

NAVY

news

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Issue 02 2006

Force Protection To The Fore

Not Rearguard But Vanguard

"We have to be ready to react to any situation, day or night."

Adventurous Team Xtreme

"We just kept going and going."





Republic of Singapore Navy



■ RADM Ronnie Tay
Chief of Navy

A Word from CNV

THE season of workplan seminars is an opportunity for us to reflect on our accomplishments as a Navy for the past workyear, and to discuss our plans for the year ahead. I take this opportunity to thank all the men and women of the RSN for your fine efforts over the past year, which was a busy and fulfilling one – each of you has made a difference! As we progress towards Realizing the World Navy, we want to be Standing Ready, Forging Ahead towards our future.

We will forge ahead on our transformational journey towards the 3G Navy. The operationalisation of the major platforms we are acquiring, the modernization of our existing assets and the development of our plans to integrate all of them into the new 3G SAF fighting system of the future battlefield will be exciting for all of us.

We must meet the challenges of maritime security, conducting operations on a daily basis to defend our waters from seaborne threats. A key part of that is base defence. We value the important yet unsung role our Sea Soldiers play in protecting our naval bases. Comprising regulars, NSF's and NSmen, our Sea Soldiers are well trained and equipped

to keep our bases safe day and night, throughout the year.

We must stand ready to conduct maritime operations other than war. Even now, the RSS Endeavour Task Group continues its mission in the Northern Arabian Gulf, and we will see what new challenges the year brings for us.

Determination is required to reach our goals. I saw a bit of that during the inaugural Navy Sprint Challenge at East Coast Park, in which 300 members of the Navy participated. I was most impressed by their spirit – in representing their formation, training for the competition, and giving their best in the race. They set their minds on a worthwhile goal, forged ahead determinedly, and left with a sense of pride and achievement.

The year ahead will be demanding. But our efforts will be worthwhile, because what we do today helps build and shape the Navy of the future. Years from now, when we see that future Navy, we will feel proud because we will know that while we were busy realizing the 3G Navy, we were also keeping our nation's waters and sea-lanes secure.

Let us all as a Navy stand ready, forging ahead towards our future.



◀ Cover Page:
Photo by Sterling Wong

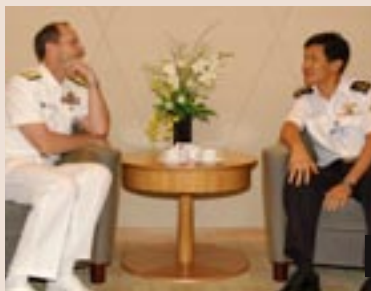


◀ Back Page:
Text by LTC Irvin Lim
Photo by
CPT Chong Yuh Woei

Courtesy Calls



■ ADM Gary Roughead,
Commander U.S. Pacific Fleet,
United States Navy



■ VADM Jonathan W. Greenert,
Commander U.S. Seventh Fleet,
United States Navy

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Exercise Simbex 2006



EXERCISE SIMBEX (Singapore-India Maritime Bilateral Exercise) 2006 was held from Feb 21 to Mar 13. 2 missile corvettes - RSS Victory and RSS Vengeance - and one Anti-Submarine Patrol Vessel - RSS Dauntless - were involved in this annual exercise with the Indian Navy (IN).

The exercise was held at Vishakhapatnam, headquarters of the IN's Eastern Fleet. According to LTC Lee Kien Tian, Commander Task Group (CTG) for the deployment, "SIMBEX 2006 is aimed at enhancing cooperation and interoperability with the Indian Navy. It has been a mutually beneficial opportunity for both navies to interact, learn, share knowledge and experiences, not only in anti-submarine warfare (ASW) but in the other dimensions of warfare. Such interactions also foster goodwill and stronger friendships, and deepen ties between officers and sailors from both navies."

One of the highlights of this exercise was a coordinated maritime security serial, where boarding teams from both navies embarked and inspected a simulated merchant vessel at sea. CPT Alvin Teo, team leader of the boarding team, commented that "these drills are especially relevant in these times of terrorism and uncertainty. The regular boarding training and drills conducted back in Singapore helped us to perform professionally." The ships also participated in various joint anti-submarine and gunnery serials.

In addition, RSN personnel had the chance to sea-ride onboard IN vessels during the sea-exercise phase. 6 personnel sailed with INS Ranvijay, a Rajput-class destroyer, and two Kora-class corvettes, INS Kulish and Karmukh. As 1SG Wong Swee Meng, a TAS specialist attached onboard INS Ranvijay, recounts: "Sailing onboard INS Ranvijay was definitely an eye-opener for me. I was very impressed by their array of anti-submarine capabilities, and it was interesting to see the similarities and differences in how our navies operate."

Beyond the sea-exercise phase, officers and men from both navies interacted at various events ashore. The SIMBEX Cup saw a series of friendly tournaments in volleyball, soccer and

basketball played between the two navies' teams, which displayed fine sportsmanship and fighting spirit. At the RSN-hosted cocktail event, chefs from the three RSN ships whipped up a sumptuous spread of Singaporean and Indian dishes, including delicacies such as sambal prawns and chicken masala, that proved to be an instant hit with the IN guests.

