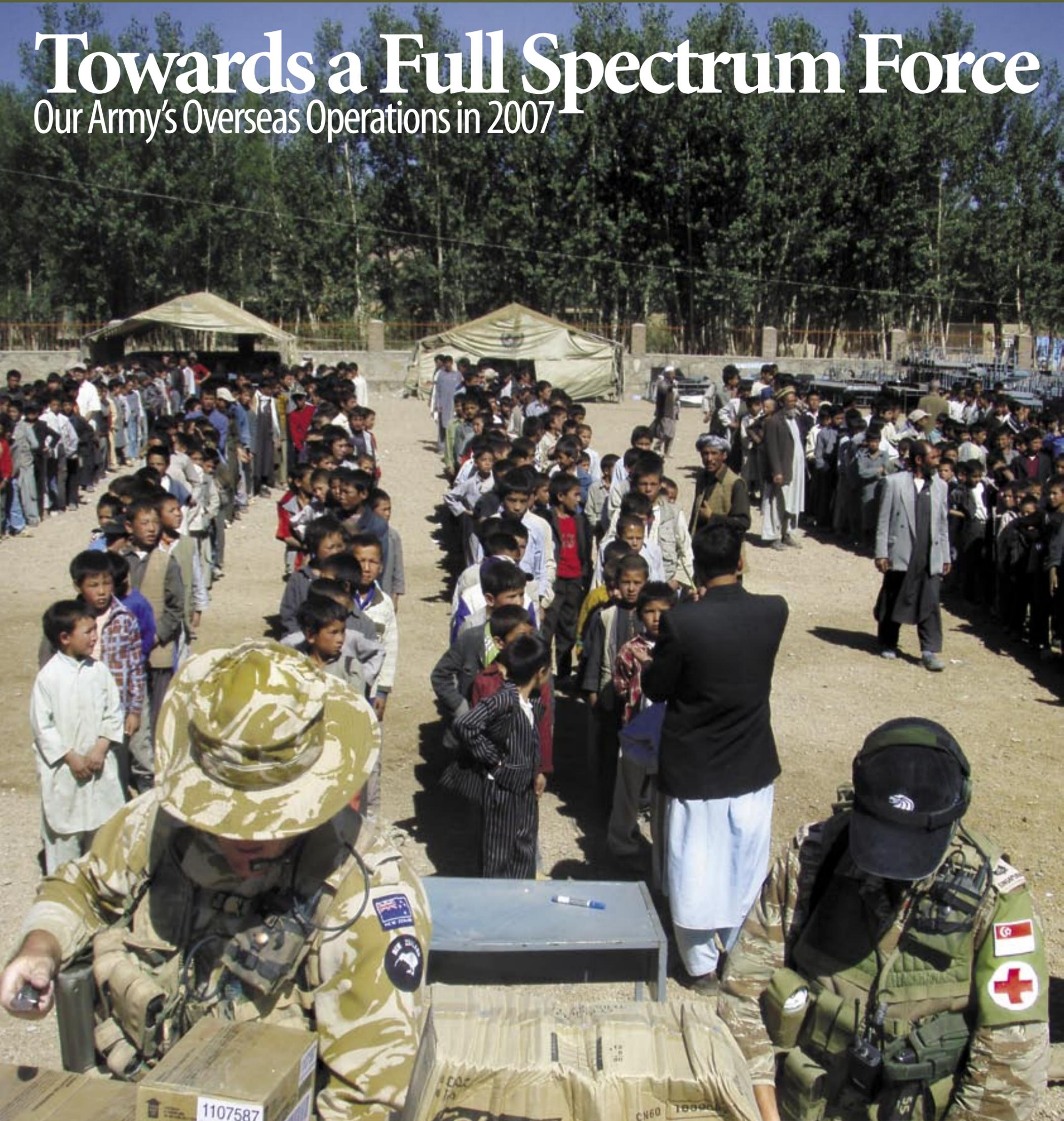


Towards a Full Spectrum Force

Our Army's Overseas Operations in 2007



Teaching Our Army's History

2



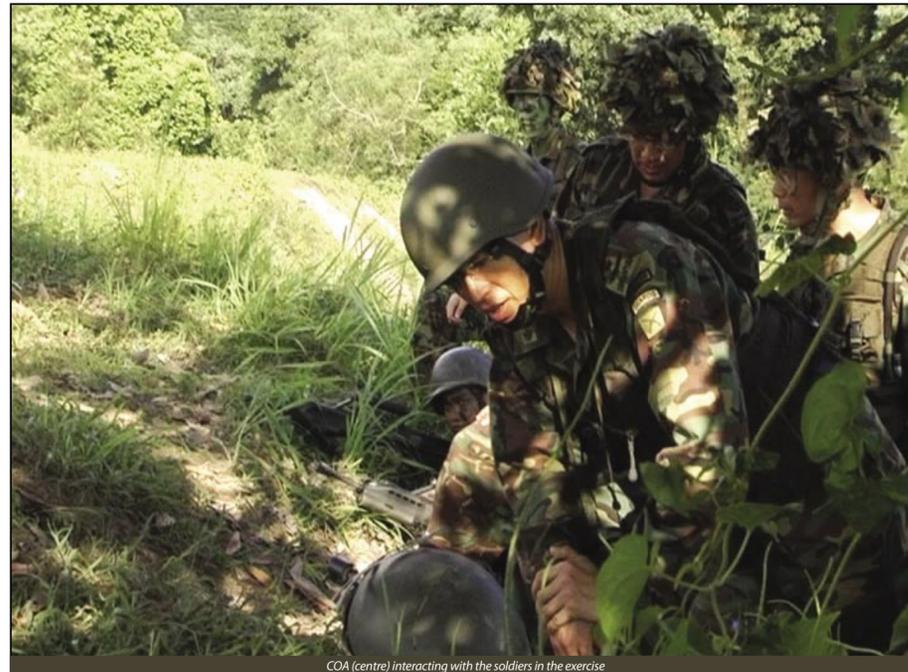
Army Fitness: Eat Smart!



Army Personnel Shine in Sporting Excellence

8

Battalion Live Firing Exercise 4 SIR's Baptism of Fire



COA (centre) interacting with the soldiers in the exercise

After firing live Bangalore Torpedoes and Projected Line Charges to breach the protective obstacles, the soldiers of 4th Battalion, Singapore Infantry Regiment (4 SIR) launched their assault on the objectives, supported by key weapon systems of the battalion such as 120mm mortars, 84mm recoilless rifle, and machine guns. All this was part of a battalion live-firing exercise, executed at the Pasir Laba Camp live firing area on 24 November 2007.

The exercise was an important learning experience for the soldiers, contributing to the operational readiness of the battalion. "This was a very challenging live-firing," said LTC Brandon Lee, Commanding Officer 4 SIR. "In this exercise, we were able to practise the integration of fires from the various battalion weapon systems to cover the movement of infantry forces towards the objectives. Key to this exercise was the firing of a full 'establish neutralisation' and 'final neutralisation' fires by our 120mm mortars onto the objective. It added to the high level of realism for the exercise and bolstered our soldiers' confidence in our key weapon systems. I believe that the lessons and experiences that we picked up during this exercise will enhance the operational readiness of our battalion."

Chief of Army, MG Neo Kian Hong visited the troops at the live-firing area and witnessed the battalion in action. Address-

ing the troops, he stressed that realistic live-firings were an important part of unit training and that in future such exercises should be designed to exploit as many weapons systems as possible within the constraints of our local training areas. For 4 SIR, the experience has not only boosted its operational readiness but also served as good preparation for later larger-scale live-firing exercises.

Contributed by 4 SIR



The use of 120mm mortars added more punch and realism to the battalion live-firing exercise

Teaching our Army's History



Ms Marina (left) and Mr Khaidir (extreme right) are looking forward to teaching their students on the importance of NS

