

A PUBLICATION OF THE REPUBLIC OF SINGAPORE NAVY

NAVY

news

<http://www.navy.sg/>

ISSUE 02 2010

Full Air-Sea Integration Elevates The RSN



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CTF 151 - Bravo Zulu Singapore!
Military Experts in the RSN

Navy News

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Photo Courtesy of Pioneer.



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RSS STALWART entering Naval Station San Diego, USA, to start integration training with the new RSN Seahawks at the PEACE TRITON detachment. Full story on pages 12 to 15. Text by LCP Jesse Leow.

A Word from CNV



RADM Chew Men Leong
Chief of Navy

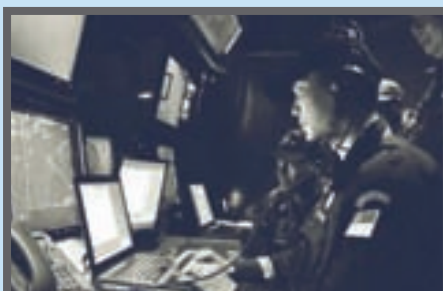
As we celebrate our 43rd anniversary, we can be proud of the Navy we have today, proud of our well-trained people and modern balanced maritime force, proud of a Navy that is Committed, Strong and Ready. As we celebrate Navy Day on 5th May, we want to honour the past, recognise those who stand watch today, and commit ourselves to the future.

Our Navy is where it is today because of the men and women who choose to give the best years of their lives to serving the Navy and the nation. It is our job to remember the distinguished accomplishments that our Navy has brought to the SAF and Singapore, to remember those who have served and those who continue to serve. All of us should make time and find a way to express both pride and gratitude to those who have honoured us by the hard challenges they have overcome and the remarkable achievements that they have earned for the RSN. Just two weeks ago, our Navy, leading a tri-service team, successfully completed the first ever command of Combined Task Force 151 for counter-piracy operations in the Gulf of Aden. What RADM Bernard Miranda and his team had achieved was a significant milestone for the Navy and the SAF, making remarkable contributions to the international fight against piracy. We were the first Navy in the Asia Pacific to have led the task force. We have set new operational benchmarks for Combined Maritime Forces in the Gulf in the process. More importantly, we have been asked to lead again in the future.

Many of us join the Navy to make a difference. With hearts in the right place, sharp minds and stout spirits, we touch the lives of those around us. We have helped make Singapore a safer place for all. The Navy in turn makes a difference to our people. Our people lead and learn. In the process we become stronger and better people. We make friends, and we find a second family: a family that will be there for us through thick and thin. Eventually, when some of us leave the service, we never really leave the Navy. Because the strong bonds we have built, fond memories, along with friends and family, are for life.

In our culture, what we have learned over time about what matters at the end of the day is the respect of our people and of our community. It is more important, more powerful, and more enduring than any other form of recognition. In this regard, we recognise and respect every single person contributing in the various formations and departments – keeping continuous watch over our waters and sea lanes, carrying our flag high in numerous operations and deployments, making tall efforts to stand ready today and tomorrow, never wavering in ensuring the nation's safety and security and safeguarding its interests.





It is here in the Navy that you will find not only camaraderie, but a sense of community. Not only esprit de corp but passion in the profession of service. Not only will you witness leadership and friendship, but you also experience loyalty, respect, and the Navy Family Spirit that goes with a family that has experienced successes as well as failures, personal sacrifice, selfless commitment and courage under fire. If you want to know how the Navy can constantly perform at its best and why we do it, you have to join the Navy to get the answers.

While it may seem as an abstract thing to some, our Navy Family Spirit that passes on through the years gives us our comparative advantage. It sets us apart from other navies and many other organisations. It gets us through the tough times during long sailings, extended deployments, grueling operations, as well as times of personal loss, being away from your families, and ever-changing work environments. It is our job to ensure that the Navy Family Spirit is never broken.

Whether we see it, hear about it or experience it, we are part of a community, history and tradition, where one generation cares for and nurtures the next. We all know of ex-senior commanders who have done that for us. Now, we have been charged to carry their example of life-long service and pay it forward for those under our care. Shipmates take care of shipmates. This form of paying it forward has proven itself consistently across our successful short history. We owe our people serving with us nothing less than our very best effort.

The interesting part about serving in the Navy is often, you do not wake up in the morning and think about just getting through another day of work. Instead, you think about what you can do for other people, how you can make work meaningful, how you can make a difference in people's development and their lives. The personal satisfaction that we receive from serving others benefits us more than people receiving the acts of service. We are not a spectator society. Those who choose to serve, step into the arena and work hard, always refusing to take a seat in the stands.

Our strong Navy Family Spirit has put us in very good stead going forward. We will journey together and continue to be a Navy that is professional and dependable. A Navy that we value and that Singapore can be proud of. Now is the time to continue building upon what our forebearers have built, to treasure our bonds and our Navy Family Spirit, and to keep our Navy Committed, Strong and Ready.



RSN OH Workshop 2010

The annual RSN Occupational Health Workshop was conducted from 1 to 3 Feb at the Navy Medical Service auditorium, Changi Naval Base. From the workshop, participants gained additional knowledge in occupational health issues.

MSTF Chinese New Year Celebration 2010

The Maritime Security Task Force (MSTF) family ushered in the Lunar New Year at SAFRA Jurong on 12 Feb. The MSTF family was treated to a sumptuous banquet brunch together with entertaining performances put together by RSS KALLANG.



NUWC Achieves ISO 9001:2008 Standards

Naval Underwater Warfare Centre (NUWC) became the first RSN unit to be certified ISO 9001:2008 for the "Provision of Project Management Services to the RSN for Underwater (UW) Projects" on 18 Feb. This reaffirms NUWC's commitment to

deliver better, more structured and competent project management services to the RSN.

