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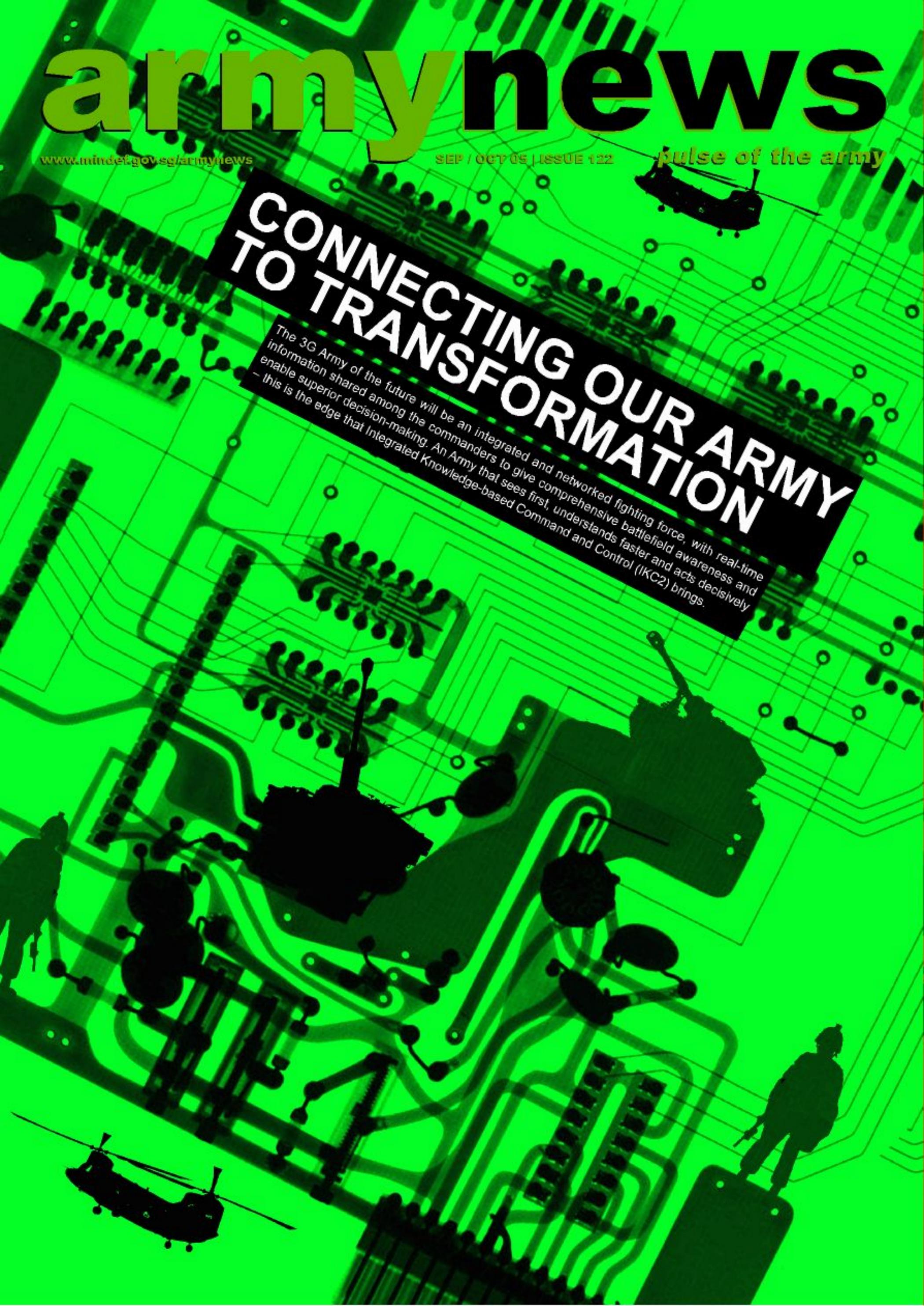
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SEP / OCT 05 | ISSUE 122

pulse of the army

CONNECTING OUR ARMY TO TRANSFORMATION

The 3G Army of the future will be an integrated and networked fighting force, with real-time information shared among the commanders to give comprehensive battlefield awareness and enable superior decision-making. An Army that sees first, understands faster and acts decisively – this is the edge that Integrated Knowledge-based Command and Control (IKC2) brings.