Mr Mohd Khaidir spent only three months in our Army's Basic Military Training before he was trained as a Civil Defence Officer. Yet his recent tour of the Army Museum of Singapore (ARMS) was a trip down memory lane. He was one of about 300 National Institute of Education trainee teachers who visited ARMS on 28 November 2007 on a tour organised jointly by ARMS and Nexus, the SAF's agency for National Education. Mr Khaidir commented, "Although my stint in the Army was just three months, touring ARMS and viewing the artefacts brings back old memories. ARMS is all about preserving the Army's heritage and history, and it's very important to know where we come from and how we got here."

The tour was also very educational for Ms Marina Abu Hassan. She said, "As a female, I was not aware of what a guy goes through in the Army, and his experiences in Basic Military Training, etc. This visit has enlightened me a lot, especially the 'Our Army Now' video in the Object Theatre, which was very real." Ms Marina, who will be teaching at Clementi Town Secondary, intends to teach her students about the importance of protecting Singapore. "I'll make them realise that their individual contributions are important to protecting the nation, because at the end of the day, it is us citizens who have to do the job."

Mr Khaidir plans to bring his students from Regent Secondary to visit ARMS. He said, "I think this place is good because it makes the history of our Army come alive. When students come here, it's not just what they see and what they hear, it's something they can feel and it will resonate with them. It will also pre-empt the boys on what they can expect when they serve NS."



The mini-standard Obstacle Course outside ARMS enabled the female trainee teachers to experience one facet of Army life

Commandos Win 'Lord of the Arms' Radio Competition with 593,024 votes

Five hundred and ninety-three thousand and twenty four. That was the number of votes that our Army's Commando Formation received in an online poll, as part of the annual 'Lord of the Arms' inter-Formation competition. The competition was hosted by SAFRA Radio from October to December 2007, and required each Formation to enter two teams of three participants. One team competed on the Power 98 station while the other competed on Jia 88.3. Each team spent one session telling the public about their experiences in the Army, and a second session playing a teamwork-based game. The Commandos came through with top scores in the games as well as the online poll, winning \$500 per team member.