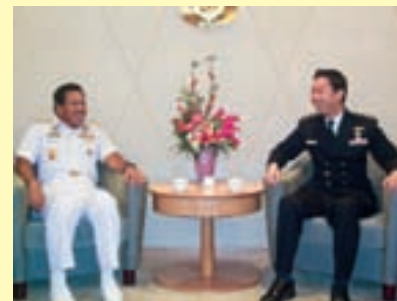


"RISE OF THE PHOENIX" Chinese New Year Celebration cum Total Defence Commemoration

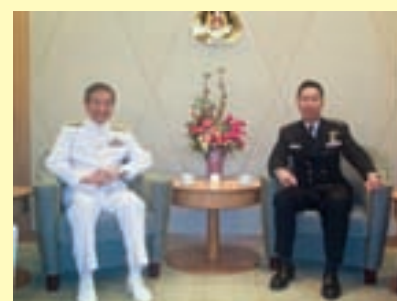
On 22 Feb, Naval Logistics Department (Operational Logistics) organised a half day Chinese New Year Lunch and Total Defence Tour to the URA city gallery, the Supreme Court and the Open Art Gallery.



Courtesy Calls



ADM Agus Suhartono
Chief of Staff
Indonesian Navy



ADM Keiji Akahoshi
Chief of Staff
Japan Maritime Self Defense Force



ADM Patrick M Walsh
Commander
United States Pacific Fleet
United States Navy



RADM Ignatius D Surarto
Commander-in-Chief Eastern Fleet
Indonesian Navy

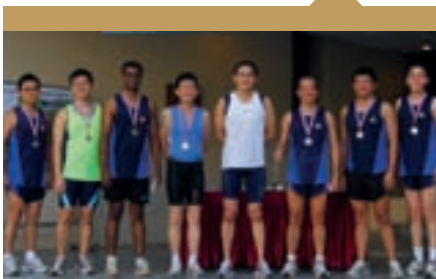
Rise Above on the WINS of Change Seminar

NLO organised a "Rise Above on the WINS of Change" seminar at Tuas Naval Base auditorium on 23 Feb. The seminar aimed to help participants develop an open mindset to deal with change.



Gombak Biathlon

Personnel from Gombak Base took to the roads of Pasir Panjang Camp on 25 Feb for the Gombak Biathlon 2010. HQ RSN came in 3rd in the competitive race. CDF LG Desmond Kuek was the Guest-of-Honour.



WOSR Seminar 2010

More than 500 members of the WOSR corp gathered at the Victory Hall auditorium on 26 Feb for the annual WOSR Seminar. The key focus of the seminar was on the Military Domain



Expert Scheme. Chief of Navy RADM Chew Men Leong graced the event as the Guest-of-Honour.

41st SAFSA Swimming Meet

Team Navy continued its winning streak on 5 Mar at the 41st SAFSA swimming meet when they emerged champions for the 20th consecutive time. LTA Winnie Tan from FLEET did the RSN proud by setting a new record for the 50m Women's Open backstroke.



RSN Inter-group Badminton Tournament 2010

The team from TRACOM emerged champion for the RSN Inter-group Badminton Tournament 2010. Held at

Changi Naval Base sports complex on 6 and 7 Mar, Commander IMW COL Ricky Hi was the Guest-of-Honour.

Gombak Charity Carnival

The Gombak Tri-Services Mess organised the 2010 Gombak Charity Carnival at the Gombak Recreation Centre on 12 Mar. Personnel from HQ RSN managed to help raise a total of \$42,000 that was contributed to the various charities.

MDES Rank Presentation

On 12 Mar, Chief of Defence Force LG Desmond Kuek presented senior military experts (ME5 and above) their new ranks at the SAF Rank Presentation Ceremony held in MINDEF Auditorium. The other military experts and the new 3WOs received their ranks from RADM Chew Men Leong at the RSN Rank Presentation Ceremony held in Changi Naval Base on 17 Mar.

- More details on page 10.





Singapore Biathlon, Navy Sprint Challenge & Charity Heartstrings 2010

NDU co-organised the Singapore Biathlon 2010 with SAFRA on 13 Mar. TRACOM also managed to win the Navy Sprint Challenge trophy. For the Charity Heartstrings, members of the RSN raised \$158,240 for its 10 supported charities.

- More details on page 11.

HQ RSN Cohesion Day

HQ RSN personnel and their family members gathered at the Wild Wild Wet theme park on 18 Mar for the HQ RSN Cohesion Day.



NCC (Sea) Teacher-Officers Visit to TRACOM

16 NCC (Sea) Teacher-Officers visited TRACOM on 18 Mar. The teacher-

officers were provided with a better understanding of the purpose, mission and roles of the RSN.



Table Tennis Tournament

The Inter-RSN Table Tennis Tournament took place at CNB Multi-Purpose Hall on 25 Mar. After an exciting fight with FLEET and TRACOM, NALCOM / WARCEN eventually managed to retain the championship title, winning all four games.

Promising Recruits Visit Changi Naval Base

A total of 90 promising recruits from Basic Military Training Centre had a chance to find out what they can expect from a career in the Navy. Hosted by CNV RADM Chew Men Leong on 5 Apr, they were shown various aspects of a career as a Naval

Officer and had the chance for a frank interaction with CNV, Head Naval Personnel LTC Alan Goh and other senior officers.



Civil Service MAP visit to FLEET

Civil servants attending the Management Associate Programme/ Administrative Service visited FLEET on 6 Apr. The 43 foundation course participants were briefed on MINDEF policies and given a tour of RSS SUPREME with Permanent Secretary (Defence Development) Mr Tan Kim Siew. They also had the opportunity to interact with Fleet Commander RADM Joseph Leong during a dialogue session at the RSN Central Mess.

