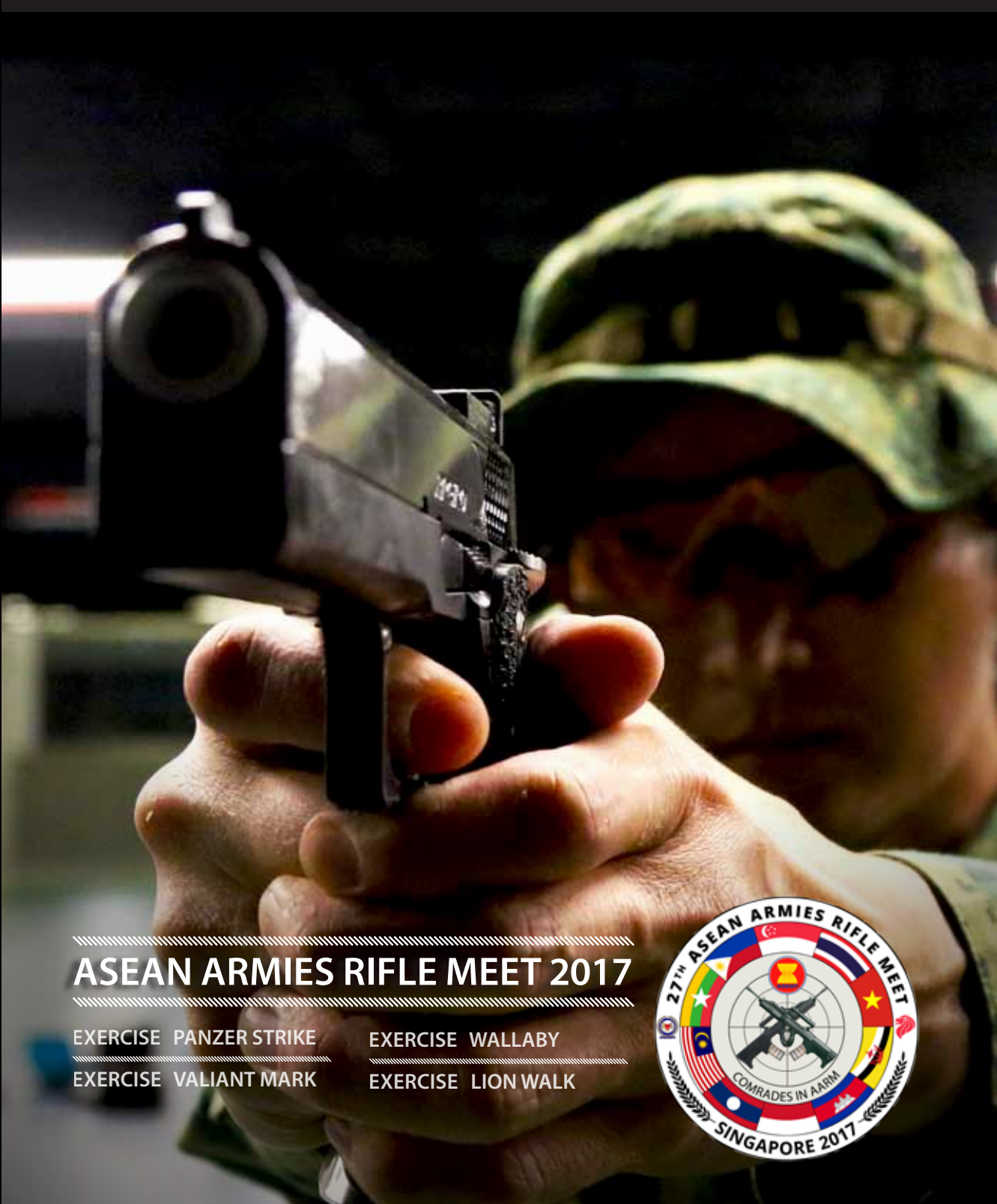


# ARMY NEWS

PULSE OF OUR ARMY



## ASEAN ARMIES RIFLE MEET 2017

EXERCISE PANZER STRIKE  
EXERCISE VALIANT MARK

EXERCISE WALLABY  
EXERCISE LION WALK



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Centre of Excellence for Soldier Performance



## Guest Editor Speaks

As we approach the end of 2017, many readers would be looking forward to their end-of-the-year overseas trip to somewhere out of Asia, perhaps to Germany, New Zealand, or Australia.

In the previous two months, The Singapore Army was up in these countries, not for a holiday, but training hard to hone our operational readiness. Read up on the various exercises we were busy with (pages 13 to 20).

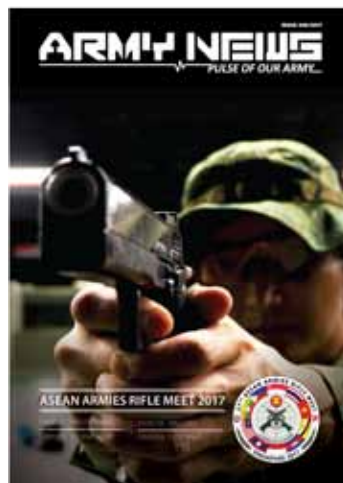
As part of the Army's leadership renewal, we also saw Change of Command in Armour, 9th Singapore Division / Infantry and Army Training and Doctrine Command (TRADOC) (pages 8 to 10).

Head on to page 22 to see how our Infantry Tribe celebrated their 60th anniversary and don't forget to scan the QR code to watch the Infantry March. We also take a look back at their contributions in operations over the past 50 years as the SAF Medical Corps, and Singapore Combat Engineers celebrate their Golden Jubilee this year (pages 24 to 26).

We also interviewed some of our shooters from the SAF Shooting Contingent who will be representing us at this year's ASEAN Armies Rifle Meet hosted by Singapore (pages 28 to 29).

Enjoy this issue of Army News, and we'll see you again next year!

JOSEPH WANG  
Guest Editor of Army News



||Cover Design REC Cyril Tang Ming Hong

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# CONTENTS



## ASEAN Armies Rifle Meet



# 29



### What's Up

- 04 32/17 Specialist Cadet Graduation Parade
- 04 Welcoming our Newly Graduated Recruits of 3/17 Batch of BMT
- 05 106/16 Officer Cadet Course Commissioning Parade
- 05 54/17 Basic Military Training (Service) Graduation Parade
- 06 Military Police Skill at Arms Challenge
- 07 Change of Guards @ Istana
- 07 CSS Green Campaign 2017
- 08 Chief Armour Officer Change of Command
- 09 Commander TRADOC Change of Command
- 10 Commander 9 DIV / Chief Infantry Officer Change of Command
- 11 45th Anniversary of 3rd Singapore Division

### Features

- 12 Exercise Valiant Mark
- 14 Exercise Panzer Strike
- 16 Exercise Lion Walk
- 17 Exercise Wallaby
- 20 Exercise Suman Protector
- 21 MINDEF PRIDE Day
- 22 Infantry 60 Anniversary
- 24 Medical 50 - Fifty Years of Medical OPS
- 26 Engineer 50 - Fifty Years of Engineer OPS