Onwards to the Logistics Future



BG Lim handing over the symbol of Logistics to COL Ngien

The Army Logistics Seminar was held on 15 September at the Army Logistics Training Institute for our logisticians to share their experiences as well as showcase breakthroughs in Logistics Transformation.

The high point of the seminar was the handing and taking over of the Assistant Chief of General Staff (ACGS) (Logistics) appointment from BG Philip Lim Feng to the newly appointed ACGS(Logistics), COL Ngien Hoon Ping.

COL Ngien spoke of what he believes the transforming Logisticians will become. He said, "Our 3G Army Logistics leaders will be a team who is passionate and committed to the long term build-up and sustainability of the Logistics operational capabilities to support our Army. We must also be exemplary in LIVE, leaving positive impacts and legacies in our people during their tours of duties."

Learnt NE-thing?



Through fun and games, NE lessons are learnt

The third SAF National Education (NE) Workshop was held on 5 October at SAFTI Military Institute, with the theme "Be Involved. Be Committed."

Guest-of-Honour, Chief of Defence Force, LG Ng Yat Chung, opened the workshop.

The workshop, through a combination of innovative approaches such as storytelling and interactive theatre performances, encouraged participants to play a more active role in NE and inspired them to use more creative approaches in sharing the NE experience.

Various organisations such as the Straits Times, Asian Storytelling Network and Drama Box conducted sessions imparting tips and techniques to the commanders in attendance.

Commander of the Basic Combat Training Centre, LTC Adam Hamzah, said, "This workshop was great as we got to learn many new techniques that we can use to spread the NE message with."

It is boring when we just force-feed the knowledge to the men. No one will be interested. But through creativity and hands-on learning, we can make a greater impact on the men.

Gearing Up For Urban Warfare

Contributed by HQ Armour

The bold and skilful employment of armoured forces by coalition forces led to an unprecedented swift and total collapse of Saddam Hussein's regime during Operation Iraqi Freedom. With increasing urbanisation, it becomes clear that the 'metal beast' would continue to play a key role in any urban environment. As Chief Armour Officer, BG Wong Ann Chai noted, "We will increasingly realise the need for protection to survive in urban operations. Armour forces worldwide are finding its role sharpened by the new reality."

Within the SAF, 40th Battalion Singapore Armoured Regiment (40 SAR) leads the way in the Armour Formation's experimentation on ways to fine-tune our current Armour Urban Operations (UO) capability. Since August 2004, 40 SAR has been conducting a series of trials focusing on enhancements in the three key areas of Survivability, Situational Awareness and Lethality.

Officers and WOSES from Armour have been conducting trials on urban operations, spearheaded by 8 SAB, 54 SAB and 56 SAB. Currently, 40 SAR leads the way in the Armour capability. Since August 2004, 40 SAR, in collaboration with ST Kinetics, has been conducting a series of trials focusing on enhancements in three key areas of Survivability, Situational Awareness and Lethality. Some of the enhancements are shown below.

ENHANCING SURVIVABILITY

Transparent Cupola Shield



Our Armoured Fighting Vehicles (AFVs) were designed to operate "open-hatch" to give our Vehicle Commanders (VCs) better situational awareness. However, in an urban environment, they would be very vulnerable to concealed anti-tank weapons and snipers. 40 SAR has overcome this by designing a transparent shield around the VC that is resistant to small arms fire, and yet affords all-round field of observation, allowing him to retain his battlefield situational awareness.



Metal Cover for Cupola / Turret and Rear Basket
Another trial enhancement is a metal cover over the rear basket and cupola designed against Molotov cocktails, hand grenades and other incendiary materials from being lodged in the covered areas of the AFV.

ENHANCING SITUATIONAL AWARENESS

Mounting of Driver Thermal Imaging Sight and Use of Smoke to Enhance Security

For the trial, 40 SAR mounted a "commercial-off-the-shelf" (COTS) Thermal Imaging (TI) sight for the driver to assist

in navigating through hazy and poor visibility conditions. Smoke can therefore be used to conceal the vehicle as the driver uses the TI sight to navigate confidently.

Installation of rear and side cameras



To allow the AFV crew to have better all-round situational awareness while operating "closed-hatch" in an urban environment, 40 SAR is exploring the option of installing one rear and two side cameras to give the driver indirect viewing capabilities.

