

ARMY NEWS

PULSE OF OUR ARMY

MENTAL RESILIENCE

SOLDIER SYSTEMS

FITNESS & NUTRITION

INJURY MANAGEMENT
& REHABILITATION

CENTRE OF EXCELLENCE FOR SOLDIER PERFORMANCE

18TH ASEAN CHIEFS OF ARMY MULTILATERAL MEETING

7TH ASEAN SERGEANT MAJORS ANNUAL MEETING

EXERCISE FORGING SABRE



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■ Designers

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REC Cyril Tang

■ Writers/Photographers

CPL Ryan Tan
CPL Bryan Tan
CPL Tan Jit Jenn
CPL Benjamin Lim
CPL Timothy See
LCP Ashley Seek
LCP Brandon Kit
LCP Marcus Teo
REC Shawn Cheow
REC Sean Seah
REC Isaac Ong

■ Contributors

21 SA Media Team
3rd Battalion, Singapore Infantry Regiment
30th Battalion, Singapore Combat Engineers
Centre of Excellence for Soldier Performance
HQ Transport
CPT Goh Ai Zhi
CPT Neo Choon Yeong



Editor Speaks

Greetings from all of us here at **ARMY NEWS**.

As always, we bring you up to date with all that has happened in the final quarter of 2017, and we look forward to the challenges that lie ahead in 2018.

We look back at our bilateral exercises with our Malaysian, Indonesian and Bruneian counterparts. We revisit the **ASEAN ARMIES RIFLE MEET 2017** as well as the **ASEAN CHIEFS OF ARMY MULTILATERAL MEETING** and the **ASEAN SERGEANT MAJORS ANNUAL MEETING** that took place here in Singapore.

We also join our soldiers in the US and New Zealand as they participated in Exercise FORGING SABRE and Exercise THUNDER WARRIOR.

This is also my final note as Editor, ARMY NEWS and I would like to wish all readers and friends the very best for the year ahead.

Cheers!

Mel Ferdinands
Editor of Army News



||Cover Design REC Cyril Tang

ARMY NEWS

(Suggestions and Feedback)

5 Depot Road, #08-10
Tower B, Defence Technology Towers,
Singapore 109681
Tel : 6277 0382/ 6277 0383
Fax : 6277 0381

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GOH KENG SWEE COMMAND AND STAFF COURSE

GRADUATION CEREMONY

||Written CPL Ryan Tan

||Photography REC Shawn Cheow

On 20 October, 225 graduates successfully completed the Command and Staff Course (CSC) at the Goh Keng Swee Command and Staff College. This year's ceremony marked the completion of the 48th CSC, 18th CSC (National Service), as well as the 8th and 9th CSC (Executive). These courses serve to prepare officers for senior command and staff appointments in the SAF and are the highest level of formal military education offered in Singapore for Regular, NS and International Officers. The graduates were presented with the Certificate of Completion in the morning at the Main Auditorium in SAFTI Military Institute, witnessed by the Guest of Honour, our Chief of Defence Force, LG Perry Lim. Later in the evening, the graduates were hosted by our Defence Minister, Dr Ng Eng Hen at the Istana. In his opening address, LG Lim congratulated the graduates for successfully completing the course and expressed that the friendships forged during the course will enable them to perform their future duties successfully through mutual cooperation. Furthermore, the interactions between our Singapore graduates and overseas military personnel during the course will lead to a better rapport with foreign militaries. ■



56/17 BASIC MILITARY TRAINING (SVC)

GRADUATION PARADE

||Written CPL Ryan Tan

||Photography REC Cyril Tang and REC Isaac Ong

On 3 November, about 200 recruits celebrated their successful completion of Basic Military Training (Service) in a Graduation Ceremony held at the Leaders Hall at Pasir Laba Camp. Families and friends were present at the ceremony to congratulate the newly graduated recruits. The Guest of Honour and Reviewing Officer for the Ceremony was Commander, Personnel Command, COL Lee Yem Choo. The Singapore Army extends our heartiest congratulations to the newly graduated recruits of the 56/17 batch of BMT (Service), and wish them the best of luck in their future appointments. **EXCEL TO SERVE!** ■





3/17 SAF VOLUNTEER CORPS FORMATION PATCH PRESENTATION PARADE

Written CPL Bryan Tan

Photography CPL Benjamin Lim

On 11 November, 43 Singapore Armed Forces Volunteer Corps (SAFVC) Volunteers (SVs) from the 3/17 cohort received their formation patches after completing their modular Basic Training over nine weekends. Commander SAFVC COL Ong Kok Wui was present to witness the parade. Introduced three years ago, the SAFVC is a uniformed volunteer scheme that allows more Singaporeans and Permanent Residents to contribute to national defence, show support for National Service and deepen their understanding and ownership of national defence. Thus far, the SAFVC has trained more than 600 SVs and we thank them for stepping forward to do their part for national defence. ■



The design of the SAFVC Formation Patch draws from the rich heritage of the Singapore Volunteer Corps, which was formed in 1854. The outline of Singapore above the Lion represents the homeland that all SVs serve to protect.



10/17 JOINT LEADERSHIP COURSE

GRADUATION CEREMONY

Written LCP Ashley Seek

Photography REC Isaac Ong

21 November was a joyous occasion for the graduates of the 10/2017 Joint Leadership Course (JLC) as they celebrated the completion of their course with a ceremony at The Chevrns. Gracing the occasion as the Guest of Honour was Chief of Defence Force, LG Perry Lim. The 19-week course organised by the SAF Warrant Officer School (SAFWOS) aimed to help the participants develop their skills as leaders, and understand inter-military affairs better. During his speech, LG Lim gave his heartfelt congratulations to all the graduates for successfully completing the course. Despite the high tempo of the course, the participants never gave up and pressed on to the end, marking the end of a long and memorable journey. **WITH PRIDE WE LEAD, SAFWOS!** ■



33/17 SPECIALIST CADET COURSE

GRADUATION PARADE

||Written LCP Brandon Kit

||Photography REC Isaac Ong

On 23 November, after 22 weeks of gruelling training, the time had finally come. The Specialist Cadets marched onto the parade square with their heads held high, while family members and friends looked on with pride. With the tossing of their peak caps and berets, these cadets from the 33/17 Specialist Cadet Course celebrated the end of one journey and also the start of another. Senior Minister of State for Environment and Water Resources & Health, Dr Amy Khor Lean Suan was present at the parade to witness this momentous occasion and congratulate the newly graduated batch of Specialists. We wish the batch of 33/17 Specialists all the best in their future appointments. **WITH PRIDE WE LEAD!** ■



04/17 BASIC MILITARY TRAINING

GRADUATION PARADE

||Written CPL Timothy See

||Photography CPL Benjamin Lim

On the morning of 10 December around 3780 recruits from BMTC and 1st Battalion, Singapore Infantry Regiment successfully completed their Basic Military Training. Friends, family and loved ones were present to witness the occasion and show their support. Chairman of The Government Parliamentary Committee For Defence And Foreign Affairs and Member of Parliament for Sembawang GRC, Mr Vikram Nair was the Reviewing Officer. In his address, he shared, "As trained soldiers, keep in mind the sacred responsibilities that you are undertaking. Have faith that your training has prepared you well for this task." Army News wishes the newly graduated recruits the very best in all of their future endeavours and duties, wherever they may go. ■





