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Issue 03 2005

Never Flagging in Adversity

EX CARAT 2005!

"Not many people get to fire a missile in their lifetime but I am one of those few fortunate ones."

Masters of the Sea!

"...the friendship and teamwork are very much the reasons I go out to sea!"



Republic of Singapore Navy



■ RADM Ronnie Tay
Chief of Navy

A Word from CNV

Our Navy turned 38 years old on 5 May, an occasion we marked with a smart parade at our new Changi Naval Training Base. The Navy has developed over the past four decades to become the modern, capable and balanced force it is today. In the course of its progress, the Navy has undergone many changes to its structure, systems and processes, and managing change will be an ongoing enterprise as the RSN continues its journey of transformation. However, what remains constant in a sea of change is our commitment to our mission, our fine values and one another as members of the Navy family.

In May, the RSN supported the IMDEX Asia 2005 defence exhibition, organized the 10th Naval Platform Technology Seminar, and hosted a number of Western Pacific Naval Symposium events including the inaugural WPNS Multi-Lateral Sea Exercise. The intense week of activities saw some 40 foreign delegations gathering in Singapore and 18 warships from many navies calling at Changi Naval Base. It was a most successful and fruitful week. We explored modern technologies, held professional discussions, and exercised together,

and through that, we enhanced our professionalism, promoted mutual understanding and advanced naval co-operation.

Then in June, we successfully fired our Mistral and Barak missiles again during our annual Exercise CARAT with the United States Navy, an exercise which continued to grow in scope and depth, and strengthened the inter-operability and friendship between our forces.

July is the month for promotions. I extend my congratulations to all the deserving men and women who attained their new ranks, and we wish them continued success as they serve in the Navy.

The success that we have achieved at sea and ashore is only possible with the strong organisational abilities and sharp operational focus of our people. Challenges in operationalising new capabilities coming on line and fostering new maritime partnerships will continue to draw on the capabilities and dedication of our people in the Navy. I am confident that we will continue to meet all these challenges well, as we have done over the past 38 years.

Chief of Navy's Message



◀ Cover Page:
Photo by Mervyn Lim



◀ Back Page:
Text by LTC Irvin Lim
Photo courtesy of INTEC

Courtesy Calls on CNV



■ VADM Arthur N Gosingan,
Chief of Philippines Coast Guard



■ RADM Bao Rulin,
Asst. Chief of Staff,
People's Liberation Army Navy

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Coast Watch with Project SURPIC



SHIPS travelling along the Singapore Straits will be able to enjoy a safer trip as the Republic of Singapore Navy (RSN) and its Indonesian counterparts embarked on a joint project to enhance maritime security of the waterway.

Known as Project SURPIC (short for Surface Picture), this joint project will enable the RSN and the

Indonesian Navy (TNI-AL) to share a common real-time sea situation picture of the Singapore Strait. It will help both navies monitor the waterway more efficiently, allowing for the deployment of their respective patrol vessels to the area more effectively.

At the launching ceremony on 27 May at TNI-AL's naval base in Batam, Chief of Navy RADM Ronnie

Tay and his Indonesian counterpart, ADM Slamet Soebijanto witnessed the signing of the Project SURPIC Cooperation Arrangement between RSN's Coastal Command and TNI-AL's Western Fleet Sea Security Group.

RSN, TNI-AL and the Singapore Police Coast Guard then put up a joint sea display to demonstrate how Project SURPIC would help a ship in distress.

-ML

38th RSN Anniversary

5 May marked the first time that the annual Republic of Singapore Navy (RSN) Anniversary Day was held at the brand new RSS Panglima, which is located right next to Changi Naval Base.

The name given to the Changi Naval Training Base, RSS Panglima was the name of one of the only two Patrol Craft that formed the RSN, which was then known as the Singapore Naval Volunteer Force in the early years.

The day started with a parade of the various formations of the RSN and was followed by a speech by Chief of Navy, RADM Ronnie Tay.

In his speech, RADM Tay gave a re-cap of some highlights of the past year. One major event that was highlighted was the tsunami relief effort by the RSN.



After a march past by the various contingents, RADM Tay presented awards to various ships and also the SAF Long Service and Good Conduct awards to 10 long serving individuals who had given 30 long years of service

to the RSN.

This year's RSN best ship award was won by RSS Resolution from 191 SQN, with the RSN Top Gun award going to RSS Vigour from 188 SQN.

-ML

Story by Sterling Wong & CPT Sean Galloway Photos by Gerald Neo & Sterling Wong

EX CARAT 2005

- COMFIRSTFLOT COL Ng Chee Peng & COMDESRON ONE CAPT. 'Buzz' Lothrop S. Little



SOME 1500 personnel from the Republic of Singapore Navy (RSN), the United States Navy (USN), the United States Marine Corps (USMC) and the United States Coast Guard (USCG) took part in the annual Cooperation Afloat Readiness and Training (CARAT) bilateral exercise from 31 May to 13 Jun.