ENHANCING LETHALITY

TI Weapon Sighting System



The addition of a COTS Thermal Imaging Sighting System to the 40/50 weapon system allows the gunner to scan for enemy targets in the building and engage them, while remaining safe in the concealment of thick smoke.

All these enhancements and experimentation have been warmly welcomed by the soldiers. CPT Ho Pek Zhong of 40 SAR said, "Throughout the trial, we were challenged to think laterally to devise original and cost-effective solutions that would not only maintain Armour's relevance in the Urban war, but exponentially increase our edge going forward. It has been a rewarding experience indeed!"

2SG Lushman, who was a VC involved in the trial, added, "With these enhancements, I feel safer and my situational awareness has also increased. I cannot imagine going into a city to fight without my M113 tank!"

Leveling Up Our IKC2 Competencies



HQ Signals is collaborating with leading IT industries and tertiary institutions to level up our IKC2 system competencies.

HQ Signals and Nanyang Polytechnic signed a Memorandum of Understanding on 12 September during the IKC2 Week. The event was witnessed by Chief of Army, MG Desmond Kuek.

The MOU is Signal Formation's effort in promoting its Continuation Learning Programme, which consists of C4/IT short courses. Nanyang Polytechnic is now one of the three academic institutions which will train our soldiers to be competent in facing the challenges brought about by the emergence and cross-convergence of INFOCOMM technologies.

See our centrefold for full coverage on IKC2 Week.

Grassroots Leaders View Island Defence Capabilities



Grassroots leaders witness the swift and coordinated response of our soldiers to a mock terrorist attack

On 24 September, 60 grassroots leaders visited the Island Defence Headquarters (IDHQ) at Clementi Camp. The visit was hosted by Senior Parliamentary

Secretary for Defence and the Environment and Water Resources, Associate Professor Koo Tsai Kee.

At the visit, the grassroots leaders gained further insight into the SAF's capabilities in dealing with non-conventional threats by witnessing the swift and integrated response of the various island defence agencies to detect and deny a mock terrorist attack. They also viewed a static display of the various equipment and training undergone by the soldiers, receiving an update on the development and operations of the SAF.

The visitors left with valuable take-aways. Mr Christopher Koh said, "I think today's live display was very impactful. It gave us a good understanding of the aspects of defending Singapore, and helps us know the different roles the different agencies play."

Mr Radakrishnan Arumugam added, "Our soldiers are very competent. I believe they are ready to defend Singapore anytime."

NS Commandos Preparing For the Journey Ahead



LTC Fred Cheong briefs the NS Commandos during the Learning Day

To ensure Operationally-Ready National Servicemen (NSmen) from the Commando Formation are firmly aware and in touch with the Commandos' and Army's transformation journey, the newly-formed Special Operations Training Centre (SOTC) organised a

Learning Day for 30 NS Commanders on 2 September.

Commanding Officer of SOTC, LTC Fred Cheong updated the NS commanders on how the Commandos are adapting to the enhanced National Service Training System and restructuring their fighting capabilities. He said, "The Commandos are an uncommon people, in an uncommon place. Through this event, we hope to gather the NSmen to help us achieve uncommon results, to bring honour and glory to the Formation."

During the Learning Day, the NS commanders shared their views on best practices with one another. In an open dialogue with Chief Commando Officer, COL Yeo Eldik, they also expressed their views and feedback.

CPT Leow Oh Chin, a recipient of the SAF NSman of the Year award this year, said, "This Learning Day has made me much more well-equipped to enhance Commando operations. I'm now positive and excited, now that we know what we can handle and what we can do in the 3G Army."

2ND Minister Experiences the Drive of Armour



Dr Ng Eng Hen preparing to drive the BRONCO

2nd Minister for Defence, Dr Ng Eng Hen visited HQ Armour at Sungei Gedong Camp on 9 September. Welcomed by Chief Armour Officer, BG Wong Ann Chai, Dr Ng viewed a display of Armour tanks and support units and also drove the BIONIX and BRONCO round the Armour Driving Circuit.



