

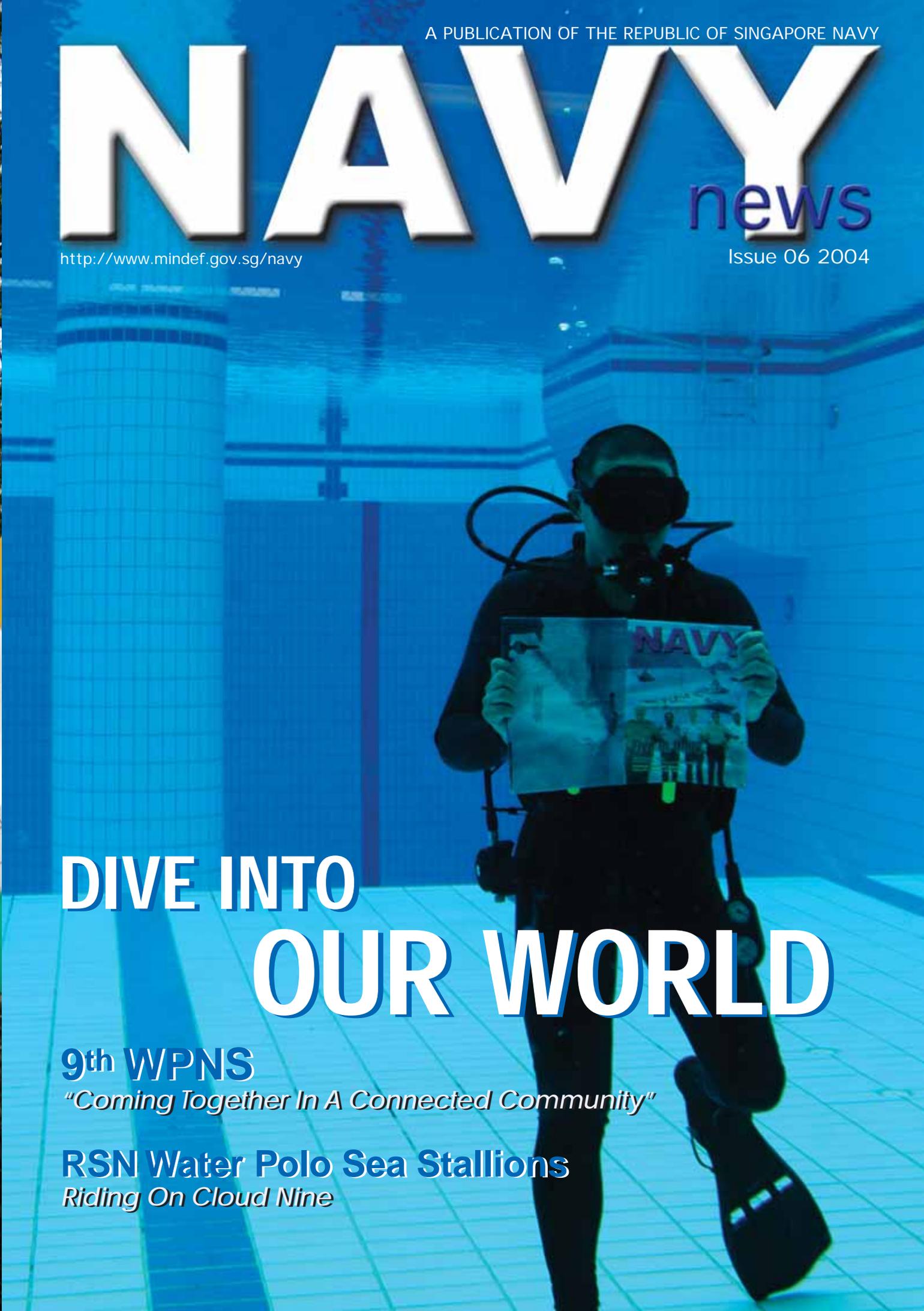
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Issue 06 2004



DIVE INTO OUR WORLD

9th WPNS

"Coming Together In A Connected Community"

RSN Water Polo Sea Stallions

Riding On Cloud Nine



Republic of Singapore Navy



■ RADM Ronnie Tay
Chief of Navy

A Word from CNV

Naval diplomacy and co-operation take many forms. Whether it is two warships exchanging light-flashing greetings as they pass each other in the calm of the night or ships' crew interacting with one another during port calls and foreign exercises, the sea binds us all together as interested stakeholders in one vast interconnected maritime community. The RSN had another opportunity to see quite a number of stakeholders coming together when we hosted a major navy event in Singapore recently - the 9th Western Pacific Naval Symposium.

Amidst the firm handshakes and familiar smiles, there was a palpable sense of commitment amongst the leaders of the participating navies as we continued to explore and discuss ongoing and new ways to better enhance professional interaction and naval co-operation for mutual benefit. Since it was formed in 1988, WPNS has made significant strides with a slew of activities such as multi-lateral exercises at sea and ashore, professional seminars and exchange programmes. An example of this was the 2nd Western Pacific Mine Countermeasure and Diving Exercises, co-hosted by the Republic of Singapore Navy and Indonesian Navy earlier this year. Such continued multilateral collaboration and working together augurs well for the future of maritime co-operation in the region.