This year's exercise, the 11th in the series, was co-officiated by US Commander Logistics Group Western Pacific RADM Kevin Quinn and RSN Fleet Commander, recently-promoted RADM Chew Men Leong. Like previous years, CARAT 05 was a complex multi-faceted exercise, with keen

focus on enhancing maritime security capabilities in areas of anti-air warfare, anti-surface warfare, anti-submarine warfare, maritime air operations, diving and salvage operations and logistics support.

One of the key highlights of this year's exercise was the introduction of a command and control system called ACCESS by the RSN. This simple stand-alone and user-friendly system uses satellite communications to allow units at sea to share essential information such as own force position and targets of interest.

Also, for the first time, the combined missile exercise saw the RSN firing the BARAK and MISTRAL missiles against drones flown by the USN.

On 7 Jun at 1100 hours, RSS Endeavour fired her Mistral Surface-to-Air-Missile, for the first time at an air target in the South China Sea. Within seconds of squeezing the trigger, a thunderous flash 'bang' resounded just below the clouds. It was another 'one-shot-one-kill' coming hot on the smoking trail of the successful Barak missile intercept of another drone target achieved by RSS Vigilance minutes earlier.

2SG Tee Yong Hwei, the Mistral Operator responsible for shooting down the drone had to calm his nerves and focus on hitting the target. He said: "Before the firing, I



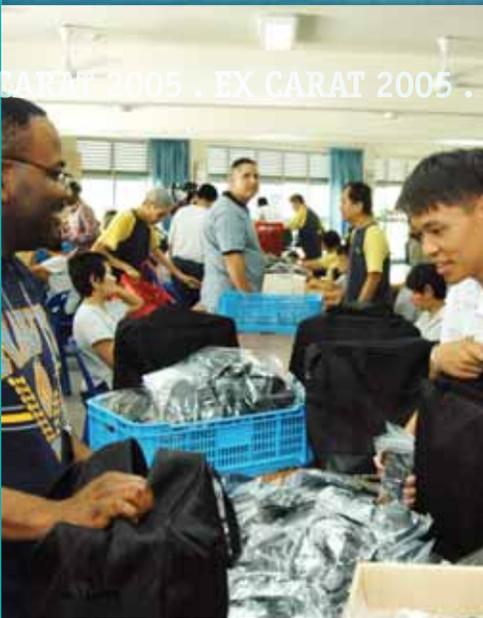
- Fleet Commander RADM Chew Men Leong & COMLOGWESPAC RADM Kevin Quinn

felt very nervous as all the VVIPs' eyes were on me. The fact that the Mistral System is heavily reliant on the skill of the operator meant that the decision to squeeze the trigger must be right and precise. When the moment arrived, I remained composed and focused on the mission ahead, which was to take down the drone target. I squinted hard, squeezed the trigger, and heard a very loud bang and saw smoke in the air. I then heard the VVIPs clapping and that was when I knew I had achieved a hit! All the training and hard work was well worth it. Not many people get to fire a missile in their life time, but I am one of those few fortunate ones."

Commander Destroyer Squadron One of the USN, CAPT. Lothrop S. Little said: "The successful missile firings show the passion, commitment and proficiency of the people of RSN. Indeed even though the RSN is relatively small in size and young in age, it is a highly professional and capable navy".

Besides training hard out at sea, some 80 USN and RSN volunteers also took a day off to take part in a joint community relations project at the Sunlove Home for the Intellectually Disabled. They spent time interacting and playing games with the people of the home.

"There is nothing more important than for each participant of CARAT 05 to utilise all interaction opportunities to forge new bonds of friendship and reinvigorate existing ones ... this will help strengthen the relationships between the two forces, and go a long way in enhancing inter-operability," said RADM Chew.



Back Paddle



Cooperation Afloat Readiness and Training (CARAT) is an annual series of bilateral naval exercises between the United States Navy (USN) and RSN. The purpose of the exercise series is to improve military readiness and interoperability with the USN.

Other Southeast Asian navies known to participate in CARAT with the USN include, Thailand, Malaysia, Brunei, Indonesia and The Philippines.

At the tenth anniversary of Exercise CARAT last year, the planning staff operated for the first time from a Joint Command Platform onboard RSS Resolution, one of the RSN's Landing Ship Tanks.

Singapore has been closely involved with the exercise series since 1995 and is a key participant every year.



Resolution to Succeed - RSN's Best Ship

RSS Resolution received a belated homecoming gift when she was awarded this year's Best Ship Award.

The Landing Ship Tank had just returned home in March after four challenging months of patrolling the Gulf as part of Singapore's efforts for the reconstruction of Iraq. Commanding Officer of RSS Resolution, LTC Lee Swee Ann credits his 65-member strong crew's success to their resolve to complete their mission in Iraq efficiently and return home safely.

"While the Best Ship Award is not exactly our objective, we knew that we had to keep up a high standard of operational-readiness to fulfill our peacetime operations and that is a key factor in keeping the crew motivated. Winning the Best Ship Award is a bonus," said LTC Lee.

-SW



RSN Safety Day - Team Responsibility!



"I am responsible for the safety of my team."