Team Leader for the Power 98 group, 3SG Benjamin Low, was ecstatic about winning the competition. He used his airtime to talk about Commando training such as the airborne course and the 72-km route march. 3SG Low said of the poll results, "It shows how much trust the public has in Singapore's elite forces. It's very comforting to know that they're supporting us."

Regimental Sergeant Major of the 1st Commando Battalion, IWO Low Soon Pan served as a 'team manager' for the Commando contestants. He attributed the team's success to the Formation's support and the team members' commitment. "The Commanders played a role in giving the team members time to participate as well as encouraging the Formation to support their buddies. However, the contestants also sacrificed their own time in the evenings to take part in the competition."



Team members (from left) CPL Wang Jia Bin, CPL Toh Shao Hong, CPL Jeremy Andre, IWO Low Soon Pan, 3SG Benjamin Low, CPL Brynner Loke and CPL Hong Qing Yao

CPL Jeremy Andre, one of the contestants, felt that the competition was a great way for the Army to engage the public. He said, "Talking about our National Service on a radio show is an

entertaining way to garner interest in our jobs. It's also exciting to know that our friends are listening to us!"

Students Get Positive Army Exposure

Jumping off the 34-foot high Airborne training tower and riding in a Rigid Hull Inflatable Boat used to infiltrate enemy territory. These are some of the activities that 60 18-year old students experienced at the Commando Formation at Hendon Camp on 6 December 2007. All this was part of the MINDEF Internship Programme, organised by MINDEF Scholarship Centre and Army Recruitment Centre. CPT Clarence Chua, Officer Commanding Para Wing, commented, "We wanted to showcase the operational structure of the Commandos and how the 12-man detachment works using small-unit tactics. We are able to carry more fire-power and work in small groups to meet our operational objectives."



The victorious students capturing the flag at the end of their 'mission', which gave them a taste of our Army's realistic training

The students later visited 9th Singapore Division / HQ Infantry at Selarang Camp, where they were introduced to the various weapons used by infantrymen. The highlight of the day was undoubtedly the 'mission' during which they were outfitted with the Tactical Engagement System and had to capture an objective within half an hour. One of the students, Ryan Chan from Hwa Chong Institution, found the programme very educational. He said, "Being exposed to the different arms of the Army has been an eye-opening experience. Having seen the advanced capabilities of our Army, I am confident that it can protect our homeland. I hope to do my part when I enlist in January."

A similar visit was held on 7 December 2007, where the 3rd Singapore Division (3 Div) hosted about 50 17-year old students. Chief of Defence Force (CDF), LG Desmond Kuek, spoke to

the students on the importance of getting quality personnel to join the SAF. He said, "You can't buy commitment, loyalty and values — the 'heartware'. Money might be able to buy the best hardware available around the world, and buy the best brains to develop the best software. However, you cannot buy the will to fight, the desire to go on against all odds."

Following the dialogue session, the students experienced firing various infantry weapons — including the General Purpose Machine Gun, Section Automatic Weapon and Automatic Grenade Launcher. One of the lucky students who was able to try these three weapons was Cassandra Kwek from Victoria Junior College. She said, "The visit opened my eyes to the weapons that the Army uses, and it was a very novel experience to fire these weapons with live rounds. Furthermore, the dialogue session with CDF was very enriching, and he gave us many good insights on how the SAF plans and why National Service is critical to national defence and nation-building."

LTA Goh Wei Cheng from 2nd Battalion, Singapore Infantry Regiment explained why the live-firing experience was important. "In the overall war-fighting capabilities of the Army, there



LTA Goh felt that ground-fighting is as important as networking in a 3rd Generation Army

are many levels — from the grand scheme of things all the way down to the ground fighting, and this is what we are showing the students today. At the high levels, we can integrate all the units into a seamless network, but in the end it comes down to what the Infantry do — we capture the objective, we fight and we sit on it."

Dedicated NSmen Recognised at Appreciation Dinner

The SAF recognised 83 NS Key Appointment Holders (KAHs), Reservist on Voluntary Extended Reserve Scheme (ROVERS) and Volunteers who have relinquished their appointments at the NS Appreciation Dinner, held on 27 November 2007 at SAFRA Mount Faber. Chief of Army (COA), MG Neo Kian Hong, applauded their contributions, "You have been outstanding role models for our younger servicemen and your exemplary leadership, unwavering commitment and strong professionalism have set the standard and become a benchmark for the next generation of NS leaders to emulate and achieve. Despite competing demands from your personal lives and civilian careers, you have excelled in improving your units' training, maintaining and enhancing their operational readiness, and in forging unit esprit de corps. I hope that you can continue to imbue this passion and spirit of volunteerism in your sons, relatives and friends."

COA also spoke on the importance they play in the overall



MAJ (NS) Chua (left) and his wife received appreciation tokens from COA

training system. "Having to juggle between work, family and NS commitments themselves, NS commanders complement our regulars well in leading and training our largely National Service Force. Much has improved in our training system over the past

years. With the improved efficiency and a shortened NS cycle, NS KAHs have to work harder to ensure that each In-Camp Training delivers positive training outcomes, and at the same time every soldier is motivated to put in their best effort."

