

Tiger Family Turns 34

3rd Singapore Division (3 Div) celebrated its 34th Anniversary from 8 to 30 May with a series of signature events. Most of the activities were concentrated in the "Tiger Week" (8 to 12 May), and they served to engage and energise different members of the Tiger Family in celebration of their heritage.

Staying Healthy at 34

Tiger week opened with the Division Health Lifestyle Programme. Members of the Tiger Family gathered in the Jurong Camp Stadium to start off the day with a "Boxercise" workout. After the invigorating exercise, a series of healthy lifestyle talks were conducted on subjects such as the Human Heart, Nutrition, Medishield & Insurance, and the Balance between Work and Personal Life. Several exhibits covering topics from dieting to smoking were displayed at the Tiger Lodge.



Members of the 3 Div family boxercising their way to a healthy lifestyle

Topping up Knowledge and Experience

A WOSPEC Seminar on 10 May saw the WOSPECs imparting their valuable knowledge and experience in various aspects such as Army Transformation, Values Inculcation, and Operational Experience. Focus was placed on the various key areas with the objective of integrating them with the 3G Army Framework

With the revelation and review of their key objectives, the WOSPEC population in 3 Div is all ready to pack a punch in the coming work year.

Reflecting and Looking Ahead

On 11 May, the 3 Div leadership gathered at the Workplan Seminar to take stock of and reflect on what had happened in the last work year.

BG Tan Yih San (then COL), Commander 3 Div, stated the goal for the division to be the first Army Division to adopt Integrated Knowledge-based Command and Control (IKC2) in the journey towards realising the 3G Army. He emphasised that, "while we change, we will have to maintain our foundation and backbone of 3rd Division - Spirit of 3rd Division, Foundation and Focus on the Basics and Treasure Safety in whatever we do."

Foyer of the Tigers

Despite a torrential downpour on 11 May, the mood was upbeat as members of the Tiger Family waited at the Foyer for the arrival of the Chief of Army



The Tiger Roars!

(COA), MG Desmond Kuek.

Upon his arrival, COA was greeted warmly and a short video was shown, showcasing the differences between the old and new foyer. The Foyer of the Tigers represents 3 Div's spirit, which is to Initiate, be Inclusive and to Integrate, commonly referred to as the "3III." BG Tan proudly declared that, "The Spirit of 3 III will forever be etched into the culture and psyche of our people. This is the Tiger's way of LIVING OUR BEST."

Tigers on Parade

On 11 May, a Division Anniversary Parade was held for the first time in many years. It was organised to celebrate the launch of the 3rd Division Optimal Force Level (OFL) Patches. It was a proud day for the division as COA presented the patches to the commanders and key staff, including NS men. BG Tan remarked, "This is a fitting reminder that while we transform, our identity, our sense of purpose and commitment to readiness remains as yet another link to bring us together."



3 Div Colours flying high

Dining In

The highlight on 11 May was the Division Dining In, which was greeted with much excitement and anticipation. "LIVING OUR BEST" was the theme for the night and the evening was graced with COA's presence. BG Tan, in his opening speech, gave thanks to all who had worked tirelessly to make Tiger Week a success. The theme of "LIVING OUR BEST" again provided an important experience for all in the Tiger Family, aptly reminding them of their strong and proud military heritage.



