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# Moving 3 Div Forward as a Team



The incoming commander, BG Tan (right) will harness the power of his team to lead the Premier Division to greater heights

The responsibility of leading the Premier Division was handed over on 18 January when BG Tan Chuan-Jin took over as Commander 3<sup>rd</sup> Singapore Division (Comd 3 Div) from BG Tan Yih San at a Change of Command Parade held at Jurong Camp. Under the outgoing commander's leadership in the past few years, 3 Div has made major strides in the area of Integrated Knowledge Command and Control (IKC2), becoming the first Division

to operationalise the digitised Division Command Post. Other major events organised under BG Tan's leadership include Army Open House 2007, which was very well-received by the public.

Reflecting on his time as Comd 3 Div, BG Tan said, "3 Div is a unique and special place in our Army. It initiates and thrives on the deep specialisation that the Formations build by integrat-

ing our fighting systems. Our soldiers from across the Arms are brought to the inclusive culture, and command teams are bonded by a milieu of high points and defining moments. Each team is remembered and defined by how the imagination and operational envelope of our Army is stretched. I have had the privilege of working with some of the most talented and dedicated soldiers from across the Army. And what a wonderful team this is."

The incoming commander, BG Tan Chuan-Jin, believes that the only effective way forward would be for the team to move as one. He commented, "While the Div Comd is the leader, it is very much the collective effort of the team that will make the difference. We will need to establish a shared perspective on the next lap and to strategise how to make that happen."

A key focus for BG Tan would be to focus on engaging the men and women in 3 Div. "I would like to make a difference in the 'heartware' of the Division — to develop our people and to help us all understand our responsibilities in the service of our nation. Our people are central to what is best and good in the Division and we should endeavour to develop and engender a culture that focuses on this. In a sense, our vision to be a Premier Division is not just about the big visible activities that we do, but the little things that we do on a day-to-day basis that make a difference to our regulars, NSmen and NSF's. We must achieve the mission and tasks assigned to us. But how we do it is just as important. Our shared SAF core values are fundamental to this. I hope that everyone who comes through 3 Div leaves the Division as a better person, whether as an individual or a leader."

# Engineered For Success



COL Teo (left) handing over his command to COL Ng, who will continue 'Advance and Overcome' the challenges facing the Formation

"Five years is a very long time, and I'm grateful for this chance to achieve substantial things for the Engineer Formation," reflected COL Teo Jing Siong as he stepped down as Chief Engineer Officer on 10 January. Witnessed by Chief of Army, MG Neo Kian Hong, COL Teo handed the appointment to COL Ng Kin Yi at a Change-of-Command Parade at HQ Singapore Combat Engineers in Nee Soon Camp. As he left, COL Teo felt a strong sense of satisfaction in having led the Engineers to achieve several milestones.

## A Trailblazer in CBRE

2007 marked the operationalisation of the Chemical, Biological, Radiological and Explosive Defence Group (CBRE DG), which protects Singapore round the clock against unconventional threats. It has also participated in several Port Security exercises in different countries, reflecting our strong capabilities in this field. COL Ng said, "Over the past years, CBRE DG has contributed greatly to national security. They have done thousands of hours of activations and preventive sweeps. CBRE DG has also established itself as a global player and there are now many organisations from developed countries who are very keen to work with us. Being a co-organiser of the International CBRE Operations Conference is reflective of our standing in this field."

## Contributing to UN Missions

COL Teo is proud of the crucial contributions made by the Engineers in UN Relief Missions in Aceh and Afghanistan. He explained, "In such situations, accessibility and mobility is a key enabler for aid. We opened up access to the town of Meulaboh in Aceh, allowing aid to flow in. In Afghanistan, we opened a landing site and helicopter landing pad. We also built a relief coordination centre."

## National Day Parade 2007

Every Singaporean will remember the giant floating platform which supported 2007's National Day Parade. However, not everyone knows that it was built by our very own Engineers. COL Ng believes that the creation of the platform "showed how the Engineer Formation can harness our creativity and work together with various agencies to build something which the world has never seen before. The main challenge was to get the idea sold — to get people to believe that it could be done."

After serving as Chief Engineer Officer for five years, COL Teo understandably feels a tinge of sadness in leaving. However, fresh challenges await him in his new appointment as Commander 2nd People's Defence Force. He is confident that COL Ng, who has held many positions in the Formation including



The construction of the Marina Bay floating platform was a memorable and satisfying project for our Engineers

Commanding Officer, 30th Singapore Combat Engineers and Commander Engineer Training Institute, will lead the Engineers to greater heights. He said, "COL Ng has served in many key positions in the Formation and he understands the challenges of the Engineers. He's the best man for the job." COL Ng, who was previously Head Doctrine Development in HQ Training and Doctrine, pledged that the Engineers would "continue to build on our successes in order to support the 3rd Generation Army."



