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Temasek Seminar 2007: Securing Our Future Amidst Changing Times



Mr Teo (right) presenting an award to a member of the winning team from Raffles Junior College, which won the Tagline Competition with 'No People, No Nation, No Singapore'

Under the shadow of emerging threats such as terrorism, possible economic disruptions and bird flu, it is extremely important to build a well-founded confidence in our own future, underpinned by security and defence. 'Securing Our Future Amidst Changing Times' was the theme for this year's Temasek Seminar, which was attended by more than 400 students from 20 schools. Aimed at increasing the students' awareness and appreciation of defence and security-related issues, the seminar was held at SAFTI MI on 25 July.

In his keynote address, Minister for Defence, Mr Teo Chee Hean stressed the importance of national defence in safeguard-

ing our future, "Trust, Knowledge and Connected. These attributes are elements of Singapore's strategy for the future, one which reflects our strengths and one that other countries will find hard to replicate. It is important to remember that security and defence underpin this formula for success. Many foreigners and permanent residents who have become citizens or set up home here have told me that they value Singapore for being a place where they know their investments and their families will be safe."

Mr Teo related an anecdote of one such individual who had re-located his family to Singapore for the safety and security that we offer. He elaborated, "Without safety, without security, such people and the businesses and investments they bring, will leave. We will lose our connections, our hubs, our own talent and cease to be a centre of thriving economic activity very quickly. The hard won trust and confidence in Singapore will be eroded. In short, without security built around a strong defence, there will be no confidence, and our strategy and our future will unravel rapidly."



One of the students who benefited from the seminar was Florence Kok (left) from NUS High School. She said, "I've learnt that there's a lot of work done behind the scenes to preserve our prosperity, and everyone has a colossal role to play in national security. As a girl, I can see myself doing research to improve our technology, allowing our nation to be more secure. We can

also help to spread the message that national security is important for all."



Ngiam Xing Yi (trying on the chemical protection suit) is inspired to pursue a career in our Army

The seminar also included workshops and site visits to Changi Naval Base, the 2nd People's Defence Force (2 PDF) Headquarters, and the Unmanned Aerial Vehicle Command. One of those who visited 2 PDF was Ngiam Xing Yi from Raffles Junior College, who was inspired by the displays put up by our soldiers. He commented, "It's encouraging to see that the Army is operationally ready, and we are safe and protected at any time. I can see that they are very well disciplined, and this has reaffirmed my aspirations to join the Army."

Raising NSmen Training to New Heights

Exactly 40 years after the first batch of full-time national servicemen were enlisted into the 3rd and 4th Battalions, Singapore Infantry Regiment, the new Infantry Training Institute (ITI) premises at Jurong Camp II were launched by 2nd Minister for Defence, Dr Ng Eng Hen on 17 August. Set up in 2004 at the old Tanjong Gul Camp from the merger of three previous Infantry training centres, the move to Jurong Camp II aims to provide ITI with better training facilities and easier access to nearby training grounds such as the Pasir Laba Training Area and Live Firing Areas.

With ITI's establishment, all 11 Army Training Institutes are now in place, and together they represent our Army's commitment to provide the best training for our NSmen. The 11 Training Institutes anchor the training system for NSmen and serve as repositories of knowledge for all the Army Formations and their respective specialisations.

Training has certainly come a long way for MAJ (NS) Ace Low, Battalion Second-in-Command, 694th Battalion, Singapore Infantry Regiment. He said, "Before, it was about getting the basics right, charging up the hill and just follow instructions. The current education system allows more flexibility, and our people are given more say during planning so that they understand the intent of the mission, allowing them to have a more meaningful In-Camp Training. This development of Thinking Soldiers ties in with our transformation to-



MAJ (NS) Low in front of the heritage trail, which depicts how far infantry training has progressed towards a 3rd Generation Army

wards a 3rd Generation Army."

