

# ARMY NEWS



PULSE OF OUR ARMY

READY FOR ENLISTMENT

THE SAF CORE VALUES

LOYALTY TO COUNTRY

Can you fulfil your duty to protect our home?

[enlistment.gov.sg](http://enlistment.gov.sg)

LEADERSHIP

Can you lead and inspire others to...

[enlistment.gov.sg](http://enlistment.gov.sg)

DISCIPLINE

Do you have the heart for...

Pier 4 Pier 3

Pier 2 Pier 1

**ENLISTMENT 101:  
WHAT TO EXPECT  
WHEN ENLISTING**

**SECRETS OF OUR  
CAMP:  
PULAU TEKONG**

**KOPITALK WITH  
CHIEF COMMANDO  
OFFICER**



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## Editor Speaks



### NEW YEAR, NEW US!

The first quarter of 2019 is almost over and we have officially *marched* into March! This is our first issue in the new year and I hope you're as excited as I am because Army News is now revamped with new and more exciting content meant to cater to you readers. The magazine will also be published quarterly instead of bi-monthly!

Enlistment is our key theme this issue, and we start off with Lee Koot Tan, who reminisced and shared with us his enlistment journey from pre-enlistment checks all the way to his enlistment day. We also went on a road trip in Pulau Tekong and uncovered hidden places not commonly known to others (think of dark tunnels and pristine waters). It was indeed an exhilarating journey!

In line with the Commando (CDO) Formation celebrating its 50th this year, we had a Kopitalk with Chief Commando Officer where we chatted about his favourite rations, BMT experience and what inspired him to sign on. Also, find out the kind of training that vocations such as a CDO Signaller and CDO Medic go through.

Hope it was a great first quarter of 2019 for you, and that the rest of the year will also be fulfilling!

We would also like to thank CPL (NS) Brandon Kit and CPL (NS) Marcus Teo for their contributions in Army News. *ORD loh!*

### Clarice Toh

Editor, Army News



Group photo during our cohesion!

### ARMY NEWS

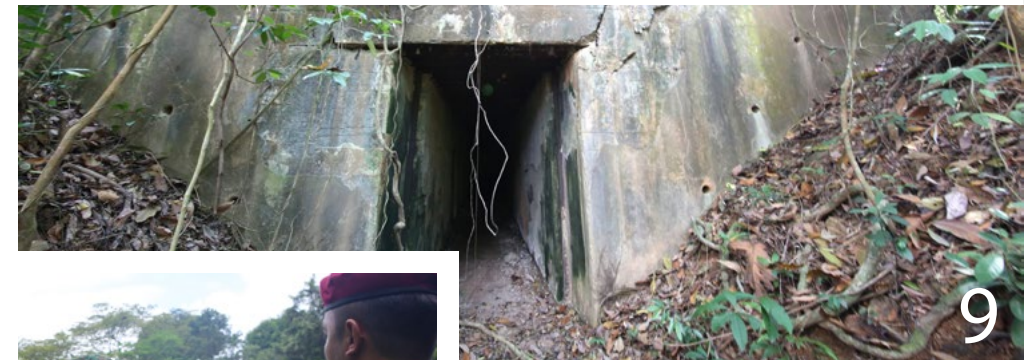
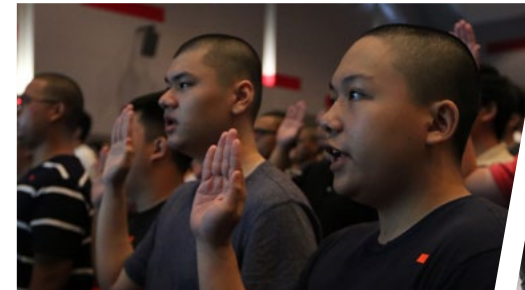
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# Lee Koot Tan's Enlistment Journey: Pre-enlistment

Written By: LCP Teo Hao Yu  
Design By: PTE Gerald Ng

Enlistment day - a day that pre-enlistees both anticipate and are nervous about. Let us now follow the footsteps of Lee Koot Tan as he reflects on his enlistment journey. We hope that understanding more about enlistment will make you feel more prepared when 'E' day arrives.

Upon receiving his enlistment letter, Lee Koot Tan's journey started with the pre-enlistment medical screening and psychometric test at the Central Manpower Base aka CMPB. After the medical screening at the various stations, he was issued a Physical Employment Standards (PES) status which determined the rest of his NS journey!



## Clinical Laboratory Station

Blood samples were taken from Lee Koot Tan to screen for G6PD deficiency, haemoglobin, HIV and blood group typing tests. He also went through urine tests to detect the presence of blood, protein and glucose (sugar).



## X-ray Station

Next, he took his chest X-ray, which helps assess the condition of his heart and lungs.



## Dental Station

This is probably the station Lee Koot Tan dreads the most! But everything turned out well as he went through oral examination, dental charting and dental X-ray.