CDF visits CTF 151 Command Team

On 13 Apr, CDF MG Neo Kian Hong visited the Combined Task Force 151 Flagship, USS FARRAGUT. He was briefed on the operations of CTF 151 and had a chance to interact with the whole multinational Command Team.

1st Flot Change-of-Command

COL Sim Tiong Kian took over the helm of the 1st Flotilla from COL Wellman Wan at the FLEET auditorium on 21 Apr. FLEET Commander RADM Joseph Leong was the witnessing officer.



Where We've Been



OBS Command

RADM Bernard Miranda handed over command of Combined Task Force 151 to RADL Lee Beom-Rim from the Republic of Korea Navy on 21 Apr. The ceremony was held on board the Korean destroyer ROKS KANG GAM-CHAN.

- more details on Page 9



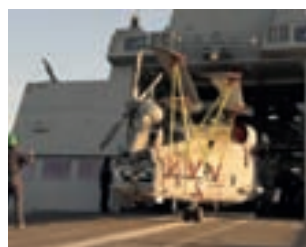
MSTD 01/10

Naval diplomacy was the theme of the day when the 63rd Midshipmen Sea Training Deployment and RSS PERSISTENCE called at Phuket from 22 to 26 Mar. It comprised a friendly soccer match and a cocktail with the Royal Thai Navy.



MSTD 01/10

Midshipmen from the 63rd batch and crew of RSS PERSISTENCE called at Shanghai from 7 to 12 Mar. They celebrated Lunar New Year at a banquet hosted by their Chinese counterparts.



PEACE TRITON DETACHMENT

The four-month integration training between the RSS STALWART and naval helicopters culminated in a US-led eight-day exercise, codenamed Ex GOLDEN MERLION, in the waters off San Diego from 8 to 15 Mar.




ISBS

Indo-Sin Bhakti Sosial (ISBS) 18/10 was conducted at Tanjung Batu, Kundur and Tunjung Balai, Karimun in Indonesia from 21 to 26 Feb. 32 staff from 182/189 SQN, Navy Medical Service and the Police Coast Guard provided healthcare services for the community and helped out at various schools. They also conducted a social and safety outreach programme for the local fishermen community.



EX PANDU

On 18 Mar, NDU and TNI-AL commemorated EX PANDU's 10th anniversary during the opening ceremony in Surabaya, Indonesia. Held from 18 Mar to 1 Apr, the exercise saw the two navies exchange professional knowledge of diving operations.



Onwards and Upwards

The RSN at the Helm of CTF 151 – A Job Very Well Done.

Story by Ben Chester Cheong
Photos courtesy of CTF 151

A well-oiled team from the SAF had been leading the charge in counter-piracy operations in the Gulf of Aden and the Somali Basin for the past three months. Managing a mammoth area of approximately 4,000 times the size of Singapore, they have been coordinating the efforts of Combined Task Force (CTF) 151, Standing North Atlantic Treaty Organisation (NATO) Maritime Groups, European Union (EU) Naval Forces and other countries on their own national tasks.

In true SAF fashion, the team undertook their responsibilities with confidence and determination, brought about by the immense training and preparation prior to deploying. Not satisfied with merely “doing their jobs”, the SAF team also managed to put in place initiatives to smoothen processes and procedures among all the forces working in the region, so as to make it all the more difficult for the pirates to ply their trade.

One of the key initiatives put in place was the establishment of communication links for the real-time sharing of the sea situation picture among all friendly forces. “We established a system to allow information to be disseminated quickly so that no time is wasted in rendering support to ships that come under attack. Back in February, we were able to activate a Japanese warship on national tasking to deter a pirate attack when no CTF 151 warship was in the vicinity. This was possible only through the

good understanding that we have established with our partners through constant communications. We have also opened up communication channels with the Yemeni Coast Guard,” shared 2WO Frankie Chong, the Flag Sergeant Major and Battle Watch Captain Assistant.

In addition, the team continued with a push for tighter co-ordination between the counter-piracy operations amongst the various parties. These included the continued discussions with the other task forces at the Shared Awareness and De-confliction meeting; taking on the role of co-ordinator of the warships in the International Recommended Transit Corridor (IRTC) in the Gulf of Aden; the introduction of common nomenclature for the tracking of dhows and skiffs in the area; and the establishment of operating procedures to facilitate the command changes of CTF 151 and the transition for newly arrived warships.

Being the epicentre of the action, SAF personnel operating from the USS FARRAGUT have at times been stretched to their limits. Notwithstanding thorough preparation and interaction with the Combined Maritime Force (CMF), CTF 151 and the previous command team, the tempo of operations at the Gulf of Aden has been intense. “I have been on the flagship for more than 60 days. I had a lot of sleepless nights during this time, but that’s not the main point. Every time we end a

day without a pirate attack, we feel pretty good about ourselves. This is my first time in such an effort, and nothing beats facing the challenge. Besides, I have also made many new friends from all over the world,” shared CPT Anna Teo, Head of the Future Operations Cell.

Since taking command on 20 Jan, the command team has responded to calls for assistance and successfully co-ordinated efforts to thwart pirate attacks in the IRTC. As command of CTF 151 was handed over to RADL Lee Beom-Rim from the Republic of Korea Navy on 21 Apr, RADM Bernard Miranda said: “The coalition has made good progress in counter-piracy operations in the Gulf of Aden and the Somali Basin. The task force command team and the ships from all participating navies worked well together to disrupt pirate attacks.”

