

ISSUE 247/2017

ARMY NEWS

PULSE OF OUR ARMY

National Day
Parade 2017

Exercise
Tiger Balm

Enhancing
Homeland Security



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Army News would like to thank CPL Andrew Teo, CPL Jeremy Lee, CPL Darren Soo and CPL Wong Jin Cheng for their service and contributions during their stint in Army News.



Editor Speaks

And we are on to our final quarter. What a time it has been! Our Army has been busy as always with our training exercises, both local and overseas. Read about Our Soldiers training in Indonesia for Exercise Chandrapura, (page 13) and with the US Army in Exercise Tiger Balm, here in Singapore. (Page 16)

We also celebrate SAF Day, National Day and the SAFRA Singapore Bay Run (SSBR) & Army Half Marathon(AHM). A busy time indeed. We go behind the scenes for National Day and thank some of the Soldiers who worked tirelessly to ensure a seamless parade and celebration. (Page 10)

We also join a group of SAF Veterans who participated in the AHM and meet their 'oldest' participant. Find out what drives them to continue to compete in this gruelling event. (Page 12)

Of course September is also when Singapore sets aside a special day to remember "Teachers". Our Army looks to our trainers – what motivates them, their own personal goals and their stories. (Page 22)

We look forward to the next couple of months and more exciting times ahead!

ARMY READY, SOLDIER STRONG!

Mel Ferdinands
Editor of Army News



||Design LCP Teo Zhi Guang

ARMY NEWS

(Suggestions and Feedback)

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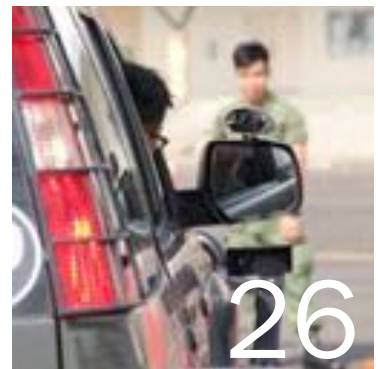
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PERSCOM CELEBRATES ITS 6TH BIRTHDAY!

||Written PTE Marcus Teo **|Photography** CPL Wong Jin Cheng

The Personnel Command Formation (PERSCOM) celebrated its 6th Anniversary on 30 June with a Formation Sports Day. Many fun and exciting activities were organised, and despite the sweltering heat, the soldiers of PERSCOM gave their all and enjoyed themselves thoroughly.

COL Lee Yem Choo, Commander PERSCOM was also present to celebrate the occasion. She likened it to the completion of Primary School. COL Lee explained that “six years ago, we began Primary One and now we are Primary Six, and this year, we have cleared our PSLE with flying colours! The next stage is ‘O’ Levels. For the next few years and with the commitment from our people, I am confident that we can succeed at ‘O’ Levels as well”. ■



MAJ (RET) Victor Sim Chin Chuan with his wife



Presenting the Best Formation for SAFSA Awards 2017: CSSCOM!



2WO Poh Lip Meng

SAFSA AWARDS 2017

||Written LCP Ryan Tan **|Photography** PTE Marcus Teo

At the beginning of July, our soldiers’ efforts and dedication to sports were recognised and highlighted during the Singapore Armed Forces Sports Association Awards Ceremony held at the Temasek Club. Families and friends were also present to celebrate their loved ones’ achievements in the sporting arena. Our Chief of Defence Force, LG Perry Lim was the Guest of Honour and joined the soldiers in their celebrations. CSSCOM won the Best Formation Award for the fifth consecutive time. Amongst the other award winners was 2WO Poh Lip Meng of HQ Commando, who had also won the Best Sportsman award for the 8th time.

However, he remains grateful and humble in the face of his achievements. The sense of satisfaction of receiving the award is a great feeling for him as it represents the fruits of his labour. Another familiar face amongst the winners was the Best Coach of the year, MAJ (RET) Victor Sim Chin Chuan. Despite his monumental achievements in guiding the Badminton team to victory for the past 30 years, he accredited his success as a Coach to the relentless support of his wife, Natalie Ong. Without her, he expressed lovingly, he would not be where he is today. ■



53/17 BASIC MILITARY TRAINING (SERVICE) GRADUATION PARADE

Written PTE Marcus Teo

Photography Lee Xiang Rong

On 21 July, four weeks of Basic Military Training (Service) came to its conclusion in the Leader's Hall of Pasir Laba Camp. 244 recruits attended their graduation ceremony, marking the completion of their BMT (Service) course, and the start of their new Combat Service Support roles. Families and friends were present to witness the occasion and show their support to the graduating recruits. The Guest of Honour and Reviewing Officer was Commander, Personnel Command, COL Lee Yem Choo.

We extend our heartiest congratulations to the graduating recruits and wish them the best in their future vocations! ■



16C4I MILESTONE PARADE

Written LCP Ryan Tan

Photography LCP Tan Jit Jenn

22 July marked a new beginning for 184 soldiers from the 16th Command, Control, Communications, Computer and Intelligence Battalion (16C4I Bn) as they embarked on a new chapter of their lives. Families and friends were present to witness this milestone parade. The Commanding Officer of 16C4I, LTC Ong Zi Xuan, Commander of 2nd Singapore Infantry Brigade (2SIB) SLTC Koh Leong Kar and the Commander of 6th Singapore Division BG Goh Si Hou were also present at the parade to congratulate the soldiers. In his speech, LTC Ong Zi Xuan congratulated the soldiers on their successful completion of their National Service and their unwavering commitment to National Defence. He reiterated the importance of National Servicemen and for the continued excellence of 16C4I, and the duty of all Singaporean sons to protect this nation and its people at all times. LTC Ong also expressed his confidence in the steadfast and reliable character of each and every soldier after having gone through the rite of passage of National Service. ■





BG Chua Boon Keat (Left) handing over COL Goh Si Hou (Right) the Command Symbol



COMMANDER 6 DIV CHANGE OF COMMAND

||Written LCP Timothy See

|Photography CPL Wong Jin Cheng

On the evening of 24 June at Mandai Hill Camp, we witnessed BG Chua Boon Keat, hand over his appointment as Commander 6th Singapore Division (6 DIV) to then COL Goh Si Hou. Chief of Army, MG Melvyn Ong was also present as the Witnessing Officer for the Change of Command Parade.

In his speech to his men, BG Chua expressed his heartfelt gratitude to the soldiers of 6 DIV who had been with him.

MG Melvyn Ong presented the Command Plaque to BG Chua to mark his successful tenure as Commander 6 DIV. As the parade drew to a close, BG Chua departed from the premises in a Terrex, bidding his men farewell a final time.

We would like to thank BG Chua for his many contributions to 6 DIV and the Army, and warmly welcome COL Goh as the next Commander 6 DIV. We wish them both the best in their new appointments and endeavours. ■

"It has been a great journey in the last two years. To lead 6 DIV has been a privilege and honour. I hope that you will give COL Goh Si Hou the same support that you have given me in the last two years."

- BG Chua Boon Keat

CARMO & COMMANDER SMTI CHANGE OF COMMAND

||Written LCP Timothy See

|Photography LCP Tan Jit Jenn

5 July saw the successful completion of command for both Chief Army Medical Officer (CARMO) and Commander SAF Medical Training Institute (SMTI) at the combined Change of Command Parade at Nee Soon Camp.

SLTC (Dr) Lee Wei Ting took over as Comd SMTI from COL (Dr) Lo Hong Yee. At the same time, COL (Dr) Lo took over command as CARMO from COL (Dr) Poon Beng Hoong.

In his final speech as Comd SMTI, COL (Dr) Lo Hong Yee expressed his utmost confidence in the preparedness of both the medics and the public of Singapore. "All the training prepares our soldiers for war," he said, "but I am confident that when a terrorist strike happens in Singapore, our people who are out there in the public will step forward to make a difference. ... SMTI is able to teach our people to save lives because of the excellent teamwork that we enjoy."

COL (Dr) Poon Beng Hoong urged the soldiers and medics present to be steadfast in upholding the values and motto of the Army Medical Services and SMTI, regardless of any situation. "You are well-trained and equipped to do what is needed," said COL (Dr) Poon. "Always be professionally current in your skills, have the courage to step forward when called upon, but never for personal glory, but for the simple reason that our motto states: Life First."

In his tribute speech to outgoing CARMO, Our Chief of Army, MG Melvyn Ong spoke about the difficulties in finding a CARMO candidate meeting the suitable criteria; a duality of mindset. In his words, he described it as, "somebody who can go big, and yet touch the lives of those under him. A CARMO who can be very critical in the making of the toughest decisions, but who can also show great empathy for the medics and soldiers on the ground."