14/17 SENIOR MILITARY EXPERT APPOINTMENT CEREMONY

||Written CPL Ryan Tan

|Photography CPL Benjamin Lim

On the evening of 13 December, 18 newly appointed Senior Military Experts from the Singapore Army ushered in a new chapter in their military careers. Families and loved ones gathered at the Temasek Club to witness this momentous occasion. Our Senior Minister of State for Defence, Dr Mohamad Maliki Bin Osman and our Chief of Defence Force, LG Perry Lim were also present at the ceremony. ■



39 SCE MILESTONE PARADE

||Written CPL Timothy See

|Photography LCP Teo Zhi Guang

In the early hours of 16 October, the Mongoose Warriors of 39th Battalion, Singapore Combat Engineers (39 SCE), Alpha Company, held their milestone parade in Seletar Camp, to mark the completion of their National Service and transit from Full-Time National Servicemen (NSFs) to Operationally Ready National Servicemen (NSmen). Many loved ones, friends and families were present. Commanding Officer, 39 SCE, LTC Ng Rong Fuh was the witnessing officer for the momentous occasion. We at Army News congratulate the many dedicated Mongoose Warriors of 39 SCE on their completion of their National Service. May they continue to fare well in whatever the future holds for them.

PROTECT & PRESERVE! ■





12 C4I BN MILESTONE PARADE

||Written LCP Ashley Seek

||Photography REC Shawn Cheow

As the evening sun gave way to the night on 27 October, soldiers from the 12th Command, Control, Communications, Computers and Intelligence Battalion (12 C4I Bn) marched onto the parade square, beginning the 12 C4I Bn Milestone Parade and opening a prelude to the next phase of their lives. Families and friends were also present at the parade to witness this momentous occasion. The Singapore Army would like to thank them for their dedicated service and wish them the best to whatever the future holds. ***STRENGTH AND HONOUR, KNIGHTS OF TERROR!*** ■



5 SIR MILESTONE PARADE

||Written CPL Ryan Tan

||Photography LCP Teo Zhi Guang

On 28 October, we witnessed the milestone parade of our 'Black Devils' from the 5th Battalion, Singapore Infantry Regiment (5 SIR) where they successfully completed their rite of passage as full-time National Servicemen to become Operational Ready National Servicemen (ORNS). The parade, commemorating the past 2 years of their unwavering dedication and commitment to defence, was especially significant to the soldiers where their families and friends were present to witness this defining moment. Commander, 3rd Singapore Division (3 DIV) BG Alfred Fox was present to witness this special occasion. ***Silent, Deadly, Swift!*** ■





NS50 COMMEMORATIVE DINNER

Written LCP Brandon Kit
Photography CPL Tan Jit Jenn

On 30 October, Prime Minister Lee Hsien Loong paid tribute to the generations of National Servicemen during a dinner reception at Marina Bay Floating Platform which carried the NS50 theme "From My Generation to Yours". More than 1,500 guests attended the dinner, including Deputy Prime Minister and Coordinating Minister for National Security Mr Teo Chee Hean, Minister for Defence Dr Ng Eng Hen, Second Minister for Defence Mr Ong Ye Kung, Senior Minister of State for Defence Dr Mohamad Maliki Bin Osman, Chief of Defence Force LG Perry Lim and Chief of Army MG Melvyn Ong. ■



PM Lee Hsien Loong (left) applying the finishing touch to the NS50 commemorative



MG Ong unveiling the new CATC logo

COMBINED ARMS TRAINING CENTRE

SEMINAR

Written LCP Ashley Seek
Photography CPL Benjamin Lim

On 15 November, the official unveiling of the new Combined Arms Training Centre (CATC) logo took place during the CATC Training Seminar hosted by 6 Div and officiated by Chief of Army, MG Melvyn Ong. The aim of the seminar was to provide a platform for Brigade level practitioners to come together as a group and share good practices and knowledge garnered from combined arms training and exercises. BG Goh Si Hou, Comd 6 Div, COL (NS) Zee Yoong Kang, Comd 9 SIB, LTC (NS) Alvin Chia, Comd 63 SIB and Chief of Staff 6 Div, COL James Teo were the guest speakers during the event. ■



Commandant SAFTI MI, BG Chua Boon Keat was also present at the event, interacting with other participants of the seminar



BG Mark Tan (Left) handing over of the Command Symbol to COL Seet Uei Lim (Right)

CHIEF GUARDS OFFICER CHANGE OF COMMAND

||Written CPL Bryan Tan

|Photography LCP Marcus Teo and REC Isaac Ong

On 31 October, Our Army witnessed the symbolic handing over of Command for Chief Guards Officer from BG Mark Tan Ken-Li to COL Seet Uei Lim at Bedok Camp. There were also military demonstrations by the Guardsmen and a display of their capabilities during the parade. The Singapore Army would like to thank BG Tan for his steadfast and dedicated service during his command of the Guards Formation and wish COL Seet the very best for his future endeavours in his new appointment. Our Chief of Army, MG Melvyn Ong was present to witness this momentous occasion. **READY TO STRIKE! ■**



BG Tan inspecting the parade



BG Tan and COL Seet returning the compliments as the parade marches off



COL Terry Tan (Left) handing over the Command Baton to SLTC Chang (Right)

CHIEF SUPPLY OFFICER CHANGE OF COMMAND

Written LCP Ashley Seek

Photography CPL Benjamin Lim

We witnessed the symbolic handing over of the appointment for Chief Supply Officer from COL Terry Tan to SLTC Chang Pin Chuan at Kranji Camp III on 24 November.

During his farewell speech, COL Tan expressed his gratitude to those who have walked through the two-year journey with him and that it was a privilege to be able to serve the members of the Supply Formation. He mentioned that despite any difficulties that may come in the future, he was confident that the Supply Formation would be able to overcome the odds.

In conclusion, he said "Never give up, as nothing great can be accomplished without losses. Keep your dreams alive, despite problems and whatever you may face."

Our Singapore Army would like to thank COL Terry Tan for his dedication and commitment to the formation, wishing him the very best for the future and at the same time, warmly welcome SLTC Chang to his new appointment.

ONE HEART, ONE MIND, ONE CSS! ■





COL Ong Yoke Lam (left) handing over the command symbol to COL Francis Kee (right)

CHIEF ENGINEER OFFICER CHANGE OF COMMAND

Written CPL Ryan Tan

Photography CPL Benjamin Lim

On 4 November, the transition of command of the Singapore Combat Engineers from COL Ong Yoke Lam, Melvin to COL Francis Kee was held at Nee Soon Camp. Our Chief of Army, MG Melvyn Ong was also present at the ceremony to witness this momentous occasion. In his speech, COL Ong expressed that it had been a fulfilling journey for him at the helm of the Singapore Combat Engineers. He recalled the key role that the Singapore Combat Engineers played during National Day Parade 2017 and the progress they achieved transiting into a 3rd Generation fighting force. He further emphasised the diversity within the formation which consisted of highly capable and motivated individuals that have enabled the formation to grow from strength to strength.

