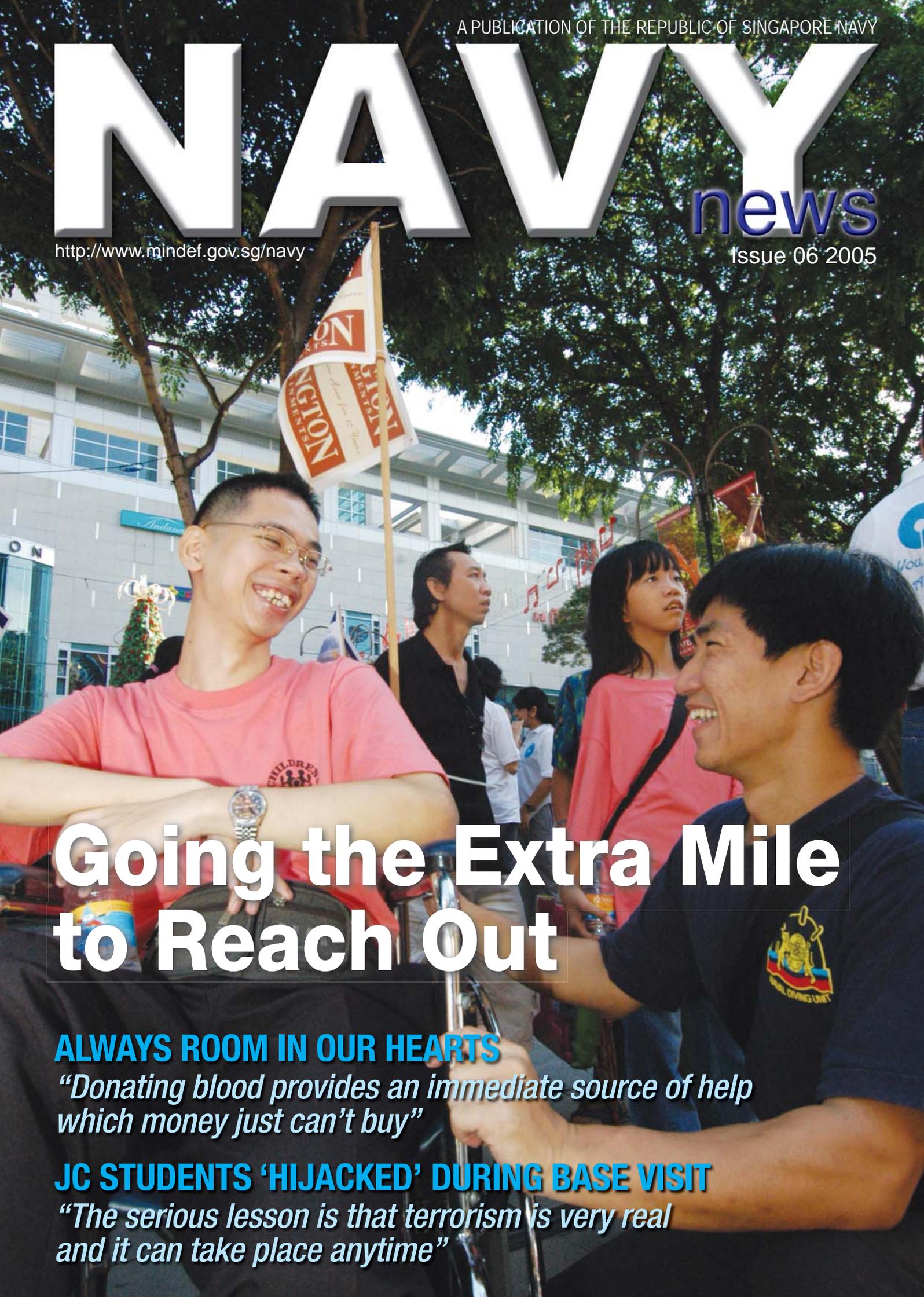


NAVY

news

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Issue 06 2005



Going the Extra Mile to Reach Out

ALWAYS ROOM IN OUR HEARTS

"Donating blood provides an immediate source of help which money just can't buy"

JC STUDENTS 'HIJACKED' DURING BASE VISIT

"The serious lesson is that terrorism is very real and it can take place anytime"



Republic of Singapore Navy



■ **RADM Ronnie Tay**
Chief of Navy

A Word from CNV

I recently went out to sea with some of our ships and also took the opportunity to ride on one of our submarines during a major Fleet exercise. I came away impressed by the high standards of professionalism and dedication our people show towards their work and training. From their thorough preparations to mission execution, I could sense that they are keen on their job, and have a 'can-do' spirit to overcome any challenges they may encounter at sea. Another good example of such qualities was displayed at the recent WOSR Seminar which was undertaken entirely by our WOSRs, led by our Chief Warrant Officer of the Navy SWO Roger Seow. Our WOSRs talked about their experiences and contributions in their particular areas of work; they were not only clear and inspiring but also showed their pride and strong sense of purpose in their mission.

Caring about what we do in the Navy extends beyond the workplace. As they say, charity begins at home, and home is where the heart is. In this regard, the Navy family is proud to have amongst its sons and daughters those who reach out to the needy. One

example is 1SG Ana Ang, who finds time amidst her busy work schedule to be the Vice-President of 'Twinkle Hearts', a team of like-minded folks promoting volunteer work and recruiting students for community projects. Another serviceman with a strong desire to help is MWO Nirmal Singh, who is an active blood donor. To date, he has made some 60 blood donations, and is on track to reach his goal of 100 donations. Beyond the individual level, our units at various levels in the Navy regularly spend time with the underprivileged; they also take part in charity events, such as our Naval Diving Unit's recent participation in the 'Walk the Extra Mile with Me' Charity Carnival, with some ten personnel walking with disadvantaged kids and the rest helping to set up the carnival.

Even though we may be busy with our professional Navy work, there is room in our hearts for the less fortunate in our wider community. I am heartened and encouraged each time I see the commitment of our Navy men and women to their work and their care for others - fine values which we must continue to keep close to our hearts as we serve in the Navy.