Rigorous training ensures that our CBRE forces are ready to safeguard key events and conferences

# Staying Connected

LTA Joel Koh is an Engineer Officer currently studying at the National University of Singapore. When he returned to the Army for a vacation attachment, he realised that he was out of sync with developments in the Army, for example the restructuring of the General Staff. This is understandably so in the light of the various re-organisation and transformation processes taking place both at the SAF and Army level. After discussing with his friends and commanders, he agreed to help the Army Officers Management Centre to form the Army Student Network (ASN) — an organisation bringing together regular officers who are studying and keeping them in touch with the Army.



COL Tan (right) appoints LTA Koh President of the ASN, which will strengthen our Army's links with its young officers

LTA Koh, who was appointed the ASN's President at its launch on 4 January, explained that the ASN aims to provide

help and support to the regular officers in local and overseas universities. With a senior-buddy system as well as representatives for each university and Formation, freshmen will find a ready source of advice as they commence their tertiary education. The ASN will also aid the professional development of our officers by keeping them updated on key events and happenings in the Army. As LTA Koh put it, "The ASN will keep us informed of the big picture and help to prepare us for our military careers. Thus, officers will be able to seamlessly transit from a university environment back to the Army after completing their study."

Fellow officer LTA Jason Lee, who serves as the IT coordinator for ASN, and is studying at Melbourne University, added that it is especially important to keep overseas students connected with the Army. He said, "The ASN's website contains useful links such as Individual Physical Proficiency Test forms which overseas students often have difficulty obtaining. There are also online forums where we can reflect and share our diverse experiences."

LTA Joel Chua, an electrical engineering student at the Nanyang Technological University, welcomes the ASN's efforts to build bonds between officers. He said, "The ASN is definitely a good channel to make friends, especially with officers from different Formations. As we're mostly from the same age group, we'll eventually be working together and these contacts will come in useful."

At the ASN's launch, Assistant Chief of the General Staff (Personnel), COL Tan Chong Lee, emphasised the need for of-

ficers to be thoroughly familiar with new developments, "You must be able to carry the policies and explain to your soldiers why things are done a certain way. Also, give us your valuable suggestions so that we can improve the way things are done."



LTC Tan believes that the ASN will facilitate the continued professional development of our young officers

Commanding Officer Army Officers Management Centre, LTC Fred Tan summed up the ASN's role, "Create for yourself a buzzing community of Army officers in the ASN. By commencing your preparation early, through the sound advice from seniors and contacts in your Formation and network of friends, you will embark on your military career from the inside lane, taking less effort to reach the objective of being a professional military leader."

# For Their Dedication to the Call of Duty

Mr Mohamed Ismail is a fine example of a Singaporean entrepreneur. As the Chief Executive Officer of PropNex Corporation, Singapore's largest real estate company, he 'commands' a staff of 7,000 agents. Economic success aside, he obviously takes great pride in his role as a National Serviceman. His name card which reads 'LTC (NS) Mohamed Ismail', says it all. At the National Day Awards Investiture held at the Ministry of Defence on 8 January, LTC (NS) Ismail received the Commendation Medal in recognition of his performance and dedication to the call of duty. At the Investiture, Minister for Defence, Teo Chee Hean, and Minister for Manpower and Second Minister for Defence, Dr Ng Eng Hen, also presented awards to 104 other NSmen and 453 regulars.

Currently serving as Brigade 21C in the 12<sup>th</sup> Singapore Infantry Brigade, LTC (NS) Ismail believes that the award is definitely a positive recognition of the passion that someone puts into their work. He explained, "I feel that at gut level, national security is very important. Being an entrepreneur myself, one



LTC (NS) Ismail (left) takes great pride in his NS role and believes passionately in the importance of national security

can make so much money and invest in so many properties, but everything will come to nothing if the stability and security of the nation is in question. Thus, I am passionately committed to serve as an NSman."

LTC (NS) Ismail added that he is grateful to the Army for giving him the grounding and grooming to succeed in business. He said, "The Army has given me organisational abilities — leadership, belief in the system and a strong regard for discipline. These contribute to an orderly and transparent system, which people do appreciate, even in a commercial company."

# MR Ceremony Recognises NSmen's Contributions

25 January was a memorable morning for the 29 NSmen who attended the MINDEF Reserve (MR) Ceremony at the Kranji Camp III CSS Lodge. Organised by the 3rd Division Support Command (3 DISCOM) to mark their transition into MINDEF Reserves, it showed appreciation for these NSmen's past contributions to national defence. During the ceremony, the NSmen were presented with certificates of appreciation, designer watches, as well as SAF Long Service and Good Conduct Medals.

