

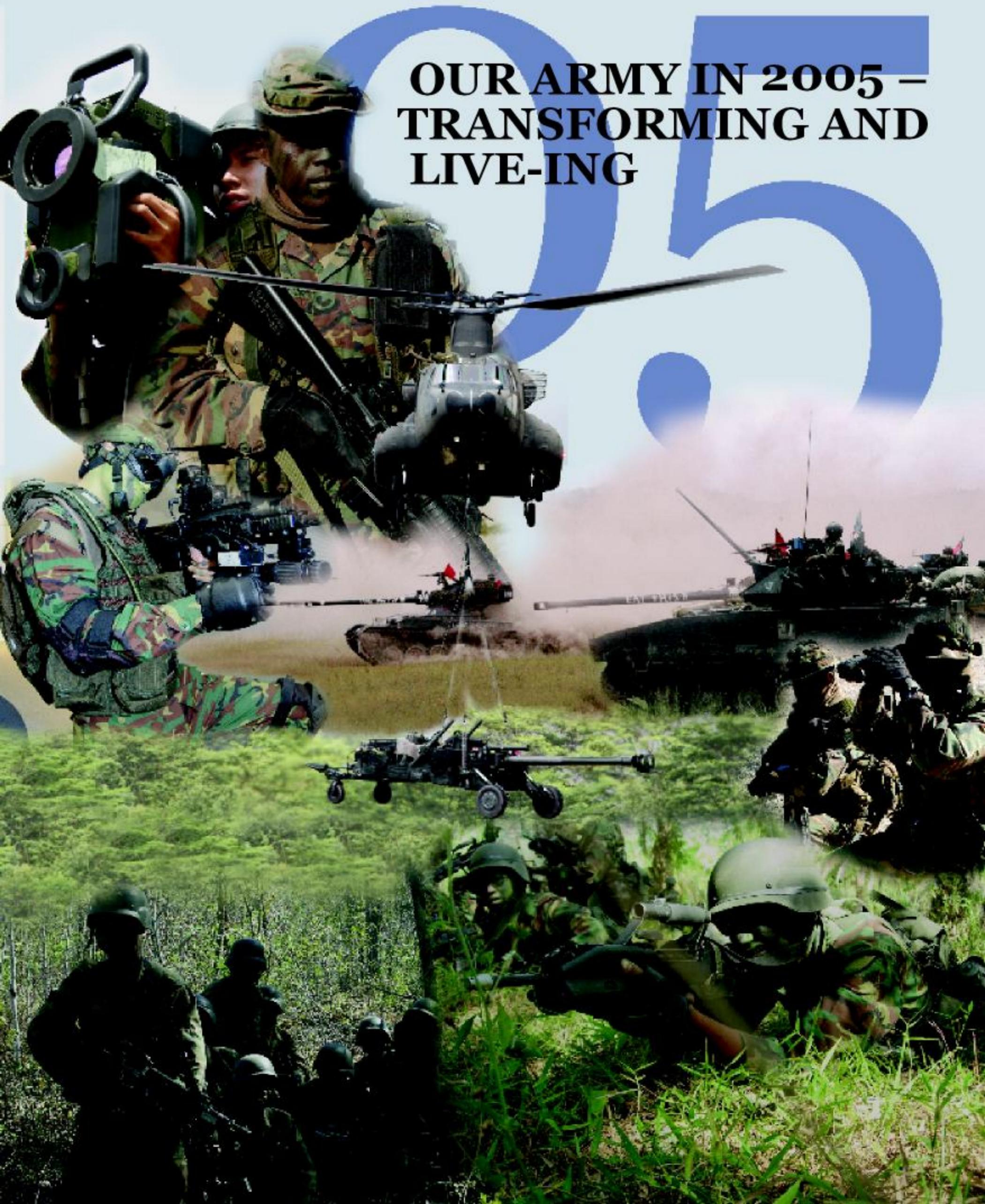
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pulse of the army

OUR ARMY IN 2005 – TRANSFORMING AND LIVE-ING



Preserving SISPEC's Heritage



MSG R Balakrishnan believes the time capsule preserves the rich culture and strong values of SISPEC

"Since SISPEC was started 40 years ago, the school has gone through many changes. Through this, we have inherited a rich culture, strong traditions and unwavering core values. These must be preserved and respected. Safeguarding these in a time capsule is very fitting. Future soldiers will learn about the past memories, traditions and achievements of their predecessors," said MSG R. Balakrishnan, a Company Warrant Officer from the School of Infantry Specialists (SISPEC).