Another multi-lateral activity which the RSN is undertaking is the deployment of the RSS Resolution Task Group to the Arabian Gulf, where it will contribute to the multinational effort in support of the reconstruction of Iraq. This is our second deployment to the Gulf, and it will see our 180 naval personnel operating in that region for three months.

The RSN also marked an important milestone recently - three decades of close co-operation with our Indonesian Navy counterparts - with the successful conduct of our bilateral Exercise Eagle in November. The exercise with sea and shore phases stretching from Singapore to Indonesia highlights the long way both navies have come in forging strong professional ties with wide-ranging and meaningful naval interactions.

All of us in the RSN can look forward to a new calendar of internal and international naval activities in the new year of 2005, which will contribute to the strengthening of our naval capabilities as well as our ties of friendship and mutual understanding with the other members of the international maritime community.

On that note, I wish you and your families good health, continued success and all the very best in the coming year.

Chief of Navy's Message



◀ Cover Photo:
Picture by 3SG Gerald Neo



◀ Back Page:
Text by MAJ Irvin Lim,
Photo by 3SG Gerald Neo

Courtesy Calls on CNV



■ Vice Admiral Johnathan W. Greenert
Commander U.S. Seventh Fleet
United States Navy



■ Rear Admiral Didik Heru Purnomo
Commander,
Western Fleet Indonesian Navy

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RSN Hosts 9th Western Pacific Naval Symposium



THE 9th Western Pacific Naval Symposium (WPNS) was held in Singapore from 17 to 20 Nov, with the Republic of Singapore Navy (RSN) hosting the biennial event for the very first time.

The theme of this year's WPNS is "Coming Together In A Connected Community." The symposium addressed four key areas namely, Collaboration Among Navies, Competency Building and Strengthening, Co-ordination Between Navies and Non-Navy Agencies, as well as Co-operation and Confidence Building. Topics presented and discussed included lessons learnt from past multilateral exercises ashore and at sea.

In his address at the Opening Ceremony at the Conrad Centennial Hotel, Minister for Defence, RADM (NS) Teo Chee Hean said: "The WPNS has come a long way since its inception. Discussion topics have grown in both their scope and complexity – from the more basic issues of the early days, like safety of navigation and pollution control, to the current exchanges on conventional maritime warfare, discussions on the role of navies in protection of sea lines of communications, and the exploration of new areas for multinational co-

operation... Over the years, these interactions have built a strong bedrock of rapport and trust among the WPNS navies. In turn, this serves as the foundation for the further development of the WPNS to meet new challenges in the maritime arena."

All 10 Asean members and six other Asian countries will soon begin to send reports on attacks by pirates and armed sea robbers in the region to a Singapore-based 'information-sharing centre', as unveiled during the WPNS. The centre is the result of an agreement on Nov 11 under a Japan-led initiative to fight piracy, and is still being set up.

The new centre will "provide another important tool in our multinational efforts to enhance maritime security," said RADM (NS) Teo. He also highlighted three examples in which international co-operation has forged stronger security in the maritime arena. One is the data centre. Another is coordinated patrols in the Malacca Strait by Indonesia, Malaysia and Singapore to deal with transnational maritime threats. Third, is the decision by Australia, Britain, Malaysia, New Zealand and Singapore to include a counter-terrorism element in maritime drills under their Five Power Defence Arrangements.

RADM (NS) Teo added: "Perhaps most important among all the contributions of the WPNS is the building of mutual trust and enhancement of interoperability. About six months ago, I officiated at the opening ceremony of the 2nd Western Pacific Mine Countermeasures and Diving Exercises 2004 co-hosted by Indonesia and Singapore. These were the largest and most complex set of activities that WPNS members had embarked upon... Looking into the future, all the navies represented here will have to be prepared to adapt to changes in their operating environments. All these changes could present challenges as well as opportunities, and the WPNS is an ideal forum for us all to share our ideas and experiences. The process will help to strengthen every member navy and improve our ability to deal with the threats to our security."

The WPNS, that was inaugurated in 1988, comprises of 18 members and three observer navies. Under the auspices of the WPNS, a host of activities such as multilateral exercises at sea and ashore, professional seminars and exchange programmes have been carried out over the years.

- Article contributed by LTA Chia Su Yin





"In an uncertain environment, we will continue to find ways to enhance the synergistic cohesion of Army and Navy servicemen within CDS to preserve our base security."

- CO CDS LTC Kuet Ee Yoon



Minister for Defence Visits CDS

MINISTER for Defence RADM(NS) Teo Chee Hean visited Changi Naval Base (CNB) on 24 Nov. Accompanied by Chief of Navy (CNV), RADM Ronnie Tay, RADM (NS) Teo visited several installations of CNB, including the Changi Defence Squadron (CDS).

The first stop of RADM (NS) Teo's tour was the Shore Based Integration Centre (SBIC). Deputy Fleet Commander, COL Tan Tow Koon led the tour where RADM(NS) Teo got a first hand view of the high technology software used by

the Republic of Singapore Navy (RSN). Examples of software showcased included the sonar systems, multi-function radar and the harpoon systems.

RADM (NS) Teo then paid a visit to the RSS Resolution and was welcomed by its Commanding Officer LTC Sam Abey who brought him on a tour of the Landing Ship Tank (LST).