As part of the occasion, a video montage was screened and this brought back many fond memories for those present. This presentation showcased the contributions of the NSmen over the past decade, such as their In-Camp-Trainings and outdoor exercises. 3SG (NS) Suhardi bin Rahoam of 33 Forward Com-



LTC Tay Teng Choon Peter, Commander of 3 DISCOM shares a light-hearted moment with CPL (NS) Amir bin Zainal

bat Service Support Battalion (FCSSB) commented, "The video was very meaningful. It was a flashback of what my buddies and I did during operations and exercises. I felt touched." CPL (NS) Amir bin Zainal who had served as a driver in 33 FCSSB and represented Singapore previously in body building at the SEA Games added, "It was worth taking time off from our work commitments to be here."

The warmth and spirit of camaraderie of these NSmen was vis-

ible throughout the ceremony. They caught up with old friends and shared stories about their unit experiences with LTC Peter Tay Teng Choon, Commander 3 DISCOM. As LTC Tay put it in his speech, "I'm sure that you've made lasting friendships here. It's all the common experiences you have with your fellow men that make a difference over time. And it's the memories that you'll take with you when you transit into the MINDEF Reserves."



LTC Nadarajan takes a deep satisfaction in ensuring a value-added OCS experience

Contributed by 3 DISCOM



The 'band of brothers' display their achievements

# SISPEC

## Rock Solid Basics for Junior Commanders

This soldier is always operationally ready; the weapon in his right hand on alert, and his left arm raised in a gesture of leadership. He is also made of bronze and weighs 475 kilograms! Sergeant Rocky is the historical landmark of the School of Infantry Specialists (SISPEC) and stands strong and firm in front of the Chevrons Square in the SISPEC compound, symbolising our Army's readiness to defend our land.

To become as rock solid as Sergeant Rocky, all combat specialists have to go through SISPEC to sharpen their leadership and combat abilities. After passing their Basic Military Training (BMT), more than a thousand Privates are sent to SISPEC every quarter to undergo the Basic Section Leader Course (BSLC). Upon completing the BSLC, most of them are posted to the Formations, while the remaining chosen for the Infantry and Guards vocations remain in SISPEC for the Advance Section Leader Course.



LTC Phay (pictured in front of Sergeant Rocky) believes that SISPEC trains well-grounded and hands-on leaders who can make a difference in our 3rd Generation Army.

Commanding Officer of SISPEC, LTC Luis Phay, explained that SISPEC is about providing the proper foundations for future training. He elaborated, "We train specialists to be very well anchored in basics through shared values and a common identity. This is so that we produce leaders who can make a difference in our 3rd Generation Army." He further elaborated, "Leadership in this place is about making things happen and connecting with the ground. We need people who are not afraid to get their hands dirty. It's not so much about conceptualisation, but rather implementation of ideas."

Moving ahead, SISPEC is developing a Course Performance Index to accurately measure the effectiveness of its training. LTC Phay explained, "This will be akin to the Straits Times Index, which reflects the performance of the Singapore Stock Market. Things that don't get measured don't get managed. We hope to see further improvements in areas including course pass rates, safety control, and 'customer satisfaction' from ground units. It's important for us to strike a balance between safety and conducting demanding training for our soldiers."

Army News joins SISPEC's 'Kilo' Company for an afternoon of their final BSLC outfield exercise in Pulau Tekong



**1330 Hours:** Having taken lunch, LCP Habib Nasiruddin is putting on his camouflage cream in preparation for the afternoon's training. While most of his fellow trainees are Privates, LCP Habib is already a Lance Corporal due to the circuitous route that he took to SISPEC. After BMT, he was trained as a signaller before being posted to the 3rd Battalion, Singapore Infantry Regiment (3 SIR). After being in 3 SIR for six months, his Commanding Officer recommended LCP Habib and two others to undergo SISPEC training.

LCP Habib commented, "My SISPEC training has been interesting as I've learnt many things, including fire movement and how to work as a section. This is different from my previous training as signallers usually work alone or in pairs." He also said, "I think it's important to know the men who are under you. When I go back to 3 SIR as a specialist, I will be able to take care of my buddies in the Support Company."



**1400 Hours:** PTE Tan Yong Kian, the acting Section Commander for this Exercise, is briefing his fellow trainees on the objectives of the upcoming missions. PTE Tan is appreciative of the benefits of his training, "SISPEC taught me how to be a section commander, how to organise my people in operations, and how to conduct the operation. Having learnt that, it's all about drills until every individual is familiar with what he has to do. This is why exercises such as today's are an important component of our training." He also said, "We are entrusted with the task of defending Singapore, and becoming a good Section Commander will allow me to do this better."



