

AIR FORCE

ABOVE ALL

ISSUE 115 • NOVEMBER 2010



Gulf of Aden



AIR FORCE NEWS MANAGEMENT COMMITTEE

CHAIRMAN

COL Chee Wai Mun

MEMBERS

LTC Dalbir Singh
LTC Humphrey Chin
LTC Pao Hung Ling
MAJ Chester Chua
Mrs Christine Chia
Ms Heng Ai Buay
Mr Goh Nai Teng

EDITORIAL BOARD

Editors

LTC Alvin Yeo
MAJ Andy Ang

Assistant Editor

Ms Calyn Chan

Staff Writers & Photographers

CPL Aaron Chong
LCP S. Gajendran
PTE Douglas Fong
PTE Joshua Lok
REC Koh Wei Jun

The opinions and views are those expressed by the writers and do not necessarily reflect the official views of the Republic of Singapore Air Force (RSAF) or the Ministry of Defence. The material in Air Force News is not to be reproduced in whole or in part without the written consent of the RSAF.

OPERATIONS

- UAV Task Group Send-off and Engagement Sessions 3
- Chief-of-Staff (Air Staff) Visit to Afghanistan 4

EXERCISES

- EX Camar Indopura 2010 5
- Celebrating 20 Years of RSAF-RAAF Cooperation in EX Pitch Black 2010 6-7

LOCAL NEWS

- RSAF 42nd Anniversary and Cohesion Day 8
- ADOC 4th Anniversary 9
- PC 3rd Anniversary 9
- AFTC 1st Anniversary 9
- Up There with the Best of the Best - Top Ace Competition 10
- Racial Harmony Day 11
- Presidential Garden Reception 12
- CDF NE Excellence Awards 12
- CAF Quarterly Safety Forum 13
- NSmen Seminar 13
- CDF Visit to APGC 14
- CDF Visit to 163 SQN 14
- Visit to ACC by PS(DD) 14
- DS(A) Dialogue with APGC 15
- AMD Healthy Lifestyle Day 15
- HCI Visit to SBAB 15
- 40 Years of 'Gunner's Spirit' 16
- MIO Dining-In 16
- Inaugural AOSX ME1 Graduation 17
- SYFC Familiarisation Flight 17

COVER STORY

- OBS Homecoming/OSM Presentation Ceremony 18-19

OUR VALUED PARTNERS

- PC/PV/PT/PC II/PC V and ADF National Day Working Visit 20
- Outgoing US Air Attache Courtesy Call 20
- GEN Norton A. Schwartz Introductory Visit and MSM Investiture 20
- Incoming French Defence Attache Courtesy Call 20
- RTAF Wing Commander Visit 21
- RSAF-RNZAF PEP Visit 21
- Outgoing RTAF Air Attache Courtesy Call 21
- Governor and Dy Governor TNI AU Academy Visit 21
- ICASM Visit to ARMC 22
- WAKASAU Visit to FSC 22
- COMD SADR Visit 22
- USAF CMS Introductory Visit 22

PROJECT CARDINAL

- Human Resource Engagement Session with Senior Commanders 23
- ME4 Emplacement 24
- AMD NSF Learning Day 25
- ADOC WOSA and ME Forum 25
- SAFRA Singapore Bay Run and Army Half Marathon 26
- AMD Healthy Lifestyle Day 26
- ADOC Executive Workshop 26

WORLD CLASS PEOPLE

- MWO Selvanathan - Cable Car Incident, 1983 27
- Compass in the Skies, Our Navigators - CPT Adrian Eng 28
- The Vigilant Military Police Dedicated to Defence 29
- SSG(NS) Foo Fang Kiat 30

AWARDS/CEREMONIES

- SMS/DMS Awards Presentation 31
- RSAF Honorary Wings Presentation Ceremony 31
- RCGC/RGDI 03/10 32
- OCC 78/09 33
- 41st CSC and 11th NSCSC 33

YOUR HEALTH

- What Are You Eating - Know Your Food 34-35

CHANGES IN

APPOINTMENTS

- Changes in Appointments 35

We Value Your Feedback!

If you have any feedback or comments about Air Force News, please email afn@starnet.gov.sg

UAV Task Group Send-Off & Engagement Sessions

As part of Singapore's contributions to the multinational stabilisation and reconstruction efforts in Afghanistan, a 52-strong Unmanned Aerial Vehicle (UAV) Task Group was deployed to Tarin Kowt, the provincial capital of Uruzgan, Afghanistan. During its deployment, the UAV Task Group operated out of the Multinational Base in Tarin Kowt to augment the International Security Assistance Force's (ISAF) surveillance and reconnaissance capabilities in Uruzgan. The Task Group carried out tasks such as the surveillance of key roads and to enhance the security of Afghan locals and the international forces. The Task Group, which commenced operations on 27 Aug 10, was deployed for three months, and returned to Singapore on 3 Dec 10.

Speaking on his motivation to join the UAV Task Group, ME1 Aston Ng said, "I volunteered for this mission, and I feel very proud to serve my country. I'm getting married shortly after I return from the deployment, and I have full faith that in my absence, the RSAF will take good care of my family. With this assurance, I can fully concentrate on my mission."



ME1 Aston Ng with his family and fiancée before his deployment to Afghanistan

On 2 Aug 10, CAF, MG Ng Chee Meng, held an engagement session with the UAV Task Group prior to their departure at Tengah Air Base Specialists' Mess. During the engagement session, MG Ng encouraged the men to do their best and keep the Singapore flag flying high.

On 9 Oct 10, families of the deployed servicemen were given the opportunity to video-call their loved ones, using internet-based conferencing means, at a family engagement session organised by the UAV Command at Tengah Air Base.

Speaking on the importance of the family engagement session, Ms Pramila, 20, daughter of 1WO Krishnasamy S/O Ramasamy, an External UAV Pilot, said, "We are very happy that UC has

organised this session. Being able to speak to my father is very reassuring - knowing that he is safe really gives me peace of mind. I am very happy that such an effort was made. It shows that the RSAF cares for family members of the servicemen".



Ms Pramila, with her family, speaking to 1WO Krishnasamy

Mr Chin Wei Chung, 31, the brother of 2WO Chin Wei Kiat, an UAV System Specialist, spoke on the importance of the deployment of the UAV Task Group to Afghanistan, "What the servicemen are doing in Afghanistan is something that all Singaporeans should be proud of, especially male citizens who have served, or are serving, their National Service. It is a good opportunity to put into practice what we have been trained to do. I feel that sometimes, people like me who have already reached our Operationally Ready Date, may not have fully understood the reason for our service. My brother's efforts in Afghanistan have helped me to realise the value of our training. They are doing something that many people do not have a chance to. They are helping to bring peace to the global community."



CAF, MG Ng, posing for a group photo with the UAV Task Group after the engagement session

Chief Of Staff (Air Staff) Visit to Afghanistan

On 16 Oct 10, COS(AS), BG Hoo Cher Mou, visited the UAV Task Group and the Army's Weapon Locating Radar (WLR) team to get a first-hand feel of their operations and to recognise the efforts of our servicemen deployed in-theatre. He was accompanied by Head Air Operations, COL Lim Yeong Kiat, and COMD UAV Command, COL Neo Hong Keat.

During the visit, BG Hoo was briefed on their operations. He also interacted with the UAV Task Group and the 21-man WLR team who shared with him their operational experiences.

This is the first time that the SAF has deployed a UAV Task Group to Afghanistan. The UAV Task Group augments the International Security Assistance Force's (ISAF's) surveillance and reconnaissance capabilities in Uruzgan.



BG Hoo interacting with the Task Group personnel



BG Hoo meeting some of the Task Group personnel



Some of the Task Group personnel beside one of the RSAF's Searcher UAVs



The UAV Task Group posing for a group shot

EX Camar Indopura

The 18th edition of EX Camar Indopura, an annual bilateral maritime air surveillance exercise between the RSAF and the Indonesian Air Force (TNI AU), was conducted at Sam Ratulangi Air Force Base, Manado, Indonesia, from 2 to 4 Aug 10.

A total of 21 RSAF personnel and a Fokker F-50 Maritime Patrol Aircraft (MPA) from 121 SQN flew to Manado for the first time to participate in a joint exercise. With 11 TNI AU personnel and a CN-235 MPA aircraft from 5 SQN of the TNI AU, the two air forces participated in tactical maritime reconnaissance operations with simulated sea targets.

MAJ Kelvin Yuen, a F-50 Pilot from 121 SQN, said, "Operating in this new area gives us an opportunity to further validate our capabilities and it will be useful in improving our interoperability."

CPT Andre Mappakaya, a CN-235 Pilot from 5 SQN, TNI AU said, "The missions this year are more challenging, as we modify scenarios to identify the simulated sea targets during the exercise."

In addition to the operational missions, the RSAF and TNI AU also carried out socio-civic activities on 3 Aug 10, which included the dispensing of medical and dental services to the local community of Manado.

13 medical personnel from the RSAF and 21 from the TNI AU attended to 520 patients. Said CPT(DR) (NS) Daniel Tang, who shared his memorable experience, "This spreading of goodwill to our neighbouring countries enhances our commitment to defence. Such commitment to defence is very important, and I think every serviceman within the SAF should have this mindset."

LTC(DR) Budi Safriyo Utomo, a Specialist in Rehabilitation Medicine, TNI AU, further reiterated

the strong ties between the two air forces, "I have gained a better understanding of the working relationship between the RSAF and TNI AU, especially in the medical field. This socio-civic operation improves the well-being of the people of Manado."

As part of this socio-civic event, the two air forces jointly presented a new water tank to the community of Manado. Mr Ade Pramono from the Scouts Association of Manado said, "We are very happy to receive this present. This will be very useful for the people because of the hot weather. We are thankful to the RSAF and TNI AU."

Apart from strengthening professional expertise, EX Camar Indopura also reaffirmed the long-standing relations between the two air forces. SLTC Mike Bogaars, the RSAF Exercise Director, shared, "My greatest takeaway from this exercise is the experience we gained from having created a more operational training scenario and injecting more realism into maritime patrols that we jointly carry out with the TNI AU."



The RSAF and TNI AU Exercise participants with the Scouts Association of Manado



RSAF and TNI AU personnel posing for a group photo



An RSAF Pilot and a TNI AU Pilot sharing a lighter moment at the flight line

Celebrating 20 Years of RSAF-RAAF Cooperation in EX Pitch Black



Pilots from the RSAF, RAAF and RTAF sharing a lighter moment

One of the RSAF's major multilateral air combat exercises, EX Pitch Black was conducted in Darwin, Australia from 16 Jul 10 to 6 Aug 10. Marking 20 years of RSAF participation in the exercise, EX Pitch Black 2010 involved the RSAF, the Royal Australian Air Force (RAAF), the Royal New Zealand Air Force (RNZAF) and the Royal Thai Air Force (RTAF). The exercise involved the use of air combat and air support aircraft from the participating air forces to simulate a realistic wartime scenario.

