk of the SAF's fighting force must be committed and readily available. As such, the co-operation and support of the MINDEF/SAF's civilian partners and employers in Singapore are critical. The efforts and contributions of these valued partners were celebrated on 28 July at this year's Total Defence Awards (TDA).

The TDA, first conceived in 1986 as the SAF Awards for Employers, provides MINDEF an opportunity to recognise employers who are supportive of national defence, so as to inspire others to follow suit. These exemplary employers often have systems in place to facilitate their NSmen employees' attendance at their In-Camp Training (ICT) or contribute their resources to the MINDEF/SAF in times of need.

This year's awards ceremony was graced by Deputy Prime Minister and Minister for Defence Teo Chee Hean, Minister for Education and Second Minister for Defence Dr Ng Eng Hen and Minister of State for Defence Associate Professor Koo Tsai Kee. In his opening address, DPM Teo reiterated the importance of the defence partners to the MINDEF/SAF's ability to achieve mission success, "It is the commitment of each individual, company or organisation to play a part in Total Defence that makes the security and stability that we enjoy possible."

Providing entertainment for the evening event held at the Suntec Singapore Ballroom was the SAF Music and Drama Company. Its performances included a rendition of this year's National Day Song by Singapore Idol winner Sezairi Sezali. A major highlight of the awards dinner was the introduction of the Honorary Members of the Minister for Defence Awards (MiDAs) League. Annually, only the top 10 award recipients are inducted into the MiDAs League on a 5-year tenure. The

intent is to recognise members for their efforts in sustaining or strengthening their strong support for national defence. Members of the MiDAs League will be subject to an audit, comprising both a paper assessment as well as an on-site visit prior to the expiry of their tenure. Companies that have continued to demonstrate strong support or further strengthen their support towards total defence will be admitted as 'Honorary Members' to the MiDAs League.

One award recipient this year is Movon Solutions, a local logistics service company that won the Meritorious Defence Partner Award. The company has numerous NS-friendly initiatives which include allowing employees to use the company vehicle to attend Remedial Training and subsidies for them to attend fitness events like the Army Half Marathon.



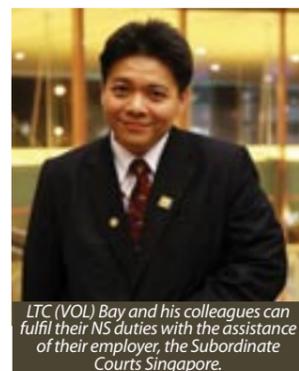
DPM Teo (right) graced the TDA which recognises the contributions of employers to defence



As a NSman himself, Mr Chia understands and helps his employees balance their work commitments and their NS duties

he reports for his NS training, the operations of the company continue unaffected."

LTC (VOL) Marvin Bay is a District Judge at the Subordinate Courts Singapore, which received the prestigious Minister for Defence Award. As an employee and a NSman, LTC (VOL) Bay balances his work as a judge with his NS duties as a President of the Court Martial. He explained the importance of support from his employer, "There will never be a shortage of Court Martial Presidents because we are ever ready to take the place of another who is indisposed. If one of us falls ill or is busy, another steps in to take his place. This arrangement is only possible because we have the permission of our employers to do so."



LTC (VOL) Bay and his colleagues can fulfil their NS duties with the assistance of their employer, the Subordinate Courts Singapore.

# NDP 2010

## LIVE OUR DREAMS FLY OUR FLAG

Story by Jonathan Chan / Photography by Mark Ng, Derrick Heng & Samuel Cheam

With its theme of “Live Our Dreams, Fly Our Flag”, National Day Parade (NDP) 2010 inspired national pride and aspirations among performers and spectators alike.

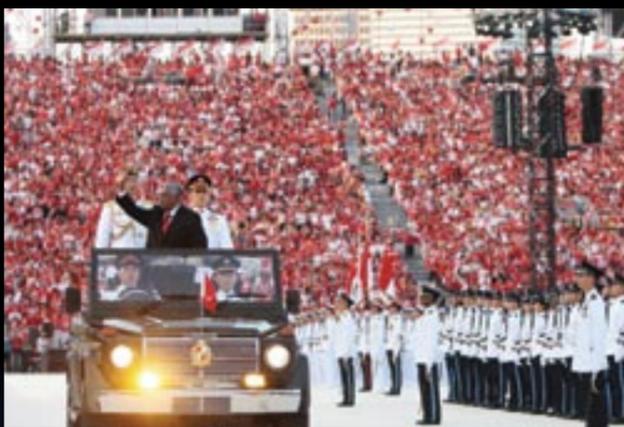
The stunning success of Singapore’s 45th birthday bash was the result of intense hardwork by the NDP 2010 Executive Committee (EXCO) spearheaded by HQ Armour. Planning and conceptualisation began early last year when the EXCO under-studied the previous committee in NDP 2009. When the theme for NDP 2010 was first revealed, COL Benedict Lim, Chief Armour Officer and Chairman NDP EXCO 2010, shared, “2010 marks the 45<sup>th</sup> year of Singapore’s Independence—a defining and significant milestone in the Singapore story. Flying our flag as a symbol of nationhood and hope is a yearly act for most of us during the National Day celebrations period. But this year we want Singaporeans to go beyond that by taking some time to reflect upon the nation’s achievements in a short span of 45 years, including the social cohesion, racial and religious harmony, and how the nation had lifted itself time and again out of crisis. We want them to be inspired to live their own dreams.”

