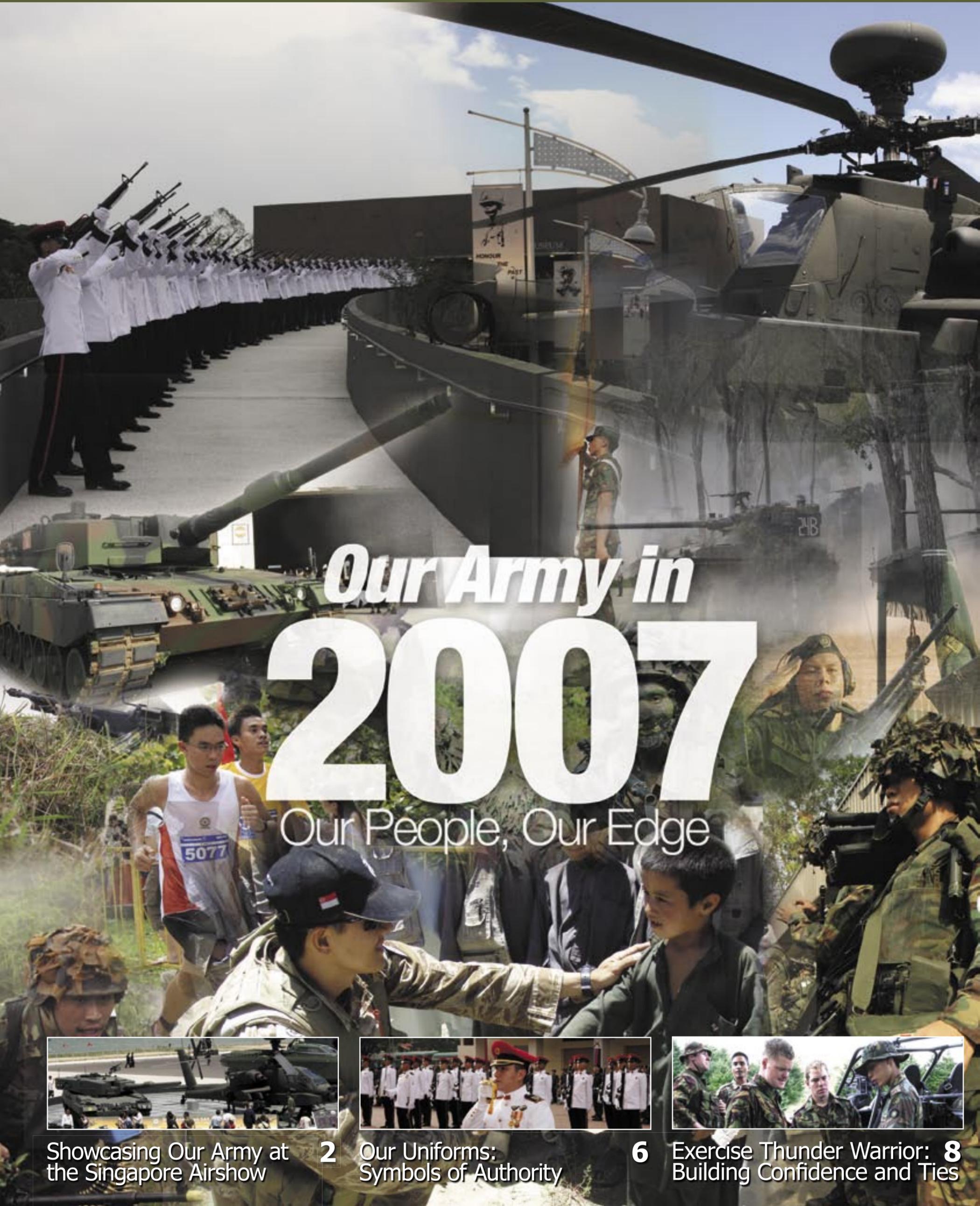


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Issue No. 151 FEB / MAR 2008

pulse of the army



Our Army in **2007**

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Land Warfare Technology Seminar Envisioning the Future, Building the Force

The importance of our defence ecosystem in delivering capabilities to our Army was a key message delivered at the Singapore's biennial Land Warfare Technology Seminar held on 18 February. Attended by over 500 military personnel, defence industry leaders, students and foreign guests, the seminar held at the Biopolis was jointly organised by the Defence Science and Technology Agency (DSTA) and our Army's Systems Integration Office. This year's theme of 'Envisioning the Future, Building the Force' reflected our thrust towards the future even as we build current capabilities.

In his opening address, Chief of Army (COA), MG Neo Kian Hong emphasised how today's expanded operating environment requires us to adapt quickly. He said, "Solutions are required now and not in any five or ten-year plan. Soldiers deployed today are not impressed with a promised capability in future — they want to know what will keep them alive and help them to succeed in their current mission. The challenge is how to manage both current and future demands with the given budget."