Chief of Navy's Message



◀ *Cover Page:*
Photo by Mervyn Lim



◀ *Back Page:*
Text by LTC Irvin Lim
Photo by NRC

Courtesy Calls



■ *VADM Kwon Young-Joon,*
Superintendent of
Republic of Korea Naval Academy,
Republic of Korea Navy



■ *VADM Sergey V. Avramenko,*
Deputy Chief of Russian Pacific Fleet,
Russian Federation Navy

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RSN Launches its Fifth Frigate



The Republic of Singapore Navy (RSN) launched its fifth frigate, RSS Stalwart, on 9 Dec at the Singapore Technologies Marine shipyard. RSS Stalwart, the fourth frigate which was built locally, was launched by Mrs. Wong Kan Seng, wife of Deputy Prime Minister and Minister for Home Affairs Mr. Wong Kan Seng. DPM Wong, Minister for Defence Mr. Teo Chee Hean, Chief of Navy RADM Ronnie Tay and other senior MINDEF and SAF officials were also present at the ceremony.

In his address to those present, DPM Wong highlighted that “the advanced capabilities and greater sustainability of the frigates will also give the RSN increased flexibility and added options in meeting the range of operational requirements and scenarios that may arise in our new security climate.”

DPM Wong also acknowledged the key role of the RSN in the protection of Singapore’s maritime security. He believed “the close co-operation at both

regional and international levels such as the Regional Cooperation Agreement on Anti-Piracy in Asia (ReCAAP) must continue to grow if we are to respond effectively to the threats we confront.”

The launch of RSS Stalwart is yet another milestone in the smooth progress of the frigate programme. The lead ship of the Formidable-class stealth frigates, RSS Formidable, is currently undergoing Combat Systems checkout, integration and testing and is expected to be fully operational in 2007. -YK

RSN ACQUIRES VÄSTERGÖTLAND-CLASS SUBMARINES

MINDEF has accepted an offer to purchase two Västergötland-class submarines from Sweden. It has evaluated these submarines to be a cost-effective opportunity buy to enhance the submarine capabilities of the Republic of Singapore Navy (RSN). The two submarines are expected to enter service from 2010 and will replace some of the

RSN’s Challenger-class submarines.

The contract for the Västergötland-class submarines was signed between MINDEF and Kockums AB of Sweden. The agreement includes a logistics package and comprehensive training in Sweden for the crews. The two submarines will also be upgraded and converted for operations in tropical

waters before they are delivered to the RSN.

The RSN has excellent cooperation with the Royal Swedish Navy in submarine training and operations. The RSN purchased its Challenger class submarines from Sweden in the 1990s to gain experience in operating submarines. -SW

Back Paddle



THEN Deputy Prime Minister and Minister for Defence, Dr. Tony Tan, announced that the RSN would be acquiring a low-cost second-hand Sjoormen Class submarine for its personnel to train in during a visit to TRACOM on 23 Sep 1995.

The acquisition was part of a submarine training programme offered by Sweden that the RSN took up. A

total of 40 officers and men were sent to Sweden over a period of two to four years for submarine training.

The training package offered by Sweden was the first step in the RSN’s evaluation process of the possibility of developing a submarine capability in the future as part of efforts to build a navy with all-round capabilities.



CNV Visits Changi Maintenance Base

CHANGI Maintenance Base (CMB) hosted Chief of Navy (CNV) RADM Ronnie Tay on 4 Nov.

CNV was briefed on the range of challenges within CMB in supporting the 3 uniquely different platforms of the RSN: the Landing Ship Tanks (LSTs), Missile Gunboats (MGBs) and Submarines. The briefing also touched on the progress of CMB's infrastructure and competency build-up in preparation to extend their support to the new frigates.

Despite the short visit, CNV took the opportunity to interact with the staff

of CMB. CNV spoke to them candidly about the anticipated increase in "business" for CMB in the coming years when the frigates enter into operation and the newly acquired Swedish Vastergotland Class submarines join the fleet. Before taking his leave, CNV praised the people for having rendered steadfast logistics and engineering support to the numerous RSN operations and exercises over the past few years and encouraged CMB to continue its good work.

- Article contributed by CPT Chan Tuck Seng

EXERCISE APEX 2005

COSCOM conducted Exercise APEX 2005 from 22 Aug to 1 Sep. This is an annual maritime security exercise that saw involvement of planning staff and units from several maritime security agencies. In addition to the planners from HQ COSCOM, Fleet and RSAF, exercise participants included staff from the HQ Police Coast Guard (PCG), operation controllers from the Maritime and Port Authority's (MPA) Port Operations Control Centre (POCC), as well as representatives from the Immigration and Checkpoints Authority (ICA) - Coastal Command.

A total of 144 NSmen were called up to augment the regular teams in the planning and execution of the relevant component plans. This year also marked the inaugural involvement of the Institute of Maritime Warfare as the Exercise Planning and Control Team (EPCT), which made significant contributions to rigorously test established maritime security plans.

Ex APEX 2005 was conducted

over a period of 10 days, during which the two broad phases of planning and sea deployment were incorporated.

The planning phase for this annual exercise served as an avenue for professional interactions and exchanges between the various agencies involved. The sea phase involved numerous assets from the various participating agencies - Patrol Vessels, Missile Gunboats, PCG Patrol Boats, MPA Fire-fighting and Tugboats and the ICA-Coastal Command boats.

The exercise has enhanced the interoperability of the various national maritime agencies, that ensures the Singapore Strait is kept safe and secure for the international maritime community.

- Article contributed by MAJ Lee Joan Hin



EX MALAPURA 05

this year. The opening ceremony for the exercise, held at Lumut Naval Base, was jointly officiated by RMN Fleet Operations Commander, VADM Dato' Mohammad bin Nik and RSN Fleet Commander RADM Chew Men Leong.

Since its inauguration in 1984, Ex Malapura has expanded in scope and complexity to include both conventional naval warfare and maritime security serials. The exercise was held in the Malacca Straits and involved some six



ships from the two navies.

Ex Malapura provides a valuable opportunity for all participants to foster mutual understanding and further strengthen professional ties between the two navies.

-SW

RSN WOSPEC Seminar 2005



“**READY** Today, Ready for Tomorrow” – that was the tagline for this year’s RSN Workplan and the theme for the RSN Warrant Officers and Specialists (WOSPEC) Seminar 2005.

