

NAVY

news

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Issue 06 2006

NO SEATING DOCS

*"The feeling of gliding
on water cannot be
described in words."*

WARRIORS OF THE DEEP

*"NDU learnt more
about booby trap
clearances..."*



COME HELL OR HIGH WATER



Republic of Singapore Navy



■ **RADM Ronnie Tay**
Chief of Navy

A Word from CNV

OUR Naval Diving Unit celebrates its 35th Anniversary this year. Since it was formed following the withdrawal of the British forces from Singapore in the early 1970s, the journey of NDU's growth and development has been a challenging and exciting one. It reflects the vision, determination and fighting spirit of all who have served in NDU over the years, in planning, training and equipping the unit. Today, NDU is a key component of our Navy's sharp capabilities. It stands ready to perform a broad spectrum of tasks, from deep diving to underwater demolition to submarine rescue to ship-boarding, through the precise orchestration of a wide array of specialised capabilities.

At the heart of NDU are the highly trained and well-motivated naval divers. Leveraging on the unit's strong leadership, strict discipline, tough training and tight

safety culture, they have earned their well-deserved reputation of being dedicated professionals and warriors of the deep.

As the year draws to a close, it is once again the season to reflect upon the events of 2006 and the achievements of our Navy. And there have been many, for sure, in what has been another busy but fulfilling year for all of us.

The new year of 2007 promises to be just as exciting, not least because it is also the year of the RSN's 40th Anniversary, when we can celebrate the growth of the Navy over four decades as well as the fine spirit of its people, past and present. As we look forward to the year ahead, I thank each and every man and woman of the Navy for all your dedicated efforts and strong commitment. Together, let us bring the RSN to an even brighter future.

Chief of Navy's Message



▲ Cover Page:
Photo provided by NDU



▲ Back Page:
Text by LTC Irvin Lim
Photo by 2WO Jimmy Choo

Courtesy Calls



■ Rear Admiral Moehklas Sidik,
Commander Eastern Fleet,
Indonesia Navy



■ Admiral Tan Sri Ilyas Bin Hj Din,
Chief Of Navy,
Royal Malaysian Navy



■ Vice Admiral Dato' Mohd Amdan Kurish,
Fleet Operations Commander,
Royal Malaysian Navy



■ Commodore Stephen Gilmore,
Director General Navy Strategic Policy
And Futures, Royal Australian Navy

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Ex MALAPURA 18/06



FROM 27 Nov to 9 Dec, the Republic of Singapore Navy (RSN) and the Royal Malaysian Navy (RMN) conducted Ex MALAPURA, the eighteenth in the series of bilateral exercise. Conducted in the Malacca Straits, this year's Ex MALAPURA, hosted by RSN, included both conventional naval warfare and the conduct of a

maritime security serial. With the recent increase in piracy and challenges posed by unconventional threats like terrorism, stronger collaboration between navies is key to ensuring the safety and security of our vital sea lines of communications.

The Opening Ceremony was jointly officiated by the RSN's Fleet Commander, RADM Tan Kai Hoe and the RMN's Fleet

Operations Commander, VADM Dato' Mohd Amdan Kurish at Changi Naval Base on 28 Nov. In his opening address, RADM Tan said that the growing complexity of the exercises could only be possible with the strong bilateral ties and interoperability between the two navies, developed through the years.

This year's key highlight is the cross deck sea-riding by COL Joseph Leong, Commander 1st Flotilla/Commanding Officer 188 Squadron and CDR Hisham Jaafar, Chief Staff Officer Exercise, HQ Fleet Operations Command, where both CTG commanders had the opportunity to direct and observe the exercise together onboard KD JEBAT and RSS VICTORY. The exercise comprised of shore interaction at Changi Naval Base between sailors of both navies in seamanships, shiphandling, tactical training simulators and sports. The ships also took part in Anti-Submarine, Anti-Air, Surface Warfare and Maritime Security serials.

Rounding up his experiences on the exercise, CPT Paul Tan said: "I felt confident after seeing the close ties between the two navies. Being the first interaction with the RMN, I feel assured that we will be able to work with them smoothly to ensure Maritime Security in the region."

- KS

Overseas Service Medal Award for ENDEAVOUR!

THE crew of RSS Endeavour was honoured for their contributions to the reconstruction of Iraq with the award of the SAF Overseas Service Medal (OSM) from the Minister for Defence, Mr Teo Chee Hean, at a presentation on 31 Oct. From the month of Feb till May, the crew members of RSS Endeavour were deployed to the Northern Arabian Gulf for the peacekeeping support mission as part of the United Nation's Combined Task Force (CTF), tasked to enforce maritime security in the Gulf.

Both BG Carl Jensen (USN), CTF Commander, and CAPT Chris Noble (RAN), the CTF Deputy Commander commended RSS Endeavour for the "professionalism and esprit of the crew." BG Jensen added that the success of the mission was a result of the "extraordinarily skilled crew in a modern naval vessel optimised to operate in... the complex littoral environment."

In addition to the many new challenges that the crew faced while operating in an unfamiliar environment,

the crew of RSS Endeavour also had to deal with the constant threat of terrorism. As COL Joseph Leong, Comd 1st Flot, shared: "One of the main challenges that the crew encountered was to work at a high rate, last the whole period in the Gulf, and at the same time be alert to anything that could happen."

The crew has endeavoured well and has gained valuable operational experience from the mission. "(The crew) has forged closer bonds between each other through this deployment", said 2SG Chua Tian Ai. COL Leong also felt that the deployment "validated all the training and preparation the Navy has provided."