CO CDS, LTC Kuet Ee Yoon later led the Minister and his entourage on a visit of the CDS Headquarters, where the key appointment holders of CDS

were introduced to the Minister.

In his informal address to a group of CDS soldiers comprising Regulars, Operationally-Ready National Servicemen (NSMen) and Full-time National Servicemen (NSFs), RADM (NS) Teo urged them to keep up the good work in the protection of the key installation of the RSN, and emphasised to the group that "the security of the country should not and cannot be taken for granted."

-YK



Same Squadron, New Logo

FLEET Commander COL Chew Men Leong unveiled the new logo of Changi Defence Squadron (CDS) on 23 Nov.

The two Anchors represent Changi Naval Base and Changi Naval Training Base. The Sword and Barbed Wire are the epitome of CDS's security philosophy of Deter, Detect, Defend and Defeat. The Barbed Wire that forms a complete circle around the two Anchors depicts CDS as an impregnable force, offering alert and vigilant security to the two

bases. The Sword protruding out of the Barbed Wire demonstrates our passion and ability to go beyond the call of duty.

The seamless merger of the Red and Blue waves, representing land and sea operations respectively, embodies the synergistic cohesion of the Army and Navy servicemen within CDS. The black background reflects the environment of uncertainty. Hence, the Sword and Anchors act as bastions of defence in such challenging times.

- Article Contributed by 2LT Terence Li



194 Squadron Change of Command

LTC Tan Yong Kee took over the command of 194 Squadron from LTC Philip Alvar at a Change of Command Ceremony on 5 Nov. The ceremony was witnessed by Commander Coastal Command (COSCOM), COL Chng Teow Hiang at the COSCOM auditorium in Tuas Naval Base.

In his inauguration address, LTC Tan

highlighted the need for the squadron to maintain "the high level of standards achieved over the years... and develop new initiatives and processes to make the squadron a better working place." He also emphasised upon the concept of "Leader makes Leaders", to create "an environment where everyone shares their experience... to ensure good practices are shared and mistakes are not repeated."

- Article Contributed by CPT Garrick Neo



EX Eagle 2004 - 30 Years and Soaring On!



THE Republic of Singapore Navy (RSN) and the Indonesian Navy (TNI-AL) successfully conducted EX EAGLE 18/04 from 25 Oct – 4 Nov. The exercise marked 30 years of continued co-operation and friendship between the two navies. This year, the RSN was given the honour of hosting the biennial naval exercise, which consisted of a harbour phase in Singapore, a three-day sea phase conducted enroute to Surabaya and a post exercise phase in Surabaya.

The opening ceremony for the exercise was held at the Fleet Command Building Auditorium at CNB, and was co-officiated by Fleet Commander (RSN), COL Chew Men Leong and RADM Sosialisman, with Chief of Navy, RADM Ronnie Tay, and ADM Bernard Kent Sondakh as the guests-of-honour. During his opening address, COL Chew emphasised the importance of the bilateral exercise and that after 30 years we are “still committed to seeking new

pathways of co-operation.” It was also the first time that RSS PERSISTENCE, an RSN LST, assumed the role of command platform for the exercise. The RSN task group was led by CO 185 Sqn, COL Sim Tiong Kian who was the Commander Task Group for EX EAGLE. The TNI-AL task group was led by CO KRI YOS SUDARSO, LTC Ing Ariawan, Deputy Commander Task Group for the exercise. RSS Persistence, RSS Valour, RSS Sea Tiger and RSS Dauntless together with TNI-AL counterparts KRI Nala, KRI Sutanto and KRI Batik took part in the exercise.

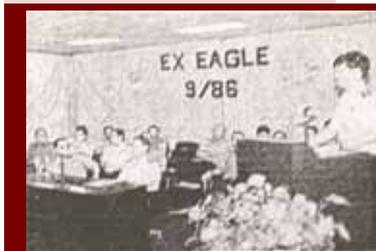
Aside from naval battles ‘fought’ in the TTC and out at sea, another spirited battle took place in the sports arena between the Blue and Orange forces. The participants from both sides fought hard in basketball, badminton, table tennis and football. After two rounds of competition held first in Singapore then in Surabaya, Blue Force emerged

supreme and clinched the Eagle Cup! For the Post exercise phase held in Surabaya, the RSN participants did their part in community service, by bringing some school supplies and gifts for a school and interacting with the teachers and students there as well. The RSN medical team along with their TNI-AL counterpart provided medical screening for the Wononsari district.

To mark the end of the exercise, COL Chew hosted a cocktail reception onboard RSS Persistence with VADM1 Wayan Rampih Argawa and COCNS/HNO, RADM Sim Gim Guan gracing the event. COL Chew thanked our TNI-AL counterparts for being such wonderful hosts and he “hopes that we can be even closer friends for the next 30 years!” With the end of yet another successful exercise between old friends, the relationship between the RSN and TNI-AL can only continue to move from strength to strength!

-GN

Back Paddle



Since its inauguration in 1974, the RSN and TNI-AL have sent their ships to each other’s country to take part in the biennial Exercise Eagle.