EX Pitch Black also served as an excellent platform for the RSAF to hone its skills in both day and night operations as well as in large-force employment. The RSAF deployed about 180 personnel, eight F-16C/D fighter jets, an E-2C Airborne Early Warning aircraft and a KC-135R tanker aircraft for the exercise, together with the RAAF's F/A-18s, F-111s and Hawk 127 fighter jets, PC-9/A advanced trainer aircraft, and King Air B350 transport aircraft. The RNZAF participated with a C-130 transport aircraft and the RTAF, with F-16 fighter jets. Since its inception in 1990, EX Pitch Black has given the RSAF an invaluable opportunity to conduct air operations under realistic training conditions and enhance interoperability with the other participating air forces.

COL Tan Yik, the RSAF Exercise Director, commented on the future of the Pitch Black exercises, "The RSAF is operationalising a series of new capabilities such as the F-15SG and G550 AEW aircraft. I think EX Pitch Black is an excellent platform for us to develop our operational capabilities, tactics, doctrines as well as improving our interoperability with our allied air forces."

Echoing COL Tan Yik's sentiments, Air Commodore Melvin Hupfield, Commander Air Combat Group, RAAF, said, "It has been very fruitful for us to engage in this type of exercise together, since we are familiar with the working styles of our counterparts. With the introduction of new aircraft for both the RSAF and the RAAF in future Pitch Black exercises, I think both our operators will have a lot more to learn and will be able to benefit from them."

Reiterating the importance of EX Pitch Black, LTC Zakir Hamid, Commanding Officer, 112 SQN said, "This is the 8th year of 112 SQN's participation in EX Pitch Black, and it has provided us with an invaluable opportunity for training under realistic conditions. Here, we can interoperate with other participating forces in a coalition environment."

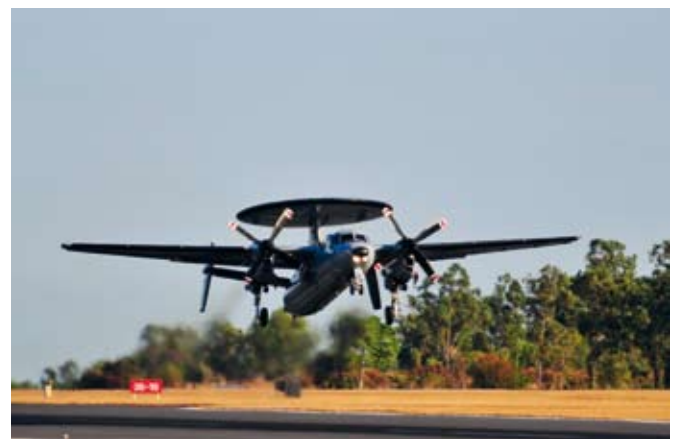
Wing Commander Terry Van Haren, Commanding Officer, 3 SQN, RAAF, added, "It is challenging that we are operating as an integrated multinational force but more importantly, we have been working closely with the RSAF and progressing together over the years."

MAJ Benjamin Foo, a pilot from 143 SQN, described the highlights of the exercise, "Such a large multilateral exercise exposes the pilots to large force employment, while improving our operational skills. This exercise has also been more valuable due to our excellent working relationship with our foreign counterparts."

Speaking on the relationship between the RSAF and the RTAF, Wing Commander Naruth Kamnerdnakta, Commanding Officer, 102 SQN, RTAF said, "We



The RSAF Exercise Director, COL Tan Yik with the RAAF Exercise Director, Group Captain Gavin Turnbull



An RSAF E-2C taking off

Celebrating 20 Years of RSAF-RAAF Cooperation in EX Pitch Black

have a very close and friendly relationship with the RSAF. The RSAF has given us a lot of support during this exercise, including the provision of air-to-air refuelling support on our aircraft redeployment journey."



An RSAF KC-135R Stratotanker returning from an air-to-air refuelling mission

1WO Bhonesveran, Boom Leader from 112 SQN, spoke of the challenges faced during the exercise, "Back home we only refuel our own aircraft, however over here, we are given the opportunity to refuel the RTAF F-16s and the RAAF F-18s and F-111s. We needed to synchronise our operational procedures with the RAAF and RTAF to successfully complete our mission."

ME4 Wong Chong Whye, Deputy Officer Commanding, Integrated Maintenance Flight of the exercise said, "EX Pitch Black 2010 has given us the opportunity to practice concepts that we have promulgated in Singapore. For example, one concept aims to identify problems with the aircraft during start-up and at which point we should attempt to rectify the problem. This helps us minimise technical faults for the flying sorties."

As an Operationally Ready National Serviceman (NSman), CPT(NS) Alvin Lim, an Air Warfare Officer (C3) from 111 SQN, said, "As an NSman, I still have the core competencies to discharge my duties. The

squadron preparation for me in this exercise has also helped ensure that I was up to date with all the operational knowledge and procedures before the deployment."

Having the opportunity to participate in EX Pitch Black was a great honour for 3SG Chen Zhi Xing, a Full-Time National Serviceman and Flight Line Crew from 143 SQN. "I feel proud to be a part of the RSAF. Participating in this multilateral exercise has given me the opportunity to contribute to the best of my ability."



RSAF pilots in a discussion with their RAAF and RTAF counterparts



An RSAF Air Force Engineer discussing the refuelling process with an RNZAF counterpart



An RSAF F-16C/D being prepared for night flying



RSAF ground crew performing an Foreign Object Debris walk to prepare the flight line for taxiing

RSAF 42nd Anniversary Ceremony and Cohesion Day



CAF, with RSAF's senior management and members of the RSAF warming up under the bright morning sun

The RSAF 42nd Anniversary Ceremony and Cohesion Day was held at Air Force Training Command (AFTC) on 1 Sep 10. The event, organised by AFTC, was graced by CAF, MG Ng Chee Meng.

The event brought together the RSAF Commands to reflect on the RSAF's growth and transformation over the years. It also encouraged friendly competition through games and activities.

Apart from the cohesion activities, MG Ng also presented the CAF CARDINAL Award and the Best Servicemen Award to RSAF personnel. MG Ng flagged off the 3km Walk-a-Jog around the AFTC compound. There was also a charity presentation awarded to beneficiaries supported by the RSAF.

LTC Kelvin Fan, Commanding Officer of 163 SQN, who was presented the "Top Donor" award, commented on how his personal experiences have guided his actions, "As a CO, I have seen several cases of genuine financial difficulties amongst the servicemen and women. These first-hand accounts have changed my perception of life.



Members of the ADOC family, posing for a group shot as Champions of the games

As I have been blessed with the means to help, I hope that my small contribution will go a long way towards improving their lives."

1SG Wong Chu Bi, 122 SQN, winner of the Best Aircrew Specialist Award, remarked, "This award came as a surprise as I did not expect it since I was carrying out my duties. This award is an incentive for me to do even better for the RSAF."

ME1 Junius Chia, Flying Support Squadron, Paya Lebar Air Base, winner of the Best Air Operations Systems Specialist Award, commented on the importance of striving for excellence through teamwork in the RSAF. "It's all about achieving mission success where everyone must play their part. Like a jigsaw puzzle, all the different Commands work together to achieve our goals."

ME1 On Thai Ann, 116 SQN, winner of the Best Technical Specialist Award, "The RSAF is a place of many opportunities. The MDES scheme is a good example of such an opportunity for servicemen to contribute more to the organisation through extended length of service. For myself, I've been short-listed for the Air Engineering Officer Course. I'm glad that the RSAF recognises servicemen who aspire to improve themselves and support them in their professional pursuits."

ME6 Stewart Ng, Commanding Officer of Air Force Supply Centre, winner of the CAF Cardinal Individual Award, commented on the importance of maintaining the world class standards of the RSAF. "As a small country, Singapore needs dedicated servicemen and women to protect the sovereignty of our skies, and in turn give our loved ones a bright future for tomorrow."

ADOC 4th Anniversary

On 20 Aug 10, Air Defence and Operations Command (ADOC) celebrated its 4th Anniversary at the Hill Top Mess. To commemorate the occasion, COMD ADOC, BG Kwek Kok Kwong launched the ADOC 4th Anniversary Book with a video presenting the history and achievements of ADOC.

BG Kwek also presented the ADOC Best Airman Award, ADOC NSmen of the Year Award, National Education Awards and Commemorative Badges to deserving personnel who had served in the Humanitarian Assistance and Disaster Relief mission arising from Typhoon Morakot. After the traditional cake-cutting ceremony, a sumptuous dinner was served and personnel were entertained by a magician and the SAF Music and Drama Company.



COMD ADOC posing for a group photo with ADOC personnel

PC 3rd Anniversary



COMD PC presenting the Command CARDINAL Award to 1WO Lee Tiong Hock

On the 3 Sep 10, Participation Command celebrated its 3rd Anniversary. Close to 900 participants from the Command attended the celebration.

Many activities, like bowling, an Amazing Race, a shooting competition, pool, rock climbing, a Canopy Challenge Walk and abseiling were organised to foster stronger bonds between PC personnel.

As part of the celebration, COMD PC, BG Wong Huat Sern, also presented the Best Airman and Cardinal Awards to the deserving recipients.

ME5 Kwek Hiok Chew, Command Chief Warrant Officer for PC, said of the event, "This event was thoroughly enjoyable, everyone was able to try something new with the large variety of activities available. Even during these leisurely activities, the PC spirit remains strong. When working together towards the common goal of defending our nation, the strength of our community is even greater."

AFTC 1st Anniversary

Air Force Training Command (AFTC) held its 1st Anniversary Celebration cum Family Day at the Singapore Zoological Gardens on 9 Sep 10. It was a day of bonding, where different units under AFTC got together and celebrated a year of success.

The day began with an opening address by COMD AFTC, COL Yeo Yee Peng, thanking all servicemen and their families for their efforts in making AFTC's first year a smooth and successful one. In his speech, he also encouraged all to build on the success they had achieved and bring AFTC and the RSAF to even greater heights. He also presented the Formation Cardinal Awards and Long Service Awards to 27 deserving servicemen.



COMD AFTC and AFTC personnel at the cake-cutting ceremony

Up There with the Best of the Best - Top Ace Competition

The RSAF's fighter aircraft took to the skies as the SQNs of Air Combat Command's Fighter Group participated in the Top Ace Competition. The competition that was held from 16 to 20 Aug 10.

