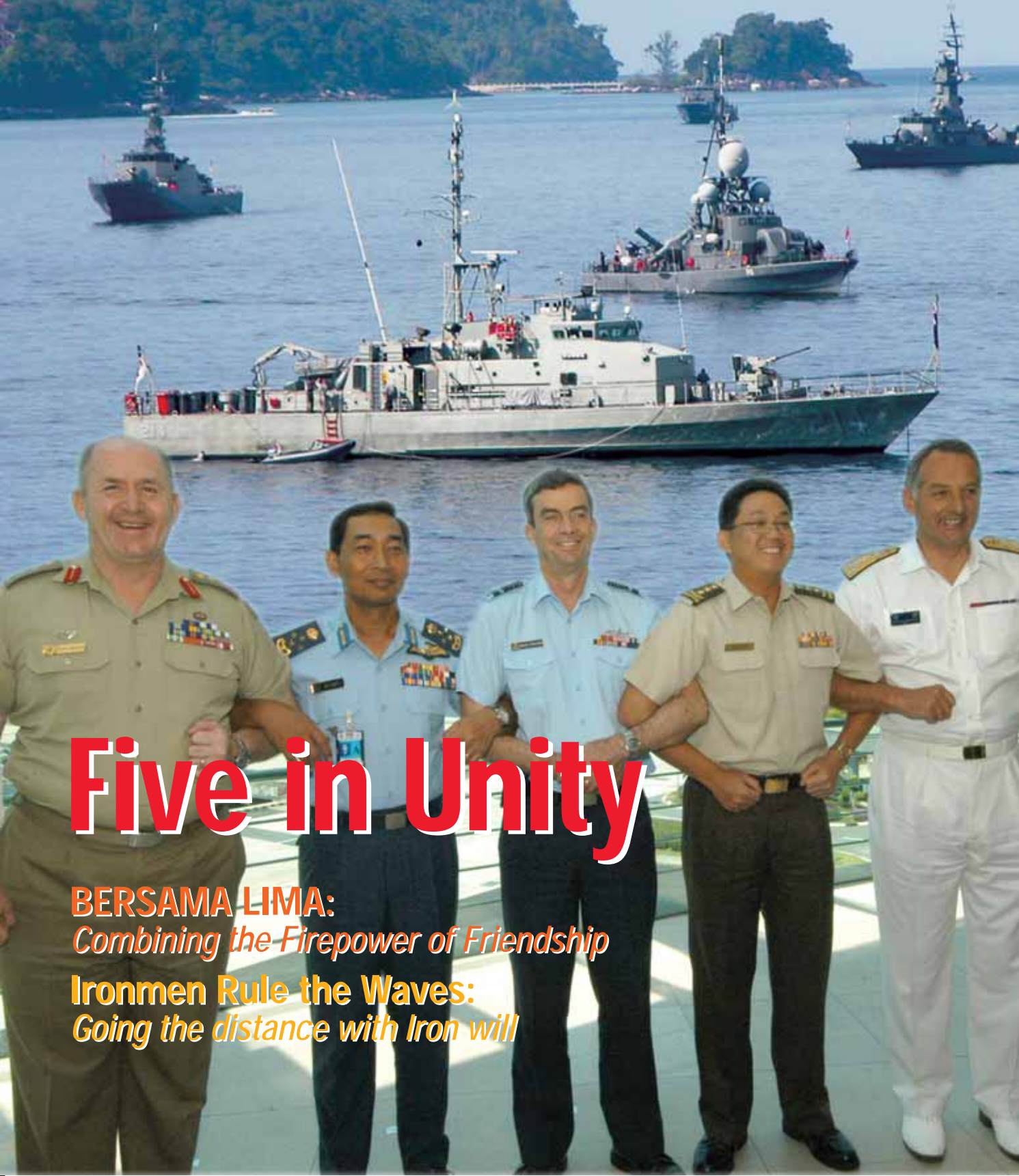


NAVY

news

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Issue 05 2004



Five in Unity

BERSAMA LIMA:

Combining the Firepower of Friendship

Ironmen Rule the Waves:

Going the distance with Iron will



Republic of Singapore Navy



■ RADM Ronnie Tay
Chief of Navy

A Word from CNV

Someone has said that 'practice does not make perfect - it makes permanent'. It is a useful reminder of the need to constantly question the way we go about our work, and ask critically whether doing more of the same really leads us to achieve the outcomes we desire. In this regard, introducing timely and necessary changes in the way we go about conducting our traditional training exercises, taking into account changes in our maritime operating environment, can only serve to make us an even more effective naval force. We have been doing that in various aspects, one of which is that of incorporating the new operational challenges posed by maritime terrorism and unconventional threats into our local, bilateral and multilateral exercises.

Recently, the Fleet successfully hosted Exercise Bersama Lima '04 – a Five Power Defence Arrangements (FPDA) exercise. The integrated maritime exercise enabled us to enhance the interoperability with our defence partners in conventional naval missions as well as develop new expertise in tackling unconventional ones. The heightened realism and complexity of the exercises conducted in the South China Sea demanded much of the participants, especially in terms of combined action and cross-service co-operation.

Closer to shore, COSCOM also successfully conducted Exercise Apex which included the participation of our other maritime agencies such as the Police Coast Guard, the Maritime Port Authority, and the Immigration and Custom Authority. The degree of inter-agency co-ordination required to synchronise and synergise in real-time the many different assets deployed at sea to keep our waters safe is no small feat. Our NSmen also participated actively and proved their mettle in contributing to the success of the exercises. It is clear that going forward, we need to learn to work even more closely with other non-military agencies and foreign military partners, as well as harness the collective potential of all our people.

Every one of us can play a useful role in ensuring that our Navy maintains its high operational readiness and stays operationally relevant while achieving excellence in our many tasks ashore and at sea. We should therefore constantly seek and try out better ways of doing things, as we re-look at our current and past practices, because in an era such as ours we can ill afford to do any less.

Chief of Navy's Message



◀ Cover Photo:
Picture by SSG James Chan,
Gerald Neo

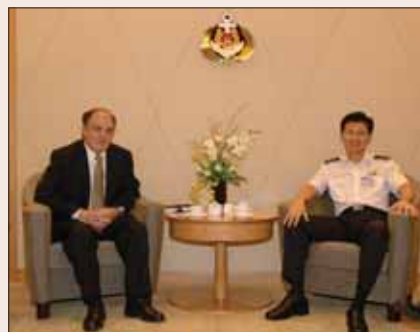


◀ Back Page:
Text by MAJ Irvin Lim,
Photo by SSG James Chan

Courtesy Calls on CNV



■ RADM Charles Style CBE,
Commander United
Kingdom Maritime Force
Royal Navy



■ Mr Robert Tonkin, Head
Taskforce on Offshore
Maritime Security,
Australia

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EX APEX 04

- Keeping Maritime Threats at Bay!