COA (facing right) interacting with local and overseas participants at the seminar



The Bronco Mortar Tracked Carrier variant demonstrating its firepower

Soldier-Centric Warfare

Another important point raised at the seminar was that despite the advent of sophisticated technology, the humble soldier remains key to today's warfare. In order to achieve maximum effectiveness, our new platforms must be developed in partnership with the men on the ground, taking into account their needs and challenges. In his speech, Commander 9th Singapore Division / Chief Infantry Officer, BG Chan Chun Sing highlighted the need to prevent information overload as one example.

He explained, "We don't want tonnes of data that we have to decipher in a battle environment. We don't want to squint our eyes on a plasma screen when we need to see the next fellow popping up a stone away. The complexity of information coming in from multiple sensors makes it increasingly important to have a smart filter — from mass production, we need to move towards mass customisation."



BG Chan: "The Advanced Combat Man System will deliver the right information to the right person, at the right time and in the right manner."

BG Chan also emphasised that the soldier of tomorrow must not be fighting alone, "He is neither Rambo nor Robinson Crusoe. He is part of a team, part of a network that can deliver to him information and firepower." He added with a smile, "For all suppliers, we look forward to seeing your new ideas and new 'toys' designed for the soldier, around the soldier and perhaps with the soldier."

A Thriving Ecosystem

Singapore's defence system needs are met through the 'defence technology eco-system', a web of relationships between key stakeholders — the military, DSTA and the defence industries. In an interview, the President of Singapore Technologies Kinetics, Mr Sew Chee Jhuen highlighted how this tripartite relationship has helped Singapore to develop new systems and

Showcasing Our Army at the Singapore Airshow



Integrated elements of the 3rd Generation SAF on display at the Singapore Airshow

The scorching sun was no deterrent to the many visitors who streamed into the open-air display area where the various Army hardware such as Pegasus 155mm Light Weight Howitzer, Leopard 2A4 Main Battle Tank and Bionix II Infantry Fighting Vehicle, were on show. These were part of an exhibition on the "3rd Generation SAF", organised by our Army's Systems Integration Office at the inaugural Singapore Airshow which opened at the Changi Exhibition Centre on 19 February.

Chief Systems Integration Officer, COL Ng Kok Wan explained the purpose of the display, "The exhibition is not just about the equipment, but also to show how the SAF is networking to work as a system of systems. It shows how our processes are integrated to fight as a joint team, and to show that we are one in terms of our spirit and core values."

To enable visitors to better understand the integration mes-

sage, presenters were stationed at each platform to explain its capabilities, and how it works together with the other systems on show. One of them was Full-time National Serviceman 3SG Nixon Low, a Detachment Commander from 23rd Battalion Singapore Artillery. As an Artillery specialist with considerable experience, including overseas live-firing, 3SG Low exuded confidence in his presentation to the visitors. He said, "This is the first Singapore Airshow, and it's a good chance for the SAF to showcase its weaponry and systems to various people, including teenagers, working adults and military personnel." He was also encouraged by the positive feedback from some visitors, "They commented that it's a good set-up because of the diversity of systems presented, and it's able to highlight the integration between the different Services."



COL Ng explaining how the various hardware displayed will enable the visitors to better understand the SAF as one networked and integrated fighting force

COL Teo Continues 2 PDF's Transformation Journey



COL Teo (right) will build on BG Chua's achievement to further develop 2 PDF into a 3rd Generation Island Defence Force

"People here have a high sense of purpose, because it is our responsibility to safeguard the island. It is this personal sense of mission that has brought 2nd People's Defence Force (2 PDF) to a higher level of excellence" said BG Lowrence Chua of his past three years as Commander 2 PDF. These reflections were made just before he handed over his command to COL Teo Jing Siong at a Change of Command Parade held at Clementi Camp on 15 February. Under BG Chua's leadership, 2 PDF has undergone several reorganising processes as they transform towards a lean, highly networked and operationally capable 3rd Generation Island Defence Force.

2PDF is the division with the largest population of NSmen and under BG Chua's leadership, they embarked on many initiatives targeted at NSmen. These include the Warrant Officers and Specialists (WOSPEC) symposiums and IPPT Improvement Initiatives, which are aimed to holistically 'Inspire, Induct and Involve' the servicemen. BG Chua explained, "NSmen have a high sense of commitment and I never had to worry about

them because I know they give their fullest support and live up to the key attributes of having the Passion to do, Dare to try and the Fortitude to see it through."