Dinning together as a Tiger Family

It's Time for a Tiger... Trail

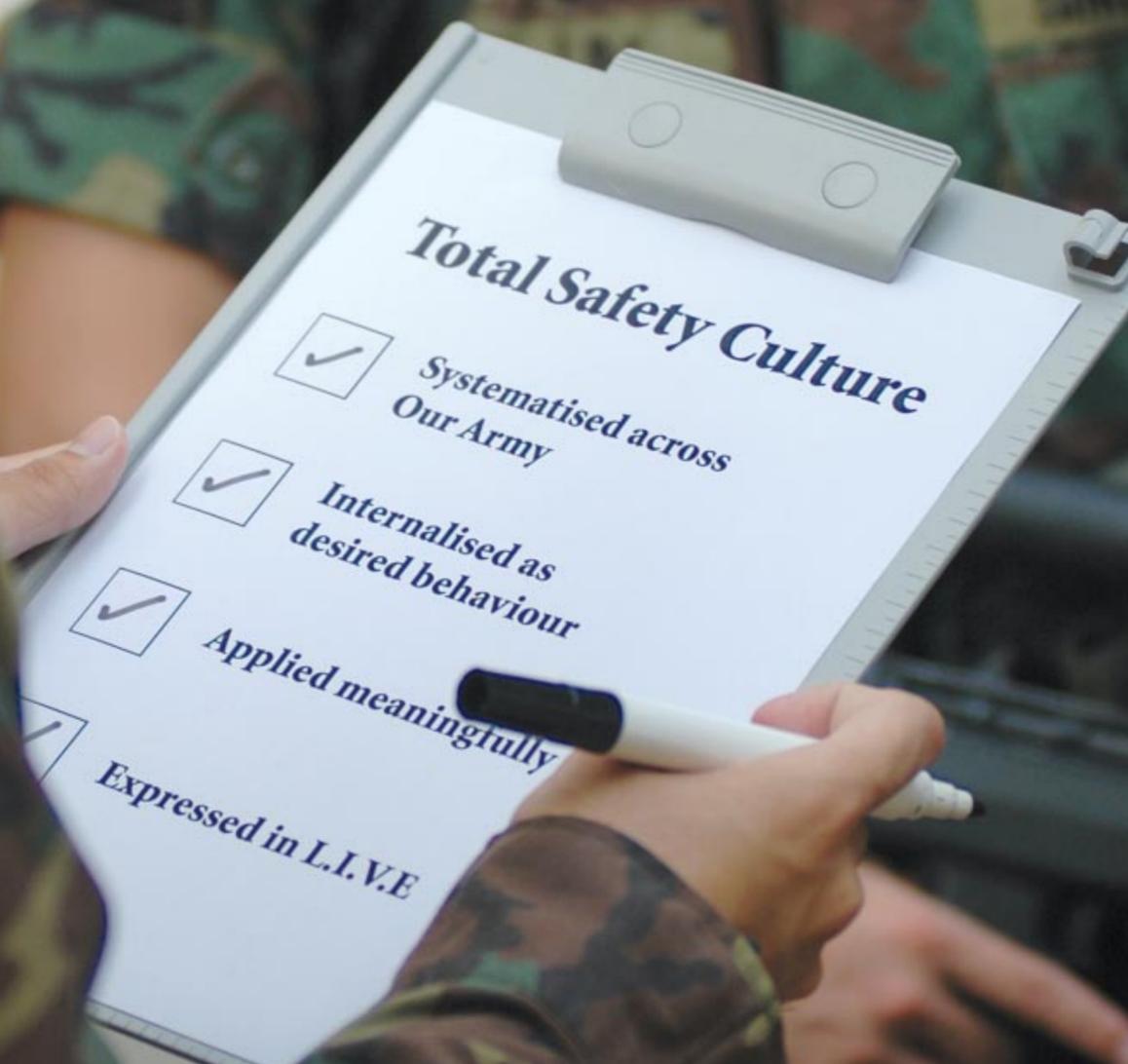
On 30 May, the overcast skies could not dampen the mood of the participants at the annual Tiger Trail Challenge, the signature event for their anniversary celebrations. Held at the SAFTI Live Firing Area A, it was graced by COA, who in 1999 had inaugurated the event when he was Commander 3 Div.

The Tiger Trail attracted participants from 3 Div's sub-units, as well as members of other formations and GS Departments who gamely took part in the invitational challenge. This greatly promoted bonding between the various units and formations.

Throughout the years, the distance of the two-hour run has varied slightly, but the thrills and excitement remains the same. On the arduous and hilly course, teams compete to pick up points and the highly coveted 'King of the Hill' titles. In keeping to tradition, the originality of the Tiger Trail's format and route have been retained. It entails completing 13 checkpoints, such as Bunker Hill and Elephant Hill, in two hours, with penalties for those who fail to keep within these time constraints. In this year's event, it was 2nd Battalion, Singapore Infantry Regiment that combined strategy with strength to emerge as the overall champion.

The event was indeed a fitting and roaring end to 3 Div's 34th Anniversary Celebrations.

L.I.V.E SAFE



Total Safety Culture

Systematised across Our Army

Internalised as desired behaviour

Applied meaningfully

Expressed in L.I.V.E

Army Officer Tops CDF Essay Competition



LTA Wee receiving his prize from Chief of Defence Force

Taking top honours at this year's Chief of Defence Force (CDF) Essay Competition was LTA Edward Wee, a Project Officer from Performance and Engagement Branch in G1-Army. LTA Wee bagged the first prize with his winning essay entitled, "Globalisation and Transnational Terrorism: Ironies, Interactions, and Implications."

In his essay, LTA Wee discussed how terrorist groups such as al-Qaeda have embraced globalisation and adapted well to it. He also explained how they have made use of the globalisation network to support their operations. This was one key reason why al-Qaeda was able to manage and communicate with various terrorist groups across so many countries. LTA Wee said, "My paper aims to depict the complex relationship between Globalisation and Transnational Terrorism and to suggest policy changes to improve counter-measures against terrorism."