As the last round of NDP 2010 fireworks burst and faded into the night sky on 9 August, the SAF and Our Army can take great pride in knowing that all its sheer hard work and commitment had paid off handsomely. In the many areas such as background coordination work, the awe-inspiring Mobile Column, and the crowd-wowing Red Lions, Our Army delivered with precision and pride.



Primary 5 students sharing the excitement of NDP 2010

Through three National Education Shows, NDP 2010 also reached out to the Primary Five students across the nation. Mr Mohd Shaan Bin Mohd Shafie, a teacher from Jurong Primary School commented, “NDP 2010 tells the story of our nation’s history and progress. The Padang is a significant venue because this is where the first National Day Parade was held, and the atmosphere will help the students gain a real sense of the NDP spirit.” His student, Mohd Reifan Afiq, added,



The President of Singapore, his Excellency, Mr S R Nathan waving to the people during the Presidential Drive Past at the Padang

“It was really exciting when the tanks rolled by during the Mobile Column display. It was a fantastic showcase of our nation’s defence capabilities!”

### Marching Towards a Brighter Future

The traditional Parade and Ceremony Segment had 30 marching contingents from the SAF, Home Team and other external agencies including the schools. They represent the five pillars of Total Defence—Military, Civil, Economic, Social and Psychological. Besides the perfectly executed *Feu De Joie* (Fire of Joy) and Presidential 21-Gun Salute, this year’s NDP was memorable for its Presidential Drive-Past on the hardened surface of the Padang and City March-Past.

1SG Dickson Tan from 1<sup>st</sup> Transport Battalion who drove



As the driver of the ceremonial land rover, 1SG Tan is proud to play his role in bringing the President closer to the people

the President’s ceremonial land rover shared, “As the driver of the Presidential Drive Past, I am extremely proud and honoured to play my part in bringing the President closer to the people. Because it was a great responsibility, we rehearsed many times to ensure that we drove at a constant speed and regularly checked our movement progress against the music. This enabled us to stop the vehicle at a precise spot when the music ended.”

In the City March segment, the contingents marched for 2.3 kilometres in the Marina Bay area. With various iconic developments as its background, the march symbolised our collective journey towards a dynamic and vibrant Singapore. It culminated in the recitation of the pledge and singing of the National Anthem in the “One Voice 2010” moment at the new Marina Bayfront.

One participant, CPL Sean Lau Jia Wei, from 38<sup>th</sup> Singapore Combat Engineers (38 SCE) found his experience especially meaningful, “As we marched through the Marina Bay area, the contrasting sights of historical buildings such as the City Hall and Supreme Court, and new developments like Marina Bay Sands really remind me of how much Singapore has progressed through the years. It fills me with a sense of pride and dignity.”

An impressive parade requires a lot of drilling. LCP Sia You Xiang, Edwin recalled the gruelling training sessions, “We had to train very hard to ensure everyone executed the drills sharply as one united contingent. Every rehearsal demanded our focus and commitment. Without everyone’s concentration, mistakes would abound and we would have to rehearse the drill sequence again.”

To help the student uniformed groups put their best feet



NDP 2010’s parade was awe-inspiring in its dignified execution



said COL Siew Kum Wong, Chairman of the NDP's Show Committee. Suitably titled 'Red, White, Wow', the 50-minute long show segment used the symbolism of the Singapore Flag to convey the theme of "Live Our Dreams, Fly Our Flag" in four acts: Red and White, Five Stars, Crescent Moon and Our Flag.

### SG Idol Lives His Dream



*PTE Sezali strongly believes that dreams can come true*

Singapore Idol PTE Sezairi Sezali, who sang two songs at NDP 2010, now serves in the Music and Drama Company (MDC) after completing his BMT. Referring to the special significance this year's theme has for him, he shared, "When I first stepped on to the Padang and saw this year's theme 'Live Our Dreams, Fly Our Flag' imprinted on the spectator stand, I was struck with a realisation that I was being given the opportunity to live my dream. I want my fans to know that nothing is impossible if they truly believe in it and work hard for it."



*Corrinne May delivering a heartfelt performance of her ode to Singapore*

PTE MD Hanbali from 6 SIR shared his experience, "We rehearsed very hard to ensure a good show for everyone. To convey that sense of determination, we had to be sure of our dance moves so as to perform them with conviction." LCP Bala Subramaniam from 41 SAR added, "Performing to the chorus of 'We Are Singapore' is extremely meaningful. Phrases such as 'This is my Country, This is my Flag' remind us of what we are defending."

### Determined Robo Warriors



*Our Robo Warriors exuding confidence through their perfectly coordinated movement*

Act 3, Scene 2 of the show segment, titled "Determination" featured Army personnel from 6<sup>th</sup> Battalion, Singapore Infantry Regiment (6 SIR), 41<sup>st</sup> Battalion Singapore Armoured Regiment (41 SAR) and the Military Police (MP) Command. Making their appearance as Robo Warriors in their futuristic outfits, they performed a martial arts-inspired dance to rhythmic music and snippets of the chorus from the song "We Are Singapore".

CPL Dickson Tan from MP Command, summed up the sentiments of the Robo Warriors, "Although this is my second time being involved in NDP, it is still thrilling and it makes me proud to be among the SAF personnel performing in the show segment."