### People

- 28 ASEAN Armies Rifle Meet - SAF Shooting Contingent

### Arsenal

- 30 Light Strike Vehicle Mark II

### Health & Fitness

- 32 Food Environments - The Tyranny of Choice

### Lifestyle

- 34 Book Out Makan - Boon Lay Hawker Centre



## 32/17 SPECIALIST CADET GRADUATION PARADE

**||Written** CPL Bryan Tan

**||Photography** LCP Benjamin and REC Shawn Cheow

1134 berets were tossed in delight on 24 August at the Leaders Square of Pasir Laba Camp, marking the start of a new journey for these newly graduated Specialists. Families and friends were present during the momentous occasion to witness their loved ones graduating from the Specialist Cadet Course which spans over 22 weeks. Dr Janil Puthucheary, Senior Minister of State for Communications & Information, and Education was also present at the parade to congratulate the newly graduated batch of Specialists. We wish the batch of 32/17 Specialists all the best in their future appointments. ■



## WELCOMING OUR NEWLY GRADUATED RECRUITS OF 3/17 BATCH OF BMT!

**||Written** CPL Ryan Tan

**||Photography** REC Sean Seah

Cheers of jubilation reverberated through the Leaders Square of Pasir Laba Camp on 9 & 10 September as 3,874 newly graduated recruits take their place in the Army as capable and well-trained soldiers. Friends and family were present at the momentous occasion to witness their loved ones' successfully completing their basic military training. ■



## 106/16 OFFICER CADET COURSE COMMISSIONING PARADE

**||Written** LCP Brandon Kit

**||Photography** REC Shawn Cheow Lim and REC Sean Seah

On 16 September, after 38 weeks of rigorous training, the time finally came for the commissioning of the cadets from the 106/16 Officer Cadet Course. Marching in sync, side by side, 260 Officer Cadets entered the Parade Square, marking the end of a phase in their NS journey but the start of another. The cadets recited the Officer's Creed with gusto, pledging to lead, excel and overcome while their family members and friends proudly looked on. Minister for Manpower, Mr Lim Swee Say, Chief of Navy, RADM Lew Chuen Hong and Commandant SAFTI MI, BG Chua Boon Keat were also present to celebrate the commissioning of the newly graduated batch of officers. We congratulate all newly commissioned officers for completing this tough course and wish you all the best in your future endeavours. ■



## 54/17 BASIC MILITARY TRAINING (SERVICE) GRADUATION PARADE

**||Written** CPL Ryan Tan

**||Photography** REC Shawn Cheow

With a toss of their berets, 237 recruits progressed to a new chapter of their National Service journey as they celebrated the successful completion of their Basic Military Training (Service) in a Graduation Ceremony held at the Leaders Hall at Pasir Laba Camp on 18 August. 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. ■





## MILITARY POLICE SKILL AT ARMS CHALLENGE

**Written** LCP Timothy See

**Photography** PTE Marcus Teo

**P**ride, Discipline, Honour, a phrase that doubles as both the motto and the hallmark of the members of the SAF Military Police (MP) Command. As part of their 51st Anniversary Celebrations in August, the Inaugural MP Skill at Arms Challenge was conducted at Mowbray Camp. The challenge, consisting of a total of 7 stations, was created with the intent to put the various skills possessed by our MP to the test. The stations consisted of the setting up of a Prisoner of War Cage, a written knowledge test, performing jumping jacks in anti-riot gear and popping balloons with baton strikes, a P226 technical handling test, a Silent Precision Drill (SPD) test, a sandbag fast march and finally, a bike push followed by a sprint to the finish line.

"We cannot have our Anniversary without something for the MP vocationalists to come together," said COL Wong Weng Kong, Commander SAF MP Command, "to put ourselves to the challenge on some of the core MP skills that no one else in the SAF has . . . no matter where you are posted to, we remain as a family and this event is for the family. You guys will make history as the very first batch to take the challenge." Six teams of ten servicemen from the various branches in MP Command all took part in the challenge, but only one crowned the victor. A hearty congratulations to SAF MP Command on an amazing 51st anniversary! ■

**PRIDE, DISCIPLINE, HONOUR !**



COL Wong (Right) presenting the Challenge Plaque to MAJ Yu Jinliang (Left), Team Captain of Team Military Police Enforcement Unit.



# CHANGE OF GUARDS @ ISTANA

||Written Joseph Wang

||Photography REC Sean Seah

A platoon of 20 guards from Singapore Armed Forces Military Police Command would perform duties in the Istana for one month before another platoon takes over. The take-over is signified by the Changing of Guards Ceremony. We went down during one of the recent Changing of Guards Ceremony to catch them in action! ■



Scan the QR code to watch the video.



BG Lam being briefed at the SAF Ammunition Command Green Showcase Booth.

# CSS GREEN CAMPAIGN 2017

||Written CPL Bryan Tan

||Photography LCP Tan Jit Jenn

We wear our green uniforms every day, but how often do we think of going green? The CSS (Combat Service Support) Green Campaign was conducted on 19 September to remind all CSS personnel to be mindful of the environment as being green is an integral part of the work in CSSCOM (Combat Service Support Command). From the organising committee to the people giving talks and the presenters of the Green Project Showcase, every role in this campaign was conducted by NSFs! Comd CSSCOM, BG Lam Sheau Kai was present to hear the ideas that were being proposed and to witness the projects that were being implemented. ■



The HQ Army Medical Services Green Showcase Booth. They installed NEA recycling bins and Water Sense showerheads in SAF Medical Training Institute to save water.



# Chief Armour Officer Change of Command

||Written PTE Marcus Teo

||Photography REC Shawn Cheow

The evening of 28 August witnessed the successful change of command of the Armour Formation from BG Kenneth Liow to COL Yew Chee Leung at Sungei Gedong Camp. Our Chief of Army, MG Melvyn Ong was also present at the parade to witness the momentous occasion. As part of the parade, the armoured vehicles of the Armour Formation were on full display, including the Leopard 2SG Main Battle Tank and the Bionix Infantry Fighting Vehicle.

In his speech, BG Liow emphasised the everlasting readiness and preparedness of Armour Formation to defend Singapore, even during peacetime. He also conveyed his sincere thanks to the Senior Commanders of the Armour Formation who had helped him throughout his Command. In closing, BG Liow expressed his confidence that the Armour Formation will remain strong and united, ready to answer the nation's call of duty, today and tomorrow. ■

**ONCE ARMOUR ALWAYS ARMOUR!**

▲ BG Liow (Left) handing over the Armour Command Symbol to COL Yew (Right), witnessed by MG Melvyn Ong (Centre).



# Commander TRADOC Change Of Command

||Written CPL Ryan Tan

|Photography LCP Tan Jit Jenn

The evening of 12 September witnessed the successful transition of command of the Army Training and Doctrine Command (TRADOC) from BG Siew Kum Wong to BG Kenneth Liow, held at Pasir Laba Camp.

Our Chief of Army, MG Melvyn Ong was also present at the ceremony to witness this momentous occasion. In his speech, BG Siew expressed that it had been a memorable and fulfilling journey at his helm of TRADOC. He emphasised the importance of TRADOC in training the Army of the present and shaping future generations of capable soldiers. He also shared his faith in TRADOC maintaining a reliable and strong Army Training System, the precious fruit of labour of the past Commanders and the relentless efforts of the present Commanders in TRADOC. In his closing, BG Siew expressed his confidence in TRADOC of scaling new pinnacles in the future years to come, under the new leadership of BG Kenneth Liow. ■

▲ BG Siew (Left) handing over the TRADOC Command Baton to BG Liow (Right), witnessed by MG Melvyn Ong (Centre).