The ceremony was officiated on February 28 by Chief of Army (COA), MG Desmond Kuek. Strategically buried in the new SISPEC's Warrior Circle, the time capsule serves as a constant reminder of the past as Our Army continues its 3G transformation journey.



COA sealing the time capsule

The time capsule is a symbol of SISPEC's return to its birthplace at Pasir Laba Camp and will be opened 20 years from now. It contains memorabilia such as the original bronze "Sergeant Rocky" bust, silver bayonets, past and present emblems and even copies of Army News, all contributed by members of the SISPEC family. The time capsule will give future commanders an insight into the current SISPEC.

"Good Morning Sergeant Major!"



SWO Francis Ng believes that the role of the Sergeant Major has evolved beyond just regimental duties

The nomenclature of the "Regimental Sergeant Major" (RSM) has been renamed to "Sergeant Major". This change affects all RSM appointments except for those at Battalion level, whose incumbents will continue to be called Regimental Sergeant Major to safeguard the values of discipline at the ground units.

Why the change?

Traditionally, our mental image of Regimental Sergeant Major (RSM) has been one of an undisputed king of the parade square with his pace-stick, spewing fiery commands. Some may recall the legendary RSM "Tiger Hong" who struck terror in the officer cadets in the late 1960s. Personifying strict discipline, RSMs often conjured images of all

"spit and polish" from their toe-caps to brass beret insignia.

The change is necessary as the paradigm attached to "Regimental" does not give due recognition to the enhanced roles that the RSM performs today.

With our transformation towards a third generation fighting force, WOSPECS today are given enlarged roles, functions and responsibilities. This is especially so for the RSM, a pinnacle WOSPEC appointment. RSMs are now entrusted with diverse challenges, including the force preparation of our soldiers to provide mission capabilities. Their broadened work scope requires dealing with high technology systems, coaching and leadership training and other technical and administrative fields. The term "Sergeant Major" thus appropriately reflects the significant role played by the most senior Warrant Officer in the unit.

With the adoption of this new nomenclature, the Army RSM will now be renamed as "Sergeant Major of the Army" (SMA). Commenting on the changes, SMA, SWO Francis Ng, explained, "By removing the word 'Regimental', it does not remove our responsibility on Regimental issues. Conversely, it increases our responsibilities in other areas like Training, Safety, Operational, Security and Admin etc. And you judge a person's status by the responsibilities he holds, not by the appointment he holds."

It has also been formalised that the general population of Warrant Officers will be addressed as "Inche".

Retirees Recognized for Their Contributions



LTC (Ret) Lee sharing on his Army experiences

The 11th Army Farewell dinner was held on the 3 March at the Hotel Intercontinental. More than 118 retirees showed up in their best for this grand occasion.

Chief of Army MG Desmond Kuek, who was present at the dinner, paid tribute to the retirees for their contributions to the Army over the years. He said, "Our Army of today would not have been possible without the

selfless commitment and diligence of faithful, dedicated and professional soldiers like you."

He also recognized the special supporting role played by the spouses of the retirees. "It was your steadfastness that allowed our servicemen to give their best to the nation and our Army without undue worry and concern. I thank you for your understanding support and strength – and for sharing your spouse with us in the Army family."

As a special highlight of the evening, two retirees were both invited on stage to share their experiences and reflections. For LTC Lee Seng Yam, the 28 years and 10 months that he had served in the Army is a journey that he will remember fondly for life. He recalls clearly his Basic Military Days and the fellowship he had shared with his fellow men. For him, it is the Army that thought him what camaraderie is. He said, "It is here in the Army that I learnt the true meaning of this word as we trained, worked, ate, slept, and did many things together."

As for 2WO Charanjit Nair, she thanked the Army for preparing her and equipping her with the necessary attitudes to survive in life. She said, "There were times that were difficult, working in an operational division that was involved in exercises, recalls and mobilizations, as such not being able to see my family. But when I look back, it has given me greater confidence, learning, improving my management styles and aspects of emotional quotient."

Career Transition: Opportunities for Logs WOSPECS



The signing of the MOU signifies more career opportunities for our Logisticians

Thanks to a new Career Transition initiative, the Warrant Officers and Specialists (WOSPECS) of the Logistics Formation will be given enhanced opportunities to transit to a career with our defence industry partners upon completion of their service with Our Army.

The Army Logistics-Defence Industry Partners Career Transition Scheme (CTS) was launched on 17 March with the signing of a Memorandum

of Understanding (MOU) between Army Logistics and Singapore Technologies (ST), namely ST Kinetics and ST Logistics. The scheme matches the expertise and experience of our Army Logistics WOSPECS to various positions in the Defence Industry.