Amongst those awarded the OSM, 54 personnel also received the Bar (Enhanced) OSM, which is presented to personnel who have performed repeat tours of duty in the same operation or have carried out long tours of duty. A Meritorious Unit Citation was also presented to RSS Endeavour.

- KS





■ Divers in Action



DIVING... Over The Top!

*Story by Yeo Kei Seen with
contributions from NDU*

*Photos by Robin Ong with
contributions from NDU*

RSN's elite Naval Diving Unit (NDU) celebrated its 35th anniversary of operational duty recently on 12 Dec. Since its humble beginnings in the 1970s, NDU has steadily grown in strength, stature and capability. Today, the operational command actively participates in exercises, operations and also community work, throughout the course of the year.

This year alone, NDU has been actively involved in many exercises

and operations at home and afar. These bilateral exercises serve to reinforce and strengthen bonds between the personnel and to enhance mutual co-operation between the nations' forces. It also presented an avenue for NDU troops to maintain and improve the skills they possess, which include their knowledge and skill in Naval Explosive Ordnance Disposal (EOD) by engaging in Mine Countermeasures Diving and Improvised Explosive Device Disposal.

Relating to the benefits of the exercise, MAJ Neo Kim Hang, Commanding Officer Clearance Diving Group said: "The exercise has strengthened the relationship and enhanced mutual cooperation and understanding between NDU and our foreign counterparts. Through the interaction with them, NDU also learnt more about booby trap clearances and small arms firing techniques."

Not forgetting the community, NDU have been participating in the annual "Save the Sea" programme by sending volunteer naval divers and supporting elements. The programme has been supported by NDU since 1989 and is jointly co-hosted by the NDU, Singapore Environmental Council and SCUBA School International. This year on 4 Nov, a group of about 50 divers joined hands with Scuba School International to clean-up at the southern part of Pulau Hantu, the only approved





diving site in Singapore. "The most memorable moment was when one of NDU Divers surfaced with a big chunk of fishing lines and net entanglement... we derive great pride and pleasure in our service to the community," shared LTA Lee Seng Teck, a diver from NDU.

On 27 Nov, Minister for Manpower and Second Minister for Defence, Dr Ng Eng Hen, visited the home of the Naval Divers in Sembawang Camp where he was briefed on the latest developments in NDU. The visit was hosted by Commander NDU, COL Sean Lee, accompanied by Chief of Navy, RADM Ronnie Tay.

"The most memorable moment was when one of the NDU Divers surfaced with a big chunk of fishing lines and net entanglement... we derive great pride and pleasure in our service to the community."

- LTA Lee Seng Teck

Bad weather failed to put a damper on things as Dr Ng witnessed NDU's ship-boarding team put up a live-firing demonstration at the indoor range, before proceeding to view the divers' latest equipments. Dr Ng also viewed the latest equipment supplied to NDU, the 11m Rigid Hull Inflatable

Boat, which is used for ship-boarding operations.

The visit concluded with a 'meet the people' session, where Dr Ng advised all the service personnel to continually upgrade themselves to stay relevant and to keep up with the rapid technological advances.

Throughout all these activities that it participates in, NDU has been able to grow from strength to strength, contributing much to the defence of Singapore. As it celebrated its 35th Anniversary with a Family Day, interesting static displays and exhibits showcased the range of capabilities that it has achieved over the years. Come hell or high water, we know we can always count on the divers of NDU, a special breed of men in our navy family, to rise to the occasion and take it over the top, as they hold true to their motto of letting nothing stand in their way.



Saving Our Seas together



Back Paddle



The Naval Diving Unit (NDU) has come a long way from its humble beginnings of a 16-man diving team, which formed the SAF Diving Centre when the British Royal Navy pulled out of Singapore in 1971. In 1975 the SAF Diving Centre was renamed Naval Diving Unit.

In the early years, a small team of divers was handpicked from the School of Combat Engineers for their knowledge of handling explosives and underwent training from Officers who had attended a Mine Clearance Disposal Course in the United Kingdom. They then formed the pool of instructors who imparted these essential bits of knowledge to subsequent cohorts.



National Day Awards Investiture 2006



704 officers and staff from the Ministry of Defence, Singapore Armed Forces and Defence Science Technology Agency, were recognised for their contributions when they received their respective medals from Minister for Defence Mr Teo Chee Hean and 2nd

Minister for Defence Dr Ng Eng Hen at the National Day Awards Investiture in MINDEF Auditorium on 22 Nov. The hard work and dedication of RSN personnel were recognised, with 6 recipients of the Commendation Medal (Military), 12 recipients of the Efficiency Medals and 31 recipients of the Long Service Medal (Military). Respectively, the medals are given out to recognise public officers who had excelled in performance and conduct, achieving goals beyond expectations;

who have surpassed expectations, producing work of special significance; or who have completed 25 years of continuous service in the SAF.

One such recipient was LTC (NS) Lim Siew Koon at HQ NALCOM, who was commended for his contributions in setting up and operationalising the branch, which was completed recently. Utilising his experience as Senior Vice President (Commercial Marketing & Business Development) in ST Marine, he initiated attachment programmes for NSmen with shipyards to better equip them with the skills for their job. Praising the can-do spirit atmosphere at NALCOM, he said: "the motivating goal was to get work done well, and to get things moving in the right direction as a team."

- RO

MOS Visit to COSCOM

WITH globalisation and recent political events, the future of maritime security would become increasingly complex, volatile and diverse. This invariably makes the job as a coastal defence force more challenging. This was shared with Minister of State for Defence Assoc Prof Koo Tsai Kee when he paid a visit to COSCOM on 16 Nov.