# COMMANDER 9 DIV / CHIEF INFANTRY OFFICER CHANGE OF COMMAND

||Written LCP Timothy See

||Photography LCP Tan Jit Jenn

On 15 September, at Selarang Camp, the home of Infantry, soldiers witnessed the symbolic handing over of appointment for Commander, 9th Singapore Division (9 DIV)/ Chief Infantry Officer (CIO), from BG Ng Ying Thong to COL Andrew Lim. Our Chief of Army, MG Melvyn Ong was present to witness the momentous occasion. It was a major moment for many, with many Infanteers coming all the way to Selarang Camp to attend the parade.

BG Ng expressed his sincere and deepest gratitude in his parting address for the many people in Infantry who had helped him and walked alongside him as comrades over the past years. He went into great detail about the duties and responsibilities carried out by the many different branches and groups within Infantry, emphasising the important roles each and every one of them plays as well as expressing his confidence in their abilities.

He concluded his address with a final cheer together with the soldiers and for one final time with BG Ng, the famed words, "I Am Infantry! We Are Infantry!" rang through the crowds ■

## FORGING AHEAD!

▲ BG Ng (Left) handing over the Command Baton to COL Lim (Right), witnessed by MG Melvyn Ong (Centre).



# 45TH ANNIVERSARY OF 3RD SINGAPORE DIVISION

||Written CPL Ryan Tan

|Photography LCP Tan Jit Jenn and REC Sean Seah

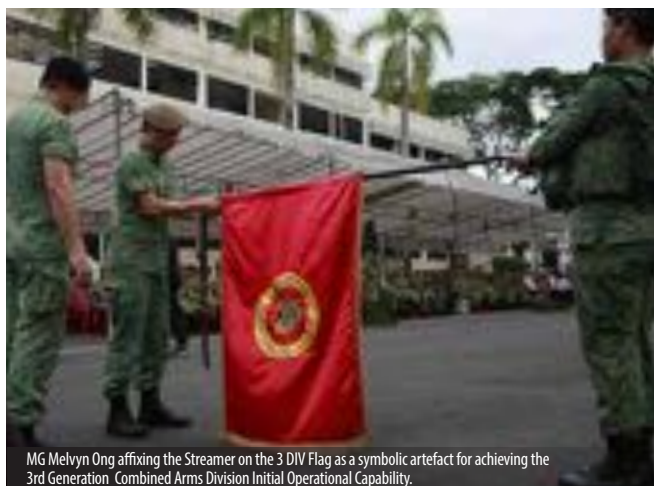
On 25 August, the 3rd Singapore Division (3 DIV) celebrated its 45th Anniversary during the 3@45 Combat Parade held at Jurong Camp I. The evening is a double celebration as 3 DIV attained Initial Operational Capability as a 3rd Generation Combined Arms Division. Our Chief of Defence Force, LG Perry Lim and our Chief of Army, MG Melvyn Ong were also present at the parade to commemorate the special moment.

In his speech, BG Alfred Fox expressed that the narrative of the Tiger Family continues till today as the present generation of soldiers “stand on the shoulders of many giants before (us) to form a formidable force”. He also emphasised the importance of different soldiers from different vocations and donning different berets coming together as one to form an inclusive Combined Arms DNA. The strength of the Tiger Family, he said, lies not in individual arms, but the sum of its parts.

These sentiments were also echoed by SWO Chua Wee Giap, Division Sergeant Major of 3 DIV. He expressed that throughout the transformations that 3 DIV has undergone over the years to evolve into the premier division it is today, there is one thing that remained steadfast through the test of time: The Tiger Spirit. To him, this is more than a mindset; it is an attitude and a mantra that is instilled in every single Tiger that has entered and left the Division, motivating them to push their limits and excel in their work to make the Division scale even greater heights in a combined effort, as part of the Tiger Family. This indomitable Tiger Spirit is also anchored in the mindset of CPT Edward Choy, Officer Commanding of Stallion Company of 40th Battalion, Singapore Armoured Regiment. Although he admits the pressure to excel in such a premier division, the indomitable Tiger Spirit instilled in every soldier meant that the Division will continue to pursue excellence and defend Singapore with its very best.

In line with the celebrations, the wide array of Armoured Platforms of 3 DIV turned out in force, including the latest addition to the Division's Combat Service Support assets, the Belrex Protected Combat Support Vehicle. On this note, 3SG Venghadesh of 30th Battalion, Singapore Combat Engineers expressed that the experience of training as the Crane Commander of the Foldable Longspan Bridge was an honour for him as it allowed him to be at the forefront of the Division's transition into a 3G force with Initial Operational Capabilities. By working with the various platforms in the Division, he is able to witness how they fit into the larger defence narrative of the Division and the value that they add to the Division in their own unique ways. ■

**FOREMOST AND UTMOST!**



MG Melvyn Ong affixing the Streamer on the 3 DIV Flag as a symbolic artefact for achieving the 3rd Generation Combined Arms Division Initial Operational Capability.



# EXERCISE VALIANT MARK

||Written CPL Bryan Tan

||Photography LCP Tan Jit Jenn, PTE Marcus Teo and REC Sean Seah

The 26th edition of the annual bilateral Exercise Valiant Mark was conducted from 21 to 31 August 2017, in Singapore. About 850 personnel from the 7th Singapore Infantry Brigade (7 SIB), United States Marine Corps (USMC) 3rd Battalion of the 7th Marine Regiment, USMC 1st Battalion of the 3rd Marine Regiment, and 1st Air Naval Gunfire Liaison Company participated in the exercise.

Singapore and the US share excellent and long-standing bilateral defence relations. The two militaries interact extensively through bilateral and multilateral exercises, professional exchanges and the cross-attendance of courses. These regular interactions have enhanced the interoperability between the two armed forces and helped foster mutual understanding among their personnel.

During the first half of the exercise, the Marines familiarised themselves with our weapons, the Vocation Obstacle Course and our vehicles such as the Light Strike Vehicle. Soldiers from the SAF also physically trained with the Marines in preparation for the live firing exercise and urban operations training.

The exciting action began on the last two days of the exercise! Soldiers from both forces had to work together to conduct a battalion heliborne mission which involves joint planning and a deliberate assault by the troops in both jungle and urban environments. The troops entered the jungle in CH-47 Chinooks and proceeded to seize the area in a swift and decisive manner. After successfully seizing and defending the objective, the troops made their way to capture the urban objective. Needless to say, it was a mission success for our SAF soldiers and the Marines.

Upon the closing of this exercise, LTC Michael Hays, Commanding Officer, 1st ANGLICO gave a concluding speech to commend the troops for making the exercise a success. He also emphasised on the importance of bilateral exercises such as Exercise Valiant Mark. He said, "Through this exercise, we have dramatically increased our interoperability, we have increased our understanding of each other's tactics, techniques and procedures and very importantly, each other's culture." ■



Scan the QR code to watch the video.



COL Wilson Low (Left), Commander 7 SIB, exchanging mementos with LTC Michael Hays (Right).



# EXERCISE PANZER STRIKE

||Written Joseph Wang  
|Photography Pioneer

Operationally Ready National Servicemen (NSmen) from HQ Armour had a 'Rollin good time' on their Leopard 2SG Main Battle Tanks across the vast terrain of the Oberlausitz Military Training Area (OMTA), Germany, from 19 September to 1 October.

They were participating in Exercise Panzer Strike, an annual armoured live firing exercise since 2009. As part of their In-Camp Training to maintain their operational readiness, the NSmen tankees underwent both platoon and company live-firing, various manoeuvre training and also practised their command and control. ■



Preparing for the exercise through war gaming.