This is the motto for the Republic of Singapore Navy (RSN) Safety Day 2005, held at the Changi Naval Training Base on 26 May. The event was graced by Chief of Navy, RADM Ronnie Tay.

Following a screening of this year's winner for the RSN Safety Video, done by 1SG Heng Shao Yong from the Naval Diving Unit (NDU), RADM Tay

presented the prizes to the winners of the RSN Safety Video, Safety Poster and the Safety Award - awarded to the Best Safety Management Committee in the RSN. For the third year running, the Safety award went to NDU.

RADM Tay then witnessed the endorsement of the new RSN Safety Policy by Chief of Staff - Naval Staff RADM Sim Gim Guan.

On winning the Safety Award,

Commander NDU, COL Chng Ho Kiat said: "It's certainly a good achievement and we are satisfied with what we had done, particularly when we put in a lot of effort in the area of safety."

"The people in NDU believe that to be operationally ready, requires ability to train hard while at the same time doing it safely."

-ML

Senior RSN Officers' Change In Appointments

FOUR Senior RSN Officers have assumed new responsibilities.

COL Joseph Leong Weng Keong, previously on Master in Business Administration studies at Massachusetts Institute of Technology, USA, assumed the appointment of Commanding

Officer (CO), 188 SQN on 14 Jun.

His predecessor, COL Ng Chee Peng, took up the post of Director (Policy) from 20 Jun.

COL Wellman Wan Ooi Chin, previously Operations Manager, Programme Office (Frigate), Naval

Plans Department took over COL Sim Tiong Kian as CO, 185 SQN on 27 Jun. COL Sim assumed the appointment of Head, Naval Intelligence Department on 29 Jun.

Navy News wishes them all the best in their new appointments.

-ML



2005 Officers' Promotion Ceremony

A sense of palpable excitement and joy filled the MINDEF auditorium on 28 June as Minister for Defence, Mr. Teo Chee Hean, presented senior officers with Certificates of Promotion to their new ranks of Colonel and above at the annual Officers' Promotion Ceremony.

A total of 502 officers, including Regulars and Operationally Ready National Servicemen (NSmen), from the Army, Navy and Air Force were promoted to the next higher rank this year. Among them was Fleet Commander, COL Chew Men Leong,

who was promoted to the rank of Rear-Admiral (One Star).

"This promotion is a tribute and recognition for what the RSN and the fleet has done to change itself and build a wider range of capabilities to deal with the changes we've seen in the maritime environment in the last few years," said RADM Chew.

Earlier in the evening, Chief of Defence Force, LG Ng Yat Chung, also presented certificates of promotion to Majors who were promoted to the rank of Lieutenant-Colonel. The promotions will take effect from 1 July. *-SW*



- Fleet Commander gets his Flag rank

SAF Warrant Officers Promotion Ceremony



THE Singapore Armed Forces (SAF) Warrant Officers Promotion Ceremony was held on 22 Jun.

Of the 152 Warrant Officers (WO) promoted, four Master Warrant Officers (MWO) were promoted to Senior Warrant Officers (SWO), the highest rank within the Corps of Warrant Officers, Specialists and Enlistees (WOSE). 45 First Warrant Officers (1WO) were also promoted to the rank of MWO. Chief of Defence Force, LG Ng Yat Chung presented the newly promoted MWOs and SWOs with their new ranks at the ceremony held at The Chevrons.

Also promoted were 103 Second Warrant Officers (2WO) who will be promoted to the rank of 1WO. All promotions will take effect from 1 Jul.

MWO Chow Yoon Siong will be

one of the four MWOs promoted to SWO. SWO Chow is the current Chief Warrant Officer Fleet. Having served in the RSN since 1974, SWO Chow said: "It's an honour to be promoted to the pinnacle rank in the WOSE Corps. I expect this rank will give me more responsibilities with even more challenging work in the coming year."

"This will give me more opportunities to return to contribute

at a higher level as well as train and nurture the young sailors," he added.

1WO Nagara Raja or Naga as he is popularly known, is the Training Development WO for IMOS. He will be promoted to the rank of MWO with effect from 1 Jul.

On his promotion, MWO Naga said: "I feel very happy. I think I should be thankful for the support of my family, colleagues and also having understanding bosses."

In his 27 years of service, MWO Naga feels that his greatest satisfaction is "doing things well and winning the confidence of my bosses along the way". *-ML*



- SWO Chow Yoon Siong



- MWO Nagara Raja

**Moved Up
in Rank**

185 SQN Teambuilding Day

"185 SQN is a big family and due to the high turnover of personnel, teambuilding is necessary in order for all individuals to be able to work together effectively and achieve better results in our tasks," commented CO 185 SQN, COL Sim Tiong Kian.

To fulfil this aim, the personnel of 185 SQN HQ and the Missile Gun Boats (MGB) organised a number of Teambuilding Sessions from Jan to Mar this year. The facilitator was Ms Karen Ng, from Advantage Consulting, who

introduced the four stages of a high performance team, namely, Forming, Storming, Norming and Performing.