One of the 74 Army appointment holders at the dinner was MAJ (NS) Chua San Lye, formerly Commanding Officer of an NS Battalion. Having served more than 16 years, he commented, "NS life won't really disrupt what you are doing. For two or three weeks once a year, you just go and give your best, and after some time, it becomes part and parcel of your life. Personally, I think it is an honour to serve. Every Singaporean in any position should be able to contribute in whatever way they can, and NS is one of the ways you can contribute to the country." He is also grateful to the SAF for giving him the opportunity to lead. "The Army has given me an unique experience which cannot be found outside of the military — in terms of operations, planning and leadership."



Cassandra (from VJC) found the live-firing a very novel experience



Towards a Full Spectrum Force

Our Army's Overseas Involvements in 2007

Most Singaporeans have never set foot in Afghanistan. This land-locked desert country is no idyllic holiday destination, as it is currently recovering from the war and unrest of the past five years. Combat Engineer Officer MAJ Ming Fook Kuen, however, has been there thrice, as part of Singapore's contributions to the reconstruction of the country. Singapore has regularly participated in United Nations (UN)-sanctioned international peace and support missions. These deployments have ranged from supervising elections in Namibia in 1989, to peacekeeping in Aceh in 2006.

While supporting such a UN mission often means spending weeks and months in spartan conditions, away from family and friends, servicemen like MAJ Ming are ever-ready to sign up. He explained, "If I have the chance, I will definitely go again. It's an opportunity to touch the lives of people — a significant highlight of my life." Still, he admits, it feels good to be in Singapore again. "It's been a difficult time for my family members and I'm lucky to have their support. I'm proud of what I've achieved and happy that I'm back," he said.

Peace Support in Nepal

In 2006, the Nepalese government and the Maoist rebels signed a peace agreement ending ten years of bloody civil war. They also requested for the UN's assistance in creating a free and fair atmosphere for elections. In May 2007, our Army deployed two officers to participate in the United Nations Mission in Nepal which monitors the ceasefire and peace process. MAJ Ong Chuan Hian, a UN Joint Monitoring Team Leader, operated in Dhangadi to help settle disagreements between the ceasefire

parties. He also visited local communities to brief the villagers on the latest developments in the peace agreement. The other officer, MAJ Siva Balan was involved in verification and registration tasks to help disarm the Maoists.

Before such missions, all participating Army Officers went through a series of training courses to equip them with the necessary skills. MAJ Ong, for example, attended Peace Support

UN missions are also an excellent opportunity for our servicemen to put their training to good use. Our teams often face unfamiliar terrain and weather, communication breakdowns and uncertain security situations. They have proved their mettle every time, successfully accomplishing their tasks, whether in the areas of medical service, peacekeeping or reconstruction. Army News looks at three of our overseas deployments in 2007, in Nepal, Afghanistan and Timor Leste.

Operations courses in Austria and Singapore. He also studied the military observer's code of conduct and attended training in mine awareness and negotiation skills. MAJ Ong was grateful for this thorough preparation and reflected, "We were not armed, and our most important weapon was our voice. When we encountered road blocks, despite being UN representatives, we still had to depend on our negotiating skills to get passage." He also took away the following insight, "After working in Nepal for eight months, I realised that peace doesn't come easily. The Nepalese people have been suffering for ten years, but when they see the two previously warring parties working for a common goal, there is hope for the future."



MAJ Ong briefing villagers on the peace process



Negotiation skills - an important asset for a UN observer

Provincial Reconstruction in Afghanistan

In today's uncertain global security climate, it is sometimes not enough to sit tight and defend our borders. Many trans-national threats like terrorism must be addressed by international cooperation because problems in other parts of the world can affect the peace and stability of our region. Following the conflict of 2002, Afghanistan has been struggling with poverty, poor infrastructure, a landscape littered with land mines and a roaring opium trade. In response to this need, our Army has sent two teams to help with UN reconstruction efforts.



MAJ (DR) Bernard Tan treating a local at the clinic



The UN team teaching locals oral hygiene techniques



Many of the children in Afghanistan have not received proper dental care

UN Mission in Timor Leste

In response to the recent troubles in Timor Leste (also known as East Timor), our Army sent two officers to participate in the UNMIT (UN Mission in Timor Leste), from September 2006 to August 2007. MAJ Ng Chion Chye was assigned as a Staff Officer to the Joint Operations Cell, while MAJ Ravichandran Govindasamy was assigned as a Staff Officer to the Joint Mission Analysis Cell. Both officers worked at the UNMIT HQ in Obrigado Barracks, Dili.

From May to August 2007, we deployed a five-man Dental Project Team to establish and run a dental clinic at Bamiyan Hospital. The response from the locals was overwhelming with the clinic treating over 50 patients daily during the initial phase of operation. Our team also trained local staff to continue running the clinic.