Recognising COL Ong's contributions to the Singapore Combat Engineers in his tribute speech, MG Ong commended the work and efforts of COL Ong in bringing the Singapore Combat Engineers to greater heights. He emphasised the key role that COL Ong played in nurturing the formation to be future ready and overseeing the successful organisation of the National Day Parade 2017. In his closing, MG Ong expressed his utmost confidence in COL Kee's ability to lead the Engineer Formation to scale new heights.

ADVANCE AND OVERCOME! ■



The outgoing Chief Engineer Officer, COL Ong mounting the Leopard 2-Armoured Engineer Vehicle for his send-off



COL Ong inspecting the parade



Ms Regina Lim (Right), Head Rations Section of HQ Supply explaining the healthier options served in our cookhouse meals to MG Melvyn Ong



Members of the Food Nutrition and Healthy Diet Sub-Panel, one of the two sub-panels under the new SAF Institutional Catering Advisory Panel

APPOINTMENT OF SAF INSTITUTIONAL CATERING ADVISORY PANEL

Written CPL Ryan Tan

Photography CPL Benjamin Lim

As part of Our Army's efforts to institutionalise a healthy living culture among our soldiers, the Singapore Armed Forces Institutional Catering Advisory Panel (SAFICAP) was established to provide in-depth expert advice to the SAF on food nutrition and safety. Comprising of two sub-panels, the Food Nutrition and Health Diet Panel and the Food Safety Panel, SAFICAP increases the SAF's links with industry experts and enhances Supply Command's feeding policies. During the Appointment Ceremony at Kranji Camp III on 26 October, our Chief of Army MG Melvyn Ong presented letters of appointment to the

members of the panel. In his opening speech, MG Ong reminisced about the evolution of the quality of food catered for our soldiers - from cookhouse food prepared by military chefs to commercialised catering. He emphasised that the well-being and health of our soldiers are essential to building a strong and capable defence force in Singapore. In closing, MG Ong expressed his confidence in instilling a healthy eating culture within the SAF to "feed our soldiers for optimal performance" as part of the extended effort to strengthen the SAF's food policies and practices. ■



ERPSS VISIT TO BMTC

Written LCP Marcus Teo

Photography REC Shawn Cheow

The External Review Panel on SAF Safety (ERPSS) paid a visit to the Basic Military Training Centre (BMTC) on 17 October. Comprising of relevant experts from the government, industry and professional sectors, the Panel was inaugurated in July 2017 for a term of three years to continually review the SAF's safety systems. Chairman ERPSS, Mr Heng Chiang Gnee, who is also the Chairman of Singapore's Workplace Safety and Health Council, said that the visit had provided the Panel with useful insights into the safety governance, processes and culture in BMTC. He shared that "it is clear that the Army has put in much effort to ensure that young recruits are properly looked after as they transit from civilian to military life". ■



The Panel having a go at the Individual Marksmanship Training Range



Soldiers advancing towards the final objective during the finale Battalion Mission Exercise

Soldiers of 5 RMR trying their hand at rappelling

Trying out the SAR 21 firing simulator at IGTS



EXERCISE SEMANGAT BERSATU 2017

||Written CPL Timothy See

||Photography REC Shawn Cheow

This year's Exercise Semangat Bersatu (XSB) was held in Singapore from 12 to 25 November, with some 750 troopers from the 3rd Battalion, Singapore Guards (3 GDS) and the 5th Battalion, Royal Malay Regiment (5 RMR) participating in the 23rd iteration of the annual bilateral exercise.

Tracing its roots all the way back to 1989, XSB serves as an important and valuable platform for professional interactions between the Singapore Armed Forces (SAF) and Malaysian Armed Forces (MAF). The words "Semangat Bersatu", translate to the phrase 'Unity in Spirit', and as the name suggests, the aim of the exercise is to strengthen military ties between the two nations.

This bilateral exercise provided numerous opportunities for both armies to deepen their bonds of friendship through all manners of professional exchanges. After the ceremony, various static displays and exhibits were set up to showcase the equipment and weaponry of 3 GDS and 5 RMR, allowing the Soldiers of 5 RMR to get a hands on experience with the weapons utilised by 3 GDS and the SAF as a whole. Likewise, the soldiers of 3 GDS were also introduced to the weapons used by the MAF. The soldiers of 5 RMR also got to experience rappelling, with the soldiers of 3 GDS helping with the demonstrations.

The soldiers also paid a visit to the Infantry Gunnery and Tactical Simulator (IGTS) in Pasir Laba Camp, where various simulators were used to give the soldiers of 5 RMR a chance to experience using SAF weaponry in simulated scenarios. During the finale exercise on the final day, the soldiers took part in a combined Battalion field exercise, with soldiers of both armies conducting a joint assault on designated objectives.

The closing ceremony was held and co-officiated by our Chief of Army, MG Melvyn Ong and Chief of Army, Malaysian Armed Forces (MAF), GEN Tan Sri Dato' Sri Zulkiple Bin Haji Kassim. In his address to the soldiers, MG Ong shared that, "the SAF lends heavy emphasis on this exercise because it gives us the opportunity to interact, to exchange professional military knowledge and expertise, with our friends from the MAF." Likewise, GEN Zulkiple showed a great deal of positivity as he shared in his address that, "I believe that the most important aspect of this exercise is to foster a greater relationship between our Armies despite all the challenges that we have to face. I am confident that as time goes by, the continuation of this bilateral exercise will bring us closer together as brothers in arms." ■



The handing over of the 5 RMR flag from CO 3 GDS, LTC Lew to Commanding Officer, 5 RMR, Lieutenant Kolonel Johan Effendi Bin Mohd Shalleh, symbolising the return of the command to 5 RMR at the end of the exercise

EXERCISE SAFKAR INDOPURA 2017

||Written LCP Brandon Kit

||Photography REG Cyril Tang



An annual bilateral exercise between Singapore and Indonesia, Exercise Safkar Indopura (XSI), was held in Singapore from 13 to 20 November. Since 1989, the exercise has been conducted alternately in Singapore and Indonesia with this year being its 29th iteration. Around 470 personnel from the Singapore Armed Forces (SAF) and Indonesian National Army (TNI-AD) participated in this year's exercise.

The exercise facilitated professional exchanges between the two armies, comprising of Urban Operations training, Live Firing, Exercise Planning, and the conducting of a combined Battalion Field Exercise. As we celebrate 50 years of good relations between our armies this year, we saw TNI-AD soldiers operating alongside our crew in the Leopard 2SG MBT, the first time the SAF has had soldiers from a foreign military doing so. This reaffirms the mutual trust and understanding that we have developed over the years and indicates the continuation of good relations for many years to come.