Interactive games were played, building team spirit through the understanding of the strength and weaknesses of one another. The Squadron personnel learnt to capitalise on one another's abilities to achieve what initially seemed impossible for any individual to accomplish.

"This session increased my awareness of the importance of



teamwork. It showed us how we could maximise the potential of each and every individual in the 185 family," said Chief Gun, 185 SQN, 2WO David Mohan.

-Article contributed by MSG Quek Han Beng



Story by Mervyn Lim Photos by Gerald Neo

IMDEX 2005

- NAVAL TRANSFORM



"NAVAL strategists and planners have to transform their forces to meet the demands of future maritime warfare." This was the key challenge that Minister for Defence, Mr. Teo Chee Hean emphasized to more than 30 navies and maritime enforcement agencies in his speech at the opening ceremony of the 5th International Maritime Defence Exhibition (IMDEX) Asia 2005, held at Singapore Expo on 17 May.

Mr. Teo said in his address that navies today "deal with an expanded spectrum of challenges". Some of these challenges include "non-conventional threats" such as piracy and maritime terrorism. As such "we need to develop new technological applications for more effective ways for carrying out our maritime security missions, for example by using surveillance systems and unmanned systems. In particular, Unmanned Surface Vehicles (USV) can offer safer and more effective responses to maritime threats," he said.

The four-day event also consisted of an exhibition with more than 200 exhibitors from 23 countries displaying the latest in maritime defence technologies and products, a conference, visits by VIP delegations and visiting warships.

A record number of 18 warships from 12 Navies from countries such as Australia, Indonesia, Malaysia, the USA and Singapore had their warships berthed at Changi Naval Base (CNB).

Mr. Teo took a tour of the 18 ships at CNB and was also given a display of the capabilities of the Spartan, one of the USV that the RSN currently operates.





FORMATION

WPNS Multilateral Exercise

IN conjunction with IMDEX Asia 2005, the RSN hosted three Western Pacific Naval Symposium (WPNS) events. These include the 3rd WPNS Multilateral Tactical Training Centre Exercise (MTTCEX), the inaugural WPNS Multilateral Sea Exercise and the first Maritime Security Information Exchange Seminar.

19 WPNS navies and 15 warships were involved in the seminar and exercises. The combined opening ceremony was held at CNB on 18 May and the event was officiated by Chief of Defence Force, LG Ng Yat Chung.

The inaugural WPNS Multilateral Sea Exercise was held in the South China Sea, and provided participating WPNS navies the opportunity to test out the procedures established and simulated during the MTTCEX.

In all, the seminars and exercises aim to help the participating navies develop mutual understanding and confidence in working together should a common security threat arise.





MOU For MEO Trainee Attachments

A significant milestone for the Republic of Singapore Navy (RSN) in her journey to become a world-class navy took place on 15 Apr with the signing of a Memorandum of Understanding (MOU) with Neptune Shipmanagement Services Pte. Ltd. The MOU paves the way for the attachment of Naval Technical/ Engineering Officers (NTO/NEO) as trainee engineers onboard Neptune Orient Lines (NOL) ships.

The attachment programme is one of the outcomes in the Engine Room Competency (ERC) framework embarked upon by the Naval Logistics Organisation in a continual effort to enhance the knowledge and competency of the Navy's technical and engineering personnel.

The attachment programme is

expected to yield both tangible and intangible outcomes - RSN officers will be introduced to the engine room culture and management of engineering issues onboard commercial vessels. This provides the opportunity to harness their best practices to be adapted to the RSN engine room.

With the introduction of the Landing Ship Tanks and Frigates in the RSN, the demands of the Marine Engineering Officer have increased and the attachment will better prepare the officers for their shipboard appointments. Benchmarking with international standards, the attachment programme is aligned to the requirements of the International Maritime Organization's Standard of Training, Certification and

Watchkeeping 1995(IMO-STCW 95).

Two officers have been selected for the pilot attachment, LTA Lim Jun Rong and 2LT Stanley Chia have been attached since 21 Apr onboard a container ship holding the appointment of Assistant Engineer for 6 months. Stay tuned for future editions of *Navy News* for their experiences.

- Article contributed by MAJ Eben Tan



10th RSN Abridged CIC Supervisor Graduation

THE 10th Republic of Singapore Navy (RSN) Abridged Combat Information Centre (CIC) Supervisor Course graduation ceremony was held at Tactical Training Centre Tuas Naval Base on the 15 Apr. It marked the culmination of a grueling 6-week course conducted by Institute of Maritime Warfare (IMW). Ten specialists from both ship platforms and IMW were given the opportunity to enhance their knowledge on Naval Warfare and be well prepared for future operational tasks and appointments.

Gracing the ceremony was Commander IMW, COL Foo Toon Lim. In his address, he stressed the



importance of "CIC Supervisors having to understand the operational needs of the Principal Warfare Officers and also to complement the tasks given to them. I am confident that the supervisors are more than adequately trained in the course and will discharge their duties professionally".

At the end of the course, SSG Manjit from RSS VICTORY emerged as the best trainee. Being the Chief of Action Information System, he attributed his success to his fellow course mates and said that he greatly enjoyed the camaraderie and friendships forged in the duration of the course.