Apart from participating in exercises such as Ex Eagle, both TNI-AL and the RSN exchange professional pointers and

operational experiences through events such as Operasi Surya Bhaskara Jaya (OPS SBJ), Western Pacific Mine Countermeasure Exercises (MCMEX), Diving Exercises (DIVEX), Exercise Joint MINEX, including the MALSINDO Malacca Straits Coordinated Patrols.

RSS Resolution Deployed to the Gulf

THE Republic of Singapore Navy (RSN) deployed a Landing Ship Tank (LST) RSS Resolution, in its latest contribution to the multi-national effort of the reconstruction of Iraq. The LST

and its crew departed for the Gulf on 27 Nov after a send-off ceremony officiated by Chief of Navy, RADM Ronnie Tay.

The Singapore Armed Forces (SAF) had earlier deployed another LST-RSS Endurance, a C-130 transport aircraft and a KC-135 tanker aircraft to the Gulf to aid Iraq’s reconstruction efforts.

-YK



Diving Into Our Community

Stories by Lin Yuankai • Photos by Gerald Neo



■ Ship storm troopers.

Grassroots Leaders Visit NDU

ABOUT 150 grassroots leaders from various constituencies visited the Naval Diving Unit (NDU) at Sembawang Camp on 4 Dec. The visit was hosted by Senior Parliamentary Secretary for Defence and the Environment, Associate Professor Koo Tsai Kee. The purpose of the visit was for visitors to better understand the RSN combat capabilities and operational readiness.

In his opening address, Assoc Prof Koo reminded those present that "Singapore's peace and prosperity cannot and should not be taken for granted." He also gave his assurance that "maintaining a high standard of operational readiness has always been a key priority for the Singapore Armed Forces (SAF) and our Navy strives to be

the best it can be with its people and cutting edge technology."

Accompanied by COS-NS/HNO RADM Sim Gim Guan and Commander NDU COL Chng Ho Kiat, the grassroots leaders were given a first hand insight into the training, operational functions and capabilities of the naval divers. NDU demonstrated drown proofing training, underwater mine disposal, fast-roping and explosive ordnance disposal on land.

All visitors had a chance to ride onboard NDU's Rigid Hulled Inflatable Boats (RHIBs), and were given a tour of the Naval Hyperbaric Centre where NDU's servicemen are provided with



first class medical care. Research is also conducted by specialist departments on preventive management and treatment for diving related conditions.

This was one of many regular visits that grassroots leaders attend to update themselves on the SAF and its operations. These visits play an important part in enhancing public awareness of the crucial role of defence and the duties of the SAF in safeguarding the nation's interests.



"Our divers are professional and get the best training. I am sure they go all out to give their best for Singapore always."

- Mr Bokhari Hj Abdul Razak, Tampines North CCC, also active with Mendaki, on his impression of our divers

■ What a breeze!

RSN Dive Volunteers 'SAVE OUR SEAS'



■ Look at the trash we picked up!

A group of RSN personnel, made up of mostly members from the Naval Diving Unit (NDU) participated in the 'Save Our Seas' clean-up campaign conducted at Pulau Hantu on 14 Nov. The event was part of the 'Clean and Green Week 2004' organised by the Singapore Environment Council (SEC). It was a public holiday but that did not stop a significant number of RSN personnel from volunteering, including COL Cyril Lee, the Commanding Officer (CO) of 171 SQN, who gladly joined our naval divers in the operation.

The dedicated individuals spent the better part of the day removing underwater debris and waste off the island as well as maintaining the cleanliness of the beach. Although the gloomy skies threatened rain, the morale of the volunteers remained high as they

mingled and combed away the trash with the other recreational divers onsite.

Thanks to the kindness of Mother Nature, the cloudy skies soon cleared up and our volunteers were able to carry out their plans without any worries about foul weather. Tasks both onshore and underwater went like clockwork. The dedication and teamwork shined through the rest of the day as the volunteers helped each other with equipment checks and dive operations.

While most would never see the fruits of their labour underwater, our RSN personnel left the island after the clean-up, heartened by the fact that they had played a useful part in taking care of the health of our precious marine environment.

"Being in the Navy, we should protect the sea because in an important way, the sea is our working environment."

– CPL Max Thong, 23, an NSF from NDU on the importance of RSN's participation.

"The Navy has always considered the environment in its operations. This goes way back to the 1980s when our Missile Corvettes (MCVs) used waste discharge methods which were environment friendly."

– COL Cyril Lee, 44, CO 171 SQN on the RSN's views of such events.

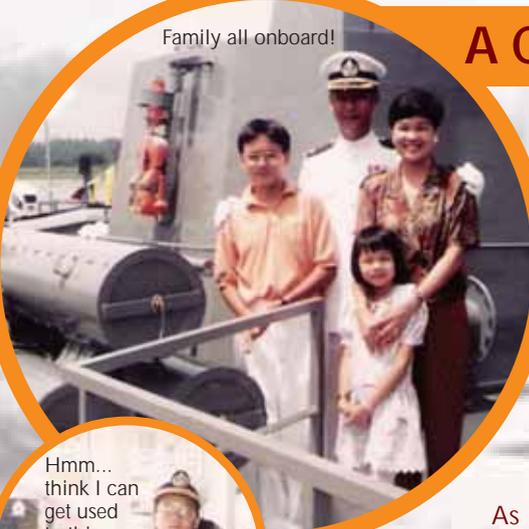


ON THE SAME BOAT

"We are family!" the popular retro group Sister Sledge once sang. That is certainly a tune that our personnel featured on these pages can certainly relate to. This is especially so in a close-knit organisation such as the Republic of Singapore Navy where familial teamwork and co-operation are the order of the day.