THIS year's Exercise Apex 2004 was conducted from 16 to 27 Aug. The exercise saw the participation of close to seven hundred personnel from the various agencies, which included participation of NSmen. The sea phase involved Patrol Vessels (PV), Anti-submarine Patrol Vessels (APV), Missile Gunboat (MGB), the Police Coast Guard (PCG), Immigration and Checkpoint Authority (ICA) boats and Maritime Port Authority (MPA) Tugboats conducting Maritime Security operations in the Singapore Straits. The exercise culminated with an operational visit by CNV to view the integrated operations at sea on 26 Aug.

The Singapore Straits is a very busy international channel with hundreds

of national and international vessels transiting its waters daily. In ensuring the safety and security of the maritime community in the straits, maritime agencies such as the MPA, PCA, ICA as well as the RSN work closely with each other on a daily basis. These agencies exchange information and co-ordinate with each other in the provision of security to mariners plying our waters.

To build upon an already close working relationship, EX APEX was developed to enhance the interoperability of these maritime agencies. During such exercises, plans to enhance maritime security in the Singapore Straits are deliberated and refined. Apart from shore-based discussions and forums, operational

security plans are practiced at sea. Information exchanges as well as coordinated procedures are tested within the Singapore Straits to ensure that the various agencies involved are able to work efficiently together in handling various incidents that may occur in our waters.



- Article contributed by MAJ Clarence Sundram

Chief of Navy makes Introductory Visit to India



CNV RADM Ronnie Tay visited New Delhi and Mumbai as part of his introductory visit to India from 26-29 Sep.

During his visit, CNV called on Chairman of Chiefs of Staff committee and Chief of Air Staff, Air Chief Marshal Srinivasapuram Krishnaswamy; Chief of Army Staff General Nirmal Chander Vij; and Chief of Naval Staff Admiral Arun Prakash.

The Republic of Singapore Navy and the Indian Navy interact regularly through bilateral exercises and multilateral initiatives such as the Western Pacific Naval Symposium (WPNS). CNV's visit underscores the warm and friendly defence relations between the two

nations and has further strengthened the friendship and inter-operability between both navies.



- YK



Minister for Defence visits TRACOM



MINISTER for Defence, RADM (NS) Teo Chee Hean, visited the Naval Training Command (TRACOM), at Sembawang Camp on 8 Sep.

RADM (NS) Teo was briefed on the initiatives taken by TRACOM in supporting RSN's transformation to a 3G Navy and an overview of the two schoolhouses : Institute of Naval Technology and Operations and Institute of Marine Systems. He was also briefed on the development of Changi Naval Training Base, the new home of TRACOM in Feb 2005.

RADM (NS) Teo was also shown the Platform System Emulator and Electronic Warfare Simulator, which were recent acquisitions by TRACOM. They are capable of scenario based training which significantly enhances the realism and effectiveness of training within the classroom setting.

In the final part of the visit, the Minister interacted with the staff and trainees of TRACOM. He was first treated

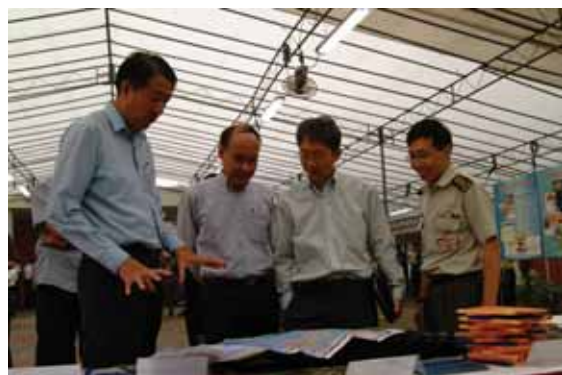


to a series of Knowledge Management projects presented by the staff themselves. This was followed by a casual reception and a meet-the-people session before the visit was concluded.

The visit was hosted by Commander TRACOM, COL Tay Kian Seng, accompanied by Chief of Navy, RADM Ronnie Tay and Head Naval Training, COL Seow Hwey Min.

- Article contributed by MSG Lee Way Chung

SAF National Education Workshop 2004



THE SAF National Education (NE) workshop 2004 was held at the SAFTI MI Warriors Hall on 29 Sep.

The theme of the workshop was "Transforming Hearts and Minds – The Commander's Role in NE." Senior SAF commanders were brought together to discuss the necessity of NE in the SAF

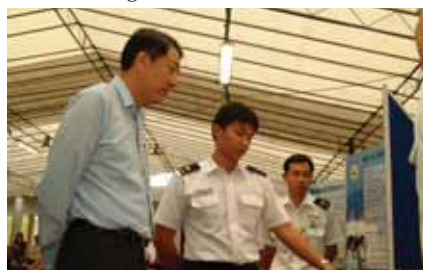
and their future expectations for their individual units.

Presiding over the event was Minister for Defence, RADM (NS) Teo Chee Hean, who gave a speech about the importance of NE for the post-independence generation of citizen soldiers. RADM (NS) Teo emphasised the importance of NE within the SAF "to develop in our citizen soldiers a strong sense of nation and of national purpose."

Speaking to the 200 participants, comprising members of the Ministry of Defence and commanders from various units, RADM (NS) Teo highlighted the fact that, for the modern thinking soldiers, "NE efforts will engage their hearts and

minds... to strengthen core values and enhance the will to fight." In another speech by Chief of Defence, LG Ng Yat Chung, the theme of the workshop was reinforced as he reminded the commanders that they "play an important role in developing the heartware of our people" through NE.

Participants also had an opportunity to view an exhibition showcasing the NE effort in the SAF.



- YK

NALCOM Change of Command

COL Chen Yeang Tat took over the command of Naval Logistics Command from COL Yeo Eng Teck at a Change of Command Ceremony held at Tuas Naval Base on 1 Oct. The ceremony was witnessed by Chief of Navy, RADM Ronnie Tay.

In his inauguration address, COL Chen said: " For Our People, for our Combatants, for Our Navy and for our 3G logisticians will require us to carry out a system analysis on the value chain

supply and medical processes, in engineering and maintenance processes, in operational logistics processes as well as human resource management processes. We will keep our line of sight on these four focus areas and work closely with NLD and NPD to deliver new initiatives that will keep the Navy constantly ready and transforming in our changing world."