The most important takeaway for the team was the clear affirmation they received from the coalition partners. “Whether co-ordinating the efforts of coalition vessels, deploying boarding teams to suspicious vessels, or educating commercial mariners on best management practices, RADM Miranda’s team has consistently been the driving force behind these measures of effectiveness and has raised the bar for future task force commanders. “I commend you and your team and thank the Republic of Singapore for providing the CMF with your leadership,” commended VADM William E. Gortney, Commander CMF.

Onwards and Upwards



MDES – For Our Servicemen to Give of Their Best!

Story by Gabriel Ong
Photo by Ben Chester Cheong

Chief of Defence Force LG Desmond Kuek presented Military Experts 5 (ME5) and higher their new ranks during the SAF Rank Presentation Ceremony held at the MINDEF Auditorium on 12 Mar. Experts of grade 3 and 4, as well as the new 3WOs, were presented theirs by Chief of Navy RADM Chew Men Leong during the RSN Rank Presentation Ceremony held at Changi Naval Base on 17 Mar.

A scheme to nurture talented and capable uniformed personnel with deep specialisation in specific military competencies, some of the key features of MDES include an extended retirement up to age 60 and an eight-tier rank structure from ME1 to ME8.

“(The) Military Domain Expert Scheme (MDES) allows our organisation to develop and pay deliberate attention to specialisation to meet the demands of the 3rd Generation SAF. With this focus, we will be able to nurture our people with the necessary depth of expertise and experience which will in turn create a sustainable way forward for the SAF,” ME4 Barry Lau from FLEET shared.

Even our dear “old sea dogs” have embraced the MDES initiative with

open arms. Take ME5 Roger Seow for instance. He shared: “MDES is necessary to boost the Navy forward as it now gives former WOSRs the opportunity to shoulder higher responsibilities and therefore have better career prospects.”

“...it now gives former WOSRs the opportunity to shoulder higher responsibilities and therefore have better career prospects.”

- ME5 Roger Seow from NPD.

Changes were also seen at the Navy's three messes. Members of the messes will now be able to interact and partake in each others' activities and enjoy all associated facilities, regardless of rank. On 25 Mar, CNV RADM Chew unveiled the new names of the messes – Wardroom, Anchorage and Helms.

Members more than welcomed this move. ME2 Grace Loh Su Peng affirmed: “The re-opening of the RSN Central Mess is a prelude to the MDES rank changes. The RSN Central Mess will now be a useful platform for all of us to expand our social network.” ME4 Lim

Kheng Peow from CMB echoed: “The opening of this single mess entity has created a conducive atmosphere for us to meet and socialise together. Our mindset will change and as we move ahead, esprit de corp and camaraderie will prosper and bloom.”

“The re-opening of the RSN Central Mess as a combined one signifies a new chapter in our Navy's history. With the integration of MDES personnel among our ranks, the mess will offer greater opportunities for sharing memorable experiences and stories. Where there were once three messes, there is now ONE mess to symbolise the united Navy spirit which binds us together,” LTA Benson Chian shared.

The implementation of the new scheme does not signify the end of the RSN's HR transformation journey. New training roadmaps for Military Experts have been constructed over the past months and details are being rolled out by TRACOM. Revisions to the training roadmap for both the Enhanced Warrant Officer and the Enhanced Officer Schemes will also be broadcast in time.



A Decade at the Peak – 10 Years of Biathlons

Story by Jesse Leow
Photos by Jesse Leow & NDU

Debuting in Sembawang Camp in 1987 with just 80 participants, the Navy Biathlon was started by NDU as an alternative multi-sport event for RSN personnel. However in 2001, SAFRA and the Singapore Sports Council enlisted the assistance of NDU as part of their push to introduce endurance sports to the nation and organised the inaugural Singapore Biathlon. And the rest, as they say, is history.

The event series was originally conducted at the Siloso Beach, Sentosa, but had to relocate to its current "home" in East Coast Park in 2005 to accommodate the increased interest in the event. In fact, participating numbers have grown at such a rate that the race sells out within weeks of registration opening. From just approximately 860 participants in its first race, a record number of 2,310 registrations were submitted for this year's biathlon.

The larger numbers also meant that the organisers had to continually innovate to ensure that the race remained well organised and

participants would leave the event with fond memories. For example, an electronic tagging system was introduced to ensure that race timings were captured more accurately. The race route is reviewed every year to ensure that it remains simple and safe for all participants. More exciting competitive categories were also introduced, such as the Family Team, the AXN Challenge for international participants, and the Youth Challenge.

While the spotlight of the race traditionally lies in the Men's and Women's Open categories, the SAF Invitational is the one that sees the greatest rivalry. This year, Team Amphibians of the RSN, comprising MAJ Chew Kuok Hsin, CPT Tan Kiat Hau, 1WO Chan Mun Hong, 3SG Lim Lu Kai, and 3SG Tan Wei Jie managed to clinch fourth place.

1WO Chan mentioned: "Although age may be catching up, the Singapore Biathlon has become an integral part of me; the drive and passion to compete and do well in fact grows greater each year. As far

as I am able, I will cross that finishing line in every Singapore Biathlon for years to come."

The Navy Sprint Challenge category was introduced in 2006 to encourage sports participation among the Navy Family. While NDU used to dominate the field in the early days, the challenge trophy has since changed hands. Units are clearly taking up the challenge with the tenacity and commitment that the RSN is known for, with TRACOM emerging champions this year. ME3 Ong Kian Meng from IMOS said: "Winning was the bonus. What was really great about the experience was the team spirit built-up during the preparatory training."

The Navy Sprint Challenge is also conducted jointly with the Charity Heartstrings movement of the RSN, where RSN personnel raise funds for the various RSN supported charities. This year, a total amount of \$158,240 was raised, benefitting various organisations like the SAF Benevolent Fund and the Chen Su Lan Methodist Children's Home.