Our Chief of Army, Major-General (MG) Melvyn Ong and the TNI-AD's Chief of Staff, General (GEN) Mulyono co-officiated the closing ceremony. In his speech, MG Melvyn Ong shared how XSI has evolved over the years and how it remains a crucial platform for interactions between TNI-AD and the Singapore Army. "Exercise Safkar Indopura began in 1989 and it forms the cornerstone of the interactions between TNI-AD and the Singapore Army. It has evolved from a series of map planning exercises to become the Brigade level bilateral exercise we see today. It is a platform for generations of leaders, many of whom are seated here, from both countries to engage, interact and to develop long-lasting friendships." More than just a platform for professional exchanges, XSI provides opportunities for both Armies to build stronger bonds and deepen mutual understanding. ■



Our soldiers fighting alongside their TNI-AD counterparts



GEN Mulyono receiving the Safkar Indopura flag from MG Melvyn Ong

EXERCISE MAJU BERSAMA 2017

||Written CPL Bryan Tan

|Photos Contributed 3rd Battalion, Singapore Infantry Regiment



As the saying goes, "As iron sharpens iron, so a friend sharpens a friend." One man cannot accomplish much alone, but a group of people can through cooperation. This is why bilateral exercises between armies are held as they foster mutual understanding and enhance interoperability between them. The 22nd edition of Exercise Maju Bersama was held from 18 to 27 November and involved about 320 soldiers from the 3rd Battalion, Singapore Infantry Regiment (3 SIR) and the 3rd Battalion, Royal Brunei Land Forces (RBLF). The exercise consisted of professional exchanges, combined field exercises and culminated in a combined battalion live-firing exercise. Exercise Maju Bersama underscores the close and long-standing defence relations between both countries, providing an excellent opportunity to strengthen army-to-army professional interactions. Chief of Army MG Melvyn Ong and Commander of the RBLF BG Pengiran Dato Seri Pahlawan Aminan Bin Pengiran Haji Mahmud co-officiated at the closing ceremony of Exercise Maju Bersama 2017 on 27 November in Peta Tutong, Brunei.

During the closing ceremony, MG Ong shared on the importance of Exercise Maju Bersama. He said, "I believe that Exercise Maju Bersama provides an excellent platform for our soldiers and commanders to build interpersonal relationships and develop mutual trust. It is this mutual understanding among our people that provides the stable foundation to further strengthen cooperation between our armies." ■



As part of the cross-sharing, RBLF soldiers shared on how they build personal shelters



The exercise culminated with a combined battalion live-firing exercise



RBLF soldiers handling the Section Assault Weapon (SAW)

EXERCISE FORGING SABRE 2017

Written CPT Neo Choon Yeong

Photography CPT Goh Ai Zhi

You can feel winter approaching as chilly winds blew across the faces of 750 personnel from the Republic of Singapore Air Force (RSAF) and Singapore Army. Overcoming the harsh weather conditions and even jet lag issues, these soldiers and airmen came together to participate in Exercise Forging Sabre 17, an integrated sense and strike exercise, in Phoenix, Arizona, from 28 November to 13 December 2017. It involved a suite of sense and strike assets ranging from RSAF's F-15SG and F-16C/D multi-role fighter aircraft, AH-64D Apache and CH-47 Chinook helicopters, Heron 1 Unmanned Aerial Vehicles (UAVs) and Singapore Army's High Mobility Artillery Rocket Systems (HIMARS) and the ground troops from the STrike ObserveRs Mission (STORM) team and the Commando Detachment.

For the first time, the Heron 1 UAV and HIMARS operated in an integrated sense and strike exercise, with the Heron 1 UAV monitoring the battlefield and providing information to the command post, enabling the HIMARS to engage and destroy the enemy targets swiftly.

On the ground, the STORM team and the Commando Detachment acquired targets for the laser-guided precision munitions, guiding the fighter aircraft carrying Laser-Guided Bombs to destroy the enemy targets. As LTA Jason Kavinesh Joshua, the STORM Team Commander shared, "This exercise tests our competency in calling for air-land strikes and ensuring it is able to meet the time on target. This year's exercise includes calling for fires from the HIMARS Battery

and air assets such as AHs, F15 and F16s. Back at home, we conduct several table-top exercises and simulation based processes to prepare for the actual live task, so coming for this exercise serves as a live-firing experience where we get to gain more experience and become more confident and competent in our operations."

The Exercise Forging Sabre series has enabled the SAF to continually sharpen its joint air-land integrated strike capability. Chief Artillery Officer, COL Michael Ma, also the Land Director for this year's Exercise Forging Sabre, shared, "XFS is an important exercise for the SAF, as it allows the Army and RSAF to come together in an integrated command post to hone our skills in a sense and strike operations." Indeed it was a great opportunity for our soldiers and airmen to interact and sharpen their professional knowledge and skills in an integrated strike operations and forged strong friendships. ■



Chief Artillery Officer, COL Michael Ma



A Commando trooper landing during their military freefall operation



LG Perry Lim interacting with soldiers taking part in this year's exercise

Months of training in Singapore geared the Gunners from the 23rd Battalion, Singapore Artillery, as they fired off live-ammunition from the HIMARS launcher, an aspect which cannot be exercised in Singapore due to the limited land space. The vast training area in the Barry M. Goldwater Range (about 20 times the size of Singapore), provided the HIMARS Battery the opportunity to build their confidence and competencies in handling their weapon systems and also to experience the capability of the HIMARS. This year also saw an increase, from three to six HIMARS launchers and also the deployment of the new Battery Command Post, which allows the Battery to conduct fire missions while on the move.







EXERCISE THUNDER WARRIOR 2017

Written CPL Bryan Tan

Photos Contributed 21 SA Media Team

Loud as thunder, the resounding boom of the 155mm rounds fired from the Primus Singapore Self-Propelled Howitzer (SSPH) reverberated throughout the Waiohuru Military Training Area. For 2017, Exercise Thunder Warrior was conducted with the participation of the SSPHs and supporting elements like Weapon Locating Radars, Field Artillery Meteorological Station and Forward Observers. There were around 380 gunners from the 21st Battalion and 24th Battalion, Singapore Artillery. The exercise ran from 6 to 29 November and gave the gunners the opportunity to fire live rounds from their SSPHs in a training area twice the size of Singapore! Exercise Thunder Warrior underscores the close and long-standing defence ties between Singapore and New Zealand, bolstering friendship between both armed forces. In Oriente Primus! ■



Deadly accurate, Iron Horse!

EXERCISE RINTIS BERSAMA 2017

||Written CPL Timothy See

|Photos Contributed 30th Battalion, Singapore Combat Engineers

From 15 to 17 November, soldiers from the 30th Battalion, Singapore Combat Engineers (30 SCE) and the Royal Brunei Land Forces (RBLF) Engineers participated in the bilateral exercise - Exercise Rintis Bersama. Held in Brunei, this exercise marked the 10th edition of the biennial bilateral exercise. The opening was co-officiated by Commanding Officer (CO) 30 SCE, LTC Chen Zhenhao, and CO, Support Battalion of RBLF, Lt Colonel Mohamed Sufri. The closing ceremony of Ex Rintis Bersama was co-officiated by Chief Engineer Officer, COL Ong Yoke Lam and Chief of Staff for RBLF, Lt Col Khairil bin Haji Ismail.

During the exercise, soldiers from both countries embarked on a series of mobility and construction missions, further strengthening their skills through interaction and sharing. This exercise served as a great opportunity to expand the professional knowledge of the troops, and strengthen the bonds and friendships shared between the two armies. ■



▲ LTC Chen (Right) and Lt Colonel Mohamed Sufri (Left) exchanging mementos





The ASEAN COAs hand-in-hand at the 18th ACAMM

18TH ASEAN CHIEFS OF ARMY MULTILATERAL MEETING

Written LCP Marcus Teo
Photography LCP Teo Zhi Guang

This year, Our Singapore Army hosted the 18th ASEAN Chiefs of Army Multilateral Meeting (ACAMM) from 20 to 23 November. The ACAMM is an annual meeting held among the Chiefs of Army (COAs) and the Sergeant Majors of the Army (SMAs) from the 10 ASEAN countries respectively. The opening ceremony of the 18th ACAMM was held at Swissotel The Stamford on 22 November. Chief of Defence Force, LG Perry Lim and COA, MG Melvyn Ong delivered the keynote address and opening remarks respectively.