SIMBEX 2006 concluded on a high note with the signing of the SIMBEX SOP between COL Tan Kai Hoe, Fleet Commander, and his IN counterpart. The SOP provides a comprehensive and detailed framework that will guide the design and architecture of future exercises with the Indian Navy. Without a doubt, SIMBEX 2006 proved to be an enriching and fruitful experience for all those involved.

- Article contributed by LTA Tong Hong Tat



Exercise Pelican 2006

RSS Vigour and RSS Valour recently sailed to Brunei to take part in Exercise Pelican 2006, a bilateral exercise between the Royal Bruneian Navy (RBN) and the Republic of Singapore Navy (RSN).

Held from the 4-8 Apr, this exercise, the 27th in its series, not only provided a professional exchange opportunity for the officers and men of both countries, but also fostered goodwill and enhanced the close relationship between the two navies.

Ships from the two navies took part in serials at sea that included gun-firing, night encounter and a maritime security exercise. The maritime security exercise, a first between the two navies for the series, involved the interception and tracking of a Critical Contact of Interest (CCOI) 'hijacked' by pirates. This maritime security exercise was initiated to address the threat posed by maritime piracy in the region. Said LTC Halim, Acting Fleet Commander of the

Royal Bruneian Navy: "I am confident that with the close working relationship between the two navies, we will continue to have new and advanced interactions to tackle present and future maritime challenges in the region."

- Article contributed by 2LT Shane Soo



China Defence Minister Visits CNB



DURING his recent visit to Singapore, China Defence Minister General Cao Gangchuan visited Changi Naval Base (CNB) on 14 Apr. Chief of Navy, RADM Ronnie Tay played host to General Cao and his entourage during the tour.

General Cao was received by RADM Ronnie Tay at the Fleet Command Building, where he was given an overview brief on the RSN. Following that, he visited the Tactical Training Centre (TTC) in CNB. General Cao and his staff were shown how TTC employs new technology and learning methods in creating and running its training simulations.

A brief tour onboard the RSS Endeavour, a Landing Ship Tank (LST), was the next item on the itinerary. In addition to viewing the various operation stations on board the LST, General Cao

received a first-hand experience of the vessel's cargo lift operations, and witnessed how the Fast Craft Utility (FCU) manoeuvres in the LST's flooded well-dock.

The day's visit was capped off with an exchange of mementoes between General Cao and RADM Ronnie Tay.

- JN



Land Defender Meets Sea Defender



Commander 2 PDF visits COSCOM

COL Lawrence Chua, Commander of the Army's 2nd People's Defence Force (2 PDF), led a delegation of senior commanders and principal staff to visit HQ Coastal Command (COSCOM) on 2 Mar. The aim of the visit was to give the various commanders and principal staff of HQ 2 PDF a better understanding of how COSCOM works to safeguard the maritime security of Singapore.

The visit included a brief on the organisational structure of COSCOM, its operations and linkages. During the

brief, the visitors gained an insight into how COSCOM operates 24/7 to carry out its mission.

RSS Sovereignty, a Patrol Vessel, also hosted the 2 PDF delegation. The guests were given a tour of the ship and briefed on the roles and functions of the ship in maritime security as well as on her capabilities.

This visit by Commander 2 PDF and personnel reciprocates the earlier visit to 2 PDF by Commander COSCOM,

COL Tan Wee Beng, and a COSCOM delegation on 5 Dec 05.

The visit concluded with both commanders agreeing that the interactions and visits were good initiatives to promote better mutual understanding of each other's operational roles and work towards enhanced synergy in safeguarding Singapore; both on land and at sea.

- Article contributed by CPT Goh Ching Sin



3rd Flotilla-SBAB Ship-Helicopter Operations Day



Representatives from both the RSN and the RSAF came together at Tuas Naval Base HQ COSCOM Auditorium for the 3rd Flotilla-SBAB Ship-Helicopter Operations Day on 20 Mar. The event was organised to provide an opportunity for the Navy and Air Force to meet each other in a professional setting. The objectives were to increase interaction and raise awareness of issues and concerns specific to ship-helicopter operations, as well as to showcase developments in this realm of operations. Commander 3rd Flotilla, COL Siow Chee Kiang and Deputy Commander Sembawang Air Base, LTC Richard Tan, were present to grace the occasion.

The day consisted mainly of presentations on the topic of ship-helicopter operations by RSN personnel

and their counterparts from the RSAF. For instance, in his presentation, "Uncharted Waters", CPT Philip Khoo from 126 SQN gave detailed analyses of the many problems and hazards surrounding the intricate "ballet" of landing a helicopter on a vessel pitching and rolling in the rough waters. Later, MAJ Alan Chan from 185 SQN treated those present with a glimpse into the capabilities of the Sikorsky S-70B Seahawk, the helicopter that is one of the RSN's latest acquisitions.