COL Yeo will retire from the SAF after a sterling 27 years of service in the RSN.



■ COL Yeo hands over NALCOM Command to COL Chen.

- GN

EX SINGSIAM 13/04



■ Royal Thai Fleet Commander ADM Vichai Yuwanagoon (seated left) with RSN Fleet Commander COL Chew Men Leong (seated right) and officers from participating units (back row)



■ RSN and RTN ships conduct warfare manoeuvres at sea

THE Republic of Singapore Navy (RSN) and the Royal Thai Navy (RTN) took part in a 10-day bilateral exercise codenamed Ex SINGSIAM from 12 – 22 August 2004. The exercise was hosted by the RTN with the shore phase held in Sattahip, Thailand, and the sea phase conducted in the Gulf of Thailand. It was the thirteenth in the series of exercises aimed at increasing cooperation and understanding between the two navies through the development of combined naval operational procedures.

Three RSN ships, RSS Vigour, RSS Daring, RSS Sea Hawk and a submarine, RSS Centurion took part in the exercise. They were joined by the RTN ships, namely H.T.M.S. Makutajakumarn, H.T.M.S. Witthayakhom, H.T.M.S. Udomdet, H.T.M.S. Chonburi, H.T.M.S. Rattanakosin and HTMS Phutthayotfa Chulalok.

The highlight of this year's exercise was the participation of RSS Centurion – a first in a sea exercise with a regional navy.

The relevance and importance of this exercise was best summed up by VADM Nakorn Aranyanak, Chief of Staff of the Royal Thai Fleet (RTF) at the closing ceremony: "This exercise not only provides an opportunity to gain experience and knowledge, but it allows us to foster closer mutual cooperation and friendship."

- Article contributed by LTA Aaron Beng Yao Cheng

EX SINGAROO 2004



■ From left: COL Ng Chee Peng and CAPT Peter Leschen

THE Republic of Singapore Navy (RSN) participated in the eighth annual Ex SINGAROO, a bilateral maritime exercise with the Royal Australian Navy (RAN), in the waters off Darwin, Australia from 11 to 20 Sep.

The RAN participants included one Collins class submarine, one ANZAC class frigate, one Oliver Hazard Perry class guided missile frigate, one Fremantle class patrol boat, one amphibious transport vessel and one

auxiliary oiler, along with RSN's missile corvettes - RSS Victory and RSS Vigilance.

The sea phase consisted of a serialised workup phase, allowing the two navies to build up their interoperability in Anti-Submarine and Anti-Surface Warfare, and culminated in a controlled free-play "WAREX" scenario.

RSS Victory's Chief Weapon Control System specialist SSG Tan Hock Beng said: "The exercise provided a very good opportunity to interact with the officers and men of the RAN. I was attached onboard HMAS Melbourne for a day, and we exchanged views on seamanship practices. I feel that both our navies have benefited from our interactions."

Fire Fighting and Damage Control demonstrations and professional discussions were conducted as part of the ashore training. The RSN also proudly retained the SINGAROO Cup after winning the sports competition.

This exercise has strengthened the close ties and inter-operability between



■ "Good Day, Mate!"

the two FPDA navies. As LCDR Bruce Leggett, XO HMAS MELBOURNE summed it: "Our two navies enjoy a longstanding friendship and we have always enjoyed our exercises together."



■ RSN & RAN ships strike a handsome pose at sea

- Article contributed by CPT Ng Chee Wee
- Pictures from www.defence.gov.au/singaroo



SMS Award - Ready to Serve and Surf

EACH year, the Singapore Armed Forces (SAF) awards talented young men and women, who excel not just academically but have proved themselves to be well-rounded leaders, with the Singapore Armed Forces Merit Scholarship (SMS). Two officers and nine officer cadets were awarded this year. Minister for Defence, RADM (NS) Teo Chee Hean, presented the 11 scholars with their Certificates of Award at Temasek Club on 23 Aug.

LTA Teo Swee Pieu attended the Royal Navy Young Officers Course under the Naval Merit Award (non-graduating) at Britannia Royal Naval College (BRNC), Dartmouth, UK. He was also awarded the Queen's Binoculars for outstanding performance – one of only six given every year. LTA Teo will be pursuing his three years Psychology course at University of Sheffield. "Achieving this award is a bonus. I wanted to go to



■ Clockwise from bottom right: LTA Teo, MIDS Chua, MIDS Ng, MIDS Kwek.

BRNC back then as it was a good opportunity to see how things were done in other navies," said the jubilant LTA Teo.

MIDS Janice Chua Xingyun, will be pursuing Economics, Politics and International studies in University College,

London. When asked why she chose to join the Navy, she said: "My two years of training in Outdoor Adventure Club gave me confidence in choosing the military as a career. In the Navy, I can wear many hats. I can be a social worker onboard ships, act as ambassadors for Singapore whenever I sail, and I can defend our shores as we do our patrols."

Both MIDS Samuel Kwek and MIDS Ng Jieqi, who will study Economics at the University of Michigan and London respectively, agreed that an overseas education is not only about the grades, but a lot about personal development. And the award will prepare them for the tough challenges ahead by honing the leadership skills and developing their character.

The stringent selection for the scholarships ensures that the Ministry attracts the best talents for the organisation.

- GN

Navy Showcased at Army Open House



THE REPUBLIC OF SINGAPORE NAVY (RSN) supported the Army Open House 04 (AOH), from 4 to 6 Sep, with an exhibition booth set up at SAFTI Military Institute (SAFTI-MI).



The booth gave the public a better understanding of the Navy by showcasing the various ship models like Missile Corvettes (MCV), Mine-Counter Measure Vessels (MCMV), Missile Gunboats (MGB), Anti-submarine Patrol Vessel (APV), Submarines, Landing Ship Tanks (LST) and the latest Frigate.

Recruitment panels and even a photograph display was set up at the Navy booth. Many students, servicemen and servicewomen, and the public showed great interest and had a great time during their visit.

- GN

Behaviour-Based Safety

FIRST researched in the 1970s, the Behaviour-Based Safety (BBS) approach is gathering momentum since the 1990s. For the past few years, the Ministry of Manpower has been placing great emphasis on putting regular training packages have been in place to raise the awareness and competence of personnel. The RSN has been sending its safety practitioners to attend the BBS courses since Work Year 03/04, to study the feasibility of implementing the BBS approach in our working environment, and to enhance the safety climate.