From July to October 2007, we also deployed a five-man Engineering Project Team which supervised four construction projects in Bamiyan — two bridges, a culvert, and a water supply project at a local university. Team member CPT Benjamin Heok from HQ Singapore Combat Engineers was pleased to see that the projects directly impacted the everyday life of the villagers. He explained, "At the university, students now have a storage tank and pump to collect spring water. Before, they had to walk one kilometre to the spring. We also replaced a log bridge with a reinforced concrete bridge so that vehicles can pass." He added, "The villagers were very grateful for the bridges and helped with the construction. I'm glad to help in improving the lives of these people."



The team checking on the construction site



The team meets with villagers to discuss a suitable site for the proposed bridge



The completed bridge — a solid structure which will allow vehicles to pass easily and safely



"Welcome to Afghanistan!" — A warm smile can often breach the language barrier

During the mission, MAJ Ng was responsible for collating reports and information to create mission situation awareness and facilitate decision making. He also worked with the East Timorese Police to update the country's crime database. Additionally, he was the point-of-contact for gathering inputs on political affairs. While UN missions are not easy, MAJ Ng believes that his Army training helped to prepare him for the tasks at hand. He said, "The training that we go through as officers emphasises the need to clarify and validate the accuracy of our information.

This was essential in the mission to maintain the credibility of the information and allow for an informed decision." Furthermore, MAJ Ng attended the UN Staff Officers Course, which familiarised him with the relevant UN procedures.

Most SAF personnel who go for UN missions return with many stories and lessons learnt. One of MAJ Ng's key takeaways was "to be sincere in offering your help, so that you build up goodwill and a network with others. You never know when you will need their help in return!"

Ceremonial Uses of Colours

Colours are of great symbolic and historical significance to the military. With our follow-up feature on Colours, we explore how our Army demonstrates respect for the Colours through various ceremonies.

Casing and Uncasing of Colours

The casing and uncasing of Colours is carried out by a Colours Orderly. In the past, this role was performed by a drummer, but today any serviceman can be a Colours Orderly. In ceremonies where the Colours are cased (enclosed in a leather case), the duty of a Colours Orderly is to assist the Colours officer and take charge of the cases during the parade.



For the consecration, the Colours are draped over an altar consisting of six drums

Consecration of Colours

In the SAF, Colours are first consecrated before they are presented to a unit. The blessing by each religion is carried out in the following order: Hinduism, Judaism, Zoroastrianism, Buddhism, Taoism, Christianity, Islam, Sikhism, Baha'i Faith, and Jainism. This order is endorsed by the Inter-Religious Organisation, Singapore.

Working Smart with New Ideas

To promote the innovation culture in our Army, the Unit Suggestions Management System (USMS) was initiated for servicemen to provide work improvement suggestions. Amazingly, MAJ Daniel Lian from the 6th Singapore Division submitted more than 30 USMS suggestions last year, 28 of which were deemed Quality Suggestions. For his splendid effort, he received a letter of commendation from the Chief of Army, MG Neo Kian Hong. "I feel good about this achievement and hope that this will motivate others to do likewise. I see value in providing suggestions, because I get a sense of satisfaction when I see my suggestions being implemented," said MAJ Lian.



MAJ Lian believes that submitting USMS suggestions is an excellent way to improve his work processes

Explaining how he found time to submit a high number of USMS suggestions, MAJ Lian commented, "I use time outside of my busy work hours to collect my thoughts and key in the suggestions. Initially I was asked by my superiors to key in several

The consecration ceremony used in the SAF is inherited from the British. An altar is first set up by piling six drums together. Four side drums form the base, supporting a bass drum which in turn supports a tenor drum. The Colours are then draped over the pile and consecrated by the various religious leaders. After the consecration, the Colours are handed to the President, who then presents them to the Commander of the unit. Finally, the Colours are trooped.

Trooping the Colours

Trooping the Colours is one of the most important military ceremonies. In the past, Ensigns would march the Colours between the ranks of soldiers before and after battle. This served two purposes. The first was to enable soldiers to recognise their Colours during battle. The second, which remains relevant to day, was to inspire the soldiers and boost their morale.

Compliments and Salutes

There are two ways the Colours can be used to pay compliments. The first is to salute by lowering the Colours. State Colours are only lowered for the Head of State Salute, while the Regimental Colours are lowered for the General Salute.

Another way is to "let fly" the Colours, which, as the command suggests, means letting the Colours fly freely. There are five occasions when the Ensign of the Colours will "let fly":

- During inspection of the Guard of Honour or troops on parade
- When Colours are marched past the Reviewing Officer
- When the Colours are being trooped
- When the Colours are marched on or off the parade and the troops are in "Present Arms" position
- When compliments are being paid to an officer who is not entitled to the lowering of the Colours.

Transporting of Colours

Whenever Colours are transported, they must be accompanied by an officer and a warrant officer or senior specialist. The Colours should remain cased until they reach the destination, while being treated with dignity and protected from damage over the entire journey.

Care and Custody of Colours

Colours are handmade with high-quality fabrics which can be easily stained and damaged by the moisture from a person's hand. Thus, those handling these delicate items are required to wear clean white gloves.