The event also served as an opportunity for personnel from both services to build camaraderie for an even closer professional working relationship.

- JN



Naval Logistics Management Seminar 2006



THE annual Naval Logistics Management Seminar (NLMS) was held at the RSN Combined Mess on 9 Mar. The NLMS, first introduced in 1998, provides an opportunity for NLO management and logistics officers to meet, brainstorm and share ideas on overcoming the challenges of Naval Logistics. Past seminars have spun off initiatives such as the Training Road Map for Logistics Officers, Pre-emptive Engineering and Engine Room Competencies.

The ability of NLO to provide

effective and efficient logistics support to our combatants is dependent on the strong commitment to excellence and the technical expertise of logisticians. Hence, this year's discussion included the topic on nurturing and sustaining technical Subject-Matter-Experts (SMEs). The other areas of discussion were "Comprehensive Logistics Awareness" and "Thinking Tools for NLO". CPT Jackson Ng, one of the younger participants, remarked, "The issues discussed are close to the heart of every

logistician. The study team presentations were insightful and informative."

In closing, NALCOM Commander, COL Chen Yeang Tat, commented that he was heartened to see younger logisticians going the extra mile to make significant contributions to the organisation. Head Naval Logistics, COL Kwan Wan Hor, reiterated that logisticians should possess cohesiveness, commitment and competence to ensure the continued progress of NLO.

- Article contributed by CPT Alex Heng

RSN Seamanship Forum 2006



welcomed MAJ (NS) Shyam Nath, CO CR vessel 192/193 SQN, who is a senior PSA pilot, to speak about seamanship onboard merchant ships. For the final presentation, the forum was privileged to hear from husband-and-wife sailors Mr Aw Nguan Seng and Ms Lynette Leong [pictured left], who shared their experiences sailing onboard the boat *UNIQUELY SINGAPORE* in the recent Clipper Round the World Race.

At the end of the day, the Seamanship Forum was an enriching experience for all as it imparted fresh perspectives on the evergreen importance of continuing to hone core seamanship skills amongst our sailors.

- Article contributed by CPT Chang Jun Tao

RSN Seamanship Forum 06 was conducted at the Fleet Command Building Auditorium on 8 Mar. This year's forum, organised by the RSN Seamanship Expert Panel (SEP), included an exhibition and presentations from a wide array of speakers.

The theme for this annual event was "There is Always Something New YOU Can Learn About Seamanship". To reiterate this message, Chief of Navy, RADM Ronnie Tay, highlighted in his opening speech that "seamanship is not limited to the mere tying or splicing of ropes, and the skill sets implicit in seamanship encompass a wide spectrum of shipboard activities." Besides adhering to safety regulations and SOPs, he reminded those present on the importance of using one's own senses to ensure good situational awareness when going about their work onboard the ships.

The five presentations for the day included speakers from 185 SQN, 188 SQN and 182/9 SQN. To share his years of experience, the forum also



Change In Naval Junior Officers Training Structure



WITH effect from January this year, the Naval Junior Officers Training (NJOT) roadmap underwent a structural change as the Officer Under Training Course and the Naval Junior Officer

Course were removed. In its place, the Watchkeeping and Navigation Course (WNC) was introduced.

Under the new structure, all Officers' Under Training (OUTs) will be provided with the necessary theoretical watchkeeping and navigation knowledge in the WNC before undergoing practical training. The Naval Officers' Advanced School (NAS) will conduct the theoretical training and subsequently, ship Commanding Officers (COs) from the fleet will take charge of the OUTs' practical watchkeeping and navigation training.

To engender a greater sense of ownership among ship COs over the training of the OUTs, all OUTs will be posted to the platforms where they will eventually serve as Navigating Officers.

This change in the NJOT course structure came about after a course review conducted by Naval Training Department in consultation with the Fleet, Coastal Command, NAS, Midshipmen Wing and Naval Curriculum Branch in May last year.



NMTB Receives Innovation Class Award



NAVAL Materials and Transport Base (NMTB) was awarded the Singapore Innovation Class (I-Class) Award on 28 Feb. NMTB is the second RSN unit to have received the award after Tuas

Maintenance Base's certification in 2005.

Recognising that innovation is the key to sustaining the competitive edge, the Singapore I-Class programme provides organisations with a framework for achieving innovation excellence. NMTB was assessed on her innovation capabilities using the 4Cs in the Innovation Excellence framework: Conditions, Culture, Competencies and Connectivity.

Speaking on the occasion, CO NMTB, MAJ Lim Hoon Min said, "The achievement is a testimony to the sustained innovation efforts put in by

men and women of NMTB, embarking on projects which have constantly delighted our customers and improved our work processes."

With a well-defined strategy, strong innovation culture and an effective and systematic approach, NMTB scored high marks in all categories, fulfilling the requirements to be an Innovation-Class unit. Well done NMTB!