Dr Ng Eng Hen driving round the Armour Driving Circuit

Dr Ng remarked, "The Armour vehicles are now very easy to operate. They handle beautifully and are very swift." He also spent time interacting with the soldiers, both regulars and Operationally-Ready National Servicemen.

2 PDF - 40 and Still Going Strong



At 40, 2 PDF is running stronger than ever!

This year, the 2nd People's Defence Force (2 PDF) celebrated its 40th Anniversary in August with four events to mark this memorable occasion. These include a Golf Tournament, Heritage Run, Open House and an Anniversary Dinner. As part of a social responsibility effort, 2 PDF also raised \$40,000 for the less fortunate.

2 PDF began with a group of volunteers in 1965 that has since developed into a modern, well-equipped fighting force ready and committed to defend our homeland at all times.

Commander 2 PDF, COL Lawrence Chua commented, "This is not just a celebration of our past successes and current achievements, but also about expressing our resolve in overcoming future challenges."

SWI Logo Unveiled



The Specialist and Warrant Officer Institute's (SWI) logo was unveiled by Chief of Army, MG Desmond Kuek, on 12 September.

The motto of SWI is "We Live", which is the philosophy SWI will use to train and motivate the WOSPEC to live Our Army's values, the Army experience and to complete the mission.

The logo shows the 3SG and 2WO rank insignias displayed above a book. The ranks show the commitment of SWI to the development of both the Warrant Officers and Specialists, while the book reflects the WOSPEC's quest for knowledge and improvement.

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CONNECTING OUR ARMY TO TRANSFORMATION

10,000 Soldiers "Experience" a Slice of the 3G SAF Story by Ivan Chan

What is the 3G SAF all about? Some 10,000 military personnel from all levels participated in a range of activities that were organised as part of the IKC2 Week from 12 to 16 September. With the theme 'Transformation In Action, Making the Connection', many came, participated and connected with IKC2 through the seminars, exhibitions and displays that featured successful initiatives that are becoming operational in the SAF. Minister for Defence, Mr Teo Chee Hean was the Guest-of-Honour at the IKC2 exhibition at Stagmont Camp on 16 September.

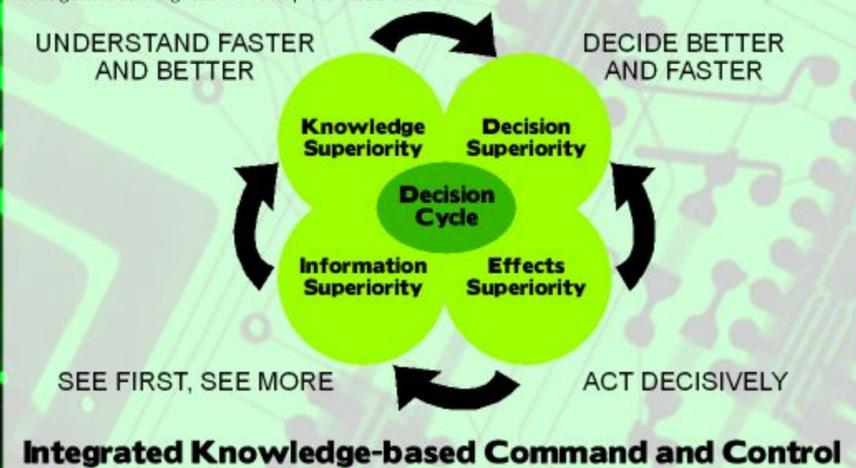
Army News brings to you all that you need to know about IKC2. Get connected!

WHAT IS IKC2?

IKC2, or "Integrated Knowledge-based Command & Control", is about providing advance military technologies to our soldiers. These systems are connected using military communication networks to enable our soldiers to have timely information and better understanding of the battle situations. Our warfighters can thus see first and see more, understand faster and better, and decide better and faster.

Chief Signal Officer, COL Lee Shiang Long said, "Together with techno-savvy ground commanders, Defence Technologists and industries, an IKC2 Campaign plan has been developed to operationalise IKC2 for the Army. As one of the key supporting Army transformation efforts, the Signals Formation has also reorganised itself by de-constructing less relevant structures to create capacity to change.

For example, a new Command System Battalion (8th Signal Battalion) is being created to support the high-readiness core. It will bring in information security, network management and knowledge management as Signals moves up the value chain."