When not employed for ceremonial purposes, Colours are kept in the Commander's office. They should always be uncased and displayed, and attached to their own pike. The RSM of the unit is usually the custodian of the Colours, and he is responsible for their care and maintenance. Colours may be used for as long as the condition of the materials has not deteriorated. Colours are replaced whenever they have become unserviceable or are in a condition that may cause embarrassment to the unit. They are also replaced when there is a change in the design of the Colours.

Withdrawal from Service

Colours are withdrawn when the unit is deactivated. They are cased and kept with the Formation HQ until the unit is reactivated, whereupon the Colours will be allocated back to the unit. Although there are no ceremonies to withdraw or restore Colours, the Colours of a reactivated unit should be trooped at a parade as soon as possible.

Retirement of Colours

Colours are retired when the unit they belong to has become defunct, or they are no longer presentable. If the unit has become defunct, the Colours are kept in a museum or the Formation Commander's office.

Colours are retired during the SAF Day Parade, when the entire parade gives a final compliment to the Colours. The retired Colours will make their final appearance when they are slowly marched out of the parade square to the tune of 'Auld Lang Syne'.



To have the Colours lowered in salute is an honour reserved for few, such as the Head of State.

involved in the exercise."

MAJ Lian hopes to encourage other Army personnel to refine their work processes through USMS suggestions, and has started doing this within his office. He said, "I try to encourage my men to contribute USMS suggestions beyond that of just meeting the quota, and to improve the quality of their suggestions. To facilitate the thought process, I will sit down with them and ask about what they have been doing and not doing. This acts as a teaser to get them thinking." He is not alone in this effort, and is confident in the future of USMS suggestions. He explained, "Commanders are becoming more pro-active in encouraging those below them to not only meet the quota but also to come up with quality suggestions."



LTA (NS) Ahmad is pleased with the improved efficiency of the new supply chain concept

Swift and Decisive Action by Medical Team Saves Lives

6 December 2007 was just like any other enlistment day at the Basic Military Training Centre (BMTC) on Pulau Tekong. On this day, family members and friends received a tour of the camp facilities and even got a taste of cookhouse food to better understand the living conditions that enlistees would be provided with.

In the morning, one of the visiting parents felt unwell and was rushed to the Medical Centre. The parent was so breathless that he could not even lie flat for examination. A quick check revealed that his lungs were filled with water, which is fatal within minutes if not treated. The team at the medical centre immediately focused their attention on the parent, while patients with less severe conditions were given preliminary treatment and requested to hold on. This concept of allocating treatment priorities, known as triage, is one of the fundamental doctrines in the practice of Emergency Medicine.

CPT Huang Zhong Wei, one of the Medical



Regular training and resuscitation drills ensure that our medics are well-prepared for emergencies



Our medics are trained to act with utmost speed to evacuate casualties

Officers who treated the parent, shared, "The regular training and resuscitation drills paid off as every medic sprang into action, assisting me and two other Medical Officers to resuscitate the patient. Intravenous lines were set up and diuretic drugs administered within minutes to 'flush out' the water in his lungs. This maintained his airway and breathing so that he was stabilized for evacuation." He was later heli-evacuated to the Singapore General Hospital for further treatment.

Later that day, Head Public Relations Officer of BMTC, Mr Ng Chin Seng spotted a visitor who was experiencing breathing difficulties. When the visitor's condition worsened, BMTC School 1 Commanding Officer LTC Loong Tean Yuan immediately requested a mini-bus to bring him to the medical centre.

Upon arrival, the visitor was gasping for air. An oxygen probe revealed that he had only

half the normal amount of oxygen, and he was diagnosed with acute respiratory failure. Once again, the resuscitation room was filled with action as the Medical Officer and medics fought to save the visitor, who was subsequently heli-evacuated to the hospital.

Today, both patients are alive and well. This is a fine testimony to the operational readiness of our Army in handling medical contingencies of any kind. Mr Ng credited both successful treatments to the efficiency and professionalism of the medical staff. He said, "Even after the first heli-evacuation, the staff did not relax. Instead, they worked hard at replenishing all their supplies. They were already prepared for the next severe casualty. We received positive feedback later from other parents who heard about the incidents, expressing their confidence in our abilities to handle emergencies."

Contributed by HQ BMTC

Army Fitness: Eat Smart!

Are you eating healthily? A well-planned diet will provide a good balance of nutrients to fuel your body's energy needs, and is important to your physical fitness. Our Army Fitness feature this month will highlight the functions of two kinds of nutrients, namely carbohydrates and fats. Proteins, water and minerals will be dealt with in a subsequent issue.