Other than giving our NSmen more say in their training, ITI also employs simulation technologies, such as the Infantry Gunnery Tactical Simulator, to improve training realism and effectiveness. Also, the introduction of the Automated In/Out Processing system has enabled NSmen to clear their adminis-

trative processing quickly and be ready for training in a matter of minutes. Dr Ng commented, "All these measures are holistically addressing one issue - how we make sure that even as we ask NSmen to commit their time to defend Singapore, we make full use of their time. We reduce as much as possible the administrative time, make training effective, make training real, so that both soldiers and commanders feel that they have maximised their inputs." He also said, "I am happy to see that there is a meeting of minds in a shared purpose - how we give the best to our NSmen, how we stretch the defence dollar, and how we make sure what we do counts."

Although ITI serves mainly the training needs of NSmen, active units have also benefited from its various set-ups, especially the School of Infantry Weapons for weapon qualification courses. Whenever possible, there is also sharing of good practices between the ITI and the various active Guards and Infantry units, bringing their training to a higher level.



Dr Ng viewing the Automated In/Out Processing System, which cuts down drastically on administrative time

Guards WOSPECs Brave the Gobi Desert

The Gobi Desert is an unforgiving expanse of gravel plains and rocky outcrops situated in Southern Mongolia. Temperatures can rise to 40°C in summer and drop to -40°C in winter. In August, six of our Warrant Officers and Specialists (WOSPECs) from the Guards Formation undertook a 12-day expedition to cross the Gobi. The expedition was done under the SAF Adventure Training Award, which encourages our personnel to expose themselves to tough and demanding outdoor pursuits and develop qualities such as leadership, team spirit, discipline, courage, resourcefulness and adaptability.

The expedition began with a one-day community service project at Lotus Children's Home in Ulaan Baator. The team improved the drainage system around the home, improvising with crude tools and materials such as rakes, wooden boxes and rubbish tins. 2WO Leong shared, "It was a good experience which taught us how fortunate we are to have clean living conditions in Singapore. While there was a language barrier, we connected with the children through small gestures".

The team then embarked on a four-day cycling trip across the Gobi, covering almost 300 kilometres in harsh and unfamiliar conditions. Besides the undulating terrain, they had to tackle strong head winds and soft sand dunes. After the cycling stage, the team trekked for another four days, braving unpredictable weather and extreme temperatures. During the



The team cycled almost 300 km across the Gobi, tackling strong head winds and sand dunes

day, the sun was hot enough to leave the team members sunburnt despite the copious amounts of sunblock they used. At night, the strong desert wind chilled them to the bone.

Team medic SSG Teo commented on these challenges, "While the going was tough, the training we did before the trip really paid off. As some of us were not regular cyclists, we gradually increased the training distance to accustom ourselves to the strain. During the expedition, when some of the

team members were down with diarrhoea or jet lag, we were determined to reach our goal and encouraged each other to keep going."

Team leader, 2WO Mike Lim summed up the trip, "The expedition tested not only physical and mental endurance, but also strong leadership, determination and team spirit. The shared experience has bonded us well and enhanced our Army Culture and Experience."



Team members at 1960m above sea level, the highest point on the trek

MP Command Plugs Into Our Army

With effect from 1 July, the SAF Military Police Command will be Raised, Trained and Sustained (RTS) under our Army. This and enable the MP Command to more effectively focus on its core competencies and to develop new capabilities related to their core businesses. With the MP Command's RTS functions under the Army, greater focus can be made on training and operations, thus increasing the scope of its operations and competencies.

Commander Military Police Command, COL Mike Yong Kwek Chye elaborated, "Being RTS under the Army allows me to tap on its considerable resources in terms of human resource, combat service support and other training and operational matters. With this support, we look forward to enhancing our core competencies and expanding our capabilities to fulfil our mission to the SAF."



On 20 July, COL Chan Wei Gan handed over his appointment as Commander Military Police Command to COL Mike Yong Kwek Chye. Under COL Chan's leadership, the SAF Provost Unit was re-organised, culminating in the formation of the SAF Military Police Command in September 2006.