**1500 Hours:** A section is patrolling the area when they are 'ambushed' by another section. They valiantly repel the attack, closely watched by their instructor in the background. Officer Commanding of 'Kilo' Company, IWO Wee Peng Choon, explained that force-on-force training not only saves time, but also increases training realism. He elaborated, "We want to use the conditions to push them to their limits. When they graduate from BSLC, they should be in peak physical condition, and be able to carry out their duties in full gear. They should also be leaders who can motivate their men to do the job."



**1530 Hours:** PTE Tan Wan Cong is 'injured' in action and his section mates have to evacuate him to safety, using a groundsheet. PTE Tan commented, "When one of us is injured, it is very important for the section to bring him to safety as soon

as possible. The success of today's exercise gives me increased confidence that my section mates will stand by me should I ever need their help, and I will also do the same for them if the need arises."



**1700 Hours:** The afternoon's missions are over, and 2SG Patrick Gwee sits his section down for an After-Action Review. What was done right, and areas for improvement, are discussed in a frank and consultative manner. After he dismissed his section to rest and recharge, 2SG Gwee shared with Army News his role as a Section Instructor. He said, "As an instructor, I am just like a teacher who passes on all my knowledge and experience. We also need to be aware of the trainee's feelings, and serve as a role model for them to become good section commanders."



**1730 Hours:** The trainees sit down for their dinner, and are joined by IWO Kee for some light-hearted conversation. Most of the instructional appointments in SISPEC are held by Warrant Officers and Specialists (WOSPECs) so that good practices can be passed down more effectively. IWO Kee later revealed, "One of the biggest challenges is to bring them on board, and encourage and motivate them to become junior leaders. We want to inculcate them with the values of the WOSPEC corps, and share with them the importance of building up their foundations so that they can be steady in meeting any challenges they face."

After dinner, the trainees were recharged for the final phase of their outfield exercise at night. Returning to camp the following afternoon, they were welcomed back by Sergeant Rocky, quietly pleased that the trainees had acquired sharper fighting abilities, and the leadership skills for their future roles as section commanders.

SISPEC: Home of the Specialists



Graduands of the ASLC celebrating the completion of the course

Reflecting the strong bonds created by their earlier BSLC, graduands of the Signals Institute returned to SISPEC for the ASLC graduation. CO SISPEC, LTC Phay hopes that more Formations will choose to do the same to reinforce SISPEC as the spiritual birthplace of all section commanders. One of the winners of the Golden Bayonet, 3SG Koh Hon Koon from Signals, commented, "It's great to see my former platoon mates from BSLC at this parade. It brings back memories of us training together in the field; giving 100% to learn everything we can. I'm also very proud to return to SISPEC for my graduation, as this is where my journey started."



3SG Koh receiving his award from the Guest-of-Honour, Chief Armour Officer, BG Philip Lim

## New Training Facility Boost for UO Capabilities

Our Army marked a key milestone in its Urban Operations (UO) training development on 10 January with the ground laying ceremony for its new urban training facility in Lim Chu Kang. The first of its kind in the region, the facility will be used for UO Training, live-firing exercises and to train for a full spectrum of operations.

In his speech, Commander 9th Singapore Division / Chief Infantry Officer, BG Chan Chun Sing, spoke on the need for the new urban training facility. He said, "Today, urbanisation in our landscape is something that we no longer can avoid. Urban Operations is no longer special or advanced operations, but part and parcel of our conventional operations. Our current training facilities for Urban Operations have limited capacities to handle integrated and combined arms missions. Hence, this project provides the first stage of a local facility to train and sustain our operational competencies in Urban Operations more effectively."



Chief of Army, MG Neo Kiang Hong (right) graced the ground laying ceremony, accompanied by BG Chan (centre) and Commander TRADOC, BG Goh Kee Nguan (left).

### Realistic Training Environment for Urban Operations

LTC Yoges, Senior Project Officer at 9th Singapore Division/HQ Infantry (9 Div / HQ Inf) explained that the urban training facility, comprising approximately 200 buildings of different types, will be installed with instrumentation systems that are compatible with the existing Battlefield Instrumentation System and Tactical Engagement System. This will enable seamless tracking of the training troops, both outdoors and inside the buildings. Video monitoring systems will be put in place for observation and After-Action Reviews. Highly realistic training will also be made possible with the use of various simulation tools. They include simulated area weapons effects on buildings, laser 'shoot-backs' from the electronic targets, and battle noise effects.