- Article contributed by CPT Wong Mei Fong



SNB Cookhouse Serves *The Best Food In The SAF*



WHERE can you find the best cookhouse-served meals in the SAF? For all the times our servicemen and women have argued over which cookhouse has given them the most delectable culinary experience, the SAF's 8th Cycle Cookhouse Grading has given an unequivocal answer – the Sembawang Naval Base (SNB) Cookhouse.

Formerly serving the School of Naval Training (SNT), the SNB Cookhouse has since switched to cater to the divers in the Naval Diving Unit (NDU). With the practice of cookhouse grading beginning in 1999, the Naval Materials and Transport Base (NMTB) has been striving to improve the standards and service of the RSN's 4 cookhouses so as to achieve as high a grade as possible. To this end, the Catering & Rations Branch has conducted research, recommended new varieties of dishes and improved service quality.

The 8th Cycle Cookhouse Grading considers not only food quality but also other important areas like



hygiene, minimizing of wastage, speedy support of operational requirements and cookhouse maintenance. The logistics branches of NDU and NMTB have made their utmost effort to ensure that all equipment is fully operational at

all times. Given the critical and high-profile nature of NDU, the cookhouse staff, comprising Naval Chef supervisors and SFI chefs, have to accommodate last-minute activations and frequent VIP visits.

It has been a year-long assessment process for all in the SNB Cookhouse. 1WO Anthony, OIC F&B SNB [pictured far left], says: "Food is one of our most important assets. Good food makes our soldiers comfortable and boosts their morale, especially during our team building week and local critical courses in NDU. We are honoured to receive this award on behalf of not just SNB Cookhouse, but for the entire RSN."

With this award recognition, NMTB is determined to maintain our standards in all of the RSN's 4 cookhouses.

- Article contributed by 1WO Anthony





from the commonly-known Regimental Policemen (RPs).

The Sea Soldiers provide 24/7 protection for CNB's facilities, personnel and ships, as well as for visiting foreign ships. They also support contingency operations such as fire fighting and helicopter operations, to name a few. Finally, as law enforcers, they ensure that rules are kept and discipline is maintained within base premises at all times.

entirely of NSFs. The Sea Soldiers are well-trained, with a high sense of operational discipline, duty and professionalism. As CPL Wan Weng Yew, the Coxswain of a Rigid Hull Inflatable Boat (RHIB), attests: "I must react to the rapidly changing situation and hazards that may suddenly present themselves, and yet keep safety in mind." RHIBs crews conduct regular

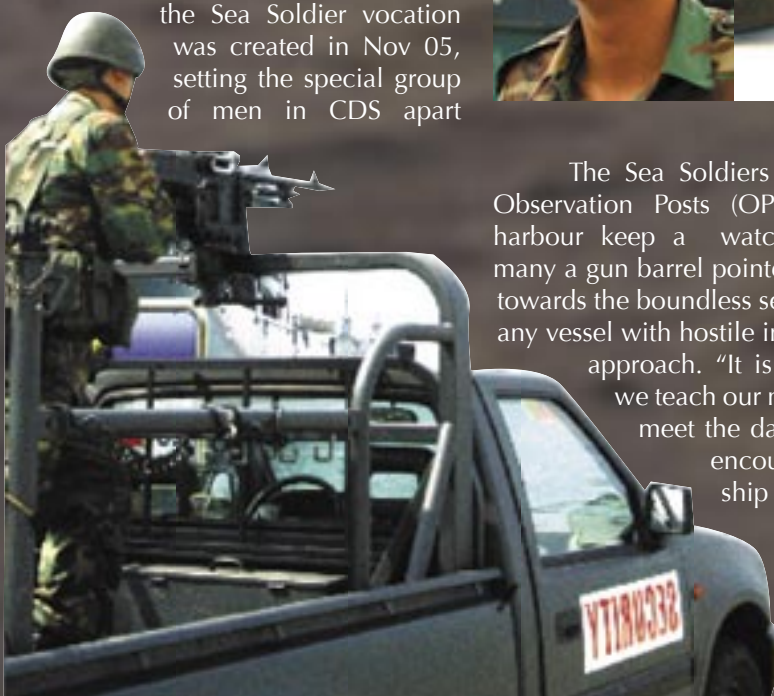


The Vanguard of Force Protection - Changi Defence Squadron

Story by Joel Ng, Photos by Sterling Wong & CDS

FREQUENT visitors to and residents of Changi Naval Base (CNB) and Tuas Naval Base (TNB) would undoubtedly have come face-to-face with the green-clad soldiers stationed at the bases' gates. But as *NAVY NEWS* finds out, there is far more to Changi Defence Squadron (CDS) than meets the eye.

In the words of CO CDS, MAJ Danny Tan [pictured right centre], who is in charge of base security for Changi Naval Base "The threat of terrorism is very real today, and several incidents of maritime terrorism have occurred around the world. CDS has evolved to meet this new threat." Accordingly, the Sea Soldier vocation was created in Nov 05, setting the special group of men in CDS apart



The Sea Soldiers at the various Observation Posts (OPs) around the harbour keep a watchful eye (with many a gun barrel pointed at the ready) towards the boundless sea, scanning for any vessel with hostile intent that might approach. "It is important that we teach our men the skills to meet the dangers they will encounter, skills like ship recognition," says 3SG Heng Yi Qin.