In his opening remarks to about 100 delegates, MG Ong spoke on the topic 'Building Cooperation against Transnational Threats'. Recognising that transnational threats such as terrorism and cybersecurity pose a rising challenge to regional security, MG Ong expressed that these threats are "not confined to the geographical boundaries of any one ASEAN country and therefore they can undermine the stability and the well-being of the rest of us". MG Ong thus stressed the



▲ MG Ong delivering the keynote address

need for ASEAN armies to continue working together to overcome these challenges. The ASEAN COAs also signed a Joint Declaration at ACAMM, which included an agreement to launch an annual information-sharing workshop among ASEAN armies to enhance mutual learning and foster information-sharing. Singapore will conduct the inaugural workshop in 2018.

Conducted annually among ASEAN countries on a rotational basis, the ACAMM is a multilateral military conference that brings together Army Chiefs and delegates from the ASEAN armies to exchange views on security issues affecting the region. The ACAMM also provides the opportunity for the ASEAN Army Chiefs to strengthen professional ties through confidence-building measures and initiatives. ■



MG Ong interacting with the other Chiefs of Army



MG Ong (Left) handing over the ACAMM Symbol to General Zulkiple (Right), host of the 19th ACAMM



The ASEAN SMAs hand-in-hand at the 7th ASMAM

7TH ASEAN SERGEANT MAJORS ANNUAL MEETING

||Written CPL Bryan Tan

|Photography CPL Benjamin Lim

Alongside the ASEAN Chiefs of Army Multilateral Meeting (ACAMM), our Singapore Army hosted the 7th ASEAN Sergeant Majors Annual Meeting (ASMAM) from 20 to 23 November 2017. The ASMAM is an annual meeting of the Sergeant Majors of the Army (SMA) from the 10 ASEAN countries. Singapore Armed Forces Sergeant Major, CWO Ng Siak Ping and SMA, CWO Teo See Keong delivered the keynote address and opening remarks respectively at ASMAM.

In CWO Ng's keynote address, he urged the delegates to continue to work together to fight against transnational threats. He said, "We should continue to embody the Sergeant Major motto - One Vision, One Identity and One Community. Let us stay committed to the global fight against terrorism and stand ready to assist one another in times of need. With that, I wish you a pleasant stay in Singapore and look forward to our continued cooperation ahead."

In CWO Teo's opening remarks, he introduced the theme for this year's meeting - to build "Cooperation among ASEAN Non-Commissioned Officers against Transnational Threats." The meeting aims to bring clarity to the transnational threats that affect ASEAN countries and how each country is currently dealing with them. He stressed that by "understanding our common threats, we will be able to explore areas where we are able to collaborate and learn from one another."

The ASMAM provides a useful platform for ASEAN SMAs to network and share professional experiences, hence further enhancing the strong relationship between the ASEAN armies. The inaugural ASMAM was conducted in Indonesia in 2011 and this is the first time Singapore is hosting the ASMAM. ■



The ASEAN SMAs having a go at firing the SAR 21



The ASEAN SMAs getting a feel of the SAF's weapons at a static display

ASEAN ARMIES



27TH ASEAN ARMIES RIFLE MEET SINGAPORE 2017 10 NOV - 21 NOV



The ASEAN Deputy COAs hand in hand in this significant AARM 2017 Opening Ceremony

Written LCP Ashley Seek

Photography REC Shawn Cheow and REC Isaac Ong

In our last issue, you took a closer look at our shooters. This time, we catch a glimpse into the actual Rifle Meet. The 27th ASEAN Armies Rifle Meet (AARM), hosted by the Singapore Army, concluded on the 22 November and 550 shooters from all 10 ASEAN armies (Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, Philippines, Singapore, Thailand and Vietnam) came together to display their professional skills and to build friendships.

The five shooting disciplines of Rifle, Machine Gun, Carbine, Pistol Men and Pistol Ladies were each held at different locations. The Rifle and Carbine disciplines were held at the SAFTI MI 300m range, the Machine Gun at the Nee Soon 500m range and both Pistol disciplines held at the Multi-Mission Range Complex.

Being an annual event, only the best of the best were selected to participate in the event. The competition was fierce, with all 10 countries going neck to neck with each other in this high intensity Meet.

The Singapore Army achieved notable results in this year's AARM, ranking second in the Machine Gun Overall Team Championship, second in both overall Pistol

(Men) Team and Individual Championship and third in both overall Pistol (Ladies) Team and Individual Championship.

During both the opening and closing ceremonies, the visiting Chiefs of Army, Deputy Chiefs of Army and designated senior officers from all countries participated in a novelty shoot.

At the end of the closing ceremony, Chief of Army, MG Melvyn Ong congratulated all the winners and emphasised the importance of AARM. He said, "The AARM is an important event on the annual calendar of all ASEAN Armies. This unique opportunity to meet regularly is important to ensure that defence relations between the ASEAN countries continue to remain strong. The tournament may have come to a close, but our sense of solidarity and camaraderie will surely prevail."

It was also announced during the closing ceremony that Malaysia would be hosting AARM in 2018. Thank you to all participating countries of ASEAN for your sportsmanship during the two and a half weeks. We look forward to another round of friendly competition in Malaysia! ■

RIFLE MEET 2017



Being a team centric discipline, coordination between the shooters during the shoot is extremely vital



Shooting in action!





CENTRE OF EXCELLENCE FOR SOLDIER PERFORMANCE

Written LCP Brandon Kit

Photography REC Shawn Cheow

INTRODUCTION

Announced on 1 July 2017, the Centre of Excellence for Soldier Performance (CESP) was set up as part of the Singapore Army's efforts to introduce the Soldier Strong initiative. The CESP will provide a comprehensive and scientific approach, aiming to develop the full combat potential and achieve the "fitness for life" value proposition in every soldier. CESP will bring together soldier performance-related units such as the Army Fitness Centre, Soldier Performance Centre and Soldier Systems Integrations lab to reap synergies in cross-domain integration.



Mr Ong affixing the soldier onto the CESP symbol, officiating the inauguration of CESP

DEVELOPING THE MIND AND BODY

In the pursuit of realising every soldier's full potential, the CESP gathers experts specialising in five different domains: sports science, nutrition, psychology, physiotherapy and human factors engineering. Four key performance areas are then monitored to maximise effectiveness: fitness and nutrition; injury management and rehabilitation; mental resilience and integration of soldier-level systems.



Battling Rope station

FITNESS AND NUTRITION

- "Train Smarter, Eat Better, Be Physically Stronger". The quest to enhance the capability of the individual soldier begins with a three-pronged approach consisting of: Vocation-Specific Training, Inclusive Fitness Programme and Fitness Balance.

Under Vocation-Specific Training, the training programmes will be tailored to match the requirements of each vocation and the individual soldier's abilities. New fitness training methodologies such as the High Intensity Interval Training will also be introduced to allow training to be more varied and interesting.