LTA Wee also shared the reasons behind his choice of the subject. He said, "Terrorism has always fascinated me. I studied about that and decided, why not share it? I wanted to showcase the full picture of terrorism. The typical impression most people have of terrorism is a radical guy holding a gun or grenade. But what people often fail to notice are the businessmen in the background who are supporting their cause. Maybe we are trying to stop the wrong group of people."

LTA Wee received his prize from CDF, LG Ng Yat Chung, at a Prize Presentation held on 21 June at SAFTI Military Institute. This year's competition attracted more than 298 entries, one of the highest number among the past years. The competition aims to encourage SAF personnel to showcase their talent in writing as well as to create a knowledge sharing culture in the SAF. 📖

Preserving Our Army's Heritage



An artist's impression of the Army Museum of Singapore

"700,000 Singaporeans have served or are serving National Service (NS). NS has indeed been a defining experience in the lives of two generations of Singaporeans and a solid rock upon which our 40 years of independence have been built. Now, their experiences will be captured in the Army Museum of Singapore. Their contributions will be honoured, their sacrifices appreciated and the Museum will be a tribute to those who have shouldered their responsibilities of defending Singapore." This important role of the soon-to-be-built Army Museum of Singapore was outlined by Minister for Defence, Mr Teo Chee Hean, in his address at its Groundbreaking Ceremony on 21 June.

The Army Museum of Singapore or ARMS in short, located along the lake in Upper Jurong Road close to SAFTI Military Institute, will be part of the NS 40th

anniversary celebrations next year. Open to the public, it will be a place where Singaporeans can view the heritage and learn about the vital role Our Army plays in safeguarding the nation.

Mr Ee Cheng Huat, was one of those who contributed personal items of great sentimental value to the Museum. His NS enlistment notice, dated 1967, Code of Conduct Booklet and other items will be proudly displayed, so that future visitors can get a glimpse of what being a soldier in Our Army was like back in the past. He said, "I was from the first batch of enlistees so these items are quite unique. They hold great value to me but I'm sure they can serve greater purpose in the Museum."

Commander HQ TRADOC, BG Hugh Lim expressed the aim of the Army Museum of Singapore. According to him, the Army Museum will deliver three key messages to its visitors: "Our Army is ready and capable.", "We are an Army of the People" and "NS is a uniquely Singaporean experience".

To achieve this, three storeys of six galleries will chronicle the memories of the past 40 years from the formation of Our Army to the current 3rd Generation Transformation. Beyond history, the galleries will also showcase our current operational readiness and even the future evolution of Our Army.

The six galleries are Orientation, Our Early Years, Making of a Soldier, Our Army Today, Our Army in the Future and Our People. 📖

Army Museum Needs Your Photos!

The Army Museum Project is actively searching for old Army course photographs from 1965 till the present, as well as other contributions. Interested parties can contact MAJ Psalm Law of the Army Museum Project, G1 Army at 6799 7277.

JC Students Marvel at 3G Transformation



Technological wizardry wows the students

On 14 and 15 June, about 100 first-year students from various Junior Colleges (JCs) visited the SAF Centre of Military Experimentation (SCME). The visit was part of the preparations for the Temasek Seminar, an annual event that helps students appreciate and learn more about our country's public service, security and economy.

SCME is the home for the development of 3G information and training systems. It was the perfect place for the students to learn how Our Army has been transforming to counter new security threats such as terrorism and more efficiently train our soldiers of the future.

Any misconceptions that the students had of Our Army not utilising technology to the fullest was quickly dispelled when they saw the array of systems the

Command Post of the Future laboratory possessed. In particular, the students marvelled at the speed and accuracy at which the Large Integrated Search and Analysis System could seek and process information from the Internet.

The Battlelab, which incorporates gaming as part of soldier training, was also a pleasant surprise to many of the students, particularly the game-loving male students. They were impressed at how our soldiers improve their leadership, teamwork and multi-tasking abilities through realistic tactical simulators such as Operation Flashpoint and the Virtual Battle System.

Ivan Matthews, a science student from Anderson Junior College, was one of those who got to try the infantry simulators. He gushed, "I never knew the Army was so high-tech and open-minded about gaming. The game I tried required a lot of team co-ordination and tactical awareness and I'm sure this is a fun and effective way for soldiers to train."

Vince Tan Jun Jie, from Catholic Junior College, changed his views on National Service (NS) completely after the visit. He explained, "Today I learnt how technologically advanced our armed forces are. I have much greater trust in the armed forces' ability to defend our country, knowing their effectiveness now. Learning of these sophisticated systems' existence has widened my horizons and I no longer think of NS as just physical training and mindless drilling. I'll be looking forward to it now!" 📖

Our Army's new Sergeant Major



SWO Francis Ng handing over the Sergeant Major of the Army symbol to SWO Jeffrey Chung

In a Change of Appointment ceremony held on 19 June at Mandai Hill Camp, SWO Francis Ng handed over the appointment of Sergeant Major of the Army (SMA) to SWO Jeffrey Chung. The ceremony, during which SWO Francis Ng handed the Sergeant Major of the Army symbol over to SWO Jeffrey Chung, was witnessed by Chief of Army, MG Desmond Kuek, senior officers and warrant officers.