The incoming Commander 2 PDF, COL Teo, affirmed the vision of continuing to develop the Division into a 3rd Generation Island Defence Force. He elaborated, "BG Chua has built a strong foundation, and 2 PDF will be looking to grow from that, strengthening its technology, cohesion and reaping the synergy of greater economies of scale. I also hope to see us working together with the Air Force and the Navy to create a 2 PDF that is integrated with the other Services, thus achieving the aim of One SAF."

As 2 PDF continues its transformational journey, BG Chua again reminded the men of their immense responsibility when he said, "What you do is no walk in the park. You are not on standby 24/7, you are deployed 24/7."

Shooters Shine at SAFISAM



The Guest of Honour was Chief of Army Neo Kian Hong (foreground) who represented the General Staff in the chain-of-command shoot

The SAF Inter-Formation Small Arms Meet (SAFISAM) has traditionally served to identify shooting talents to represent our Army at the ASEAN Armies Rifle Meet. This year's competition held on 27 February was no exception. The talent was strongly evident as close competition saw each Formation battling hard to win the various shooting categories. As the meet also boosts friendly competition between Formations and Divisions, a special chain-of-command shoot was organised for the commanders and their men.

Great teamwork and attention to detail are just some of the qualities which top marksman teams possess. Private Samuel Tham of 9th Singapore Division/HQ Infantry (9 Div/Inf) highlighted this point, "The senior shooters gave me a lot of advice on how to read the wind and lighting when we shoot at long distances." This strong dedication to mentoring younger genera-

tions to excel in marksmanship is what enabled 9 Div/Inf to field a newer and younger team this year.

9 Div/Inf achieved an impressive first position in the M-16 rifle discipline and overall second place. Doing well with such a young team was something that marksmanship coach 2WO Rahamad was very proud of. He said, "50% of my team are NSFs and we have proven that with the correct training and hard work, even a relatively inexperienced team can excel. We even have a clerk who achieved third position for the pistol competition. SAFISAM helps us discover the best shooters of our Army, which in turn strengthens our international image as an effective fighting force in overseas competitions."

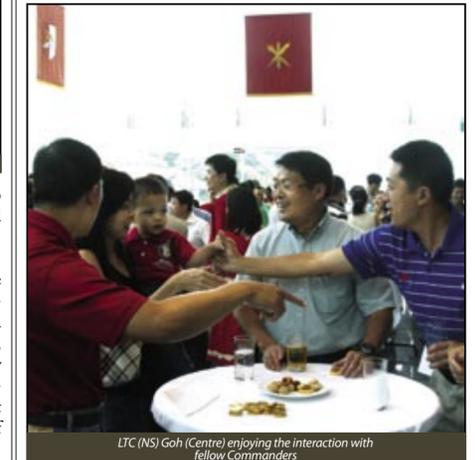
The Commandos, who won the overall best Formation title, were proud of their achievement. 1SG Jordan Cheong who was the team's rifle coach and a shooter himself, said that "My guys performed very well. This win was certainly not expected as we have limited time for training. The fight was very tough but it's the guys' hard effort that helped us achieve victory."



The Commandos overcame tough competition to clinch the overall Best Formation prize

NSmen Commanders Bond @ ARMS

To achieve the vision of One SAF, it is important that Commanders from the three Services routinely engage in meaningful cohesion activities. One such occasion which took opportunity of the Chinese New Year festive period was a lunch function hosted by Director for NS Affairs and Chief of Staff - General Staff BG Hugh Lim on 16 February at the Army Museum of Singapore (ARMS). Attended by more than 60 Commanders, including a large number of NSmen, and their families, the event enabled the servicemen to establish new ties and renew old friendships.



LTC (NS) Goh (Centre) enjoying the interaction with fellow Commanders

"The event was crucial because all the NSmen Key Appointment Holders (KAHs) from the different Divisions and Formations rarely get to meet up due to our own commitments and careers. Today I've seen Commanders that I have not seen for a long time and it was a great chance to find out more about each other's units," said LTC (NS) Laurence Goh, Commander 30th Singapore Infantry Brigade. This point was also stressed by BG Lim when he said, "The event gives me an opportunity to get to know the men better outside the formal training setting. Usually when I meet with the NSmen, it is during training, so the tempo is quite intense. Having their families here is also important because they put up with a lot of sacrifices. Many KAHs serve beyond their 10-year cycle. For them to do that requires the commitment from both the individuals and their families."



BG Lim (left) believes that families of KAHs play an important supportive role

CPT (NS) Raymond Heman from the Navy was appreciative of the opportunity for interaction with the other Services. He explained, "A gesture like today's event really helps in motivating the servicemen. The Navy works together with the Army because we help to carry troops, and the Air Force lends us support, so this interaction which usually takes place on an official basis is now expanded to an event like today's, giving us the opportunity to raise feedback and network."