- Article contributed by SSG Philip Teo

Appreciation Dinner For RSN Retirees 2005



■ CNV with former Chief Warrant Officer Navy SWO (RET) Choo Thiam Fook

THIS year's Republic of Singapore Navy (RSN) Retirees Appreciation Dinner was held at the Grand Copthorne Waterfront Hotel on the 6 May, organised by Tactical Training Centre (Tuas), Institute of Maritime Warfare. The Guest-of-Honour, Chief of Navy RADM Ronnie Tay, members of the Naval Staff and the 14 retirees with their spouses had a great time at the dinner.

The dinner served as an avenue for RSN to express gratitude and appreciation to the retirees and also to recognise their lifelong contributions and dedication to the Navy family. The

dinner was well received by the guests who were glad for the opportunity to rekindle old friendships and also be updated on the current happenings in the NAVY.

RADM Tay presented farewell gifts to the retirees. Thanking the retirees, he said: "Many aspects of the Navy have benefited from all your years of experience and expertise, through many appointments that you held, in the area of personnel, training, logistics and operations. You will always remain an important part of this NAVY family and will always be fondly remembered."

- Article contributed by SSG Philip Teo



Smoke-Free Huffing and Puffing

- Story by Sterling Wong
- Photos Courtesy of
COL Giam Hock Koon

Eminently fit people who actively participate in long distance endurance events like triathlons and marathons are not exactly a rare breed in the navy. After all, we have our elite naval divers who would not have problems completing a triathlon.

What makes budding triathlon enthusiast recently-promoted COL Giam Hock Koon unique, is that his venture into the world of extreme biking, swimming and running began at the age of 36. COL Giam, with the Frigate SQN, participated in the Navy Biathlon just last year.

"There're many multi-sports



enthusiasts in the navy. One of them is my old shipmate, MAJ Charles Teng from 171 SQN, who encouraged me to join such competitions. He had taken part in Ironman New Zealand and shared his experiences which I found to be inspiring. So I thought: 'Why not give it a go?' Besides, the biathlon is a Navy event and there were others in my department who were participating, so I just decided to join them," COL Giam matter-of-factly explained his somewhat fortuitous beginning.

Prior to starting his training regimen in preparation for the biathlon, COL Giam had just discontinued smoking after puffing for more than 15 years. COL Giam began his fitness regimen with "long walks and short runs before transiting to longer, harder and faster runs". After successfully completing the Navy Biathlon, it was a natural progression towards other

multi-sport events. He intensified his training, adding long distance swims and bicycle rides to his itinerary and went on to take part in six triathlons in one and a half years, including the Western Australia leg of the famed Ironman competition.

From being a smoker to becoming an Ironman in less than 2 years, COL Giam has, by all standards, achieved an incredible feat. But the officer plays down his accomplishments, saying that "it's no big deal. 75-year-olds have competed in such events. It's a matter of what you want to do with your life." He also readily concedes that he is a "very average triathlete" and acknowledges that a definite target for the future is to improve his timings. However, to him, "it's not the destination that matters. It's not like: 'Oh, having done this or that, I can stop.' If you enjoy it, you continue doing it, *lah*".

Swimming For A Good Cause

An idyllic swim in the waters of East Coast on a lazy Sunday – that was probably the scenario Head Naval Personnel, COL Gerald Heng envisioned when he was invited to take part in the Marathon Charity Swim 2005 event co-organised by the Student Advisory Centre (SAC) & the Triathlon Family.

"I was conned by COL Giam Hock Koon," COL Heng jested. "He asked if I'd be interested in going for this charity swim, and I thought I heard it being a 3km swim. I thought that was fine and it was for a good cause so I said: 'Why not?'" Later, I found out he was actually talking about either a 10km or 5km swim..."



COL Heng and COL Giam, together with 10 other Navy personnel spent the afternoon of 12 Jun swimming distances of either 5 or 10km in the open charity swim event held at East Coast. In all, the Navy team raised more than \$6500 through pledge cards for SAC in support of youths who ran

away from home, or who are in danger of running away from home.

"It was quite fun and it felt good to be able to finish the 5km swim. Maybe I'll join the Navy Biathlon next year!" enthused COL Heng.

- SW

MASTERS OF THE



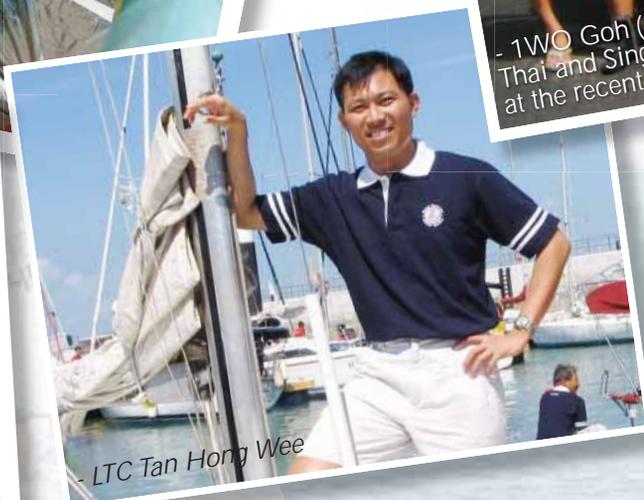
- MAJ Lee enjoying a time of fellowship after a day of sailing



- 1WO Goh (2nd from right) with the Thai and Singapore sailing team at the recent ANI Regatta



- MAJ Lee conducting a course on powerboating



- LTC Tan Hong Wee

"Sailing is for me, a social sport - the friendship and teamwork are very much the reasons I go out to sea!"