### Song for Singapore

Aptly titled Song for Singapore, this year's theme song is essentially an ode to the history and progress of Singapore and how its people have been nurtured. The singer and composer, Corrinne May shared, "I took out my Journal and wrote out all my thoughts about Singapore. Interestingly what came out were just feelings of gratitude and how I've been nurtured. When I think of Singapore I think of family and friends. The song just flowed from there." She added, "Having been to various other multi-racial cities, I can say that Singapore has really got racial harmony right. There is this sense of brotherhood, a shared togetherness, shared vision and knowing that everyone is just moving towards the future."

forward, Our Army's warrant officers had toiled hard to brush up their marching skills. Dinie Tha'qif Bin Zali, a National Cadet Corp Corporal from Zheng Hua Secondary School commented, "Our warrant officer was very motivating and encouraging. Week after week he spurred us on to attain even higher standards. The training taught me the importance of perseverance and discipline."



*1WO Pathmanaban helps the Red Cross Cadets perfect their marching drills*

1WO Pathmanaban from Supply Hub West, who trained the Red Cross contingent, joyfully recounted his experience, "The students are very committed and enthusiastic. Their passion and willingness to learn also inspired me to give my best. I shared with them the history and significance of National Day and inspired them to perform well."

### NDP 2010 Show: Celebrate and Inspire

"We aim to achieve four effects. Firstly, to celebrate our nationhood together as one and secondly, inspire all our collective and individual dreams and aspirations. Next, we want to showcase the Singapore success story and our achievements; and finally to rally our sense of belonging and patriotic pride."





1WO Ng skillfully landing in the Padang amid cheering

## CCG 1 - NDP Nerve Centre

Want to know who were responsible for the precise and smooth execution of NDP? Working quietly behind the scenes on the roof of City Hall in a control room with large glass windows, members of the Command Control Group (CCG) 1 had the challenging task of ensuring that the various segments merged and flowed seamlessly to produce one spectacular and memorable show. The CCG 1 included the Show Committee which comprised two groups. One was the Show Management Committee which cued various ground happenings and the other was the Show Support Committee that facilitated the performers' training. MAJ Alroy Chua, S2 of 41 SAR and Secretary of the Show Management Committee recalled, "Initially it was a real challenge training and integrating all the 3600 performers during the rehearsals in Kranji Camp. However, the hard work paid off and the show gradually began to run smoothly. Eventually on the actual day, we were able to execute the show with clockwork precision."



LTC Yew (standing) orchestrating the NDP 2010 ground happenings

To ensure success, the CCG 1 members put in tremendous effort and were present for all rehearsals and planning sessions. MAJ Chua explained, "For every full dress rehearsal held at the Padang on a Saturday, we conducted a table top exercise on Wednesday, a technical rehearsal on Thursday and a full system rehearsal on Friday. This was followed by a thorough

debrief on the following Monday."

CPT Jason Toh, S2 of 6 SIR, Secretary of the Show Support Committee also shared, "It was a good learning experience working with the various external organisations.

We had to ensure that their many logistical needs were met promptly and efficiently. Close coordination with their representatives and stakeholders provided smooth and efficient support for the show." CPT Lim Beng Yau, also from 6 SIR and the Deputy Secretary added, "I remember the back breaking work of marking out specific positions for performers to stand and floats to be positioned with coloured tape on the Padang. It was tedious and tiring but necessary to make sure the formations and displays would be perfected."

As preparations were intense and long drawn, MAJ Goh Wee Tiong who was the Secretary for the Show Committee revealed what had motivated them, "It is always tremendously gratifying to see the progress achieved with each rehearsal and watch the effects of sound, visual display and stage performance coming together with split second accuracy. Our target is always to reach the One Voice 2010 moment when the clock shows 20:10:00 exactly."

The biggest responsibility for precise timing rested on the shoulders of the cue master, LTC Yew Chee Leung, Commanding Officer 41 SAR. He recalled, "There were striking similarities between coordinating this show and executing a military operation. First, detailed planning was necessary to coordinate and integrate the many elements of the show. Next, we went through the same process of developing critical event tables, conducting table top exercises and rigorous system rehearsals to ensure that the show was precisely executed on the ground." This similarity extended to those circumstances when a quick decision was needed. LTC Yew revealed, "Due to the many time variables such as the Red Lion's jump and the speed of the mobile column, we were constantly making quick real-time adjustments to ensure that the One Voice 2010 segment commenced at exactly 20:10:00 hours."

## Red Lions: Spirits Soaring

Every year the Red Lions impress Singaporeans with their skills in landing accurately in the centre of NDP celebrations. This year they had an even more challenging task. 1WO Ng Seng Huat, a trainer from the Commando Formation, shared, "There are a lot more tall buildings and obstacles that leave us with very little room for mistake. It took us many rehearsals and tireless practice to get this right. Nonetheless, the experience was also deeply fulfilling. The view of the city as we descend was spectacular and the cheering and support of the crowd spurred us to do better."



The NDP 2010 show involved the awe-inspiring synergy of light, sound and dance



# Cover Story



1WO Ng is the Red Lion who literally flies the Singapore flag as he parachutes down. After 15 years with the Red Lions, he challenged himself to fly an even bigger flag this year. He said, "It would require more skill and control to fly a bigger flag which has more resistance but I was eager to push myself to the limit to put on a good display for the audience."