### WOSPECs Play Their Part

Playing a key role in the design of the urban training facility were 40 Warrant Officers and Specialists (WOSPECs) from various Formations, known as the Urban Operations Community of Practice (UO CoP). They drew up the floor plan for all the buildings in the urban training facility, and increased the training realism by paying attention to every detail. For example, there were sliding doors and windows for office buildings, and main gates for residential properties.

The UO CoP's origins can be traced to a core group of six WOSPECs who ran weekly at Bedok Reservoir. Through informal discussion, (9 Div / HQ Inf)'s SM, SWO Joseph Koa, suggested the setting up of the UO CoP. His work was cited by 2nd Minister for Defence, Dr Ng Eng Hen, at last year's SAF Day Dinner for Warrant Officers. In his speech, Dr Ng said, "Warrant Officers are being empowered to exercise their leadership in ways that are greater than before. The job scope of the Warrant Officers has expanded and will continue to grow further with

greater levels of responsibility and demands for innovation and thinking skills. You will be more involved in generating ideas and making independent decisions within your scope of work. The evolution from supporting to partnering the Officers Corps is also an ongoing shift in the mandate of the WOSPEC Corps. I admire the way in which the Corps has taken this on board."



Members of the UO CoP training with their American counterparts in Alaska.

The main coordinator for the UO CoP, MWO Neo Chee Wee, commented, "The WOSPECs' role in this project is quite significant. In partnership with the officers, we came up with the grand plan and implemented it on the ground. We also worked with the doctrine officers to establish the tactics, techniques and procedures for urban operations, in view of operational and safety considerations."

Indeed, this new urban training facility will be a key component to develop and train our new 3rd Generation Army, and will provide an effective platform for future trials and experiments for further doctrine development in Urban Operations. The facility is expected to be completed in mid 2010.

## Our Uniforms: Image and Identity

The military uniform attire serves to differentiate soldiers from the armies of various countries. The word 'uniform' is derived from the Latin words 'unus' (one) and 'forma' (form). As the roots of the word suggest, it is representative of what binds the men of an army together: a singular commitment to protect their country as one army. Our Army's ceremonial uniform (No. 1) and mess kit (No. 2) have been in use since the 1960s and remained unchanged until 1994, when the Army Dress Review Committee proposed design changes so that the uniforms would mirror the dress norms of society and fulfil the unique requirements of the military.

### Evolving with the Times

The ceremonial uniform (No. 1) is worn by Army Guard-of-Honour contingents at parades and ceremonies. The present version retains the traditional colours of white, blue, and red, but excludes the red sash around the waist. The collar is decorated with embroidered collar badges and its cut has been altered so that it is easier for the collar badges to be put on. The braided epaulettes have been replaced with shoulder boards while the trousers are now pleated. The No. 1 for ladies' complements the men's; its cut has been altered and its headdress has been redesigned. With these changes, our No 1 uniform looks smarter and more comfortable.



The smart-looking No. 1 uniform adds to the grandeur and pomp at major parades and ceremonies.

The design of the mess kit (No. 2) was refined to bring it in line with modern black tie dress norms. For instance, the men's jacket sports a modern cut along the lines of a tuxedo and is worn over a white wing-collared shirt with black double-pleated trousers. A red bow tie, red cummerbund, black shoulder boards, and gold buttons complete the outfit. The black shoulder boards give the jacket a much cleaner finish, and the cummerbund is thinner and hence more comfortable (3.5-inch versus 6-inch). The ladies' mess kit consists of a mandarin collar jacket worn over a black ankle-length evening gown. The ladies' and men's jackets have the same buttons and shoulder boards to present a unified image of the SAF.



Before the camouflage dress was introduced, the Temasek Green was also used as the No. 4 attire.

### From Temasek Green to Camouflage Print

On 1 September 1967, the SAF replaced the pattern drill uniforms used by the British with their own set of fatigues. These "Temasek Green" uniforms, worn as the No. 3 and No. 4 dress, were well-known for being able to stand on their own when well starched and pressed. There were two patched pockets for the shirt and three pockets for the trousers. One downside of the Temasek Green was that it had to be worn with the shirt tucked in. The shirt tended to come out during training, giving soldiers an untidy look.

For a while, the Temasek Green shirt as No. 3 dress was worn tucked in, and as No. 4 tucked out. Eventually, a new, baggy shirt, worn tucked in whether as No. 3 or No. 4, was introduced

in June 1977. It provided more stretching room and reduced the likelihood of chaffing and heat rashes. The new uniform was still known as the Temasek Green but it was of a darker shade of green.