"Just because we know how to do a job safely doesn't mean that we do



it safely." There is much truth in this statement based on the past accident trend and concerns on lifting operations. Thus, Naval Logistics Command has begun

by identifying that lifting operations by a group of NSFs, known as the Sea Terminal Operators (STO), are tasks that involve higher number of injuries than others, and also have the potential for severe injuries.

"From BBS, we know that accidents often occur due to behaviour's fault. For instance, rushing to complete a task will cause us to disregard the safety factor. Therefore, through BBS, we can better correct our safety attitudes and behaviour to prevent accidents," said LCP Yeap Chin Heng.

- Article contributed by CPT Kwa K.C. (NMTB) & Mr. Lee C.W. (NIS)

You can Run but You Can't Hide from This Sailor



RSN Officer CPT Roy Lee Chzee Haow and another two members of the public were commended in a ceremony on 22 Sep 2004, for helping in the arrest of a drunk driver involved in a hit-and-run accident. CPT Lee is the Communications and Electronics Officer onboard RSS Vigilance.

CPT Lee identified "Firmness" and "Ethics" as the RSN values that motivated him to help out in the attempt to catch the hit-and-run driver. Although he was not in uniform that day, CPT Lee believed that as a member of the RSN, "deep down inside, something made me do what I did... to go that extra mile to find the irresponsible driver." To CPT Lee, it was simply "the right thing to do for a fellow Singaporean!"

- YK

Long Service Awards — RSN's Dedicated Servicemen



■ SWO Lim (left of CNV) in a group shot.

147 servicemen and women from the RSN received the Long Service Award from CNV RADM Ronnie Tay on Sep 2 at Tuas Naval Base Auditorium. The award was presented to them in recognition of their invaluable service and commitment to the SAF over the years.

Navy News caught up with two of our dedicated personal, SWO Johnny Lim from Superintending Engineering Branch (SEB), and Ms Patricia Teo from Naval Personal Department (NPD).

SWO Lim (many would remember him as the previous Chief Warrant, Navy) - joined the RSN as a direct enlistee in Apr 1973 after completing his apprenticeship in Sembawang Shipyard. One of his memorable times was his 10 years tour of duty in the Naval Technical Training School in Pulau Brani, which became the first Naval institute to acquire the Approved Training Centre Status for National Trade Certificate (NTC) 3 Arc-Welding and NTC 2 Ship Fabrication in 1982.

"I am very happy and grateful to the SAF for the award in recognition of my long service. This is also a reflection that it is a caring organisation and its people are well looked after."

Ms Teo, who was initially working in the Army, heard from friends that the

Navy offered a refreshing and challenging career change. She then joined MIDS in Apr 1974.

Her most memorable moment was helping a father to reunite with his son (a serviceman in the Navy) whom he had lost contact for years. The father later sent a bouquet of roses to her to show his appreciation. "I have enjoyed all my years working in the Navy and I have no regrets switching career to the Navy."



■ Ms Patricia Teo with CNV.

- GN

NSLOC & NLOC Graduations

TWO graduation ceremonies were held as Naval Logistics Command officers completed the second Naval Logistics Officers Course (NLOC), and the third Naval Senior Logistics Officers Course (NSLOC) respectively.

17 Naval Engineers and Technical Officers successfully completed the 2nd NLOC on 8 Jul. To mark and celebrate the occasion, a closing ceremony was held at the Joint Service Officers Mess Lounge over at Gombak recreation centre.

The NLOC was first launched in Feb 03. This course aims to equip new Naval Logistics Organisation officers with the skills and knowledge to perform their jobs. The course also represents NLO's commitment to invest and develop our future leaders.

The NLO management took the opportunity to show its appreciation to its trainers and training coordinators from the various NLO units, INTO, IMS,



■ Senior NLOC Commanders with NTU staff.

COSCOM and Fleet. They play an important role in formulating and delivering the training syllabi, and their strong support is instrumental in contributing to the success of NLOC.

The 3rd NSLOC was conducted from 28 Jun to 9 Jul. Head Naval Logistics, COL Kwan Wan Hor, presented certificates to the 13 participants at the graduation ceremony, which was held at Nanyang Technological University's (NTU) Staff Club.

The NSLOC is a two-week programme that aims to prepare Naval Logistics Officers for the functional and senior-management phase of their careers. It is one of the three Route-Of-Advancement courses that are developed to provide structured training to equip our Naval Logistics Officers with the appropriate knowledge, tools and skills for their primary jobs in each phase of their careers.

The NSLOC is a joint programme between NLO and NTU. NTU has assembled a team of lecturers to conduct the various modules of the NSLOC, as well as to share their knowledge and experiences with our senior officers.

Our junior graduates are now better prepared to embark on their careers in NLO with our senior commanders leading the way in the quest to take NLO to even greater heights.

- Article contributed by Ms Lye Sook Wan



RSN HOSTS THIS YEAR'S FPDA EXERCISE

EXERCISE BERSAMA LIMA 04

The Republic of Singapore Navy (RSN) took part in this year's Five Power Defence Arrangements (FPDA) exercise, Bersama Lima '04 (Five-in-Unity: in Malay) from 10 to 25 Sep. Ex Bersama Lima was an integrated maritime, air and land exercise that involved more than 31 ships, 60 aircraft, two submarines, 3,500 personnel and other supporting elements, including Diving Teams, ground based Air Defence Elements and Communications Support Teams.

The main objective of this year's exercise was to conduct combined joint operations in a multi-threat scenario, and for the first time, the exercise tackled non-conventional security threats to the maritime environment.

In his address at the opening ceremony in Changi Naval Base, Singapore's Chief of Defence Force LG Ng Yat Chung said: "The seeds of the new found friendships are still the old friends we know. And old friends, like fine wine, only improve with age. My friends, we have been together in this special relationship since 1971. That's 33 years."

And indeed with such a long history, FPDA has served to enhance conventional inter-operability among the five nations' armed forces. With the rise of unconventional challenges to the regional security environment, the FPDA is now working to change and adjust its security framework to keep it relevant amidst the changes

"We cannot afford to rest on our laurels. The mere fact of 33 years of consultation and co-operation will count for naught against an adversary that pays scant respect to existing security frameworks... Unless we are prepared to raise our game by several notches, we run the risk of appearing irrelevant," said LG Ng.

Admiral Sir Jonathon Band, Commander-in-Chief Fleet United Kingdom added: "When you're moving into the unconventional areas, it's a drawing together of a whole toolkit that drives you to an operational level focus and bring the force package together; whether military or non-military. I think this is the way we go, this is the way we meet unconventional threats. It's a challenging scenario, and we'll use what's in the toolkit from the various forces and the various agencies."