As we enter the year-end season of festive celebrations and family get-togethers, *Navy News* thought it timely to catch up with some real-life navy families and siblings working in the RSN to see what makes "blood thicker than seawater!"

Family all onboard!



A CHIP OFF THE OLD BLOCK

MAJ (Ret) Ooi Teik Chai, 55, former Naval Officer
CPT Ooi Tjin Kai, 26, Navigating Officer RSS Formidable

LOOKING at CPT Ooi Tjin Kai and his father MAJ (Ret) Ooi Teik Chai, one can well appreciate the expression that 'an apple does not fall far from the tree.'

Choosing to embark on a career in the RSN was never a dilemma for both father and son. MAJ (Ret) Ooi Teik Chai wanted to realise the dream promised in the well-worn navy recruitment slogan: 'Join the Navy and see the world.' And live his dream he has! MAJ Ooi fondly recalls the exciting 10,000km voyage undertaken by RSS Vigour when he was its pioneering Commanding Officer back in 1991.

As for CPT Ooi, he too is a pathfinder having assumed his first substantive appointment as the first NO of RSN's first frigate – RSS Formidable. He tells us that the many demanding challenges in his fledgling career has played a major role in shaping how he has matured both as a young adult and as a true blue professional naval officer. He attributes his career choice to the influence of his father who showed him the proud traditions and patriotic calling of a being a Master and Commander in the RSN especially as he was growing up.

MAJ (Ret) Ooi Teik Chai believes that the RSN will continue to offer an exciting career for young Singaporeans "as it advances into the new millennium and develops its capabilities in three-dimensional warfare." Even for those without any navy background, CPT Ooi says there is no need to think twice why one should not come onboard: "You don't know what you're missing!"

Hmm... think I can get used to this chair



KEEPING IT IN THE FAMILY, BRO!

MAJ Joseph Neo, 34, Commanding Officer, RSS Valiant
MWO Neo Hock Hee, 51, Coxswain, 189 SQN

JOINING the RSN was never a dilemma but a dream-come-true for these two brothers.

MWO Neo's interest in naval weaponry provided him with the opportunity to fulfill "both the dream of a challenging career and the reality of providing for the family." According to the true blue seamanship instructor, his interest has not diminished a single bit as he has no regrets for an enriching naval career that has already spanned 32 years!

This passion also runs in the blood of his younger brother, MAJ Joseph Neo, whose childhood dream was also to be in the military: "I had wanted to join the navy earlier in my youth, but it was only after my Basic Military Training (BMT) that the RSN accepted me as a Midshipman...and the rest is history."

MAJ Joseph is thankful for having an elder brother in the RSN, as he knows that he always has "someone to turn to". He may be Commanding Officer of a fighting ship in the navy, but he regularly consults his brother and finds him to be an invaluable sounding board for his thoughts and ideas. As for MWO Neo, he is simply proud that his brother is also part of his beloved Navy family. As he beams with much pride: "The greatest moment for our family was seeing him graduate from the US Naval Academy with Distinction some ten years ago."

Band of brothers, we!



OF KINSHIP

BETTER THAN SORORITY SUPPORT



Ng Bee Eng, 24, Naval Materials Assistant, Changi Naval Base
Susan Ng, 23, Administration Support Assistant, Navy Recruitment Centre

SUPPORT staff are dedicated individuals who are the unsung heroes of the RSN. That fact was apparent when we interviewed Bee Eng and Susan who have been working in the RSN for four and seven years, respectively. As Susan explains: "Even the seemingly simple and mundane tasks such as the indenting of stationery and shredding of paper play a part in the daily administrative work flow within the RSN."

When asked what they liked about the RSN, Bee Eng replies spontaneously that "RSN places a lot of emphasis on core values and being a family-friendly organisation." Susan agrees, adding that RSN has helped her develop as a working individual as she has learned "how to be independent and and innovative" in the office.

So has their relationship been affected by them working in the same organisation? Only for the better, it seems. Both sisters have gained a greater understanding and appreciation of the challenges faced by each other at work and regularly advice each other with regards to any problems encountered.

Sounds like solid sisterly support to this reporter!

■ Shoulder to shoulder - Sisters Bee Eng and Susan.