The visit aimed to provide MOS with a comprehensive run-down on COSCOM's vital role in enhancing maritime security. Accompanied by

CNV and Commander COSCOM, Assoc Prof Koo was given a broad brief on the organisational structure and operations of COSCOM and a tour of COSCOM HQ. This was followed by a shipboard orientation of RSS Fearless and a demonstration of the wide range of operations that COSCOM adopts in order to maintain the seaward defence and security of the Singapore Straits, which included a mine disposal demonstration by RSS Kallang.

Close interagency cooperation with



round-the-clock vigilance maintained by COSCOM helps to safeguard our waterways for the international maritime community, and preserve the peace and prosperity of Singapore.

- Article contributed by 2LT Edison Oh

COSCOM's 19th Anniversary – Frontline 24/7!



THERE is an old saying that good things come in pairs – this certainly came true for COSCOM as it celebrated its 19th Anniversary in distinctively memorable ways over two days at Pasir Ris Park and Suntec City. As the event Secretariat CPT Desmond explained, "We had planned for the two half-day events to enable maximum participation from operational units that were sailing and on official duties."

The celebration started with the Cohesion Life Run held at Pasir Ris Park on 31 Oct with Dy Comd COSCOM, COL Dexter Chia gracing the event and kicking off the run. The life run saw members of the COSCOM family donning the new formation T-shirt with the tag line "Frontline 24/7" emblazoned at the back of the shirt. "The T-shirt is light-weight and dri-fit – excellent for sporting activities and events!" remarked MSG Chik Weng Leong, Coxn RSS PUNGGOL.

The celebration continued on the next day with the screening of the movie "World Trade Center" at Suntec City, where Commander COSCOM, COL Tan Wee Beng took the opportunity to officially launch the new COSCOM T-shirt. Service personnel having their birthdays in November were also presented birthday cards and joined in

the cake cutting ceremony. For personnel who were on operational duties, they were not forgotten, having been issued 'open' admission tickets to catch the movie when they get off-duty.

Rounding off the Anniversary celebration was a buffet spread after the movie. "It is indeed a rare opportunity and joyous occasion for everyone within the COSCOM family to gather and have fun together, given our Formation's high operational tempo," said CPT Choong Kai Chuan, GO RSS INDEPENDENCE.

Amidst the celebration, it was also not forgotten that there are members of the COSCOM family who are still standing guard at their stations, keeping a close watch over the Maritime Security of our waters and vital sea lines of communications – ever true to the tag-line "Frontline 24/7".

- Article contributed by LTA Damien Tang & MAJ Alfred Boey

RSN WOSR Seminar 2006



REVISIONS to training modules, more defined workpaths and availability of opportunities for specialists and warrant officers were the main agenda, as a capacity crowd of 470 naval personnel gathered at RSS Panglima's Victory Hall on 17 Nov. Organised by the Naval Warrant Officers' Council (NAWOC), the annual Warrant Officers and Specialist Rating (WOSR) Seminar was graced by CNV RADM Ronnie Tay.

"Ever Ready, Always Responsive – Together We Can Make The Difference"

- was the seminar's theme, with emphasis on addressing various contemporary challenges – from keeping WOSRs' training curriculum relevant in the face of 3rd Generation developments in the Navy, to the importance of partnership with senior management for WOSRs to play a more active role in formulating programmes for the RSN.

In his opening address, Chief Warrant Officer Navy SWO Roger Seow reiterated his vision for a cohesive WOSR community, one that "shares similar beliefs and values, achieved

through the building of trust and effective communication. The seminar ended with a dialogue session for the WOSRs, with a panel comprising RADM Tay, SWO Seow, and Head Naval Personnel COL Gerald Heng. A broad range of issues were raised, these included issues like the extension of retirement age and career paths of Naval Chefs, and queries on SAVER-Premium. The session proved to be a very valuable one where much useful feedback was gathered, although there was no immediate resolution to many of the issues raised.

The hard work of NAVWOC to put together this seminar paid off as many participants found the seminar to be beneficial. More importantly, it provided a platform for the WOSRs to learn and improve, to adapt themselves to the changing needs of the 3rd Generation Navy. Aptly summed up by 1WO Wong Kai Meng, a Warrant Officer from TMB: "The WOSRs, have proven time and again, that given the trust and opportunities, they can contribute at higher levels, and improve upon the good work done by their predecessors. This certainly augurs well for the future of WOSRs."

- RO

Naval Logistics – 3rd Generation & Beyond



"**THE** role of logistics has not changed in its 40 years, in that they are responsible for the conversion of resources into capability," said Chief Defence Scientist, Professor Lui Pao Chuen. As MINDEF Logistics Community celebrates its 40th Anniversary, it is also timely to look into how Naval Logistics Organisation (NLO) has contributed to the development of this community.

At the recent D-Logistics Seminar, Naval Logistics Department (NLD)

shared on the RSN's experience in the implementation of Activity-Based Costing (ABC) and Activity-Based Budgeting (ABB). The RSN had put these programmes in place to achieve cost visibility and provide for an effective management of resources, leading to increased cost consciousness and accountability amongst personnel.

Another topic shared included the 3rd Generation Information System, which was initiated in 2001 by the naval logisticians. Taking the cue from their

predecessors, the logisticians focused their efforts to improve on 4 areas – business performance, communication efficiency, communication capability, and the upload process of data onto new equipment.