SIGNALS AND IKC2

With the need to deepen our technical training in networking and to enhance the professionalism of our people, the Signal Institute (SI) has partnered with Cisco Systems to be part of the Cisco Networking Academy Programme to provide industry-standard IT training. In April, SI successfully established itself as a Cisco Local Networking Academy that is authorised to conduct internationally-recognised Cisco-certified courses for the SAF.

MWO Parthiban, from the School of Infantry Specialists said after the course, "Being an Infantry leader, I can now value-add by assisting in giving advice on the deployment of computers and even in troubleshooting network problems in my unit. With the knowledge gained from the course, WOSPAC can add even more value to Our Army."



ENGAGING IN THE IKC2 EXPERIENCE

The IKC2 Week is organised to raise our soldiers' awareness on IKC2 developments and create an opportunity for them to touch and feel the operational IKC2 technologies. Through active participation of soldiers and commanders at all levels, full intellect and energy of our people can be brought along Our Army's transformation journey!

URBAN OPERATIONS

Driven by the Infantry Formation, Urban Operations leverages decision support tools, robotic capabilities and UAVs to enhance planning, situational awareness and survivability of our soldiers. IKC2 will enable urban warriors to fight as a fully networked fighting system against adversaries in an urban landscape.

Tactical Mobile Robotics Advanced Combat Man System



Unmanned Aerial Vehicles (UAVs)



MANOEUVRE OPERATIONS

Driven by the Armour Formation, the IKC2 for Manoeuvre Operations will enhance the planning, situational awareness and command and control of ground forces. Examples include the employment of the Battlefield Management System (BMS) where there is real-time tracking of our manoeuvre assets, Helicopter to Ground Data Communications as well as Advanced Tactical Radios. Sensor to shooter links are also enhanced. LTA Shaun Tan, from the Artillery, said, "Using PDAs instead of voice communications, we can tremendously reduce our time in calling for fire to support manoeuvres."

A Slice of Integrated Manoeuvre Operations



OPERATIONS OTHER THAN WAR (OOTW)

OOTW encompasses the use of military capabilities across a range of military operations such as Peace Support Operations, Humanitarian Assistance and Disaster relief operations. As demonstrated in Operation Flying Eagle last year, the SAF was able to overcome an area of operations spanning several hundred kilometers through the employment of operational IKC2 Systems such as Satellite Communication System and Command and Control Information System. 3SG David Toh said, "We can now help with more efficient logistical support using Global Positioning System Services, ID tags and wireless communications."

Satellite Communication System



KEY REMARKS ON IKC2

"The most important thing, is that we can have all the systems but the soldier is at the centre of it. And we are fortunate that we have very techno-savvy soldiers who are also very highly motivated and this includes regulars, our NSFs as well as our NSmen. So it is possible for the Army, for the SAF, to be able to provide a system relatively quickly and for soldiers to be able to make full use of that."

Minister for Defence, Mr Teo Chee Hean

"Our Army recognises the need to spread the knowledge and understanding of IKC2 to the broader Army population. We want to make the connection. And this is where L-I-V-E features most strongly. As we continue to learn collectively at an unprecedented pace to assimilate new technologies and concepts, the virtues of leadership and trust cannot be overstated. Leadership is necessary to change mindsets, and vital in breaking away from our comfort zones."

Chief of Army, MG Desmond Kuek

ISLAND DEFENCE

The main role of IDHQ is to counter threats posed by transnational terrorism on the home front. Leveraging commercial off-the-shelf products, technology is rapidly transferred to meet mission requirements. A robust IKC2 including wide-band video surveillance and telecommunication systems will enhance the Headquarters' situational awareness and operational capability, giving them an edge in protecting our vital installations and national boundaries.

Island Surveillance



Another key IKC2 initiative started by Signals is Project DIGILINK - a problem-based learning initiative to motivate soldiers to explore IKC2 technologies at the team level. The teams combine the operational experience of senior Warrant Officers and the technological know-how of Full-Time National Servicemen to work on operational problems.

The Regimental Sergeant Major of 8th Signal Battalion, 2WO Toh Cheng Seng led a team to efficiently configure a computer terminal to act as server or client for instructional purposes or during training. This project gained his team a MINDEF Best WITs Project, and for 2WO Toh, a MINDEF Best WITs Leader in June 2005.