In his address, SWO Francis Ng expressed gratitude to all those who have supported him during his two-year term as SMA. He said, "I have had a great journey for this one year 11 months. I have been blessed with a good team of staff and I would like to thank them for all the constant support they have given me all these years."

SWO Francis Ng also highlighted the current and future challenges that our WOSPECs have to overcome. He said, "Our WOSPECs are doing well with Our Army transformation journey. We have to continue to embrace L.I.V.E. When there is ever a call to duty, WOSPECs have always risen to the occasion and must continue to do so in the future. We also have to continue L.I.V.E-ing our best as Our Army is about people and our people is core to our defence."

He added, "I am confident that SWO Chung will lead the WOSPECs to even greater heights. I urge you to continue to support him as you did for me. It is the dedication of our WOSPECs that will ensure we develop and drive forward."

While acknowledging that many challenges lie ahead, SWO Jeffrey Chung also expressed his confidence in facing them as he takes up his new appointment. He said, "Now that I have been handed this responsibility, I am aware of the challenges that are ahead of us. I am confident that we will be able to deal with them because our WOSPECs can rise to the occasion. I have faith in our WOSPECs and I honestly think that they are among the best WOSPECs in the world. We will do the same things, but we will do it better." 📖

Strengthening Bilateral Ties Through Adventure Training



Sharing a common love for adventure has brought soldiers from SAF (left) and MAF (right) closer together

In an extension of the annual bilateral Ex Semangat Bersatu series with the Malaysian Armed Forces (MAF), the inaugural Joint Adventure Training (JAT) was conducted from 11 to 17 June in Pahang, Malaysia. The JAT aims to further strengthen bilateral ties between Our Army and the MAF through joint participation in a series of adventure activities such as trekking and canoeing.

The JAT saw participants from both Our Army and the MAF working together in teams trekking across Gunung Tahan, the highest mountain in Peninsula Malaysia, towering 2187m above sea level. They subsequently canoed approximately 40km before reaching the finishing point.



Light-hearted moments after the JAT closing ceremony

Through undergoing this physical challenge, the soldiers from both armies have certainly come closer together. Remarkd LTA Jameson Koh, a platoon commander from Our Army, "The pace of everyone in the team is different, but we all waited for each other... Such teamwork is the best thing I have seen. We even exchanged our contacts and will continue to keep in touch after the JAT."

The JAT concluded on 17 June with a closing ceremony at Kuala Tembeling, Pahang. It was graced by General-Officer-Commanding 3rd Division, Major-General Dato' Zulkifeli Bin Mohd Zin from the MAF. Also present during the event was a delegation of our senior officers, led by Assistant Chief of General Staff (Intelligence), COL Lim Hock Yu. Our Army looks forward to hosting the next JAT! 📖

A test of the Artillery's Readiness



Primus crew ready for deployment

On a lazy Sunday morning on 4 June, a group of Artillery Gunners woke up to an early surprise. Personnel from the 21st Battalion Singapore Artillery (21 SA) and 24th Battalion Singapore Artillery (24 SA) were activated in an exercise to test the operational readiness of the two units.

The exercise was carried out swiftly, during which 21 SA took only four hours from activation to be fully deployed and ready for their mission. This highly impressive execution included a real-time ammunition withdrawal and distribution trial, which saw close co-ordination with other SAF agencies such as SAF Ammunition Command and SAF Provost Unit. Operational safety considerations during the exercise were also closely monitored and executed. This resulted in zero incidents and the safe return of all ammunitions at the end of the exercise.



CPT Mak Chee Yong

The significance of the exercises was explained by CPT Mak Chee Yong, Battery Commander, 24 SA. He said, "The exercise demonstrated our readiness to be activated at short notice. For the gunners involved, the strong sense of purpose has effectively contributed to a positive Army experience."

3SG Benny Chwee, a gunner from 21 SA, concurred. He said that, "After participating in the exercise, my confidence on the weapon system has been boosted, and I can now say with confidence that when called to do so, we are indeed operationally ready for any assigned mission."

For CPL Leslie Goh, Gunner, 24 SA, the exercise was a highlight in his Full-time National Service with 24 SA. He said, "It feels good to be part of an important force safeguarding the interests of Singapore. Our daily training and preparation were all put to good use, and the guys felt a sense of achievement at the end of the exercise." 📖

L.I.V.E SAFE L.I.V.E SAFE

Our Army's Safety System enhances safety management based on a set of procedures designed to systematically manage risk in all work processes. It allows for swift investigation of causal factors should an accident occur and also builds a safety culture through open reporting of incidents and the sharing of lessons learnt.