NLD also shared with CNV RADM Ronnie Tay its business framework and the vision for the organisation's future when he paid a visit to Maju Camp on 6 Dec. Touching on issues such as how to ensure business continuity within NLO and in meeting future challenges, NLO's capabilities were also showcased. The visit ended with a open feedback session between CNV and the logisticians.

As the RSN moves to transform itself into a 3rd Generation Navy with sharper teeth, the efforts put in by the unsung heroes in managing the strong tail should not be forgotten. Modelling itself after the business excellence models of DHL and FedEx, NLO continues to build upon its impressive track record of achievements - one worthy of a world-class logistics organisation.

- RO

CAPS OFF! To Some Of Our N

THE end of the year marks the time for reflection and celebration, and indeed, it has been a year of noteworthy achievements worth celebrating in the Navy family. From Command and Staff College Courses to GPMG Commander's Courses, Navy News profiles some of our officers and specialists who have done the Republic of Singapore Navy (RSN) proud by excelling in their professional learning courses this year.



MAJ Lim (left) with a fellow coursemate

MAJ Richard Lim

MAJ Richard Lim, CO Endurance, came back to Singapore in July this year upon completing his 11-month United States Marine Corps Command and Staff College Course in Quantico, Virginia. The course prepares officers for senior command and staff appointments, and according to MAJ Lim, "the course in my year was unique because there was a total revamp of the syllabus to make it more relevant to the current worldwide security environment. It focused on counter-insurgency operations, anti-terrorism, post-war stabilisation operations and OOTW."

In continuing with the fine tradition set by his predecessors, MAJ Lim graduated as a Distinguished Graduate. What were some lessons he took home from his fruitful time spent overseas? "I learnt the importance of inter-agency coordination and cooperation in facing current day challenges, the need to understand cultures in order to have a better appreciation of one's operating environment and the challenges in coalition operations."

MAJ Alan Goh

MAJ Alan Goh, CO Vigour, came back in June this year from his 11-month United States Naval Staff College Course with the distinction of receiving the top prize in the Zimmerman-Gray International Essay Competition for his research paper titled "Interoperability in a Unipolar, Post-9/11 World: Chasing a Utopian Dream?"

MAJ Goh is the first Singaporean to receive this award

and he explains his motivation to do well: "Singaporeans who have attended the college in the past have performed excellently, so there was already pressure and expectations placed on me by the college faculty the moment I arrived. That, as well as my desire to represent Singapore and the RSN well, motivated me to give my best in, as well as, outside class."



MAJ Goh (left) receiving the top prize

MAJ Lew Chuen Hong

LIKE MAJ Goh, MAJ Lew Chuen Hong, CO Vengeance, was awarded the CAPT Walter B. Woodson Award ("which comes with a memorial Clock and anemometer set", he notes) for writing the best research essay in his six months of training at the Naval Staff College, Naval Ward College in Newport, Rhode Island. Besides being trained on joint military operations as well as the strategic aspects of the application of force, MAJ Lew

enjoyed "spending time with my regional classmates from Malaysia, Thailand and the Philippines and international classmates (including officers from Israel, the Middle East, India and Pakistan) arguing about geopolitics, and then having a great time at dinner afterwards."

"It was a good time to step back and think about the strategic and operational aspects of warfare," surmised MAJ Lew.



MAJ Lew (left) receiving the CAPT Walter B. Woodson Award

Navy Men Of Honour And Merit

Story by Sterling Wong
Photos contributed by interviewees



MAJ Lee (left) with Minister for Defence, Mr Teo Chee Hean

MAJ Christopher Lee

AFTER leaving school for almost seven years, MAJ Christopher Lee, CO RSS JUSTICE, was given the opportunity to return to the books a year ago; in the area of International Relations for the Engineering and Sciences graduate. Though “not my forte”, as he modestly put it, MAJ Lee quickly discovered he had what it took to excel in the new area of learning for him when he topped his class and won the Singapore Technologies Engineering Gold Medal’06 offered

to the most distinguished student for the graduating class of the MSc Programme run by IDSS-NTU. “The programme offered the relevant conceptual tools for me to better comprehend the complex interactions between nations and what can be done to better frame policies. This is especially important as we move from the realm of traditional to non-traditional security threats,” said MAJ Lee.

SSG Chew Tee Kwong

SSG Chew Tee Kwong, the Chief Gun Team 2 from RSS Sovereignty, was named the top trainee of the 149th GPMG (General Purpose Machine Gun) Commander’s Course held in Pasir Laba Camp in September this year. Being the only seaman among 38 trainees, which comprised specialists from the Special Operations Forces, Commandos, Guards and foreign participants, SSG Chew had initially thought the chance of being the top trainee was very slim. Also, being “totally new to Army lingo”, SSG

Chew had “a big mountain to climb” to learn and understand the required Army Combat Procedure and Army Fire Control Order.

However, he set himself the goal of doing the best that he could and worked hard at achieving the almost impossible through sheer grit and determination. “No naval personnel had achieved the best trainee previously, but I had nothing to lose. I believe that if I want to be the best, I can and I will go for it,” SSG Chew says assuredly.



SSG Chew – Be like Rambo!

1SG Lim Sze Keong



1SG Lim (left) – All Seasoned and SEALed.

FOR 1SG Lim Sze Keong, the risk of injury was something he took in his stride when he was selected as one of the two representatives from the Naval Diving Unit (NDU) to undergo the gruelling Basic Underwater Demolition SEAL Training course in San Diego, California.