The old adage goes, "Competition Breeds Success", and this was certainly the case at the Top Ace Competition. Each SQN tried their best to emerge victorious and win the coveted 'Best Top Ace SQN' title. The intense week-long competition helped to foster friendships and breed friendly competition amongst the fighter aircrew and logistics communities. The Top Ace competition also allowed the SQNs to measure themselves against their counterparts and ensure that they remain operationally ready and maintain high levels of efficiency.

Extolling the importance of teamwork as the main contributor to his SQN's success, LTC Nalpon Patrick Selvan, Commanding Officer (CO) of 145 SQN, the winner of the Best Top Ace SQN, said "Teamwork between the air and logistics crew was one of the most important qualities that contributed to our success. Though there was immense pressure to succeed, the ability to learn and adapt to the changes were also key qualities that the SQN

possessed that led to our win. I think we did exceptionally well in all these areas and everyone in the SQN tried their best to ensure that the SQN did well in the competition."

To conclude the exercise, an awards ceremony was held for all the participating SQNs.

The award winners were:

Award Winners	Category
CPT Choo Bo Yan Jervis, 143 SQN	Best Fighter Pilot
ME1 Jeff Lim, 149 SQN	Precision Marshalling
145 SQN	Best Logistics Team
145 SQN	Best Operations Team
145 SQN	Best Top Ace SQN



The RSAF's F-15SGs and F-16D Blk 52+ preparing for take-off



COMD Fighter Group, COL Hoo Foo Sing, presenting the Best Top Ace SQN Award to LTC Nalpon Patrick Selvan, CO 145 SQN



Racial Harmony Day

As part of its community relations efforts, the RSAF participated in a Racial and Religious Harmony community event at Punggol North on 18 Jul 10. This is part of a series of community engagement initiatives to allow the residents around Paya Lebar Air Base (PLAB) to better understand the importance of the RSAF to Singapore's defence and the necessity of flying training locally.

In addition to the information panels, interactive game counters were set up and brochures were handed out to the residents. Personnel from HQ RSAF, ACC and APGC were also present to engage the residents and answer their queries on RSAF operations.

Ms Penny Low, Member of Parliament for Pasir Ris-Punggol GRC, shared her sentiments, "I am heartened that the Air Force has taken proactive steps in addressing the concerns of our residents by making the effort to participate in such an event, so that they can directly engage the residents who are affected by aircraft noise."



ME6 Chris Chan, representing the RSAF, receiving a token of appreciation from DPM Teo



DPM Teo and Ms Penny Low posing for a photograph with some children during the event



RSAF aircrew engaging a family from Pasir-Ris Punggol GRC



Jason Ho, 11, suited up as an RSAF pilot

Air Force News caught up with some of the residents of Pasir Ris-Punggol GRC to hear what they had to say...

Mr Jasbir Singh, 42

"I brought my family along so that we can learn more about the Air Force. It turns out that the RSAF is very advanced and sophisticated! I hope that my son will one day serve his country by joining the Air Force to keep our flag flying high."

Siti Nur Aisyah, 10

"I am proud of the RSAF because they defend our skies!"

Mrs Diana Lee, 48

"Even though Singapore is a very small country, I feel that our Air Force is one of the best in the world, and I'm proud of it. I had been living overseas for some time but now that I'm back in Singapore, I feel very safe, and this is thanks to the RSAF."

Presidential Garden Reception 2010



President Nathan with the NSF and NSman of the Year Award Winners

Over 700 personnel from MINDEF and the SAF were invited to the Istana on 11 Jul 10 for the Presidential Garden Reception.

Hosted by President S R Nathan, this annual event accords recognition to the contributions of these servicemen towards the defence of Singapore.

This event gave personnel from MINDEF and SAF, as well as active servicemen and Operationally-Ready NSmen, a chance to interact with President Nathan.

Among those at the garden reception were the recipients of the SAF NSman of the Year Award, as well as the inaugural Full-time National Serviceman (NSF) of the Year Award.

A total of 15 NSman of the Year Awards and 70 NSF of the Year Awards were given out this year.

CPL Marcus Teo, a signaller from 128 SQN, UAV Command, one of the recipients of the NSF of the Year Award, shared, "This award goes to show that the SAF recognises good work and this award will serve as an incentive for NSF's to do their best in their jobs."

DPM and Minister for Defence, Mr Teo Chee Hean, and Minister for Education and Second Minister for Defence, Dr Ng Eng Hen, were also present at the reception.

CDF NE Excellence Award

The Chief of Defence Force (CDF) National Education (NE) Excellence Award, inaugurated in 2009, is the pinnacle of the SAF NE Awards, given to the SAF unit that best represents the vigorous spirit and culture of NE in the SAF.

From these units, the top four from the Services and Joint were nominated to vie for the CDF



CDF, LG Neo, presenting the award to LTC Koh Cheng Boon

NE Excellence Award 2010. Air Force Training Command (AFTC) was one of the 3 finalists nominated for this prestigious award.

Led by Commander Air Warfare Training Institute, LTC Koh Cheng Boon, AFTC exhibited a robust and well thought-out approach to NE. NE programmes and activities allowed servicemen to be aware of the NE messages and encouraged active participation from the servicemen.

LTC Koh shared, "This award serves as a good recognition for AFTC as this reaffirms that we are doing it right by adopting the various creative learning pedagogies and initiatives in carrying out NE."

He added, "For four consecutive years, AFTC has won the CAF NE Excellence award and this year we are one of the finalists for the CDF NE excellence Award. We are very happy to be part of the team that can make a difference in this important area of National Education, as we are the first Command for all airmen undergoing their professional training."

CAF Quarterly Safety Forum



HAFI, COL Ng Chee Keong, opening the forum

The CAF Quarterly Safety Forum was held on 5 Oct 10, at Changi Air Base (West). Organised by the Air Force Inspectorate (AFI), the forum aims to promote awareness and educate servicemen on safety matters in the RSAF.

Head AFI (HAFI), COL Ng Chee Keong, began the forum by updating the participants on the ongoing developments in aviation safety, as well as detailing the RSAF's safety statistics for the past quarter. During his speech HAFI highlighted that while the RSAF continues

its 3rd Generation transformation, safety remains a key focus.

Thereafter, the participants took part in café-style discussions, which allowed them to exchange ideas on key safety issues and cross share on the problems posed in the two case studies presented at the forum.

The groups consisted of participants of various ranks and vocations, allowing for the holistic analysis of the issues at hand. The discussion session facilitated a better understanding of the operations of the RSAF, which allows personnel to improve their productivity while not compromising on safety.



RSAF personnel taking part in the discussions

NSmen Seminar



CAF, MG Ng, giving a speech at the NSmen Seminar

The 20th Operationally Ready National Servicemen (NSmen) Seminar was held at the Air Force Training Command (AFTC) Auditorium on 29 Sep 10. The seminar officiated by CAF, MG Ng Chee Meng, is held annually to update the RSAF's NSmen on the latest developments within the organisation.

In his keynote address, MG Ng spoke of Singapore's limited manpower resources and the need to balance the use of this precious resource between defence and other areas of nation building. The result - the formation of a fighting force with a core of professional, full time regulars, augmented by a larger group of citizen soldiers. He added that while the RSAF

has constantly undergone changes and improvements, NSmen continue to remain as the bedrock of the defence community, as they have been since 1967.

Speaking on the topic of "Engaging and Harnessing the Potential of our NSmen for our next spiral", Head Air Manpower, COL Chee Wai Mun emphasised that NSmen make up a large portion of the RSAF's fighting force, they form the core of the RSAF and we need to harness this resource to the best of our ability.

SSG(NS) Foo Fang Kiat, Air Logistics SQN (ALS), Unmanned Aerial Vehicle Command (UC), shared on his contribution towards the RSAF's 3rd Generation transformation journey. He said, "Whenever I return to the squadron as an NSman, I feel that I have the moral obligation to ensure that my experience and knowledge are imparted to my juniors. I take great satisfaction in knowing that I am contributing to the RSAF by training my juniors."

CPT(NS) Soh Gim Chia, Air Logistics SQN, Air Defence and Operations

Command, remarked, "From an NSman's point of view, we are able to use the knowledge we have gained from the private sector in our In-Camp Trainings (ICT), to improve the efficiency of military operations, and this generate results in increased productivity. Such small contributions enhance the entire ICT experience, and hopefully will improve the daily operations of the RSAF."

SSG Tng Chee Yong, Air Power Generation Command, was pleasantly surprised to receive the Best Serviceman of the Year Award. SSG Tng commented, "NSmen bring in their own experiences from the private sector and as a result, we are able to improve the knowledge of the men under our charge. I believe we can share our experiences with our men, and hence contribute to the RSAF."

The seminar ended with a dialogue session with a panel of senior commanders, chaired by MG Ng. In his closing statement, MG Ng expressed his appreciation to the NSmen for their ongoing contributions towards the defence of our nation.

CDF Visit to APGC



CDF, LG Neo, addressing APGC personnel

On 8 Sep 10, Chief of Defence Force (CDF), LG Neo Kian Hong accompanied by COS(AS), BG Hoo Cher Mou, visited the Air Power Generation Command (APGC) at Tengah Air Base.

LG Neo was hosted by COMD APGC, COL Sarbjit Singh during his visit. He was briefed on the roles of APGC and updated on the operational capabilities and challenges faced by the four air bases conducting multi-platform operations.

LG Neo concluded his visit with a dialogue session which allowed him to address the issues and concerns amongst APGC personnel.

CDF Visit to 163 SQN



CDF, LG Neo, meeting 163 SQN personnel during his visit

On 27 Oct 10, Chief of Defence Force, LG Neo Kian Hong, visited 163 SQN, which operates the I-HAWK Ground Base Air Defence (GBAD) system.

Hosted by the Commanding Officer of 163 SQN, LTC Kelvin Fan, CDF was introduced to the operations of 163 SQN and the roles that they play in the RSAF's Networked Air Defence system. He was also shown a drill where SQN personnel armed the I-HAWK GBAD system.

LG Neo concluded his visit with a dialogue session with the SQN personnel.

Visit to ACC by PS(DD)



Dr Tan engaging ACC personnel in dialogue

Permanent Secretary (Defence Development) [PS(DD)], Dr Tan Kim Siew, visited Air Combat Command (ACC) on 8 Oct 10 to gain a deeper understanding of the operations of both ACC and the RSAF.

During his visit, PS(DD) was hosted by COMD ACC, BG Richard Pereira, and was briefed on ACC's operations. Dr Tan also held two dialogue sessions with personnel from ACC. The dialogue sessions served as a platform for the personnel to raise issues for clarification and gain a better understanding of the rationale behind MINDEF policies.