"The best way to learn a new skill is to teach it. To teach the new generation of IT-savvy NSFs, we as instructors must research and have a deep understanding of IKC2 networks so that we can impart the knowledge effectively."



3SG Soh Chong Kian, an instructor from Signal Institute, developed a programme for tracking network activities, which has since been incorporated in various Signal courses.

"I had gained through my DIGILINK project a deeper understanding for network applications. DIGILINK has basically opened up a lot of rooms for me to pursue what I wished to learn and contribute during NS."

As part of Project DIGILINK, 1WO Lim Eng Beng, a Team IC from Signal Institute, has acquired knowledge to write programs using Visual Basic, and has even created several course-wares by using Auto-ware.

"Seeing IKC2 in action, I am personally convinced that Signals is indeed a hub which interlinks all the other formations together towards a 3G Army."



7th MONO-INTAKE 46 SAR - OUR JOURNEY

Contributed by 46 SAR

The journey of the 7th Mono-Intake of 46th Battalion, Singapore Armoured Regiment (46 SAR) began on 29 December 2003 and has since spanned three continents, from the hills and swamps of our local training grounds to the plains of Australia, and the deserts of India. As the unit nears its Operationally-Ready Date (ORD), its soldiers recall and share how they have LIVE-d the Army Experience.

STRONG LEADERSHIP AND CONSTANT LEARNING

It takes strong and effective leadership to achieve a fruitful and enriching experience. Four months before the enlistment of the 7th Mono Intake, then-Commanding Officer of 46 SAR, LTC Ong Kah Kuang and his team of officers and WOSPECs set out a vision for the unit - to be a truly operational battalion.

To realise this vision, the soldiers from 46 SAR pushed themselves beyond their limits in first year build-up training and during Ex Wallaby 2004 in Australia.

CPL Joel Zhang, an M113 driver recalls, "Training in Wallaby was tough and challenging. I had to drive in all kinds of weather conditions and for many hours continuously as the training area was huge and we had to operate over very long distances. I never thought I could do it, but somehow, I managed to in the end."

The unit's vision to be truly operational culminated with its ATEC evaluation in May 2005, when 46 SAR obtained a high REDCON 2A and achieved the year's highest ATEC score.

LCP Fu Xiang You, an Armoured Infantry trooper, said, "ATEC was a defining moment for me. It was all so realistic with the shouting and the firing, and the enemy lurking around. We fought hard everyday and although it was real tiring, we gave our best to accomplish our mission and defeat the enemy."



CO 46 SAR, LTC Lim supervised the battalion's training in India



Lining up for Battle Down Under



Bonding both physically and spiritually

PROUD OF OUR IMAGE AND IDENTITY

Spearheading Our Army's inaugural training with the Indian Army, 46 SAR was the first Armoured Battle Group (ABG) to train in India during Ex Kurukshetra held from February to April 2005.

Commanding Officer of 46 SAR, LTC Lim Tien Hook remarked, "It was a real honour for 46 SAR to be the first ABG in India and to represent the Armour formation, Our Army and our country."

CPL Colin Lim, a tank gunner, was proud that they upheld the image of the SAF overseas. He said, "For the live firing exercise, we were engaging targets at ranges of up to 2.1km. On top of that, the targets were painted camouflage green to make it even more realistic and challenging! The Indian Army was very surprised that we, as NSF gunners, could shoot as well as their Regular gunners who have had over 5 years of experience."

Besides training and exercises, the 7th Mono had two National Day Parade taskings. In 2004, the unit was part of the marching contingent, managed the tarpaulin at the National Stadium and performed the role of cue master for the show. At NDP 2005, the entire battalion successfully organised the Mobile Column, comprising over 200 vehicles from the SAF, Police and SCDF, to drive past the Padang and through the heartlands.

LCP Chen Yi You, who was part of the marching contingent in NDP 2004, said "We all understood the pride involved in portraying the best image to the public. We did ourselves, our unit and Our Army proud."

3SG Hari Krishnan, a vehicle commander in the mobile column for NDP 2005, said, "As I was to drive past the President at the Padang, I wanted to make sure that my vehicle was at its best appearance. It has never been as clean before, I even used Kiwi to blacken the road wheels!"