We at ARMY NEWS, would like to thank COL (Dr) Poon for his years of steadfast service, and wish COL (Dr) Lo and SLTC (Dr) Lee the very best for their future endeavours in their new appointments. ■



COL (Dr) Lo Hong Yee (Left) presenting SLTC (Dr) Lee Wei Ting (Right) with the SMTI Command Symbol



COL (Dr) Poon Beng Hoong (Left) handing over COL (Dr) Lo Hong Yee (Right) with the CARMO Command Symbol



Handing and Taking over of
COMMAND SYMBOL



RADM Giam hands over the command symbol to BG Chua with CDF, LG Perry Lim as the Witnessing Officer

COMMANDANT SAFTI MI CHANGE OF COMMAND

Written LCP Ryan Tan

Photography PTE Marcus Teo

On 6 July, SAFTI Military Institute witnessed the successful transition of command from RADM Giam Hock Koon to BG Chua Boon Keat. Our Chief of Defence Force LG Perry Lim was present to witness this momentous occasion, together with our Chief of Army, MG Melvyn Ong. In his farewell speech, RADM Giam expressed that it has been a fulfilling journey during his command of SAFTI MI. He also conveyed his thanks to the staff of SAFTI MI for their hard work, dedication and high levels of professionalism. In closing, he expressed his confidence in the future of SAFTI MI as a "national institute through which the urban youth of Singapore mature into leaders of men". As a token of appreciation to Mrs Giam for her support to RADM Giam during his appointment despite her busy schedule, a bouquet of flowers was presented to her during the ceremony.

The Singapore Army would like to thank RADM Giam for his steadfast and dedicated service during his command of SAFTI MI and wish BG Chua the very best in his future endeavours in his new appointment. ■



A group photo with RADM Giam, BG Chua and SAF leadership



SINGAPORE ARMED FORCES DAY 2017

Written LCP Ryan Tan and PTE Brandon Kit

Photography LCP Benjamin Lim, LCP Jit Jenn and PTE Marcus Teo

Over the past 50 years, the defence capabilities and efficiency of our National Service system have been greatly enhanced to cater to the needs of a growing nation as Singapore progressed in the ever-changing 21st Century. Amidst the current turbulent climate with the threat of terrorism moving closer to our shores, a strong and capable Singapore Armed Forces is essential in safeguarding our sovereignty – by air, land and sea. This allows Singaporeans to sleep well at night, knowing that they are protected by a reliable defence force. The importance of a reliable SAF was also echoed by our Minister for Defence, Dr Ng Eng Hen in his SAF Day message.

He emphasised “Singaporeans have to maintain solidarity and never underestimate the ubiquitous threat of terrorism so as to ensure that these threats do not disrupt the precious harmony that we have built”. The SAF Day Parade held every year on 1 July celebrates the achievements that our defence force have accomplished, acknowledges the best of our Armed Forces and looks towards the future. President Dr Tony Tan Keng Yam was the Guest of Honour, together with Minister for Defence Dr Ng Eng Hen, and Chief of Defence Force, LG Perry Lim. Among the Best Unit Award Winners was the 1st Commando Battalion (1st Cdo Bn), who achieved the formidable feat for the 31st time. Introduced in 1969, the Best Unit Competition (BUC) aims to recognise units that excel in the areas of combat readiness, operational proficiency and administrative excellence. ■



Dr Tan presenting the flag to CO 1st Cdo Bn



The march past, led by the Colours Party

◀ (From Left) Dr Ng, Dr Tan and LG Lim celebrating NS50 with a cake-cutting ceremony

NATIONAL DAY PARADE 2017

||Written LCP Bryan Tan |Photography ArmyNews

Singapore commemorated its 52nd year of Independence on 9 August in a grand way. The National Day Parade (NDP) is the culmination of a nation-wide celebration. Held at the Floating Platform, the proceedings were divided into 9 parts – 2 Dynamic Display segments with the Parade and Ceremony portion in between, followed by 6 acts of the show. This year's theme was #ONE NATION. Yes, with a hashtag! This was to encourage and enable Singaporeans to share the rally call through all means of social media. This was the first time that such a move has ever been initiated. The # is also used for Singaporean home addresses, and it also evokes a strong sense of home during the National Day Celebrations and its build up.

As part of the NS50 Celebrations, the Parade Commander was an Operationally Ready National Serviceman. Lieutenant Colonel (LTC) (NS) Lim Wee Tee is the Second-in-Command for the 22nd Battalion, Singapore Infantry Brigade. LTC (NS) Lim, 45 years old, enlisted in the Singapore Armed Forces (SAF) in 1991 and was commissioned in 1992 as an Infantry Officer. He served in various units as Platoon Commander, Company Second-in-Command as well as Officer Commanding, and was awarded the Commendation Medal (Military) in 2015.

Also for the first time in the history of Singapore's National Day Parade, 300 unmanned drones took to the skies, the largest such display of unmanned drones in South East Asia.

However, what is often overlooked are all the people and activities happening behind the scenes. From ensuring that all the vehicles were in tip top condition, to the security of the spectators, to the performers, everyone played a huge role in ensuring the success of NDP 2017.

Every Soldier Counts, and this was certainly the case for NDP 2017.

A very Happy Birthday Singapore and to all those who made NDP 2017 the resounding success that it was, **WE SALUTE YOU.** ■



BEHIND THE SCENES



The Red Lions have been a regular feature of the NDP for many years and is not only an entertaining performance but a great opportunity for Our Commandos to showcase their capabilities too.

2WO Melvin Ho (extreme right) shared. "We face many challenges whenever we jump, be it external factors like the wind, or our positioning and performance. We tirelessly practice on the ground to make sure our jumps all go off without a hitch."



Being able to participate in NDP 2017 was an honour and a dream come true for **LCP Theodore Pragasam** of 3rd Battalion, Singapore Guards (3 Gds Bn). As part of the security team to ensure the safety of the public while they enjoy the stunning performances, it has been a rewarding and fulfilling experience for him to be part of celebrating Singapore's 52nd birthday.

Leading up to NDP 2017, LCP Theodore was also involved in the preparation of the fun packs, and he shared that while it was strenuous work, being able to witness the smiles on their faces and the heartfelt gratitude expressed by Singaporeans made his hard work all worth it.



ME3-2 Zulkarnain from 9th Army Maintenance Base had his first experience as Maintenance 2IC. "I think one of the biggest challenges I faced was when the (initial) rehearsals were held during the fasting month of Ramadan. I recall myself, my superior and members of the Armoured Recovery Vehicle team staying behind till early morning on the day of Hari Raya Puasa to ensure that every vehicle was safely transported back to camp. Although it was tiring, we all felt a sense of fulfillment as we find that our work is meaningful."



3SG Navinthiran from 35 SCE had a different challenge as he was chaperoning the children who were performing. "Controlling and coordinating the children were definitely not an easy task. This is my first time being involved in NDP, and it has given me a unique and memorable experience."



SAFRA Singapore Bay Run & Army Half Marathon 2017

||Written LCP Bryan Tan

||Photography ArmyNews

The 25th Edition of the SAFRA Singapore Bay Run (SSBR) and Army Half Marathon (AHM) took place on 20 August. It continued with its four established run categories; the competitive 21 km AHM and SAFRA 10 km Race, and the non-competitive SAFRA 5 km Fun Run and Families For Life 800m Challenge. To commemorate 50 years of National Service (NS50), a special NS50 Team Run Category was introduced. This new non-competitive run provided an opportunity for past and present Singapore Armed Forces (SAF) Operationally Ready National Servicemen (ORNS) to participate together as a team and bond. Teams of 10 runners each will complete a 5km route together to clock a total distance of 50km in commemoration of NS50.

More than 41,000 people took part in this year's event. ■



COA flagging off the start of the race



Runners passing through the Helix Bridge in the 5km and 10km runs



Comd 2 PDF Col Dinesh (in red) with the AHM NS50 team



If you thought the Army Half Marathon (AHM) was only for the young, the veterans from the Singapore Armed Forces Veterans League (SAFVL) are here to tell you that "Veterans Still Run Marathons"!

This year, 52 veterans from the SAFVL signed up for the AHM compared to last year's 20 runners, their second time running in the AHM as a group, with their oldest runner SSG (RET) Booi Seow Kiat aged 87 years. The AHM is a great opportunity for the veterans to challenge themselves to maintain a healthy lifestyle and provides an occasion for members to come together and bond. Chairman of the SAFVL, BG Winston Toh shared why the SAFVL has been so participative in the AHM, "Members from the SAFVL are aged 40 to 90. They all have different fitness levels because they are all at different stages of life. Since the AHM provides different distances, it caters to the different capabilities of our veterans. The younger ones can do the 21 km run while the older ones can go for the 5 km run."