During his keynote address at the Army Safety Seminar on 30 June, Chief of Army (COA) MG Desmond Kuek called for the strengthening of a total safety culture across Our Army through the systemisation of safety. He said, "In order to nurture a total safety culture, safety will need to be systematised across the Army, internalised as a desired culture and behaviour, applied meaningfully and expressed naturally in the way our soldiers L.I.V.E."

Just like in our ACE movement, our safety movement should seek to embed the Army with safety support measures and frameworks, enable our commanders with the correct levers to drive desired behaviour towards safety, and engage and energise our people through our communication efforts towards high performance and strong commitment towards safety."

Super Safety Hero



1SG Cheng Zhao Yi, a Node Warrant from 3rd Signal Battalion, was awarded the Special Safety Award for his professionalism and resourcefulness in implementing safety measures during an overseas exercise.

1SG Cheng was tasked to set up a node to establish and maintain communications throughout the exercise. He also had to take care of six men deployed together with him. Having moved around the area setting up the node three times unsuccessfully due to a lack of signal, 1SG Cheng finally found the only possible location. It was unfortunately next to a civilian telecommunication transmitter and under some high powered cables that were potential lightning and electrocution hazards.

When asked, 1SG Cheng explained that he felt his team would not be able to complete the mission if the node was positioned anywhere else. He was fully aware of the hazards and had worked out a risk management plan. Using a makeshift cardboard, 1SG Cheng designed a simple, yet effective risk management control measure. Not only did he identify the hazards at the site and develop workable control measures, he also conducted daily briefings and on-site checks to ensure compliance by his men.

1SG Cheng said, "Conducting daily safety briefings and ensuring everything is under control and safe during our deployment here was important."

He added, "During the safety seminar conducted by my Formation Safety Officer, I came across Risk Management and thought it was essential to apply it on the ground to ensure the safety of my men."

1SG Cheng strongly believed that it was his duty to ensure the safety of the soldiers under his charge and he epitomises what it means to L.I.V.E safe.

Chief of Army Safety Awards

Units that have achieved excellent results in their safety audits were presented with the COA Safety Awards during the Army Safety Seminar. With a total of eight categories, 23 units were awarded with the Outstanding Unit Achievement Award. School 2 of the Basic Military Training Centre was awarded the Most Improved Award.

Combat Unit Category

46th Battalion Singapore Armoured Regiment
1st Commando Battalion
42nd Battalion, Singapore Armoured Regiment
1st Battalion, Singapore Infantry Regiment
5th Battalion, Singapore Infantry Regiment

Combat Support Category

3rd Signal Battalion
36th Battalion, Singapore Combat Engineers
21st Battalion, Singapore Artillery

Training School Category

School of Infantry Weapons
SAF Medical Training Institute

Training Centre Category

Special Operations Training Centre
Basic Combat Training Centre
2nd People's Defense Force Training Centre
Division Engineer Training Centre

Logistics Unit Category

Ordnance Engineering Training Institute
3rd Direct Support Maintenance Battalion
1st Singapore Armed Forces Transport Battalion
General Support Maintenance Battalion
Singapore Armed Forces Ammunition Command
3rd Singapore Armed Forces Transport Battalion
6th Direct Support Maintenance Battalion

Leading and Learning by Example

During training, the leadership and guidance of commanders at all levels is paramount to ensure that the safety of our soldiers is not compromised. Leadership is about action and doing what is right even when no one is watching. For Our Army's safety system to be robust and effective, leaders must also develop a strong and open learning culture by constantly benchmarking what has been done, and adopting a generous approach of sharing of lessons learnt.



Commanders must strive to inculcate our safety culture into their men

An open learning culture can only work if leaders possess a degree of receptivity to fully operationalise Our Army's open reporting system and allow individual responsibility of a bottom-up feedback to flourish. Our safety culture is about adopting best practices and learning from immediate accidents, near-misses, safety breaches, and at-risk behaviour, and allow leaders at all levels to take responsive preventive measures to avert recurrences of similar incidents before they escalate into accidents.

Valuing Safety

The correct emphasis on safety will bring out the values of discipline and professionalism in our soldiers. Commanders must lead in safe training and promote efforts to enhance awareness and safety consciousness. Commanders need to stress to our soldiers the importance of individual responsibility in maintaining a safe training environment. In all activities, whether routine or otherwise, individuals should strongly be encouraged to report safety hazards as well as near-misses. Safety briefs have to be incorporated into every mission, training and activity.