This seven-month course focuses on physical training, small boat handling, diving physics, basic diving techniques, land warfare, weapons,

demolitions, communications and reconnaissance. During the first phase of physical training, still, he bared with the pain and completed the course.

“As a foreign student, holding the Singapore flag on my shoulder. I had only one goal: Not to fail and to graduate from the course,” 1SG Lim states firmly. As the NDU motto states, “Nothing Stands in Our Way” and indeed, for 1SG Lim, this more than holds true.

NALCOM COC

SINCE the formation of Naval Logistics Command (NALCOM) in 1986, it has been the steadfast pillar of logistics support to the RSN. On 10 Nov, Chief of Navy, RADM Ronnie Tay and members of Naval Staff were present to witness a new chapter in NALCOM's history at Tuas Naval Base, as COL Sng Yeow Liang joined the distinguished ranks of NALCOM Commanders (NCs), taking over from COL Chen Yeang Tat, to become the ninth NC.

A "video reflection of our past" was screened at the COC to showcase the changes in NALCOM, instilling a strong sense of nostalgia and a great

sense of pride in all Naval Logisticians. Said COL Chen: "Our spirits of cohesion and commitment have always carried us through the challenges we faced."

In his incoming speech, COL Sng drew inspiration from the acronym LEAD and urged all in NALCOM to "Learn from the Past, Engage the Current, Anticipate the Next, and Dream of the Future." He added that he looked forward to challenges as NC and thanked CNV and Head Naval Logistics for giving him the honour to lead NALCOM and build upon the solid foundations his predecessors had put in place.

- Article contributed by Mr Narindar Singh



COL Chen (left) hands over to COL Sng

Having a BLAST with NE



188 SQN having a blast at Fort Canning Park

HOW do you teach National Education? This was the focus of the SAF National Education (NE) Workshop 2006, organised by Nexus at Singapore Discovery Centre on 31 Oct. Revolving around the theme of "Winning Hearts and Minds – Building a strong NE Culture", about 100 MINDEF/SAF Commanders, including NSmen, learnt the techniques and skills to convey NE in a creative and engaging way.

Two main highlights were the 'Storytelling Techniques' and 'NE through Newspapers' workshops, where participants were taught storytelling strategies and techniques and how they can weave it into their NE curriculum

to make their messages come alive. LTC (NS) Ong Kok Hiong, Formation Safety Officer HQ 1st Flotilla said: "NE should be internalised in our soldiers so that they can carry out their operations and training meaningfully as they are the key ingredients to raising the morale of SAF troops in defence of their motherland." SWO Goh Huat Chye, Chief Warrant Officer NALCOM agreed echoing similar sentiments: "our servicemen should know what it took us to be where we are today and not take things for granted. They should also know how we overcome the many constraints to achieve the peace and prosperity that we now enjoy."

Weeks before, the men and women of RSS VIGOUR decided to make NE really come alive by organising a Heritage Hunt in Fort Canning Park. About 200 participants roamed through the park searching for answers, such as "Why is there a lighthouse in the park's premises?" on 9 Oct as part of their unit's cohesion day. After the hunt, the participants adjourned to Plaza Singapura for a screening of the home-grown movie, "Singapore Dreaming".



Learning NE the interesting way

The movie took a poignant look at one Singaporean family's preoccupation with material wealth, ultimately bringing across the message that life is more than just about pursuing the "5 C's".

As expressed by COL Joseph Leong, Commander 1st Flotilla / CO 188 Squadron: "The recurring theme of the day was that our land is ours to defend on our own." Among those who thoroughly enjoyed the event was 2SG Alvin Sung, a Weapons Control Specialist onboard RSS VIGOUR. "It was fun to get to know some new people in the squadron during the Hunt while we were trying hard to get the answers and take funny photographs," he quipped. "It was even better to win a popcorn combo prize to enjoy during the movie!"

- SQ



Transforming People, Inspiring Excellence



■ Inspiring Mentors Of Sailors

IMAGINE a battle between two forces preparing for battle at sea. Both navies possess similar technology and firepower, identical number of ships and troops. However, the vital difference lies in one force having had its troops equipped with the technological know-how as compared to the other which had no professional training prior to the battle. It is obvious who the loser is going to be. Knowledge and expertise has defined the outcome of the battle before it had even started.

One of the greatest contributions an instructor could give to the RSN is “to bring about a new learning paradigm as well as developing competent, capable and committed professionals, ingrained with the right values and dedicated to service and excellence”, says 2WO Teo Choo Leong, a Senior Weapon Control

System Instructor. Training methods are ever-changing and the need to possess the knowledge to operate new technologies are paramount. After all, a weapons system is useless no matter how advanced it is unless the operator knows how to utilise it!

By definition, an instructor is “a teacher of a technical or practical subject”. However, our RSN instructors play a larger role than just being a teacher. They are leaders. “When instructors show up as a role model, the trainees get inspired and choose to show this up as well”, says SSG Tony Leong, a Power Generations System Instructor from IMOS.

Indeed, our instructors play a crucial role of both imparting knowledge and motivating the troops. They provide emotional support to their trainees in

their times of need, boosting their morale where necessary. “I remember one occasion when a trainee was struggling through her training even as she was struggling to handle family issues while adjusting to her new workplace. After counselling her and teaching her to view things in a different light, she then began to explore different ways to learn new things and became more positive,” shares SSG Leong.

To teach a person, a link of communication must be established. With communication comes understanding and with understanding comes a sense of attachment and dedication. “Building a good relationship with the trainees is a very important thing. It helps both us and the trainees to learn in their most comfortable way and method”, says SSG Zoe Goh, a Weapon Control System Instructor, with conviction.