Getting ready to move out.





# EXERCISE LION WALK

**Written** LCP Brandon Kit and PTE Marcus Teo  
**Photography** 3SG Nicholas Goh (11 C4I Bn)

1st Battalion Royal New Zealand Infantry Regiment recently hosted soldiers from the 11th Command, Control, Communication, Computers and Intelligence Battalion (11 C4I Bn) for a bilateral exercise codenamed Lion Walk in Linton Military Camp, Palmerston North, New Zealand. The bilateral exercise consisted of professional exchanges and cross equipment training, including reconnaissance sensor and techniques. The soldiers also participated in a Soldier Strong challenge comprising vocational fitness exercises and clearing obstacles.

The highlight of the field exercise was a six-day field reconnaissance training, which allowed both militaries to share close-in and surveillance tactics, techniques and procedures. We caught up with 2LT Jared Soh (Bottom left) from 11 C4I Bn to get him to share on his experience in his bilateral exercise up in New Zealand.

Though New Zealand was familiar territory for 2LT Jared, he found himself there doing something he had never done before. He was part of the Army Intelligence's pioneer delegation to New Zealand and felt this opportunity was just like receiving a Golden Ticket - a precious one. Describing his experience as fulfilling, 2LT Jared saw himself being challenged, stepping out of his comfort

zone and developing both his character and furthering his skills as a soldier. "Journeying to New Zealand with 11 C4I Bn got me to step out of my comfort zone and grow as a person while acquiring more technical skills proved useful for the soldier in me."

This experience in a bilateral exercise was not without its challenges. 2LT Jared shared that "it was hard to establish middle ground during training and the terrain, with both sparse vegetation and dense undergrowth posing a challenge". However, truly, what doesn't kill you will only make you stronger. 2LT Jared saw his team infusing some of our Army's methods with some of theirs, overcoming the issue of finding middle ground while subsequently seeing enhanced efficiency during reconnaissance. He also saw the difficult terrain as an opportunity for him and his fellow commanders to showcase their ability to overcome adversity while improving the ability of our forces to fight in challenging terrains. With a myriad of opportunities and experiences to overcome and excel, Exercise Lion Walk had been invaluable for 2LT Jared. ■



Scan the QR code to watch the video.



# EXERCISE WALLABY

**Written** CPT Anithra Sukumar

**Photography** Lee Xiang Rong

Exercise Wallaby was held from 3 September to 4 November 17 at Shoalwater Bay Training Area (SWBTA) in Queensland, Australia. The exercise involved 3120 Army personnel including troopers and supporting units. 2017 marks the 27th year of the SAF's training at the SWBTA. With an area close to four times the size of Singapore, SWBTA provides Army personnel with the opportunity to exploit the vast terrain for deployment and manoeuvre.

The Forward Support Group (FSG) embarked on preparations months before landing in SWBTA. The constraints and challenges faced by the FSG vary from one unit's requirement to the next. Apart from managing the logistics, supply and maintenance of vehicles, the FSG has to closely manage the smooth flow of the exercise by holding Camp Growl together as a strong spine.



ME1-2 Sangaran s/o Saubramaniam (Left), from 1st Army Maintenance Base, is the track vehicle IC for Bionix and Bronco. He highlighted the challenge of having to work long hours in order to sustain the serviceability of our vehicles. Nonetheless, he is appreciative of the bonds he has fostered with the FSG. "When we come here we get to work with people from many walks of life, from many different units. We also have an understanding of how they function in their respective formations". He emphasised on the capabilities that the weapons are designed to achieve. "It is my first time seeing vehicles being pushed to their maximum capabilities to meet the mission that Exercise Wallaby has made to set out".

MSG Nur Hamizah Binte Mohd Mahmud (Right), Supply 2IC, 30th Battalion, Singapore Combat Engineer, helps to establish a support base that distributes training equipment and provides sustenance to training troops out in the field. "In order to have sufficient supplies in Wallaby, we planned and coordinated with training units to support their requirements. These include shipment of equipment and partnering with Australian contractors to provide services support, such as laundry services."



MSG Hamizah and ME1-2 Sangaran are exemplary of how the FSG prepares and manages itself for an exercise of such magnitude. With 3120 army personnel and 383 army assets, the FSG has a task at hand that cannot be undermined. ■



For the majority of our NSmen from HQ 63rd Singapore Infantry Brigade (HQ 63 SIB), Exercise Wallaby marks their first overseas exercise. HQ 63 SIB conducted a Command Post Exercise on prosecuting a Battalion Heliborne Operation and a Brigade System Live-Firing. The infantry brigade encompasses NSmen from varying backgrounds and walks of life. MAJ (NS) Jonathan Yuen, highlights the constraints he faces while being away from his work. With the support of his employer, MAJ (NS) Yuen is able to find a balance between work and his commitment to his brigade. "I think it is extraordinary that the Army affords this level of trust with us (NSmen) and that we are given the opportunity to not just go through the daily drills in Singapore but to actually execute a lot of the plans."



Exposing the Light Strike Vehicle (LSV) to Wallaby has deemed to be an eye opener for troopers on the ground. The LSV is designed to manoeuvre through challenging terrain and this can be fully tested in SWBTA.

SSG Kesavan (Pictured right), Scout Platoon Sergeant, 3 Gds, shared with us that "This exercise has made our soldiers mentally and physically stronger, and we learn to expect the unexpected. We react and adapt to changes positively and we push on." He also emphasised on the difference in terrain over here as compared to Singapore. "In order to achieve mission success, we need to go deep, camouflage, move fast and maintain stealth while maneuvering in the vegetation. Training in Wallaby gives every soldier a different experience from Singapore."





# EXERCISE SUMAN PROTECTOR

||Contributed CPT Oh Wen-Jing

▲ MG Melvyn Ong (Second from left) attended the opening ceremony with the FPDA representatives.

On 5 October, our Chief of Defence Force, LG Perry Lim (Right) officiated the closing ceremony of the 12 days Exercise Suman Protector. He highlighted that Exercise Suman Protector is a valuable platform for strengthening professional military interactions among the FPDA nations and offers an excellent opportunity to enhance mutual understanding and build personal friendships. LG Lim said, "FPDA exercises allow us to build interoperability. Exercising together also allows us to build trust and establish understanding. The friendships forged and the professional ties that bind us are invaluable and to be treasured." Exercise Suman Protector, the third in series, include scenarios in maritime security and humanitarian assistance and disaster relief to respond to an increasingly complex security environment. ■





# MINDEF PRIDE DAY

**Written** LCP Ashley Seek

**Photography** LCP Benjamin Lim and REC Shawn Cheow

Within every soldier exists a brilliant mind filled with machinations and ideas waiting to be brought to life. At the MINDEF PRIDE (PProductivity and Innovation in Daily Efforts) Day Exhibition, we saw innovations that our soldiers are working on to improve our Army's capabilities and Soldiers' performances.

Many exhibits and ideas were being showcased that day. However, the one exhibit that stood out was the Off-Grid Power System. One of the primary challenges faced was the maintenance of generators, which formed the main power source for the equipment. With an intimate understanding of the operational demands, the team from 3rd Army Maintenance Base (3 AMB) of the Maintenance and Engineering Support (MES) Formation consisting of (Top photo from left) ME2 Ng Jun Hui, ME2 Laurence Oh and ME5 Francis set about designing a solution optimised for the requirements. To combat this problem, the team began dabbling with solar powered systems. It helped not only to reduce maintenance frequency and costs, but it was also more efficient than using big bulky diesel generators with less efficient output. "This power system can provide power around the clock. Furthermore, it is customisable to cater to an operation's needs, as the solar panels and batteries are modular," ME2 Oh further elaborates, "which means that they can be added or removed to suit the power requirements."