Temasek Club Celebrates Silver Jubilee

The only SAF Officers' club in Singapore celebrated its 25th birthday with a Gala Dinner at the Raffles City Convention Centre on 15 September. The origin of Temasek Club can be traced back to 1949 when Ms Kathleen Symes opened a Soldiers' Home for British Soldiers stationed here. From 1975 to 1982, the place was administered by the Civil Service as 'Portdown Clubhouse' before the Temasek Club was established by MINDEF.



One of the evening highlights was a toast and cake-cutting, led by LG Kuek, Mr Teo and Dr Ng (front row, left to right)

Present at the event were members and their families, and invited guests including its Board of Governors and past committee members. The distinguished guests included Minister for Defence, Mr Teo Chee Hean who was the Guest of Honour, and Second Minister for Defence, Dr Ng Eng Hen. Chief of Defence Force (CDF), LG Desmond Kuek, who is the President of Temasek Club, was happy to note the presence of many pioneer members that evening. In his welcome speech, he highlighted the exclusiveness of Temasek Club because membership is the distinct privilege of being an SAF officer. He said, "Whether NS, active or retired, we share a common bond as a military officer that is forged by our shared professional military experience. I look forward to your continued support as together, we strengthen this quality and chart a new course for the club into the future."

Mr Teo also delivered a speech in which he emphasised the important role that the club can play in strengthening the officer corps and building common SAF values and ethos. He said, "The Temasek Club should epitomise in the social sphere, the tri-services spirit that now pervades the SAF. SAFTI Military Institute is the professional and spiritual home of the SAF officer corps. Temasek Club can be its social home." Mr Teo announced revitalisation plans for the club to attract the younger generation of SAF officers. These new facilities will enable the club to ride on the growth and dynamism of the neighbouring institutions and hubs, in particular One-North (a JTC development), to become a vibrant place full of networking opportunities both within and outside the SAF.

On 26 September, the celebrations continued with a Charity Golf Tournament held at the Laguna National Golf and Country Club. Senior Minister (SM) Goh Chok Tong was the Guest of Honour and he was accompanied by LG Desmond Kuek, former CDF LG (RET) Ng Jui Ping and BG (RET) Patrick Choy. The event raised \$100,000 for the Community Chest and \$15,000 for the SAF Benevolent Fund.

The club's Silver Jubilee celebrations will end with a Family Day cum Concert at their clubhouse in November.



SM Goh (right) and CDF at the charity golf event

ARMY OPEN HOUSE 07

Where Our Story Comes Alive

The Bionix II Infantry Fighting Vehicle and Light Strike Vehicle are highly advanced military platforms which take our soldiers into combat. Members of the public got a rare chance to ride these and other Army hardware during the Army Open House (AOH) 07 at Pasir Laba Camp, held from 30 August to 3 September. Visitors to the AOH were also able to try their hand at live-firing and rappelling, and see the new Leopard 2A4 Tank up close. The latest addition to our armoured forces will add punch to the SAF's 3rd Generation Fighting Force, which features sensor-shooter coordination enabling our armoured, infantry, air and other elements to operate in an integrated manner.



At the AOH, the public got their first opportunity to view the new Leopard 2A4



"This is a very good event specifically for this time when the SAF is developing. Sometimes we're moving very fast, and it's hard for the public and even our personnel themselves to understand what this all means. I think the AOH gives them a feel, where they can see the equipment and technology, and understand that the 3rd Generation SAF is progressing."

Dr Ng Eng Hen
2nd Minister for Defence

Engaging Our People

This year's AOH was categorised into different Worlds and Lands, each featuring different attractions. At Yummy Land for example, visitors got a taste of the food served in Army camps, as well as field rations which keep our soldiers energised during a mission. One of the visitors, nine-year-old Adithya, found the chocolate biscuit rations delicious. Being an avid military enthusiast, he enjoyed a close encounter with the Apache helicopter. He exclaimed, "It's the deadliest helicopter in the world! I'm having a fun time at the AOH and I'm looking forward to joining the SAF." For his dad, Mr Srithatt Sridhar, the AOH was a chance to better understand our field rations. He said, "I was concerned that the rations might not be suitable for vegetarians like my son. Now, I'm glad that the needs of vegetarians are taken care of."