## The Padang's Gate Keepers

The Gate ICs of the five gates surrounding the Padang's performance arena were responsible for ensuring that the performers appear in the right sequence and on time. 2LT Andre Ang from 41 SAR who was at Gate 1 shared, "Very often the performers, especially the young ones, tend to get too excited and rush out on to the Padang too early. It was a challenge to manage the various groups of performers and coordinate the entrance and exit of the floats." 3SG Nicholas Lim and 3SG Eugene Ling, both from 41 SAR were thrilled because they were responsible for Gate 5, also known as the Celebrity Gate. Celebrities such as Kit Chan, Gurmit Singh and Corrine May made their entrance here. 3SG Ling shared, "It was an exciting and enlightening experience managing the gate used by these celebrities. This has been a useful and memorable experience."

## Commanders of the SAF's hardware

An eagerly awaited segment of NDP was the Mobile Column Display. This year, it was rolled out to more routes, making it easier for more Singaporeans to get up close to the nation's mightiest machines. As it travelled from the Padang to the five heartland locations, the Mobile Column excited Singaporeans lining the streets with its sight and sound.

But behind the seemingly casual drive of the vehicles involved were hours of planning and rehearsals consumed since May. For each Saturday rehearsal, the vehicles had to be



Rehearsing on Saturdays was tiring but rewarding

moved to their assembly points in Kallang on Friday night. The following day, men and machines would rehearse twice.

2SG Stephen Kwek, a Bionix II Vehicle Commander from 41 SAR was still working hard at perfecting the alignment of the Bionix II vehicles in Sungei Gedong Camp four days before NDP. He revealed, "Although it was hard having to work weekends and rehearse tirelessly, we were motivated by the improved coordination achieved. Looking at the column from the road side, one should see only one vehicle per row if the alignment is perfect, even though there are more. When we roll down the streets and hear the crowds cheer, we feel a great sense of pride and satisfaction." 3SG Daryl Ian D'Cruz, Bionix Vehicle Commander from 42 SAR, chipped in, "While we are responsible for defending Singapore's sovereignty, it is great to be also celebrating our success and sovereignty once a year. I am glad to be part of NDP 2010."

LTA Ong Jingwen, a Platoon Commander from 3<sup>rd</sup> Company, 48 SAR was the Vehicle Commander of a Leopard 2A4 Main Battle Tank (MBT). She also enjoyed the time spent on rehearsals, "While rehearsals were long and could be tedious, they helped the vehicle crew to bond very well. We spent our weekends together in our vehicle and have come to know each other much better."



Residents in the heartland enjoying the sight and sound of the mobile column



A Leopard MBT Vehicle Commander, LTA Ong is proud to participate in the Mobile Column (Picture courtesy of Army Recruitment Centre)

## NSFs at PGR 2010

Story by Jonathan Chan / Photography by Derrick Heng

This year, the Presidential Garden Reception (PGR) hosted by President S R Nathan on 11 July at the Istana welcomed a new group of personnel attending the function for the very first time. These servicemen, recipients of the inaugural NSF of the Year Award, were given the opportunity to mingle with other invited guests which included recipients of the SAF NSman of the Year Award, and senior MINDEF and SAF commanders. The PGR was held to recognise the contributions of SAF personnel, and the splendour of the Istana offers an ideal setting for the President to interact with the guests, many of whom shared with him their experiences in service.



President Nathan interacting with our NSFs and NSmen

Many NSF of the Year Award recipients were very appreciative of the recognition accorded by their invitation to the PGR. 3SG Makoto Hong Cheng from HQ Supply shared, "I am honoured to be invited to the PGR. It is a great pleasure for me to be able to meet and interact with the President himself." Behind every NSF present at the PGR is a story of motivation, discipline and commitment to defence. PTE Vicknesh S/O Virapandian, an Infantry Recce Trooper from 3<sup>rd</sup> Guards Battalion, takes great pride in performing his role in every exercise. He explained, "I treat every exercise as if it was a real operation and constantly put in my best. As a recce scout, I know that the rest of the battalion depends on me for certain vital information. I take this important duty seriously."

PTE Vicknesh also shared his key takeaways from a memorable transformation journey in NS, "BMT moulded me into a soldier while the Guards Conversion Course transformed me into a true Guardsman. Getting my Guards Beret in front of my loved ones made me really happy. On the whole, I have learnt to be more responsible for my actions and work in a team better."

3SG Makoto also commented on the valuable experiences gained. He said, "This award is also a culmination of the many opportunities the Army has afforded me. I have been able to put my junior college knowledge and skills into practice. I see the Army as a place where I can meet people from different backgrounds and use my skills and abilities to make real tangible



PTE Vicknesh (left) and 3SG Makoto who personify the spirit of commitment and passion

improvements to the organisation around me. One of the highlights was when the SAF Sergeant Major entrusted me with the task of writing a booklet detailing the progress and milestones of the National Day Parade since 1967. I also believe the SAF has inculcated in me life-long values and sound work ethics. Because of the trust given to me by my superiors, I have also gained a deeper appreciation of Lincoln's saying, 'Integrity is what you do when no one is watching.'

## P300: Communication is Key

Story by Jonathan Chan / Photography by Derrick Heng

"Today was a great opportunity for the commanders to get together, interact and hear each other's views. It provided us with a direct avenue to gain insight into the Army Leadership's ideas, thoughts and vision." ME6 Tan Boon Hong, CO 6 Army Maintenance Base was commenting on Project 300 (P300) held on 3 July in the Leaders' Hall at Pasir Laba Camp. P300 is an Army engagement initiative started last year to provide an avenue for Army commanders to come together and discuss key issues. The issues presented and discussed this year included the need to inspire Commitment to Defence (C2D) and the engagement of Singaporean youth at the school level.