BG Ng (Left) receiving the MDA (Combat) (Commendation) and MDA (Innovation) (Combat) Award from Second Minister for Defence Mr Ong Ye Kung.

After analysing the operational demands, our Army Engineers identified sites to deploy the solar-powered system which would give the greatest pay-off - cutting manpower requirements by 40%, in addition to savings on diesel and generator maintenance. "By maintaining closely-knit relations and operating in close proximity with our ops partners, our Army Engineers have an intimate understanding of the operational challenges. Engineering solutions can then be developed by tapping on the deep expertise of our Army Engineers to provide quick and responsive solutions that meet operational requirements," said ME5 Francis Lin.



ME6 Tan (Left) receiving the MDA (Innovation) (Commendation) Award from Mr Ong.

At the ceremony, 9th Singapore Division/Infantry and Maintenance and Engineering Support (MES) Formation received the Minister for Defence Award (MDA) for outstanding achievements in Productivity and Innovation, Organisational Excellence, Resource Optimisation, and Staff Well-Being. Commander, 9th Singapore Division and Chief Infantry Officer BG Ng Ying Thong emphasised, "Innovation is in the blood of the Infantry. We are given a pair of boots, our personal weapons and a mission. We have to constantly innovate to achieve the mission with very limited resources." Chief Maintenance and Engineering Officer, ME6 Tan Mu Yen said, "This award affirms the hard work of the men and women from the MES Formation over the years. The constraints we face on a day to day basis create the immense need for innovation." ■

# INFANTRY 60TH ANNIVERSARY

||Written LCP Timothy See

|Photography PTE Marcus Teo

## I AM INFANTRY !

Infantry, the backbone of any Army and typically the mainstay force of it. The Infantry is no exception to this rule, being one of the largest and oldest formations within the Singapore Army. This year, the Infantry Formation celebrates its 60th Anniversary, over half a century of unwavering service and loyalty to Singapore. Let us look back on the history of the very battalion that started it all.

### Service

The Infantry formation can trace its roots all the way back to the year of 1957, on the 12th of March. With the impending prospect of self-governance on the horizon, Singapore's newfound independence entailed a need for the country to not just be able to govern itself independently, but to defend itself independently as well.

Enter the 1st Singapore Infantry Regiment, Singapore's very first Battalion of regular soldiers which was officially formed on 12 March, 1957. Recruitment began just eight days prior, on 4 March 1957 at the British Army's Malayan Recruiting Centre at Bras Basah Road as well as the Government Exchange at Havelock Road and Choa Chu Kang Road. Only citizens who were born and bred within Singapore were considered for recruitment, and out of the 1,420 applicants, a mere 237 were accepted for training. That number would steadily increase over the years before reaching its full strength of 816 men in 1963. That same year, the 2nd Singapore Infantry Regiment was also officially formed, doubling the number of active infantry battalions helping to safeguard our homeland.

One of the key milestones for Infantry was when 1 SIR was given the opportunity to mount the Istana Guards in place of the Gurkhas. A parade was also held at Ulu Pandan Camp on 11 March 1961 to introduce the Battalion Cap Badge to establish the identity of the battalion. The Old Regimental Badge (with the colonial emblem of a lion standing on a tower) was replaced by the present one with the State Coat of Arms and the motto: 'Yang Pertama dan Utama' (First and Foremost). And on 27 July 1961, the Yang di-Pertuan Negara, Inche Yusof Bin Ishak himself, presented the Queen's Colours (a flag) and The Regimental Colours to 1 SIR.

The 60s were a tumultuous period for Singapore, an era of conflict and distrust both with neighbouring Malaysia and on the homefront as well. Both 1 SIR and 2 SIR contributed greatly to Singapore's defence during this time, seeing action in the 1964 Racial Riots, helping to maintain law and order. During the Konfrontasi years (1963 - 1965), 1 SIR and 2 SIR also patrolled areas of Sabah and Johor, with several men giving their lives in the service of the country.

After Singapore's separation from Malaysia and the introduction of National Service, the 3rd and 4th Singapore Infantry Regiments, were raised as part of the move towards National Service. Both 1 SIR and 2 SIR were converted into National Service units and in 1968, both battalions took in their first batches of full-time NSmen. Many of the experienced Officers and NCOs (Non-Commissioned Officers) from both 1 SIR and 2 SIR were among the core of instructors selected to train the new NS recruits. Four further battalions were raised over the next few years, swelling the ranks of Singapore Infantry to many times their original size, although 7 SIR and the older 8 SIR were eventually re-roled to become the 3rd and 2nd Battalions, Singapore Guards.

### Celebration

This year, as part of the Infantry Tribe's anniversary celebration on 18 August, an Infantry March was held, kicking off on the night before with a 60-kilometre Relay March from the west to the east. The march took the Infanteers from Pasir Laba Camp and Clementi Camp in the west of Singapore to Basic Military Training Centre on Pulau Tekong before culminating at Selarang Camp, Home of the Infantry. The various 'Kampong Chiefs' (KCs - referring to the Commanders of the units & Training Institutes) who marched bore Golden Bayonets, two in total, and upon reaching the end of the march the bayonets were joined together at the Foxhound Foyer of Selarang Camp. It was also there that the Infantry Trail, which commemorated the 60 years of history for the Infantry Formation, was opened. Chief of Army MG Melvyn Ong was there to grace the occasion, along with former Chief Infantry Officers and Sergeant Major of the Army, CWO Teo See Keong in the opening of the trail.

The Rally was far from over, however, and afterwards, a massive feast was held for the Infanteers. During the feast, awards and tokens for the participants of the march, various KCs and veterans were given out, and the grand occasion ended with a toast by Chief Infantry Officer (CIO), BG Ng Ying Thong.



Scan the QR code to watch the video.

## WE ARE INFANTRY !

We at the Singapore Army, would like to once again congratulate Infantry on hitting this momentous milestone. In remembrance of the past and in celebration of the present we cry out: ■



MG Melvyn Ong, BG Ng and CWO Teo leading the Infanteers up the hill to Selarang Camp, Home of the Infantry.



BG Ng and CWO Jeffrey Wong joining the bayonets in front of the National Service Landmark in Pulau Tekong.



# MEDICAL 50

*The SAF Medical Corps have played a pivotal role in numerous operations in the past fifty years. Their contributions left an impact both locally as well as overseas. As the SAF Medical Corps celebrate their Golden Jubilee this year, let us take a walk down memory lane to reflect on the contributions of the SAF Medical Corps during national response to disaster and epidemics, Humanitarian Aid and Disaster Response, and medical support to mega events. ■*



**1986**  
**New World Hotel Collapse**

On 15 March 1986, the six-story Hotel New World collapsed. Then Chief Medical Officer, the late LTC (Dr) Lim Meng Kin commanded a massive multi-agency medical rescue effort to rescue trapped survivors while SAF ambulances arrived at the scene within an hour of the collapse.



**2004**  
**Boxing Day Tsunami**

The SAF launched Operation FLYING EAGLE and deployed 1500 personnel, 3 landing ships, 12 helicopters and 8 transport aircraft to Indonesia and Thailand within 48 to 72 hours for the disaster assistance mission. On 29 December 2004, a Medical Task Force, with then COL (Dr) Tan Peng Hui, was sent to Banda Aceh. The operation escalated in size and magnitude over the next few days of the disaster and a total of 114 medical personnel participated in the operation from 29 December 2004 to 24 January 2005.