Recently on 1 Sep, IMOS had celebrated Instructors’ Day to show appreciation towards the instructors. During the celebrations, then-TRACOM Comd, COL Tay Kian Seng reminded the Instructors: “As instructors, you are the frontline in this endeavour, facing and interacting with the sailors under training in IMOS. How they turn out at the end of their courses depends to a large extent on how well you have been able to teach them, coach them and facilitate their learning. As you reaffirm your commitment as instructors today, I urge all of you to also seize the opportunity to touch the lives of our trainees and relish the challenge of transforming people and inspiring excellence – the motto of IMOS!”
- KS

RSN Safety Reflection Period

THIS year, in addition to the traditional RSN Safety Day, an inaugural RSN Safety Reflection Period was conducted on 28 Sep for all RSN formations and HQ departments to discuss and reflect on safety issues at their respective work levels.

Through topical discussions and case study reviews, the reflection provided opportunities for personnel to reflect critically on safety issues, share personal experiences and reaffirm their collective responsibility in promoting safety at their workplaces.

LTC (NS) Ong Kok Hiong, Safety Officer 1st Flotilla says that the event has provided opportunities for personnel in his Flotilla to share safety-related experiences with others: “Hearing first-hand experiences from their colleagues and peers had a greater impact in influencing the participants about safety.” Echoing this view is 2WO Tan Hong Boon, Naval Diving Unit: “The safety reflection period provided an open forum conducive for individuals to voice their concerns on safety issues and learn from each other.”

- Article contributed by MAJ Tan Pin



■ Discussions of Safety Issues



Fleet Financial Management Seminar 2006



MONEY management is certainly no fleeting matter when more than 300 Fleet personnel gathered at the Changi Fleet Auditorium on 30 Oct for the Fleet Financial Management Seminar. This seminar was organised by the specialists of RSS Valour, with the aim of creating greater awareness amongst the Fleet personnel on the importance of prudent long-term financial planning and the dangers of overspending.

Three guest speakers were specially invited for the event. Miss Tan Huey Min from Credit Counselling of Singapore highlighted how irresponsible use of credit cards, unsecured loans, gambling and other activities could lead to people become heavily indebted. Following her presentation, Mr David Tan and Miss Kalaselvi from the Insolvency and Public Trustee Office of the Ministry of Law touched on managing borrowing needs

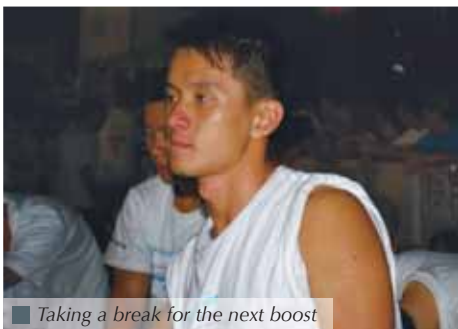
and the consequences of bankruptcy. With their combined years of experience in the financial industry, counselling services, and regulatory bodies, the speakers provided valuable insight into the realities of the “new poor” and commonsensical ways to keep personal finances in shape. Their presentations, peppered with familiar examples and lively anecdotes, were followed by an engaging question and answer session in which many questions were sent to the panel real-time by Short Message Service (SMS).

In his concluding remarks, the Guest-of-Honour, Fleet Commander, RADM Tan Kai Hoe, reiterated the importance of a prudent financial lifestyle and self-discipline when it comes to spending. He also highlighted the negative impact of indebtedness stretching beyond one's personal life to affect operational security and the ability to focus on one's tasks at hand.

On the whole, the seminar proved to be an enriching and informative session for the audience and will go a long way in raising our sailors' awareness in personal financial management.

- Article contributed by SSG Philip Teo

NAVY LTA is SUBARU WRX CHAMP 2006!



■ Taking a break for the next boost

IN 2005, after his partner was eliminated from the annual Subaru WRX Challenge, LTA Alex Koh had to settle for second place in the competition. This year, he was back with a vengeance. Alongside 320 participants, he sacrificed his weekend to give the Challenge another shot. This time round, he walked away with the grand prize – a limited edition Subaru WRX.

Having to strive for the first place was certainly no easy task. LTA Koh, who hails from Tuas Maintenance Base, saw the competition as a challenge of both mental toughness and physical endurance. LTA Koh attributes his success to being “better prepared having gained

experience from the previous year”.

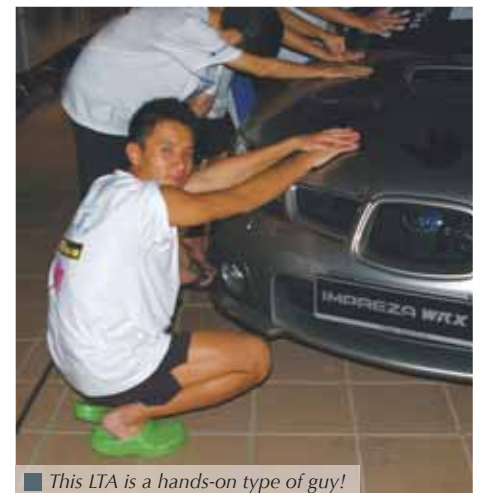
LTA Koh says: “I had no illusions it was going to be tough as the competitors get better each year. But I was driven by my personal maxim, the 3 D's - Desire, Determination and Deliver. The Desire to excel, matched by Determination to Deliver results. My family and friends had been very supportive and they really helped me pull through the really difficult period from 2am-6am when I really wanted to doze off! I also must thank my Branch Head MAJ Tan Thai Yong and colleagues, some of whom took personal leave and time-off after work to rally together in shifts to make sure I had someone to talk to throughout the entire gruelling competition. Their posters of support plastered all around me and their numerous SMS' of encouragement were very heartening and served to spur me on during those moments when I thought I was close to giving up.”