DS(A) Dialogue with APGC



Mr Tan engaging APGC personnel in one of the dialogue sessions

On 18 Oct 10, Deputy Secretary (Administration) [DS(A)], Mr Willie Tan, visited the Air Power Generation Command (APGC) at Paya Lebar Air Base (PLAB). During his visit, where he was hosted by COMD APGC, COL Sarbjit Singh, Mr Tan was given a brief on APGC and its operations.

As part of his visit, Mr Tan also held two dialogue sessions with APGC personnel.

These sessions served as a platform for DS(A) to engage the APGC personnel and answer any questions they had on MINDEF policies.

CAF Visit to AETI



CAF being introduced to some of the training programmes that AETI undertakes

CAF, MG Ng Chee Meng, visited Air Engineering Training Institute on 27 Sep 10.

During the visit, CAF was briefed by COMD AETI, ME6 Derek Tan, on the recent progress as well as the future developments on Air Force Engineer (AFE) training.

CAF also shared his vision of AETI being a life-long nurturing institution for AFE by providing continuous engineering expertise development along AFE's career paths to strengthen their professional and personal competencies.

HCI Visit to SBAB



The HCI students posing with the Apache AH-64 Attack Helicopter

On 26 Aug 10, 39 Hwa Chong Institution and three Green Ridge Secondary students enjoyed a one-day educational tour of Sembawang Air Base. There, they learned more about the RSAF, its daily operations, and the different vocations and

career opportunities in the RSAF. The group was briefed on the capabilities of the Super Puma and CH-47 Chinook helicopters, and their participation in Humanitarian Assistance and Disaster Relief (HADR) missions, in areas such as Cambodia, East Timor, and Peace Support Operations in the Gulf of Aden.

The briefing also covered the airspace limitations in Singapore and the necessity for overseas training to meet our training needs. The students were also shown a video on the RSAF's 3rd Generation capabilities.

It encompassed the integration of the three Services and the role of helicopter operations in the SAF.

The tour was a fruitful learning experience for the students. Commented Khor Ru Shan from HCI, 15, "The presentations were inspiring and informative. One cannot get such an experience elsewhere. The RSAF serves our country and it is good to understand what they do." Added Malcom Tan from HCI, 15, "The flight simulators were really cool. I've learnt the importance of the RSAF to the defence of Singapore."

40 years of 'Gunner's Spirit'



'Gunner's' past and present at the Anniversary celebrations

1 Jun 10 marked a significant milestone for 160 SQN, or 'Gunner's' as they are also known, as they celebrated their 40th Anniversary. The unit began operating the 35mm Oerlikon Guns, a Ground Based Air Defence System, 40 years ago in Seletar Camp. Being one of the SAF units that has operated for four decades, the unit has amassed a rich history and culture that has stayed with the current generation of 'Gunner's'.

The Commanding Officer of 160 SQN, MAJ Christopher Ong, commented on how cohesion activities and unit excellence are synergistic and essential. "Such cohesion activities anchor the men's positive NS experience. It builds our camaraderie and strengthens the quality of relationships. Ultimately, we hope to inculcate a deep sense of belonging that will inspire each person to give his best. This desire to excel has always been the 'Gunner's Spirit'."

An Anniversary Dinner was held on 9 Sep 10 to commemorate this special day. The pride of the SQN has always been the strong cohesion among its NSmen. A group of dedicated NSmen and Alumni members took the initiative to organise the Anniversary Dinner to bring together Gunners, past and present, for this happy occasion. The fact that the entire event was organised solely by the NSmen is a display of the passion and commitment towards the unit.

Among the invited guests were former CAF, MG(NS) Ng Chee Khern, COS(AS), BG Hoo Cher Mou, COMD Air Defence and Operations Command (ADOC), BG Kwek Kok Kwong, and past Commanders of the Singapore Air Defence Artillery (SADA) formation and Air Defence Systems Division. The Gunners community was also privileged to have a special guest, Minister for Foreign Affairs, Mr George Yeo.

A video showing the history of 160 SQN was screened at the dinner. It was a heart-warming moment because for the first time, many servicemen and former servicemen got to hear stories from the pioneers such as Prof Lui Pao Chuen, former Chief Defence Scientist (CDS), COL(Ret) Tan Jer Meng, the first COMD SADA.

COMD ADOC shared his thoughts "It is indeed a joy seeing our retired Officers, NSmen and active forces coming together to commemorate the rich heritage and celebrate the many years of achievements by the squadron. The dedication and commitment of the people in the squadron are the twin-engines that drive the squadron to excellence and form the strength of this formidable squadron."



Some of the invited guests taking part in the cake-cutting ceremony

MIO Dining-In

The annual Military Intelligence Organisation (MIO) Dining-In is a key event for the SAF Intelligence Corps.

The 4th MIO Dining-In was organised by Unmanned Aerial Vehicle Command (UC) at the Orchid Country Club on 16 Aug 10.

The occasion, graced by the Chief of Defence Force, LG Neo Kian Hong, was themed 'Forging A Common Identity, Towards A World Class MIO'.

The event garnered widespread participation from the Intelligence Community spanning across all 3 services.



CDF, LG Neo, with the distinguished guests at the MIO Dining-In

Inaugural AOSX ME1 Graduation

The inaugural batch of 19 trainees graduated from the Air Operations and Systems Expert (AOSX) Market Adjustable Specialisation Component (MASC) 1 Course from C3 School, Air Force Training Command on 17 Aug 10. COMD Air Surveillance and Control Group, COL Gan Siow Huang, graced the event and presented the graduation certificates to all 19 graduands.

This event was a milestone for the AOSX as this marked the completion of the course under the revised ME1 MASC1 course syllabus. The course syllabus focused on inculcating deep expertise in the domain of IKC2 and Command Post Operations.

Best Trainee for the course, ME1 Alex Hong, said, "I'm looking forward to my career in the RSAF. What I learnt in AFTC has given me a clear RSAF identity. With opportunities to upgrade myself throughout my career, I'll make full use of it and carve a niche for myself within the AOSX MDES scheme."

The ceremony was also witnessed by the parents and loved ones of the graduands. It gave them a glimpse of the training and helped them to know more about the prospects of the MDES scheme.

Air Force News wishes the graduands the best in their future endeavours



COMD ASCG, COL Gan Siow Huang, presenting the Best Trainee Award to ME1 Alex Hong at the graduation ceremony

SYFC Familiarisation Flight

On 6 July 10, two 19 year old aspiring pilots from the Singapore Youth Flying Club (SYFC), Ang Lim Sheng, an Aerospace Technology student from Ngee Ann Polytechnic and Lu Chang Ji of Jurong Junior College took to the skies on board the RSAF F-16D+ Fighting Falcon.

Hosted by 145 SQN at Changi Air Base (East), the SYFC trainees were given a chance to fly with the RSAF pilots and experience up to 9-Gs during the flight. The familiarisation flight served as an incentive to trainees who have been outstanding in performance and dedication during their flying training.

"It was extremely enjoyable flying in the F-16 for the first time, the amount of G-forces I felt was a lot more than anything that I had previously experienced. We also performed a simulated dog-fight, which was really thrilling. This flight has also allowed me to see the capabilities of the F-16 and I can't wait to fly for the RSAF in the near future." said Lim Sheng.

Chang Ji shared Lim Sheng's sentiments and thought the experience was simply amazing. "I have learnt a lot, having experienced a simulated interception mission. I better understand the pressures a pilot has to face - enduring the Gs while flying and engaging hostile targets. The flight today gave me

a more in-depth understanding of military aviation and has inspired me greater to become a pilot for the RSAF."

Accompanying both of them were a group of SYFC trainees, who had the opportunity to visit 145 SQN to interact with the squadron personnel to better understand the capabilities and operations of the squadron and the base.

The RSAF collaborates with SYFC through such activities as a form of encouragement to SYFC trainees to further excel in their flying training and raise their awareness to the career opportunities in the RSAF.



The SYFC pilots at 145 SQN

OBS Homecoming/OSM Presentation Ceremony



The RSAF's Super Puma helicopters on board the RSS Endurance during OBS



A gunner on board the RSAF's Super Puma helicopter during a patrol of the Task Group's assigned sector

A SAF Overseas Service Medal (OSM) Presentation Ceremony was held on 8 Oct 10 at Changi Naval Base to mark the homecoming of the Operation Blue Sapphire (OBS) Task Group. The OBS Task Group operated under the ambit of the United Nations-led Combined Task Force (CTF) 151, a multinational anti-piracy effort in the Gulf of Aden, from Apr to Sep this year. The 302 SAF personnel of the returning Task Group, which comprised the RSS Endurance, a Landing Ship Tank (LST), and two Super Puma helicopters, were presented with the OSM by Deputy Prime Minister and Minister for Defence, Mr Teo Chee Hean.

Recognising the high state of readiness and camaraderie shown by the Task Group, Mr Teo said, "Your ability to integrate Air Force, Navy and Army personnel to carry out challenging operations in unfamiliar conditions is



DPM Teo presenting the OSM to LTC Lim Kok Kheng, CO 126 SQN

OBS Homecoming/OSM Presentation Ceremony

testimony to the highly realistic training that you go through to prepare for such missions.”

Reaffirming Singapore’s commitment to the international counter-piracy efforts in the Gulf of Aden, Mr Teo announced that the SAF has accepted an invitation to command CTF 151 for the second time from Mar to Jun 2011. He added that another SAF Task Group comprising a LST and two Super Puma helicopters will be deployed to the Gulf of Aden in the second half of 2011. This will be the third time that the SAF is deploying a Task Group to the Gulf of Aden.

LTC Lee Joan Hin, COMD Task Group

The helicopters served as the ship’s ‘forward eye’. Not all participating countries had air capability and the difference is evident. We aimed to deter and disrupt piracy and ensure maritime security. To this end, we’ve done well.

LTC Lim Kok Kheng, CO 126 SQN

It is important for the RSAF and SAF to continue to support these missions so that Singapore can make a meaningful contribution to the counter-piracy efforts in the Gulf of Aden. There were also operational benefits for our crew to conduct such joint task group operations. The deterrence impact was immediately felt, and there was no attacks in the TG’s assigned sector during its tour of duty.

MAJ Willy Lee, DY CO 125 SQN

Operating at high sea state and low light illumination were some challenges that the detachment faced in-theater which could not be replicated in our training

back in Singapore. It was a great learning experience and it enriched me greatly, both professionally and personally.

CPT Lum Kok Siong, Pilot, 126 SQN

The synergy between Services was good. Through the joint planning between pilot and our naval counterparts, we were able to streamline the operations. Given the challenging circumstances we operated in, the outstanding inter-Service working relations helped us overcome some of the challenges.