As part of an effort to ensure that all soldiers are engaged in healthy lifestyles regardless of their Physical Employment Standards (PES) status or fitness levels,



By studying the performance of the soldiers when they manoeuvre the instrumented obstacle course, the engineers are able to assess how the equipment affects the mobility and combat effectiveness of the soldiers

INJURY MANAGEMENT & REHABILITATION

In ensuring that injuries be kept to a bare minimum, the CESP will also see pre-habilitation and rehabilitation programmes being introduced. With an increasing number of soldiers in the fight, our Army's capabilities will most definitely increase as well.

Pre-habilitation activities strive to minimise the risk of injuries sustained through informing soldiers about typical injuries they face during training, as well as guiding them to establish specific strength and conditioning exercises targeted through these activities. Furthermore, soldiers with pre-existing medical conditions or injuries are identified so that specific exercises can be designed to prevent a repeat of these injuries. For instance, soldiers are trained to land or fall safely during their attempt of the standard obstacle course.

Additionally, rehabilitation programs are developed to help injured soldiers recover smoothly while preventing any further worsening of their injuries. The CESP coordinates with ground units in SAF camps to institutionalise such programs to ensure that soldiers with existing injuries are able to make a speedy recovery.

MENTAL RESILIENCE

To ensure that soldiers are well-trained to handle and manage stress that they encounter during strenuous training, the CESP will also see the development of a tailored program to nurture resilience in the soldiers.

During their Basic Military Training (BMT), soldiers will learn to become more resilient and acquire the ability to combat stress and anxiety. After they complete their BMT, soldiers will gradually be exposed to stressful situations commonly faced in combat operations. They would also be placed in unforeseeable and unique tactical situations in order to raise their situational awareness and hone their ability to adapt during trainings and operations. This allows soldiers to overcome slight setbacks to achieve their objectives.

In a nutshell, the CESP strives to help soldiers improve upon themselves, thus nurturing stronger, fitter and more intelligent soldiers to bring our Army to greater heights.

the Inclusive Fitness Programme will be launched under the CESP. Aiming to maximise participation in promoting a strong fitness culture among our troops, more inclusive fitness programmes and packages will be introduced for Operationally Ready National Servicemen (NSmen) and non-combat full-time National Servicemen.

Looking to enhance performance and recovery, the Fitness-Nutrition Balance initiative will see a revised Recommended Dietary Allowance (RDA) being introduced. The revised RDA is designed for soldiers to consume healthy snacks in between meals and before training exercises to meet the short-term caloric demands of soldiers undergoing physical training, yet ensuring sufficient nutrition intake for a healthy lifestyle.



A revised Recommended Daily Allowance (RDA) will be introduced to better integrate fitness training with nutrition intake to enhance performance and recovery.

INTEGRATION OF SOLDIER-LEVEL SYSTEMS

The CESP will also assimilate Human Factors Engineering (HFE) into soldier systems to design a more ergonomic type of equipment, thereby increasing our soldiers' combat efficacy and performance. This will be achieved through Anthropometric Data Collection (the science of measuring and applying body dimensions) and Load Effects Assessment Programme (LEAP).

Through Anthropometric Data Collection, human factor engineers will gather and examine the information collected from the SAF population to develop and hone the soldier systems and gear, ensuring that the next generation load bearing systems fits all SAF soldiers.

Building upon this, LEAP comprehensively analyses the effect that the equipment has on a soldier through the examination and logical reasoning of objective data obtained through an instrumented obstacle course. The LEAP also includes thermal scanning technology, enabling engineers to ascertain the amount of heat trapped in soldiers' equipment as they attempt the obstacle course in order to further improve upon the future soldier systems.



Here, thermal scanning is used on this soldier to allow the engineers to determine how much heat is trapped in the soldier's equipment when going through the obstacle course

MOVING FORWARD WITH CESP

Written CPL Bryan Tan

Photography REC Shawn Cheow

Since the Centre of Excellence for Soldier Performance (CESP) focuses on maximising the potential of our soldiers, let us hear what our people think about CESP!

THE SIGNIFICANCE AND TARGET AUDIENCE OF CESP

COL Andrew Lim, Commander 9 Division/Chief Infantry Officer elaborated on the significance of CESP. He said, "CESP is a very important milestone for the Army and for the SAF. This is our biggest attempt to adopt a very holistic treatment in improving the way we train our soldiers. In the past, if you wanted to train the soldier physically, you just keep training him in the physical domain. Today as we move forward, we are not just looking at the physical aspects, but we are looking at nutrition, the psychology of sports as well as pre-habilitation and rehabilitation."

All in all, CESP aims to aid our soldiers to be the best versions of themselves. As such, COL Lim puts the soldiers as the key focus for CESP. "We want to give our soldiers the very best training methods, rehabilitation methods and equipment that we can get our hands on. At the end of the day, the Army is all about our soldiers, and every soldier counts. So we want to give them the best chance for optimal peak performance as well as minimise potential injuries. That is really the main motivation for us to have CESP."

USING SCIENCE AND TECHNOLOGY TO ENHANCE PERFORMANCE

SLTC Yee Kok Meng, Head CESP commented on the need for the Army to adopt other methods to improve the Army's training process. "I think the Army is maturing in terms of the training process, so we are leveraging on science to enable our soldiers to perform better. We also want to tap on technology, to achieve our training outcome, and also enhance the soldiers' performance on the field."

Besides training, SLTC Yee recognises that the equipment given to soldiers has a great impact on their soldier performance and is confident that the Load Effects Assessment Programme (LEAP) will make the correct refinements to their equipment. "This programme allows us to capture objective data for our soldier equipment and we do know that compatibility of the equipment to the soldiers is important to maximise their combat performance in the field."



BENEFITS OF VOCATION-SPECIFIC TRAINING



The Vocation-Specific Training has helped LCP Arit Gupta, Infantry Trooper, Infantry Training Institute (ITI) carry out his duties as an Infantry Trooper. "Since my vocation requires me to be out in the field, the training programme is

specially tailored to help us with our outfield challenges. For example, a typical training for us would be 400m timed run followed by tire flips and tire pulls. The running helps with building up strength for point to point movement while the tire flipping and pulling help with regards to setting up defence obstacles during missions."

Not only is the Vocation-Specific Training effective, it is also engaging, and 3SG Rashid Mustaffa, Section Commander, ITI can testify to that. "The new exercises are very interesting as compared to last time. The previous training was rather generic and repetitive - the standard push ups and sit ups. Now, the training sessions are more varied. As a commander, it is easier to manage and motivate my troopers' training now as they also enjoy doing the workouts. With these new exercises, they will feel a better sense of accomplishment after finishing it."



TRAINING AT FITNESS AND CONDITIONING CENTRES

After going on an overseas business trip, CPT (NS) Tan Chong Hwa, Staff Officer, Headquarters Singapore Combat Engineers came back to Singapore in a "poor physical state" to take his Individual Physical Proficiency



Test (IPPT). However, after participating in the IPPT Preparatory Training (IPT) at Bedok and Punggol Fitness and Conditioning Centres (FCC), CPT (NS) Tan managed to pass in 2015 and subsequently obtained a Silver Award in 2016 and 2017. "The IPT was very effective in helping me to pass my IPPT. At Punggol FCC, I will do Circuit Training to train my upper body to train my push ups. On the other hand, I will go to Bedok FCC to do speed training to train for my 2.4km run. There are professionals to guide through the exercises and the IPT programme has many different time slots and locations, making it very convenient for us NSmen."