Adithya (in red) enjoying the chocolate biscuits, one of the tasty field rations which sustain our soldiers outfield

For Mr Andrew Mak, the display of sleeping bunks at Army Culture and Experience World brought back fond memories of his National Service days. The display showed how the bunk has been improved over the last 40 years. The bed has a firmer mattress and the new cabinet has

practical feature like hooks for hanging uniforms. He also commented, "I usually visit the AOH with my buddies. This year, I can clearly see the advanced technology which allows force integration within the three Services. For example, even a foot soldier can use a Personal Digital Assistant to communicate. I'm also happy to see that many platforms and equipment are locally made, which is good for our industries."



Mr Mak was impressed by the new soldier bunks

Showing Our 3rd Generation Transformation

AOH 07 also showcased the 3rd Generation Army, which leverages on Integrated Knowledge Command and Control systems and sensor-shooter coordination. Put simply, it allows all forces in the Army to communicate instantaneously and help each other to focus their fires accurately on the enemy. For SSG Hui Kin Hoe, a signals specialist, the AOH was a good opportunity to check out the new developments in other Army units. He said, "The displays at Hardware Land showed the technologies used by different Formations. It was interesting to see how the Man-Pack Unmanned Aerial Vehicle (UAV) Receiving System is used to obtain aerial battleground footage from the UAV."



SSG Hui (right) watching how the Man-Pack UAV Receiving System acquires aerial footage of the battleground

Command and Control At AOH

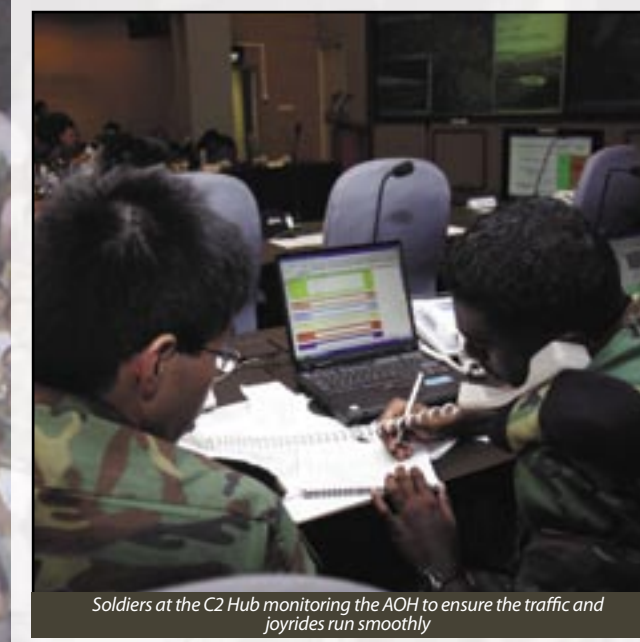
Many visitors saw the Red Lions parachuting into the camp, and the infantrymen fighting 'terrorists' at the Urban Operations show. What they did not see were the personnel who worked tirelessly behind the scenes to keep the AOH running smoothly. For the first time in the event's history, a full suite of military communications equipment was deployed to provide both the public and the organisers real-time feedback on the situation at the Open House. The system was monitored by soldiers from the 3rd Singapore Division (3 Div), who used this information to react to ground problems and implement contingency plans.

For example, when the Rambo 07 attraction became crowded, staff at the Command and Control (C2) Hub were notified immediately. They were able to advise members of the public to visit the other exhibits and rides, via television screens and radio announcements. The C2 Hub also facilitated traffic movement into the camp, allowing staff to divert buses away from jams. CPT Kelvin Ang, who was in charge of the Signals Command Post monitoring the AOH, explained how C2 technology enhanced safety at the joyrides. He said, "We were able to track the movement of all the military vehicles in Mission World and Battle Ride World. If one of the vehicles broke down, for example, we would know immediately and would be able to act appropriately."