Our defence industry partners will now be able to source from a pool of skilled, committed, and experienced professionals to staff their expanding operations. The CTS will also provide relevant and challenging second career opportunities for our Army Logistics WOSPECS.

Logistics Formation Sergeant Major, MWO Chellaiah, said, "This scheme is a milestone for us Logisticians. We will now be able to move on to a relevant second career after service with Our Army. The operations of our Defence Partners are very similar to what our logistics servicemen are doing currently, ex-servicemen joining them will be able to adapt very quickly. It is also good because they can go on to gain even more related skills and experience by working in ST Kinetics and ST Logistics.

Our Defence Partners will also benefit greatly. The servicemen and women of our armed forces are competent, skilled in both office work and field work. Many have also gained important experience through their overseas exercises and attachments. They also have strong values and ethics and will continue to embrace these, even after leaving the Army. These are strong points that our servicemen can bring to their employers."

Strengthening the Shared NS Experience



Mr Pang Siew Pui is proud to be passing down the baton to his son

The Gold National Service Medal Pin is awarded to NSmen who have completed their NS cycle, while SAF regular servicemen and women who have served 25 years are awarded the Silver Long Service Medal Pin.

Recipients of these awards are encouraged to wear their pins when attending the Basic Military Training Centre (BMT) Graduation Passing Out Parade (POP) of their sons. This will help to strengthen the bond of shared National Service (NS) experience between parents and their children.

Mr Pang Siew Pui, father of REC Gabriel Pang Zhun Sai was one such proud parent at the POP on 8 March. He shared his thoughts on wearing the Gold National Service Medal Pin by saying, "I am proud to be wearing this pin and proud of



Miss Iris Tay and her son REC Ho Chen Yong now share an even closer bond

my son completing his BMT. I feel like I am passing down the baton to him to continue this culture that every Singaporean male has to go through."

Another parent, Miss Iris Tay, a former MWO was honoured to wear her Silver Long Service Medal Pin at her son's POP on 15 March. She said, "Wearing the collar pin makes me feel proud that we are part of the SAF for so long. I feel the collar pin symbolises our dedication to the defence of Singapore. It's great to see that we are being appreciated and recognised for our hard work."

Her son, REC Ho Chen Yong also felt a closer bond to his mother. He said, "I feel closer to my mother as we can now share military terms and lingo and we are all in the same military culture."

COA Visits 4 SAB



COA officiating the opening of 4 SAB's Heritage Room

On 29 March, Chief of Army (COA), MG Desmond Kuek visited 4th Singapore Armoured Brigade (4 SAB) at Kranji Camp.

During the visit, COA officially opened the 4 SAB Heritage Room, named the "Evolution of Four". The Heritage Room is a tribute to the history and transformation of 4 SAB, and showcases the many awards, trophies and memorabilia the brigade has garnered over the years.

COA was later briefed on 4 SAB's new work plan and its objectives for the new work year, including 4 SAB's experimentation on making the brigade more integrated into Our 3G Army.



COA interacts with the men from 4 SAB

COA was also shown a demonstration on the various equipments used by 4 SAB. After the demonstration, he interacted with the soldiers and encouraged them to make their National Service a most memorable one by gaining leadership qualities and experiencing their defining moments.

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Our Army in 2005 – Transforming and LIVEing

Our Army has achieved major strides in its Transformation and this April issue is an opportune moment to recap on Our Army's achievements in 2005.

Our Army's Transformation journey in the past year can be seen through the introduction of several key systems and weaponry integral to our vision of the 3G Army. But for the Transformation to truly succeed, Our Army needs not just the hardware, but also "heartware". The LIVE framework, implemented in 2005, serves as a guide on how Our Army can improve the Positive Army Experience of our soldiers. LIVE stands for Leadership and Learning, Image and Identity, Values and a Positive Army Experience. These express how Our Army should operate and what our people need to continually build on.

LIVE

In his Workplan 2005 address, Chief of Army (COA), MG Desmond Kuek emphasised the importance of the LIVE concept. He followed this up with the Army Commanders' Forum (ACF) in July, a seminar of unprecedented scale, involving 8000 of Our Army's leaders. The ACF enhanced the commanders' understanding of Our Army's 3G Vision and spread the concept of LIVE to the ground.