Safety Officers play an important role in all exercises

Safety is a continuous and embedded process requiring constant emphasis and attention. It is adopting a zero defect mentality and striving for zero accidents through proper training, work practices and adherence to safety regulations. The way our soldiers value safety is a reflection of the way we value professionalism, system discipline, ethics, care for soldiers and lives.

The General Staff Inspectorate (GSI) conducts Safety Management System (SMS) audits on the safety management system of Army Units and provides the feedback to these units. The audit is a method of determining whether the unit's SMS conforms to standards, is properly implemented and effective in catering for the safety of our soldiers.

Head GSI, COL Eugene Cheong is a firm believer in the importance of ethics in Our Army's safety culture. He said, "I believe that ethics, that is, the desire to do what is right and good, is the core of a successful safety culture. Safety isn't just about regulatory compliance. Compliance is something that all of us must do but ethics guides us on what we should do. All leaders in the Army thus have an ethical responsibility to do what is necessary to protect our soldiers from death, injury, and illness."

Safety Impacts on Image and Identity

Safety affects our soldiers' morale and confidence as well as the Army's reputation and readiness, and commanders must ensure that safety is incorporated in our processes as an integral part of our planning and execution of operations, training and organised activities. Tough, realistic and safe training for our soldiers will strengthen the sense of belonging to their units and uphold the Army's image and identity.



Train hard, train safe, train real

Initiatives to better forge an identity of safety include an annual Unit/Formation Safety Day, safety seminars and workshops and a safety corner in the unit.

A Positive Safety Experience

A Positive Army Experience that helps engender strong engagement and commitment to excellence is crucial for our soldiers. Nobody will be committed if they feel that their safety is not ensured during training. It is the challenging, meaningful and safe training activities that our soldiers treasure as a great positive experience.

To foster this Positive Army Experience, commanders play a key role in providing confidence by ensuring that for any activities conducted, participating personnel are competent, with safe equipment, follow safe practices and drills, within a safe environment. Commanders must believe in what they do, be passionate with training safe and training right, and ensure mission success without incurring injury or loss of lives due to negligence.



Uncompromised realistic and safe training is what creates lasting army memories

Feature Story

425 SAR-The Final Tribute



A poignant moment as 425 SAR holds its last parade

Just as Enlistment Day holds a special memory for many National Service (NS) enlistees, the ceremony marking the end of their NS training cycle can be a similarly memorable day. It was with such significance that the 425th Battalion, Singapore Armoured Regiment (425 SAR) celebrated the end of its training cycle with a MINDEF Reserve (MR) Parade and Family Day on 10 June at the Armour Training Institute.

The parade was graced by Commander 6th Division, BG Ravindar, who was the Guest of Honour, and officiated by Commander 54 Brigade LTC Bobby Lee Kim Hung. In his speech to the battalion, LTC Bobby Lee praised the soldiers for serving the nation with distinction over the past years. He commended 425 SAR for being a unit of high performance, citing its achievement of the Best NS Armour

Unit Award in 1998 and thereafter staying amongst the top three in the competition in the following years.

LTC (NS) Chen Kok Sing, Commanding Officer 425 SAR, commented that "425 SAR has proven to be more than just a battalion. It has been a family of comradeship that has been built over the past decade." The parade, witnessed by hundreds of family members and friends, culminated in the presentation of the MR certificates to the servicemen.

The Family Day programme saw an array of activities that kept everyone entertained. The children had a field day indulging themselves in face painting, ice creams and balloon sculpting while the parents enjoyed their tour of the Armour Heritage Centre.

The highlight of the day was undoubtedly the 'joy rides' where proud fathers together with their wives and children were driven around in Armour vehicles such as the M113 and BV206. Many also took the opportunity to take group photographs at the static display of the Armour vehicles and armament. A commemorative video entitled "Everlasting Memories 425 SAR", was screened in the packed auditorium as a final tribute to their 10 glorious years of In-Camp Training (ICT).



Sharing Daddy's experience as an Armour NSman

At the conclusion of the event, LTC (NS) Chen thanked the battalion and dismissed them for the final time to a spontaneous round of applause. It was the first time that out-processing time was became a poignant moment for LTC (NS) Adam Yeo. He said, "The moment when we were dismissed for the final time invoked mixed feelings. The moment when we were dismissed for the final time was a feeling of joy and sadness. The joy of having served the Nation dutifully and whole-heartedly for the past many years, and the sadness of not being able to work together again and share each other's dreams in the barracks over beer. All these will be missed and treasured, for each moment of ICT has made us a better person and a more responsible individual. To all men and officers of 425 SAR, may our comradeship live within us." 📷

Feature Story

lylia's Army Wish Comes True!



lylia having a feel of handling the machine gun

In pursuit of our 3G Transformation, Our Army does not just focus on the hardware, but also the "heartware". This was exemplified by the 46th Battalion, Singapore Armoured Regiment's (46 SAR) effort in granting the wish of a cancer-stricken teenager.