Besides enhancing the AOH experience, the use of military communications systems also allowed our Army signallers to practice using them on a large scale scenario, similar to a military operation. CPT Ang said, "We deployed our military communications capabilities for the AOH, instead of relying on public phone lines. This injected realism in the operation, making it another form of training for the men."



At the Signals Command Post, the real-time monitoring of ground developments provided realistic training for the soldiers involved



Soldiers at the C2 Hub monitoring the AOH to ensure the traffic and joyrides run smoothly

Army Family Day 07

This year's Army Family Day was held in conjunction with the AOH on 3 September. It was a good opportunity for our personnel to show our Army to their family and friends. The Commanding Officer of the Joint Intelligence School, LTC Phua Huat Hiang said, "The AOH is a chance to show my family my working environment and bring them closer to the Army." His daughter Sharon added, "The AOH has been very fascinating as it shows different aspects of the Army's technology."



LTC Phua (second from left) feels that the AOH is a good chance to bring his family closer to the Army

Brigade Sergeant Major for 7th Singapore Infantry Brigade, 1WO Tamizh Kannan brought his children to Rambo 07 where they could fire the SAR 21 rifle, General Purpose Machine Gun and other weapons. He said, "The AOH is a good way to engage our people and our nation. It shows us that our Army is a safe place and that our sons are in good hands. For myself and my family, Army Family Day provides good bonding activities and lets my kids know the nature of my job."



The Army Family Day provided 1WO Kannan and his family a good bonding experience as they learnt more about our Army together

Commandos Excel at Asiana Parachuting Competition



Our Commandos have done Singapore and our Army proud

At the 11th Asiana Parachuting Competition held at Port Dickson, Malaysia, our Commandos represented Singapore and clinched second place in the Formations Skydiving Asiana Category and were third in the Formations Skydiving Open Category. The competition, which saw a record 50 teams from 17 countries competing in three different events, was held from 23 August to 1 September.

In the Formations Skydiving Asiana Category, our team comprising 1WO Wong Kam Man, 2WO Lim Wang Sing, MSG Lim Wei Lee and MSG Leonard Tan achieved a score of 17 points in one round, breaking the Chinese team's previous record of 12 points.

Singapore also fielded a second team in the Accuracy Landing event, which attained 8th placing in the Asiana category and 15th in the Open Category. Both teams used the competition as a good opportunity to benchmark themselves against other parachuting teams in the region.

The team members have been training since 2004. MAJ Tan Kim Soon, 2IC of the Special Operations Tactical Support Centre said, "By voluntarily organising training sessions, these guys have given up their personal time and money to pursue their passion – their success is not because of luck, it is steadfast commitment and rigour." Team Leader 1WO Wong Kam Nan added, "The SAF and Commando Formation have been extremely supportive throughout the process – our Commanders were behind us every step of the way."



"These men are exemplary Commandos who have made numerous personal sacrifices to pursue their passion. The team has demonstrated strong teamwork and camaraderie, and for this we are very proud of them."

COL Lam Shiu Tong
Chief Commando Officer

Rediscovering Goh Keng Swee, and Singapore

For many among the younger generation, Singapore has been a prosperous and vibrant city for as long as we can remember. Our Army is also doing well as a modern and capable fighting force, and few of those serving today would remember its humble beginnings back in the 1960s.