TWIN PEAKS

SSG Andrew Cheong, 32, Chief Gunner and Buffer, RSS Fearless
1SG Cheong Choong Wei, 32, Logistics Specialist, Tuas Naval Base

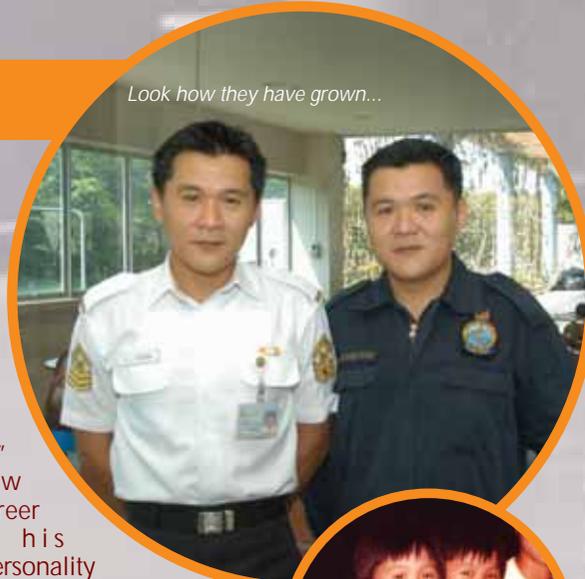
"**ACTUALLY**, our family and friends don't really think that we are special just because both of us are serving in the RSN," 1SG Cheong sheepishly admits. That was hardly surprising; observing how the two of them were identical right down to the way they crossed their arms during the interview, it would appear to be only natural that they chose the same career path.

Both SSG Andrew and 1SG Cheong see their roles as specialists to be more diversified in the future. SSG Andrew believes that "in a 3G SAF, the specialists' challenge is to simultaneously be able to follow orders, yet be able to take the initiative and lead the men by example." The identical twins are undaunted by such challenges, firmly believing that the training provided by the RSN will help them to cope well with the tasks at hand and even more demanding ones to come!

1 S G Cheong relishes the fast-paced changes in the navy: "There's a chance to learn new things almost everyday!" SSG Andrew attributes his career choice to his "adventurous" personality who will not settle for a conventional desk job.

With such go-go attitudes, twin peaks of adventures and achievements beckon for these two aspiring naval specialists, for sure.

Look how they have grown...





COSCOM COHESION through FUN COMPETITION



■ *Happy Birthday COSCOM!*

COSCOM celebrated its 17th anniversary on 29 Oct at the Orchid Country Club. Gracing the event was Commander COSCOM COL Chng Teow Hiang.

In his address, COL Chng saluted the efforts of COSCOM personnel in carrying out their daily tasks that contribute to the safety and security of the Singapore's Straits. He also took the opportunity to update the members of

the latest developments within the formation.

It was a joyous occasion as the COSCOM family engaged in a range of fun-filled activities. A bowling competition was held which saw the participation from the various units and Squadrons in COSCOM. The more adventurous participated in the Paintball competition which saw much 'combat



■ *Does this look like a mine to you?*

action' and 'cross-fires' with paintballs simulating as rounds. The game tested their physical fitness but more importantly enhanced the team spirit and fighting spirit of those involved.

The day came to an end with everyone sharing a slice of COSCOM's birthday cake after prizes were presented to the winning teams of both competitions.

- Article contibuted by LTA Joseph Chua

Art Voyage to Paris



■ *(top) Budding artist Lim Koon Yew (second from right) with Principal Mrs Rebecca Chew (left), teachers and 188 Sqn officers.*



■ *(left) Students proudly exhibited their artworks before their return Art Tour to Paris.*

NAVAL Base Secondary School students are encouraged to express their creativity and enhance their learning through Art. Last year, the school's students made and sold artworks to raise funds for their Art Tour to Paris. Inspired by the opportunity to view the works of the masters, the young Navalites came back home to create even more of their own masterpieces. For its success in motivating and reforming its students through inspirational experiential learning, NBSS received special mention by PM Lee Hsien Loong at his National Day Rally Speech on 22 Aug.

The students put up the 'Colours of the Mind' Art exhibition-cum-sale of art works on 3 Sep to mark the school's return visit to Paris this year. 188 Sqn officers who were invited to attend the colourful event came away impressed by the passion of the many talented students and dedicated teachers. 188 SQN, which has adopted NBSS, works closely with the school to organise meaningful activities to enrich the lives of its students besides promoting National Education and introducing them to the naval profession.

- Article contibuted by MAJ Victor Huang



RSN OFFICER ACES SCSC

RSN officer MAJ Cheong Kwok Chien was the top navy graduate at this year's Singapore Command & Staff Course (SCSC). The course, which is attended by officers from all services, prepares its participants for higher appointments in the SAF.

MAJ Cheong, who is a project officer in the Naval Plans Department, attributes his results in the course to his course mates and particularly his wife, who ensured he had "little to worry over domestic issues" so that he could concentrate whole-heartedly on the course which lasted almost a year.

MAJ Cheong believes that he has benefitted greatly from the course as he has developed better "analytical skills, understanding of other services and creative thinking." More importantly, he said: "The many new friends, both local as well as those afar, made during the course will last a long time. It will continue to be a defining episode in my experience with the SAF!"

- YK



MAJ Cheong receives a congratulatory handshake from RADM (NS) Teo.

NCC CAMP PINNACLE 2004



■ Thumbs Up visit from Down Under!

ABOUT 200 National Cadet Corp (NCC) cadets visited the RSN as part of their annual Camp Pinnacle on 7 Dec. The cadets, which included members from India and Australia, visited the Naval Diving Unit (NDU) and Changi Naval Base (CNB) to enhance their

awareness of the RSN.