Held in Changi Naval Training Base on 21 Nov, the seminar this year provided a platform to showcase how the WOSPECs of the RSN are gearing up to face the challenges placed ahead of them.

Graced by Chief of Navy (CNV), RADM Ronnie Tay, the seminar was presented in a light-hearted style that resembled a variety show. But the message was clear – the RSN’s WOSPECs are readying themselves in the ever-changing post-9/11 world of today.

WOSPECs from various units shared on various topics ranging from

their overseas deployment experiences in the SAF’s support in the multi-national reconstruction efforts in Iraq & Operation Flying Eagle to how our personnel are finding ways to upgrade themselves by hitting the school books once again.

In his closing speech, Chief Warrant Officer Navy (CWN), SWO Roger Seow highlighted that “the challenges facing the Navy today are more varied and complex than before”.

SWO Seow added that in the years to come, the strategic planners in the RSN will have to continuously develop new war-fighting capabilities in line with technological advances that will transform the RSN into a modern strong fighting force, just as they have been doing over the past few years.



Launch of RSN WOSPEC Website

THE RSN WOSPEC Website was launched at the WOSPEC Seminar this year as well. CNV was at hand to officially launch the website.

The web page was created to work on establishing intra and inter-service Communities of Practice (CoP) system for knowledge creation, retention and sharing. The website will allow and encourage the RSN WOSPEC corps to participate actively to air their views, share their experiences and for better knowledge management retention.

The RSN WOSPEC Page can be accessed via the intranet at <http://nid.rsn.mindel/navywose/Wsfinal1/Index.htm>

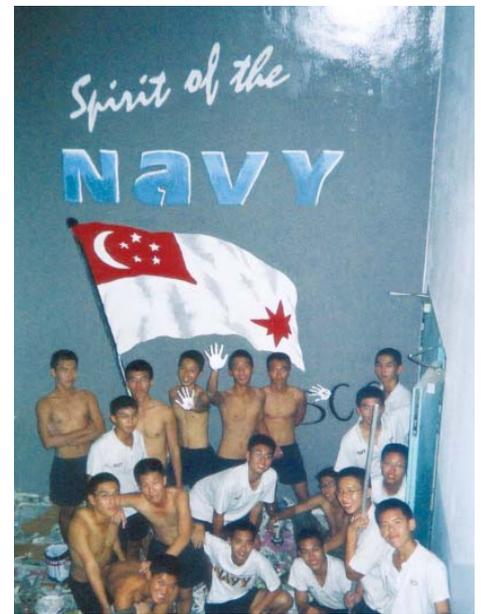


Mural Painting Reflections

THE symbolic painting of a mural is a traditional must for every Sea Soldiers Commander's Course (SSCC) batch. Initially most of us thought we had somehow escaped from this project as our course was finishing soon and there were hardly any walls left for us to paint on. But sure enough, there was still one wall left for us. We spent an entire night painting the wall but no one complained. We continued even though all of us were tired and dirty. As the painting progressed, we could see

the mural blossoming into something beautiful. As we painted, we reflected on our teamwork and friendship built up over the past four months of training which had brought us all closer together. And before we knew it, we had completed our wall painting project. Through our 'artwork' we hope to have left a colourful mark in the history of the SSCC. We hope future generations of sea soldiers who walk past our mural will reflect upon our 'masterpiece' and feel the deep sense of pride we feel being Sea Soldiers!

*Article contributed by
3SG Liu Jia Mao, 3SG Xie Zhi Peng, 3SG Lim Wai Lun,
3SG Chan Hian Boon, 3SG Ryan Lim Zheng Liang,
3SG Jose Yong Jin Chuan*



Changi Defence Squadron COC



THE unfolding of a new chapter in the history of Changi Defence Squadron (CDS) was marked with its first-ever Commanding Officer Change of Command Ceremony held on 28 Nov. Fleet Commander, RADM Chew Men Leong, graced the ceremony. The ceremony kicked off with a recitation of the Sea Soldier Creed. The creed is a representation of the courageous

spirit and unity demonstrated by the Sea Soldiers and their commitment to build a world class naval security force. A screening of a CDS Corporate video produced by its very own Sea Soldiers showcased the professional skills and physical protection systems that CDS has in place for the Changi Naval Base. In his farewell speech, CDS' outgoing CO LTC Kuet expressed his heartfelt

gratitude to his Sea Soldiers and support staff for their strong support and dedication during his tour in CDS. In his inauguration address CDS' incoming CO MAJ Danny Tan Tiong Kee urged CDS to continually stay "Alert and Vigilant" to confront the challenges posed by threats to base security.

-Article contributed by LCP Tan Kok Siong

HEALTH ADVISORY ON AVIAN INFLUENZA (BIRD FLU)

AVIAN influenza, more commonly referred to as bird flu, is an infectious disease of birds caused by the H5N1 virus. It mainly infects poultry, but has known to be carried by migratory birds and wild birds.

The virus can be transmitted from

infected poultry to humans who live in close prolonged contact with infected poultry or eat an infected poultry that is not properly cooked.

To date no cases of Avian Influenza has been reported in Singapore either among birds or humans.

Although the possibility of birds that are infected with the Avian Influenza here is remote, as a precaution, servicemen are to avoid direct contact with any birds or poultry that you might encounter.

National Day Awards 2005



SOME 720 National Day awards were conferred on Ministry of Defence staff and Singapore Armed Forces (SAF) personnel in recognition of their performance and dedication at National Day Awards investiture ceremonies held at MINDEF on 22 Nov. The awards were handed out by Minister for Defence Teo Chee Hean and Senior Parliamentary Secretary Associate Professor Koo Tsai Kee.

Among the 720 National Day awards conferred, some 69 went to naval personnel. Six naval personnel were conferred the Commendation (MIL) Medal while 17 received the Efficiency (MIL) Medal. Among non-uniform personnel, there were two award recipients for both the Commendation and Efficiency medals. 41 naval personnel also received their Long Service Medals.

- SW

RSN PRIDE CAMP 2005

THE RSN PRIDE Camp 2005 was successfully conducted on 18 Nov at the National Community Leadership Institute (NACLI). In line with MINDEF's effort to build a culture of innovation and capacity to change that is crucial in the transformation to 3G SAF, the focus adopted for this year's RSN PRIDE Camp was "Innovation and Creativity".