- LTC Tan Hong Wee

LTC Tan Hong Wee

For LTC Tan Hong Wee, who recently handed over his Command of RSS Valour, his passion for sailing stemmed from his frequent water-skiing trips.

"I used to water-ski. One day, my former Commanding Officer (CO) (MAJ Tan Hua Chiow, who has retired from the Navy) took me on his boat at the SAF Yacht Club. We were just pleasure cruising - sipping wine and eating biscuits and talking about the weather in general. I closed my eyes and could hear the soporific sound of waves lapping against the bow of the Maxi 77. That was when I decided to give up the noisy roar of water-skis for the quiet challenge of sailing. That must have been 1994," LTC Tan recalled.

He has never looked back since that fateful day 11 years ago.

LTC Tan has since sailed the

range of boats from one-man Laser, the fast Nacra catamarans to Maxi-77 keelboats.

According to him, the smaller boats require more individual strength while the bigger boats require more teamwork. But to LTC Tan, it's the friendship that is fostered when sailing that keeps him coming back.

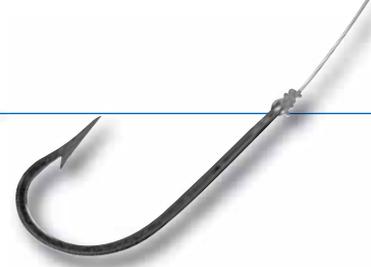
LTC Tan said: "I guess it is the way I started; sailing is for me, a social sport - the friendship and teamwork is very much the reason I go out to sea! We don't always compete - in fact, I only started participating in the SAF Yacht Club's bi-monthly trophy race this year."

LTC Tan now volunteers at the SAF Yacht Club as the Captain of Sail. "I love sailing so much that last year I volunteered at the SAF Yacht Club as Captain of Sail, whose function is to oversee the running of sailing matters within the club."

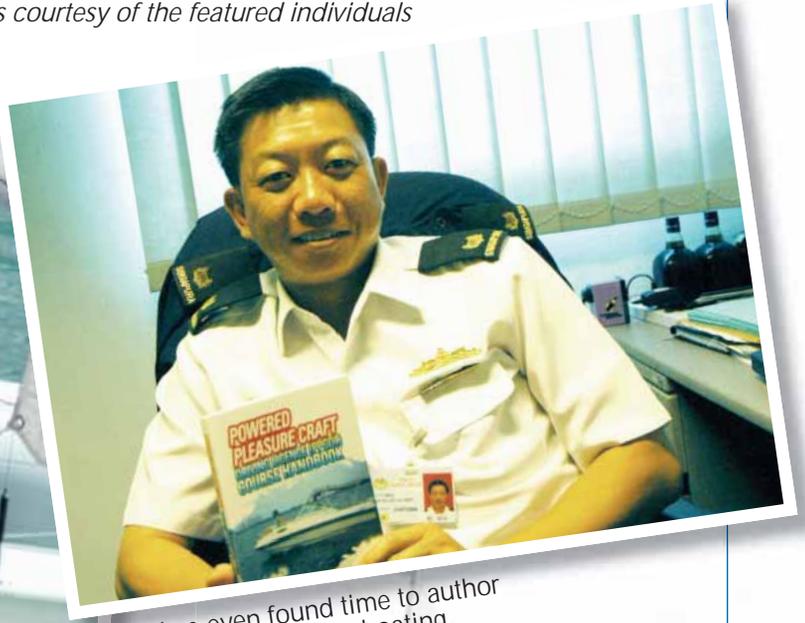


THE SEA

Story by Mervyn Lim
Photos courtesy of the featured individuals



- 1WO Goh in action at the ANI Regatta



- MAJ Lee even found time to author a guidebook on powerboating



- 1WO Goh (centre) with the Indonesian sailing team

1WO Goh Ba Ba

Another veteran in the sailing field is 1WO Goh Ba Ba, a technician in HQ NALCOM.

1WO Goh has been sailing since the 1980s, and over the years, he has trained many aspiring young sailors into national champions. But when he first started in the sport, things weren't so smooth sailing though.

1WO Goh said: "In those days, we didn't have proper instructors. That's why it took me about six months to complete my sail training."