Full Air-Sea Integration Elevates The RSN

Story by Serena Lim
Photo Courtesy of Pioneer

“KILO MIKE, this is SEAHAWK ZERO THREE. Request Green Deck. Over.”

“SEAHAWK ZERO THREE, this is KILO MIKE. Green Deck. Over.”

“This is SEAHAWK ZERO THREE. Green Deck. Roger. Out.”

And with these brief words, the RSN's very own S-70B Naval Helicopter (also known as the SEAHAWK) landed on the deck of RSS STALWART (international call sign Sierra-Six-Kilo-Mike). The Formidable-class frigate had been deployed more than 8,500 nautical miles to the state of San Diego, USA, in order to support the training conducted at the RSAF's PEACE TRITON Sikorsky Seahawk Naval Helicopter Detachment.

This deployment required RSS STALWART to cross the Pacific Ocean, a journey that took almost a month. “Our planning revealed that the seas would be rough, and she (the sea) did not disappoint”, shared ME3 Johnny Chan, Coxswain RSS STALWART, with a smile. “At times, the sea state went all the way up to six¹, but our strong sense of mission kept our morale and spirits high.”



Since joining the PEACE TRITON detachment in Nov 09, the ship's crew have been training to integrate the frigate and naval helicopters in the conduct of maritime operations. However, preparations for this deployment actually started years before. Since RSS FORMIDABLE was commissioned in 2007, personnel were already being selected to undergo courses and receive exposure in helicopter operations. These were largely gained through our interactions

with other navies with proven shipboard helicopter capabilities.

Actual helicopter operations with foreign navy assets also took place during bilateral and multilateral exercises, namely Exercise MALABAR (India and USA) in 2007, Rim of the Pacific Exercise (more than 9 countries including Canada, Australia and Japan) in 2008, and Co-operation Afloat Readiness and Training Exercise (USA and Thailand) in 2010. Since Apr 09,

¹ Sea states are measured on the Douglas Sea Scale, from 0 to 9, with 0 being an almost glassy surface. Waters in Singapore and the South China Sea usually range from 1 to 4.



the RSN also enlisted the assistance of the Afloat Training Group of the United States Navy (USN) to help prepare RSS STALWART for her future role.

Training for the first batch of RSN crew at PEACE TRITON started in Oct 07. They underwent the USN Aircraft Qualification Course as well as the Sikorsky Aircraft Conversion Course before commencing maritime helicopter tactical training. Integration training began in earnest when RSS

STALWART arrived in Nov 09.

The RSN based their training on established USN training syllabus, which was conducted by a 13-men team led by LCDR Jon Anderson from the Helicopter Maritime Strike Weapons School, Pacific Fleet, USN. "They (the SAF trainees) had to experience the same thing that we had to experience, and go through the very same qualifications that we had to, in order to be ready to go to

sea as a detachment," shared LCDR Anderson. "Our (USN) shipboard integration took us almost 10 years and the SAF is doing it in three, which in itself is incredible." The quick assimilation of knowledge can only be attributed to the commitment and dedication of both the USN trainers and SAF personnel.

However, the integration of both platforms involved more than just learning how to operate the systems. What proved to be just as challenging was the adaptation of processes and understanding the different working systems between the RSN and RSAF. While the RSAF personnel had to adapt to "close-quarters" living and working while sea sick, the RSN personnel had to learn to respect the RSAF's operational requirements, like fixed sleep-rest cycles for the pilots and air crew.

"When the air maintainers were first embarked, it was obvious that they were not used to working on a platform which was moving all the time. Rough seas and seasickness did not help matters," shared ME3 Goh Kok Leong, Marine Systems Cluster Chief, RSS STALWART.

Differences in operational terminology also had to be ironed out to avoid misunderstandings, eliminate potential hazards and enhance operational capabilities. "We spent a lot of time making sure each understood what the other said and what it meant, as communications in the air has to be brief and succinct," said MAJ Goh Ker Jia, one of the naval helicopter pilots.

"There are basically two different parts. For flight safety, that would include check-backs to the ship and to provide situational awareness to the pilot. The other part includes specific codewords for mission accomplishment," shared CPT Sean Ler, Communications and Electronics Officer, RSS STALWART. CPT Ler also acts as the Aircraft Controller in the ship's Combat Information Centre.

Now Hear This!



The four-month integration training culminated in an eight-day exercise conducted off the waters of San Diego. Codenamed Ex GOLDEN MERLION, the RSN's naval helicopters and RSS STALWART exercised with the USN, represented by four warships, one submarine, six helicopters and two maritime patrol aircraft. This exercise put the team through a series of realistic and tough anti-surface and anti-submarine warfare serials.

Deputy Prime Minister and Minister for Defence Mr Teo Chee Hean was present to observe how the naval helicopters are able to enhance the SAF's maritime warfare capabilities. He commented at the end of the visit: "The capability the frigate and helicopter integration has for the SAF is that it enables the ship and helicopter platform to dominate a much greater area of sea and air space, both above and below the surface, than is possible either with a ship or an aircraft alone. The fact that you can put the ship and the aircraft together and multiply the capabilities of both by operating them together as one system is a major leap forward in the capabilities of the SAF."

"The aircraft has to be seen as an extension of the ship," explained MAJ Goh. "We (the naval helicopter) act as a conduit of the ship's command





Backpaddle

The RSN and the RSAF have been exercising together for a long time. However, both platforms operated as distinct units in support missions such as replenishments at sea, medical evacuation operations and even in search and rescue missions. With the transformation into the 3rd Generation SAF, there have been closer tie-ups between the forces. For example, in the recent deployment to the Gulf of Aden for counter-piracy operations, a Landing Ship Tank was deployed with two Super Pumas embarked as an integral part of the task group.



in warfighting." RSS STALWART's Operation Officer MAJ Tan Yong Chye concurred: "The helicopter can be projected further to detect submarines and vessels, easily expanding the ship's operational picture."