**2004**  
**SARS**

The late BG (Dr) Wong Yue Sie was the Chief of Medical Corps during the national SARS contingency. His exemplary leadership guided the Medical Corps through the SARS crisis. The SAF Medical Corps set out to detect SARS cases early to break any chain of transmission and to prevent the occurrence of infection within the SAF population in the first place. At the height of the epidemic, SAF deployed a medical team to assist the Ministry of Health in the screening of international travellers arriving at Changi Airport.



**2007 - 2013**  
**Afghanistan**

The SAF Medical Corps were part of one of the SAF's longest overseas deployment code named Operation BLUE RIDGE. 7 Medical Teams were deployed from 2007 to 2013 to provide medical assistance to the International Security Assistance Force (ISAF) and the local populace of Afghanistan. They attended to more than 3000 casualties and performed more than 300 surgeries, which is the highest number of casualties seen by any foreign military medical team.



**2009**  
**H1N1**

The SAF Medical Corps ramped up its efforts to deal with the rising number of H1N1 infections in Singapore through adopting additional measures to detect and control the spread of the virus.



**2010**  
**Inaugural Youth Olympic Games**

Then LTC (Dr) Chua Wei Chong was the chairman of the YOG committee for medical support. The inaugural YOG saw some 3600 youth athletes at various venues across the island. Working in synergy with the Ministry of Health, paramedics of the SAF Medical Corps provided quick and effective medical response.



**2015**  
**SG50 NDP**

SG50 NDP was probably one of the largest medical covers ever in Singapore, with coverage extended to over 200,000 headcounts. COL Ng Hock Sing, Senior Medical Staff Officer, was the chairman of the SG50 NDP committee for medical support.

**2015**  
**SEA Games**

The Medical Corps provided frontline medical support at multiple games venues for more than 7000 athletes.



**2015**  
**Nepal Earthquake**

The SAF activated Operation SWIFT LION to support humanitarian and disaster relief operations in Nepal following a devastating earthquake. LTC (Dr) Adrian Tan was the Medical Team Commander of the SAF medical mission to Nepal. The medical post was based in Gorkana and mobile medical teams were sent out to remote villages to reach those who were unable to get help due to inaccessibility of their villages.





# ENGINEER 50

Over the past five decades, the Singapore Combat Engineers have played a pivotal role in numerous Army operations. In both internal and external operations, the Combat Engineers from various specialisations have unfailingly provided their expertise and guaranteed mission success. As the Engineers celebrate their Golden Jubilee this year, let us take a walk down memory lane to reflect on the contributions of the Combat Engineers to Our Army. ■

## JANUARY 1974 Laju Hijacking



36 SCE successfully neutralised eight improvised explosive devices placed by terrorists.

## MAY 1975 Operation THUNDERSTORM



Engineers worked in tandem with various arms of the SAF and government agencies to aid and escort South Vietnamese refugee boats who sought refuge in Singapore.

## 1978 First Overseas Operation



First overseas operation – An unexploded 500lb aerial bomb was unearthed in Bangladesh. 36 SCE was deployed to assist in rendering safe and disposing of the bomb.

## DECEMBER 1978 Potong Pasir Floods



When Singapore suffered one of the worst floods in its post-independence history, Boat Company, 35 SCE was deployed to assist in the evacuation of flood victims.

## MARCH 1986 Hotel New World Disaster



Engineers assisted in rescue efforts of victims trapped under the rubble of Singapore's worst post-war disaster.

## MARCH 1991 SQ 117 Hijacking



36 SCE provided Explosive Ordnance Disposal support to the authorities to ensure that SQ 117 was free from explosives.

## MARCH 2000 Disposal of 1000lb bomb at Choa Chu Kang



Largest ever disposal of a war relic by the Singapore Combat Engineers to date.

Clearance of beach debris to enhance logistics relief operations and construction of a modular kit building which was subsequently handed over to the Indonesian authorities.

## 2004 Operation FLYING EAGLE



## 2007 - 2013 Operation BLUE RIDGE



Deployment of Engineer Project Team to assist in reconstruction and training efforts in war-torn Afghanistan.

Deployment of Combat Engineers as part of a Humanitarian Aid and Disaster Relief team to construct modular kits to be used as clinics to administer medical aid to populace affected by the 2009 Sumatra Earthquake.

Employment of Combat Engineers to provide humanitarian relief efforts in Christchurch, New Zealand by clearing debris and carrying out minor repair works.

## 2009 Operation SWIFT LION



# AARM SAF SHOOTING CONTINGENT

||Written CPL Bryan Tan |Photography REC Shawn Cheow

Most soldiers probably know what it is like to be at a shooting range. With great precision and control, they hold their rifles in position and shoot the targets down one by one. Whether or not you are awarded the Marksmanship Badge depends entirely on your skill and mental fortitude. The pressure of completing this task is undoubtedly daunting, but it is minuscule compared to what the shooters participating in this year's ASEAN Armies Rifle Meet (AARM) go through.

Established in 1991, the AARM aims to allow the ASEAN armies (Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, Philippines, Singapore, Thailand and Vietnam) to pit their shooting skills in an atmosphere of friendly competition and, at the same time, fostering the ASEAN spirit of friendship and goodwill. It also gives the shooters of the ASEAN armies an opportunity to interact professionally and strengthen the bond and camaraderie that have developed over the years. There are five categories in the competition: Rifle, Machine Gun, Carbine, Pistol Men and Pistol Ladies. The SAF is hosting this year's meet which is the 27th year that AARM has been put in motion. ■

The AARM is a huge and important event indeed, so only the best shooters have been selected from different formations to be part of the SAF Shooting Contingent (SSC). Potential shooters are shortlisted at the start of the year, and they have to go through an evaluation phase to see which shooters are the cream of the crop. Hard work and skill are the two qualities SSC looks for as the training is tough and strenuous. In fact, SSC Commander, LTC Teo Hong Poey (Right), Commanding Officer of the Infantry Vocational Training School, stressed on the need for the shooters to practise continually. "Like Bruce Lee said, 'I fear not the man who has practised 10,000 kicks once, but I fear the man who has practised one kick 10,000 times', so if you want to be good at shooting, you have to consistently practise again and again."



Besides constant practice, time management is just as important. 3WO Liaw Tzer Chin Rachel (Left), who is participating in the Pistol Ladies Category has learnt that many sacrifices have to be made in order to excel in shooting. "To me, it's not about having time, it's about making time. When you have that passion and determination, you will just make time to practice. For our physical training, if we cannot do it during office hours, we will just have to do it in the evening to keep in tip top condition. When the range is not available, we do dry practice and visualisation to prepare for the next day when we can go into the range."

Having the mental fortitude to withstand the competition stress is vital as well. Before every practice, shooters will go through a "visualisation" process where they will simulate what will happen at the range. This is done to help the shooters be mentally prepared when they start to shoot. "Knowing the fact that your country is the host country, the stress is on us and we feel it every day now. As the days go by, the stress gets larger and larger. Trying to overcome the stress takes a lot of mental strength. You have to keep positive by telling yourself that you can do it and keep to your day to day routines without deviating," said MSG Harinderjit Singh S/O Balwir Singh who will participate in the Rifle category.