Some of the veterans also ran with their spouses for the 5 km run. LTC (RET) Chan Seck Sung, ran with his wife, Mdm Tan Siew Siew. To LTC (RET) Chan, the 5km run proved very challenging as he just suffered from a stroke six months ago. It took him three days to learn how to stand up, and ten days to walk a distance of ten metres. After 4 months of physiotherapy, LTC (RET) Chan was determined to make a comeback by going for the run. "It was difficult for me but I am thankful

for my wife who has stayed beside me through this difficult time. She monitored my physiotherapy, making sure I was doing the exercises. This is why we are running together, because she has been a big part of my recovery."

Mdm Tan Siew Siew chose to look at it positively. "My husband has gone for the Ironman Triathlon; he really is very fit and so I was shocked that he suffered the stroke. However, it reminded him that he has to watch what he eats. Though he may be fit, we still have to take care of ourselves."

Will we see these veterans running for the next AHM? Keep your eyes peeled for them next year!



LTC (RET) Chan Seck Sung with his wife Mdm Tan Siew Siew

EXERCISE CHANDRAPURA

||Contributed 1st Commando Battalion

B atujajar, a scenic district in West Bandung, Indonesia was the location for Exercise Chandrapura 2017. It is also where the Special Training Centre (Pusdiklatpassus) for Indonesian Command troops is based.

From 11 to 19 July, a total of 70 SAF Commandos from 1st Commando Battalion and 70 TNI KOPASSUS from 11th Battalion, TNI KOPASSUS Group 1 participated in the bilateral exercise which focused on cross-training for urban operations, which included Close Quarter Battle (CQB) live-firing, fast-roping and rappelling.

Exercise Chandrapura dates back to 1994, and this year, the 24th in the series, demonstrates the long-standing defence relations between Singapore and Indonesia. 2017 is also significant because it marks 50 years of bilateral relations between Singapore and Indonesia.

The exercise concluded with a symbolic exchange of airborne wings during the closing ceremony, which was co-officiated by Commanding Officer of the 1st Commando Battalion, LTC Ng Kiang Chuan and Commanding Officer of the 11th Battalion, TNI Kopassus Group 1, Major Farid Yudho.

Regular interactions such as this exercise enhance the interoperability and foster mutual understanding between the two armies. ■



LTC Ng Kiang Chuan exchanging airborne wings with Major Farid Yudho

50 YEARS AND STILL GOING STRONG!

- 3 SIR AND 4 SIR GOLDEN JUBILEES

Written PTE Marcus Teo

Photography LCP Wong Jin Cheng

Since their inception in 1967, the 3rd Battalion Singapore Infantry Regiment (3 SIR) and 4th Battalion, Singapore Infantry Regiment (4 SIR) have produced many fine and proud infanteers. On 5 July, we witnessed the momentous celebration of 3 SIR and 4 SIR's Golden Jubilees.

Pre-parade activities were held to celebrate their respective achievements. 131 Pioneers from both battalions were invited to take part in their respective activities, bringing our present day soldiers on a heart-warming trip down memory lane as these pioneers shared their NS experiences.

The Jubilee celebration culminated in a commemorative parade. Our Chief of Army, MG Melvyn Ong was present to celebrate this joyous occasion. In his remarks, MG Ong noted that, "It is no coincidence that the Golden Jubilee of 3 SIR and 4 SIR coincides with the 50th anniversary of National Service. It all started here, it all started with 3 SIR and 4 SIR. Your courage and your acts of duty 50 years ago set the example for all that we see today".

3 SIR and 4 SIR have a rich history, being amongst the first National Service units. They have achieved a great deal but few know the history behind this half-century story. Let's go back in time to where it all started in 1967.

As the saying goes, "The war is not won until the infantry sets foot on the battlefield". Indeed, the infanteers of our Army are soldiers we can all pride ourselves upon. To the past and present soldiers of 3 SIR and 4 SIR, we congratulate you on a very successful run of fifty years and wish you all the best in the years to come! ■



3 SIR | Silent & Effective

Selarang Camp is where 3 SIR is currently located. From day one, since its founding in August 1967, every new member of 3 SIR becomes a member of a tight-knit Scorpion community. It is this strong sense of bonding and kinship that 3 SIR builds itself upon. This unshakable relationship between infanteers is critical in the context of missions. After all, a unit, a company, a section is only as strong as the unity between its members.

Silent & Effective. The motto could not be better represented than by the Scorpion logo. With its lightning strike and killer instinct, the scorpion is regarded as one of the deadliest predators of the animal kingdom. Like a scorpion, the soldiers of 3 SIR all hone their skills to achieve the highest level of precision and ability. But beyond that, the three important qualities of a soldier of 3 SIR are also depicted in its logo in the form of stars. The three stars represent Discipline, Physical and Mental Endurance, and Good Soldiering Skills. These qualities are what 3 SIR have and continue to inculcate in its soldiers.

It is the belief of many Scorpions that the strong ties between each infanteer is what brings 3 SIR glory. This has shone through in the past, seeing that 3 SIR has won the Best Unit Competition three times (1969, 1971 and 1998).

LCP E3 Sherl Edwin Ruperto Landayan is an NSF serving in 3 SIR. He has been training in his unit for about 10 months. During his time in the unit, he has come to truly appreciate the "strong sense of community" that he believes is a defining point of 3 SIR. For LCP E3, he feels that the 50th anniversary of 3 SIR was special and he was grateful that he could be part of the celebrations. LCP E3 also wished to thank the Pioneer batch of Scorpions for their efforts in laying the foundation to build up 3 SIR to what it is today.

4 SIR | Towards Greater Heights

On 14 March 1967, the then-Defence Minister (DR) Goh Keng Swee mooted the second reading of the National Service (Amendment) Bill and it was passed. Four months later, 4 SIR was formed to train Singapore's first batch of Full-time National Servicemen (NSFs). They were first housed in the old Taman Jurong Camp for two years. Subsequently, 4 SIR were relocated to Bedok Camp and finally in 1995, 4 SIR shifted its operations to Lim Chu Kang Camp 1.

Since olden times, the Eagle has symbolised military might and was chosen to represent 4 SIR. Regarded as the most majestic of birds, the eagle embodies the virtues of Strength, Courage, Ferocity in Attack, Tenacity in Defence and Steadfast Loyalty Till Death. These are the virtues 4 SIR has imbued in its Eagles since its beginning. Always following their motto, the Eagles of 4 SIR constantly strive to push their limits and improve themselves.

4 SIR has displayed its prowess in nurturing NSFs over the years and this has won them numerous awards. In 2011, 4 SIR took home the Chief of Defence Force NE Excellence Award, in recognition of their outstanding efforts in teaching NSFs about our nation's tale over the years. Furthermore, 4 SIR were also the winners of the Best Infantry/Guards Unit for the work year 2014, a testament to 4 SIR's excellence.

One of the Pioneers of the first batch of National Servicemen was MAJ (Ret) Jamilamin. He joined 4 SIR in 1967 and was a former Officer Commanding. Coming back to visit 4 SIR was very gratifying for MAJ (Ret) Jamilamin because it allowed him to reminisce his NS journey. MAJ (Ret) Jamilamin also felt honoured to know that "4 SIR and 3 SIR were remembering the Pioneers and bringing them back, because these were the people who formed the foundation of the battalion as the first few NSFs".