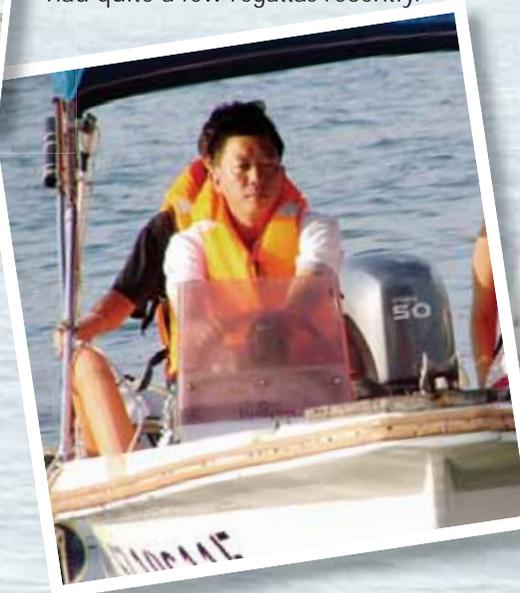
Subsequently, 1WO Goh became a trainer to help more people get started in the sport. He too served as Captain of Sail at the SAF Yacht Club.

"We would train about three batches of sailors every year. That would work out to about 45 to 50 sailors a year," 1WO Goh said.

1WO Goh also gets his family involved in the sport by taking them out on frequent sailing trips. In fact, his children are all qualified sailors.

While he doesn't sail as often now, his expertise is often called upon by the RSN.

1WO Goh revealed: "They are trying to call me back to help promote sailing within the RSN. That's why we've had quite a few regattas recently."



MAJ David Lee

MAJ David Lee, Squadron Operations Officer, 188 SQN and previous CO of RSS Victory, is intimately involved in the sport of power boating.

MAJ Lee has been in the sport since 1994, helping in the SAF Yacht Club as one of the instructors of the club.

"It was from then that I actually

got myself involved in power boating and I was actually nominated to be Captain of Power (power boating), one of the executive members in SAF Yacht Club, from 2002 till now," MAJ Lee said with pride.

MAJ Lee has even written a book on power boating, which is used as a text for sailors wishing to attain a power boat license.

"It was conceptualised over many years," he said. "When we conducted lessons in the past, we had notes compiled from the various training manuals and websites. But I found that there was a need to compile all the notes and confirm the syllabus that was to be tested for all these potential power boaters. That's why I came up with this book."

Sailing into A Brighter Future

All three men would love to see more people pick up the sport of either sailing or power boating. As LTC Tan sums it up aptly: "It is a great way to meet people and hang out in a relaxing atmosphere. Perhaps to call it an alternative to the shopping mall would best sum up the reason for going sailing every weekend."



NDU/HQ RSN Ace 34th RSN Track and Field Meet

TEAM NDU/HQ RSN came out tops by winning the coveted Track & Field Championship Trophy, at the 34th RSN Track and Field Meet held on 3 May. Team NALCOM/WARCEN came in 2nd, trailing closely behind. Gracing the event was Chief of Navy, RADM Ronnie Tay, who started off the 4 x 100m Chain-of-Command relay. The race was an adrenaline rush for the Formation Commanders who led their teams, and also for the supporters who pinned their eyes on the athletes.

The supporters, who came with drums and cymbals, were equally keen

to contest for the Best Cheerleading Group. But it was the explosive cheers by the supporters from FLEET, who won over the judges and clinched the Best Cheerleading Group award.

After the short sprints and relays which saw our athletes showcasing their

athleticism, the hotly contested meet came under some heavy heaving and puffing during the closely watched Tug-of-War tussle between the defending champions NALCOM/WARCEN versus the diehard team from NDU/HQ RSN. Over two rounds of fierce tugging, NALCOM/WARCEN proved too overwhelming for NDU/HQ RSN, and brought home the Tug-of-War champions honour once again.

-Article Contributed by CPT Jackson Ng



Fleet-footed Fighting Spirit at NALCOM Track & Field Meet

NALCOM Track and Field Meet was held on 13 Apr amid thunderous cheers from supporters of the various units. Commander NALCOM graced the event, which started with the athletes Oath Taking ceremony. Shortly after, the competition kicked off with the first event of the day: 4x100m Chain of Command relay. The race was closely watched by all as the Commanding Officers of the various Units led their teams. Changi Maintenance Base (CMB) did not disappoint and they came home with an unchallenged lead. That

was followed by the 100m sprint events and relays where the units battled it out fast and furious. After the dust settled, Tuas Maintenance Base (TMB) was heralded as king of the tracks. TMB athletes pulled away from the pack with some great performances and breaking several records along the way. The final Tug-of-War event saw a titanic tussle between TMB and CMB. But the 'mountains' of CMB refused to barge and they won easily after two rounds. 2WO Rajandyan and SSG Doris Tang won the Best Men and Women Athlete



respectively, 1WO Liew Liong Kiong won the Best Tug-of-War Manager, LTA Alex Koh won the Best Track & Field Team Manager, while TMB took home the Best Cheerleading Unit award and the coveted Overall Track & Field Championship Trophy.