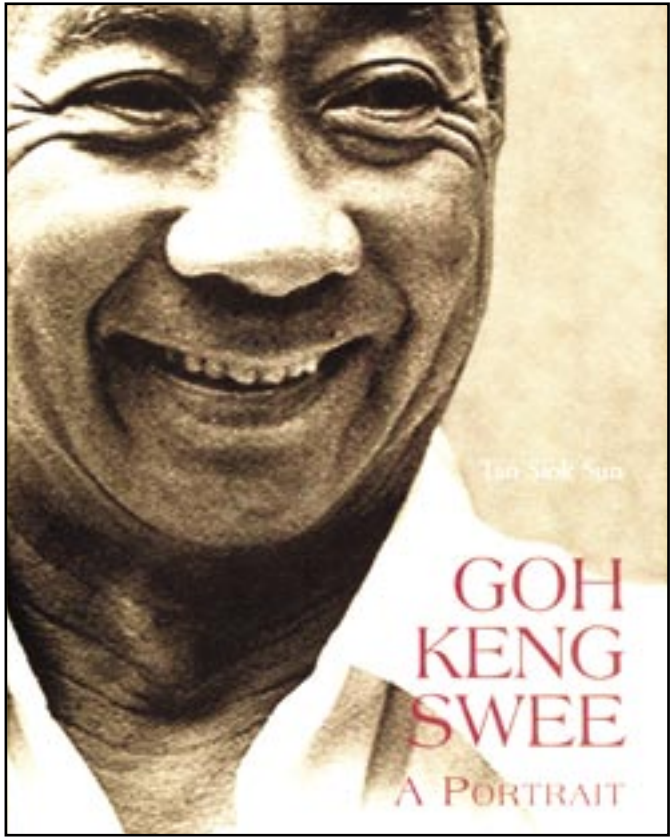
The recently published book, 'Goh Keng Swee: A Portrait' by Tan Siok Sun offers a glimpse of Singapore in its early days, under British and Japanese rule as well as post-independence. The book outlines Dr Goh's childhood, education and early involvement in the independence movement. It also details how he started Singapore's Army, when he was Defence Minister from 1965 to 1967 and 1970 to 1978.

Finding out how he chose the Pasir Laba training area, built SAFTI, and started a budding defence industry was definitely an interesting read. For example, one of Dr Goh's projects involved the testing of night vision equipment, which was done at the Singapore Island Country Club golf course in the dead of night!

More than a historical reference, this is the success story of a man who grew up in a turbulent period of Singapore's history. While not an autobiography, the book gives some insight into the challenges and uncertainties Dr Goh and Singapore's early leaders faced. It also brings out the determination they had to do the right thing for their country.

Dr Goh, unfazed by warnings from the British or the threat of communist killer squads, said of the independence movement, "Oh, we had deep and abiding convictions regardless the risks. By that time you are in it. You are prepared to go to prison."

As we commemorate 40 years of National Service this year, it is a good time to look back at the early history of our Army, and our nation. Dr Goh comes across as having been a civil servant first, and politician second. His love for his work, whether in economics, education or the military, is an inspiration to all of us.



"Nothing creates loyalty and national consciousness more speedily and more thoroughly than participation in defence and membership of the armed forces. The nation-building aspect of defence will be more significant if its participation is spread out over all stratas of society. This is possible only with some kind of national service."

Dr Goh Keng Swee
Minister of Defence,
on the implementation of National Service in March 1967

The Benefits of Group Insurance

The importance and usefulness of insurance lies in its ability to transfer risks, thus providing the insured person or family members with critical financial support during an unexpected crisis. As many risks such as accidents or diseases cannot be predicted nor avoided with certainty, it is important to have sufficient insurance to protect yourself and your family should these unfortunate circumstances arise.

Today, there are many insurance products catering to different needs, and it is common to purchase policies from more than one insurer. (Some tips on purchasing insurance can be found in our "Thinking Soldiers" in Army News issue 126 [Jan/Feb 06]). A worthwhile option is to consider group insurance that are offered by some organisations to provide affordable coverage for their employees or members.

What Is Group Insurance?

Group insurance is similar to individual insurance in terms of the way it works – you pay a premium and in the event of death or certain illnesses, your family will be paid the sum insured for.

However, group insurance is different in the way it is provided. Promotion and publicity for the scheme are usually facilitated by the company seeking to provide insurance for its employees. Also, the insurance provider can work through the organisation to bill policy holders as well as inform them on the status of their policy, minimising administrative costs.

Thus, the insurance provider can market and deliver its services more efficiently and as a result, offer highly affordable premiums to policy holders. Group insurance is thus a highly affordable form of mitigation against risk.

How have you mitigated against the risks in your life? Have you considered group insurance?