Avid military enthusiast, lylia Haidhar bin Zulkepli, 15, was diagnosed with cancer and he had to cease participation in his beloved National Cadet Corps (NCC). Thankfully, through extensive chemotherapy, his condition is in remission. Together with the Make a Wish Foundation, a charity organisation that grants the wishes of children with serious illnesses, Our Army arranged for lylia, his best friend Nashrul Shah Fasahrazni and younger brother Rano, to visit 46 SAR at Sungei Gedong Camp on 18 June.

The day began with lylia getting his very own customised set of Number Four uniform, complete with nametag and boots. The trio then handled the various small arms used

by our forces, such as the SAR-21, General Purpose Machine Gun and M203, with a weapons specialist on hand to explain the details. Nashrul said, "At NCC, we got to use the M-16 rifle but we've never used the others before. I thought the SAR-21 was still an experimental gun! But I learnt that it is now operational." As he posed "Rambo-style" for the camera, he quipped, "The machine guns are very heavy!"



lylia enjoying the ride of his life

The visit also covered the Armour Gunner Tactical Simulator. Touring the centre, the boys saw how Our Army incorporates advanced technology into the training of our soldiers.

But the highlight of the visit was no doubt lylia's once-in-a-lifetime chance to drive the SM-1 tank. After a briefing on the controls of the vehicle, the youngster got to take the war machine for a spin around the Parade Square of the camp. The entourage also got joy-rides on the M113 ULTRA Armoured Personnel Carrier.



lylia could barely contain his excitement, as the normally shy boy gushed, "This has been a dream come true. I have always liked military stuff and getting to drive the tank on my own, learning about and handling the weapons has been a dream come true. I'll never forget this day."

Wish granter Mr Lim Teck Leng, a volunteer for Make a Wish Foundation, was grateful for the part Our Army played in granting lylia's wish. He said, "At first, we were just hoping to get access to a Civil Defence Camp, or an infantry one. But the army guys were so helpful, setting up this exclusive visit to an Armour base and even making lylia a set of his own uniform and letting him drive the tank! I'm very moved by their kindness. It has been a very special day for me as well." 📷



Checking out the Armour Gunner Tactical Simulator

Feature Story

It's All Mental

Most aspiring "newbies" to long distance running events such as the full or half marathon would have heard the experienced runners saying "It's all mental." The challenge in such events lies in the physical preparation and even more so on the mental toughening. So if you are planning to take part in the Army Half Marathon (AHM), start training your mind too!



Set Realistic Expectations

For a start, have realistic expectations about yourself. Do not give yourself any unwanted pressure due to unrealistic expectations. Finishing the race itself is already a form of reward for the months of hard work that you have put in. By knowing your own running ability, it helps you to set a realistic time to achieve and focus on the end result that you desire.

Always Stay Optimistic

You should also always be optimistic about training for the AHM. Once committed, there should be no turning back even if you encountered discouraging moments along the way. By bringing a positive attitude to the training sessions, it allows you to relax and perform more consistently, resulting in physical improvements. On the actual event, you will also find it easy to get in the same frame of mind.

Manage those Mental Traps

During training, we need to shut down all mental traps. Each time you give up after a certain distance, your mind and body remembers it. You will subconsciously set yourself to fall apart after a certain distance. To overcome it, set a goal for yourself before any training session. Ensure that you meet that goal whether you run or walk. This will thus improve your tolerance level.

Use Visualisation

One skill that will assist you in achieving better performance is known as Imagery. Imagery is a form of visualisation technique that prepares you mentally for the run. It also improves your focus and helps you cope with situations that you are likely to experience during the run.

To perform this imagery exercise, sit down comfortably first, then close your eyes and visualise yourself running. Have a mental image of your arms swinging, legs lifting off the ground, breathing consistently, perspiring, the environment and imagine the pain as lactic acid builds up in your muscles. Next, visualise yourself overcoming the pain and then later running with ease. You should also visualise other possible scenarios and how you overcome them.

During the actual run, when things happen according to what you have imagined, you will be able to deal with it as how you have done in your imagery exercise. By practising imagery exercises regularly, overcoming the

various scenarios during the AHM will then become "second-nature" to you. Thus, you will then be more aware and focused on the task at hand.

Develop Mental Strategies for the Run

Another way to tackling the AHM is to replace your pain with images conjured in your brain. If you think that the pain or fatigue you experience when you are running will just go away, it probably won't. However, if you come up with a strategy to replace the pain, you probably can mask it enough so that you do not feel it.

Also, you can try re-framing the 21km run into 3 sets of 7km. It can be mentally demoralising to count the distance. However, by breaking it up into segments, it will be less taxing on the mind and thus, you will find yourself able to relax more and perform better.