COA inspired all at the ACF with a rousing speech on the 3G Transformation

TRANSFORMATION

The Integrated Knowledge-based Command and Control (IKC2) concept is a cornerstone of our 3G Army. IKC2 is about leveraging on advanced technologies and connecting them through military communication networks. Through this concept, our soldiers receive timely, detailed and accurate information, enabling them to better understand battle situations and handle them better.

The 1st Battalion, Military Intelligence was officially inaugurated in September 2005. This new battalion is at the forefront of the Army Intelligence transformation and has been heavily involved in experimentation on various overseas exercises. With its vast array of sensors, the battalion serves to provide accurate and instant information from the frontline to feed the IKC2 network.

Exercise Wallaby, held in November 2005 in Australia, was the exercise of the year. More than 1500 troops and 400 vehicles and aircraft were involved in a joint air-land live-firing exercise. It featured experimentation of many 3G capabilities such as sensor-shooter integration and IKC2.

The concept of IKC2 was also tested during November's Exercise Forging Sabre, held in the United States. Through IKC2, the new Apache Attack Helicopters, F-16 fighters, Unmanned Aerial Vehicles and Commando ground forces were integrated into a single fighting force. The first batch of Apaches returned to Singapore in March 2006 adding a significant strike capability for the network-centric IKC2 Army.

Exercise Thunder Warrior held in New Zealand, January 2006 was the platform for the first live firing of the new Singapore Light Weight Howitzer – the PEGASUS. The mobility and firepower of this new gun adds an extra dimension to our Gunner's offensive capabilities.



In the IKC2 Week held in September, more than 10,000 soldiers from all levels learnt about IKC2 through a range of seminars, exhibitions and displays.



1st MI Battalion – Pioneers of Advanced Battlefield Intelligence



The BIONIX played a large part at EX WALLABY



Armed with a multitude of powerful weapons such as the Hellfire missile, the Apache is a fearsome attack helicopter.



The new PEGASUS provides added mobility and firepower to our Artillery



The Army Commanders' HR Forum saw a lively discussion on key HR initiatives and impending changes.

Leadership and Learning



The LMS increases the accessibility of learning materials

Our Army launched the Learning Management System in December 2005. This new learning system, developed by G6-Army, allows all training materials to be stored, accessed and learnt with convenience and ease, maximising learning opportunities for all.

The Artillery Institute, inaugurated in August 2005, has strengthened the training competency, resource optimisation and enhanced operational readiness of our Gunners.

There are also many workshops and symposiums, such as the WOSPEC Symposium, held throughout the year, which facilitated knowledge sharing between our soldiers.

Image and Identity

On 1 July, the SAF celebrated its 40th birthday. At the parade and the various rededication ceremonies throughout the island, our soldiers felt the spirit of the SAF and strengthened our common identity as the protectors of our nation.



The National Day Parade (NDP) on 9 August was also a significant event for our soldiers. Our soldiers put in a lot of effort preparing for the NDP, making sure it was a roaring success for every Singaporean. The mobile column of our military vehicles, the smart and perfect marching and the flawless logistical support provided by our soldiers upheld the image of Our Army.

The Army Family Day on 10 August was held in conjunction with the National Day celebrations. Our soldiers provided logistical support and contributed to its success by putting up static displays and shows featuring the prowess and fighting capabilities of Our Army. Our soldiers' family members and the public were able to learn what Our Army is truly about.



Sharing the Army Image with our families

Values

In April 2005, Our Army sent a 15-man medical team to Pulau Nias, where a massive earthquake had struck. They worked tirelessly to provide emergency medical treatment for the earthquake victims and were shining examples of our professionalism and compassion.

The same professionalism was also evident in the Aceh Monitoring Mission, where 15 men and women from the SAF and Singapore Police Force have been stationed since September 2005. They have been helping to bring peace to a region ravaged by both natural and human disaster.

The annual SAFRA Sheares Bridge Run and Army Half Marathon held on 11 September 2005 saw a record number of more than 60,000 runners joining the 12 km run. Our soldiers, with discipline and dedication, trained hard to build up their fitness in order to win the Inter-Formation AHM competition.



Photo Courtesy of PIONEER

Our dedicated medical staff providing treatment at Pulau Nias



Our selfless soldiers understand the importance of keeping vigil even during the year-end festivities

Experience

2005 has provided many soldiers with a Positive Army Experience.

February 2005's inaugural Exercise Agni-Warrior in India was the defining moment for many of our Gunners and Armour personnel. This was Our Army's first joint operation with the Indian Army and our soldiers shared much experience and culture with them.