The present No. 3 uniform was introduced on 1 July 1982, while the first camouflage dress (No. 4) was introduced in June 1983. From 1985 onwards, the No. 4 was made with a new, lighter material as the original material faded easily. In 2006, the SAF completed a four-year review of military dress accessories aimed at instilling a greater sense of national identity and service as well as to forge a stronger sense of pride and commitment among our servicemen. Among the changes to the No. 4 were name tags printed on olive-green cloth for greater visibility, and the re-introduction of formation patches and arms badges that used to be worn on earlier versions of the No. 4.

### Standing out in a Crowd

There are many occasions when Army personnel attend important civilian functions. In the past, if the dress-code required a lounge suit or shirt and tie, servicemen wore a bush jacket. The No. 5 was introduced as a more appropriate attire for such events, and its design was based on the No. 3 uniform. The No. 5 is essentially a long-sleeved version of the No. 3 with an accompanying tie and matching green coat, or a bow ribbon for ladies. As technology progresses and society changes, so will the uniform adapt to serve its practical and aesthetic purposes better.



Our Army personnel wear the No. 5T at civilian events such as the Presidential Garden Reception.

## Army Fitness: Eat Smart! (continued)

Last month, we looked at how eating the right amounts of carbohydrates and fats can improve your body's health and sports performance. This time, we will be examining proteins, water and sports drinks, which also have to be consumed in balanced proportions.

### Protein — The Tissue Builder

Protein plays an important role in the regulation of bodily functions. It is a necessary nutrient for the growth of new body tissue and the composition of genes, cells and skin. While some kinds of protein can be produced by the body, others cannot. These can be obtained from foods like eggs, milk, meat, poultry and fish.

Although protein is important for bodily functions and growth, too much of it is not good. Excess protein can be either broken down for energy or stored as fat. For individuals who do not exercise intensively, a rough guide is:

Recommended daily intake of protein = 0.8 grams X your body weight in kilograms

### Water — The Basis of Life

We often hear mothers chiding their children for not drinking more water. As you might guess, water is the most basic nutrient and one

which our body cannot survive without. Water has three main uses. Firstly, it helps to regulate body temperature by distributing heat around the body. Secondly, it is necessary for our body cells to function. Lastly, it is one of the main building blocks which make up the body.



Drink sufficient water to avoid dehydration, especially on a hot day.

In order to stay healthy, it is advisable to maintain the water level in your body by taking in as much as you pass out. For example during exercise, our body sweats in order to cool itself and we need to replace the water lost. If this is not done, dehydration (a condition where the body has insufficient water) occurs and you may experience heat cramps, heat exhaustion and heat stroke.

### Sports Drinks

There are different kinds of sports drinks.

## NSman Tops CSM Course

When 2SG (NS) Mohamed Fazril Bin Supaad first received the call to attend the 62nd Company Sergeant Major (CSM) Course, he was understandably less than thrilled to be returning to the field. At the age of 25, he had just been employed by K2B International, a company which organises management training programmes. However, 2SG (NS) Fazril's can-do attitude quickly kicked in, propelling him to become the first NSman to top the two-month-long course.



2SG (NS) Fazril believes that NS is an educational and enriching experience.

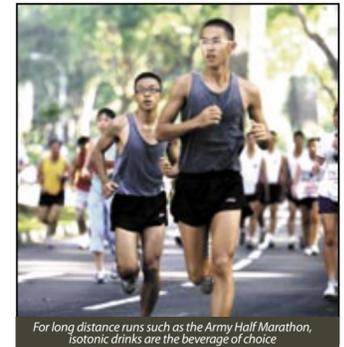
The CSM course is one of the premier courses for SAF Specialists in training CSMs to play a key role in upholding the discipline of each company during operations and administration. Such a role is essential in maintaining the day to day functions of the company and requires many hours on the ground. Being a newly appointed CSM, 2SG (NS) Fazril hopes to encourage his fellow servicemen to continue in a spirit of excellence. "As a serviceman, I know that it is difficult to transit from civilian life to the rigours of the field. However, being stretched during the CSM course has been very fulfilling and it feels great to know that I can still scale walls and fight in the jungle." He

emphasised that the next Army Training Evaluation Centre (ATEC) exercise is a top priority for his company and he hopes that his men will be in their best form. "As a battalion gets older, people think we can get more relaxed. This is however not true and we must mature with age. I have NS friends who are older than I am, and seeing that they could still pull through the very challenging and tough CSM course was a very motivating sight."

With regards to a serviceman's growth and continued maturity, 2SG (NS) Fazril fondly recounted the last exercise of his CSM course which included NSmen, NSFs and regulars. "It was a 4-day outfield exercise that ran concurrently with the Platoon Sergeant Course, thus bringing the three groups of servicemen together. Successfully motivating these men of different age groups to run and push through to the end evoked a great sense of achievement." Such leadership skills were also highlighted to 2SG (NS) Fazril by his superiors as qualities which placed him in the top position.