Manage Negative Self-Talk

Lastly, it is normal for negative "self-talk" in our mind to happen when things are not going smoothly during the run. The words which we say in our mind influence the outcome of events. We should always stop negative thoughts about our weaknesses and instead, focus on the positive thoughts. During the run, tell yourself in the mind, "I've worked through this before" or "The run is finishing. I can do it!" You should train your mind like how you train your body. Perhaps the most motivating thought is to decide to reward yourself with a fantastic meal at the end of the race day! 📷

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Give Us Your Feedback

If you have any suggestions or feedback about our newsletter, we want to know!

Do not hesitate to write in to us at :

ARMY NEWS
Suggestions and Feedback

303 Gombak Drive,
#02-14, MINDEF Building,
Singapore 669645

Fax : 6 761 7539

You can also contact us at :

armynews@starnet.gov.sg

AHM

Healthy lifestyle and keeping fit event for the Army

The Army Half Marathon/Sheares Bridge Run is here again! It is the only local sporting event that takes participants across the scenic Benjamin Sheares Bridge. A new feature this year will be the participation by foreign military teams, bringing more competition to this signature event. Registration is available at all SAFRA clubs. You can also register on-line at <http://www.safra.sg/safraabr&ahm> or <http://www.mindef.gov.sg/army/ahm06>. See you there on 27th August!

Corrigendum

In the article entitled "Supplying New Jobs", the serviceman in the photograph who was interviewed has been incorrectly named. He should be 1WO Pathmanaban.

We apologise for the error and any inconvenience caused.

Passing On The Baton

INCOMING	OUTGOING
COL Lim Yoon Boon LTC Koh Soon Heng MAJ Tang Kar Kee SWO Ng Eng Kong SWO Jeffrey Chung SWO Ng Tian Chor SWO Goh Seow Boey MWO Tamalingam M Muthu MWO Govindasamy Parthiban 1WO Lim Siang Yam 2WO Khoo Lye Hock 1WO Sin Soo Hiang 1WO Ong Kim Leng 1WO Lum Yew Sing 1WO Nor Anuar Bin Md Rashid 1WO Md Noor Bin Md 2WO Zainal Abidin Bin Shukur	Chief Arty Offr CO CDO DS CO 778 SIR SAF RSM Army SM Fmr SM HQ SCE ISM HQ SWI Fmr SM HQ Armour Bde SM 3 SIB Bde SM HQ 8 SAB RSM 6 Sig Bn RSM 21 SA RSM 1 SAF Tpt Bn / Tpt Hub (North) RSM Tpt Hub (East) RSM 1 CSH RSM 2 CSH RSM 3 CSH
COL Lim Chin LTC Peh Ah Lee	SWO Gungadaran SWO Ng Eng Kong SWO Ho Yew Chiang SWO Jeffrey Chung SWO Tan Keng Choon MWO Gee Say Ngee MWO Gordon Chitran 1WO Jude Sebastian Vincent 1WO Teo Thiam Song

Have something you want to share with Our Army?

Send your articles to us

@

armynews@starnet.gov.sg

QUIZ OF THE MONTH

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

- This contest is open to all Army personnel except the executive staff of Army News Section.
- Each person is allowed one entry.
- Winners will be notified by Email. Prizes are not exchangeable for cash.
- The judges' decision is final. Please send your entries via mail or Email (see bottom-right corner of page).

All entries must reach us by 31 July.

APR/MAY QUIZ

Q: Name the hub responsible for managing current operations

A: The Operations Hub

APR/MAY WINNERS

1) 2LT Raynor Gan
NRIC : S XXXX706 J

2) 2WO Wong Mun Kong
NRIC : S XXXX277 C

Name the unit that won the COA Safety Awards "Most Improved" category.

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

Closing Date : 31 July

TIME TO STAND BY YOUR ARMS!

Nine teams from our Army's combat and combat service support arms are going to battle on the biggest radio challenge ever! This action-packed match up between the various arms is happening exclusively on Power98's Own Time Own Target and Dongli88.3's SAF Fun Club! Warriors from Armor, Artillery, Commando, Combat Engineers, Guards, Infantry, Signals, Army Medical Services and Army Logistics will enter the arena at Power98 and Dongli88.3 but only one team will emerge victorious!

Expect fast-paced thrills and spills as our Army's elite take on a range of radio challenges and try to garner as much support from you as possible! Who will be the "Lord of the Arms"? Tune in now to Power98's Own Time Own Target, weekdays from 8pm, and Dongli88.3's SAF Fun Club, weekdays from 7pm, to pledge your support for your arms now!

Log on now to www.power98.com.sg for our Army's "Lord of the Arms"!