Our Army In 2007

Our People, Our Edge

2007 saw significant advancement in our Army's 3rd Generation Transformation Journey as we developed into a leaner, better networked and more versatile fighting force. Our Army is committed to 'Raise, Train and Sustain'. This was achieved through the development of new high-technology fighting platforms and a training transformation that better develops our people to sustain this technological edge. The importance of our people was highlighted by Chief of Army (COA), then-BG Neo Kian Hong at the Army Workplan Seminar 2007. He said, "The strength of the Army does not come from just buying platforms, but in our ability to develop innovative concepts and train our forces in a very fast cycle. We need to be committed and engaged. Individually and collectively, we must feel that we own the Army and want the best for it."



"The essence and strength of the Army lies in its people — the collective will and capabilities of its soldiers."

Minister for Defence, Mr Teo Chee Hean

The success of our Army in developing its human resources can be seen in various fields. For example, overseas exercises such as Wallaby 07 demonstrated our soldiers' ability to operate the

state-of-the-art Integrated Knowledge-Based Command and Control (IKC2) System. Our soldiers also successfully completed several overseas missions, reflecting our Army's ability to

conduct a wide spectrum of operations. Certainly, 'Our People are Our Edge'.

Expanding Our Capabilities From Experimentation to Implementation

In the field of IKC2, our Army has moved from experimentation to implementation. The IKC2 capabilities were tested in a major exercise in October, marking a milestone in our transition to a fully networked fighting force. This revolutionary system allows our 3rd Generation Army to integrate the movement and command of the Infantry, Armour and air support from a mobile command post in real time. Efficient data transmission enables our commanders to quickly assess battlefield situations and make better decisions.



As information gathering is critical to an integrated force, our Army has achieved strong progress in the use of Unmanned Aerial Vehicles

Sharpening Our Skills in Overseas Exercises



Exercise Wallaby allows our various fighting platforms to train realistically as one integrated force



Overseas exercises enable the sharing of professional practices and strengthen ties with foreign defence partners

The effectiveness of an integrated fighting force was demonstrated in Exercise Wallaby 07, as the close cooperation between land and air units saw the Army take a step closer to the vision of One SAF. Other overseas exercises such as Exercise Thunder Warrior, Exercise Bold Kurukshetra and Exercise Safkar Indrapura also exposed our soldiers to training in various terrains and strengthened our ties with foreign defence partners.

Towards a Full Spectrum Force



Our team in Afghanistan not only helped in civil reconstruction but also distributed much needed essential amenities

The successful completion of overseas missions to Afghanistan, Timor Leste and Nepal have proven our Army's ability to execute an expanded spectrum of operations. Whether in the areas of medical service, peacekeeping or reconstruction, these UN missions are excellent opportunities for our servicemen to put their training and special skills to good use. Indeed, these missions have kept the Singapore flag flying high!



Maintaining a high vigilance is part of our Army's operational readiness

Besides participating in various overseas exercises and missions, our Army has continued to play a pivotal role in the defence of our homeland. From Changi Airport to Jurong Island, soldiers from 6th Battalion, Singapore Infantry Regiment and other units are on 24/7 protection of these installations.

Investing in Our People Transforming Training for the Future

With the launch of the Infantry Training Institute in August, our Army has successfully consolidated all our training schools and centres into 11 Training Institutes (TIs). These institutes provide integrated training from basic to advanced levels, serving as repositories of knowledge while optimising resources. The construction of new facilities was accompanied by the introduction of highly sophisticated equipment to provide more effective and realistic training. These train our soldiers to interpret complex scenarios, think on their feet and act decisively. The training transformation is a major step towards achieving the goal of 'Thinking Soldiers'.



The opening of the Infantry Training Institute completes the consolidation of all our training schools and centres

Recognising Our People Achieving Sporting Excellence



PTE Ong Jun Hong (left) and CPL Zhang Jin (right) proudly displaying their wins

Our soldiers did Singapore proud at the 2007 SEA Games when they contributed to the large medal haul achieved in various shooting events. This testifies to our culture of people excellence. The strong emphasis on fitness was also evident in 2WO Tan Yeow Chung's record-breaking achievement. The HQ Company Sergeant Major from 6th Battalion, Singapore Infantry Regiment set a national record at the Ironman Triathlon held in Australia.



2WO Tan maintains a high fitness level as an integral part of his soldiering skills

Celebrating NS40

The contributions of more than 700,000 National Servicemen, both past and present, have certainly not gone unnoticed, as the NS40 Celebrations commemorated their efforts in keeping Singapore safe since 1967. The NS40 exhibition, held at various public venues such as Ngee Ann City and Jurong East Interchange, educated visitors on the progress of NS over the past 40 years. The celebration culminated with the NS40 Dinner, during which Prime Minister Lee Hsien Loong presented NSMen of the Year awards to recognise the recipients' sacrifices and contributions.