The Army Culture and Experience (ACE) initiatives launched across the Army were also instrumental in providing our soldiers with a richer and more Positive Army Experience. For example, the 2nd Battalion Singapore Infantry (2 SIR) Regiment captured its full history into a DVD, and spruced up their camp with stories and pictures of the unit, to foster a stronger sense of identity. The 3rd Battalion Singapore Guards launched a unique set of commemorative souvenirs that record important events and milestones in each soldier's NS life.



A great Indian Experience – the officers and men of 23 SA in Ex Agni-Warrior



The ACE Workshop is just one of the many initiatives carried out throughout the year

Feature Story

Top in Air Assault Course! Doing Our Army Proud in the US



SAF-US Personnel Exchange Programme
Since 1981, Our Army has been sending officers to 25th Infantry Division (25th ID) in Schofield Barracks, Hawaii, as part of the SAF-US Personnel Exchange Programme (PEP). MAJ Liew arrived in Oahu, Hawaii in June 2005 and commenced his one-year attachment at the Division's Theatre Security Cooperation Programme. This was part of the US Army's initiatives to establish interoperability and foster good relationship with Foreign Armies in the Asia-Pacific Region.

In October 2005, MAJ Liew was nominated for the Air Assault Course, in recognition of his good performance in 25th ID.

No Easy Entry
To qualify for the Air Assault Course, each soldier has to overcome nine obstacles on Day Zero (the first day of the course), 6 October 2005. The Air Assault Cadres tested the students on their physical fitness and mental capabilities. Ten students were dropped on Day Zero alone as they failed to clear the required obstacles, leaving 92 to start the course.

It's No Holiday Camp!
The Air Assault Course was certainly not an easy one. In fact, the sheer number of tests and assessments made it tough for even the most seasoned soldier. Those who could not make the grade were told to pack up and leave, thus each and every lesson counted.

MAJ Liew explained, "The Air Assault Course was conducted in three phases, namely Pathfinder, Slingload and Rappelling



over the ten days. There were written and hands-on tests at the end of each phase as part of the assessment. In addition to academic scores, students received spot report points based on their performances. There were also intense physical activities scheduled daily to build up students' physical fitness. Dement points were awarded to those who did not meet the required standard in these activities. Students who accumulated 40 minus points were dismissed from the course, such was the strict nature of it. At the Graduation Ceremony, we had only 80 left."

MAJ Liew topped the written tests and General Assessment for his cohort. Even the final test, the 12-mile foot march was no exception. He said, "The finale was the 12-mile foot march in full battle order that had to be completed within three hours in order to graduate. Everyone had to RUN in full battle order in order to meet this stringent timing.

I completed my 12-mile foot march in 2 hours and 25 minutes, together with another soldier, who was later named as the foot march champion since I already have my Distinguish Honor Graduate title."

Upholding Our Army Image
The entire 25th ID was abuzz with praise for the Singapore Exchange Officer who topped the Air Assault Course. In the US, a country thousands of miles away, MAJ Liew has certainly flown Our Army's flag high and with pride!

Defining Moments

Army Shooter Strikes Gold!



SSG On with Minister for Defence Mr Teo Chee Hean at Changi Airport

SSG On shared with Army News his feelings on winning his gold medal. He said "I was thrilled and exhilarated when I know I had won the Gold medal. It was a moment of joy and well, almost tears!"

Making his debut in this Commonwealth Games, SSG On's achievement is even more amazing considering that he took up sports pistol shooting only slightly more than a year ago. Besides training very hard, SSG On also attributed his achievement to his army training and experience. He explained, "My commando training and the Ranger Course has enabled my mind to work under intense pressure and yet completing the mission. In this case, the result was the medal! I'm sure every commandos share my feelings and they can do a better job than me!"

SSG On was grateful for the great support he had received. He said, "My superiors in the commando family have given their fullest support

for my training in sports shooting. I owe it to them. I was given time off to train intensively and they provided much guidance. In fact, it was my commander's vision to see the SAF flag flying high internationally like this Commonwealth Games. Lastly, I wish to give my heartfelt thanks to my fellow commandos for their support and understanding."

SSG On also paid tribute to his team-mate, MSG Poh Lip Meng, who had introduced him to this sport. He revealed, "MSG Poh has paved the way to international shooting scenes by winning a medal in the SEA games and various world events. It was glorious for the Commandos and I'm just following his footsteps and learning from him."

Ending his sharing with Army News on a high note, SSG On jubilantly declared, "Our Soldiers are World Class Soldiers! Thank you Sir! FOR HONOUR AND GLORY!"