Opening the dialogue session, Chief of Army, MG Chan Chun Sing set the tone for an open and constructive dialogue by calling on everyone present to speak and share frankly on the discussion topics. Alluding to the need for more public engagement, MG Chan also emphasised, "A strong and stable defence can only be possible with the support and engagement of the civilians and the nation as a whole. We must make sure the best come forth to serve."

MAJ (NS) Low Eng Teong, Commanding Officer of 680<sup>th</sup> Battalion, Singapore Infantry Regiment, felt the event has been a fruitful one, "Over the last few years there has been an increase in communication between the Army HQ and its commanders. It is definitely important to create such avenues for discussion because



P300 offers commanders from various formations an opportunity to learn about and seek clarification on the latest developments and initiatives in the Army



The open and candid atmosphere encouraged participants to share their views on various issues



MAJ (NS) Low believes in the importance of keeping his men updated on key issues in the Army

in this day and age no one likes to blindly follow orders. To be a Thinking Army, we have to keep people at all levels involved and informed on the common vision and goal that we want to achieve. If we do not communicate the rationale behind it to our men, then the vision that we have espoused is not going to happen."

COL (NS) Vijaya Kumar from HQ Guards found the session useful and enlightening, "P300 is especially important to NSmen like myself who may otherwise lose touch with the latest developments in the Army. As I am now much better informed on the latest Army initiatives, I can communicate them to my men. Much of the Army's vision will remain an abstract idea if it is not communicated to the men on the ground. I believe every man on the ground must be convinced of the Army Leadership's vision." For his part, MAJ (NS) Low planned to share the issues discussed at P300 immediately with his men. He explained, "I will go back and send out a mass email to all my men updating them on the issues discussed today. This is to ensure they will get the messages while they are still relevant and fresh."

P300 is not just about communication but also galvanising those present into action. MAJ (NS) Low, who is the principal of Victoria School, shared how he will support the Army's plan to actively engage the schools, "In Victoria School we have already begun to raise awareness that everyone has a duty to serve the country. On Total Defence Day, all the male staff who are NSmen wear their uniform to school. The students also know I am away on In-Camp Training each time I am absent from school for a couple of weeks."

For 1WO How Tung Hai from 2<sup>nd</sup> People's Defence Force, the session was a good opportunity for him to get to know the Army Leadership better. He summed up his sentiments, "COA was very open with us. I've got to know him and how he deals with things as well as his personal philosophy better. The dialogue has certainly improved our understanding of the Army Headquarters. As a Regiment Sergeant Major, I feel that the issues discussed are also pertinent and relevant to the men on the ground and it is good that we have these engagement activities."

### P300 : A Vital Communication Platform

Ever wonder how does our Army leadership communicate to our 300,000 strong Army? "Project 300" or in short P300, was conceived by then Chief of Army, LG Neo Kian Hong, to do just that. No, P300 is not about the movie "300 Spartans"; but is about providing an effective communication platform through the command chain, to inform and engage our servicemen, as well as to understand and address their concerns.

At the inaugural P300 engagement session held in July 2009 (see story in Army News Issue No. 167), LG Neo, who is now Chief of Defence Force, had shared, "When I look at Our Army and I said, this is quite a daunting task to run an Army of 300,000. But after reflecting, I realised it is not so difficult. We have about 300 command teams led by about 300 commanders. All we need to do is to align the 300 commanders, align the command teams and all the commanders align the rest of Our Army. This is how we will communicate."

## Exercise in Greater Comfort

Story by Jonathan Chan / Photography by Derrick Heng & Contributed by HQ Supply

Quality attire is important for optimal performance during exercise as it offers comfort to the body. Many servicemen can recall the uneasy feeling of sweat-soaked attire sticking to their body which not only affected their performance, but reduced their subsequent willingness to continue exercising. As part of Our Army's effort to optimise our soldiers' comfort and performance, a range of upgraded personal equipment has recently launched. This includes new socks, administrative vest, sandals and a light weight running attire which wicks moisture away from the body and dries in half the time.

COL Lam Sheau Kai, Chief Supply Officer, HQ Supply, explained, "These are continuous quality improvements that we undertake to better clothe our soldiers for operations and training. The various attributes of the new running singlet and shorts such as better air permeability; and the introduction of socks with a range of sizes for better fitting improves comfort. In addition, the new sandals have a higher slip resistance which enhances safety."

The new personal equipment was specially designed by a



The new attire enhances the comfort and running performance of our soldiers.

team from HQ Supply, HQ 9<sup>th</sup> Singapore Division / Infantry (9 DIV/INF) and the Sergeant Major Group. With the help of scientists and researchers from the Soldier Performance Centre and Defence Science Technology Agency, they ensured that the new equipment was ergonomically designed to effectively meet

training needs. They also benchmarked their designs against the top-grade commercial products available on the market. 3SG Makoto Hong Cheng, Project Specialist, HQ Supply, who has been training with the new equipment for the past two months, shared, "The wicking and drying rates of the new running attire are amazing. As a member of my division Army Half Marathon team, I train frequently by running distances of about 16 kilometres. The attire really boosts my morale as I feel cooler and less sticky during these long trainings."