Minister, Prime Minister's Office Lim Boon Heng (2nd from right) and then-Commander 9 Div, BG Winston Toh (1st from right) viewing our Army's modern training simulation at the NS40 Exhibition

Engaging the Public Showcasing our Capabilities at NDP and AOH 2007



The soon-to-be operational Leopard 2A4 Main Battle Tank was a star attraction at AOH 2007

Both the National Day Parade (NDP) and Army Open House (AOH) provided excellent opportunities for our Army to showcase its capabilities and instil public confidence. Besides a visual treat, such events allowed the public to come up close and personal with new military platforms such as the Leopard Tank and Longbow Apache Attack Helicopter. NDP 2007 was also a blast made possible by the Engineers Formation which conceptualised the world's largest floating platform, attesting to

the professionalism and quality of our people.

Our servicemen's families also got a taste of the Army as Army Family Day was held in conjunction with AOH on 3 September. This allowed family members to understand the nature of servicemen's jobs and strengthen the ties between families and our Army.



The world's largest floating platform for NDP 07 testifies to our Engineers' resourcefulness and professionalism

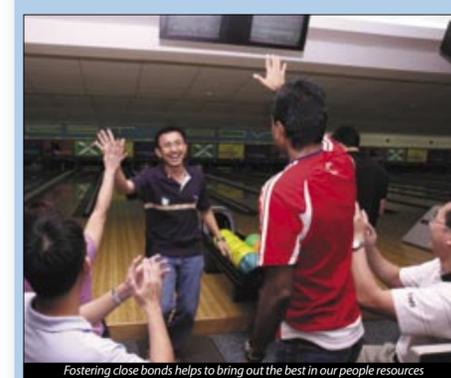
Preserving Our Heritage at ARMS

The opening of the Army Museum of Singapore (ARMS) in September provides a befitting venue to preserve our Army's heritage, honour the contributions of our soldiers and share their experiences. In the words of Minister for Defence, Mr Teo Chee Hean who graced the opening ceremony, ARMS is dedicated to "the soldiers of the past, the soldiers of the present and the soldiers of the future". ARMS promises to provide a feast for the senses through its various multi-media exhibits and presentations.



The dazzling special effects of the Object Theatre in ARMS brings to life our Army's combined arms capabilities

Let's Push On!



Fostering close bonds helps to bring out the best in our people resources

As our Army pushes into 2008 to continue its 3rd Generation Transformation Journey, it is the hard work and quality of our people that drives the progress. For this reason alone, our Army will continue to invest in its people to ensure that our 'Heartware' remains strong.

The Power of Engagement

Ever seen a Christmas Tree with its lights connected in sequence? It is a pretty sight, but if a single bulb is removed, the circuit is broken and the entire tree goes dark. Chief of Defence Force (CDF), LG Desmond Kuek used this analogy to describe the importance of engaging every one of our people, at the CDF Seminar held on 25 February in SAFTI Military Institute. The theme of the seminar was 'Strengthening Engagement, Deepening Commitment'.



CDF stressing the importance of engaging our people for mission success

In his address, CDF emphasised the need to be sincere about engagement. He said, "You may know how to practise engagement, know what to say and have all the tools to do it. However, if you don't have a heart-felt sense of wanting to connect, people will see right through you — that it's just another thing you have to do as a commander. As leaders and commanders, you have to care about the well-being of every single being under your charge." With a smile, he said, "Mission success is dependent on every single soldier being plugged in. When you press the button, you don't want the lights to be short-circuiting."

Seminar Facilitator and Head Performance and Engagement, LTC Kevin Chin explained how our Army's engagement efforts fall into the greater framework of commitment to defence. He also shared the findings of the Army Employee Engagement Survey which showed an improvement from 56% (2005) to 61% (2006) — certainly a good start, according to him. Commander 7th Singapore Infantry Brigade, COL Tay Boon Khai elaborated on how the two frameworks of 'Army Culture and Experience (ACE)' and 'Leadership and Learning, Image and Identity, Values and Experience (L.I.V.E)' have benefited ground units. He said, "They help us to focus on things we have to do to engage our people and pay attention to those areas we have overlooked. The ACE and L.I.V.E movements energise ground commanders, because they know their efforts are supported by their super-

iors and peers, and because they provide funds that we can tap to organise activities to engage our people!"

The seminar was also a chance for commanders to share their experience and ideas on engagement. Assistant Chief of the General Staff (Intelligence), COL Yeo See Peng said, "Engagement isn't just about the big career issues. It's also the little things you do to make the SAF a pleasant place to work. For example, you need to set aside time to interview your men."