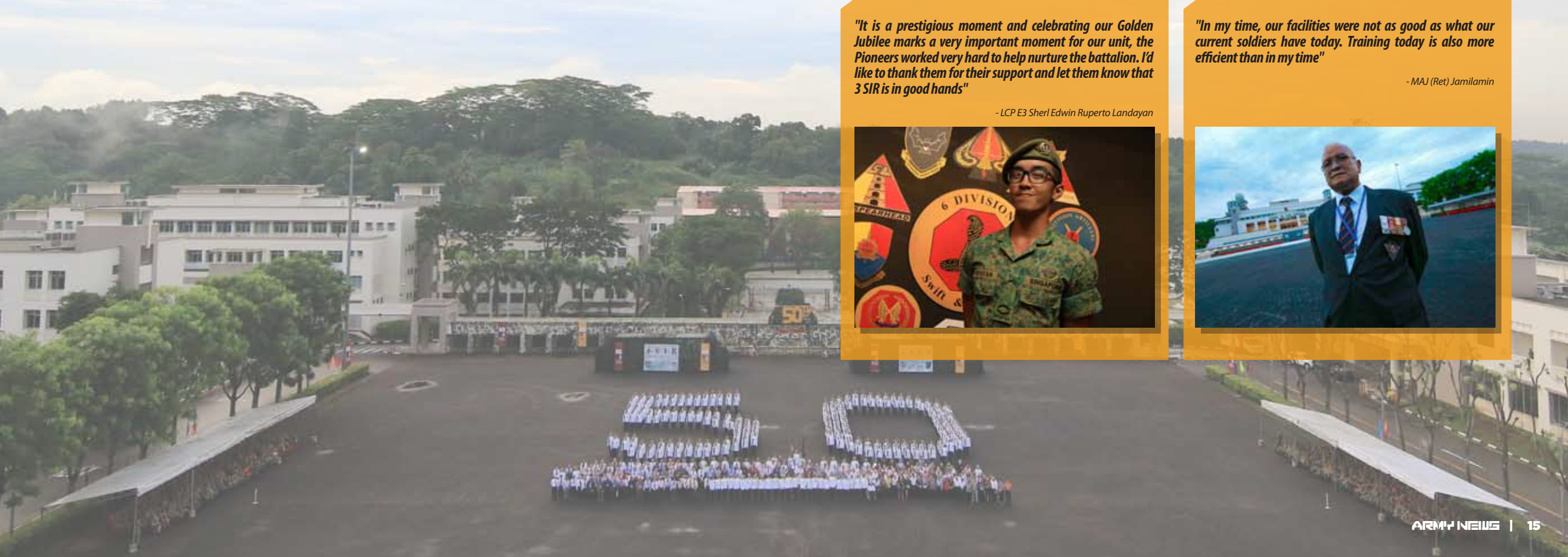
"It is a prestigious moment and celebrating our Golden Jubilee marks a very important moment for our unit, the Pioneers worked very hard to help nurture the battalion. I'd like to thank them for their support and let them know that 3 SIR is in good hands"

- LCP E3 Sherl Edwin Ruperto Landayan



"In my time, our facilities were not as good as what our current soldiers have today. Training today is also more efficient than in my time"

- MAJ (Ret) Jamilamin



EXERCISE TIGER BALM

Written LCP Ryan Tan

Photography Hawaii Army National Guard and LCP Benjamin Lim

Hosted by Headquarters 6th Singapore Division (6 DIV), Exercise Tiger Balm 17 (17-28 July) was a bilateral Brigade Command Post Exercise (CPX) involving the 10th Singapore Infantry Brigade (10 SIB) and the 29th Infantry Brigade Combat Team (29 IBCT) from the Hawaii Army National Guard.

Ex Tiger Balm 17, the 37th year in its series, leveraged on the distributed Live-Virtual-Constructive (LVC) integration, linking the Lower Control players in Mandai Hill Camp with Mission Training Complex (MTC) Hawaii and MTC Alaska, with the live troops formed by a combined Battalion Task Force comprising of a SAF Motorised Infantry Company and the US Stryker Company as part of the full troop Battalion Mission Exercise.

Over the past two weeks, soldiers from Alpha Company of the 5th Battalion Singapore Infantry Regiment (5 SIR) and Creatures Company from the 3-21 US Stryker Infantry Regiment demonstrated their interoperability on the ground. This year saw an increase in the level of troop participation compared to the previous year, a total of 840 participating troops compared to 214 in 2016.

Combat capabilities were further strengthened through a series of exercises, including bilateral platoon live firing of the Terrexes and Strykers at the Basic Main Range (BMR) and integrated urban training exercises at the Murai Urban Training Facility (MUTF).

For some of the troops, it was the first time that they were able to train alongside both the Terrexes and the Strykers during the integrated exercise, enhancing their combat readiness.

For CPT Shahreel Rajaratnam, Officer Commanding of A COY, 5 SIR, it was a memorable experience. To him, the recently concluded Exercise Tiger Balm was more than just a bilateral exercise to strengthen the interoperability of the US and Singapore Armies; it was a rare opportunity for him to train alongside both the Terrex and Stryker for the first time. The special friendships that he forged with his US counterparts during the process were also priceless takeaways. Similar sentiments were echoed by US counterparts. Sgt. (P) Jesse Ray, Squad Leader with 3rd Battalion, 21st Infantry Regiment, expressed that being able

to operate and train alongside the Singapore Army was a fulfilling and fresh experience for him. On top of having the rare opportunity to experience the interoperability of the different weapons systems, he expressed that it has been an enjoyable experience to train alongside Singapore soldiers, whom he praised as being very enthusiastic about the exercise. The interaction with our Singapore soldiers also allowed Sgt. (P) Jesse Ray to gain more combat knowledge and experience.

In recognition of CPT Shahreel's and his peers' outstanding contributions to the Exercise, the Commander's Coin was presented to them during the After Action Review (AAR) Session held at Mandai Hill Camp. During this session, COL Stephen Logan, Chief of Staff with Hawaii Army National Guard (HIARNG) expressed that the Singapore Army never ceased to impress him with our high levels of professionalism and in-depth combat knowledge. He also thanked the soldiers that worked tirelessly behind the scenes to ensure the success of Exercise Tiger Balm 2017.

During the Closing Ceremony, BG Goh Si Hou, Commander 6 DIV commended all the soldiers on completing the 37th edition of Exercise Tiger Balm successfully and smoothly while demonstrating high levels of professionalism and discipline. He highlighted the sense of duty and responsibility undertaken by soldiers of both armies in defending the nation, allowing men and women who don the same uniform to share a special bond. Looking to the future, BG Goh expressed his hopes for the continued learning spirit and professional sharing between the two armies while improving upon the interoperability of both sides in the years to come. On the same note, BG Arthur Logan, the Adjutant General Hawaii National Guard (HING) also emphasised that the knowledge and experience gained through an investment of hard work, sweat and determination demonstrated by the participating soldiers, illustrated the relevancy of the Tiger Balm Exercise construct. He also thanked 6 DIV for the warm hospitality and willingness to share Singapore's rich history, culture and national pride.

Exercise Tiger Balm is another valuable opportunity for professional development and exchanges, and reiterates the strong defence relations that both countries share. ■



US and Singapore soldiers participating in a morning workout together



US and Singapore soldiers having a fun time in the sun together



The live firing of the Terrex and Stryker at the Basic Main Range (BMR)



US and Singapore soldiers cooperating to successfully achieve the mission objectives



Presenting to you the participants of Exercise Tiger Balm 2017!

Live

The "Live" aspect of the exercise comprised the bilateral Platoon Live Fire Exercise. Soldiers from 5th Battalion, Singapore Infantry Regiment, executed an integrated live firing together with the 3-21 US Stryker Infantry Regiment.

Virtual

The "Virtual" aspect refers to simulators that were used during the exercise for surveillance tasks.

Constructive

The "Constructive" aspect involved the linking of the Mission Training Complex (MTC) Hawaii and MTC Alaska with the Lower Control Players in Mandai Hill Camp Singapore.



BG Logan (Left) and BG Goh (Right) exchanging tokens of appreciation to mark the end of the exercise



CELEBRATING NS50

Written LCP Ashley Seek



Launch of Music Album by Music and Drama Company (MDC)

In commemoration of the event, MDC launched their music album "We'll Carry On", featuring 7 tracks that are sung in English, Chinese, Malay and Tamil. As of 4 August, all 7 tracks have been released on various online music platforms such as Apple Music and Spotify.



Get Active and Celebrate NS50

From 5 to 6 August, GetActive! Singapore partnered with NS50 in an event where fun and fitness came together. Various martial arts' tryouts along with a mock-up obstacle course really allowed everyone to really get up and go!



Free Use of ActiveSG Facilities

On 5 to 6 August, ActiveSG offered National Servicemen free use of all ActiveSG swimming pools and gyms island-wide. Friends and family members of the Servicemen were also able to enjoy the same benefits.



NS50 Team Run at Army Half Marathon

To commemorate NS50 and celebrate the event's Silver Jubilee, an NS50 Team Run was introduced at this year's Army Half Marathon. Runners gathered in teams of 10 completed 5km routes each to rack up a total of 50km per team.



Families for Life 'Celebrating NS50' Picnic

More than just a picnic, families who took part in this event were in for much more as NS50 games and activities greeted them at the Singapore Discovery Centre (SDC). What's more: all participating families received a souvenir courtesy from SDC.



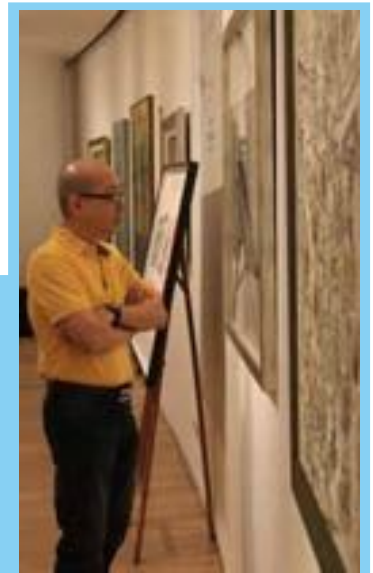
Commemorating NS50 Through Art

As a tribute to NS50, the Singapore Art Society organised a series of exhibitions from 30 July to 13 August 2017. Over 50 artists took the challenge to capture the essence of our NSmen training through these exhibits.