ME3 Saravanan S/O Renganathan, Weapon Warrant Officer, HQ 9 DIV/INF, who has also been using the new attire, summed up his assessment, "The running attire is practically as good as those produced by reputable commercial brands. The high quality of the equipment and consideration given to comfort and performance will certainly support fitness development among the men."

All personal equipment items are already available for purchase at SAF eMarts except the running shorts which will be launched in December.

 <p><b>Running Singlet</b> - 30% more airy - 5% lighter - dries 50% faster - 6% higher wicking rate</p> <p><b>Running Shorts</b> (To be launched in Dec 10) - 30% more airy - 30% lighter - dries 50% faster - 6% higher wicking rate</p>	 <p><b>Green Vest</b> - previously available in brown - improved collar stitching to prevent fraying</p> <p><b>Sandals</b> - available in black (previously green) - 50% more slip resistant</p>	 <p><b>White Socks</b> - available in different sizes - lower cutting design</p>
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## More Affordable Performance Running Shoes

Story by Jonathan Chan / Photography by Mark Ng

"It's great to find some of the best performance running shoes available for purchase with eCredit subsidy here at SAFRA Mount Faber! My preferred running shoes are much more affordable under this scheme," said CPL(NS) Lee Ren Yih from the 769<sup>th</sup> Battalion, Singapore Infantry Regiment as he tried on an attractive pair. He added, "This scheme helps me purchase a highly suitable pair of shoes that will enhance my running performance at a subsidised price."



CPL(NS) Lee trying on a pair of performance running shoes

The eMart Credit Subsidy initiative was introduced to support and fuel the growing fitness and sports culture. During each eMart credit allocation cycle, servicemen can use a maximum subsidy of 40 dollars to fund the purchase of their favourite performance running shoes offered at the SAFRA Mount Faber LifestyleMart. They can do so once per allocation cycle. Servicemen can select from a range of 30 models of running shoes (for middle and long distance) from various brands such as Adidas, Mizuno, New Balance and Saucony. Besides the eMart subsidy, servicemen will reap another benefit as prices at SAFRA Mount Faber LifestyleMart are discounted from their recommended retail prices. COL Lam Sheau Kai, Chief Supply Officer elaborated, "This initiative provides more choices for individual servicemen's needs for high performance shoes, allows SAF to maintain cost prudence and at the same time, promotes the fitness and sporting culture in the SAF."

OCT Manamohan S/O Sangaran from the Officer Cadet School who purchased a pair of running shoes under this scheme shared, "I really appreciate the SAF's efforts to bring the best in the commercial world to its personnel at affordable prices. My new pair of performance running shoes has certainly gone a long way in spurring me on to achieve better timings for my runs." 2LT ANg Moh Lik Roy from HQ 2<sup>nd</sup> People's Defence Force, similarly enthused, "The wide range



A range of 30 commercial branded models are available for purchase with eMart Credit Subsidy

of performance running shoes offered here has enabled me to easily find one model that suits my running needs. I appreciate this initiative very much."

Servicemen who appreciate this latest initiative can look forward to the possibility of this subsidy being extended to an even wider range of high performance sports equipment in the future. COL Lam Sheau Kai, Chief Supply Officer, HQ Supply revealed, "This initiative could help develop the larger framework of how the SAF can leverage on the industry or commercial sector to bring a wider range of quality equipment to our personnel."

## Bore Scope Scanner

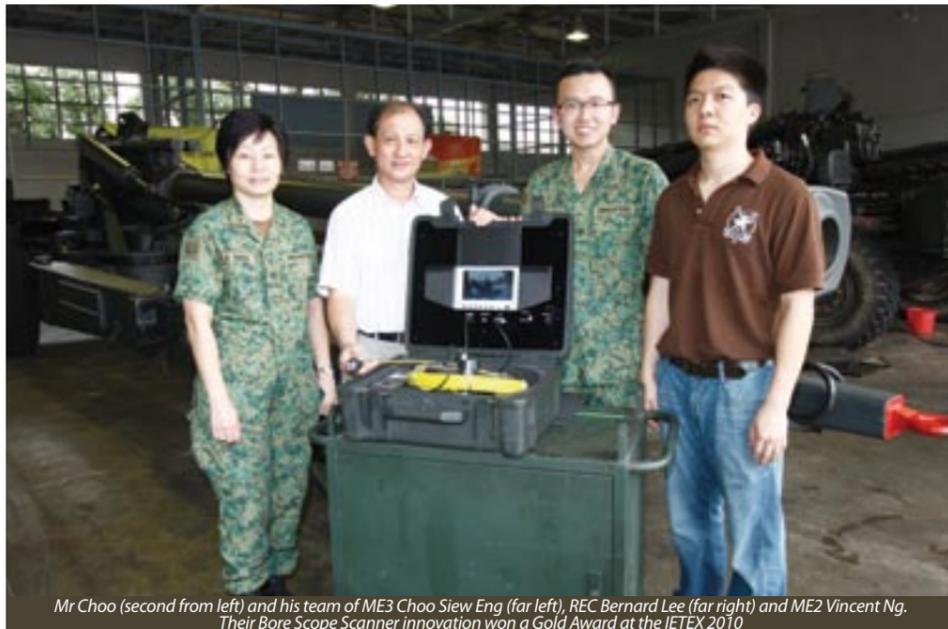
### A Clear Innovation

Story by Samuel Cheam / Photography by Mark Ng

Most soldiers have memories of their time spent looking into the barrel of a gun, trying desperately to figure out if it was clean enough to pass the armyskote's inspection. Now imagine having to do that for a 9-metre long barrel of a 155mm artillery gun. That is exactly what the Armament Technicians at 6<sup>th</sup> Army Maintenance Base (6 AMB) have to do when they inspect the FH 2000 artillery guns during their annual servicing. This month's featured innovation, a device called the Bore Scope Scanner, will make inspecting the barrels of heavy armaments far easier.