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Feature Story

NSmen Sharpen their Combat Skills!



COL(VOL) Hendricks (left) and LTC(NS) Goh (right)

COL(VOL) Clement Hendricks and LTC(NS) Laurence Goh are the first Operationally-Ready National Servicemen (NSmen) to have completed the Combat Skills Badge (CSB) Course since its inauguration in February 2005. By volunteering to take part in this gruelling course, they have shown great dedication towards their duty as protectors of our nation.

LTC(NS) Laurence Goh is a lawyer and also an NS Brigade Commander. He actually left an established law firm to start his own private practice, as he felt that it would give him more flexibility and time to fulfil his duties as an NS Commander.

COL(VOL) Hendricks is an architect who has completed his NS term but volunteered his services beyond his NS liability period. At the age of 52, COL(VOL) Hendricks is still serving as a Chief of Staff (Division Hub).

Army News met up with these two excellent NSmen...

What are your impressions of the course that you have just undertaken?

LTC(NS) Goh: The course was very interesting and challenging. It refreshed my basic infantry skills such as the use of signal sets, claymore mines, M203, SAW. As commanders, we seldom have time and the opportunity to refresh our knowledge and this course was a good chance. The various tests had strict time limits and a REDCON 2 result was required for a pass.

How did you prepare for the course?

LTC(NS) Goh: As an NSman above 40 years old, I cannot compare myself with the active personnel of that age group as they are constantly keeping themselves physically fit through running, exercises and field training. Although I can say that I am still reasonably fit, health is something I could never take for granted.

Hence I was determined to train and condition myself for the long 32-km march. I started preparations and conditioning in December 2005 with brisk walks of 10 to 12 km in PT kit and gradually advanced to 16 km in vest and slacks with 10-kg full pack about three weeks before the course. I was glad to have COL(VOL) Hendricks to be my training partner.

COL(VOL) Hendricks: As LTC(NS) Goh said, we must have walked a total of more than 100 km with our full packs on in our build up training together. This helped tremendously with the physical part of the course, leaving only the mental portion to be overcome during the course. I had excellent buddies in our six-man group whose "never say die" attitude help each one of us overcome the mental challenge. So with these two concerns well conquered, I managed to finish the course in good timing.

How do you juggle NS, work and family commitments?

LTC(NS) Goh: These three issues are the key elements in my life. Being a Brigade Commander takes up a lot of my time but I was already prepared for the long hours and commitments

when I agreed to take on the command appointment. I am most fortunate and blessed to have my wife Corinne as my business partner and associate who helps me to look after my work and liaise with my clients when I am away on NS. She is the pivot between my NS liability and obligations, work and family. I always try to spend as much time as I can with my wife and our three kids Rebecca, Alyssa and Hannah but they all understand my Army commitments.

COL(VOL) Hendricks: It is not easy but what is critical is to manage our time. It is very easy to say, "I have no time!" I think it is very strange that we always have time for things we like to do but not always what we have to do. We have to set our priorities right.

While encompassing a range of trainings and evaluations, the highlight of the exercise was no doubt the Battalion Live Firing Exercise and Night Live Firing Evaluation. 21 SA's memorable experiences are related through a first-hand account from one of the participants, CPT Joe Liew.

CPT Liew recounted, "During the live firing, the constant firing of the SPH Primus at their respective

deployment ground reminded us about the importance of being 'On Time On Target'. By providing timely shelling on the enemies, we effectively support our maneuvering forces.

Back at the gun-hide after each fire-mission, we continued to improve the local defence system to better protect our installations in a battlefield. It was trying but worth it.

We were proud and honoured to have both Commander of the 9th Singapore Division/Infantry Formation, BG Winston Toh and Commander of the 3rd Singapore Division, COL Tan Yih San visit us during the firing. We shared with the senior commanders what we were doing at the deployment ground. They also shared with us the importance of our overseas training and live firing.

Guests from the Indian Army also visited us. The exchange was wonderful and we appreciated their visits. We got the once in a lifetime opportunity to witness the impact of our arty shelling and mortar firing on a planned target from an Observation Post. We were impressed with the kind of impact and damage that the SPH Primus can inflict. When we returned to the Golanad (Gunners in the Hindi language) Complex after the exercise, we felt happy and fulfilled."

Besides the Battalion Exercise, 21 SA also participated in the Field Artillery Training

On the final night of FATEP, I asked a few of my colleagues what they thought the result for this FATEP would be. Without any hesitation, they replied, "REDCON 1". The reason was not because they thought they had done well, but the fact that they had put in massive effort, more than anything else in their lives. From then on, the result of FATEP was not significant to me anymore, because I knew I have compatriots whom I can trust to defend my family, my loved ones and my land."