They certainly put into practice some of our formation core values like “One and All” and “Making Things Happen”! I was certainly very touched when even my Commanding Officer,

LTC Alec Lim dropped by at 4am in the morning to cheer me on.

For LTA Koh's next personal project, he is planning to embark on a volunteer mission to Thailand to teach at an Orphanage there. Meanwhile, its back to work for him now and he jokingly adds: “My Boss tells me now that I have proven myself to have such lasting power, he's not giving me anymore duty off.”

- Article contributed by Mr Seah Kee Teck



■ This LTA is a hands-on type of guy!

What's Up, Doc? Plenty... of Action, that is!

Story by Joel Ng
Photos by CPT (DR) Ho Boon Hor &
CPT (DR) (NS) Adrian Kee



■ CPT (DR) (NS) Kee shoots the Breeze on a String!

ALTHOUGH the medical community of RSN is the smallest amongst the three services, hidden in this community are many dedicated individuals who sail the high seas to provide medical cover for our sailors and others who plan and implement healthcare policies. Undeniably, these are the Navy's unsung heroes who work quietly and untiringly to ensure that our men and women are fighting fit. In this feature story, we bring you into the worlds of two multi-talented doctors, individuals with hectic schedules but still find time to indulge in their favorite outdoor sports.

During office hours, CPT (DR) Ho Boon Hor, Head of Undersea Medicine, devotes his energy to delivering undersea medical care for our seamen. After work, however, Dr Ho's time is mostly spent on a punishing regime of high-intensity outdoor sports, like rock-climbing, mountain biking, roller-blading and diving. "I mountain-bike at the Bukit Timah Nature Reserve with a group of fellow enthusiasts every Saturday... I thoroughly enjoy this weekly dose of adrenaline. I am still racing hard after 2 years in the sport... You could say I have a hard habit to break!" he says enthusiastically.

Driven by this insatiable thirst for adrenaline rushes, Dr Ho eagerly participates in adventure races. In 2004, he took part in the Action Asia Challenge Singapore, part of a series of adventure races around Asia. He enthuses, "In the

race, my endurance was stretched with varied racing disciplines such as running, ocean swimming, abseiling, biking, ocean kayaking and navigation." As if one such race wasn't enough, he took part in the Ace Adventure Singapore this year, a similar race.

His colleague, CPT (DR) (NS) Adrian Kee is a NSman Medical Officer, formerly the Head of Medical Operations, Base Medical Squadron. The same love for the sea that led him to the Navy fuels his passion for sea sports. He enjoys snorkeling in clear blue seas, kayaking, windsurfing and wakeboarding. Amongst them, Dr Kee ranks wakeboarding as his favourite sport. "Though I was apprehensive when I was first introduced to the sport, I quickly fell in love with the thrill and exhilaration... the feeling of gliding on water cannot be described in words. It leaves you wanting more each time," he says.

"Wakeboarding requires a certain level of balance, coordination, agility and fitness. The first session is usually the toughest but once you get the hang of the sport, it becomes a lot easier and immensely enjoyable," he advises. "There is a lively wakeboarding

community at Punggol who wakeboard from dawn to dusk... and the greenery around Punggol is a welcome escape from the concrete jungle."

Dr Kee describes himself as an amateur who still requires tons of coaching and practice. "I still fall into the water quite a bit," he admits readily.

"My aim is to learn how to flip, land and continue gliding across the water," says Dr Kee with determination.

With much sinew-twisting and ab-curling action lined up after they pull off those stethoscopes at work, do not be surprised next time you meet our sporting Docs off the Punggol waters or at Bukit Timah Nature Reserve. They look forward to you joining in!



■ CPT (DR) Ho (standing-right) with his bemedaled mates!



Katong School Visits RSS Justice



THE crew of RSS JUSTICE Team 1 played host to students and teachers from Katong School, a school for children with special needs, during a visit to their vessel at Tuas Naval Base on 21 Aug. The crew welcomed the Katong School children on the wharf with their bright smiles.

Special arrangements had to be taken to ensure the safety of the children across the gangway. Three crewmen lined each side of the gangway to ensure that the children were not hurt. It was a rare sight to behold the students focusing intensely on performing the correct salutation as they stepped onto the gangway.

Besides the usual tour of the various parts of the ship, the students were introduced to armaments such as the 76 mm OTO MELARA (A-gun), the MISTRAL Surface-To-Air Missile (SAM), and the CIS 0.5" Machine Gun (B-gun). The students got a chance to watch the training of the A-gun. Each of them also had the chance to get up close and personal with the B-gun, taking turns to man the gun. Prakash Karan, one of the students commented, "I manned the gun just now! Luckily no one got hurt!"

The students had their refreshments in the Courageous Lounge, which had been decorated with balloons for this event. The crew had lovingly prepared



snack packs consisting of chicken nuggets, fish sticks, buns, biscuits and Ribena for the starving group! During the meal, CO 182/189 SQN, LTC Tan Suan Jow presented each of the students with a Navy file and certificate to serve as mementoes of their visit onboard RSS JUSTICE.