FORGING OUR VALUES

As Our Army transforms to become a 3G Force, the institutional anchors to guide our actions are our seven Core Values. To strengthen and emphasise values, 46 SAR took the effort to organise a range of exciting and creative National Education activities, such as blood donation drives and visits to Changi Prison Museum and the Newater Plant as well as the Lion's trail heritage tour.

Understanding that values cannot be taught through normal means, the unit reinforces the values of professionalism, discipline and leadership by example, by adopting the Motto, "Thru Thick and Thin." At every step of the journey, the officers, WOSPECs and men of the 7th Mono-Intake fought, sweated, lived and laughed together through the good times and the bad.

LCP Sng Ming Hong said, "When we went through outfield exercises together in Wallaby, India and ATEC, we went through happiness, sadness and the hard times together."

The unit also takes great care in the safety and welfare of our soldiers. The unit's S3, MAJ Alfred Fox, said, "We believe that care for soldiers means ensuring their safety. It is our responsibility as leaders to ensure that our soldiers return to their families safe and sound, having had a positive experience." It came as no surprise that 46 SAR emerged tops in the Best Unit Competition (Safety) and was awarded the Chief of Army Safety Award.

Care for Soldiers was further expressed in another way in 46 SAR. To prepare the soldiers for a smooth transition to civilian life and National Service (NS), the unit has worked out a comprehensive NS Transition Plan that includes a range of preparative programmes, lifeskills workshops and career talks as well as a Career Fair cum NS Transition Day.



Field training was tough and brought out the best in the soldiers

A POSITIVE EXPERIENCE FOR ALL

As the men of the 7th Mono-Intake prepare to ORD, they reflect upon their bitter-sweet memories.

CPL Gabriel Ong said, "Although I am excited about ORDing, I will miss my buddies who have gone through so much with me. I will never forget the helping hand, the gentle nudge from behind or the quiet word of encouragement in the middle of the night during an exercise. Although our training was tough it was through these tough times that our characters were developed and we grew from it all."

LTA Edmund Koh concluded, "Everyone here in 46 SAR, from the commanders to the men, created the best NS experience. I am proud to be part of 46 SAR and what we have achieved together."



The mobile column represented the spirit of the unit



A memorable experience strengthens a shared identity - R & R at the Taj Mahal, India

Posters of each of Our Army's Formations are being featured in 8 Days, Teens and Lime magazines from August till next May. Here are the ones featuring the Guards, Army Medical Services and Armour Formations that have been released so far. Watch out for and collect them all!



Passing On The Baton

INCOMING

2WO Ong Siang Lim

RSM 470 SAR

MWO Yeap Lai Seng

ISM ETI

2WO Toh Cheng Seng

RSM 8 Sig Bn

OUTGOING

2WO Thng Poh Beng

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Have something you want to share with Our Army? Send your articles to us at armynews@starnet.gov.sg

Bouquets & Brickbats

Do You Like Army News?

Please tell us your comments about Army News, we would love to hear from you! Here is an email we recently received:

"Dear Sir,

I have just received the latest copy of the "armynews" and I write to congratulate you and the editorial team for producing a newsletter that is an enjoyable read, highly informative and having the right balance of words and photographs. As a reservist (or NSman) I find the somewhat revamped newsletter like a "chilli padi"; small in size but potent in its punch!! Within a few minutes of flipping through its 4 pages, I was able to feel the pulse of the Army and also find out the latest goings-on. I have no doubt that such changes for the better do not happen by accident or chance; they must surely be well intentioned and well-planned and executed with determined resolve. Please accept my sincere congratulations on a job well done.

Kind regards

Amolat Singh, MAJ (NS)"

Quiz Of The Month

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

What does IKC2 stand for?

Closing Date : 10 Nov

LAST MONTH'S QUIZ

- Q: Which unit from Our Army participated in Ex Semangli Bersatu?
A: Charlie Company, 3SIR

OUR LUCKY WINNERS

1. Ong Shu Hwei Jasmine NRIC : S XXX8448
2. Tan Ah Ngee NRIC : S XXX5549

- 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 us your entries via mail or Email (see bottom-right corner of page).

All entries must reach us by 10 Nov.

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

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RUN ARMY RUN!