INNOVATION IN OUR ARMY

MES & NAMIC Signs 3D Printing MoU

||Written CPL Ryan Tan

||Photography REC Shawn Cheow

On 7 November 2017, Our Army achieved a significant milestone in the realm of technological advancement and innovation. At Raffles City Convention Centre, a Memorandum of Understanding (MoU) was signed between Maintenance and Engineering Support (MES) Formation and the National Additive Manufacturing Innovation Cluster (NAMIC). Commander of Combat Service Support Command (CSSCOM), BG Lam Sheau Kai and Chief Maintenance and Engineering Officer, ME6 Tan Mu Yen were also present to sign the Memorandum. In the words of ME6 Tan, the signing of the MoU is not only the start of a great partnership with a credible national institution, it also puts MES at the heart of exciting and significant developments in the 3D printing realm. Even though the easier route is to wait for 3D printing technology to mature, the more rewarding path for honing the Army's defence capabilities in the long run is to get involved, to learn and to grow. ■



ME6 Tan (Left) signing the MoU with Dr Ho Chaw Sing (Right), Managing Director of NAMIC. The ceremony is witnessed by BG Lam (Far left), Mr Teng Theng Dar, the Guest of Honour of the Ceremony (Centre) and Dr Lim Jui (Right), CEO of NTUitive.

Transforming Ground Fuel Management in the SAF

||Contributed HQ Transport

The launch of SAF Automated Fuel Dispensing System 3 (SAFDIS3) enables Transport Formation to achieve more with less – a timely initiative given the lower NSF intake moving forward.

In today's ever-changing world, it is essential to harness technology enablers to unlock new capabilities to tackle pertinent issues such as productivity and resource optimisation. The new SAF Automated Fuel Dispensing System 3 (SAFDIS3) seeks to do just that.

Developed by HQ Transport, in collaboration with Defence Science and Technology Agency (DSTA) and service provider NCS Pte Ltd, SAFDIS3 leverages technology to eliminate manual processes in the monitoring and accounting of fuel dispensed at SAF Ground Fuel Stations. SAFDIS3 Fuel Stations feature unmanned but user friendly self-help fuel dispensers to eliminate the need for onsite manpower. The fuel dispensers also come with built-in security features and 24/7 CCTV to prevent pilferage.

In the past, a Petrol, Oil and Lubricant (POL) store assistant would be deployed at each fuel station to conduct the refuelling of a vehicle and perform manual recording of fuel dispensed for every vehicle. Leveraging RFID and web-based technology, SAFDIS3 enables fuel transactions at all fuel stations across various SAF camps to be monitored remotely by HQ Transport in Kranji Camp III. This reduces manpower requirement of 18 NSFs.

The first SAFDIS3 Fuel Station was unveiled by Commander CSSCOM at Seletar Camp on 12th June 2017.

"With shrinking manpower resources, we need to do things better and smarter. This means riding on technology trends and incorporating them into our work processes. The launch of SAFDIS3 is timely as it enables us to do more with less," said Chief Transport Officer COL James Liew.

"The use of IT automation positions us as a modern, operationally ready and professionally run organisation at the forefront of military logistics," said Head



A Transport Operator demonstrates the usage of a SAFDIS3 Fuel Dispenser at Seletar Camp on 12 June 2017.

Transport Services Branch LTC Seet Mei Ling, who led the roll out of SAFDIS3. She added, "Also, removing manual and labourious administrative workload allows us to gainfully deploy our NSFs in other areas of needs."

Her team member, Head Ground Fuel Management Section CPT Lau Hui Leng added, "Automated accounting increases efficiency and enhances data accuracy as there is less occurrence of human error. This means more efficient and accurate trend analysis and consumption projection of each Ops user, thereby enhancing Transport Formation's readiness to fulfil Ops user's requirements."

Additionally, SAFDIS3 enables HQ Transport to remotely monitor the condition of the fuel dispensers and underground tanks as well as the fuel level of each underground tank in real time. This facilitates ease and speed of maintenance as well as replenishment of fuel.

Transport Formation plans to further incorporate data analytics and Internet of Things (IoT) technology into SAFDIS3, enabling more processes to be unmanned, heralding the Next Generation Transport System (NGTS) by 2020. ■

HIMARS

||Written LCP Ashley Seek

With changes in modern warfare, combat vehicles must also adapt to the times. Swift, Powerful, and Versatile. These three words are the culmination of what the High Mobility Artillery Rocket System (HIMARS) is.

Despite its large stature, the HIMARS is actually quite the swift vehicle. The vehicle is able to travel at an average speed of 94km/h and with a full tank, can cover up to a maximum of 480 km! The vehicle is also able to cross wet terrains with depth of up to 0.76m.

The HIMARS also carries a single pod of six Multiple Launch Rocket Systems (MLRS) rockets and is designed to launch the entire MLRS family of munitions. Each rocket has a travel distance of up to 70km, making escape from it extremely difficult. Even the preparations for firing are swift, taking only 20 seconds to ready the rockets and being able to fire off all of them within 45 seconds.

Perhaps the most striking feature of the HIMARS, surprisingly, lies not in actually striking the enemy, but in its Battlefield Management System (BMS). What the BMS does is to allow the HIMARS to quickly send signals back to the command post, and in turn to multiple land and air vehicles. What this allows is for allied vehicles to quickly get the information and key points of the entire battlefield. The strike teams are then able to formulate strategies in order to best deal with the enemies, be it through focus fire tactics or sequential elimination. ■

TECHNICAL SPECIFICATIONS

WEIGHT: 13592 KG

HEIGHT: 3.18 M

LENGTH: 6.94 M

WHEEL BASE: 2.90 M

WIDTH: 2.44 M

CREW SIZE: 3







NUTRITION FOR PERFORMANCE

WHEN TO EAT LIKE A SOLDIER

||CONTRIBUTED BY

Centre of Excellence for Soldier Performance

LTC (DR) Alexander Gorny

CPT (DR) Leong Wai Siang

REC Jarrett Tan

Picking up from our last article on how food choices are strongly influenced by our environments, we now want to examine the relationship between physical activity and nutrition. Olympic athletes are known to eat up to six times the recommended dietary allowances (RDA) without showing an ounce of body fat. At least until a paparazzi snaps a photo in the off-season or after an injury. This same seasonal effect is seen in many servicemen just after ORD. It is therefore important to highlight the differences between military and civilian nutrition so our soldiers can take active steps to avoid over- and under-nutrition. ■

PHYSICAL ACTIVITY AND NUTRITION IN THE ARMY

“An army marches on its stomach.” - Napoleon Bonaparte (1769 - 1821)

IN THE BARRACKS

The RDA for SAF soldiers ranges from 2000kcal to 4000kcal per day depending on the type of unit or training school. SAF cookhouses design meals based on the upper limits of these requirements meaning we provide food that is in excess of what the average civilian should consume. To achieve adequate intake, most meals comprise multiple dishes topped off with a sugar-sweetened beverage and a dessert.



PHYSICAL TRAINING

Some soldiers undergoing intense physical training will have demands in excess of our Army's stipulated RDA. Therefore, over the past two years, we have been running trials to supply Army's active combat units additional snack items that provide an energy boost between meals. This revised RDA is only offered during high training tempo periods, as the additional 200 to 300 kcal per day would likely cause unhealthy weight gain in the long run.