Our senior commanders sharing their ideas at the seminar

Our Uniforms: Symbols of Authority

Respect for authority is an integral part of a highly disciplined force such as our Army. Traditionally, the authority of our leadership is vested in various objects which they wear or carry as part of the uniform. In this article, we introduce these symbols and their history.

Aiguillette

An aiguillette is an ornamental braided cord worn to distinguish officers holding certain appointments. It was originally a lacing used to fasten plate armour together and strengthen arm defences, tied with a knot or loop arrangement which sometimes hung around the shoulder.



The Director of Music wears his aiguillette on the left

There are different schools of thought behind the origin of the aiguillette. One account states that in early Europe, delinquent troops were sentenced to hang by their commanders. These troops would plead for a chance to redeem themselves and in a demonstration of sincerity, wore a rope and spike about their shoulders to show that they were ready to be hanged on the spot if they behaved reprehensibly again. Such troops were said to have covered themselves in glory afterwards. Another suggestion is that the aiguillette originated as a cord with a pencil worn by generals and staff officers for writing dispatches, and that it came from the practice of aides looping a rope around the epaulette flap on the shoulder of their tunic for the purpose of tying up the general's horse after he dismounted.

In the SAF, the following officers are entitled to wear the aiguillette:

1. Chief of Defence Force (CDF)
2. Aide-de-Camp to the President
3. Honorary Aide-de-Camp to the President
4. Military Attache and Assistant Military Attache
5. Director of Music (during band performances)
6. Military Attache / Staff Officer to CDF and Service Chiefs

CDF and Aides-de-Camp wear the aiguillette on the right shoulder, while the rest wear it on the left

Sash

The sash was originally used to improvise litters for carrying the wounded off the battlefield. Hence, it was usually made of silk, which was strong and light, and had to be large enough to enclose the human form.

Today the sash is worn by Infantry Colour Escorts, who are normally Specialists, and the Infantry Duty Sergeant, also known as a Duty Battalion Orderly Sergeant (BOS), in a unit. It is placed beneath the epaulette on the right shoulder, and worn across the body.

Ceremonial Sword

The sword is carried by a commissioned SAF officer as a symbol of his authority. The practice stems from the Middle Ages, when only men of a certain stature, such as knights, were allowed to keep swords. Like the knights, the officer's duty is to lead, hence the continuation of this practice today.



Entrusted with a sword, the officer is responsible for the leadership of his men

Swords are worn at parades and ceremonies with the No. 1 dress by the following:

1. Reviewing Officers (if they are commissioned SAF officers)
2. Officers escorting the Reviewing Officer
3. Commander of the Formation/Unit organising the parade or ceremony
4. Parade Commander
5. Contingent Commanders
6. Parade RSM

As a rule, only commissioned officers are allowed to wear the ceremonial sword, but an exception is granted in the case of the Parade RSM. The sword represents his authority on the parade square, and all personnel on parade, regardless of rank, are expected to accord him due respect. The Parade RSM is only given

the privilege of drawing his sword when he pays compliments to the Colours before they are trooped.

In addition, officers holding the rank of Major and above are to wear the ceremonial sword when instructed. The sword is generally not worn at indoor ceremonies.

Pace Stick

The Sergeant Major is a trained instructor of drills, parades, and ceremonies, responsible for maintaining the highest standards of regimentation and discipline in the unit. He carries the pace stick as a symbol of his authority on the parade square and his unique responsibility of keeping his men sharp and smart.

The pace stick is also used by the Sergeant Major as an aid to drill instruction. It originated from the "gunner's stick", which the Royal Regiment of Artillery of the British Army used to measure the distance between guns in the field. The gunner's stick was somewhat like a walking stick with a silver or ivory knob, and could only gauge a fixed distance. The British Infantry then adopted and developed it for its present purpose; for example, the pace stick is able to measure a greater variety of distances than the gunner's stick.



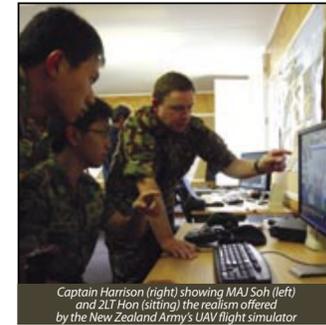
The pace stick is the Sergeant Major's symbol of authority.

Exchanging UAV Expertise

With a land area of 268,680 square kilometres, or over three hundred times the size of Singapore, the island nation of New Zealand provides rich opportunities for Mini-Unmanned Aerial Vehicle (Mini-UAV) training. Led by Battalion Head of Intelligence MAJ Jeremy Soh, soldiers from our Army's 1st Military Intelligence Battalion explored these opportunities on 23 January, when they participated in their first professional exchange with the New Zealand Army. Both sides showcased their equipment and engaged in a mutual sharing of experience in Mini-UAV operations. This will enhance understanding on the operational employment of the Mini-UAV, a remote-controlled aircraft which can provide real-time over-the-hill reconnaissance and terrain mapping.