-Article Contributed by CPT Jackson Ng

Rugby Rendezvous



THE Republic of Singapore Navy (RSN) Rugby Team held its annual appreciation dinner at the SAF Yacht Club on 21 May to mark the end of the rugby season for Work Year 04/05. The Guest-of-Honour was none other than our RSN Rugby Convenor, Fleet Commander, recently-promoted RADM Chew Men Leong. In addition,

the team was glad to have a few of our pioneer members to grace us with their presence. Stalwarts such as COL (RET) Gary Lee, COL Foo Toon Lim and LTC (NS) Cheong Keng Hoong were among them in addition to members of the RSN sporting fraternity such as the RSN Sports Officer, MAJ Tan Hong Teck.

The appreciation night showcased the highlights of the exciting 04/05 rugby season that had just ended. There was numerous footages of the team's games during the Inter-Formation Tournament where they distinguished themselves, despite the presence of strong favourites Combat Engineers and 3rd Division, overflowing with National and SAFSA players, to finish as 2nd Runners-up. This feat was all the more remarkable given the little training time that the team had relative to the other teams

due to the high operational tempo and demands of the RSN. Other notable events that occurred during the rugby season included the highly successful RSN Rugby Students Invitational 2005 involving tertiary institutions where the RSN Rugby team finished 4th against strong opposition in the 10-a-side competition. Another highlight was the RSN Inter-group tournament held in February where the Fleet won the championship and new players were selected to represent the RSN team.

Recently-promoted LTC Ang Yong Lee, the RSN Rugby Team Manager, also said, "The rugby team is honoured and thankful to Fleet Commander to be our new team Convenor and the players are inspired and determined to win back the Championship of the SAFSA Inter-formation Rugby Competition by 2007.

- Article contributed by CPT Eng Cheng Heng



Gombak Uphill Run 2005

STAFF from the three forces worked up a sweat on 27 May as they participated in the annual Gombak Uphill Run organised by HQ RSN. The event is one of three Gombak Healthy Lifestyle activities conducted every work year, the other two being the Cross Country and the Biathlon.

The Uphill Run was split into two categories – the competitive run and the mass run. Competitive runners ran a distance of 3.2 km around the Gombak vicinity while mass runners jogged a shorter route of 2.3 km.

Chief of Staff-Naval Staff RADM Sim Gim Guan graced the event as the Guest-of-Honour and flagged off both races. This year, the Army team walked away with the top prize for the



team competition while the Joint team and the Navy team were 2nd and 3rd respectively.

At the prize presentation ceremony held afterwards, RADM Sim also presented the 2004 HQ RSN Sports Challenge Trophy to Naval Operations Department (NOD) in recognition of

their overall excellence in sporting achievement.

Ms Wendy Kwok, Sports Officer of NOD, reflected: "Such sports events help to build cohesiveness and promote a healthy lifestyle while having an enjoyable time."

-SW

The Navy Bowling Team STRIKE! with Sixth Win in a Roll

"FORMIDABLE" was the word that echoed amongst the SAF formations during the 9th SAFSA Bowling Championship 2005. Victory was once again achieved by the Navy Bowling Team, six consecutive times to be precise. Held on 14th Apr 05 at Civil Service Club's Planet Bowl, a total of 24 teams consisting of 120 personnel from the SAF participated in this annual event. Anchored by MSG Daniel Soh from the Naval Operations Department, the men's team fought its way up from 3rd position in the first

game to 1st position after the third game. RSN veteran bowler, SSG Wendy Seah from Tactical Training Centre (Tuas) once again powered her striking force to overcome the artillery team in the last game to emerge Champion for the Mixed Team. She also won herself the Ladies Individual Champion as well. In the Master category of 30 top individual bowlers from the team events, 2SG Alvin Sim from RSS Vigour bowled an average of 197 for three games to emerge 1st runners-up position. With a combined total pin-fall of 5103, the RSN



team toppled all other formations to clinch the overall Formation Champion for the sixth consecutive year.

- Article contributed by 2WO Roger Koh

NDU/HQ RSN Badminton Champs

THIS year's RSN Inter-Group Badminton Tournament saw NDU and HQ RSN competing collectively as a formation. Held from 16-17 May at the Changi Naval Base Sports Complex, the NDU / HQ RSN team pitted their skills against FLEET, TRACOM, NALCOM and COSCOM for the coveted challenge trophy. The RSN Badminton Convenor, COL Cyril Lee was present to witness the five teams in heated battle.

The spirit of camaraderie and sportsmanship filled the atmosphere as the teams displayed their professionalism, cheered on by their loyal supporters. After two days of sweating it out at the courts, the NDU / HQ RSN team showed their



dominance in the game and emerged victorious. The subsequent placing was closely fought and teams had to rely on a count back to determine their final placing: FLEET emerged as runners-up, with NALCOM in 3rd place, COSCOM in 4th and TRACOM 5th.

The next hurdle would be RSN's participation in the SAFSA INTER-FORMATION BADMINTON CHAMPIONSHIP, in July. A total of 12 players have been selected to represent RSN in this upcoming tournament.

- Article contributed by CPT Terence Tan



Take your best shot.
No high attitude fly-out, this,
For it will only take me a flash
To take them down