New Zealand Chief of Defence Force, Admiral Bruce Ferguson in his address said: "The main asset of the FPDA is the mutual trust between the five nations over the many years. In my view, it is one of the main pillars of the success of this particular organization. We have great mutual trust and understanding of each other's nations and our capabilities."

The FPDA forces were organised into mixed groups to optimise training opportunities and achieve a high level of interoperability. During the Force Integration Training (FIT) phase, FPDA forces executed numerous tactical serials comprising both maritime and air drills to fulfil FPDA force training objectives. A key highlight during the FIT phase was the conduct of a combined Maritime Interdiction Operations (MIOPS) drill to interdict a simulated sea-borne target in the South China Sea on 14 Sep. The conduct of the MIOPS served to reflect the expanding scope of FPDA exercises to deal with non-conventional threats.

"The seeds of the new found friendships are still the old friends we know. And old friends, like fine wine, only improve with age...."

- Singapore Chief of Defence Force
LG Ng Yat Chung

Members of the FPDA Consultative Council, including members from New Zealand and the United Kingdom, Singapore's Permanent Secretary for Defence, Mr Chiang Chie Foo and the Deputy High Commissioner of Malaysia observed the MIOPS serial conducted by the FPDA armed forces.



Nothing like a good old 'tug-of-war' to fire up team spirit and kind friendships



Minister for Defence, RADM (NS) Teo Chee Hean, also visited the Ex BERSAMA LIMA 04 Joint Operational Headquarters at the Paya Lebar Airbase Exercise Complex on 20 Sep. During his visit, RADM (NS) Teo was given a broad overview of Ex BERSAMA LIMA 04. He also observed the FPDA planning process and interacted with senior FPDA exercise participants. RADM (NS) Teo's visit underscores Singapore's strong commitment to the FPDA.

The FPDA is an important part of the regional security architecture and provides the framework for both bilateral and multilateral defence dialogue and co-operation among its member countries. Another important FPDA exercise that concluded recently was the annual series of land exercises that allowed FPDA armies to work as a brigade level combined force - Ex Suman Warrior 04. Such regular exercises enhance inter-operability among the FPDA armed forces.



Back Paddle



The Five Power Defence Arrangements (FPDA) were agreed in 1971, and is the region's longest active defence agreement. It commits Australia, Malaysia, New Zealand, Singapore and UK to consult in the event of an attack on Singapore or Malaysia. And every year since its inception, exercises have been carried out to better enhance inter-operability among the member nations. FPDA has evolved from Air Force and Naval operations towards fuller integration with Army elements over

the past three decades. This year is a watershed as it marks the first time that the FPDA has addressed non-conventional security threats to the maritime environment, with a new name given to highlight the significance of the exercise – Bersama Lima. Originally, the FPDA started with EX Starfish, which involved the Naval forces of member countries. Later, it progressed on to EX Flying Fish and EX Stardex with the inclusion of FPDA air exercises.

STAYING A STET AHEAD



■ COL (Ret) Chen, extreme left, at the opening of STET's new office at HarbourFront, 8 Oct 04

THE Republic of Singapore Navy (RSN) made a bold move by launching a new era in naval training with the introduction of the Integrated Training Work Force (ITWF) back in 2002.

The ITWF was formed as a mutually beneficial strategic partnership between the RSN and ST Education & Training (STET) to realize an even higher training outcome through the engagement of better qualified and more experienced trainers. STET is also closely associated with the Maritime Port Authority of Singapore (MPA) for Merchant Marine training and in the conduct of Maritime Security courses.

Since its inception more than two years ago, STET has established itself as a key training service provider, not only for the RSN, but also for the maritime industry in the region. COL(Ret) Michael Chen, STET's Chief Executive Officer told *Navy News* that "providing quality and cost-effective training, management and consultancy services to the RSN and maritime industry" is STET's operating mission.

"And to equip ourselves to fulfil this mission, we have recruited a team of qualified training consultants who have the professional knowledge, backed with years of experience in their various fields of specialty," COL(Ret) Chen added.

With a team of 40 training consultants, most of whom are ex-Navy officers, police commanders and master mariners, STET has provided RSN with quality training services and enabled the Navy to reallocate the manpower resources conserved from out-sourcing part of its training requirements.

Head Naval Training, COL Seow Hwey Min, reiterated this point. "Over the last few years, operational demands on the RSN have increased significantly. Engaging STET as a partner to provide

training services has enabled the Navy to meet its training needs at a high standard despite resource constraints."

"As a majority of STET instructors are ex-RSN personnel, they have a very good understanding of the Navy's operations and training system. They are therefore able to deliver very effective training services. The partnership has also enabled the Navy to tap on the wealth of knowledge and experience of these instructors to train our people," COL Seow said.

STET presently undertakes 23 percent of the training requirements of RSN, providing instruction in more than 25 subjects for various Officers and WOSRs courses like Naval Junior Officers Course (NJOC) and Petty Officers Course (POC) respectively. STET also introduced the highly effective and popular Bridge Resource Management (BRM) course to the RSN. Focusing on the necessary skills and knowledge to enhance safety at sea, BRM has become both an industry standard in the region as well as a key part of RSN's training curriculum.

STET strives to keep its training standards relevant and current by regularly sending their trainers for courses and seminars. "Our plan is to develop along with the RSN as new equipment and technologies are acquired. We will ensure that our trainers are equipped with the necessary skills to fulfil their tasks of providing quality training for RSN personnel," COL(Ret) Chen emphasised.

To ensure that Naval training courses conducted by STET meets RSN's training standards, STET uses RSN's Training Performance Management System (TPMS) to measure the

effectiveness of its training services provided.

"Besides using the TPMS and other feedback tools to gauge our training effectiveness, the ITWF team is also actively involved in the design, development and curriculum review of various RSN training courses," said ITWF training consultant, CMDR(Ret) Tiwary.

"We also make use of modern technologies in training and simulation to ensure that a high standard of quality training, one that meets the trainees' needs," CMDR(Ret) Tiwary added.

STET also provides another avenue for RSN personnel who are planning for a second career to gear themselves with relevant skills for job opportunities in the maritime industry. COL(Ret) Chen explained: "RSN personnel have a competitive edge when it comes to exploring career options within the maritime industry due to the fact that certain foundation skill sets are already imbued into them during their years in the Navy."

"What they have to do is to realign those skills and supplement them with additional training through STET's wide range of commercial maritime courses to prepare themselves for the many possibilities available in the industry," he advised.