"We have to be a leader amongst leaders" This is a major takeaway that 2SG (NS) Fazril brought from his CSM course to his civilian job to achieve an impressive sales break record with K2B International. Mr Handoyo, Managing Director of K2B International confidently said, "I believe NS has equipped Fazril with the drive and perseverance for success. We had made provision for him to join the company after his course and I am proud to receive a letter from the Army informing me that he had excelled in his course." Under the scheme to Recognise the Contribution of

Hypotonic drinks quickly replace fluids but do not give much carbohydrates. Hypertonic drinks give large amounts of carbohydrates, and are best taken after exercise to replenish the body. Isotonic drinks quickly provide the body with both fluids and carbohydrates. Not surprisingly, isotonic drinks are preferred by most athletes, especially those who need to exert themselves over long periods of time.



For long distance runs such as the Army Half Marathon, isotonic drinks are the beverage of choice.

Consuming the right amounts of nutrients is critical to a healthy lifestyle, whether you are a serious athlete or an office worker. Always remember to eat in moderation!

Operationally Ready NSmen to Total Defence IV (RECORD IV), the Army has introduced the practice of informing employers when their servicemen employees emerge among the top 10% of their course. This helps to strengthen the engagement between the NSmen, their employers and the SAF. Such a scheme, coupled with 2SG (NS) Fazril's exemplary attitude has convinced Mr Handoyo of the importance of National Service.

Mr Handoyo said, "I believe that NS not only develops an individual's character, but his skill set as well. I am a firm believer in NS and encourage NSmen to excel in their duties. We are looking into future incentives and support schemes, perhaps even monetary ones for those who do exceptionally well in their courses." 2SG (NS) Fazril shares this sentiment, saying that "NS has trained me in the area of organization. In my job with K2B International, I do a lot of research and organization is key."

2SG (NS) Fazril had some advice for those serving their NS. "NSFs, when you ORD, there will be a sense of jubilation. However for me, it isn't a sense of jubilation any more, it is about a sense of pride, so just do it. There is a lot of applicable knowledge garnered from the army that can be used in the civilian world."

### Quiz Of The Month - JAN / FEB

Send us the correct answer and win a pair of Golden Village movie tickets. There will be 5 winners!  
**Q: Most of the instructional appointments in SISPEC are held by \_\_\_\_\_.**  
Closing Date: 15 April 2008

Answer: 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. Winners will be notified by Email. Prizes are not exchangeable for cash.  
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.

### DEC / JAN Quiz

Q: in which country did Singapore set up a dental clinic in 2007?  
A: Afghanistan

### DEC / JAN Winners

1) 2WO LAI KAN KHENG NRIC: S000068E  
2) CPT YEO CHEN KUAN NRIC: S0000784C  
3) PTE CHOI SOON KIAT VICTOR NRIC: S0000881Z  
4) NG PEH WAH NRIC: S000083H  
5) JACINTA VERONICA NRIC: S0000207I

Winners are to contact Army News at 64270465 for collection of prizes.

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### OUR ARMY IS BREAKING NEW GROUND ON POWERS98FM!



# The Military's Role in Total Defence

"If only Singapore had held out a few days longer," — these words by Dr Goh Keng Swee, Singapore's first Defence Minister, succinctly reflected his sentiments on Singapore's capitulation to the outnumbered and resource starved Japanese troops on 15 December 1942. This anecdote was used by 2nd Minister for Defence, Dr Ng Eng Hen to remind us of the importance of commemorating Total Defence Day. He was the Guest-of-Honour at the launch of this year's Total Defence Campaign 2008 — 'Total Defence. It's Personal. Play Your Part' — held on 12 February at the Singapore Discovery Centre (SDC).

The Total Defence Exhibition, which travelled from SDC to Tampines Bus Interchange and Toa Payoh Hub displayed interactive exhibits aimed at engaging the public. Booths for the five pillars of Total Defence — Military, Civil, Economic, Social and Psychological Defence were set-up to showcase the integral cooperation needed between all the pillars for a strong and resilient Singapore. The campaign also included the N.E.mation competition. Held for the second year, students from various schools across Singapore stretched their creative skills to put together dazzling videos which encapsulated what Total Defence means to them.

## Presenting a Positive Image

At the SDC, CPL Tung Meng Fatt from the 1st Military Intelligence Battalion, was glad to showcase the Army's capabilities



CPL Tung explaining our Army's capabilities to students who will be the future defenders of Singapore

ties to the public. He said, "People may feel detached from the military, and so it is essential that we put across the message that we're still there protecting Singapore, training and providing a sense of security for our citizens. This exhibition is also a good time to educate pre-enlistees on their future roles as servicemen." The Army put up a comprehensive exhibition, showcasing the Unmanned Aerial Vehicle, 3D Terrain Visualisation Software and vehicles such as the Light Strike Vehicle.