CDS stands out as it is made up almost

patrols and intercept intruding vessels, even during stormy weather. This trains them to "read the waves" as they ride hard over them.

The access control system at CNB is one of the tightest among SAF facilities with the Sea Soldiers ensuring





that only authorized personnel and equipment are allowed through. At the base entrance, they employ devices such as an automated gate and an Under-Vehicle Surveillance System (UVSS).

During daily operations, the Sea Soldiers must stay vigilant throughout their duty cycles. 2SG Gerard Jude Lou Wei Chen, a Guard Commander, describes: "We operate 24 hours at a stretch, sometimes longer, and we have to be ready to react to any situation, day or night."

Given the uncertain environment in which the Sea Soldiers work, it is imperative that they do not simply wait for information to come to them. "We must be proactive and take the initiative," MAJ Danny Tan explains. This "strive to hunt" is what drives a Sea Soldier to go the extra mile, whether it be steering a RHIB to intercept a vessel, or inspecting a vehicle's spare tyre compartment. The men on the ground (and on the waves) have to constantly maintain a high situational awareness. They have to accurately appraise the often complex and dynamic situations that will help their security commanders to better make time-critical decisions.

Perhaps the aspect of CDS that best exemplifies the "strive to hunt" is

the Sea Surveillance Team (SESURT). SESURT uses an early warning system to detect and identify intruding vessels. It also keeps constant surveillance on nearby vessels, providing an accurate sea situation picture, which the commander can use to make a decision.

CDS deploys significant numbers of NSmen, like 1SG (NS) Billy Wan. A former Navy Communications Specialist who posted to CDS after 9/11, it was definitely a paradigm shift for him. Since he only had 5 weeks of prior basic training, he had to rely on the numerous refresher courses on weapons and field craft conducted by CDS. Nevertheless, he believes that NSmen play a crucial role in base security. "A higher maturity level, together with creativity and tact, makes us less rigid and therefore better able to deal with situations," 1SG (NS) Wan says confidently.

Commensurate with their rigorous duties, inductees into the Base Security family, after graduating from basic training on Pulau Tekong, undergo a grueling 12-week Sea Soldier Course (SSC) which gives them the basic military skills required to defend the base. Upon graduation, the Sea Soldiers will be posted to either CNB or TNB where three weeks of on-the-job training await them before

they are finally presented with the cap badge that proudly marks them as fully-fledged Sea Soldiers.

The mission of Base Security is certainly not an easy one. Often it is onerous with an importance that cannot be overstated. Through rigorous and continuous training, conducted alongside the vigilant performance of its round-the-clock force protection duties, our Sea Soldiers stand ready to surge to the fore to deter would-be intruders and safeguard our naval bases.



Back Paddle



Evolution of CDS

CDS began in the '80s as an Army Battalion from 2PDF, tasked with defending Brani Naval Base. After being transferred to RSN, Base Defence Squadron was formally formed in 1987. In 1994, it was renamed Brani Defence Squadron and adopted the motto "Alert and Vigilant".

When CNB turned operational, CDS was formed to protect it. After 9/11, it was transferred from the purview of NALCOM to that of FLEET for better integration with naval operations. The Sea Soldier Course, currently being held for the 9th time, was started in 2003 to better train personnel to defend the naval bases.

Flying Our Flag High Down Under



FEW officers get the opportunity to travel overseas for their Command and Staff Course, and even fewer graduate with accolades. However, MAJ Frederick Chew, XO STALWART in 185 SQN (FFS), became one such officer when he graduated from the Australian Command and Staff Course (ACSC), held from January to December last year in Canberra, Australia.

MAJ Chew won the Secretary of Defence Prize and the Commandant's Overall Academic Achievement Prize due to his sterling efforts in written work, oral presentations and team projects. Also, the College selected MAJ Chew's essay on piracy and maritime terrorism for publication.

"Out of the many different modules, I found the Joint/Combined Operations module most insightful," MAJ Chew recalls. Exercises during the course simulated regional threat

scenarios and coalition working environments. Given the rising trend of Operations Other Than War (OOTW) and the importance of working in coalitions, MAJ Chew believes that what he has learnt is extremely relevant to the RSN's operations.

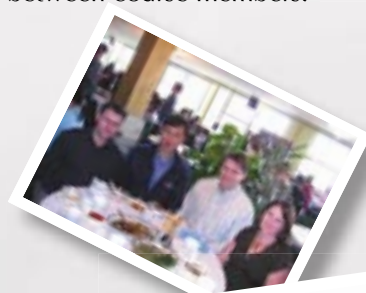
The 168-strong course included 44 overseas officers from countries like Iraq, India, Indonesia, UK, Canada, and the US. Course members hailed from various vocations and specialisations within the Army, Navy, Air Force, and Special Forces. "I can say quite confidently that officers from round the world value Singapore and the RSN highly, both for our intellectual capital contributions as well as the hardware that we can bring to exercises and operations," noted MAJ Chew.