ME1 Gayathiri, ALG-RW

Being a first time participant in an international mission, I was initially unsure as to whether I would be adequately prepared for this mission and if I would be able to withstand the harsh environment and operational tempo. Fortunately, my preparations paid off and with the help of my counterparts, I was able to handle it well.



LTC Lim, CO of 126 SQN, with his family beside one of the RSAF’s Super Puma helicopters that participated in OBS



The RSAF’s Super Puma helicopter preparing for take-off from the RSS Endurance

PP, PV, PT, PCII, PCV and ADF National Day Working Visits



Delegations from PP, PV, PT, PCII, PCV and the Australian Defence Force visited Singapore from 05 Aug to 06 Aug 10, as part of the National Day Working Visits.

Outgoing US Air Attaché Courtesy Call



The Outgoing United States Air Attaché, COL Kurt McPherson, called on CAF, MG Ng Chee Meng on 06 Aug 10 at MINDEF.

GEN Norton A. Schwartz Introductory Visit and MSM Investiture



Deputy Prime Minister and Minister for Defence Mr Teo Chee Hean conferred the Pingat Jasa Gemilang (Tentera) [or Meritorious Service Medal (Military)] to GEN Norton A. Schwartz, Chief of Staff of the United States Air Force (USAF), at an investiture held at the Ministry of Defence on 23 Aug. GEN Schwartz was given the prestigious military award for his outstanding contributions to strengthening and expanding bilateral ties between the RSAF and the USAF. Under his leadership, the two air forces enhanced their operational cooperation with the successful establishment of the RSAF's Peace Carvin V F-15SG detachment at Mountain Home Air Force Base in Idaho in October 09.

Incoming French Defence Attaché Courtesy Call



The Incoming French Defence Attaché, COL Thomas Lorne, called on CAF, MG Ng Chee Meng on 25 Aug 10 at MINDEF.

RTAF Wing Commander Visit



A delegation of officers from the Royal Thai Air Force (RTAF), led by Commander of Wing 1 of the RTAF, GP CAPT Kongsak Chantarasop, visited Singapore from 14 to 17 Sep 10.

On 16 Sep 10, the RTAF delegation called on CAF, MG Ng Chee Meng.

RSAF - RNZAF PEP Visit



The RSAF – Royal New Zealand Air Force, Professional Exchange Programme was held from 27 to 28 Sep 10. As part of the programme, Air Commodore Gavin Howse, Deputy Chief of Air Force Royal New Zealand Air Force (RNZAF), paid a courtesy call on CAF, MG Ng Chee Meng.

Outgoing RTAF Air Attaché Courtesy Call



GP CAPT Mana Prasopsri, Outgoing Air Attaché, Thailand, called on CAF, MG Ng Chee Meng on 5 Oct 10. GP CAPT Airbull Suttiwan, Incoming Air Attaché, was introduced to MG Ng during the call.

Governor and Dy Governor TNI AU Academy Visit



Two delegations of officers and cadets from the Indonesian Air Force Academy, led by Air Vice Marshal Sru Andreas, Dy Governor of the TNI AU Academy and Air First Marshal Edy Sunarwondo, Governor of the TNI AU Academy, visited Singapore from 27 to 28 Sep 10 and 29 to 30 Sep 10 respectively.

ICASM Visit to ARMC



A delegation from the 58th International Congress of Aviation and Space Medicine visited the Aeromedical Centre (ARMC) on 13 Oct 10. The delegation was hosted by Chief Air Medical Officer COL(DR) Robin Low. They toured the facilities of ARMC and viewed the cutting-edge aviation technology that is used in the training and selection of potential pilots.

WAKASAU Visit to FSC



The Deputy Chief of Staff of the Indonesian Air Force (TNI AU), Air Marshall (AM) Sukirno visited the RSAF from 19 to 22 Oct 10 in conjunction with the Opening Ceremony of EX Elang Indopura 2010.

During the visit, AM Sukirno visited the Flight Simulation Centre (FSC) where he was given a tour of the facility to gain a better understanding of the RSAF's flight simulation programme. COS(AS), BG Hoo and AM Sukirno co-officiated the Opening Ceremony of EX Elang Indopura, which was conducted at Paya Lebar Air Base (PLAB) on the same day.

COMD SADR Visit



A Swedish Air Defence Regiment (SADR) delegation led by Commander SADR, COL Lennart Morgan Klevenparr, visited Singapore from 1 to 4 Nov 10. During his visit, COL Klevenparr called on Commander Air Defence and Operations Command, BG Kwek Kok Kwong, and Commander Participation Command, BG Wong Huat Sern.

USAF CMS Intro Visit to Singapore



The Chief Master Sergeant (CMS) of the United States (US) Air Force (USAF), James A. Roy, visited the RSAF from 2 to 3 Aug 10.

During his visit, CMS James A. Roy called on Chief Warrant Officer - Air Force (CWAFF), ME5 Andrew Koh Yong Meng; SWO Chan Kum Wah, Command Chief Warrant Officer of Air Force Training Command (AFTC) and SAF Sergeant Major, SWO Jeffrey Chung.

Human Resource Engagement Session with Senior Commanders



CAF, MG Ng, speaking at the Human Resource Engagement Session

The Human Resource (HR) Engagement Session was held on 28 Sep 10, at Chong Pang Camp Auditorium. The engagement session, chaired by CAF, MG Ng Chee Meng, served as a platform to update senior commanders, senior warrant officers, branch heads and commanding officers on the latest changes in the RSAF's Human Resource procedures.

To kick-start the session, the audience viewed the RSAF engagement video. The video highlighted the servicemen's passion for their job, with the idea that everyone can make a difference in the RSAF, regardless of rank or vocation.

Commenting on the video, MG Ng shared on the importance of Operationally Ready National Servicemen (NSmen) to the RSAF. "Each individual has a place and a role in the larger RSAF mission and vision. It is not the sophistication of our technology that have brought us to where we are today, but it is the collective effort and contribution of each and every individual that makes the RSAF such a potent force." He added, "We have a dedicated NS population who see duty and honour in serving the nation. All this has enabled the RSAF to achieve mission success and make great progress in our transformation into a 3rd Generation Air Force."

The audience was then briefed on the new career schemes that have been put in place to provide a holistic grooming and development roadmap to nurture and cultivate RSAF servicemen.

ME3 Ho Chung, an Air Operations and Systems Expert (AOSX) and a recipient of the Continuous Learning Academic Study Scheme (CLASS) Degree Full-time Scholarship, is currently undertaking a course in Electrical and Electronic Engineering at Nanyang Technological University (NTU). ME3 Ho commented on the new career schemes, "I

feel honoured to be the first AOSX to be awarded this scholarship. I am grateful to my Commanding Officer for the recommendation and to the RSAF for sponsoring my further education. This scholarship will definitely enable me to enhance my abilities and allow me to better contribute to the RSAF."

MAJ Jason Chia from Air Operations and Control Group, a recipient of the Continuing Education Sponsorship, is currently enrolled in the Masters of Science (Management) at NTU. MAJ Chia shared his views on receiving the scholarship, "Quality people is key to the performance of an organisation. To build a strong and capable RSAF, we will need capable and talented people to drive the RSAF to overcome all challenges. This sponsorship scheme is an important investment in our people, and shows that the RSAF is serious in developing the potential of its servicemen. It serves to help the RSAF build a strong foundation of competent personnel to carry out the RSAF's mission."

2WO Chew Loo Meng, Air Defence Systems Specialist, 165 SQN, and a recipient of the CLASS part time degree scholarship added, "I think the concepts that I am learning in my course will be useful in my line of work. With these scholarship schemes, RSAF personnel can achieve their personal aspirations and the knowledge gained will contribute to a better and more effective RSAF."

In his closing statement, MG Ng, urged all commanders to continually engage the servicemen, and by so doing, ensure that the new HR schemes serve the needs of the RSAF as intended and develop our Airmen to be truly World Class People in a First Class Air Force.



CAF, MG Ng and the senior commanders addressing questions from the audience

ME4 Emplacement

To recognise and engage servicemen who can contribute to the organisation at a higher level in the long run, the Military Domain Experts Scheme (MDES) allows upward mobility for selected ME1, ME2 or ME3s to be emplaced to the rank of ME4.

The ME4 Emplacement framework allows consistent good performers who have demonstrated the potential to hold management level jobs to be considered for emplacement to ME4.

The Inaugural ME4 Emplacement Board, co-chaired by Head Air Logistics, COL Lee Ling Wee and Head Air Manpower, COL Chee Wai Mun was held on 29 Sep 10.

ME4 Trainee (ME4T) Toh Boon Kok and ME4T Ang Boon Siong have since embarked on the 37-week Military Domain Experts Course (MDEC) Phase 1 on 25 Oct 10. They are expected to be appointed to the rank of ME4 Apprentice at the end of the course in Jun 11, and will then progress to the 13-week MDEC Phase 2 before emplacement to the rank of ME4-1 in Oct 11.

Said ME4T Ang Boon Siong, "In 2005, I started a self-sponsored part time degree programme (Bachelor in Electronics) with UniSIM, completing my degree after four and a half years of studies.