In his keynote address, Chairman of RSN PRIDE Committee, Commander NALCOM, COL Chen Yeang Tat, shared his vision to create a sustainable culture of innovation in the Navy. The drivers of this culture of innovation, he said, are the leaders of the organization. The critical success factor lies in the people of the organization. The winning formula is in the people's ability to innovate and continually seek improvements in their workplace. He hoped to see every HQ department and RSN formation

embracing PRIDE and Innovation as a way of life.

On USMS and UWMS, COL Chen said that it should not be viewed as additional work but rather as a dedicated channel and avenue provided by the SAF to recognise the individual, group or team's creative or innovative efforts. He reiterated that "creative talent exists in every serviceman, and that he has the ability, and is well placed, to make suggestions to improve the way his job is being done". He believes that servicemen who are performing their specific functions are in the best position to understand their problems and propose alternative solutions.

COL Chen ended his keynote address by encouraging the RSN PRIDE Camp participants to contribute and participate in the decision making process involving their work and hoped that it would make their jobs in the Navy more meaningful and fulfilling.

A total of 60 PRIDE activists across the RSN attended this year's RSN PRIDE Camp at NACLI. One of

the participants, Ms Lin Ming Juan from HQ TRACOM felt that it was a fun and enriching experience and said that "it should be more than a 1-day event!"

-Article contributed by MAJ Lee Bak Hee



Enterprise System Commissioning cum d-Logistics Seminar 2005

THE Enterprise System (ES) for RSN was commissioned on 10 Nov by PS(DD), Dr Tan Kim Siew. With the commissioning, the ES becomes one of the most advanced defence enterprise resource systems deployed into operational services in the region.

ES harmonises more than 700 processes across all Services, enhances connectivity between Service users and Industrial partners, and provides Commanders with better visibility and control of resources needed for Training, eXercises and Operations (TXO). All these allow the SAF to use her resources more effectively, making the SAF a more

outcome-based organisation.

The commissioning was held in conjunction with the d-Logistics Seminar 2005, jointly organised by NLD and DTRO. The theme for this year was Logistics Transformation: Flexible, Focused, Full Spectrum. This annual event brought together representatives from MINDEF, SAF, defence partners and academia to meet, discuss and share the latest developments and achievements in defence logistics. Dy HNL(PS), COL Low Yong Joo presented a topic on : "Logistics Support for MOOTW – The RSN Approach". The presentation discussed NLO's contribution towards



Ops Flying Eagle in support of the SAF Tsunami relief effort to the disaster area in Aceh, Indonesia.

The event, held in RSS Panglima, Changi Naval Training Base, attracted more than 400 participants.

-Article contributed by CPT Alex Heng



"Interacting with elderly folk can seriously tug at your heartstrings. In some cases, they pass away in between our visits to the homes. We'd never know when a goodbye would be the last. Drawing from this, I've learnt to not take things for granted and cherish those around you." - 1SG Ana Ang on the emotional aspects of performing charity work

*Story by Lin Yuankai
Photos by Mervyn Lim with
Contributions by 1SG Ana Ang*

Offering more than just a Twinkle of Hope



FOR more than 10 years, 1SG Ana Ang has helped to bring cheers and smiles to the less fortunate. Presently a training specialist with the Naval Advanced School (NAS), she concurrently holds the position of Vice-President of 'Twinkle Hearts', a team of volunteers in charge of promoting voluntary work and the recruitment of students for community service projects.

Performing charity work has helped in her own character development 1SG Ang readily admits: "I used to be more hesitant in approaching the less fortunate, but I have come to realise that they are just like any other person you'd see on the street, and any apprehension was definitely unfounded."

1SG Ang who was recruited by the National Council of Social Service (NCSS) during her secondary school days describes "the regular enthusiasm of the regular volunteers" as her primary motivation to keep going even when times get tough.

While Twinkle Hearts is able to recruit approximately 30% of its student audience at every recruitment talk, 1SG Ang laments that a majority of the students do not warm up to the idea of being volunteers as they already have other commitments such as academic studies.

"There's really little I can do to convince them to volunteer because I can't mask the fact that it's hard work which mostly goes unappreciated. Sugar-coating my presentation to the students only defeats the purpose when they find out the truth and quit in the end anyway," she reasons matter-of-factly.

In spite of the many obstacles and challenges she has encountered in her charity work, 1SG Ang remains undaunted. She has already begun intensive planning for upcoming events during year's end as well as the next drive to recruit more student volunteers.

She explains: "When I meet people who are less fortunate, it leads me to always think positive. We can moan and complain about each day's misgivings but I always remember that there're people who are worse off and wouldn't hesitate to be in our shoes!"

"We had calls from the public to stop their public donations and students who stopped volunteering for our community projects. The situation has improved since then but please do not give up on charitable organisations. The presence of such organisations does benefit its recipients more than the ordinary public can imagine." - 1SG Ana Ang on the recent fallout from negative publicity surrounding Non-Profit Organisations

Story by Lin Yuankai
Photos by Mervyn Lim

BLOOD DONOR WITH A BIG HEART:

60 AND COUNTING!

MWO Dhillon is no stranger to milestones in the Republic of Singapore Navy's (RSN) history. He has been amongst the pioneer crew of many platforms such as the first Minesweepers (RSS Mercury), Missile Corvettes (RSS Valiant) and the Mine Counter-Measure Vessels (RSS Punggol) in his 29 years of service. It is no surprise then, that he is a member of the revamped 185 SQN as the Coxswain of RSS Intrepid, one of RSN's newly acquired stealth frigates.

However, he is also striving to set his own personal milestone. An extremely active blood donor, MWO Dhillon has officially made 60 blood donations. An extraordinary achievement considering that one can only donate blood twice a year!

"It's always been my wish to help people. I believe that it is our duty to help others should the need arise. Of course donating cash is commendable too, but donating blood provides an immediate source of help which money just can't buy," explains MWO Dhillon.

Although people may now be more educated about blood donation procedures, MWO Dhillon believes that Singaporeans are still not aware of the importance of the blood bank to our nation.

He elaborates: "If a disaster should strike, it is very likely that a lot of blood would be needed for medical operations and that the blood bank would run dry. It's essential to know that

blood donations are not only for present use but for the future as well."