The course also allowed MAJ Chew to forge close friendships and actively network. His Australian course-mates played host to him and other foreign officers, inviting them regularly for social activities like barbeques, golf sessions and even skiing.

Demanding assignments notwithstanding, the course was a welcome 'sabbatical' for MAJ Chew. "It was indeed refreshing to take an 'operational pause'... to reflect on the past, as well

as to consolidate for the future. I was particularly pleased with the team learning culture that focused on critical thinking and open-sharing. It enabled course members to benefit from and build on each other's professional experiences. It also facilitated the forming of bonds of friendship and enhanced mutual respect between course members."

- JN



Stubbing Out an Unhealthy Addiction at RSN Anti-Smoking Seminar



WE all know that smoking causes lung cancer and many other related illnesses. But how many of us know that it can also lead to sexual dysfunction? This was just one of the many important

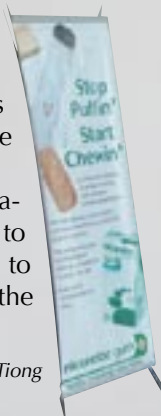
take-aways at the RSN Anti-Smoking Seminar organised by the Fleet Healthy Lifestyle Committee on behalf of CNMO, COL(DR) John Wong [pictured left] in the Fleet Auditorium of CNB on 21 Feb. Fleet Commander, COL Tan Kai Hoe was the Guest-of-Honour. The event was targeted at both smokers and non-smokers in the Navy.

Presentation topics such as 'Freedom from Cigarettes' and 'Harms and Effects from Smoking' were delivered by specially invited professionals from established medical institutions. They focused on strategies one could use to cope without cigarettes in one's daily routines, and warned of how the several

hundred toxic yet addictive chemicals present in a cigarette could adversely affect our daily mental and physical performance. One speaker, Dr Lim Kok Kwang, spoke on ways to motivate smokers to quit, and also taught the audience some simple acupressure exercises that could help combat the urge to light up.

In addition, para-counsellors were present to provide advice and counselling to smokers who are trying to quit the smoking habit.

- Article contributed by CPT Teo Wee Tiong



Defence Awareness Programme

- OCS Cadets Visit CNB



CADETS from Delta and Sierra wings of the Officer Cadet School (OCS) got a taste of life in the Navy when they

visited Changi Naval Base (CNB) on 28 Mar as part of the Defence Awareness Programme (DAP), which was hosted by the RSN. Held during the cadets' Common Leadership Term (CLT), the DAP is targeted at increasing the cadets' awareness of the operational capabilities of the three services. Chief of Navy, RADM Ronnie Tay, was the Guest-of-Honour for the event.

During the visit, the cadets were given a tour on board the RSS Formidable. This rare opportunity allowed the cadets to get a close-up look at the systems and weapons hidden beneath the light gray skin of the RSN's first stealth frigate.

They were then whisked off in 195 SQN's Fast Craft Utility (FCU) vessels for a trip to RSS Persistence, anchored out at sea. On the way, however, they were "hijacked" by divers from Naval Diving

Unit (NDU) on their Rigid Hull Inflatable Boats (RHIBs). Upon reaching the LST, the cadets had a first-hand experience of how the FCUs operate in an LST's flooded welldock.

A tour of RSS Persistence was the next item on the day's itinerary. While out at sea, the cadets witnessed a mock storming of MV Kendrick by the NDU divers. The cadets looked on as the divers professionally and swiftly secured the vessel. Anchoring back at CNB, the cadets then had their questions about the RSN answered by CNV and a panel of senior RSN officers.

The DAP was a good opportunity for the officer cadets to better understand the RSN and the career opportunities it offers. The RSN looks forward to seeing some of these fine young men and women join its ranks in the future as naval officers.

- JN



OUT Cohesion Day 2006



WHEN the MCM & Navigation Training Section (MNTS) was founded in Oct 2005, it took over the responsibility of managing all Officers-Under-Training (OUTs), which was previously handled by the Fleet Exercise and Training Section (FETS). Under the leadership of LTC Tan Yong Kee, CO 194 SQN, and MAJ Neo Meng Keong, Head MNTS [pictured above], MNTS has set out

to improve the training management of OUTs. One of the main goals is to increase cohesion amongst the OUTs from different Midshipmen batches, squadrons and platforms. This goal gave birth to the inaugural OUT Cohesion Day held on 16 Feb. The OUT Cohesion Day, dubbed OUTING '06 (OUT Integration Gathering 2006), was a full day event held at The Chevrons, SAF Warrant Officers' and Specialists' Club.