With STET well poised to expand its training consultancy services within RSN and the region, we look forward to achieving higher standards with this STETfast partner in training!

■ STET instructors use advanced Ship Handling Simulators to provide realistic training.



MIGHTY IRONMEN OF THE SEA

Story by Lim Yuankai • Pictures courtesy of CPT Charles Teng and MAJ Cheng



Some say it started off as a petty argument. Who was fitter? – Swimmers, Runners or Cyclists? The solution? A 3.8km swim, a 180km cycling route and a 42.2km full marathon distance run. Back to back.

The Ironman(IM) Triathlon was thus born. A series of worldwide tournaments attracting more than 50,000 competitors annually who push their physical and mental endurance to extreme limits. While most would back away at the very notion of participating, NavyNews recently caught up with two Republic of Singapore Navy(RSN) officers, MAJ Cheng Ching Siang and CPT Charles Teng, who actually relish training, competing and completing the IM Triathlon.

When Einstein said “success comes with 1 percent talent and 99 percent hard work”, he might have had the IM triathlon in mind. The average IM triathlete spends 18-24 hours per week training for all three legs of the sport, together with weight and endurance training. CPT Teng, Communications and Electronics Officer onboard the RSS Chieftain, is no exception when it comes to taking the long punishing routine to become an exceptional athlete. Despite his demanding work schedule, CPT Teng still manages to train for up to 20 hours

a week. Imagine waking up at three in the morning and training until the afternoon for his weekends! Now, many will consider that a self-flagellating routine indeed.

During CPT Teng’s weekend training sessions, his wife, Yvonne is always there to ensure his personal safety and to monitor his fluid and nutritional intake, even travelling with him to the venues of the triathlon to provide moral support. This allows him to concentrate wholeheartedly without worries. Participating and completing his first IM in New Zealand this year, CPT Teng readily showered appreciation for her unconditional support, saying: “I would not have done it without my wife!” He is also grateful that his superiors in 171 Squadron have been very supportive and understanding in the iron-willed pursuit of his sporting interest.

“People along the route were calling out our names, shouting encouragement and giving high fives. I was feeding off their energy...till I crossed the finishing line. Yes! Finally, I’m an IRONMAN!”

- CPT Charles Teng
CEO RSS Chieftain

It would seem by the increasing popularity of such contests, that many high-performance athletes tired of the usual races are taking up the challenge to become 21st century Ironman triathletes. Well, if you are thinking of joining their ranks, you might do well to heed some advice from MAJ Cheng, a submarine officer onboard RSS Conqueror. At only 31 years of age, it is no mean feat for him to have been doing triathlons for 14 whole years! His interest has brought him across the continents from Asia to Europe. He even got the chance to represent Singapore in the International Triathlon Union Long Distance Championships in 2001 at Fredericia, Denmark!



MAJ Cheng believes that “a triathlete should ideally swim with swimmers, ride with cyclists and run with a running team” to obtain optimum results. Training should be a lifestyle - a matter of fact kind of thing like brushing one’s teeth or tying shoelaces,” he said matter of factly. With muscles twitching and ready to run-off for his next work-out, this ironman is hard to ignore.

- YK

IRONING OUT THE FACTS

- The IM was the brainchild of a US Navy Commander, John Collins.
- The distance covered in an IM is equivalent to non-stop swimming 76 laps of an Olympic pool, cycling from Singapore to Malacca and running from Changi to Tuas!
- When a typical IM triathlon has concluded, more than 200 000 cups, 30 000 bike bottles, 15 000 feet of banner, 100 000 gallons of fluid replacement, 4000 visors and 600 bottles of sunscreen would have been used!
- The youngest Ironman in the event’s history was 18 years of age while the oldest was 77!



WHILE other RSN personnel were training hard for their IPPT, SSG Steven Tan, 26 years old, from HQ FLEET had other ideas. He not only completed the 42km Gold

Coast Marathon but was also awarded a certificate of completion and a medal of merit.

SSG Tan, who is also the Fleet Sports Coordinator, has always been interested in sports. He started training in February this year to gradually prepare himself physically and mentally for the race. SSG Tan admitted: “It was very tormenting after the 33km mark and I almost could not feel my legs anymore,

but I persisted and endured because I did not want to give up halfway and waste all my efforts in my months of training.”

The marathon Down Under will not be his last. He is already training hard to set a new personal best timing in the London Marathon this year. His ultimate goal is to take part in the prestigious Ironman Triathlon someday soon. Pump On, Sergeant!

- Article contributed by LTA Woon Junyang

CHEF DE LA CREME

"Ravi's Galley Pot Always Boils Over with Tasty Surprises!"

You just simply cannot guess what the next trick up the master's sleeves is. Short of pulling a bunny out of a hat, MSG A Ravindren never stops conjuring pleasant surprises for the crew onboard his ship. Since joining the RSN in 1979, the 42-year-old Chief Chef from RSS Vigour has clocked a whopping 23 years of sea-time. In those years, many officers and men of the navy have had the fortune of tasting delicacies whipped up by the chef maestro.

The self-taught culinarian has cooked up a storm through countless foreign exercises as well. During one of such overseas deployments, MSG Ravindren faced the toughest challenge in his career. He had to prepare a food fair during an overseas exercise, at Port Blair, in the year 1996. Using only a Missile Corvette galley, he prepared 18 dishes, including vegetarian food, pastries and dessert, for a crowd of 400 and all these done just in a few hours! Even the Indian Navy officers could not believe their eyes when they saw the size of the galley. "The most satisfying moment that day was when I realized that I had not let my ship down," MSG Ravindren recalled.

When asked for his secret in preparing delicious food, MSG Ravindren replied heartily, "There's no secret. You'll

just have to be interested in what you are doing. Food cooked without effort can never taste good and remember, you will also be eating the same thing!" Being systematic and meticulous also form his trademark. He makes it a point to ensure

Dedication to his work is also manifested in his attention to the presentation of food. You can always find a bouquetiere of vegetables as garnishing even for the simplest fare. 2SG Ang Teck Seng, Leading Chef RSS Vigour, said: "My chief always emphasizes that we must make our food look good, so that the crew would have a better appetite and be even more motivated to work." When asked why he imposes strict standards on himself and his wards, he said: "Values such as being responsible, having a passion for what we do, and having a positive attitude towards work are very important. I can only impart some of my values and skills to my juniors by showing them hands-on how it is achieved."



■ Simply Makansutra! ... Second helpings please!

that the food cooked in his galley is always prepared with the highest standards of hygiene. "Preparation is key to cooking delicious food. Cooking for the ship's crew in a few hours is not like cooking for a few people. It can only be done after careful thinking, planning and teamwork too."