As we, in the RSN, know, the term 'ship' refers not only to the physical mass of metal, but also to the many individuals who give life and soul to the ship. Diane Neo, one of the students was able to grasp this fact when she said, "This ship feels like home!" We, in the JUSTICE family, are grateful for the opportunity to share this sentiment with the Katong School students, and we look forward to similar future events.

- Article contributed by LTA Siswi Herlini &
1SG Derrick Ang

Centurion Touches Kids with Zoo Trip

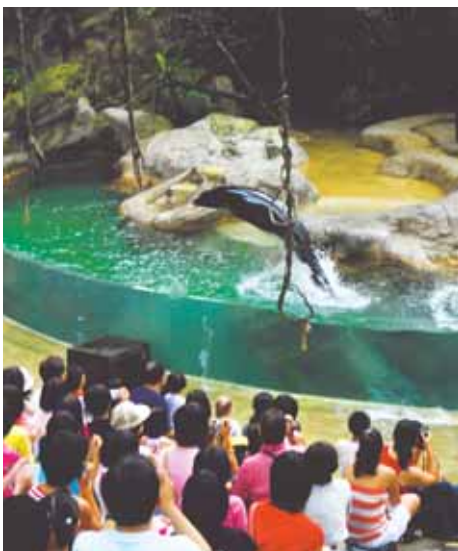
"IS Ah Meng at home today?" asked Jasmin, one of the 34 children from Touch Thinkers Club (TTC), a welfare organisation that provides assistance to children from single parent and low-income families. Organised by SSG Lim Su Peng, Chief Communications Specialist, RSS Centurion, the

submarine's crew entertained TTCs' children, aged between 6 to 11, to a fun-filled and memorable outing at the Singapore Zoological Garden on 24 Nov.

For most of the children, it was their first trip to the Zoo. The itinerary planned for the children included Polar Bear feeding, "Wonder's of the Wild" animal show at Shaw Foundation Amphitheatre and up close encounter with the Australian Kangaroos. The children were also treated to a sumptuous lunch at KFC and received a book gift each.

Acknowledging the generous contribution from RSS Centurion crew, including the donation of educational books and stationary to Touch Thinkers Club, LTC David Foo, CO RSS Centurion said: "I was very pleased with the way the event was organised, especially the effort, time and money that the crew contributed. I believe that in our small way, we have made a special difference in the children's lives."

- Article contributed by CPT Eric Tan



“The Guardian” – A Hit at RSN’s Movie Event 2006

IT was an afternoon of recreation and navy family bonding as some 1000 naval personnel attended a screening of the Hollywood movie ‘The Guardian’ at Eng Wah Suntec City on 20 Oct. Several senior commanders including CNV RADM Ronnie Tay attended the screening as well.

This event was organised by the Naval Recruitment Centre. “We’re always on the lookout for events and activities that help to promote cohesion amongst naval personnel and this movie event is one such occasion,” Ms Jessica Teo, Head Publicity, explained.

An action thriller, ‘The Guardian’ tells the story of a group of highly

motivated trainees who undergo a gruelling course to become elite US Coast Guard rescue swimmers, which, “with its embedded positive values of team work, determination and fighting spirit can help promote these essential values amongst our servicemen,” said Ms Teo.

Said LCP Desmond Lee, a full-time National Serviceman from NDU, who was one of the many who caught the



movie: “This movie screening is a great chance for all of us to bond together as a Navy family. I look forward to more of such cohesion events!”

- SW

RSN Intra-Formation Squash Tournament



THIS year’s RSN Intra-Formation squash tournament was held at Changi Sports Complex on 20 Nov. Graced by

the RSN Squash Convenor, COL Foo Toon Lim, competitors from the 5 formations, HQ RSN/NDU, FLEET, COSCOM, NALCOM and TRACOM participated in the fiercely fought tournament.

This year’s tournament adopted a league system in which the different formations competed against each other. Each match consisted of 5 rubbers of which a female competitor must represent one of the rubbers. The winner of each match was then decided based on the team completing the tournament

with the most rubber points.

At the end of the gruelling competition, FLEET emerged the Champions, defeating HQ RSN/NDU, who came in a close second. The tournament also talent-spotted quite a few promising players who can be expected to keep the RSN flag flying high when they represent the RSN squash team in the SAFSA Inter-Formation squash tournament in Jan 07.

- Article contributed by MSG Marvin Koh

35th RSN Cross Country Meet cum 6th A.C.T.I.V.E. Day



ANOTHER year, another race! Upholding the tradition for the 35th year, RSN held its annual RSN Cross Country cum 6th A.C.T.I.V.E. Day at MacRitchie Reservoir on 26 Sep. CNV RADM Ronnie Tay graced the event and participated in the run.

Spirits were high despite the overcast skies, which caused some worry

to the organisers and participants. Prior to the run, the participants of the mass run were led to a Total Body Workout by Ms Grace Heng and Mr Anson Lim from HQ AMS. Following which, then-NC COL Chen Yeang Tat flagged off the competitive run on behalf of CNV.

True to their reputation, NDU/HQ RSN continued to prove their dominance



in the field by sweeping the 1st prize for Men’s Open, Men’s Master, Men’s Veteran and Men’s Team. They also won the RSN Cross Country Challenge Trophy for the 5th consecutive year.

Meanwhile, FLEET came in 2nd for the Men’s team and edged out NALCOM to come in 1st for the Women’s Team. FLEET also won the Women’s Open and Women’s Master event.

- Article contributed by CPT Lim Jin Teck



*"Oh! To find
Schools in Shoals
Discovery in Depths
Opportunity in Oceans
And
Enchantment in Everything
I would not change it."*