PlayLAH! Let's Celebrate! National Day 2017

Organised by SingEx Venues, the venue manager for Singapore and MAX Atria, the PlayLAH! Series had some workshops, booths and games lined up for guests at Singapore Expo from 4 to 6 August. The carnival-esque atmosphere was certainly a delight for all in attendance.





NS50 ARTS

FEARLESS PROTECTOR
P. GNANA
Mixed Media On Canvas

The artist drew his inspiration from the strength of the soldier. Wanting to evoke the feelings of the toughness of military life he used a collage of colours and materials that would resemble the uniform. Meant to be an abstract piece, the artist intends for the viewers to have their own interpretation.

TRAINING OUR SOLDIERS

||Written LCP Ashley Seek
|Photography LCP Benjamin Lim

Happy Teachers Day to all our trainers. 2 September 2017 is a special occasion that we might overlook. If you thought, "Is it teachers' day?" then you are absolutely correct! Here in the SAF, we also take the time to celebrate "Trainers Day". Our instructors in the SAF are all tough, combat ready soldiers. As such most NSmen would relate the words such as "regimental", "ferce" and sometimes even "scary." Yet, beyond these stereotypes, every instructor and trainer only wants the best for their trainees and will stop at nothing to bring about the full potential in every soldier.

With the recent inauguration of the Island Defence Training Institute (IDTI), we also take a look at the perspective of the trainers and their perspectives on why they carry dutifully carry out their tasks

Underneath every trainer's tough exterior is a heart of gold that wants nothing more than the success of their men. Thank you very much and let us always be grateful to them not just on one particular day, but every day. ■



1WO Abdul Jabbar

1WO Abdul Jabbar, CSM Trainer, is currently involved in training the Peacetime Contingent Ops. He tells us that in the Army, things and situations are always changing and that progress is constant. As such, he feels that it is important to keep Our soldiers updated on the latest training processes and regimens.

"You need to deliver your message and training to the soldiers under your command, or under your wing properly.. When they pick up these things you teach them, when they carry it out during their duties, you feel good."



CPT Simon Ong

CPT Simon Ong, Company Trainer, tells us that while Singapore is a safe country, one can never be too prepared. CPT Simon feels that the importance of good island security is to be vigilant and to be observant always, something that he would like to instill into his trainees.

"Knowing and being aware of threats around us keeps us alert. We are always feeling the heat. The looming and unseen threats are what keep us motivated to further improve on what we have and build upon that."



1WO Ng Aik Pung

1WO Ng Aik Pung, Assistant Coy Trainer, shares with us the hopes he has for the men that he trains and leads, "The key driving point would be to let the NSmen have a meaningful NS experience, so I would do my best to provide a positive environment and experience for them."

"I believe that if we give them a positive training, they would be more committed and motivated to contribute to the defence of our nation."



3SG Marcus Ng

"I see the need for us to keep up with our training," 3SG Marcus Ng, Specialist Trainer, explains, "especially considering we have varying levels of threats at all times. Singapore places a lot of effort and emphasis on deterrence which I think is very good."

"Once we see the need for this, it is much easier to carry it out. Being someone tasked to carry out the job is something I find fulfilling, especially when the knowledge you share with your NSmen is carried out and applied on the field, it gives you a sense of fulfillment that you know you're doing out your part."



MAJ David V Daniel

Deputy Head - Intelligence, Surveillance and Reconnaissance Training Centre

INSTITUTE OF MILITARY INTELLIGENCE

I have been a trainer for four years with the institute. Prior to that I was the Battalion S2 for 5th Singapore Infantry Regiment (5 SIR). I train Operationally Ready National Servicemen (ORNS) more commonly referred to as NSmen. What motivates me is the dedication of these soldiers turning up for their In-Camp-Training, being able to help them refresh on their competencies and skills and being able to share my experiences with them on ground operations so that they can be better leaders. They have the difficult tasks of motivating and engaging their troops.

Training in the SAF today has become even more focused and engaging. The WOSpec Corps is more empowered with training and leadership responsibilities. The Officer-WOSpec partnership enables training to be more progressive. With the SAF moving towards the usage of simulation and technology, the virtual space plays a big part in training. The SAF recognises that the current generation is more tech savvy.

In my short career in the SAF, I have seen instructors and trainers go the extra mile to ensure that their trainees/NSmen are capable soldiers and leaders. I was once told, not to look at a soldier as a digit because behind every soldier are ten more people, and behind these ten people are another 300 (friends and family). That mantra has been my inspiration for **"WHY WE DO WHAT WE DO"**

CPT Puan Ren Wei

Head Officer Cadet Wing

ARTILLERY INSTITUTE

I joined the Artillery Institute in September 2016, which is about a year now. Before joining the Artillery Institute, I was a Battery Commander with 23rd Battalion Singapore Artillery, operating the Singapore Lightweight Howitzer also known as the Pegasus.

Teaching the same lessons batch in batch out may sound mundane to many people, but in actual fact it is not the case. Every time I deliver a lesson, there will always be new insights emerging from the trainees themselves. And, that is what I will always look forward to and cherish as these insights can sometimes be very enlightening.

Recalling the days when I was a trainee myself, training had been very much a one-way affair. In class, Instructors would open up presentation slides and start instructing us on what and how to do things. While out in the field, it was more or less a "do my way, or get scolded" style of teaching. However, current teaching methodologies have evolved alongside the improved profile of our soldiers. As Instructors/Trainers, we should always maintain an open mind to discuss extensively with the trainees on how things are done, and why not another way.

Also, in line with the recent Curriculum Transformation Exercise (CTX), the idea is to reduce lecture-based lessons and increase hands-on and scenario-based practices. Therefore, trainees often have to adopt a self-discovery mode with Instructors taking up the role as facilitators to guide their learning.

In our daily work as Instructors in Artillery Institute, we do make use of the LEARNet ecosystem and its peripheral infrastructures considerably to aid us in



conducting courses. Like the smartroom and its myriad of facilities would allow Instructors to facilitate effective small group discussions, the LEARNet portal also improves trainer-and-trainee interactions - not limiting it to opportunistic face-to-face encounters. Nevertheless, what impresses me the most is the series of online courseware that are purpose built to facilitate self-learning anytime and anywhere, akin to those concepts widely adopted by tertiary education institutions. Realistic animation coupled with narration increases the level of interaction the trainees can enjoy as compared to conventional lecture slides.

ENHANCING HOMELAND SECURITY

||Written LCP Bryan Tan |Photography Aloysius Lum

January 2016, Jakarta, Indonesia. Multiple explosions near the Sarinah shopping mall, near a United Nations (UN) information centre, luxury hotels and foreign embassies. A Dutch UN official from the United Nations Environment Programme (UNEP) was seriously injured in the attacks. An armed stand-off and exchange of gunfire also took place at the Skyline Building. At least eight people—four attackers and four civilians killed, and 23 injured.

July 2017, Bangkok, Thailand. A bomb blast killed at least 20 people, including seven foreigners, with over 123 wounded. The explosion went off in an area filled with tourists, office workers and shoppers.

1 October 2005, Indonesia, Bali. Bombs exploded at Jimbaran Beach Resort and in Kuta. 20 people killed, more than 100 people injured. The three bombers died in the attacks.

12 October 2002, Indonesia, Bali -Kuta three bombs denoted in terror attack. 202 killed, 209 people injured. Three bombs: a backpack-mounted device carried by suicide bomber; a large car bomb, both detonated in or near popular nightclubs in Kuta; a third much smaller device detonated outside the United States consulate in Denpasar.

June 2016, Kuala Lumpur, Selangor, West Malaysia. Two attackers threw a grenade into the bar. Eight people injured. The attackers sped away on a motorcycle but were later arrested.



As we can see we live in a neighbourhood that has been targeted by terrorist groups. Thus far, we have managed to thwart potential attackers but we must never forget that we have also been targeted before.

As far back as 1997, terrorists had already started plotting to carry out attacks in Singapore. The Yishun MRT station was one such target as well as the shuttle service ferrying US personnel and their families from Sembawang to Yishun MRT.