Media spotlight on blood donation drives has increased recently due to the conviction of five donors who donated HIV-positive blood. MWO Dhillon reasoned that "it could be ignorance on their part but this episode also proves that the authorities do conduct thorough checks on every single pack of donated blood."

"However, on the part of the regular blood donor, we have a responsibility to make sure we're healthy. In my case, I don't smoke or drink excessively. As I also exercise frequently, you could say that I've become healthier because of blood donation!" MWO Dhillon elaborates jokingly.

MWO Dhillon's efforts in blood donation drives have not gone unnoticed. He has received awards for his dedication to the charitable cause and also encourages his colleagues in the RSN to join him as blood donors.

More than halfway to his personal target of a hundred blood donations, MWO Dhillon has also pledged his organs for donation. His advice for hesitant blood donors thinking about doing something good for those in need?

"Just do it! It's for a good cause and there's nothing more sincere than overcoming your fears for another's well-being!"



MOE-RSN/NCC Visit 2005

SOME 200 school principals, vice-principals, teachers and senior officers from the Ministry of Education were hosted by The Institute of Maritime Operations and Systems (IMOS) during the RSN/National Cadet Corps (NCC) Familiarisation Visit 2005 on 17 Nov.

Dressed in their NCC uniforms, the teacher cadets toured RSS Panglima - Changi Naval Training Base to gain greater insight into developments of the SAF, in particular, the RSN. Joining them for the tour were Senior Parliamentary Secretary for Defence and the Environment and Water Resources, Associate Professor Koo Tsai Kee and NCC Council Chairman, Dr. Arthur Beng and key officials from HQ NCC.

Fleet Commander RADM Chew Men Leong was on hand to welcome the guests and in his welcome speech, RADM highlighted the importance of the NCC to the SAF, saying: "Over the years, NCC has continued to play a pivotal role in conveying the importance of national defence to our younger citizens. The SAF would like to thank all school principals and teacher advisors for your continued support and for your contributions in making this co-

curricular activity relevant to our new generation of youths."

Addressing the audience at the start of the event, Associate Professor Koo emphasised the need for a strong SAF, especially a new 3G SAF and also reiterated the importance of the SAF-NCC affiliation. He said: "Today's security environment requires the SAF to undertake a wide spectrum of missions, from preventing the threat of terrorism at home to operating as part of a multinational peace support force in another part of the world. With finite resources and myriad tasks to undertake, it is important the SAF constantly reviews its work processes as well as exploit technology where possible to enable it to carry out its tasks effectively and efficiently."

Since the birth of the SAF-NCC Affiliation Scheme in 1993, the annual familiarisation programme, rotated yearly among the three services, has helped teaching staff and officials develop greater appreciation and awareness of the SAF and this places them in a better position to relate the importance of NS and defence to students.

After being briefed on the roles and



capabilities of the SAF and the RSN, the visitors toured IMOS and also visited the LST, RSS Resolution. They learnt about the critical contribution of the LSTs in supporting the SAF relief operations in Aceh in January this year and also those in support of the reconstruction of Iraq when two of the LSTs were individually deployed for separate tours of duty in the Northern Arabian Gulf.

Sailing the Bloom of the Ocean



- LTA Toh (backrow centre) standing shoulder to shoulder with his new found mates

DON'T let the luxury-yacht-like exterior of the KLD Tunas Samudera fool you. During his recent foreign attachment with the Royal Malaysian Navy (RMN), LTA Toh Weisong experienced first-hand the rigours of sailing life onboard, bringing back sunburn and blisters galore as souvenirs. For ten days from 19-29 Nov, LTA Toh joined 22 Malaysian midshipmen on their maiden training voyage between Lumut and Medan.

The Tunas Samudera, or "Bloom of the Ocean", is owned by Malaysia's Ministry of Education but staffed by

RMN personnel. The ship is charged with the task of giving teachers and students, as well as midshipmen, a positive but rigorous first taste of life at sea. During this voyage, the trainees learnt all about the sails and lines on the ship (10 sails and 119 lines in all), as well as other subject matter like emergency drills, knots, piping and bridge duties. Training, however, did not always take place in a classroom setting. The trainees participated in highly physical competitions such as sail setting and furling, and were often tasked to climb up the ship's 30-foot masts to prepare and secure sails. Working on the upper deck in the dark with pelting rain and 30-knot winds also provided its own brand of excitement. However, the highlight of the voyage was the final entry back into Lumut Naval Base, when the trainees were tasked to "man the yardarm", or stand at attention 20 feet in the air, hanging on to the yards and trying not to look down.

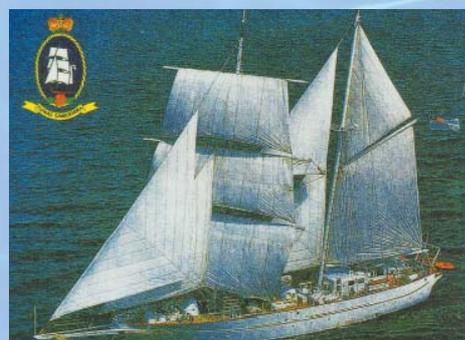
Besides being a sail training deployment, the trip also served as a cultural and professional exchange for LTA Toh and his Malaysian

counterparts.

"While onboard, I learnt some Malay, and my newfound mates were excellent hosts who endeavoured to speak in English or translate for me where required," said LTA Toh.

LTA Toh found his attachment physically demanding but ultimately very enriching. "In some ways it was like being a cadet again. Scrubbing your heart out during domestics and getting minimal sleep. But all in all I was glad I had the rare chance to interact with RMN officers and cadets, and make new friends. I'm thankful I'm able to play a small part in fostering better understanding between our two navies."

-Article contributed by LTA Toh Weisong



More than Joy Rides for JC Internship 2005

IT was a day of new sights and new experiences when 23 top junior college (JC) students spent a day at Changi Naval Base (CNB) on 29 Nov as part of a SAF JC Internship programme.

This internship programme was conducted with the aim of raising awareness of the RSN amongst youths and providing more in-depth knowledge on the RSN's capabilities and operations to students.