2LT Hon (left) explaining the features of our UAV to his New Zealand counterparts



Captain Harrison (right) showing MAJ Soh (left) and 2LT Hon (sitting) the realism offered by the New Zealand Army's UAV flight simulator

Besides the large tracts of open terrain, the airspace conditions in New Zealand are more conducive to Mini-UAV training. 2LT Marc Hon, the 2IC of our Tactical UAV Flight, explained, "Singapore is a small country with a congested airspace. We are inevitably faced with challenges and limitations to the operation of Mini-UAVs." Our soldiers also got a chance to view New Zealand's UAV simulation program. 1SG Chen Jian Ming, a Mini-UAV Detachment Commander, shared, "Their simulation system realistically mimics the Mini-UAV's flight behaviour, down to the wind speed, terrain visualisation, battery life and response to the controller. We can learn from these points

and improve our own system, giving trainees better hands-on experience which will adequately prepare them for their actual flights."

Both the New Zealand and Singapore troops were enriched by this professional exchange. Captain Rowland Harrison, the UAV Project Officer from New Zealand's 16th Field Regiment, commented, "We're learning a lot from this and the Singapore soldiers have been very helpful. This is just the first time; we'll be working as a team and looking at more cooperation and exercises in the future." MAJ Soh added, "The New Zealand Army has systematically developed its Mini-UAV capability and has made impressive progress. The benefits of this exchange are manifold and it paves the way for future training and learning opportunities."



The inaugural exchange has laid the foundations for further cooperation and sharing

Army Fitness: Debunking Fitness Myths

Fitness is an important part of a soldier's life to ensure that he or she is operationally ready. To achieve this, one needs to separate fact from fiction in a few myths about fitness.

Exercising longer at a lower intensity burns more fat

True. The most important focus in weight control is not the percentage of fat used as energy during exercise but the total amount of energy used (calories burned). The faster you walk, for example, the more calories you burn per minute. However, high-intensity exercise is difficult to sustain if you are just beginning or returning to exercising. Therefore, it is safer and more practical to start out with lower intensity exercise and work your way up gradually.

Exercise is a sure way to lose all the weight and get the results you want

It depends. Weight loss or gain is a result of many factors including dietary intake and genetics. Not everyone on the same exercise program will lose the same amount of weight. One can be active and still be overweight. Your development of strength, speed and endurance may be very different from that of other people. Although exercise alone cannot guarantee the achievement of one's ideal weight, it does contribute to one's successful long-term weight management.

Running is the best way to get fit quickly

There is no one best way to get fit. You have to engage in sporting activities that you like or you will find a reason to quit. Getting fit is not an immediate process. It takes time, patience



Engage in sporting activities that you enjoy like cycling so as to keep you motivated

and perseverance. Do not expect instant success to avoid disappointment.

If you do not exercise an hour a day, five days a week, you might as well do nothing

Do not believe this all or nothing approach. There are enormous benefits in doing just a little exercise daily. A 30-minute walk three or five times a week significantly reduces the risk of heart attack and stroke, lowers blood pressure, relieves stress and boosts your energy and immune systems. These 30 minutes exercises can be accumulated in 10-minute bouts.

Warming up is not necessary if you are careful

Wrong! Failure to warm up properly can have severe consequences. Warming up your muscles with light movements like running-on-the-spot before you exercise helps prevent a variety of painful sports injuries such as tendonitis.

The best time to exercise is early in the morning



Warming up with light movements like running-on-the-spot helps prevent injuries

There is no ideal time for exercise. To sustain your exercise program, it must fit into your schedule. Do it and you will no longer have the 'I have no time' excuse. Some see exercise as a way to jump start the day while others see it as an evening activity to reduce stress.

Exercise turns fat into muscle

No. Muscle and fat are two completely different tissues. Muscles are organs in the body that contains muscle tissues, connective tissues, nerves and blood vessels. Muscles are attached to the bones to assist in the movement of joints. In contrast, fat is made of molecules called lipids which are found under the skin and above the muscles. Therefore, a weight loss program helps one lose the fats above the muscles rather than turn them into muscles.

Quiz Of The Month - FEB / MAR

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

Q: What was NDP 2007 held on?
Closing Date: 21 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.

JAN / FEB Quiz

Q: Most of the instructional appointments in SISPEC are held by _____.