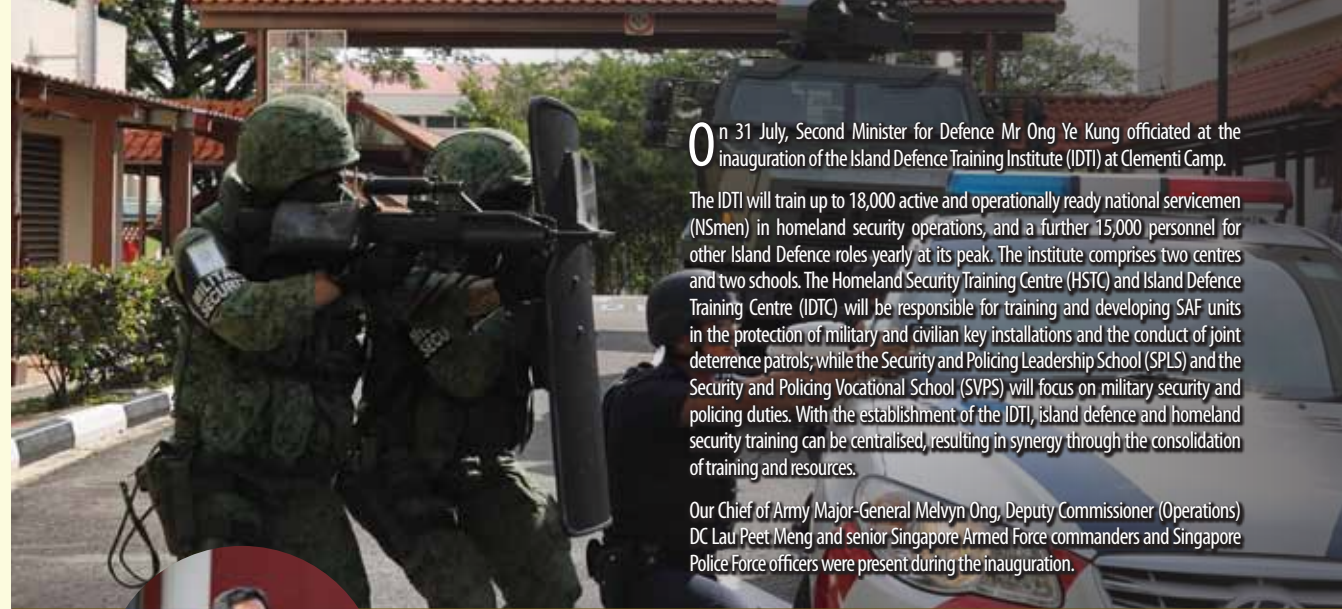
In 2001, a branch of Jemaah Islamiyah planned a series of bomb attacks to the embassies of the United States, Australia, the United Kingdom and Israel, based in Singapore. There were several other targets, but the plot was uncovered and 15 people arrested.

In August 2016, terror suspects who were planning an attack on Singapore, were arrested in Batam, Indonesia. 6 men had intended to carry out a rocket attack on Marina Bay.

We can never take our security for granted, and there is definitely a need to be vigilant at all times. In this issue we look at some of the measures in place to ensure our peace and sovereignty. We have strong homeland defence capabilities and enhanced homeland security measures.

Our Army works closely with our counterparts from the Ministry of Home Affairs.

Source: www.bbc.com www.dailymail.co.uk www.telegraph.co.uk www.straitimes.com



On 31 July, Second Minister for Defence Mr Ong Ye Kung officiated at the inauguration of the Island Defence Training Institute (IDTI) at Clementi Camp.

The IDTI will train up to 18,000 active and operationally ready national servicemen (NSmen) in homeland security operations, and a further 15,000 personnel for other Island Defence roles yearly at its peak. The institute comprises two centres and two schools. The Homeland Security Training Centre (HSTC) and Island Defence Training Centre (IDTC) will be responsible for training and developing SAF units in the protection of military and civilian key installations and the conduct of joint deterrence patrols; while the Security and Policing Leadership School (SPLS) and the Security and Policing Vocational School (SVPS) will focus on military security and policing duties. With the establishment of the IDTI, island defence and homeland security training can be centralised, resulting in synergy through the consolidation of training and resources.

Our Chief of Army Major-General Melvyn Ong, Deputy Commissioner (Operations) DC Lau Peet Meng and senior Singapore Armed Force commanders and Singapore Police Force officers were present during the inauguration.



“Our security agencies are keeping watch 24/7, and they have done a good job in deterring any attempts to strike at our nation and our way of life... Inter-operability and cross-collaboration between the SAF, MHA and other security partners will have to be continuously refined, strengthened and exercised to meet this evolving threat.”

- Second Minister for Defence Mr Ong Ye Kung



Mr Ong affixing the final piece onto the IDTI logo



SAF and SPF personnel conducting the Joint Homeland Security Demonstration

“IDTI will enhance the SAF’s ability to respond and conduct Homeland Security Operations because it will be the Centre of Excellence for Island Defence Training and systematise the conduct of Homeland Security and Defence training. Beside deepening operational knowledge, it will serve as the SAF Force Preparation centre for such operations. As the main POC, it will also further foster linkages with Home Team training agencies, synchronising Tactics, Techniques and Procedures (TTPs) and enhancing interoperability between the Singapore Police Force (SPF) and the SAF.

In an increasingly challenging and complex security environment, a Whole-of-Government (WoG) co-operation and solution will be required. The SAF will be needed to deploy and complement our Home Team partners to deal with these security threats.

To strengthen the interoperability and linkages with SPF, IDTI will be conducting Joint Training between SAF and SPF servicemen for Homeland Security Operations. This will allow both Services to improve on current TTPs that will enhance the Joint Homeland Security Operations jointly conducted by the SAF and SPF. In addition, IDTI will also send our trainers to attend relevant courses conducted by the SPF such as Emergency Response Team courses to ensure further alignment of TTPs.”

SLTC Vincent Soh Chee Yong,
Commander, Island Defence Training Institute (IDTI)

TRANSPORT FORMATION'S ROAD TO SAFETY

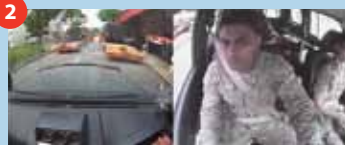
Contributed Transport Formation



Reverse Sensors
To detect rear obstacles



Reverse Camera
To see rear of "boxed" vehicle when reversing



In-Vehicle Camera
For driving behavioural analysis and accident investigation



A Multi-role Utility Vehicle (MUV) Transporter installed with rear view cameras and distance guidelines to enhance the Transport Operator's (TO) view when reversing. Shown here is the display screen that the TO sees.



A Transport Operator undergoing Just-In-Time Training to refresh his vehicle operating skills on a High Mobility Cargo Transporter (HMCT).



A Multi-role Utility Vehicle (MUV) Transporter installed with rear view cameras and distance guidelines to enhance the Transport Operator's (TO) view when reversing. Shown here is the display screen that the TO sees.

On 20 Dec 2016, TPT FMN became the first SAF formation that is certified to ISO 39001. The implementation of ISO 39001 led to the introduction of additional safety measures in TPT FMN's processes, such as:

- **Just-in-Time Training:** TOs who have not driven a particular platform for more than 10 days will need to go through Just-in-Time training to refresh their vehicle operating skills and spatial awareness of that platform.
- **Enhanced safety features on SAF vehicles:** Existing SAF vehicles are retrofitted with enhanced safety features, such as reversing sensors and blind spot mirrors to eliminate blind spots on the vehicle.



Since its ISO 39001:2012 implementation, there had been lower vehicle accident and incident rates, with non-combat vehicle incident rate (accident per 100,000 km) decreasing by 35% from WY16/17 Q1 to WY16/17 Q3.

Chief Transport Officer SLTC James Liew said, "Transport Safety is a priority and we spare no effort in enhancing Safety.

"Every transport movement is an operation and every movement involves risk to our Transport Operator, the passenger he carries and other road user. We treat every transport detail like a live firing exercise. Every time our transport operator draws a vehicle key, he is drawing out a weapon. The live firing commenced the moment the engine is ignited. Any error during the execution may cause injury or death.

"As such, we go the extra mile to ensure that our safety systems and processes are of the highest standards by getting certified to ISO 39001 – a feat major public transport operators such as SBS Transit and SMRT have yet to achieve. The implementation of ISO 39001 has strengthened TPT FMN's road safety efforts and will benefit not just TPT FMN but also improve the safety of other road users." ■

S
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SAFET
SAFETY

From troop-lifting soldiers and materiel to chauffeuring foreign dignitaries during their visits, Transport Formation (TPT FMN) works round the clock to provide transport services and solutions to the SAF.

To support the daily transport efforts, Transport Operators (TOs) are tasked with hefty responsibilities, which include driving large vehicles such as the 7.6m-long 5-tons trucks on Singapore's public roads.