The students, who came from Raffles JC, Hwa Chong Institution and National JC, started the day at the CNB auditorium with Fleet Commander, RADM Chew Men Leong, delivering his welcome address. "As the elite of our youth, you will have an important decision to make. Should you choose to pursue a career with the navy, you will embark on a journey that is both physically challenging, mentally rigorous and incredibly fulfilling," said RADM Chew.

RADM Chew also spent time communicating with the students in a short dialogue session, where students took the opportunity to clear their doubts and queries on the RSN. Two young officers, CPT Neo Su Yin and CPT He Rui Min were also invited to share their experiences on being part of the Navy family to the students.

Later, the students enjoyed tours to the RSN's first stealth frigate, RSS Formidable, as well as this year's Best Ship award recipient, the LST RSS Resolution. Besides visiting RSS Formidable, which was berthed at CNB, they also took a Fast Craft Utility to board RSS Resolution which was anchored some 4km away from CNB.

The highlight of the day took place on the FCU ride to RSS Resolution.

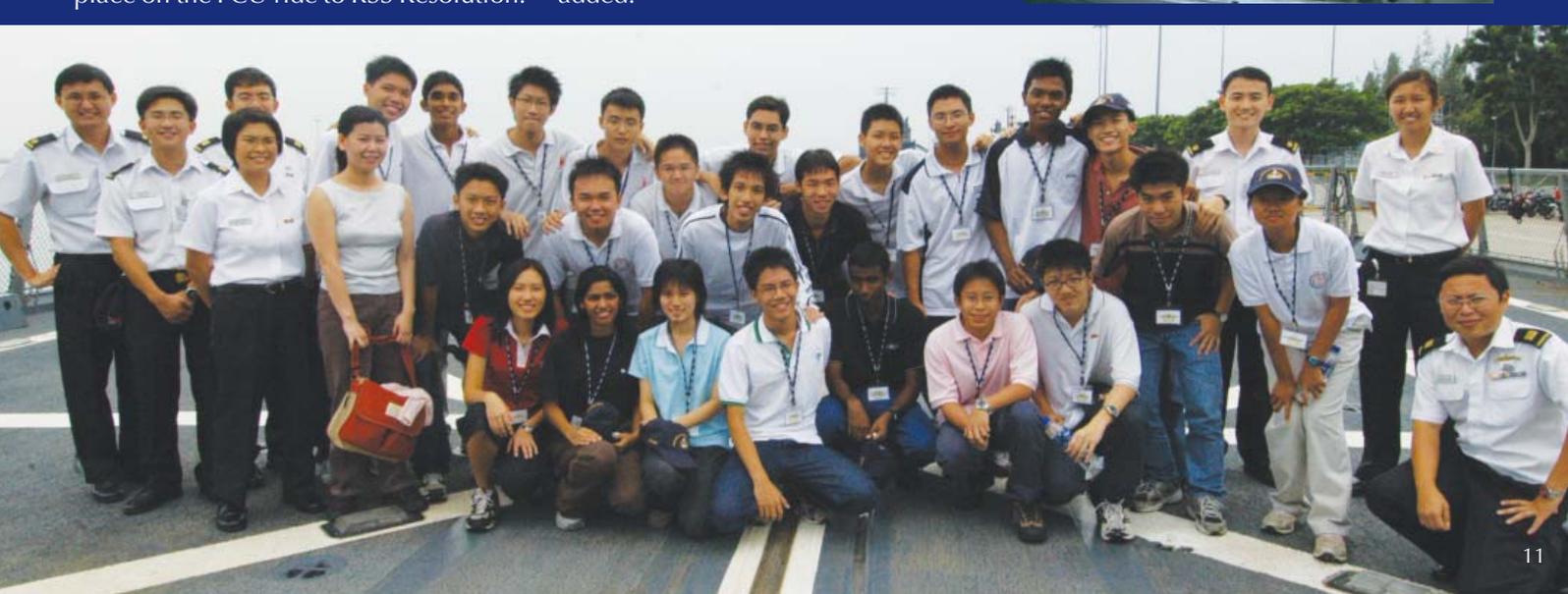
Midway on the journey, the FCU stopped. Three Rigid Hull Inflatable Boats (RHIB) came storming by with naval divers shouting orders for passengers on the FCU to raise their hands up. It was a surprise mock ship hijack. Two of the 'hijackers' boarded the FCU and took away two of the students, leaving the others to look on with bemusement as the RHIBs sailed away, with the two 'hostages' in tow.

It was only about 10 minutes later that the RHIBs returned, only this time, the naval divers were all smiles as they returned the two students who had just been taken on a quick ride on one of the RHIBs. With everyone unharmed, the FCU then proceeded on towards RSS Resolution.

One of the surprise 'hostages' for the day was NJC student Devathas Satianathan. He reflected on the experience: "I found [the hijacking] quite exciting. The serious lesson is that the terrorism threat is very real and it can take place anytime. Like the divers showed, three boats are all it takes to hijack a small craft, so our defence forces should always be ready to handle the serious threat."

Said RJC student Reuben Foo after the visit was over: "This was one of the most memorable days of the whole MINDEF attachment . . . The family culture is very prevalent in the navy and it can be seen here. All of them work together and though you see the different ranks, it's not really a hierarchical system.

Also, [the LST] was quite a sight to behold. You see such ships in movies but actually seeing how it works in real life, I think that's very exciting," Reuben added.



Coscom Anniversary Celebration



SOME 800 people took part in the 18th COSCOM Anniversary celebration at Yishun SAFRA Country Club on 28 Oct.

The activities lined up for the day included competitions for pool, bowling and even a "COSCOM Superstar" event. Participants also tried their skills at non-competitive sports like air rifle and rock climbing.

Commander COSCOM, COL Tan Wee Beng, marked the start of the celebrations with the cutting of the COSCOM birthday cake at the bowling alley and he proceeded to bowl a perfect strike that kicked off the various sports competitions.

After the sporting competitions ended, everyone moved into the ballroom for the finale of the event - the "COSCOM Superstar" finals and the lucky draw. The presentation of the

awards for the competitions marked the end of the event and everyone gave three loud cheers for COSCOM.

"The event was very well organized and brought cohesiveness among the respective squadrons, in particular the multi-crews of the PV/APV Squadron," surmised 194 SQN Coxswain, 1WO Selvasegaran.