"When the ship does not have a naval helicopter, its ability to survey the area, both above and under the water, and understand what is out there, is greatly limited," explained COL Wellman Wan, then-Commander 1st Flotilla. "Whereas now, the frigates can get well ahead of the enemy, especially if the enemy does not have a helicopter. But even if the enemy is similarly equipped, our force and

team-based training ensures that we retain the extra edge that hardware alone cannot provide."

Endorsing the SAF's integrated capabilities at the exercise, VADM Richard Hunt, Commander of the USN Third Fleet said: "This is a relatively advanced exercise scripted with a number of US forces. It has been a very advanced demonstration and testing of all the skill sets that we have been trying to work towards and they (the SAF) have done exceptionally well in every one of these areas."

RSS STALWART returned to Singapore on 25 Apr. The second batch of naval helicopter crew have already begun training at PEACE TRITON.



Chief of the Divers – A Leader Who Cares

Story and Photos by Ben Chester Cheong

In this issue, we speak to the head honcho of the Naval Diving Unit (NDU). Like all great leaders, he firmly believes that people are the key assets to his organisation. Thus, a strong communication channel and autonomy in decision-making are some of his key focuses for NDU. What began as a passion for the sea and a wish to see the world, has led him to a career spanning 24 years, with him now at the helm of a truly elite force – one that leaves nothing to chance. We meet COL Tan Tai Tiong, Commander, NDU / Deputy Commander, Special Operations Task Force (SOTF) and share some of his fond memories.

Where were some of your early memories in the RSN?

My early postings were on the coastal patrol craft, RSS SWIFT WARRIOR and RSS SWIFT CONQUEROR. In the early days, our priority was to prevent illegal immigrants from entering Singapore. Nowadays, we have moved beyond that to focus on other maritime security issues, such as counter-piracy and the prevention of terrorist threats.

What were some of the things that have left a large impression on you?

One of my more interesting experiences was when I was a Staff Officer in Joint Operations Department. I was involved in the planning and crisis management of the crash of flight MI185 in Palembang in 1997. Issues were largely handled at the Ministerial

level, and I was able to learn much and gained a better appreciation of the complexity of the event. I also learnt the importance of engaging the media effectively.

Were there any motivational figures you looked up to and why?

Just to name a few - MWO (ME4) Foo Suan Yong for his motivation in pursuing higher educational qualifications; MWO Chew Chong Kuan for effectively engaging the people on the ground; LTC(Ret) Hia Chek Phong for his war-fighting knowledge and skills; and RADM Tay Kian Seng for his deep beliefs and passion in people.

What do you do as Commander, NDU?

In short, I have to manage the current, and lead NDU to the





COL Tan with his divers



future. To manage current realities, I chair and attend meetings, make decisions with the group, and attend to procurement, welfare, and administrative matters. To prepare NDU for the future, I think about the driving forces around NDU, and have a generative conversation with my team on what NDU needs to change. I also contribute to the decision making at the Naval Staff level.

One of my key roles is to help change the mindsets of other people about what NDU does. Some people still think that NDU does only diving. In fact, divers also drive the fast boats, dispose of mines and other explosive ordnance, and conduct visit, board, search and seizure operations.

I find that the impact I can make on people is the most rewarding part of my job. The question I ask is how they can be better and wiser Divers. It is not just the technical skill sets, but it is the sensitivities that you impart to them. It is the shift in attitude that you can imbue in them when doing their work. And if you instil this sense of purpose in them, they will surprise you. This requires me to spend much time with the sub-units and participate in their activities, talk to them, explain policies, hear feedback and follow up on that feedback for them.



COL Tan Tai Tiong with his family on a vacation in Zhuhai, China in Dec 09

What are some of your work ethos and key beliefs?

First is leadership by example. Practice what you preach. Second is collective leadership. I try to open up the decision space for people to be involved in the decision making process. This will allow greater ownership, and engender greater commitment. Third, to pay attention to three kinds of results - performance (easily quantifiable), that there was a positive experience, and that there was learning in the process.

How do you achieve a work-life balance?

I prefer to call it a work-life harmony. Besides running, swimming and

golf, I also enjoy finding and eating the best hawker food. My wife and I enjoy the different hawker fare all over Singapore, from crabs to laksa. There is this Eng Seng Restaurant at the Still Road and Joo Chiat Road junction that sells the best pepper crab in Singapore. You have to wait 15-30 mins just to get a table, and then wait another 30 mins after you place the order. I also like the fried Hokkien noodle at Clementi Central hawker centre.

Sense-Maker of the Ship

*Story by Gabriel Ong
Photos by Justin Tan*

In this issue, Navy News delves into the world of a Command and Control (C2) Systems Operator – ME1 Alex Chiu. We caught up with Alex to find out a bit more of what he does.

Working from the Combat Information Centre, ME1 Chiu makes sense of the myriad of information gained through the various sensors aboard ship, puts together a situational picture of the battlespace and then provides this to the Command Team for subsequent warfare decisions.

Alex's 'interest' in the water started when he was in secondary school. Swimming an average of 50 laps was nothing uncommon for him. Later, when he joined Ngee Ann Polytechnic, he took an interest in canoeing and used to spend Saturdays canoeing at Sentosa. So it was almost a natural decision for him to choose to join the Navy when he graduated in 2006.