Mr Matthew Roberts who is in Singapore on a teaching programme from RMIT University, Melbourne said, "It is interesting to see students around today interacting with the exhibit and to know that this is done to promote the Military. I am not aware of such an effective model in my home town and this is actually the first time I am seeing such military equipment up close." Mr Roberts and his colleagues were just some of the many visitors that benefited from the exhibition, as 3SG Tian Yao Whye from 6th Battalion, Singapore Infantry Regiment explained, "Response from the public has been very positive, and I am glad that we are able to be here to present to both locals and foreigners."

## Safeguarding Our Economy

At the booth promoting Economic Defence, one of the presenters, LCP Syed Muhammad Hadi said he recognised the importance of a strong military to our economy. He said, "Without a strong military to defend our city's infrastructure that is vital to economic activity, we would be vulnerable to many threats." Through challenging quizzes, students who visited the booth learned about the efforts of the Workforce Development Agency and other initiatives in a fun and interactive way.

## Defending Our Home Front

Sheer military strength alone is not enough to ensure the security of our nation. This was emphasised by Mr Sugendram s/o Krishnan, Community Engagement Executive for the Ministry of Community Development Youth and Sports. He said, "The post-crisis trauma is often more devastating than the crisis itself. Programmes such as the Inter-Racial and Religious Confidence Circles, and teaching a culture of respect for all races and religions have provided a strong foundation from which we will be

able to recover quickly." This compliments the role of the Civil Defence, which CPL Ganesh of the Civil Defence Search and Rescue Battalion aptly put "The military is the front line in any war and crisis. I am sure they can respond swiftly and decisively. However behind them, the Civil Defence also plays a vital role in taking care of the injured on the home front, watching over people's welfare and ensuring their safety."



Students are thrilled at the the Motorised Casualty Scooter's ability to transport casualties using just one operator

## Instilling Confidence Among Citizens

Finally, the Total Defence Campaign was vital in maintaining the Psychological Defence of Singaporeans. Through the impressive display of military equipment, and stirring nationwide events such as National Day Parade, our people will be confident that Singapore can deter all aggressors.

# Jing Shan Primary School Students Add Special Touch To Total Defence

12 February began at the crack of dawn for the soldiers of 2nd Battalion, Singapore Infantry Regiment (2 SIR) as they loaded their vehicles with educational materials for a visit to Jing Shan Primary School. The visit was part of the school's celebration of Total Defence Day, and little did the students know that the Army had such an extensive array of equipment and hands on learning experiences for them.

overseas exercises. Priscilla Loo, a primary five student said, "I made the cards so that when the soldiers feel low, they can look at the cards and cheer up."



The camouflage painting corner was popular amongst the students and many queued for the chance to look like their military brothers.

An exciting exhibition followed where students participated in combat rations tasting, camouflage face painting, weapons dis-

plays and even jeep rides around the school. As students bustled around the exhibits, trying their hand at the SAR 21 and Section Automatic Weapons, the joy and fascination on their faces were encouraging to teachers and soldiers alike. "It is part of our belief to have such holistic teaching, where it is hands on for the students. Their reactions just exceeded our expectations. Even our teachers were excited when I told them about the Army's visit and so we all dressed up to represent the five pillars of Total Defence" said Ms Azizah Ismaun, Principal of Jing Shan Primary School.

"I am glad the students responded well because it is important that the value of Total Defence is inculcated at such a young age. Hopefully these activities will broaden their understanding of the Army, thus preparing their mindsets for National Service." said 2WO Amran. Certainly such experiential learning has benefited the students as twelve year old Shawn Wong readily declared "Yes, I'm looking forward to NS and helping to defend Singapore!"



MAJ Chan (right) and Ms Azizah, who wore an Army Jacket for the occasion were glad for the learning opportunity afforded by the visit

CO 2 SIR, MAJ Alvin Chan and RSM 2 SIR, 2WO Amran Bin Ahmad began the day by engaging the students in an interactive talk, pausing to show videos of 2 SIR, one of the oldest battalions in Singapore. Throughout the presentation, young hands shot into the air as 2WO Amran quizzed the students on the Army's history, each eager to earn the prizes which he readily gave. At the end of the presentation, MAJ Alvin Chan was presented with cards hand crafted by the students. These cards were made specially for soldiers of 2 SIR who were preparing for



Soldiers and students alike both benefited from the meaningful day of national education