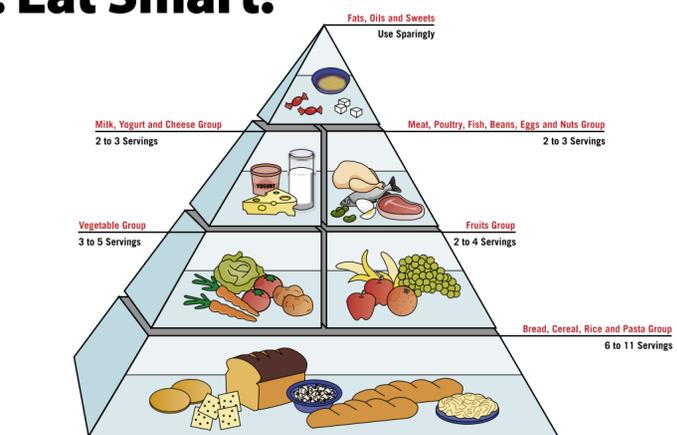
Carbohydrates

These are the primary fuel for your muscles and brain. A diet high in carbohydrates will ensure maintenance of muscle and liver glycogen (storage forms of carbohydrates), improve sports performance and delay fatigue. The three types of carbohydrates are simple carbohydrates, complex carbohydrates and glucose polymers.

Simple carbohydrates contain only one or two sugar molecules, and hence are quickly broken down and absorbed by the digestive system. Foods containing simple carbohydrates can be easily recognised by their sweet taste, such as grapes or soft drinks. Complex carbohydrates are long chains of sugar found in foods like potatoes, rice and bread. After consumption, they are either burned as energy or stored in the liver and skeletal muscles for future activity. The third type, glucose polymers are commonly used in sports drinks and provide more energy without being as sweet as simple carbohydrates.

Fat

Fat is a valuable fuel for muscle activity during longer durations of exercise. Fat also pro-



TECTS and insulates vital organs in the body, and transports vitamins A, D, E and K. It is recommended that fat intake should not exceed 30% of daily calories (1g of fat = 9 kcal). While some fat is necessary, most people today consume too much fat.

Meat, dairy products and coconut or palm oils contain fats which are the main culprit of cardiovascular diseases. Their consumption should be minimised. On the other hand, vegetable oils such as olive and canola oil and various nuts contain fats which are good for the body.

Refer to the food pyramid above for the

proportions of each type of food to consume. Having adequate carbohydrate and fat intake will not only help to achieve a balanced diet, it fuels your body for better fitness and sports performance. Eating smartly will also enhance your recovery after training.

Quiz Of The Month - DEC / JAN

Send us the correct answer and win a pair of Golden Village movie tickets. There will be 5 winners!
Q: In which country did Singapore set up a dental clinic in 2007?
Closing Date: 20 March 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.govsg.
5. Prizes not collected within a month of notification will be forfeited.

NOV / DEC Quiz

Q: What are the three key platforms involved in the air-land integration in Exercise Wallaby?
A: The Apache Attack Helicopters, commandos and Armoured Battle Group.

Editorial Board

- COL Tan Chong Lee
- COL Bernard Lim
- COL Eugene Cheong Jin Ee
- COL Chan Wei Gan
- COL Lai Chin Kwang
- COL Wong Kah Khoon
- COL Ng Soon Watt
- LTC Tan Peng Kuan
- LTC Elsie Tjoeng
- LTC Chia Teck Huat
- LTC Lam Chee Yuong
- LTC Lim Kok Ann
- LTC (NS) James Suresh
- LTA (NS) Chan Cheow Pong
- LTA (NS) Sebastian Shen
- LTA (NS) Terence Tan
- SWO Jeffrey Chung
- Mr Goh Eck Kheng
- Mr Ku Kay Mok

News Crew

- Editor: Tan Wee Meng
- Staff Writers: Tan Shuo Yan, Lim Wei Zhong, Chia Han Sheng
- Photographers: Michael Thng, Sebastian Ang
- Videographer: Tham Wei Yang
- Graphic Designer: Arthur Koh
- Web Designer: Goh Zhi Wei
- Webmaster: Kevin Lee

ARMY NEWS is a monthly publication of the Singapore Army. The opinions and views in this newsletter are those expressed by the writers and do not reflect the official views of the Ministry of Defence. All rights reserved. Subjected to the provisions of the Copyright Act, 1986, no part of this publication may in any form or by any means (electronic, mechanical, microcopying, photocopying, recording or otherwise) be reproduced or transmitted without prior written permission from the publisher.

Visit us online!

You may log on to Army News on the internet at <http://www.mindof.govsg/army>

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.govsg

ARMY NEWS (Suggestions and Feedback)

303 Gombak Drive, #03-01
MINDEF Building, Singapore 696945
Tel: 6427 0462 Fax: 6427 0611

OUR ARMY IS BREAKING NEW GROUND ON POWER98FM!

TUNE IN NOW FOR MORE ON OUR ARMY!
POWER98FM

Army Personnel Shine in Sporting Excellence

Doing Singapore Proud at SEA Games

As a school team shooter during his Secondary and Junior College days, Full-time National Serviceman (NSF) PTE Ong Jun Hong participated in the South East Asian (SEA) Games twice — but never won a medal. Thus, PTE Ong was understandably elated when he bagged a Gold in the 10m air rifle team event at the 2007 SEA Games, along with fellow NSF CPL Zhang Jin. PTE Ong also walked away with an individual Silver for the 10m air rifle event and a team Bronze in the 15m rifle prone event.