ME1 Alex Chiu in the CIC



Lookout duty during patrols

Alex fondly remembers his first day he stepped aboard RSS JUSTICE, a Patrol Vessel. A “landlubber” then, he found himself having to quickly assimilate the knowledge required of a shipboard combatant while adapting to a whole different life aboard a ship. He rose to the challenge and handled his new job scope with confidence and determination. His “never say die” attitude and great passion for his work did not go unnoticed by his superiors and peers. CPT Surendran, Gunnery Officer RSS JUSTICE complimented: “ME1 Chiu is able to execute his orders with proficiency and efficiency. During his spare time, he even adds value to the ship by learning different aspects of shipboard operations. In fact, he is even able to name all the buoys and beacons in the Singapore Straits!”

For Alex, the most memorable experience on board RSS JUSTICE is the forging of strong ties with the crew. He shares: “We work hard and we play hard. When there’s work, everyone will put in their best effort. We’re a family and everyone supports one another.”

The life of an operational sailor definitely presents its own set of challenges. Alex shares: “The ship’s deployment schedule can conflict



with your personal plans, and you definitely need understanding friends and family. Also, being operationally ready 24/7 means that sometimes the best laid plans can go out the window. One time, I was looking forward to picking my dad up from the airport, but the ship was suddenly activated for a task. From then on, I made sure I always find a stand-in for me!” ME1 Chiu’s father works as a production manager overseas and returns home only once a quarter. “Fortunately, my dad is a very understanding person and assures me not to worry whenever such incidents happen.”

During his free time, Alex can be seen “taking down” enemies in Modern Warfare 2 or AIKA (two of his favourite computer games) or hitting the movies. His favourite “hobby”, however, is something totally different. “All you need are



Alex and some of his shipmates

two portable barbecue pits, some food, ice, orange juice, a portable table and chairs, a couple of good buddies and voila! You have your barbecue!” Alex gushed excitedly. His favourite barbecue spot is at Yishun Dam, he lets Navy News in on this ‘secret’. “With a golf course just beside the reservoir, the scenery is absolutely stunning, and if you’re here at night when the golf course is lighted up, you will feel like you’re actually looking at the sea, a scene I never get tired of.”

Extreme Makeover – RSN style!

Story by Jesse Leow

Photo: File Picture

Life for many of us today has become relatively sedentary. Coupled with the ever-present temptation of cheap and good food all around us, it is no wonder that many of us are carrying a few extra kilos around. Being overweight presents itself with a host of associated health problems ranging from strain-induced aches, musculoskeletal tensions and even hindered heart-lung functions.

ME2 Sugumaran from MSTF is someone who has managed to buck this trend. Following a toe fracture, his level of physical activity had drastically reduced and his weight soared to a staggering 104kg. After attending a cardiovascular health seminar late last year, he became determined to embark on a transformation, and between the months of Jan to Apr, he lost a total of 14 kilograms. He exclaimed: "I now find myself doing things with more energy!"

Thinking of emulating ME2 Sugumaran? Here are some tips which worked for him.

Clear Planning

ME2 Sugumaran started by setting clear objectives. Even though he desired change, he focused on a holistic transformation and therefore staggered his plans into two stages. He first set his ideal weight at 85

kilograms so as to reduce his BMI to a healthy level before he would proceed to muscle building.

Disciplined Exercise Regime

During the initial stages, ME2 Sugumaran put together a diligent work-week regime consisting of twice-daily runs. He would repeat this for four consecutive days, while giving himself a break on the fifth day. In addition, he also swam over the weekends.

Building Aerobic Endurance

During his initial runs, ME2 Sugumaran attempted to push himself at a moderately fast speed for about 10 minutes. After three months, his endurance improved and he is now able to maintain this pace for more than 20 minutes at a stretch. Aerobic exercises not only burn excess fats, it helps the body to increase its metabolism rate.

Stay Motivated

Hoping to be able to wear some of his pre-obesity clothes and move on to play rugby were two goals ME2 Sugumaran hoped to achieve. By visualising these goals and staying focused, he was able to sustain motivation with his exercise regime and perform better.

Consume More Fruits & Vegetables

Not only has ME2 Sugumaran cut

down on his carbohydrate intake, he takes the effort to have at least two servings of fruits & vegetables daily. Not only do fruits provide nutrients, they limit calorie intake while keeping the stomach full. On the other hand, vegetables contain dietary fibre, which aids the body's natural process of expelling toxins.

Lastly, don't forget the warm-ups!

An often neglected aspect, ME2 Sugumaran emphasises the importance of warm-ups in his exercise regime. Through stretching, warm-ups help to give the muscles a full range of movements which prevents cramps and tightness.



Before



After

Part of ME2 Sugumaran's success can be attributed to a three-month Team Weight Loss Challenge organised by the Tuas Naval Base (TNB) Physical Training Instructor's (PTI's) office. An initiative to aid participants in leading a healthy lifestyle, participants meet on alternate Wednesdays to embark on a series of exercises which include endurance building and strength training. The next run will be from Jul to Sep 10. Interested servicemen can get more details at the TNB PTI office.

Shanghai: Warm Hospitality in Cold Weather

Story by Jesse Leow
Photos: File picture

China's rising status has seen many businesses keen to beat a path to her doors in the hunt for riches. Interest in China as a tourism spot has similarly gained popularity, and there is arguably no better place than Shanghai to witness China's staggering growth, history and beauty. Known in some circles as the "Paris of the East", this city has managed to infuse western influences into her eastern culture and heritage in more captivating ways than one.

RSS PERSISTENCE called at Shanghai recently during her tasking as the supporting platform for the Midshipman Sea Training Deployment. Midshipman (MID) He Rui Min remarked: "Shanghai serves as a brilliant testimony to how fast China has developed - its architecture and skyline are what impressed me most."

Notwithstanding their tight schedule, personnel from the 63rd Midshipmen course and the crew of RSS PERSISTENCE managed to take some time to immerse themselves in the surroundings. More than just celebrating the Lunar New Year at a banquet hosted by their counterparts from the People's Liberation Army (Navy), they also explored the plethora of sights that Shanghai had to offer.