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The men of 21 SA, proudly standing in front of their PRIMUS

21st Regiment, Singapore Artillery (21 SA) held a live firing exercise codenamed Exercise Agni-Warrior '06 in India from 26 February to 22 March. This exercise created learning opportunities for our Gunners in an environment of unfamiliar terrain and harsh climate.

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Army News thanks 2LT Adin Tan, CPL Ivan Chan and LCP Terence Ng for their contributions over the past 12, 24 and 20 issues respectively. We wish them all the best in their future endeavours!

Feature Story

EX Agni Warrior '06 The Story From Within



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Back at the gun-hide after each fire-mission, we continued to improve the local defence system to better protect our installations in a battlefield. It was trying but worth it.

We were proud and honoured to have both Commander of the 9th Singapore Division/Infantry Formation, BG Winston Toh and Commander of the 3rd Singapore Division, COL Tan Yih San visit us during the firing. We shared with the senior commanders what we were doing at the deployment ground. They also shared with us the importance of our overseas training and live firing.

Guests from the Indian Army also visited us. The exchange was wonderful and we appreciated their visits. We got the once in a lifetime opportunity to witness the impact of our arty shelling and mortar firing on a planned target from an Observation Post. We were impressed with the kind of impact and damage that the SPH Primus can inflict. When we returned to the Golanad (Gunners in the Hindi language) Complex after the exercise, we felt happy and fulfilled."

Besides the Battalion Exercise, 21 SA also participated in the Field Artillery Training

On the final night of FATEP, I asked a few of my colleagues what they thought the result for this FATEP would be. Without any hesitation, they replied, "REDCON 1". The reason was not because they thought they had done well, but the fact that they had put in massive effort, more than anything else in their lives. From then on, the result of FATEP was not significant to me anymore, because I knew I have compatriots whom I can trust to defend my family, my loved ones and my land."

Army News thanks 2LT Adin Tan, CPL Ivan Chan and LCP Terence Ng for their contributions over the past 12, 24 and 20 issues respectively. We wish them all the best in their future endeavours!

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Passing On The Baton

INCOMING

| | | |
|----------------------------|----------------------|----------------------------------|
| COL Lim Jit Chek | ACGS(Pers) G-1 Army | SWO Sreedharan Chandran |
| MWO Koa Keng Sun | DSM HQ 9 DIVINF | MWO Gerry Sinar |
| MWO Goh Kim Hook | Bde SM 9 DIV Arty HQ | MWO Hoon Tien Chaw |
| MWO Erol Sanath Nanayakara | RSM ITI | MWO Lee Cher Pin |
| 1WO Neo Chin Poh | Bde SM 6 DIV Arty HQ | MWO Foo Chee Kong Eddie |
| MWO Karanjit Singh | ISM Signal Institute | 1WO Chin Shai Pin |
| 1WO Tan Siang Lang | RSM 46 SA | 1WO Teo Seng Chye |
| 2WO Sng Huee Kwang | RSM 24 SA | |
| 1WO Tan Yam Tong | Bde SM 89 Arty GP | |
| 2WO(NS) Ong Chee Ming | RSM 282 SA | 1WO(VOL) Mohamed Noor Bin Hassan |

OUTGOING

| | | |
|----------------------------|----------------------|----------------------------------|
| COL Lim Jit Chek | ACGS(Pers) G-1 Army | SWO Sreedharan Chandran |
| MWO Koa Keng Sun | DSM HQ 9 DIVINF | MWO Gerry Sinar |
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Have something you want to share with Our Army? Send your articles to us

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Quiz of the Month

Send us the correct answer and win a \$20 Takashimaya Gift Voucher. There will be 2 winners!

Q: What is the round object on top of the Apache's rotor?
A: The Longbow Fire Control Radar (FCR)

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 judge's decision is final. Please send us your entries via mail or email (see bottom right corner of page).
All entries must reach us by 30 Apr.

Answer :
Rank / Name :
Unit :
E-mail :
NRIC :
Contact No. :

LAST MONTH'S QUIZ

OUR LUCKY WINNERS

1) 2WO Toh Kok Chai 2) 2LT Leong Ying Jie
NRIC : S XXXX908 Z NRIC : S XXXX174 B

Name the framework COA introduced at the 2005 workplan seminar.
Closing Date - 30 May

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HIGH-TECH FITNESS

In recent years, Our Army has taken key initiatives to improve and further develop the existing fitness program to support the needs of a 3G soldier. Given the shorter NS period and high fitness standards demanded, the challenge is to get a soldier combat fit speedily while minimizing the potential for injury. To satisfy these demands, new scientific methods and technological developments in physical training programming and sports nutrition have been adopted.