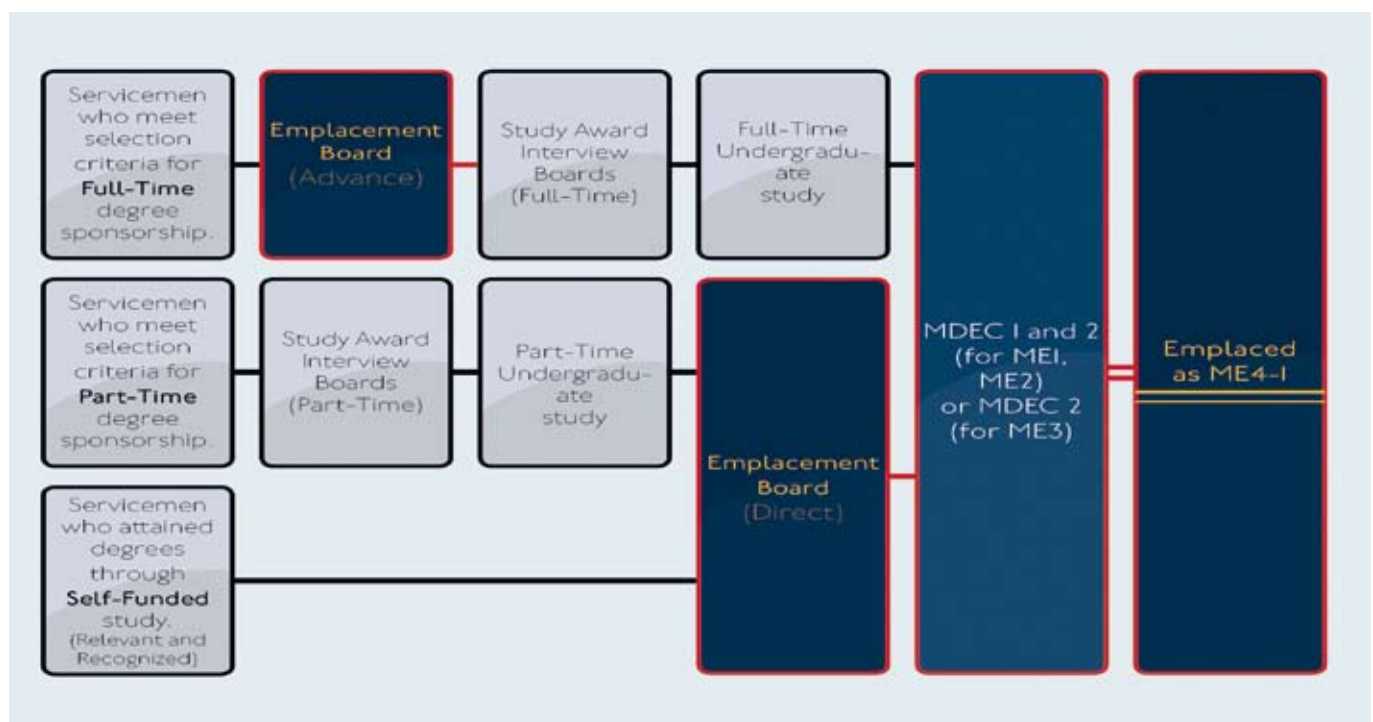
I was selected for the emplacement to ME4 given my academic qualification and good job performance, as well as recommendation from the ME4 emplacement board."

Added ME4T Toh Boon Kok, "I graduated from Singapore Polytechnic in 1997 with a diploma in Electrical Engineering, after which I signed on with the RSAF. Later in 2006, I got a degree in Electronic Engineering from UniSIM, and today, I am honored to be emplaced as an ME4. On achieving the rank of ME4, I hope to continue to contribute to the RSAF by being part of the team that ensures our aircraft are always ready for any mission."

ME2 Tay Yong Kok is currently attending the Joint Warrant Officer Course and will be promoted to the rank of ME3 in Jan 11. He will join ME3 Lim Seng Kee and ME3 Chua Lee Huat for the Executive MDEC (13 weeks) which is tentatively planned to commence in Apr 11 before they are emplaced as ME4-1 in Jul 11.

As Senior MEs, they can look forward to taking on more challenging roles and responsibilities in positions such as Flight Officer-In-Charge in the various Air Logistics Groups or Staff Officer positions in Air Logistics Department .

Progression Chart for ME4 Emplacement



AMD NSF Learning Day



1WO Kulwant Singh hosting a team-building game during the NSF Learning Day

Following the success of the inaugural Air Manpower Department (AMD) Full-time National Servicemen (NSF) Learning Day, the second AMD NSF Learning Day took place at the Joint Staff Officers' Mess Seminar Room on 29 Oct 10.

The cohesion event brought together NSFs from AMD to inform them of the departments workplan imperatives. The NSFs participated in team-building

activities and enjoyed a video screening on the importance of protecting our Singapore.

Said 1WO Kulwant Singh, Air Defence Systems Specialist, about the benefits of having such an event, "This event gives the NSFs a platform to bridge their viewpoints with their superiors, allowing both the management and NSFs to learn better communication skills with each other. These skills can be brought back into the office, thus improving their working relationships."

A dialogue session, chaired by Head Air Manpower (HAM), COL Chee Wai Mun, was conducted to foster an effective two-way communication between NSFs and their superiors. The NSFs also shared their views and thoughts with COL Chee on how NS has changed their lives for the better and what they have learnt in service.

CPL Steven Lee, an Admin Support Assistant, spoke of what he took away from the event, "Seeing how other NSFs present themselves during the dialogue session gives me the confidence to express some of my thoughts to my superiors."

ADOC WOSA and ME Forum



ADOC personnel participating in one of the discussions

The Air Defence and Operations Command (ADOC) Warrant Officer, Specialists and Airmen (WOSA) and Military Expert Forum was held on 12 Aug 10 at HQ ADOC. The forum served to strengthen two-way communication between the two groups and imbue a strong sense of commitment into all individuals by aligning their personal values with those of the RSAF Core Values. Participants also had the opportunity to air their views in an engaging and interactive dialogue session chaired by COMD ADOC.

Speaking on the importance of the RSAF's servicemen, ME5 Tan Kok Beng, Command Chief Warrant Officer,

ADOC said, "People are an important aspect in any organisation. In the ONE SAF context, people make a difference, regardless of their vocation. They are the backbone of our organisation,"

"Challenges are ever present in every aspect of life and in every profession. Ultimately, it is your fighting spirit and perseverance that determines if you can overcome them and get the job done. With good teamwork challenges can be overcome more easily." said ME1 Winnie Wong an Air Force Engineer from ADOC, on the importance of perseverance and teamwork.



COMD ADOC and senior commanders posing for a photo with ADOC personnel

SAFRA Singapore Bay Run and Army Half Marathon 2010



Participants from PC posing for a photo after the run

The SAFRA Singapore Bay Run and Army Half Marathon was held on 12 Sep 10 at Marina Bay. The annual event, jointly organised by the Army and the SAFRA National Service Association, was officiated by Deputy Prime

Minister and Minister for Defence, Mr Teo Chee Hean.

2LT Eugene Tan from 18 Divisional Air Defence Artillery Battalion (DA Bn) commented on how such an activity fosters better cohesion between the different Services of the SAF, "When people from the three Services run together and encourage each other along the way, they are striving to achieve a common goal of completing the marathon. In the process of doing so, the bond between the three Services will strengthen. Although the three Services do not train with one another everyday, they are aware that they are working towards a common

objective, namely to strengthen the defence of our nation."

Said first time participant PTE Sherwin Tan from 3 DA Bn on completing the run, "At some point during the run, the feeling of tiredness came to mind. It's from encouragement from my platoon-mates that I overcame thoughts of defeat. It is little things like these that foster a closer cohesion among peers."

The annual SAFRA Singapore Bay Run and Army Half Marathon serves to promote a healthy lifestyle and to enhance the interaction of servicemen among the three Services.

AMD Healthy Lifestyle Day



Personnel from AMD at MacRitchie Reservoir

Air Manpower Department (AMD) held its bi-annual Healthy Lifestyle Day at the HSBC TreeTop Walk at MacRitchie Reservoir on 5 Aug 10.

During the event, the participants began their quest to conquer the free-standing suspension bridge which connects the two highest points (Bukit Peirce and Bukit Kalang) in MacRitchie Reservoir.

After the hike, members of AMD were treated to a refreshing fruit feast to remind them of the need for a healthy diet. The event provided an excellent opportunity for the AMD personnel to develop a healthy lifestyle, while fostering camaraderie and esprit-de-corp.

ADOC Executive Workshop



Personnel from ADOC participating in the workshop

As part of the Air Defence and Operations Command's (ADOC) CARDINAL efforts, ADOC organised a two-day Executive Workshop from 2 Nov to 3 Nov 10.

The aim of the workshop was to develop personal and team resilience in the participants. This will help participants to learn how to better overcome setbacks and challenges in their daily work.

The two day workshop conducted by the Centre for Management Development, included lectures, group discussions, presentations and case studies. The workshop concluded with COMD ADOC's dialogue session with the Group Commanders and Commanding Officers.

MWO Selvanathan - Cable Car Incident 1983

"It was most heartening to see the young boy who was in distress years ago grown-up, leading a normal life, and having his own family. It makes me feel that my job is a fulfilling one."

-- MWO Selvanathan



When an oil rig passing under the Singapore Cable Car system between Mount Faber and Sentosa snapped the aerial ropeway, it sent two cabins holding seven people plunging into the sea below. Four other cabins holding 13 people were stranded in mid-air. As the ordeal dragged on, the rescue mission was conducted amidst strong winds and pitch black darkness.

MWO Selvanathan, Chief Warrant Officer of 125 SQN, then a LCP from 120 SQN operating the Bell 212 Twin-Huey Search and Rescue (SAR) Helicopter, was the winchman who pulled a number of those stranded to safety.

MWO Selvanathan recounted, "It was essential to gain the trust of the person I was rescuing because it was no mean feat to ask someone to step into the air, with nothing but my word that I'll catch them. I remember telling a lady from New Zealand, 'Isn't the view better from here?' It was at that moment when she laughed, albeit nervously, that I was able to pull her out of the cabin to the safety of the Bell."

The nine year old boy who was likewise saved from the lurching cabin 55 metres in the air finally met MWO Selvanathan again, 27 years later.

It was a memory which still haunts Mr Singh, even as he moved on from that tragic accident in 1983. "I was overjoyed to meet MWO Selvanathan, though the memories come back fresh. Nonetheless, I'm glad that I'm now able to thank him in person for rescuing me."

Before he was posted to Flying Support Squadron, Paya Lebar Air Base, for his Full-time National Service, Mr Singh had hoped to be posted to Sembawang Air Base where he could meet MWO Selvanathan. All through the years, he did not have a chance to meet MWO Selvanathan. "For me, he was an angel who came in

the time of desperate need, given the predicament I was in. MWO Selvanathan will always be a hero to me."

"I was speechless," MWO Selvanathan said, on meeting Mr Singh. "It was most heartening to see the young boy who was in distress years ago grown-up, leading a normal life, and having his own family. It makes me feel that my job is a fulfilling one."

As an Air Crew Specialist (ACS), MWO Selvanathan has been on many SAR missions and cites the exposure that he gained during the Cable Car Incident to be invaluable. "As a young serviceman, it gave me insights on how the RSAF is able to carry out such missions with speed and great effect."

Having served over 20 years as an ACS, MWO Selvanathan has moved from being a winchman to winch operator and now, an ACS leader who takes part in the planning and execution of SAR operations. "Through my years with the RSAF, I have seen it attain full-spectrum capability. We have extended our reach within and outside of the region, from the Humanitarian Assistance and Disaster Relief missions to disaster-stricken areas in the recent years, to the United Nations anti-piracy deployment to the Gulf of Aden."

Flexibility is key to achieving mission success, especially during SAR operations, since the situations are almost always full of uncertainties and unforeseen contingencies. "We aim to instil this into all our servicemen because it would give them an advantage when they are faced with challenges that require them to react quickly without compromising on the mission objectives."

"That others may live," was the motto of the Bell 212 SAR detachment. It is also what MWO Selvanathan deeply believes in, forming the core of his motivation.