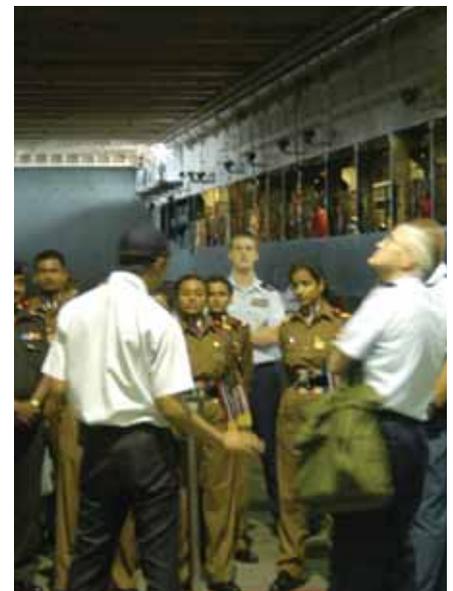
The visit to NDU was filled with activities lined up for the cadets. A session was arranged for them to understand the history, roles and functions of the unit. They also had the chance to ride onboard the Rigid Hulled Inflatable Boats (RHIBs). At CNB, cadets

visited different ship platforms in the RSN such as the Landing Ship Tank.

Organised by HQ NCC, the aim of Camp Pinnacle is to reward outstanding cadets through visits to the SAF units. With raised awareness, the

cadets would have a better understanding of the roles and capabilities of the SAF and may even consider a career in the organisation in the future.

- YK



■ Briefing in the belly of the LST.



■ *Slammer inbound!*



■ *This fish sure can fly!*



■ *Can't catch this!*



■ *TEAM means -Together Everyone Achieves More!*

RSN Water Polo Team Rules!

Story by Mervyn Lim • Photos by Gerald Neo

BACK in July, as the waters in the competition pool at Changi Naval Base Swimming Complex calmed, the RSN water polo team emerged as champions yet again by beating Singapore Artillery 10-7. Their win in the 33rd SAFSA Interformation Water Polo Championship was their 9th consecutive title.

Led by their team manager, Mr. Chua Peng Huat, 54, the RSN water polo team has managed to dominate the SAFSA water polo scene like no other. However, there was no big secret to the team's success formula according to Mr Chua: "You've got to put in a lot of hard work. Without the dedication and the effort put up by the respective players, it wouldn't have been possible. Whenever there's a tournament coming up, we have more centralised trainings. We get the players to train twice a day. Once in the morning, after which they would go back to their own respective work and then in the evening, we'll have another training session... The players' attendance is simply fantastic!"

Captain of the RSN water polo

team, 2WO Tan Hong Boon, who is also a diving officer with the NDU, said that the strong team spirit is what keeps the RSN water polo team going.

"We organise events and small gatherings after the games and if we do well, we'll have some incentives," said 2WO Tan. He also hopes that the RSN team would get a chance to go for overseas training trips.

One of the team's younger players, LCP Andre Teo believes it's all about passion. A national player, LCP Teo has been playing water polo since his secondary school days. LCP Teo said: "When I was in the swimming team in school, we were all required to play water polo 'part-time'. I ended up playing it all the way till now. I think the most important factor in playing a sport for so long is passion. If I didn't have passion for the sport, I don't think I can carry on for so many years."

LCP Teo had already set his sight on joining the RSN water polo team way before his enlistment. As he put it: "I have

a lot of seniors in the national team and most of them are ex-Navy personnel. And we have a sort of a replacement scheme in which those who are going to ORD will bring the new ones in. Also, the RSN is very supportive of its sportsmen, in particular the swimmers and water polo players.

"Our Convenor, LTC Alex Yit, has done a lot to help us out. He has given us time out to train and our team manager, Mr. Chua Peng Huat is also very encouraging," he added.

When asked if he's going to be in the SEA games squad next year, LCP Teo replied sheepishly, "Hopefully, I suppose I will be in the selection but whether or not I make it to the final team depends a lot on how well I improve myself."

With the continued guidance of Mr. Chua and senior team members like 2WO Tan, we can rest assured that the players in RSN's water polo team will continue to rule the waves, with players like LCP Teo doing the RSN and the nation proud.



■ Heads up! Ball's in the air!



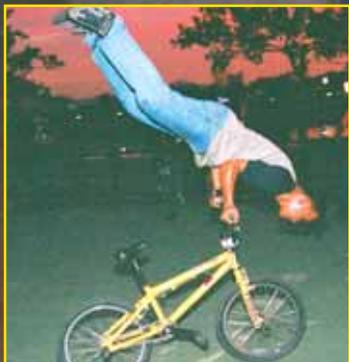
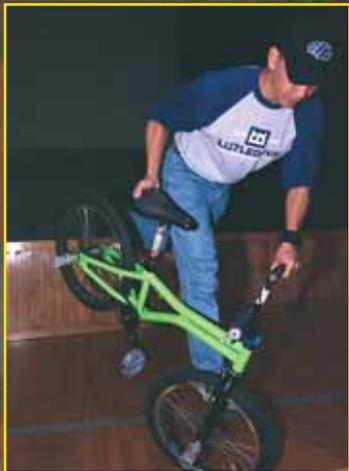
■ National player -LCP Andre Teo



■ Winning Team Manager
-Mr Chua Peng Huat



■ Ready, Set, Go!



“It’s not for myself. It’s for the sport in Singapore.”