A street lined with stately colonial-era buildings, the Bund was recently reopened after an extensive restoration costing more than US\$500 million. With a history reaching as far back

as 1866, the Bund was the historic gateway for the pioneering travellers from the West. MID Kelvindev remarked: "With iconic buildings and great scenery, it felt like a nice small town."

For the shopper seeking to satisfy his desires, Shanghai boasts one of the world's busiest shopping streets. With everything from traditional galleries to specialty stores, the main shopping area offers an unforgettable experience catering to every budget. Impressed with its easy access and layout, MAJ Brian Lim commented: "Even with the crowd, the shopping experience was beyond my expectations." Popular items amongst shoppers everywhere included branded clothing and souvenirs from the World Expo 2010.

Those missing out on the cheap and good food of Singapore will find solace in the acclaimed "Shanghai Snack Kingdom". Nestled within the hustle and bustle of modern Shanghai, the Old Town God Temple Snack Street has buildings following the architectural style of the Ming and Qing dynasties. MID Lim Xinni exclaimed: "It was very lively and looked like a scene from the Qing dynasty! There were even people fishing in the pond!" Hosting some of Shanghai's most popular restaurants, it offers gastronomic treats ranging from Yellow Crab Pastries to Nanxiang Steamed Pork Buns. For MID Lim, the most interesting snack was the traditional malt candy Bing Tang Hu Lu which retails at four pieces for

Ship : RSS PERSISTENCE

Where : Shanghai, China

When : 7 - 12 Mar

Purpose : This visit to Shanghai was the second part of call for the 63rd batch Midshipmen Sea Task Deployment. Other ports-of-call included Manado and Phuket.

40 Yuan. "They don't make these in Singapore anymore." she remarked.

The tough training schedule certainly did not detract MID Soh Guo Zhong from enjoying all that Shanghai had to offer. He shared: "This visit was an interesting and enriching one. Even though most of us were not prepared for the cold weather, we were amazed by the warm hospitality we all received. It was also a great cultural immersion experience."

Shanghai Trivia

- Shanghai was one of the five treaty ports that the British forced China to open after it lost the First Opium War in 1812.
- During World War 2, Shanghai became a refugee haven. Amongst others, it was the only city to welcome Jews without condition.
- By volume, Shanghai is currently the largest cargo port in the world. With 1,421 bus lines and 420km of metro tracks, it also has the busiest public transport system in the world.

My Sea Bag

– an On-the-Job-Trainee shares

Story and Photos by Justin Tan



PTE Isaac Ong started his two-month on-the-job-training (OJT) phase on board RSS Endeavour in early Feb. According to Isaac, life as a trainee is both mentally and physically tough. In addition to learning the ropes of his vocation, he has to do other seaman duties including a bridge lookout, and quarter-master duties in harbour.

During these two months, Isaac sailed on a three-weeks deployment. This was Isaac's first and longest trip out to sea yet.

Navy News caught up with PTE Ong and asked him "What's in your sea bag?"



SAF SLING BAG

This is one of the bags that trainees are issued during their BMT. The size and weight is just nice for me to carry the stuff I need aboard ship. What I really like about this lightweight bag is the easy-to-access compartments.



DOG TAG & WHISTLE

This was one of the first items I was issued with as a sailor. The Dog Tag is a form of identification, while the whistle helps me signal for help if needed.



EXERCISE BOOK

Ship board life is new and alien to me, there are too many things to learn and remember. I note down important points in this exercise book and review them when I am off duty.



TORCHLIGHT

I carry this handy torchlight everywhere I go. Ships are lit, but this provides me with a back-up should things fail.



MEN'S HEALTH MAGAZINE

I like reading Men's Health magazine, it keeps me current as well as informed, especially during long sea deployments. Men's Health gives me a refreshing insight and update on fitness, health tips and even gadgets. Relationship information is also interesting.



OJT TASK BOOK

This is the most important guide and manual to any trainee. Being new, the OJT task book acts as a guide to practise what we have learnt in the classroom.

Navy Speak

Spoke with our ship crew and don't understand what they meant? Fret not, let us shed light on some navy slang.

Port and Starboard

Port and starboard are terms used aboard ship for left and right respectively. In early times, the steering paddle or rudder was fixed to the right side of the ship (simply because there were more right handed people), and "starboard" literally meant "the side on which the ship is steered". Ships of the era therefore loaded and received her stores on the left side to avoid damaging the steering paddle and rudder. This was known as the "larboard" side. However, the term "larboard", when shouted in the wind, was too easy to confuse with starboard and so the word "port" came to replace it, referring to the side of the ship where cargo is loaded from when in harbours and ports.



Quiz

The RSN operates the Challenger and _____ class of submarines.

- a) Swordsman Class c) Warlord Class
- b) Archer Class d) Knight Class



A cool prize package comprising a messenger bag, a Navy Water Bottle, a limited edition game and book awaits the first person below the age of 16 to send the correct answer to navynews@starnet.gov.sg. Send in your entry together with your full name, birth certificate/ NRIC number and contact number.



The answer can be found on our RSN Internet website at www.navy.sg

Congratulations to JANANI ELAVARASAN (IC No. TXXXX373F) who was our winner for the Quiz in Issue 01/2010.

MDES RANKS

Some common street names for the ranks that we wear

Hamburger

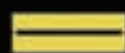
Fries

House

Chocolate Bar

Crab

Diamond



Wow! What's that new shiny thing on your shoulder?



A new diamond has joined the military ranks. The polish and experience of the Military Experts.

*With the fearless soul of a thoroughbred,
Through a vast ocean we have tread.
From eagle the lion has acquired,
And in time we will be admired.
Always looking to the sky,
We are sailors who aim high.*