LTC Karuna Ramanathan, Head Learning Development Project Office (LDPO), started the day by giving a motivational talk on "Leadership and Learning", during which he shared personal stories with the OUTs. MAJ Neo then conducted a discussion in which the OUTs had a chance to voice their comments and make suggestions on how MNTS could better serve OUTs

in their training. The afternoon saw the OUTs embark on an Amazing Race, where four teams strove to complete seven station games before each other. The games were designed to be fun and yet test the teamwork of the OUTs at the same time. The day ended with a dialogue with the Guest-of-Honour COL Dexter Chia, Deputy Commander COSCOM and a sumptuous BBQ dinner.

- Article contributed by LTA Nicholas Chen



Navy Adventurers To The Extreme & Back!

Story by Mervyn Lim,
Photos courtesy of NDU



■ THE LONG ROAD AHEAD...

OUR naval divers have always been known as one of the elite units in the RSN and the SAF, with their rigorous training and their highly specialised skills enabling them to operate well both above and under the water's surface.

On 22 Feb, six of our divers from the Naval Diving Unit (NDU) teamed up with two fellow adventure seekers from the Commandos to represent Singapore in the Australia XPD Adventure Race 2006.

Held in rough terrains of Tasmania, Australia, the race is a self-supported expedition race across various types of unforgiving terrains, covering a grueling 700km over a period of nine days.

Our divers from NDU, CPT Esther Tan, CPT Kong Eu Yen, LTA Fu Xiang Yu, LTA Oliver Xu, 1SG Lim Jian Peng and CPL Samuel Lin had to put to test not only their physical and mental endurance against the long distances and rough terrains, but also their skills in biking, mountain climbing, kayaking, which fully stretched their ability to work well together as a team.

One of the biggest challenges the team faced on their journey, besides sleeping for only about 27 hours in the entire nine days of the race and

the extremely cold weather conditions at night, was when one of the team members fell off his bike during a steep and curvy descent downhill. He cracked his helmet, leaving him with a gash on his head and a slight concussion. However, the team soldiered on and managed to complete the race.

"That was the most serious injury we had on the race," recalled CPT Kong.

CPT Esther highlighted: "This race is a totally unsupported race, so the moment you call for help or assistance (with the satellite phone that every team was provided with), the team will be disqualified and unranked."

Knowing well how this race will stretch their physical and mental limits, the team did not take their preparations lightly. As early as October last year, the team got together to train themselves with activities such as biking and trekking sessions in Bintan over a distance of 320km, white water kayaking in Perak, cold weather training in Hong Kong (trekking overnight to Lantau peak and ridges) as well as weekly running sessions with their race haversack, with a full load of 10kg no less!

The team also took part in various competitions such as the Singapore Marathon, the Hong Kong AXN race and the Australia Ironman Race.

Besides these training sessions,



■ I AM THE KING OF THE WORLD!

the training that our naval divers went through in NDU has also helped them quite a bit.

CPT Kong said: "The training in NDU certainly helped prepare us both physically and psychologically. NDU's tough physical training regime allows us to start with a strong base so we can home in on more skill-specific concerns rather than having to worry about general physical conditioning. Mentally, the Team Building Week programme that all divers go through at NDU prepared us for the sleep deprivation and sustained physical efforts required. The training we received in navigation, load-bearing marches certainly proved useful as well."

Being the only team from Asia to take part in this race, the team did Singapore proud by finishing 32nd out of the 47 teams taking part, completing the race in nine days and 14 hours.

This race indeed pushed the limits of everyone up to a new level. CPT Esther said: "I could see that the guys were pushing very hard. They were



■ HERE WE GO AGAIN....UPHILL...DOWNHILL...WHEEEEE!!!

extremely tired and just to walk and to try to stay awake at the same time was a big struggle. We may have been making very, very slow progress at some points. But we just kept going and going. That really showed the true grit and

determination of everyone in the team to pull through together."

Navy News congratulates the team on their successful completion of the race.



■ DOWN BUT NOT OUT...



SIDEBAR



JUST CAN'T GET ENOUGH!

JUST fresh from their grueling XPD expedition race in Tasmania, our team of "extreme divers" are back at it again.

On 2 Apr, CPL Samuel Lin, LTA Fu Xiang Yu and CPT Kong Eu Yen emerged victorious in the Men's open category at the inaugural Adventure Singapore Race organized by the Singapore Sports Council.

Three other divers, two of whom

were also in the XPD team, also excelled in the Mixed Open category. The team led by CPT Esther Tan came in second while LTA Oliver and 2LT Jason Fu's team came in eighth. In total more than 50 teams competed for honours.

The winners received their prizes from Dr. Mohamad Maliki Osman, Parliamentary Secretary for Ministry of National Development and Ministry Community Development, Youth and Sports.

Challenging NAVY Sprint With Charity Heartstrings Attached!



ALMOST 300 personnel from the Republic of Singapore Navy participated in this year's Navy Sprint Challenge (NSC), organised on 26 Mar at East Coast Park, in conjunction with the Singapore Biathlon. The aim of the NSC is to promote cohesion within the RSN and to encourage a healthy lifestyle among our Navy personnel.