The inspection of FH 2000 artillery gun barrel is necessary to ensure its interior is free from rust, pitting and fouling. This ensures the smooth and safe operation of the guns during live-firing. Prior to the introduction of the Bore Scope Scanner, the procedure involved slowly pushing a long rod with an attached bulb into the barrel to aid its visual inspection. The arduous process took up to 45 minutes to complete. There was also the possibility of human error as the spotting of defects deep inside the barrel is by naked eyes. Also, the bulb attached to the rod would only last 10 minutes and needed frequent replacement.

The new Bore Scope Scanner on the other hand is the epitome of a 3<sup>rd</sup> Generation approach. Mr Choo Cheow Heng, a System Management Warrant from 6 AMB is the team leader of the group that came up with the idea. He explained the team's 'eureka' moment, "We were watching a television programme about medical science and learnt that doctors who perform gastroscopy use a non-invasive technique to examine a patient's internal or-



Mr Choo (second from left) and his team of ME3 Choo Siew Eng (far left), REC Bernard Lee (far right) and ME2 Vincent Ng. Their Bore Scope Scanner innovation won a Gold Award at the IETEX 2010

gans. They use a small video camera attached to a wire to examine a patient's insides. We realised then that this could apply to our work as well." Inspired, Mr Choo and his team created the Bore Scope Scanner which operates on similar principle. Working with external vendors, they designed a new inspection device that pushes a video camera through the gun barrel to capture close-up views of the interior condition. The new electronic system is easy to use and allows the recording of visual images to aid further technical analysis.

This new electronic system reduces the inspection time for a single gun to a mere 15 minutes, a significant reduction from the previous 45 minutes. More importantly, the

inspection process has been greatly enhanced as magnified images of the barrel interior can now be clearly viewed on a monitor screen, making defects detection a lot easier. With this new device, Armament Technicians no longer have to endure a physically arduous task during the annual gun inspection.

In recognition of its innovative quality, the Bore Scope Scanner project was presented the only Gold Award at the prestigious International Exposition on Team Excellence (IETEX) 2010, beating 26 other international teams. The team will also represent MINDEF at the American Society for Quality (ASQ) Convention in 2011. Mr Choo and his team are however not resting on their laurels and are already thinking of how to expand its potential, "There are plans in place for the Bore Scope Scanner to be used not just for artillery guns but all heavy guns across the SAF."



The new Bore Scope Scanner facilitates efficient inspection of the gun barrel

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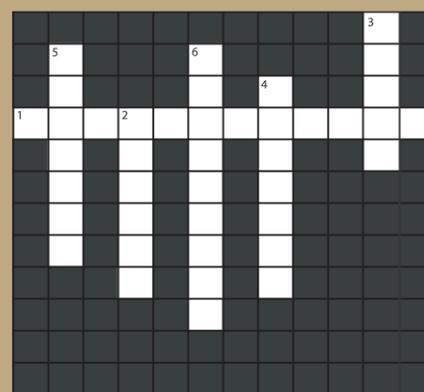
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### Quiz Of The Month - AUGUST / Issue 179

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

**Q:**



Closing Date : 4 October 2010

#### Across

1. Centred on the Australian Strength & \_\_\_\_\_ Association Techniques.

#### Down

- This year's theme for NDP was "Live our \_\_\_\_\_, fly our flag."
- Every year the Red \_\_\_\_\_ impress audiences at NDP with their parachuting skills.
- \_\_\_\_\_ May sang this year's National Day Song, Song for Singapore.
- \_\_\_\_\_ 300 is an annual initiative to provide an avenue for Army Commanders to discuss key issues.
- The new borne scope scanner helps Armament Technicians to inspect \_\_\_\_\_ guns.

Rank / Name:

Unit:

NRIC:

E-mail:

Contact No.:

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

#### JUNE / Issue 177 Quiz Answers

- Answers:  
1. INFLATED  
2. MEDICAL  
3. TEAMWORK  
4. REAFFIRM  
5. CLEMENTI  
6. DIFFERENT

#### JUNE / Issue 177 Winners

- |                                |                 |
|--------------------------------|-----------------|
| 1) 1SG (NS) FREDERICK CHNG     | NRIC: SXXXX720J |
| 2) MS SIM BEE LAN              | NRIC: SXXXX048F |
| 3) 3SG TANG YONG JING NICHOLAS | NRIC: SXXXX034J |
| 4) REC LEE WEIJIE              | NRIC: SXXXX199B |
| 5) LTA (NS) KENNETH CHIN       | NRIC: SXXXX537I |

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

### Passing On The Baton

APPOINTMENT	INCOMING	OUTGOING
CO 35 SCE	LTC CHAN WEI KIAT ANDREW	LTC LEE MUN CHOON
CO 39 SCE	LTC TONG YI CHUEN	LTC PAUL CHAN KWONG CHEE
CO 673 SIR	MAJ (NS) GOH KEE YONG	LTC TAN GIM CHWEE LEONARD (CAH)
CO 720 SIR	MAJ (NS) CHEN NAM HIN TERENCE	LTC LOONG TEAN YUAN (CAH)
284 SA RSM	SSG (NS) AZMI BIN ABDUL RAHIM	-
673 SIR RSM	MSG (NS) MOKHTAR EFFENDI BIN ABDUL RAHIM	-

# Info Nuggets

## Timor-Barat Run 2010

Story by Samuel Cheam / Photography by Mark Ng & Samuel Cheam

Unless you are a bridging engineer, you probably would not have the opportunity to step onto a Mobility 3<sup>rd</sup> Generation (M3G) Float Bridge. But on Friday 30 July, the participants at the Timor-Barat Run 2010 had the unique experience of running on such a bridge. The run was held as part of the Engineer Formation's Healthy Lifestyle Day and participants included soldiers from the entire Engineer Formation and invited teams from across the SAF.