TRAINING IN THE FIELD

SAF combat rations deliver up to 3350kcal per day, or 1.5 times the average civilian daily requirement, to meet the energy demands of a soldier who carries loads across terrain. The table below offers a comparison between the combat rations of different militaries in the world.



The impact of Under - and Over-nutrition on Soldier Performance

In day-to-day training, under-nutrition will lead to suboptimal performance, fatigue and increased injury risk. Over the long run under-nutrition can lead to losses in muscle mass, increased risk of illness and infection and impaired recovery. This is why it is critical that every soldier be fed sufficient calories for the task at hand. Over-nutrition in the short term might not affect healthy soldiers, and the majority will burn off excess calories to avoid detrimental long-term effects. Systematic overfeeding, however, can lead to increases in fat mass as well as behavioural changes that are hard to shake. Elevated body mass is known to increase the risk of heat injury, musculoskeletal injury and chronic disease later in life. Having recognised how some personnel may be receiving diets that exceed their daily needs, the Army have begun to take active steps to offer lower calorie meals to personnel deployed in less active roles and vocations.

Physical Activity and Nutrition in Everyday Life

AT THE WORKPLACE

Originally, Singapore was a hub for manual labour where men and women built a city, operated a bustling port, worked the fields and manufactured goods. Back then, the population needed energy-dense foods to power them through the day. Today the majority of workplaces are automated and sedentary, confining workers to office spaces, factory floors or vehicles. This means that our daily energy needs are fairly low compared to historic standards.

AT HOME

Our kitchen shelves are stocked with an abundance of calories that are not necessary for household activities. That is because modern households are designed for easy upkeep. Clothes are washed by machines, lifts now stop at every floor and groceries can be delivered to our doorstep. Very few households still have a garden let alone livestock that require daily tending. Interestingly, families who keep a dog tend to spend more time outdoors until the duty of daily walks is delegated to the domestic helper.

TRANSPORT

Getting around Singapore on trains and buses has never been easier in terms of calorie demand. Furthermore, our home grown variant of seamless public transport creates interchanges where persons switch between modes of transport. Once these spaces are fully air-conditioned, food and drink vendors will follow to exploit the concentrated foot-falls. Fortunately, public transport is experiencing an about-turn to spread pedestrian and bicycle access while at the same time introducing car-lite alternatives.



Making the Switch from Soldier back to Civilian

Activity levels strongly influence a person's appetite. It therefore follows that after NS, our food intake should diminish. That said, a lot of the good and bad habits that we pick up in NS have a tendency to 'stick' even after ORD causing some of us to experience unhealthy weight gain. Here are a few pointers to better understand whether you have been eating like a soldier in civilian

Keep up the good habits if you are still:

- Having a wholesome breakfast every morning to start the day !
- Taking at least five servings of fruit and vegetables per day !
- Choosing water over sugar-sweetened beverages !

BOOK OUT – MAKAN: KRANJI CAMP III

||Written LCP Brandon Kit

||Photography LCP Benjamin Lim

Having a great meal can boost your book out. Save your precious time on looking out on the best food near you. In this issue's book out makan, we explore the area around Kranji Camp for you. Do remember to watch your diet and eat in moderation! ■

Out with a group of friends and can't decide where to eat? Perhaps you would be interested in this halal zi char place, West Co'z cafe! With an extensive menu offering seafood, beef, chicken and noodles alongside other tantalising options, this cafe caters to many different palates. The fish head curry, one of the halal Zi Char cafe's signature dishes, was flavourful, not too spicy with an assortment of vegetables- tasty and comforting. Their thai-style kang kong was sumptuous, with a rich bean paste that was just right, not too salty.

Price: From \$5 onwards

Opening hours: 11:30AM–9:30PM

Address: 21 Choa Chu Kang North 6, #01-28 Yew Tee Point, Singapore 689578



WEST CO'Z CAFE



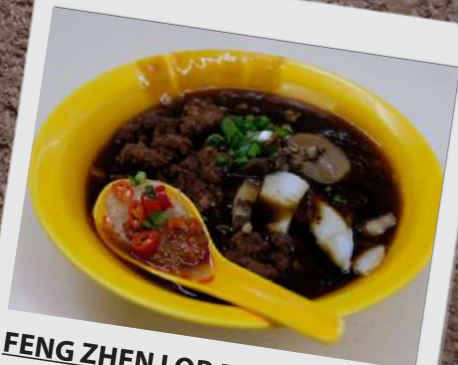
**ROASTED MEAT STALL @
YEW TEE NTUC FOODFARE**

If you are a resident of Yew Tee, you'd have surely heard of this place. Highly lauded by reviewers and foodies, this stall definitely lives up to the hype. Serving up a comforting bowl of goodness, the gravy is thick, accompanied by perfectly cooked noodles, braised egg, springy fishcake and fresh beansprouts. The crispiness of the fried pork ball adds a whole new dimension to the texture of the dish. Stir in the minced garlic, vinegar and chilli, and you're in for a harmonious blend of spicy, sour and savoury flavours. It is the perfect dish to kick-start a day of tough training, just remember to "jio" your buddy along!

Price: From \$3 onwards

Opening hours: 6:30AM-1:30PM (Closed on Mondays)

Address: 787B Choa Chu Kang Dr, #01-241, Singapore 682787



FENG ZHEN LOR MEE

IN CASE YOU MISSED OUT...



The Singapore Army

1 Dec 2017

DIVERSE ROLES EQUAL OPPORTUNITIES OUR ARMY'S WOMEN CAREER FAIR



Regardless of gender, we have a role to play in defending our nation. If you have the passion to lead and make a difference, we invite you to join the Singapore Army. You will find ample opportunities to acquire new skills, reap once-in-a-lifetime

Daughters, Wives, Mothers - Our Servicewomen

Many members of the public came down today to Our Army Women's Career Fair 2017 at *SCAPE The Ground Theatre to find out more about the various career opportunities for women in Our Army. If you're interested to lead a life in Our Army, this event is perfect for you.

The Fair has booths set up from all the formations to help visitors learn about the various vocations in the Army. Ambassadors from the various formations are also present to share their journeys in the Army. Remember to say hello to our soldiers who will be there to share with you their experience!

More details can be found at www.armycareers.gov.sg

247 Likes 4 Comments 13 Shares



The Singapore Army

22 Nov 2017



346 Likes 62 Comments 117 Shares

Instagram



oursingaporearmy



♥ 1,677 likes
[oursingaporearmy](#)

Over a period of 69 days, trainees of the 44th SAF Ranger Course underwent rigorous and uncompromising training in what is known as one of the toughest course in the SAF. The SAF Ranger Course trains small unit leaders in a realistic combat environment under mental and physical stress, which stretches every Ranger's commitment and stamina beyond their limits. Watch this video to have a glimpse of their training!

Congratulations to all our newly minted Rangers!

Rangers Lead The Way!

[#ArmyReadySoldierStrong](#)

Video produced by LTA Lim Jun Da

LIVE!

Catch a close combat demonstration, our SAF Band, Silent Precision Drill Squad and performers in action! We are also going to cover the prize presentation for the winners of AARM17!

[#AARM17](#)