"Food cooked without effort can never taste good!"

Veterans would be able to testify that MSG Ravindren had been a 'tyrant' in the galley by not letting anyone mess with the ration or utensils. "Well, chefs actually play a sensitive role onboard any vessel. Not only are we responsible for the crews' morale, we must also be impartial and prevent people from abusing the ration onboard... Perhaps this is why I am seen as a tyrant... but I am friendlier now," he admitted, smiling.

Cook is 'secret weapon' of SAF's fittest men

THE crew of the Navy ship RSS Vigour picked up a gold medal yesterday for being among the leanest, fittest and healthiest men in the Singapore Armed Forces.

One of the secrets of their success: their cook, A Ravindren.

Working from a tiny galley no bigger than an HDB flat's storeroom, First Sergeant Ravindren thinks up ways to serve the 50-man crew tasty but healthy meals three times a day plus snacks in between.

A 42-year Navy veteran, he makes a special effort to trim off excess fat on meat, choose white meat instead of red and adjusts recipes to make his dishes healthier.

"When we cook, we may boil the meat, or use less oil and more vegetables. But we still try and make it tasty."

His specialty is chicken curry, prepared with lesser oil of meat and less salt.

The ship's commanding officer, Major Goh Teck Chai, said that apart from the balanced diet, they also try to exercise on board.

Although there is very little space, the men have a rowing machine and some weights to train with in their

own time. "We also got them to do some stretching exercises on the upper deck and even manage a slow jog around the ship, but only in calm seas," he said.

The RSS Vigour was one of 11 units which clinched Gold awards in the First Star

'When we cook, we may boil the meat, or use less oil and more vegetables. But we still try and make it tasty.'

— First Sergeant A Ravindren, who cooks tasty but healthy meals for the 50-man crew.

Singapore Armed Forces Healthy Lifestyle Unit Awards competition.

Sixteen others bagged the silver and 22 the bronze out of 178 units which took part.

The year-long competition was launched in July 1992 as part of the SAF's efforts to promote a healthy living environment in units

and a good state of health.

The awards will be presented by Defence Minister Dr. Yeo Ning Hong on Jan 15.

To pick the winners, quarterly checks were carried out to determine the hygiene level of the camp, the nutritional value of the food served, and the fitness and health levels of the servicemen and women.

Providing balanced meals was also part of the Officer Cadet School's formula for success in the competition.

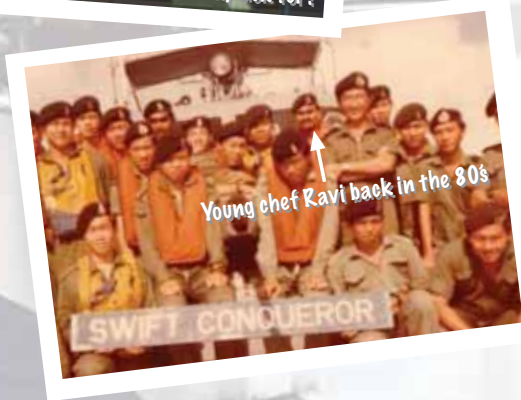
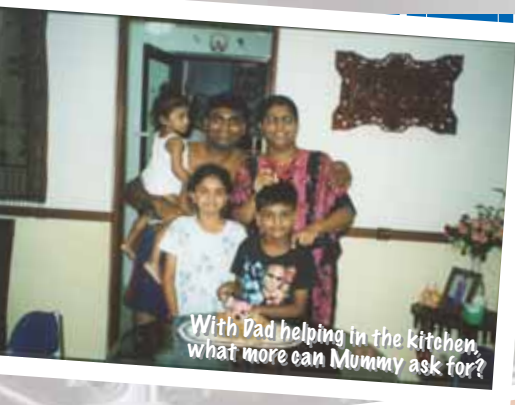
Commanding officer Lieutenant-Colonel Rayman Chia said that as a result of the commitment to the programme shared by the school's 900 cadets and 300 staff, there was a drop in the number of personnel reporting sick.

Among the top air force units was the 120 Squadron, which operates the Bell UH-119 helicopters.

A unique feature of the squadron is the fitness corner, where the men work out with weights, besides their usual jogging and swimming.



Cook it right: RSS Vigour's chief cook First Sergeant Ravindren says a healthy meal does not have to be boring.



During his free time, MSG Ravindren would indulge in his family. "My family takes up almost all my time off work. It is important to ensure that the children get proper supervision and guidance in the early stages of their lives," said Ravindren. He regularly organizes family gatherings together with his siblings' families. During these outings, he would also grab the opportunity to improve his culinary skills. "Whenever I chance upon a new kind of food or ingredient, I would try to recreate it back onboard ship. This way, the ship's crew would be able to taste a variety of food instead of the same old ones," explained MSG Ravindren.



LTC (RET) Goh Boon Leng (Commanding Officer, RSS VIGOUR 1994 to 1997) even went onboard RSS VIGOUR to enjoy a specially prepared meal by MSG Ravindren just before he retired from the Navy recently. As LTC (RET) Goh aptly sums it, "Ravi comes from a long tradition of navy chefs. He epitomizes the spirit of taking pride in one's work. He has also shown through his creative dedication all these years that the navy chef is an integral and vital part of the ship by keeping the crew healthy and happy!" How true - What's yummy for the tummy helps make even more chummy the morale onboard our ships indeed.

CHEF N CALL!

DID you know? One of our naval chef, 1SG Sam Wong, was featured on the cooking programme "Chef On Call" on Channel I, which was hosted by 'Ah Girl' Cynthia Lee and celebrity chef Devagi.

1SG Sam invited the hosts onboard LST RSS Resolution for an exciting and entertaining day of cooking. The guests were given a short tour on the bridge and then straight to the galley where host Devagi showed 1SG Sam how to whip up sumptuous Mediterranean fare-capsicum soup and Moroccan lamb chops. When Cynthia and Devagi stepped into the galley for the first



time, 1SG Sam explained that the unique thing about a ship's 'kitchen' is that there is no gas stove. Instead, electrical ones are used for safety reasons.

When asked why he wanted to join the Navy, 1SG Sam said that,

cooking has always been his hobby, and while working in a hotel kitchen prior to his enlistment for national service, "I thought to myself - can join Navy, why not? I can serve my nation as well. As the leading chef, I put pride into my cooking and do my best."