A proud moment for Singapore and our Army

Setting New Standards

PTE Ong and CPL Zhang are just two of our Army's seven marksmen who won medals at the 2007 SEA Games. Collectively, the seven shooters, including one NSman, boast a total of two Golds, seven Silvers and five Bronzes. PTE Ong believes that the standard of shooting in Singapore is rising. He said, "We're a strong team and we work very hard. For the two NSF's (himself and CPL Zhang), we've matured over the years and have improved in terms of mental concentration and breathing technique." Definitely, the scores prove his point — they won their team Gold with a lead of 14 points.



CPL Zhang (left) and PTE Ong won their team Gold with a 14-point lead — a testament to their skill and hard work

A major reason for the marked improvement achieved is the mutual sharing of experience between the junior and senior shooters. MSG Poh Lip Meng, who won an impressive four Silvers and one Bronze in various pistol events, explained, "The regulars in the team are more experienced, and the younger ones can draw on our knowledge. New shooters may not understand that the nature of the sport results in many ups and downs in terms of scores, and they get easily discouraged. They also have to get used to a steep learning curve. On the other hand, the young ones have some new inputs and fresh opinions which we should take note of."

One for All, All for One!

MSG Kasmijan, a Master Technician Trainer at the 9th Army Maintenance Base, has been shooting since 1987. The seasoned veteran, who joined the national team in 1996, won a team Bronze at the 2007 SEA Games. He emphasised the importance of team spirit at international competitions, "We have to practise as a team and keep thinking about the success of the team. That way, we'll keep on training hard as we don't want to let the team down." He added, "Looking at the big picture, shooting is also about contributing to your country."

MSG Pheong Siew Shya, who won a team Bronze in the 10m air pistol event, agreed that strong teamwork is a critical success factor, "We motivate and encourage each other to overcome the stress. Sometimes, we have to sacrifice our weekends to train, but we don't get discouraged and give up. Our commitment and passion for the sport keeps us going."



MSG Poh believes that the sharing of experience between seniors and juniors has benefited the team

Balancing Commitments

For many on the team, shooting is not their 'day job'. University undergraduate LTA (NS) Ho Yung Yi often has to juggle lectures, schoolwork and campus activities to find time to train. His secret? "Shooting is what I like to do," he revealed. "As an NSman, it takes more commitment to come back to practice with the team, and it means less free time for myself." At the 2007 SEA Games, LTA (NS) Ho reaped his rewards for the time spent — a team Silver in the 50m free pistol event and a team Bronze in the 10m air pistol event.

Indeed, competing with professional shooters on the international stage has always been a challenge for our 'part-time' marksmen. For regulars like MSG Poh, much depends on their unit's training schedule. He reflected, "We are grateful to our respective superiors for their support in encouraging us to take on this additional commitment. Also, competitions like the ASEAN Armies Rifle Meet and the SAF Inter-Formation Small Arms Meet helped to prepare us for the SEA Games."

Our shooters will definitely not be sitting on their laurels. They will be reflecting on their performance to evaluate how they can train more effectively for future competitions.



Our pistol shooters are a cohesive team who motivate and encourage each other to do well



The team (from left): Team Manager 2WO Chua Boon Heong, MSG Kasmijan, SSG On Shaw Ming, MSG Poh, MSG Pheong, LTA(NS) Ho, CPL Zhang, PTE Ong and SAF Sports Association Club Manager Mr George Kalipermal

A New Ironman Record

Recognised world-wide as a gruelling test of endurance and strength, the Ironman Triathlon requires participants to complete a 3.8-km ocean swim, cycle for 180 km and run for 42.2 km. On 2 December 2007 in Busselton, Western Australia, 2WO Tan Yeow Chung, HQ Company Sergeant Major in the 6th Battalion, Singapore Infantry Regiment, set a national record by being the first Singaporean to complete the Triathlon in under ten hours, with a timing of nine hours, fifty-four minutes and thirty seconds.

2WO Tan, a regular face at sporting events such as the Osim Triathlon and SAFRA Adventure Race, first participated in an Ironman Triathlon at Langkawi in 2001. Then, he was held back by an injury and clocked a mediocre timing of eleven hours and forty-six minutes. This time, he was motivated to set a 'personal best' timing which he could be proud of, and spent much of his free time preparing for the race. 2WO Tan added that while he is happy to have broken a record, "It's more about beating my own timing and achieving my own targets. The journey towards the race is more important than the race itself."

As a Company Sergeant Major, 2WO Tan makes it a point to share his racing experience with other servicemen. His HQ staff usually get together once a week to cycle or run. 2WO Tan also believes that "commanders play a big role in building up a strong fitness culture in their unit. This is important as servicemen need a good balance of physical fitness and operational fitness."

While he plans to focus on his family and work for the next few years, 2WO Tan is certain he will continue to race. "I'll plan for more challenges — or else, life would be boring!" he said.



2WO Tan (centre), seen here at the Singapore Biathlon, believes that a strong fitness culture will complement a serviceman's soldiering skills