Army Fitness: On The Move



The balancing log in the Standard Obstacle Course tests a soldier's dynamic balance

This installment of the Army Fitness series will tell you more about muscular mechanics, which allows you to move and react. The series is based on the Army Fitness Handbook.

What Is Muscular Mechanics?

A soccer ball flashes towards you. In a split second, your eyes detect it and relay the information to your brain which tells your body to react. You stop the ball with your foot and dribble it towards the goal while a defender runs towards you. Feinting to his left, you run past him on the right and ram the ball into the goal.

Although you may not know it, you have just used mobile mechanics to score a goal. This refers to your ability to integrate the different fitness parameters of agility, coordination, balance, reaction and speed.

Agility

Agility allows you to quickly and smoothly change the direction of your body, move easily outfield, or feint to distract an opponent. It emphasises acceleration and deceleration, such as in the shuttle run.

Coordination

Coordination is the ability to accomplish complex tasks requiring more than one skill. It involves controlling the body's movements in cooperation with its senses. Catching a flying frisbee is a good example of coordination at work.

Balance

Balance is the ability to maintain your body's stability and is the key to high performance. There are two kinds of balance. When keeping still, you use static balance. When moving, you use dynamic balance. Running



For the 4 X 10m shuttle run, a soldier needs agility to accelerate and decelerate quickly

through uneven terrain while trying to take cover needs strong dynamic balance.

Reaction Time

This refers to the time taken to respond to a stimulus, such as when a sprinter takes off at the starting signal. It is important in many sports and activities, and can be trained by consistently reacting quickly to a stimulus.

Speed

Speed is the ability of your limbs to move quickly. For a javelin thrower, the limb involved would be the arm, while for a sprinter, it would be the legs. The anaerobic alactic pathway is a bodily process which supplies energy for absolute speed. This process is best trained when the athlete approaches top running speed at 95%-100% of maximum heart rate, and when no muscle fatigue is present. It can only last about six seconds.

Army TV Advert Wins Awards!

Our "L.I.V.E" television commercial has done our Army proud at the recent Asia Film, Video and Digital Media Awards 2007, where it won a Silver under the government category, a Bronze for film direction and Gold for cinematography.

The Phoenix Film Awards recognises the Commercial Film Industry in the Asia Pacific region and evaluates the work of film, video and digital media by film production houses, post-production agencies, animators, advertising agencies and TV channels. The awards are judged by an international panel of judges, all of whom are award-winning professionals or have specific skills and experience in the industry.



The "L.I.V.E" advert reflects the professionalism of our Army in its branding and recruitment campaigns

Passing On The Baton		
APPOINTMENT	INCOMING	OUTGOING
ACGS (OPS)	COL BENEDICT LIM	COL YEO SEE PENG (Ag)
ACGS (PERS)	COL TAN CHONG LEE	COL LIM JIT CHEK
CO 42 SAR	LTC GOH HAN THONG	LTC LEE CHEE WEI DAVID
CO 35 SCE	MAJ FRANCIS KEE ENG CHYE	LTC LAM CHEE YUONG
CO AETC	MAJ KWEE HYEN CHEE	LTC IONG YUEN MING

COL Benedict Lim

COL Lim Jit Chek

Army News warmly thanks COL Lim Jit Chek for his past guidance as Chairman of its Editorial Board. We also welcome COL Tan Chong Lee as the new Chairman.

COL Tan Chong Lee

Quiz Of The Month - AUG / SEP

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

Q: Which tank, seen at the AOH, is the latest addition to our armoured forces?

Closing Date : 31 October 2007

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.

Note that the previous quiz's winners will be announced in the next issue.

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Army News thanks CPL Ray Koh for his contribution to Army News over the past 14 issues. We wish him all the best for his future endeavours!

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Have something you wish to share with us?

If you have any articles to contribute or suggestions about our newsletter, contact us at: armynews@starmet.gov.sg

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A Run For All Ages

Army Half Marathon

On 26 August, over 70,000 SAF personnel, NSmen and members of the public gathered at Esplanade Drive for the Singapore Bay Run (SBR), which consists of the SAFRA Sheares Bridge Run and Army Half Marathon (AHM). Over the past 15 years, the run has firmly established itself as the largest mass run in Singapore and the only one that takes participants across the Benjamin Sheares Bridge. Along the way, runners can also enjoy other iconic landmarks like the Esplanade, Fullerton Hotel and the upcoming Singapore Flyer. Army News goes behind the scenes to find out why the event is such a hit.