The 16-kilometre competitive run had racers traversing two reclaimed islands at Seletar Camp, Timor and Barat, hence the name of the run. Apart from the scenic route through the islands, runners had the chance to run across the M3G Float Bridge. This was deliberately included to give a unique flavour to the run as LTC Lee Mun Choon, Commanding Officer of 35<sup>th</sup> Battalion Singapore Combat Engineers said, "We decided to include the bridge as part of the route as most people will rarely, if ever, get the chance to run across one." This unusual experience was a huge hit with runners, in-



It was shoes galore at the Timor Barat Run as the latest running shoes were on display



LTA (NS) Liew strongly believes that physical fitness helps him perform better in his NS duties and working life

cluding 2LT Sebastian Koh, a Platoon Commander from 10<sup>th</sup> Command, Control, Communications, Computer and Intelligence Battalion (10 C4I) who said, "As a Signals officer, I have never seen a M3G Float Bridge. Running on it today was a real eye opener and made the scenic run even more interesting."

continue to lead a healthy lifestyle." A fine example of a serviceman leading a healthy lifestyle is LTA (NS) Ashley Liew from 3<sup>rd</sup> Singapore Division who came in first place in the competitive run. He shared, "I believe that keeping fit and leading a healthy lifestyle isn't just relevant to one's time in the Army. Keeping fit is really about self-discipline and that's a quality anyone can bring to his working life as well."

To promote the concept of living a healthy lifestyle, post-run activities included a skit on the dangers of smoking by the Health Promotion Board and numerous booths and activities for soldiers to learn more about health matters. For avid runners interested in buying new gear, there was a stall offering the latest running shoes. At the stations on anti-smoking and anti-binge drinking, interactive games were used to help soldiers better understand these health dangers.

Commenting on the importance of the day's activities, LTC Lee said, "Our soldiers start learning about health in their school days and when they come to Army it is important that we continue to educate them about health and fitness. When they progress on to become NSmen, they can

## Rising to the Tekong Challenge

Story by Samuel Cheam / Photography by Samuel Cheam

Many soldiers have fond recollections of their Pulau Tekong days. Whether it be from their time in Basic Military Training, or from other training exercises, the images of the jungles and waterways on the island have been indelibly etched into the memories of their time spent there. Those who participated in this year's Tekong Challenge, certainly were able to roll back the years as they explored the island once again through a gruelling adventure race.

In its 11<sup>th</sup> year now, the Tekong Challenge is a signature event that is held in conjunction with 9<sup>th</sup> Singapore Division's Infantry Week—a week of activities that bring infantrymen together in celebration. BG Lim Hock Yu, Commander 9<sup>th</sup> Singapore Division and Chief Infantry Officer (9 DIV/INF) commented on its purpose, "The idea behind the challenge is to have an opportunity to bring all our people together for a team-building, cohesion and to encourage a healthy lifestyle. It is also about having a good work-life balance. Sometimes

we work so hard that we don't always find time to interact with each other. This is a good way of doing so and establish a healthy work-life balance."

The challenge started at first light with BG Lim flagging off the competitive racers. Unlike standard endurance races, adventure racing requires participants to complete a series of challenging activities along their running route. As a signature event of the infantrymen, these activities in the Tekong Challenge are related to soldiering. Running in groups, the participants had to tackle military challenges like starting a fire in the field, performing a river crossing and firing the SAR 21 assault rifle at the range. Other fun and physical activities included cross-country cycling, kayaking and the flying fox. Mr Victor Chan, Swimming Pool in-charge at Basic Military Training Centre and an avid ironman triathlete found the gamut of activities interesting, "For me, the flying fox was quite tricky as I have never done it before. But



Starting a fire in the field was one of the military-related activities runners had to complete

it was fun." Mr Chan and his team came in first place in the competitive category.

Besides the competitive race, there is also the nature run which allows participants to take in the sights of Tekong along its route. While most of the participants were regulars and full-time National Servicemen, NSmen were present at the challenge too. LTC (NS) Andrew De Silva and his friends from 23<sup>rd</sup> Singapore Infantry Brigade had a good time at the run. LTC (NS) De Silva explained, "Besides seeing each other at In-Camp Trainings, taking part in activities like this really helps to foster camaraderie. Running alongside my friends today as a team and waiting for each other along the way was great fun and a way to build cohesion. Hopefully we'll see more NSmen taking part in the future!"

If you missed out the Tekong Challenge this year, give it a shot next year and do not be daunted by the challenge as 3SG Her Chyuan Sheng from BMTC School 3 encouraged, "Don't doubt yourself, after all you'll never know if you can do it unless you try!"



Competitive runners had to carry out a water crossing challenge along their route