All in all, there is no quality more important than passion. After all, if you don't like what you are doing, how do you ever become good at it? Among the shooters is one National Serviceman - CPL (NS) Terry How Wei Yang (Right) who decided to extend his service to participate in the AARM. His reason? He really likes shooting. "Not every serviceman will have a chance to participate in such a competition. To me personally, I really like shooting and so when this opportunity arose, I quickly requested to join. Since I am able to do something for my country while also doing what I'm interested in, I didn't mind this extension."



We have a competent group of shooters in this year's AARM and LTC Teo has confidence in his team. "I am pleased to report that at this point in time, we are almost ready. I can assure that SSC will put up a good fight in AARM 2017 this year."



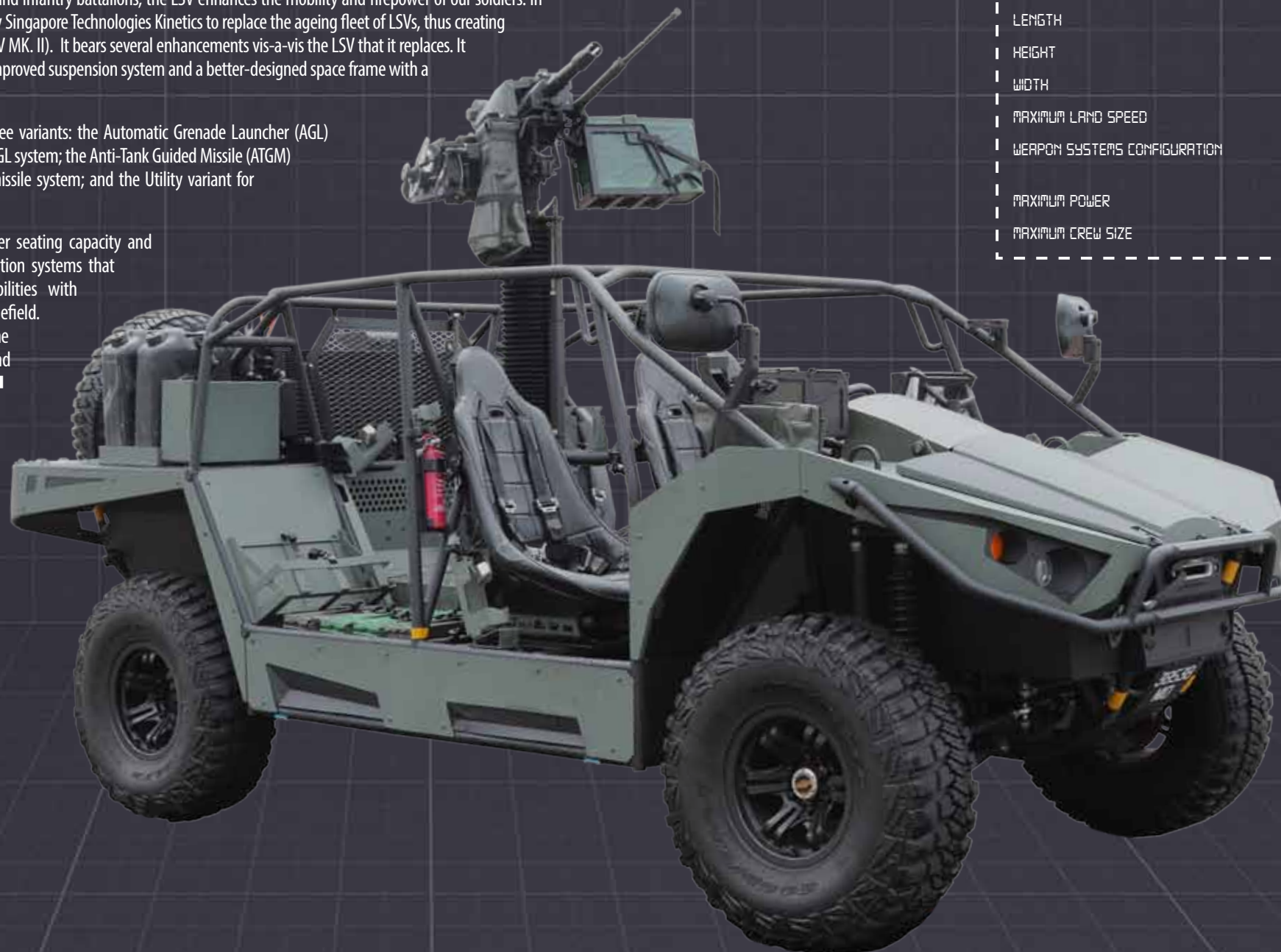
# LIGHT STRIKE VEHICLE MARK II

Written LCP Ashley Seek

The Light Strike Vehicle (LSV), manufactured in Australia based on an American design, was originally introduced in 1998. Operated by the SAF's Guards and Infantry battalions, the LSV enhances the mobility and firepower of our soldiers. In 2013, the vehicle was upgraded by Singapore Technologies Kinetics to replace the ageing fleet of LSVs, thus creating the Light Strike Vehicle Mark II (LSV MK. II). It bears several enhancements vis-a-vis the LSV that it replaces. It has a more powerful engine, an improved suspension system and a better-designed space frame with a higher payload.

The LSV MK. II is produced in three variants: the Automatic Grenade Launcher (AGL) variant that operates the 40mm AGL system; the Anti-Tank Guided Missile (ATGM) variant that operates the Spike missile system; and the Utility variant for general purpose usage.

The new vehicle also has a larger seating capacity and supports an array of communication systems that enhances its networking capabilities with other combat systems in the battlefield. These enhancements allow the LSV MK. II to be more agile and deployable than its predecessor. ■



## VEHICLE SPECIFICATIONS

WEIGHT	1800 KG
LENGTH	4.9 M
HEIGHT	1.8 M
WIDTH	2.1 M
MAXIMUM LAND SPEED	110 KM/H
WEAPON SYSTEMS CONFIGURATION	7.62MM GPMG, 40MM AGL OR SPIKE MISSILE SYSTEM
MAXIMUM POWER	136 HP
MAXIMUM CREW SIZE	6



# FOOD ENVIRONMENTS THE TYRANNY OF CHOICE

||CONTRIBUTED BY

Centre of Excellence for Soldier Performance  
LTC (DR) Alexander Gorny  
CPT (DR) Leong Wai Siang

This year's Nobel prize in economics went to a man who dedicated his career to bringing the fringe discipline of behavioural economics into mainstream science. Conventional economic theory explains how a market comprises buyers, who demand a certain goods or services, and sellers, who can supply said goods or services. Behavioural economists are primarily interested in the human dimensions that influence choice. More importantly, behavioural economics attempts to explain why many of our everyday choices are not rational but impulsive and at times irrational. One area where the cumulative impact of short-term subconscious decision-making comes to light is our everyday diets. ■



## GROCERY SHOPPING

Supermarkets are in fact gigantic laboratories where small experiments in behavioural economics are conducted every day. The height and orientation of items on shelves are all known to influence customer behaviour. Add colourful eye-catching packaging and you have a feast for the eyes. Competition for the most lucrative spots is so great that experts actually speak of 'real estate' on supermarket aisles.