The TOs are mostly 18 to 21-year-old full-time National Servicemen (NSFs), who will acquire fundamental driving skills through a 10-week

SAF driving course. During the course, trainees are expected to understand road signs and laws, and learn to operate the different classes of vehicles safely.

Given the magnitude, intensity and high risks associated with TPT FMN's work, it is exceptionally important to get every process right and to identify and mitigate potential work and road safety hazards. Hence, TPT FMN benchmarked its processes to international standards such as ISO 9001:2015 for quality management, OHSAS 18001:2007 for workplace safety and ISO 39001:2012 for road traffic and safety management.



THOUGHTS ON “WHEN DUTY CALLS”!

||Written PTE Brandon Kit

||Photo Source Mediacorp



Diverse, relatable and realistic. The TV Series “When Duty Calls” sets out to represent all types of soldiers in the SAF through its many main characters: Regulars, Operationally Ready National Servicemen (NSmen), Full-time National Servicemen (NSF) in the three services, whether they are “Bo Chap” (Don’t Care) or “Siao On” (On the ball). With its diverse coverage extending to family and friends of our soldiers, this drama reaches out to the masses with most, if not all being able to relate to at least one of the characters in this drama. The drama sheds light on what the Army, Navy and Airforce actually do behind the scenes to protect Singapore and also how the three forces will work together in the event of a crisis. Viewers can look forward to getting a better understanding of how this fragile and precious peace we enjoy is kept; a reality in our everyday lives we don’t usually notice.

“When Duty Calls” is packed with action sequences, with the drama starting off with a bang (literally). From pirate hijackings to gunfire in a theatre, to multiple bomb explosions in the MRT, there’s excitement waiting at every corner in this drama. However, amidst the blasts and shots, audiences can get quite an accurate depiction of what would happen should these events occur in real-life. Actual soldiers from the Special Operations Task Force stormed into a theatre to neutralise a terrorist threat while around 50 officers from the Singapore Army, Singapore Police Force (SPF), Traffic Police and the Singapore Civil Defence Force (SCDF) simulated a rescue and evacuation scene too. While assuring us of the capabilities of our soldiers, these action sequences remind us of the grim reality that these tragedies are very real and could happen to any one of us.

A unique aspect of this drama is that a large portion of it is dedicated to NSmen doing their Operationally Ready National Service (ORNS). Romeo Tan plays the role of CPT (NS) Xu Long Bin, a strict Officer Commanding (OC) conducting In-Camp Training (ICT) in “A” Coy of the 797th Battalion, Singapore Infantry Regiment (797 SIR). In the same unit, Desmond Tan is a Platoon Commander (PC) as 1SG (NS) Loke Jun Guang while Pierre Png is an NSman, LCP (NS) Tan Kim Poh. With their lives at home, at work and in camp being featured, a holistic depiction of the lives of NSmen is presented. This introduces scenarios which may be different yet familiar to many.

Personally, I enjoyed the realism of the action sequences the most. The action scenes felt different because in the midst of the excitement from the hustle and bustle in these scenes there was a sense of severity. These action scenes weren’t just choreographed for this drama; there were simulations of dire circumstances which could occur at any moment. At the end of the day, “When Duty Calls” is an eye-opening, relatable and heart-warming drama- not to be missed.

Catch up on www.toggle.sg ■

SPIKE

Short Range

||Written LCP Ashley Seek

The SPIKE-SR is a fine example of Singapore's anti-tank capability developments and firepower. The ease of use of this enhanced anti-tank capability at the battalion level, demonstrates why the introduction of the new SPIKE-SR increases the percentage of hitting and destroying the target. ■



CAPABILITIES OF SPIKE-SR

The SPIKE-SR has an engagement system of 1km for both stationary and moving targets, which means that nothing can escape its sights. It is able to pierce the armour of main battle tank units. Moreover, once the missile is launched, the thermal sight allows it to track and seek out its targets to ensure great accuracy. Able to be used effectively both day and night, the SPIKE-SR is a force to be reckoned with.

SPIKE SYSTEM

EQUIPPING LEVEL: COY LEVEL (4 X MISSILES)

SYSTEM WEIGHT: 9.8 KG

AMMUNITION WEIGHT: INTEGRATED

SYSTEM LENGTH: 1 M

ANTI ARMOUR CAPABILITY: UP TO MAIN BATTLE TANK

EFFECTIVE RANGE: 1000M

OPERATING CREW: 1 MAN

SIGHTING SYSTEM: BUILT IN THERMAL SIGHT

OUR WARRIOR LEADERS

Internationally Recognised

||Written LCP Ashley Seek

|Photography LCP Tan Jit Jenn

On 22 June, Sergeant Major of the Army (SMA) Chief Warrant Officer (CWO) Teo See Keong was inducted into the United States Army Sergeants Major Academy (USASMA) International Student Hall of Fame. He joined both former SMAs CWO (RET) Tang Peck Oon and SAF Sergeant Major (SAF SM) CWO Ng Siak Ping in the International Student Hall of Fame.

The USASMA is an academy that conducts a 10-month long course that prepares senior Non-Commissioned Officers (NCO) to lead at the highest levels of the Army and Defence department. The academy creates all curriculum for each level of the Army NCOs (Non Commissioned Officers – in Singapore known as the WOSpec Corps) and plays a significant role in all their training. ■

"I believe leadership is key to the success of the unit. It's not just about strength and brute force, it's about how we lead our soldiers, more importantly, rally them and enable them to fight the last mile with you successfully."

- CWO Teo See Keong
Sergeant Major of the Army



We also spoke with CWO Ng as he recalled his time when he too was inducted into the Hall of Fame in 2014. He shared that it was an eye-opener and a great honour, but all the more reason for him to be a good role model.

"I always believe in these three leadership philosophies: **Discipline, Fitness and Professionalism**," CWO Ng said, "At the position we are at, we need to act as a good role model for others. **Discipline** comes from being able to not just follow orders, but to understand and maintain good regimentation. Next is **Fitness**. You may have had great physical achievements in the past, but if you don't maintain your level of fitness, there's no point to those things you once had. Mentally, it also keeps your mind always alert to any threats. Lastly, it is important to carry yourself with **Professionalism**. To always be meticulous in your tasks, to make sure that they can be done and executed with the highest quality possible."



We were also very fortunate to speak to CWO (RET) Tang Peck Oon, who gave us some great nuggets of wisdom when asked about the qualities of a strong "warrior's heart".

"I have three simple words which I had learned it during the early years of my career: **Be, Know, Do**," CWO (RET) Tang, "**Be**: be the best that you can in whatever appointment, position you are in... live and put into action the SAF Core values. **Know**: know yourself, know your people, see people as people, and not as digits. Lastly is **Do**: always be ready to do what you are expected to do, Lead by example and be the role model to the people you work with."



RAGING OVER 'ROID'S

||CONTRIBUTED BY LTC (DR) Alexander Gorny and CPT (DR) Leong Waisiang

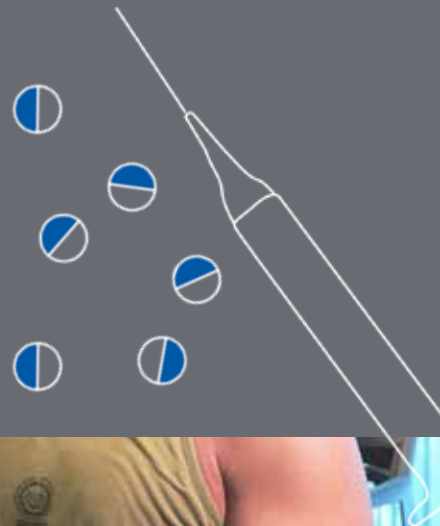
A recent piece of investigative journalism on the local gym scene shed light on how increasing numbers of teenagers have turned to steroids to up their game. The online comments section saw readers debate the actual harm and what might be the best approach to deter drug use in local gyms. This article will review steroid use from a military perspective with the intention to refute any argument that is in favour of 'safe' steroid use. ■



What Are Steroids?

Steroids are naturally occurring and synthetically produced hormones. These hormones are vital for the human body to maintain an optimal state of function. Naturally occurring steroids help the body regulate blood pressure and the immune system. Some steroids also play a role in sexual development.

Steroids are used to treat a variety of illnesses such as asthma, eczema and disorders where the immune system is overactive. Cancer patients may also receive steroids as part of chemotherapy to slow tumour progression and minimise the side effects of more powerful chemo drugs. When it comes to medical care, the benefits of steroid use clearly outweigh the risks. Pharmacists, doctors and nurses help monitor these patients for side-effects to fine-tune the doses and even withdraw steroids fully when life-threatening complications arise.



A Military Perspective.