-Article contributed by LTA Alec Ngo



Bowling Good Times Marks CMB's Cohesion!



150 personnel from Changi Maintenance Base (CMB) turned out at CMB's Cohesion Day held at Tampines SAFRA on 21 Oct. The unit organised a bowling event to enhance

the camaraderie and interactions among CMBians.

Grouped into teams of 5-8 men, CMBians had an enjoyable time pitting their skills against other teams over two games. The team members cheered and encouraged each other. While the competitive spirit was strong, cohesion was overwhelmingly felt when the teams that had completed their games crowded around and cheered on those who were still in the game.

While the scores were being tallied, Commanding Officer CMB LTC John Swee took the opportunity to share

some values of cohesion. He reminded his staff on some key factors in building up a cohesive unit, such as "Atmosphere", "Boundary", "Communications", "Discipline" and "Esteem", drawing parallels to the teamwork displayed during the bowling game..

At the end of the fun and fruitful day, SSG Teo Kok Leong emerged as the individual winner with an impressive score of 180 pins. The Team Champion was a team from Planning and Control Branch with an impressive score of 1324 pins from the best 5 bowlers.

- Article contributed by Mr. Thio Seng Keong

'Superstars' at NLO Dinner 2005



THE Naval Logistics Organisation (NLO) celebrated its 12th annual Dinner with a difference at Marina Mandarin Hotel on 28 Oct with Chief of Navy RADM Ronnie Tay and Mrs Tay gracing the occasion. The grand occasion incorporated the prize presentation

for the Most Outstanding Logistics Achievement award and a 'Superstar' contest. Some 600 men NLO personnel came with their loved ones and guests from DSTA and strategic partners from the defence industries were also invited to celebrate the joyous occasion.

The event began with prize presentation of the Most Outstanding Logistics Achievement (MOLA) award presented by CNV. The winner for this year MOLA award went to the team from NLD and CMB led by Mr. Yep Yong Chian for the built-up in 'Submarine Engineering and Maintenance Capability'. Their contributions were vital to the development of RSN

submarine warfare capability. Two Commendation awards were given for the projects on 'In-Country Depot Level Repair for the Combat Systems' and 'Enterprise System (Navy)'.

6 NLO Superstar finalists sang their hearts out to entertain the guests while competing for the Superstar title. With the points accorded by the judges and the popularity votes from the 60 tables tallied, SSG Yeo Chun Hean from Changi Maintenance Base (CMB) won the NLO Superstar title.

The event proved to be an enjoyable and meaningful one for all logisticians present.

- Article contributed by MAJ Evelyn Lim

NDU Divers Walk The Extra Mile!

Story & Photos by Mervyn Lim



'TIS the season to be giving and none more meaningful than to give to the needy.

The divers from the Naval Diving Unit (NDU) along with some 200 members and volunteers from the six member charities under the Children's Charities Association (CCA) gathered at Ngee Ann City Civic Plaza in the early Sunday morning of 4 Dec for the 'Walk The Extra Mile With Me' walk-cum-carnival.

The walk, which was flagged off by local celebrity, Mr. Benedict Goh, took the participants on a route that started from the Ngee Ann City Civic Plaza to Tanglin Road and back again.

Besides taking part in the 2km charity walk, the divers were also there to help set up the area for the carnival which kicked off right after the walk.

Mr. Goh Poh Heng, Board Member with CCA and the organising chairman for the event said: "Our purpose of holding this walk is to create awareness and also to let these children feel good about themselves as they rarely get a chance to take walks along the Orchard Road area."

Guest of Honor, Mrs. S.R. Nathan presented Certificates of Appreciation to the various sponsors and volunteer groups.

Commander NDU, LTC Sean Lee, who received the certificate from Mrs. Nathan, said: "I think it's very meaningful for all of us to be given a chance to help out and to show our support for the less fortunate and do our part for charity."

LTC Lee added: "More than just protecting our seas, the RSN can serve the nation more by participating in events such as this."



Flabby No More!

Article contributed by LCP Tan Kok Siong



PTE Kong Wen Yong has come a long way. He is currently undergoing his final week in the Sea Soldier Course (SSC) conducted at the Changi Defence Squadron (CDS). From an obese recruit who first enlisted into National Service 6 months ago, he now stands as a fit and healthy young man who boasts a lean physique. However, this physique was not a god-sent gift. He recalled the days where he failed his IPPT and could not even manage to do a chin up. His 2.4 km timing was 14:34 min which was way beyond the passing grade and now he is able to attain an IPPT gold standard, being able to do more than 10 chin ups and clocking an impressive 9:35 min for his 2.4 km run.

Not only did he experience a longer Basic Military Training (BMT) programme of 16 weeks due to his obese status, PTE Kong had to make a lot of personal sacrifices and commitment which required much self-discipline. The SSC has also helped him substantially because the course is planned with a good mix of physical training and theory lessons, preparing all the future sea soldiers with the essential fitness level and knowledge for upcoming force protection operation deployments.

He too practices a lot of willpower; he does not eat any night snacks that he is entitled to, especially if they are high in fat and sugar content. PTE Kong also eats moderately for his 3 meals despite

the fact that the cookhouse meals are self-serving and each person can eat as much as he likes. These include items like fried chicken wings, desserts like mango puddings and ice cream, which would no doubt whet the appetites of many.

Although weekends are much valued as PTE Kong is a stay-in personnel, he makes it a point to go for a 3 km jog around the garden near his house at least twice a weekend.

The greatest motivation that allows him to stick to this regime is his determination to keep himself trim and fit, by saying goodbye to the obese him of yesterday.

PTE Kong expresses his gratitude to his Course Commander, SWO Balvinder Singh and his team of passionate SSC instructors for helping him in his amazing transformation. He explained: "All the training conducted during the early stages of the SSC has gradually built up my stamina and fitness, the instructors were even willing to perform the extra training with me to spur me on further."

"Determination was the greatest factor in this chapter of my life. Even though I had attained a silver for my previous IPPT, seeing my bunkmates achieve gold for theirs, taught me not to rest on my laurels and made me work even harder to reach the same level as them," he recollects.