## A JOURNEY TO THE FOOD COURT

Food-sellers use colourful displays and fresh fragrances to entice us, the customers, to purchase a certain product. Some will go all the way to offer a free trial or taster. Other means to grab our attention would include flashy advertising or the promise of a discount deal. Whenever there is more than one seller, there will be direct competition for the shared customer base. That means each seller is left to his devices of how to make a product cheaper, faster and better. Often this involves buying cheaper ingredient, adding non-natural flavours and simply increasing the yum-factor. Lard, MSG, palm oil, sugars and salt will all add flavour at a relatively low financial cost. The implications for consumer health, however, are not included in the cost calculation.



## IN THE KITCHEN

While most of us usually stack our kitchen cupboards and refrigerator shelves in haste, we often reach for the foods which catch our most immediate attention. If left in the bottom drawer, fruits and vegetables are often forgotten and allowed to perish. If placed at eye level, a bowl of grapes or slices of fruit will be consumed more quickly taking our attention away from cookies and chocolates which might not look quite as attractive.



## AT THE BUFFET LINE

Ever wonder why rice is always served first at a buffet and last at a wedding banquet? Quite simple: If the cheaper staple is served up front there is less space for you to stack up the goodies of meat and vegetables. Wedding banquets are engineered in reverse as the bride and groom have already spent the money on the main dishes and do not want the best parts to go to waste. If you are still feeling peckish at the end of the evening, at least there is a second or third portion of rice to fill your tummy space.



## IN THE COOKHOUSE

In SAF camps, we are primarily concerned with supplying calories to our training troops. The advantage of a central feeding policy is that we can ensure high quality and safety in a cost-efficient manner. That said, it is not easy to satisfy all tastes and preferences with every single meal that is served. Sometimes our new recruits are so accustomed to making food choices every day for every meal, that there is a period of adjustment standing in line with a tray at the cookhouse. NSmen on the other hand often reflect that it is quite nice to have some food choices made for you already.

## IN THE OFFICE

Most offices and bunks in the SAF have some table or corner where packets of crackers, chips or cookies are stashed. While the nutritional value of these snacks is debatable, once you see them you feel the urge to eat them - therefore the nickname 'see-foods'. For some people, all it takes is the sound of a rustling wrapper and the feeding frenzy can begin. See-foods are particularly dangerous because they tend to have the optimal levels of salt, sugar and palm-oil to keep us eating until all the packets have been emptied.



## AT THE CANTEEN

Canteens and vending machines are the only places where we are allowed to exercise choice. Usually it is a question of chicken rice vs. nasi lemak, a fizzy drink vs. iced-tea. However, owing to the economics of operating a food stall in the SAF, there is tendency for the canteen aunts and uncles to sell deep-fried chicken wings, fish balls and other goodies. These products can seal the deal as they whet our appetites for things not routinely served in the cookhouse. At the end of the day these vendors need to make a profit therefore, there is little wonder why SAF canteens find it hard to stick to promote healthy options.

Now, armed with the knowledge that hunger might not be the primary driving force behind our food choices, here are a few tips to get you through the upcoming year-end festive season:

At home reorganise your food storage system at home by storing snacks in hard to reach places and by placing fruits in a more prominent position.

In the supermarket, write your groceries on a list and stick to that list strictly to prevent impulse buys.

Keep see-foods out of sight so that they stay out of mind.

At a buffet, take a smaller plate and skip the staple foods.

Order small portion sizes at the food court and don't upsize your meal unless you are planning to share.

While behavioural economics might explain a large part of our daily diets, there are other forces at play, pushing us to consume certain products over others. Stay tuned for next year first edition of Army News to learn more about the dietary habits of soldiers in training and how these habits might prove dangerous as we transition from soldier to citizen.

The authors would like to wish Army News readers a happy year-end festive season. See you in 2018!

# BOOK OUT – MAKAN

## BOON LAY HAWKER CENTRE

||Written LCP Ashley Seek |Photography REC Shawn Cheow

*With a treasure trove of local favourites, it was hard for us to choose from the variety at Boon Lay Hawker Centre. However, here are some of the west side's BOONS that we shall LAY out for you. Do remember to watch your diet and eat in moderation! ■*

### **Boon Lay Fried Carrot Cake & Kway Teow Mee**

Black or white? Both are just as right! The texture of the carrot cake is springy accompanied by its crunchy skin. While it is a detail that is easily overlooked, the egg is mixed very evenly with the fried carrots and radish along with generous amounts of chye poh (dried radish). This is also one of the very few carrot cake stalls that offer a 'yin-yang' carrot cake where they mix both black and white.

Price: From \$2.50

Operating Hours: 8.30am – 9pm daily

Address: 221B Boon Lay Pl #01-125, Singapore 642221



### **Heng Huat Boneless Duck Noodles**

One of the first stalls you will see when you enter the hawker centre, the quality of products served is really very huat! Its standard bowl at \$3.50 serves a generous amount of noodles and chewy duck slices well mixed in a light yet tasty sauce., covered in loads of beansprouts. Accompanying the dish is also a rich tasting soup emanating with duck fragrance.

Price: From \$3.50

Operating Hours: 6am – 11.30am, 4.45pm – 7.45pm (Closed on Monday and opens for the morning on Sunday)

Address: 221B Boon Lay Pl, Singapore 642221

### **Power Nasi Lemak**

Word on the streets say that they have the best Nasi Lemak in the west, and there is certainly reason to think so. The rice is cooked in virgin coconut oil, making it extremely fragrant while removing the greasy after-taste some of them have. All ingredients such as chicken wings or fried eggs are served fresh and hot in your set meal with a side of sweet and spicy dark chilli.

Price: From \$3.50

Operating Hours: 6.30am – 3.30am daily

Address: #01-106, 221B Boon Lay Pl, Singapore 642221



# IN CASE YOU MISSED OUT...



## The Singapore Army

4 Sep 2017



Standing between these soldiers and their Khaki Beret and Guards Tab is the four-week gruelling Guards Conversion Course (GCC).

With a reputation to be physically and mentally demanding, the GCC trains future Guardsmen in technical skills such as Terminal Air Guidance and Heli-Insertion operations. To test their physical and mental limits, trainees are required to complete a 10km fast march, a 2km coastal swim and a helicopter live-task for rappelling before passing out as Guardsmen.

Click on the album to have a glimpse of the GCC!

Always Ready, Ready to Strike!

#ArmyReadySoldierStrong

CONTRIBUTED BY: 3RD BATTALION SINGAPORE GUARDS

1048 Likes 40 Comments 136 Shares



## The Singapore Army

06 Oct 2017



1080 Likes 59 Comments 433 Shares

Instagram



oursingaporearmy



1506 likes  
oursingaporearmy

On 6 September, 1st Battalion, Singapore Infantry Regiment (1 SIR) held a Weapon Presentation Ceremony. Standing proudly to form the outline of an SAR 21 Rifle, the Leopards were entrusted with the responsibility to defend Singapore with their lives. To emphasise the significance of this tradition, the Leopards visited Ford Factory a day before, to understand the events leading to the fall of Singapore on 15 Feb 1942.

CONTRIBUTED BY: LTA KELVIN NG, 1 SIR

### EOD Responds to Another Bomb Call!

On 3 October, a war relic was discovered around Lorong N Telok Kurau.

Our SAF Explosive Ordnance Disposal (EOD) team arrived on site and assessed it to be a High Explosive projectile measuring 15cm in diameter and 59cm in length.

Having done the necessary preparation and coordination, the ordnance was safely detonated this afternoon (5 Oct). Thank you for keeping us safe and always ready to answer the call of duty.

#ArmyReadySoldierStrong

VIDEO BY: LCP TAN JIT JENN (ARMY NEWS)