Striking a Balance in Fitness Training

One key initiative taken is to redesign the fitness program so as to strike a balance between the two separate components of Individual Physical Proficiency Test (IPPT) fitness and Combat Fitness. IPPT Fitness is very focused on specific components of fitness, which are represented by the five stations in the test. For example, the 2.4km run measures an individual's aerobic fitness and the chin-up measures upper back strength. In contrast, Combat Fitness cannot be measured by any fitness component, but is the overall measure of the strength, performance, perseverance of an individual's fitness.

To achieve this balance, three major components of the fitness program were carefully studied and tested before implementation. These components are the start-state of the individual, the duration of the training, and the end objectives. Simply put, these components are "check points" in place to ensure that a soldier will acquire a maximum fitness level in the shortest duration of time with minimal potential for injury.

Mr. Christopher Song, an Exercise Scientist in Army Fitness Centre (AFC) believes that this balance is needed to cultivate a 3G soldier. He explained, "To train soldiers for Our 3G Army, it is essential that we recognise the need to train them effectively with new science methodologies. Also, coupled with the developments in technology, we can ensure that soldiers go through a program that will build them up to be combat fit, and not just for the sole purpose of passing their IPPT."

Now, instead of training soldiers for the sole purpose of passing their IPPT, commanders can utilise modern gym facilities and fitness supplements to provide a holistic and enjoyable training experience for their men. MAJ Salleh, Head of Physical Training Development and Doctrine branch in AFC further elaborates, "Commanders used to give training to their men based on what they think is right. But with this new development and implementation of science techniques, we can be sure that when we design our fitness program, we are putting in facts and figures. This will ensure that our soldiers are carrying out the right types of training and in the correct amounts."

Injury Management for Our Soldiers

Rehabilitation is another key area where Our Army has made significant progress to ensure that our injured soldiers are properly cared for and nurtured back to an optimal fitness level. Unlike ordinary rehabilitation programs in hospitals where the focus is on normal recovery, ours ensure that an injured soldier goes beyond recovery to full combat fitness.

forefront of rehabilitation work. It is with these resources that we can most effectively carry out rehabilitation and maximise a soldier's potential in the least possible time."



CPL Chua Yeow Keng being individually assessed

To facilitate the process of rehabilitation, Our Army has invested in state-of-the-art facilities such as the SAF Military Medical Institute (MMI) Physiotherapy Centre, Orthopaedic Diagnostic Centre (ODC), and a fully computerised techno-gym. These facilities provide the necessary resources and expertise needed to care for a soldier who needs rehabilitation support.

The first step towards successful rehabilitation is the ability to detect and diagnose using the latest science and technology. The MMI Physiotherapy Centre and ODC possess machines that are capable of scanning the body to measure things such as muscle strength, muscle activity, body balance, and ligament laxity. An injury can thus be accurately diagnosed and treated with the most effective method.

Commenting on the importance of having a state-of-the-art infrastructure in place to support a 3G Army, Miss Audrey Lim, Head Physio Army Medical Services said, "It is important that we are best equipped to be in the



The Rehabilitation Centre staff are taking physiotherapy to a new level

The latest technology is being used to track patients' progress

Another important rehabilitation facility is the techno-gym which is equipped with machines that are able to measure results accurately and quickly. Launched in 2004, the fully computerized techno-gym is South-East Asia's first such facility and is still the only gym in Singapore today with such capabilities.

Because of its computerised functions and capabilities, this gym is able to cater to every individual's specific needs. Simply put, it is like having a personal trainer by your side all the time.



PTE Lim Ching Hui doing his routine exercise

After being assessed and given an injury management plan, an individual will have his rehabilitation routine encoded into an electronic key. The information captured includes the weight that should be used, the number of repetitions that should be done, and how a repetition should be properly done. This electronic key can be inserted into the power control system that every machine in the gym is equipped with. The machine will then read the individual's data and guide the user through his exercises.

PTE Lim Ching Hui, who injured his shoulder during training, is one such patient who is undergoing rehabilitation and is encouraged by the amount of care and concern shown to him. He said, "I feel even more motivated now to get back to my best fitness levels after being shown care and concern by the medical staff. These machines have special features that help me carry out my exercise most effectively."