Celebration of the Merger of 182/189 Squadron



25 Nov was the day to commemorate an eventful year for the newly merged 182/189 SQN. It was a day of buzz and fun at Sentosa for our mighty men and women who put aside their duties for a day of rest. It was a day of appreciation for their hard work and a day that marked the beginning of a new journey.

2005 saw the squadron through several milestones. In response to the increasing hectic operational deployments due to aggravated security demands, the multi-crew concept was

implemented. The implementation seeks to optimize the usage of COSCOM assets and maintain the welfare of its crew. With the transfer of 189 SQN to COSCOM earlier this year, both 182 and 189 SQNs then came under the command of LTC Joe Cheong, who subsequently handed over to LTC Tan Suan Jow in September. The two SQNs were officially merged on 10 Oct, marking the beginning of a new voyage. A chain of events to commemorate the merger was launched on that day, including a photo montage and the new squadron logo design competition.

During the celebration, LTC Tan said, "A peaceful day in our waters is a peaceful day earned by our hard work and vigilance. We should not let this sense of peacefulness undermine our effort but be steadfast in ensuring our way of life is protected."

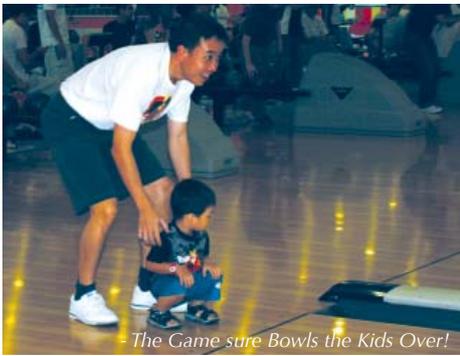
Chief of Navy, RADM Ronnie Tay, visited the newly merged 182/189 SQN on 14 Nov. The visit started with a

brief at the Squadron Conference Room where RADM Tay was introduced to the Commanding Officers and principal staff of the SQN. CNV was updated on developments of the squadron. Following the brief was a tour of the squadron facilities, including the new Lounge and Multi-Crew Deck.

An action-packed Close Combat Training (CCT) demonstration was the highlight of the visit. The demonstrators exhibited various self-defense techniques such as control and restraint procedures, defence against unarmed and knife attacks, covering the use of the extendable baton.

The visit concluded with a Meet-the-People session with light refreshments at the TNB Wardroom. RADM Tay commended the hardwork and sacrifices made by the men and women of the squadron in protecting our waters.

- Article contributed by CPT Ryan Tan & CPT Vincent Goh



- The Game sure Bowls the Kids Over!

Wardroom Bowling 2005

THIS year's Wardroom bowling event was held on the 3 Dec at the Mount Faber SAFRA Bowl. 15 teams from different units engaged in 3 hours of exciting battle.

Team "Just For Fun" emerged as overall champions accumulating a total of 1983 pins over 3 rounds of bowling.

Following closely behind was Team "Long Time Never Bowl" with a total of 1901 pins and Team "Underground Bowlers" with 1788 pins. Also, amongst the prizewinners are 2 teams that walked away with the Best Team Name title. They are Team "One Pin" and Team "Acoustics Strikers" led by CPT Ivan Lee and MAJ Lee Boon Chuan respectively.

Amidst stiff competition and pressure, CPT Lim Seng Hock knocked down both pins and competition to win the outstanding player title, achieving a spectacular total score of 544 pins. As for the rest of the bowlers, they did not walk away empty handed as ten consolation

prizes for getting a Split and thirty lucky draw prizes were given away. This fun outing also saw family and friends gathering to cheer their teams to victory and simply have a good recreation time together.

Said LTA Alex Koh: "This year's Wardroom Bowling is so thrilling that the top 3 teams had to engage in close fight until the very last throw, it was exhilarating."

The 2005 Wardroom Bowling competition was a success and fostered interaction between fellow officers in the RSN.

- Article contributed by CPT Lim Seng Hock

17th NALCOM Swimming Meet

15 record times were broken at the finals of the 17th NALCOM Swimming Meet held at the Changi Naval Base Swimming Complex on 7 Nov. Deputy Commander NALCOM LTC LIM SOON TEIN graced the event as participants from HQ NALCOM, CMB, TMB and NMTB competed against each other for the glory of their respective teams.

The competition was indeed intense and the increase in swimmers' standards was evident through the many records smashed. Most noteworthy amongst the record-breakers was MAJ

Tan Hong Teck from WARCEN who rewrote the record books four times, including a men master division relay event.

At the end of the day's gruelling competition, the swimmers from HQ NALCOM proved to be a notch above the rest by finishing 232 points ahead of the second-positioned team.

With the spotting of many promising swimming talents after the event, NALCOM looks forward to make an even bigger splash at the RSN and SAFSA Swimming Meet in 2006.

-Article contributed by Mr Wilson Ng



SCRUMMING Hard Together Now at INTRA-COSCOM Rugby Tournament



THE INTRA-COSCOM Rugby Tournament was held at Tuas Naval Base on 24 Nov. Four teams, namely 181 SQN/HQ COSCOM, 180 SQN, 182/189 SQN and 194 SQN, took part in the tournament. Apart from identifying good rugby players to represent COSCOM in the inter-formation games, this tournament served the more important purpose of fostering better

relationships within and among the various squadrons.

The teams' competitiveness and enthusiasm were evident from the serious warm-up sessions and the detailed game plans. Even the fans participated energetically with roaring cheers; adrenaline was pumping and one could feel the highly-charge atmosphere in the stadium.

The first match got underway in the late morning and was so closely fought that penalty-kicks were needed to determine the eventual winner. After a lunch break, the fierce and nerve-wrecking games continued. The highly anticipated final was worth the wait as the final two teams played hard and well. 182/189 SQN was strong in its defence while 180 SQN was swift in its attacks. The game was extremely tight with the lead changing hands several times. At the blowing of the final whistle, the worthier team emerged as the winner. There were no losers though, as all enjoyed themselves; even the spectators had a good rousing workout. The bigger winner is perhaps the rugby fraternity; with several new talents identified for the RSN rugby team, which is in need of young blood to keep our flag flying high.

-Article contributed by LTA Dominic Teo



*"Busy tying bows and knots
This yuletide season?
As for me... always ready with
Handy knots for any seaman reason"*