- 1) 3SG NEO BOON WEE EDWIN
- 2) CPT (NS) LEONG SUN CHEE TERENCE
- 3) LCP CHNG KOK LEONG
- 4) CPT (NS) EDWIN YEO
- 5) TAN HUI

JAN / FEB Winners

- | |
|----------------|
| NRIC: 5000434C |
| NRIC: 5000330J |
| NRIC: 5000693E |
| NRIC: 5000669F |
| NRIC: 5000081E |

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

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Exercise Thunder Warrior 2008

Building Confidence and Ties

Realistic, Integrated Training

It was his first live-firing of an artillery gun. Even though everything was in order and he had done the necessary checks, Full-time National Serviceman (NSF) LCP Edward Oei from the 23rd Battalion Singapore Artillery (23 SA) still felt the excitement. Finally, the countdown ended and he pulled the lanyard, firing the Pegasus' (Light Weight Howitzer) deadly payload. LCP Oei later reflected, "The live-firing gave me an adrenaline rush — quite a good feeling and definitely a memorable experience. On a personal level, I've grown more confident in my ability as a gunner."



Ex Thunder Warrior was a good opportunity for NSFs like LCP Oei to gain realistic live-firing experience

LCP Oei was at Exercise Thunder Warrior 2008, one of our Army's annual overseas exercises. New Zealand's vast land area and rugged terrain provided a prime opportunity for the men and commanders of 23 SA and 24 SA to hone their firing accuracy and target acquisition skills. Despite the challenges of operating in an unfamiliar environment, Commanding Officer 23 SA MAJ Lek Seng Khoon felt that the soldiers were making the most of the experience. He said, "What's important is that the men have been showing a very positive attitude towards the exercise. The conditions aren't what they are used to in Singapore, but the guys are putting in their effort to be on time, on target. I believe that once everybody can work as a team, man and machine can work wonders!"

Besides our 'Kings of the Battlefield', the Guardsmen and 1st Military Intelligence Battalion were also involved in the exercise. The Guardsmen fielded the SPIKE missile, a guided projectile launched from the Light Strike Vehicle (LSV). CPL Muhammed Shariff bin Nasrln, a SPIKE Gunner said, "It was my first live-firing of the SPIKE, and I'm feeling very confident after hitting my targets. Training in New Zealand has allowed me to see the full capabilities of the SPIKE." During the exercise, soldiers from the New Zealand Army were given a chance to view the SPIKE and LSV. CPL Shariff added, "The New Zealanders were keen to know more about our equipment, as reflected in the many questions asked."



A Singapore soldier (right) proudly introducing the SPIKE to a New Zealander

During the exercise, the Military Intelligence troopers fielded mini-Unmanned Aerial Vehicles (mini-UAVs) which complemented the Artillery's Forward Observers and radars to provide a comprehensive, real-time picture of the battlefield. Such joint training is crucial to achieve precision fire capabilities for our Army. Exercise Director and Chief of Artillery COL Lim Yoon Boon explained, "As we move towards the 3rd Generation Fighting Force concept, it is important for the sensors such as the mini-UAV and the shooters like the guns to come together in a more integrated manner. Once they start working closely, you will find that the effectiveness of our firepower in the battlefield will be greatly enhanced."



The mini-UAV is an important force multiplier which enhances the effectiveness of our Artillery

Deepening our Bilateral Ties

For the first time, this year's Thunder Warrior saw a battery of 105mm guns from New Zealand's 16th Field Regiment training together with our forces. The inclusion of the New Zealand gunners marked the deepening relations between our troops and the New Zealand Army. This allowed the gunners from both sides to interact and share their knowledge and experience.



Troops from both sides sharing their experience and opinions on different kinds of rifles

During one phase of the exercise, the Forward Observer (FO) from the New Zealand Army called for our Army's artillery fire, and vice versa. Captain Matt Ottaway, the FO who called for our fire, had previously worked alongside Singapore troops in East Timor and felt comfortable working with us. He said, "This exercise reinforces the friendship that Singapore and New Zealand have, and also the fact that we can work together as armies. Should the need arise, we'll be able to work effectively side by side." Smiling, he added, "The Singapore guys are professional, friendly, and from my experience visiting them, very good hosts!"



Captain Ottaway (right) training alongside his Singaporean counterpart

On 27 January, New Zealand's Chief of Army MG Lou Gardiner and Singapore's Chief of Army MG Neo Kian Hong visited the exercise, underscoring the firm defence ties between our two countries. MG Gardiner commented, "There's nothing better than working with our allies and potential coalition partners. It helps to build confidence, and when we have a greater understanding of each other, we can work much better together. I believe that there's a very deep relationship developing between our countries."



Both Chiefs agreed that the training was a beneficial learning experience for the men, and indicated that they were looking forward to more cooperation in the future

Better Safe Than Sorry



Rain or shine, safety remains a key element of realistic training



Even on overseas exercises, our Military Police remain vigilant to ensure that servicemen drive at safe speeds