The day's atmosphere was positively charged as over 1,700 biathletes took off in five waves as part

of the main biathlon event. Forming the 6th and final wave, members of our Navy family finally had their chance to plunge into the beckoning waves off East Coast Park beach after they were flagged off by Chief of Staff, Naval Staff, RADM Sim Gim Guan.

The race comprised a 500m swim and a 3km run. Many of the participants, like 2LT Shane Soo from 188 SQN, came to get a first-hand feel of what competing in an actual biathlon was like. "It was exhilarating from start to finish...what a rush! I just might come back for more in future," he said. The competitive element was certainly not absent, as could be seen by the intense efforts made by the competitors. The spectators did their part as well by cheering enthusiastically for their respective formations.

As anticipated, the team from the Naval Diving Unit, one of the organizing

partners of the Singapore Biathlon, claimed top honours in the NSC, with Fleet and COSCOM coming in second and third respectively.

After the event, CNV RADM Ronnie Tay, presented cheques to nine charitable organisations, concluding this year's Charity Heartstrings effort. The cheques were made out from many generous donations by RSN personnel over the past year to help the needy in our society.

-JN



Gombak Biathlon



ABOUT 200 personnel from HQ RSN came together with their peers from the other services in Gombak Complex for the annual Gombak Biathlon on

10 Mar. As one of the Gombak LIFE activities, the Gombak Biathlon is aimed at promoting a healthy lifestyle and encouraging personnel to take part in physical activities.

The Guest-of-Honour, CNV RADM Ronnie Tay, first flagged off the Fun Run, a non-competitive event that saw runners getting a taste of the grueling run up Gombak Hill. The biathlon event proper followed soon after, in which participants, CNV RADM Ronnie Tay among them, had to complete six laps in the swimming pool, and then run a distance of just over two kilometres around Gombak Base. This task was made that much harder by the blistering hot sun and the steep slopes the participants had to climb and descend as part of their route.

Even though the course was arduous, one could sense the camaraderie among those present. It was heartening to see even the slower participants determinedly pressing on, encouraged by the numerous supporters by the poolside. A quick addition of attire and footwear, and the participants were swiftly off on their run.

At the day's end, the representatives from the RSN acquitted themselves admirably despite the tough competition, with LTC Chua Guan Hwa clinching the winner's spot in the Veteran category. A special word of thanks goes out to the organisers from HQ RSN, who ensured the smooth running of the events and provided a generous supply of fruits, drinks and other refreshments for the participants.

-JN

Team NAVY Wins SAFSA Swimming Meet

THE RSN Swimming Team retained the championship title for the 17th year running during the recent 37th SAFSA Swimming Meet Championship, organised by INTO on 24 Mar at CNB Swimming Complex. COL Tay Kian Seng, Commander TRACOM, graced the occasion.

This year, a total of 399 swimmers from 13 SAFSA Formations participated in 64 events. Five new records were established, of which our RSN swimmers broke four.

- Article contributed by 2WO Sabapathy R.



NALCOM Track & Field Meet 2006



OVER 350 NALCOM athletes and spectators participated in the 19th NALCOM Track & Field Meet Finals, which was conducted at CNB Sports Complex on 17 Mar. Commander NALCOM, COL Chen Yeang Tat graced the event, hosted by CMB.

The athletes were enthusiastically motivated by their respective Unit Cheer Groups and turned in stellar performances to set records in a total of 12 events. NMTB won the cheerleading competition with their astounding

coordinated drumbeats and percussion equipment made of green bean-filled bottles.

NALCOM principal senior staff officers and commanders were compelled to get into some action by initiating a novelty 100m race event that had everyone standing on their feet cheering for their commanders.

The defending Champion, TMB was able to fend off stiff competition from NMTB, CMB and HQ NALCOM/WARCEN to retain the NALCOM Challenge Trophy for the second consecutive year.

The day culminated with Commander NALCOM presenting medals to the athletes that had excelled in this year's Track & Field Meet. SSG Albert Lee from TMB won the title of Best

Male Athlete with 5 Gold medals and breaking 5 events records. SSG Apple Wong from HQ NALCOM was named the Best Female Athlete after achieving 3 Gold medals in the throw events. CMB won the Tug-of-War.

- Article contributed by CPT Ng Geok Siong



18th RSN Intergroup Water Polo Competition



THIS year's 18th RSN Inter-group Water Polo Competition was held from 3 to 4 Apr at CNB Sports Complex. Teams from the 5 formations participated in the fiercely competed tournament. A league system was introduced for this year's contest.

During the final match between HQ RSN/NDU and TRACOM, the players gave their best to the very last second as they fought for top honours. Eventually, TRACOM managed to emerge as the winner by beating HQ RSN/NDU with a narrow score-line of 3

to 2. COL Dominic Soh, Dy HNO, the Guest-of-Honour, officiated the occasion and also participated in the final game.

- Article contributed by 1SG Chan Kok Leong



*Stand-easy not.
We forge ahead together,
Always standing ready
For any fire-fight*