This year's SAFRA Sheares Bridge Run and Army Half Marathon (AHM) took place on 11 September and was a roaring success with an attendance of more than 60,000 runners. The 21.1km AHM saw a record-breaking number of more than 5,200 competitive participants, in seven different categories.

Our soldiers turned up in force and eagerly showed their support for a healthy lifestyle. Each of the 16 formations also set up water point cum booths along the route, to provide both refreshments and cheers for the runners and to showcase their capabilities.

CPL Ang Shida said, "The AHM not only is a symbol of our fitness, it also builds teamwork and motivation. When we were pushing and cheering one another on during the 21.1km, I felt strongly that I belonged to a team, that worked as one unit to complete the tough task."

3SG Poh Choon Howe said, "When I first started out running 21.1km distances, I was clocking times of about 4 hours. But through training and determination, I managed to improve my fitness and my time is now about 2 hours."

Our Army soldiers were not the only ones enjoying the run. Ms Tan Honlyn, a student, said, "I joined for fun and challenge. What touched me was how the army guys never gave up, even when some were so exhausted. Ms Chin Sau-yi added, "It was motivating to run alongside so many soldiers. They kept me going."



Soldiers of the 3G Army?



For Ms Chin (left) and Ms Tan, this was their first AHM and they will continue to participate every year

FRIENDLY COMPETITION

This year's Inter-Formation AHM competition proved to be even more competitive than previous year's, due to the new system adopted. Unlike in the past where competitors gained points based on their placing, this year's AHM utilised a cumulative timing system, that totalled the top ten runners' times from each team.

Achieving the shortest time were the Commandos, with a combined time of 14 hours, 6 minutes and 38 seconds. Following closely in second place was Team 1 of the 2nd People's Defence Force. Team 1 of the 6th Singapore Division placed third.

CPT Joey Wong said, "Our culture of excellence, ingrained in every individual once he steps into the unit, has made every soldier adventurous and competitive in nature. We have a core of committed and dedicated soldiers who are highly motivated with the desire to succeed, to bring Honour and Glory to the unit. Also, the support given by our commanders and peers, who encouraged the team throughout, contributed to our Formation's triumph in the AHM.

When there is AHM training, every Commando, from Chief Commando Officer to the men in the formation, will gather and train hard. This training together has brought us even closer and it shows in our attendance at the AHM, which is the highest of all the Formations."

SSG Brian Koh added, "The essence of AHM is about fitness, charity and spirit. After every training session, we always stay back together and practise our cheers and songs that help us bond and strengthen our spirit."



A strong fighting spirit and togetherness is the key to victory

A CHARITY RUN

Raising more than \$750,000 for the Community Chest, SAF Benevolent Fund and the President's Challenge 2005, the AHM charity drive is a testament to the dedication Our Army has for charity.

All the Formations achieved their target collection amount. The Commandos, in particular, raised an outstanding total of \$98,433, which was 280% above target set for them. How did they achieve this?

Coach of the Commandos' AHM competitive team, 2SG Fabian William Raj said, "We came up with the idea of pledging our IPPT monetary award to charity. To most of us, this may just be another IPPT award but we feel it will be very helpful to the needy. Furthermore, we hope to convey that Commandos are not only strong physically and spiritually, but are also men of valour and compassion."

MSG Christopher added, "We Commandos believe in helping. An obvious way was donating the \$200 we get from IPPT Gold, since all Commandos are required to reach this standard. This is one of the ways we do charity for society."



Our Army lends a helping hand through our AHM Charity Drive

OUR UNSUNG HEROES

A lot of hard work and preparation was put in by our soldiers from the 4th Singapore Armoured Brigade, HQ Supply and Transport and other units to make the AHM a real success. Be it setting up the 2400 metal barricades to keep the runners away from the traffic, manning the 370 water points to quell dehydration, or rushing to the aid of any unwell runner, the 1500 soldiers put in their best efforts.

CPT Jeffrey Yeo, who dealt with the logistical aspects of the AHM, said, "It was not easy getting all these external organisations to work together. Organisations like the Land Transport Authority, Traffic Police and even Carrefour, whose help we needed to make the run a success.

Unlike, say, the National Day Parade, we had no rehearsals. The AHM is a one-off event so we can not afford any mistakes. Our soldiers really worked hard for this."



Our soldiers put in hours of hard work to ensure the AHM's success

AHM 05