Civilian voices have paid lip-service to the problem of steroid use over the past two decades. Glossy men's magazines will often pander to the politically correct 'natural' look with a few column inches, and digitally enhance the male form from cover-to-cover. Broad-sheet media commentators will marvel at athletic performance only to gloss over systemic problems whenever the doping demon disgraces a top athlete.

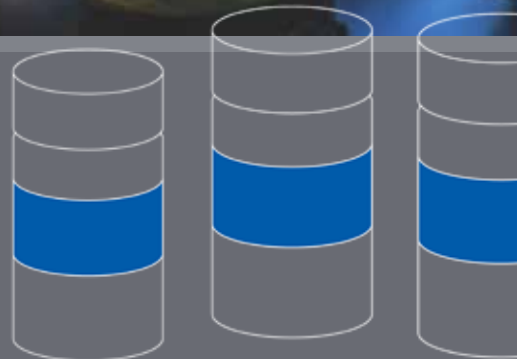
As military medical officers we often endure wishful day-dreams for a new breed of super-warriors juiced up to their eye-balls and delivering mythical victories. Rather than consign these proposals to the rubbish-heap of cartoon fantasy, we would like to offer the following arguments on why steroids at best represent flawed and counter-productive strategy for performance enhancement.



Legal Steroids, No Side Effects?

A side-effect is an undesired outcome from the use of medication. A comprehensive list of side-effects produced by steroids would exceed the scope of this article. However, two major side-effects are precisely what make steroids attractive for athletes and body-builders: Aggressive behaviour and muscle hypertrophy. Undesirable side-effects of steroid use include acne, skin pigmentation and male infertility. Life-threatening side-effects include heart, kidney and liver failure. It is important to note that the risk of multi-organ failure and death is not limited to long-term steroid users. Some patients on short courses of steroid therapy can develop mild kidney failure which is only detected by means of close medical supervision.

Despite these risks, steroids have found their way into gyms. Most pushers sell their 'koyok' on false claims that their brand of steroids is safe because they have tried it on themselves. It is important to note that different people may require different doses, meaning what works in a pusher might overdose a novice.



Steroids – A Losing Strategy:

Looks that won't Kill.

Most steroid users work to achieve muscle bulk. Rarely do these improvements translate to effective combat fitness, especially when aesthetic concerns begin to overrule functionality. In the days when conflicts were fought face-to-face, there might have been some element of flexing and strutting before battle. Modern warfare rarely allows combatants to bare their chests at each other.

Quality Muscle Tissue.

By minimising tissue breakdown after exercise, steroids encourage cells to grow in a more disorganised manner producing dysfunctional muscle mass. This means that pound-for-pound, juiced muscles produce less power than muscles grown the old-fashioned way. Excessive growth also means that specific muscle groups lose their balance, e.g. when quadriceps are disproportionately more powerful than the counteracting hamstring muscle group. Poorly balanced lower limb muscles are a common risk factor for injury and delayed recovery.

Body-Building is a Seasonal Sport.

Very few spectators actually witness the seasonality of body-building. Steroid users tend to go on crash diets before competition to achieve an ideal muscle to fat ratio. Between tournaments, however, many body-builders allow themselves to pile on the pounds again. This yo-yo-effect of alternating weight gain and weight loss is potentially detrimental to force readiness.

Enduring the Heat.

Have you ever noticed how body-builders are perpetually sweating? Their larger than life muscle mass is a powerful generator of metabolic heat, meaning they are more likely to reach their individual thermal threshold earlier than their leaner counterparts. In the field this translates to lower performance and durability.

Infections.

Steroids tend to impair a number of immune processes resulting in delayed healing for small skin wounds and greater potential for infection. This might not mean a great deal to the average civilian, but every soldier deployed to the field knows of the risks associated with cuts, scrapes and prolonged exposure to the elements.

Ergonomics.

Especially in the case of the upper limbs, turgid muscles tend to be less pliable and elastic. Guys with big puffy arms usually find it difficult to maintain a full range of motion in throwing, reaching and swimming. Some might even find it difficult to scratch their own backs without a tool.

Why Steroid Use Endures.

Judging by other countries' experience with steroids consumed recreationally and in sport, the problem is likely to persist here in Singapore. As long as young men strive for an unrealistic body image, they will seek short-cuts and reach for steroids. Users will often find the initial results of steroid experimentation promising and conclude that they will never become addicted. By the time the down-sides of steroid use kick in, their bodies will have usually achieved biological acclimatisation, meaning that ever higher doses are required to achieve greater muscle bulk. Complications only become evident after months to years. Where psychological effects are prominent, users will reach for other substances in an attempt to deal with mood swings and hot tempers. What started out as small calculated risks slowly grows into a culture of denial and rapidly diminishing health. Very often, steroid abusers are confronted with the truth for the first time when they have been admitted to hospital for organ failure. By then, the once prolific gym-nut will have slowly faded out of memory and making way for a new crop of steroid enthusiasts to strut their stuff.

Given the assured risk of complications and gains which are only speculative, we can conclude that off-label steroid use for military performance enhancement represents a liability and should be discouraged. While the 'Strong Body' narrative in the Army might hint at a culture of muscular aesthetic, recreational steroid use clearly represents weakness of heart and mind. After all, the Soldier Strong campaign is anything but grounds for cheating our own biology.

Conclusion

The authors would like to remind readers that products billed as health and performance supplements may in fact contain trace amounts of steroids. Should you develop severe acne or other mood disturbances after starting a course of supplements be advised to stop using the product and consult a doctor if symptoms persist.



BOOK OUT – MAKAN

RIFLE RANGE ROAD CAMP

||Written LCP Ashley Seek

|Photography LCP Benjamin Lim

The West life, literally. While Rifle Range Road Camp may seem like it is deep in the woods, the areas surrounding it definitely contains some of the best food.



1

FIVE STAR KAMPUNG CHICKEN RICE AND KITCHEN

The classic chicken rice dish with various twists! The sauce that accompanied their signature white chicken produced a slightly savoury taste with a punch of sweetness that took us by surprise. The ginger is of a much lighter taste and the chilli will surely find favour with those who have a knack for more sour tastes. If you ever want a healthier choice, you may even request for brown rice instead!

Price: From \$5

Opening Hours: 10am – 12am

Address: 7 Cheong Chin Nam Road, Singapore 599732

2

CHUN KEE SEAFOOD RESTAURANT

Do not be fooled by the simple look of the dish, Chun Kee Seafood Restaurant's famous White Bee Hoon (or 'Bai Mee Fen') packs a punch. It has a thick gravy that coats the bee hoon and blends nicely with pieces of shredded egg. The seafood ingredients of prawn and squid were of great quality, made only better if you added their savoury and sour chilli.

Price: From \$5

Opening Hours: 11am-11pm

Address: 20 Cheong Chin Nam Rd, Singapore 599744

3

AL-AZHAR EATING RESTAURANT

Looking to have a quick breakfast, midday lunch, great dinner or sumptuous supper? No problem! Al-Azhar Eating Restaurant is open all-day, everyday. The menu has a wide variety of different cuisine such as Western, Thai, Indian, Chinese and of course, Muslim food. We recommend the sweet and creamy butter chicken along with the chewy and tasty cheese naan if you are a first timer.

Price: From \$1.80

Opening Hours: 24 hours

Address: 11 Cheong Chin Nam Rd, Singapore 599736

IN CASE YOU MISSED OUT...



The Singapore Army

9 Aug 2017



Soldiers Ready and Vigilant as the Nation Celebrates

In light of the recent spate of terrorist attacks worldwide, security measures at this year's National Day Parade (NDP) have been tightened to ensure the safety and security of our audiences at The Float @ Marina Bay.

#ArmyReadySoldierStrong

#OneNationTogether

#NS50

Album by: Mr Lee Xiang Rong and LCP Ryan Tan (Army News)

527 Likes 11 Comments 46 Shares



The Singapore Army

12 Aug 2017



285 Likes 1 Comments 62 Shares

Instagram



oursingaporearmy



1022 likes
oursingaporearmy

Commandos marching and rainbows in the sky! Just about the right ingredients for the perfect NDP Rehearsal!

Catch up on our Facebook and Instagram as we bring you behind the scene coverage for our Soldiers contributing to this National event!

For those who didn't manage to get a ticket, let us know what you want to see from this year's parade!

Tiger Trail Challenge 2017 'Tiger!'

Watch members of the Tiger Family as they participated in the Tiger Trail Challenge, an endurance run that encompasses several hills in the SAFTI training area. The signature event of 3rd Singapore Division (3 DIV) is also an excellent opportunity for the Tiger Family to strengthen camaraderie and boost the fitness culture within the Division.

Keep a lookout for the photo album coming out later today!

Foremost and Utmost!

#ArmyReadySoldierStrong

Video by: LCP Tan Jit Jenn (Army News)