The AHM route passes iconic landmarks like the upcoming Singapore Flyer

Promoting A Healthy Lifestyle

For some, running is a passion they cannot live without. For others, it is a means to keep their bodies in shape. The SBR serves to encourage our servicemen and Singaporeans to maintain their physical fitness through a healthy outdoor activity, and offers three running routes to suit one's fitness level. The shortest route of six kilometres is a non-competitive event that allows everyone, including the young and old, to enjoy a leisurely Sunday morning run or brisk walk at their own pace. For the more challenging 12 km run and 21 km AHM, participants can take part under the competitive or non-competitive categories.

For those who ran the 21 km route, the run was also about overcoming a personal challenge. Chief of Defence Force, LG Desmond Kuek commented in the Army Half Marathon Guide Book, "A run of such distance is a clear demonstration of our Army's values, requiring both mental resilience and physical discipline and a test of fighting spirit. For the thousands of soldiers who have completed the full 21 km, it is usually counted as one of the defining moments of their time with the Army, and a personal accomplishment to be proud of."

Intense Training And Team Spirit

Before the race, running enthusiasts trained for months to build up their stamina and speed. For example, 21 km runners were advised by Army Fitness Centre to clock 25-30 km each week, with one of the runs being at least 16 km. Some even undertook complex training programmes including cross-training and dieting.

Last year's winners of the Army Formation Teams Award, 2nd People's Defence Force (2 PDF), successfully defended their title when they came in ahead of the Commandos and 6th Singapore Division. Their strong track record of seven wins in the last nine years indicates that victory was due to



2 PDF - Still the Champions for the Army Formation Teams Award

nothing other than consistent training and team spirit. In fact, 2 PDF was so confident that they brought a banner reading 'Still The Champions'.

The team attributed their win to proper training and strong support from their units and commanders. Team Leader LTA Michael Lui told us, "Preparation consisted of many long runs, interval trainings and even swimming. We had very good support in terms of food, logistics, safety and administration, and this contributed significantly to our win." LTA (NS) Satiish, one of the 2 PDF runners, added, "The senior commanders came for training to encourage the team, even if it was raining." Fellow teammate, CPL Eugene Huang feels that the run promotes interaction and camaraderie. He said, "The run brings all age groups together in one activity. Winning the award has also contributed to our pride in our unit."



The SBR brings out our Army's strong fitness culture

Strengthening International Friendships

Similar to last year's race, teams from several foreign armies were invited to participate in the Foreign Army category. These included our Army's training partners like Brunei, Thailand and Malaysia. India successfully defended their title, coming in ahead of Indonesia and Thailand. Team Manager Lieutenant-Colonel Joginder Singh commented, "Coming to Singapore for the run gave us a chance to interact with our friends from other countries. We should keep on organising these kind of competitions to strengthen the ties between our nations." Malaysia's coach, Captain Mazlan bin Abdul Malek echoed these sentiments, "We can increase the friendship between our countries and armies. We're enjoying our stay in Singapore and looking forward to coming again next year."



COA (left) welcoming the foreign military participants at a reception on 23 August

First Place Winners in the other categories

12 km Men's Open	David Williams Edward
12 km Men's Veteran	Supermaniam Govindan
12 km Women's Open	Sharee Andersen
12 km Women's Veteran	Angela Williamson
Corporate Team Challenge	Reed Hycalog Singapore Team 4
21 km Men's Open	Jagat Bahadur Magar
21 km Men's Closed	Mok Ying Ren
21 km Men's Veteran	Michael Craig
21 km Women's Open	Tan Yoke Pin Vivian
21 km Women's Closed	Elaine Lim Sulin
21 km Women's Veteran	Itsuko Lewnes