Compass in the Skies, Our Navigators - CPT Adrian Eng

"We are like a global positioning system in the air, a compass in the skies."

-- CPT Adrian Eng



With the advent of technology, traditional navigation has taken a back seat. However, demanding combat roles and persistent technological limitations require the continued presence of Navigators to ensure mission success. Navigators remain an integral part of the crew on both the C-130 and KC-135R. There are three key areas that Navigators take care of, namely pre-flight preparations, in-flight navigation and tactical duties. As much as every man needs a vision, every plane needs a direction. Mission success can only be realised through intense preparation, and the Navigators fill that role.

CPT Adrian Eng, 38, a Navigator from 112 SQN, is the man for the job. CPT Eng's duties begin well before the flight. Besides having to study the weather patterns, he ensures that the flight plan addresses all the necessary mission requirements. "Our role requires us to think quickly on our feet from the initial planning stages to mission execution so that we can meet our objectives, whilst not compromising on safety. This entails weather trending, fuel planning and good coordination with the receivers."

CPT Eng elaborated further, "Weather trending involves employing preventive measures against poor visibility, icing and turbulence - all three of which are the main causes for any deviation in the original flight plan. Fuel planning ensures that there is enough fuel for the flight, giving due consideration to the prevailing wind direction and weather conditions. As Navigators, we chart out the

movement of the clouds from one area to the next, and the speed at which they travel, so as to gauge the kind of weather we will be experiencing when we fly past that area, and be prepared for it"

As operations sometimes take on dynamic shifts, the missions the RSAF undertakes continue to remain challenging. Navigators are experts in adaptability. Contingencies such as re-planning a mission in-flight, redirecting efforts and sustaining operations as a force multiplier which is their duty.

"We serve as a global positioning system in the air, a compass in the skies." Citing a specific example of when his expertise was put to good use, CPT Eng said, "The weather has a significant effect on the mission. However, I was able to utilise the on-board weather radar to recommend an alternative route to circumvent the bad weather, while keeping airspace restrictions in mind. My responsibilities on monitoring the remaining fuel on-board also helps the aircraft captain in making decisions on whether we were able to accede to refuelling requests.

"Navigators have taken on leadership appointments, performing well in many areas as they are versatile planners and are very efficient. In recent years, many Humanitarian Assistance and Disaster Relief missions as well as Peace Support Operations have been successfully executed with robust planning and teamwork, much of which would not have been possible without the help of our Navigators. We continue to walk tall, always ready for any mission anytime, anywhere!"

The Vigilant Military Police



"I'm happy that I was able to do my bit in maintaining the security of the base."

-- 3SG Justin Low

The sight of a Military Police (MP) serviceman standing guard at the entrance to any SAF base is a common sight; so common that sometimes their presence becomes taken for granted.

Their role in maintaining the security of the bases, however, is not something that can take a back seat.

3SG Justin Low serves at the Pass Office at Paya Lebar Air Base (PLAB). He was recently awarded a medallion and a certificate for exemplary vigilance when he foiled an attempted unauthorised entry into PLAB on 11 Oct.

He recounted, "One of the project managers who works in PLAB tried to sneak one of his workers without base clearance into PLAB by having him use another's pass. This was found out when the said worker tried to get a key to lock some items for safekeeping at the Pass Office. I distinctly remembered handing the pass over to someone else so I took a precautionary check against the identification card that was with me and my suspicions were confirmed."

When confronted, the worker insisted that he changed for the pass, despite the evidence that he did not. Eventually, he admitted that he took the pass from another worker who was cleared to enter PLAB, on orders from his project manager.

3SG Low said, "Usually, we get many people trying to bring in contraband items like unauthorised thumbdrives or camera handphones but this is the first time we caught someone so blatantly trying to enter the base."

A few hundred workers, both foreign and local, enter PLAB daily due to the many different contracted work in the base. The sheer movement of people in and out of the base introduces a heightened security risk.

The Pass Office at PLAB has since then put into effect additional measures to enhance the security at the air base.

3WO Michael Low, IC Pass Office, Field Defence Squadron, PLAB, said, "A copy of their identification card and worker's permit is now attached to the base pass. This allows us to check the worker's identity efficiently and this will make it harder for them to swap their passes with unauthorised person to help them gain entry."

3WO Low added, "While we put new security measures in place, we still depend on the vigilance of the MPs. 3SG Justin Low demonstrated this well and due to his meticulousness, we were able to stop the worker from entering the base."

"I'm happy that I was able to do my bit in maintaining the security of the base. Although I'm still quite new to the job, having only been here for about two months, I'm motivated to perform my best," 3SG Low shared.

While the intentions behind this attempted entry may be innocuous, merely for an extra pair of hands to speed up the contracted work, others may have a more ominous agenda.

It serves as a reminder that security breaches are a very real and present threat.

Dedicated to Defence - SSG(NS) Foo Fang Kiat



"The training I received during my time in the RSAF prepared me well for my roles and responsibilities in my current occupation ..."

-- SSG(NS) Foo Fang Kiat

SSG(NS) Foo Fang Kiat joined the RSAF in 1996 as a Senior Technician, before qualifying as a Ground Control Specialist two years later. He was posted to 128 SQN under the then Tactical Air Support Command, where he specialised in the Searcher Unmanned Aerial Vehicle (UAV) system. His role was to prepare the Ground Control Stations for operations, keeping them in a high state of readiness.

In his presentation at the 20th NSmen Seminar, SSG(NS) Foo remarked, "During my time as a regular in the RSAF, I dedicated myself to the maintenance of the Searcher's Ground Control Station. I was given numerous opportunities to participate in overseas training and exercises. These experiences are valuable to me, as I learned many things during these deployments."

He added, "After I left the RSAF, I joined Singapore Technologies as a Maintenance Engineer. I was posted to the UAV Programme which provided depot level maintenance for the Searcher UAV system. It was as though I had never left the RSAF because the transition from a military to a commercial environment was a smooth one, given the familiar platform that I worked on."

Now, as an Operationally Ready National Serviceman (NSman), SSG(NS) Foo still feels strongly towards contributing to the RSAF. "Whenever I return to the squadron as an NSman, I feel an obligation to ensure that my experience and knowledge are being continually imparted to my juniors. I enjoy sharing with the new generation of regulars because they are eager to

learn. I take great pride in being able to contribute to the RSAF."

SSG(NS) Foo also had the opportunity to participate in overseas exercises in countries such as Australia and New Zealand as an NSman.

He said, "The training I received during my time in the RSAF prepared me well for my roles and responsibilities in my current occupation as a Maintenance Engineer in Singapore Technologies."

When asked about his learning experiences during his In-Camp-Trainings (ICTs), SSG(NS) Foo replied, "I had the chance to meet and work with NSmen from UAV Command as well as other units. We were able to share our experiences and expertise. This allowed us to learn from one another regardless of rank and status."

SSG(NS) Foo also spoke about familial support during his ICTs, "Going for ICTs and overseas training deployments has made me appreciate my family more. During our time apart, I realised how much they care for me."

He also commented on the importance of National Service (NS), "It was challenging trying to balance my NS commitments with my work and family obligations, but ultimately I have benefited greatly from it. NS is a vital part of the Singapore culture. Not only does it contribute to the defence of Singapore, it also instils young Singaporeans with important life skills."

SMS/DMS Award Presentation Ceremony



The scholars with Minister for Education and 2nd Minister for Defence, Dr Ng Eng Hen

Seven SAF Merit Scholars (SMS), and four Defence Merit Scholars (DMS) were presented their Certificates of Award by Minister for Education and Second Minister for Defence, Dr Ng Eng Hen, at a ceremony held at Temasek Club on 20 Aug 10.

The proud parents of the award recipients were also present at the award ceremony to witness the occasion. Following the event, the scholars and their parents had the opportunity to interact with senior officials from MINDEF and the SAF over a lunch session.

LTA Kingsley Boey, a helicopter pilot trainee and SAF Merit Scholarship (SMS) award recipient, was happy to be recognised for the hard work he put into his education and military pursuits. LTA Boey said, "It's a good opportunity to leverage on my potential to achieve better results in my future workplace where I would be

given opportunities to be in positions of key decision-making."

Fellow RSAF SMS recipient and Air Warfare Officer (GBAD), LTA Sim Bao Chen, shared on the qualities that enabled him to receive the award, "While I'm an Air Warfare Officer, there are things that I have done outside my job scope, such as being in the organising committee for RSAF Day 09. I was also involved in this year's National Day parade. It is about making myself competent in my job, so that I can be a role model to my men."

SAF's first serviceman under the new MDES Scheme to be awarded the prestigious scholarship, ME4 Kelvin Kuo, an Air Force Engineer shared, "It provides me with opportunities to get in touch with senior commanders and to understand policy making and how the RSAF functions. I believe such opportunities will be beneficial to me in the future."

LTA Michelle Teo, AWO(C3), revealed her excitement at the prospect of broadening her horizons and her future contributions to the RSAF, "Through this scholarship, I hope to receive more than just academic knowledge, but also to meet more people of different viewpoints and gain new perspectives. By learning from them, I can constantly improve the work processes at my new workplace."

The SMS and the Defence Merit Scholarship were introduced in 1983 and 2002 respectively with the aim to recruit and nurture top GCE 'A' level and Diploma holders to serve in MINDEF and the SAF.

RSAF Honorary Wings Investiture



COS(AS), BG Hoo Cher Mou with the award recipients from TNI AU

During their visit for this year's EX Elang Indopura Opening Ceremony, five Indonesian Air Force (TNI AU) officers were presented the RSAF Honorary Wings by COS(AS), BG Hoo Cher Mou, on 20 Oct 10. The investiture was conducted in the Honour Room at Air Force Training Command.

The TNI AU officers who received the Honorary Wings were Deputy Chief of Air Staff, Air Marshall

Surkino, Assistant Chief of Air Staff for Personnel, Air Vice Marshall (AVM) Rodi Suprasodjo, Assistant Chief of Air Staff for Security, AVM Gunpanadi Waluyo, Commander, Air Ops Command I, AVM Eddy Suyanto, and Commander, Air Ops Command II, AVM Agus Munandar.

The five TNI AU officers were awarded the RSAF Honorary Wings for their outstanding and significant contributions in fostering stronger bilateral ties between the RSAF and the TNI AU. Following the ceremony, the officers attended the Opening Ceremony of EX Elang Indopura at Paya Lebar Air Base.

The ceremony highlights the warm and long-standing defence relations between the RSAF and the TNI AU. The two air forces interact regularly through professional exchanges and other exercises like EX Camar Indopura.