– passionate words indeed laced with patriotic fervour from one Extreme Stunt Biker. Meet CPT Simon Lim, one of the premier stunt bikers in Singapore.



Captain Extreme Stunts with Big Biking Dreams

- Story by Mervyn Lim
Photos courtesy of CPT Simon Lim

A 22-year veteran of the sport, CPT Lim started his exciting stunt biking career at a time when the jerking gyrations of the bruising sport wasn't as popular as it is today.

CPT Lim said: “Basically when I was young, nobody appreciates stunt biking. Many saw it as just another hobby.

“But it actually grew over the years. A lot of companies were actually using this sport to make advertisements; to make money out of the sport,” he added.

According to CPT Lim, stunt biking was at its peak in 1988 when suddenly, its popularity dropped. However, he was not about to give up.

“I just didn't give up and together with a few friends, we just kept going on and that's how we got started talking

to the professionals overseas,” he said.

And this was apparently the turning point that brought about a revival in the sport right here.

CPT Lim recalled: “They (the professionals overseas), found out that we still have a few guys in Singapore keeping the sport alive even though the trend went down. So from there, we hooked up with the people overseas and they tried to bring the sport back here again.”

“I was the one who helped to bring it back in Singapore,” he added.

A Project Officer with CNB, the 35-year-old CPT Lim said that despite his hectic work routine he makes time after work to pursue his sporting passion.

“I try to put in two hours every

evening on my bike. After work, I will take my bike and go down to look for some of my friends and spend the time practising the stunts.”

Despite his outstanding achievements in the sport, which includes being a judge for the Singapore leg of the X-games since its introduction here in 1999, CPT Simon still has unfulfilled dreams in the sport.

“I'm hoping for proper facilities to be built for people to practise their stunts on. That's what I'm hoping for and working towards.”

When his dream comes true, RSN's *Captain Extreme* will have yet another feather in his cap and his name written in the history books of the local stunt biking scene as a true blue dreamer who dares to live his dreams in the extreme!



2nd Link Bridge 10km Run



■ Great run!

THE RSN Naval Diving Unit (NDU) was all set for the Singapore-Johor 2nd Link Bridge Run 2004 held on Sunday, 10 Oct at Tuas West Road and the 2nd Link (Malaysia-Singapore Second Crossing). RSN participation saw 104 runners from NDU, led by CNV RADM Ronnie Tay and HNI COL Tan Wee Beng. The course was very competitive for a 10km race with the gradual sloping bridge linking both nations together.

There were at least 8000 participants from both Singapore and Malaysia who got up early for the run to help achieve bilateral relationships

with each other. The crowds roared to go when the Guest-Of-Honour Mrs Yu-Foo Yee Shoon, Minister of State for Community Development, Youth and Sports flagged off the 10km race at 7.30 am. Following that, Y.A.B Dato' Haji Abdul Ghani Bin Othman, Menteri Besar of Johor gave away the prizes to the fastest 10km runner of the day coming in with a timing of 31:34mins. CPT Tan Cheng Yin finished 9th in the women's open 10km category, she took 41:37mins. CPT Chris Yeo Joon Kiat had the fastest RSN timing of 35:30 mins. With the recent success of our established good relations with Malaysia, the results of the 2nd Link Bridge crowd of

participants was an indication of a healthy competition, seen in the weekend run. The 2nd Link Bridge Run was part of the annual Singapore-Malaysia public service sporting events, which took place for the fifth time since 2000.

The event was jointly organised by Singapore Sports Council (SSC), Ministry of Community Development, Youth and Sports (MCYS), and the Singapore Athletic Association (SAA) in co-operation with the Johor State Government, Johor Tourism Action Council, the Malaysian Highway Authority and New Straits Times Press.

- Contributed by CPT Tan Cheng Yin

33rd RSN Cross Country Meet cum 4th A.C.T.I.V.E. Day



■ Winners all!

IT was the time of the year again when the men and women of the RSN donned on their running shoes for the 33rd RSN Cross Country Meet cum 4th A.C.T.I.V.E. Day held at the MacRitchie Reservoir Park on 16 Nov. Graced by CNV RADM Ronnie Tay, the event saw a turnout of some 600 personnel from the RSN.

Runners from the Naval Diving Unit (NDU)/ Coastal Command (COSCOM)/ HQ RSN continued to prove their dominance in the field, clinching the Men Team and Women Team titles on route to lifting the Overall RSN Interformation Challenge Trophy.

Two new records were also set in the event. In the Women Master Individual category CPT Tan Cheng Yin of NDU was uncontested, sailing through the finishing line with a new meet record time of 23mins 12secs, shaving an enormous 5mins off the previous record. Also from NDU, CPT Chris Yeo clocked 19mins 07secs to rewrite the Men Master Individual record.

In the midst of the cross-country competition, the mass participants of the



■ Kickboxers bend those knees.

A.C.T.I.V.E. Day were treated to a session of kickboxing aerobics followed by a 5km leisure run. The special aerobic exercise segment pegged-on to the Cross Country race event served to further promote the benefits of regular exercise to our servicemen. All in all, everyone had an enjoyable workout and competitive race.

- Contributed by CPT Jackson Ng



*"No Mr Snowman this fall,
Just Mr Seaman standing tall,
With friendly salutations
for the festive season to all."*