One of the toughest thing when out at sea is the sea-state, and you have to be experienced enough to overcome it so as to be able to cook efficiently. CPT Kelvin Chew Executive Officer, who sampled the food said: "Food is important to the crew, especially when you are out at sea. It helps to keep the ship's crew going when the going gets rough!"

- GN



Fleet celebrates 33rd Anniversary

FLEET celebrated her 33rd birthday at the CNB Sports Complex on 1 Sep. The theme for this year's Anniversary was "Strong Basics, Strong Future". This theme was chosen to reflect and emphasise the importance of a strong foundation that is necessary to steer the Fleet towards achieving greater heights.

In his speech, Fleet Commander, COL Chew Men Leong, touched on a range of issues that included what it takes to transform to a third generation



Fleet and the role of the Fleet in dealing with unconventional threats. COL Chew encouraged every individual in the Fleet to challenge the status quo, provide ideas and feedback to transform plans into reality and urged members to be adaptive and forward-looking.

During the Anniversary, COL Chew presented Letters of Commendation to three NS men; CPT(NS) Heng Aik Wee – CDS, CPT(NS)

Low Boon Soon – 192/3 SQN and 2SG(NS) Tan Wui Koon – 192/3 in recognition of their contributions to the Fleet. COL Chew also presented prizes to the three teams that have participated in the Fleet Inter-Group Soccer Tournament 2004.

During the celebration, games covering basics Seamanship Skills, FFDC, First Aids and Life Saving Skills were played to reflect the theme of this year's Anniversary.



- Article contributed by MAJ Ng Kok Heng

TRACOM turns 10 ...

TRAINING Command celebrated her 10th Anniversary at the parade grounds of Sembawang on 4 Sep.

In his address, Commander TRACOM, COL Tay Kian Seng, highlighted the significant achievements of TRACOM and paid tribute to all who made them possible. He also highlighted the transformation in which TRACOM would undergo in the months ahead when it moves to its new home at Changi in Jan 05.

It was indeed a very special occasion for the TRACOM family as they marked their final anniversary in Sembawang. Together with their spouses and children, members of TRACOM were treated to a morning of fun and excitement conducted in the finest traditions of the Navy. A series of heritage games and quizzes were also introduced to challenge and tease the member's history knowledge of the place that they had been calling home. The morning festivities culminated with cutting of the

birthday cake, signing of the commemorative banner and a sumptuous brunch. What was left is another trail of fond memories for many years to come...



- Article contributed by Teo Chee Leong

Cohesion BUZZ at 1st FLOTILLA!

ON 28 Jul, the CNB Sports Complex was buzzing with personnel from 1st Flotilla. Another sports day perhaps? No, instead it was the first ever 1st Flotilla Cohesion Day. The event also marked the official launch of the 1st Flotilla insignia and singlet.

In the opening address, Commander 1st Flotilla, COL Ng Chee Peng, said: "Promoting our people's welfare will always be one of the focus areas for the Flotilla. We want to inject buzz into the Flotilla to create a cohesive force that works with dedication from the heart."

Games such as Foosball (football played in an arcade table soccer style), Captains Ball and Caterpillar race allowed the people to further engage one another. Spectators, together with the cheerleaders urged their teams on



with their drums and cheers.

Apart from the activities in the CNB Sports Complex, the less fortunate were not forgotten. Community services were held at the Tampines Home and Jervois Special School where the Flotilla's volunteers brought cheers and laughter through their song and dance performances, culinary skills and fun-filled games.

For the men and women of 1st Flotilla, it was a day of fun and cohesion. 2SG Soong Wei Li from RSS Valour said: "the event provided me with an opportunity to work, play and interact with personnel from other squadrons." The 1st Flotilla Welfare Committee will continue to organise fun-filled activities to build cohesion in the months to come.



- Article contributed by LTA Soh Kok Leong

INTO Tops TRACOM Swimming Meet

THE fifth Training Command Swimming Meet was successfully conducted at Changi Sports Complex on 7 Oct. Gracing the occasion was Commander TRACOM, COL Tay Kian Seng.

For this year's event, an increase of participants with a total of 110 swimmers represented TRACOM HQ, Institute of Maritime Warfare (IMW), Institute of Naval Technology and Operations (INTO) and Institute of Marine Systems (IMS). INTO emerged as the champion once again after an intense and fierce competition with its fifth consecutive win.

Having selected the best swimmers from the meet, TRACOM awaits eagerly to challenge the other three formations at the RSN Swimming Meet.

- Article contributed by 2WO Low Soon Meng



SAFSA Awards 2004



■ MAJ Chua receiving the trophy from CDF, LG Ng Yat Chung.

THE annual Singapore Armed Forces Sports Association (SAFSA) Sports Awards was held at the Pan Pacific Hotel on 18 Aug. This event honours the contributions and achievements of our sporting personnel in the SAF. Gracing the occasion was Chief of Defence Force, LG Ng Yat Chung.

This year, 27 awards were presented to members of the Navy Family for their outstanding performances and dedication.

At the award presentation, RSN Sports Officer, MAJ Richard Chua, received the Inter-Formation Championship 1st Runner-up trophy on behalf of the RSN from LG Ng.

MAJ Chua said: "The RSN is a very closely-knitted family, especially the sports committee. Everyone knows each other well and this helps the team members to work closely and more effectively. The RSN has been in the top three standings for the last couple of years, and this year's result was another good one we can all be proud of. We will continue to work hard, strive on, and hopefully we will bring the Championship title to the RSN next year."

Navy News congratulates all the winners and wishes the athletes all the best in the ongoing championship.

- GN

18th NALCOM Cross Country

TUAS Maintenance Base (TMB) cruised in for their third consecutive win in the annual 4.8 km Naval Logistics Command Cross Country Meet, held in MacRitchie Reservoir Park, on 25 Aug. The event saw a turnout of 400 personnel.

The mighty men and women from TMB dominated the event, emerging as champions in both the Men Team and Women Team categories. In the Women Master Individual category, SSG Ong Li Lin of Changi Maintenance Base (CMB) was uncontested, storming through the




finishing line with a new Meet record time of 25 minutes and 44 seconds,

shaving five minutes off the previous record. In the Invitation category, the race was between teams from the Singapore Technologies (ST) Electronics, ST Marine, ST Logistics and Naval Logistics Department (NLD), with NLD edging out in the end.

The spirit of the camaraderie and sportsmanship filled the air as the event came to a close, ending yet another successful NALCOM event.

- Article contributed by CPT Jackson Ng



With searoom and freedom to manoeuvre
Beyond the tide of current thinking,
Heading into the winds of Transformation,
The constant churn in our wake.