RCGC/RGDI 03/10

The graduands of RCGC 03/10 with COMD ADOC, BG Kwek Kok Kwong

On 19 Aug 10, 37 graduands received their Certificates, Vocational Badges and Ceremonial Swords from the Guest-of-Honour, COMD ADOC, BG Kwek Kok Kwong, at the RSAF Combined Graduation Ceremony (RCGC) 03/10. Held at the Air Force Museum, the ceremony was followed by the RSAF Graduation Dining-In (RGDI), which was held at Paya Lebar Air Base Officers' Mess. BG Kwek also presented awards to the Best Trainees.

OCT Robin Chia's mother, Mrs Joyce Chia, was exhilarated to see her son receive the Best Trainee award. Said Mrs Chia, "I am very proud of him. He has improved significantly from his JC days. Ever since he joined the RSAF, he has become

more mature and very self-motivated. I don't have to worry about him much these days as he plans for his future."

When asked about his course motto and its significance, LTA Varun Kumar Rai from the 140th Initial Entry to Rotary Wings Course said, "My course motto is "Aerius Congregatio", which means "High Society" in Latin. It serves as a reminder for us to live to high standards and more importantly, to maximise our potential."

Air Force News congratulates all graduands and wishes them all the best in their future endeavours.



The top graduands with COMD ADOC, BG Kwek Kok Kwong

Name (from left to right)	Category
LTA Wilson Kwek Wei Hong	139 th A Rotary Wings Course
LTA Lua Yanwen Ivan	140 th Transport Wings Course
OCT Cheng Hao Ming	13 th ROS Commander Course
OCT Chia Mu Jun Robin	2 nd Air Warfare Officer (C3) Radar Course
OCT Ng Kok Lip	2 nd Air Warfare Officer GBAD Course

78/09 Officer Commissioning Ceremony



Mr K Shanmugam presenting the SOH to OCT Ng Kok Lip

A total of 294 officer cadets were commissioned at the SAFTI Military Institute on 18 Sep 10. Minister for Law and 2nd Minister for Home Affairs Mr K Shanmugam, reviewed the commissioning parade which included 33 Air Force officer cadets from the 2nd Air Warfare Officer (AWO) Ground Based Air Defence (GBAD) Course, and

the 2nd AWO Command, Control and Communications (C3) Course.

Speaking at the parade, Mr Shanmugam encouraged the graduands to undertake their responsibilities with complete dedication and commitment.

The parade marks the completion of 38 weeks of rigorous training to develop the officer cadets' combat, planning and leadership skills. The newly commissioned SAF officers will assume operational, instructional or staff appointments.

From the RSAF, the Sword of Honour (SOH) recipients were OCT Ng Kok Lip of the 2nd AWO GBAD Course and OCT Chia Mu Jun, Robin of the 2nd C3 Course.

Said OCT Ng Kok Lip, "I'm very happy to be an SOH recipient. It feels great to see that our hard work has paid off."

41st CSC and 11th NSCSC



ME6 Hoo receiving the award from DPM Teo

The 41st Command & Staff Course (CSC) and 11th National Service Command and Staff Course (NSCSC) Graduation Ceremony was held at the Istana on 26 Oct 10. The graduation ceremony was graced by Deputy Prime Minister (DPM) and Minister for Defence Mr Teo Chee Hean. The 41-week CSC and 32-week NSCSC, prepares officers for senior command and staff appointments in the SAF. It is the highest level of formal military education offered in the SAF for regular and Operationally Ready National Servicemen officers. DPM Teo said, "We aim to produce officers who are capable of understanding the impact of political, social and economic events on military operations and doctrines."

ME6 Hoo Soo Pin, an Air Force Engineer from the Air Logistics Department, commented on his greatest takeaway from the course, "I made many friends, not only from the different units within the Air Force,

but also the Army, the Republic of Singapore Navy, and officers from other countries such as the United States, Australia, China and Brunei. The course taught me the importance of making decisions with the organisation's interest at heart. I have also gained a clearer understanding of the air operations that the RSAF undertakes." ME6 Hoo is the first Air Force Engineer to receive the award for being the top graduate of his cohort.

MAJ Stanley Selva, a Staff Officer from Air Combat Command, shared, "Recently we went for a study visit, to South Korea. The visit was really memorable for me, as we visited the Joint Security Area in the demilitarised zone, and you can really see what war does to a country, and feel the intensity of it all. We can see for ourselves that we should prevent something like this from happening to Singapore, and in that sense, each of us has a big part to play."

In his valedictory speech, ME6 Hoo on behalf of his cohort, thanked the family members for their understanding and support shown to the graduands, even as they "slogged through many days and nights of essay writing, research, and evening speakers' programme."

DPM Teo also conveyed his appreciation to all the spouses, families, and the employers of the graduating NS officers for their support and encouragement in helping the officers manage the rigours of the course so that they may contribute to Singapore's defence, and take on heavier responsibilities in their new command and staff appointments.

What are You Eating - Know Your Food

Ever wondered what the doctor meant by watch your diet? Unless you intend to go on a strict no-fat, no-cholesterol vegetarian diet, learning to understand the nutritional value of what your choices are, and how it affects you, can make healthy eating a palatable affair.

Processed Foods

Eating healthily is a good start to maintaining an ideal BMI. However, what does healthy eating mean? How does one achieve it? Knowing what you are eating is a good first step to enable you to make better dietary choices. Many times, we choose groceries based on how attractively packaged or appealing they are to our senses, rather than how much nutritional value they have.

Reading Food Labels

Until recently, understanding what you were eating was not easy. Consumers could only rely on manufacturer's claims and advertising to make their decisions as food products were not always labelled in a straightforward manner. Nowadays, food labels such as the Nutrition Information Panels (NIPs) are present in most packaged foods such as cereals, crackers, canned goods, cookies and snacks. These NIPs provide nutritional information in a standardised format that allow for easy reference and comparison, enabling us to make informed choices on the go.

What is in a Nutrition Information Panel

Nutritional Information Panels contain a variety of information that can be easily divided into 5 simple categories.

1. Serving Size
2. Calories (Total and From Fat)
3. Nutrients to 'Eat Less' (Fat, Cholesterol, Sodium)
4. Nutrients to 'Eat More' (Dietary Fibre and Vitamins)
5. Percentage Daily Values

Interesting Facts

Did you know that:

Foods with the Healthier Choice Symbol are healthier selections in each food category?

'Fat Free' foods can still contain up to 0.5g of fat per serving?

'Less Fat' foods can contain high amounts of fat?

'Light' foods contain 1/3 less fewer calories than foods in the same category?


'High Fibre' foods contain more than 5g of dietary fibre per serving?



Food labels can't tell you what foods to eat – that is your decision. However, it can help you find food that treats your body well. With these new skills, grocery shopping will be a whole different experience!

Hawker Fare

Let us put some of the common hawker fare in better perspective.

Hawker Food	Nutritional Content	Exercise Equivalents	Healthier Alternative
 Char Kway Teow	Calories – 744 kcal Total Fat – 38 g Cholesterol – 234 mg Sodium – 1459 mg	Running – 50 min Jogging – 90 min Swimming – 65 min	Avoid this dish if possible, and go for lighter alternatives like fish ball kway teow, to get a good balance of protein and carbohydrates.
 Steamed Chicken Rice	Calories – 607 kcal Total Fat – 23 g Cholesterol – 107 mg Sodium – 1287 mg	Running – 40 min Jogging – 75 min Swimming – 50 min	Go for chicken parts with less fat, such as breast meat, and request for the skin to be removed. Choose plain rice instead of chicken rice for a fat-free alternative.
 Laksa	Calories – 591 kcal Total Fat – 32 g Cholesterol – 181 mg Sodium – 1588 mg	Running – 40 min Jogging – 70 min Swimming – 50 min	Choose low fat, skim-milk or yoghurt in place of full cream or coconut milk when preparing dishes like curries.

As you can see, it is difficult to find a healthy hawker dish. Hawkers often make food tastier by unhealthy means. However, with careful selection and special requests to the hawker, it is possible to make the healthier choice, and save you the extra calories... and exercise!

What are You Eating - Know Your Food

Hawker Food	Nutritional Content	Exercise Equivalents	Healthier Alternative
 Minced Pork Noodles	Calories – 511 kcal Total Fat – 23 g Cholesterol – 29 mg Sodium – 1491 mg	Running – 35 min Jogging – 60 min Swimming – 45 min	Ask for less sauces, and oil, as they are the main contributors to high sodium and fat levels.
 Fish Bee Hoon Soup	Calories – 349 kcal Total Fat – 8 g Cholesterol – 28 mg Sodium – 1413 mg	Running – 20 min Jogging – 40 min Swimming – 30 min	Choose clear soups and request for less added salt to bring down the sodium content of this dish.
 Fried Hokkien Prawn Mee	Calories – 522 kcal Total Fat – 19 g Cholesterol – 233 mg Sodium – 1423 mg	Running – 35 min Jogging – 65 min Swimming – 45 min	Request for no lard if possible, as it contributes to the majority of fat and cholesterol content of the dish.

Changes in Appointments

Changes in Senior Staff Appointments

HD SAF IOG, Joint Operations Department (JOD), MINDEF
– 01 Sep 10
Incoming: COL Leong Choong Yew

Changes in Command Appointments

CO 140 SQN, Fighter Group (FG), Air Combat Command (ACC)
– 15 Nov 10
Incoming: LTC Sim Peng Shin
Outgoing: LTC Kwan Kum Wah

CO Air Operations Maintenance SQN - Rotary Wing
– 12 Nov 10
Incoming: ME5 Ranjeet Singh S/O Ram Singh
Outgoing: ME6 Chiang Chin-Tek

CO 144 SQN, Fighter Group (FG), ACC
– 11 Oct 10
Incoming: MAJ Liew Boon Ping
Outgoing: LTC Chia Shih Koon

Commanding Officer (CO) 130 SQN, Flying Training Institute, Air Force Training Command (AFTC) – 22 Oct 10
Incoming: LTC Wee Liang Jit
Outgoing: LTC Tan Chee Seng

Changes in Chief Warrant Officer (CWO) Appointments

CWO, Air Logistics Department, HQ RSAF
– 19 Oct 10
Incoming: ME4 Alfred Chow Peng Hoong
Outgoing: ME4 Ang Boon Huat

CWO, Air Warfare Training Institute, AFTC
– 01 Sep 10
Incoming: ME4 Chee Kwok Wah

SQN CWO, 123 SQN, Helicopter Group, Participation Command
– 16 Nov 10
Incoming: ME3 Loh Chee Wai Ignatius

SQN CWO, 130 SQN, FTI, AFTC
– 15 Nov 10
Incoming: 1WO Toh Hock Choon
Outgoing: 1WO Thankarajan S/O Muthiah



CELEBRATING 42 YEARS OF SKI CLEAR