## Ear, Nose and Throat Station

He also went through an audio test where hearing abnormalities will be detected.



## Eye Station

Here, Lee Koot Tan went through routine eye tests to detect any eye abnormalities as well as test for visual and refractive errors.



## Clinical Examination Station

At this station, he took his height, weight and blood pressure measurements. Electrocardiogram (ECG) examination and evaluation by Medical Officer (MO) are also conducted at this station.

## PES Status

**PES A, B1**  
Suitable for combat vocations

**PES B2, B3, B4**  
Suitable for some combat vocations, and combat support vocations

**PES BP**  
Fit for Obese BMT

**PES C2, C9**  
Suitable for some combat support vocations, and combat service support vocations

**PES D**  
(only applicable to pre-enlistees)  
Temporarily unfit for grading and pending further review

**PES E1, E9**  
Suitable for combat service support and service vocations

**PES F**  
Medically unfit for any form of service

All information referenced from CMPB website.

Written and Photography By: LCP Teo Hao Yu

# Packing for Enlistment

As enlistment day drew nearer, Lee Koot Tan started to make preparations for the day that he would be stepping into Pulau Tekong. Armed with a list of items to bring with him in the Enlistment Notice (you may refer to a copy [here](#)), he also checked with his friends who recently enlisted what additional items they brought along on their enlistment day.



(From top left to right) Goggles, 3-in-1 soap, detergent, wet wipes, slippers, shirt hangers, cleanser, sunscreen, powerbank, haw flakes



**REC Kevin Lu**

"I thought of bringing hangers along as I think it would be useful for keeping my cupboard organised."

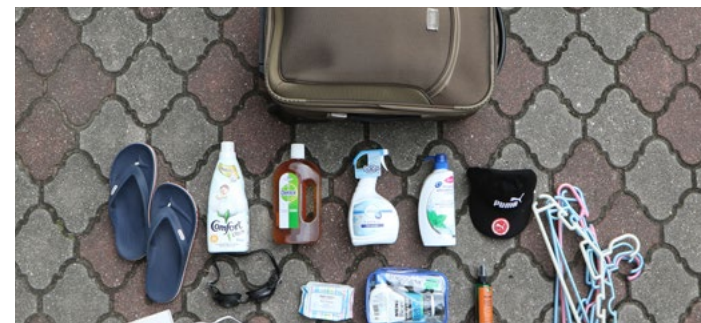


(From top left to right) Slippers, Febreze, razors, cap, tissue, wet wipes, shirt hangers, body soap, shampoo, nail clippers, ointments, toothbrush, toothpaste, deodorant, powerbank, detergent

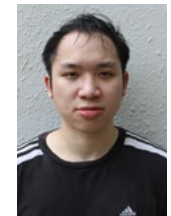


**REC Muhammad Syabil Amsyar Bin Mohamed Hermy**

"I brought my powerbank along as it keeps my phone charged to ensure I can be connected to my loved ones."



(From top left to right) Slippers, softener, Dettol, Febreze, shampoo, cap, shirt hangers, insect repellent, bag of toiletries, wet wipes, goggles, powerbank



**REC Choy Seng En**

"My friends recommended that I bring along a laundry softener as it will make my clothes smell nicer and fresher."



# Lee Koot Tan's Enlistment Journey: Enlistment Day

Written By: LCP Teo Hao Yu  
Photography By: Army News

Finally, it is the day that Lee Koot Tan is enlisting into Pulau Tekong. Together with his parents, he remembers feeling excited yet nervous about starting his NS journey in the resort island as he reminisces his first time stepping into Basic Military Training Centre (BMTC).



On the day of enlistment, Lee Koot Tan travelled with his family to Pulau Tekong in the morning, via the shuttle bus from Pasir Ris Bus Interchange and then the Penguin Tekong ferry service from the SAF Ferry Terminal.



Upon arriving in Pulau Tekong, he proceeded to settle his administrative tasks while his family was taken on a comprehensive tour on the facilities in BMTC. Lee Koot Tan proceeded to settle various administrative tasks, such as surrendering his NRIC in exchange for his SAF 11B identity card, while his family toured the enlistees' bunks.



Then, Lee Koot Tan joined his family for a series of briefings, which included an introduction to the types of training that recruits will be going through as well as the safety measures that will be taken to ensure training remains safe yet realistic. After that, together with the rest of the enlistees, he joined in the oath-taking.



Meal time! Lee Koot Tan and his family remember enjoying the amazing cuisine prepared by the cookhouse aunties and uncles.



After lunch, he and his family bade their goodbyes, as Lee Koot Tan prepares for the next part of his NS journey.



Thereafter, he was assigned into a platoon. Subsequently, he went through a series of equipping, where he received equipment and necessities required for his training as a soldier. Finally, Lee Koot Tan and his platoon mates headed up to their bunks, and awaited for further instructions from their sergeants. And that was how enlistment day was like for Lee Koot Tan!



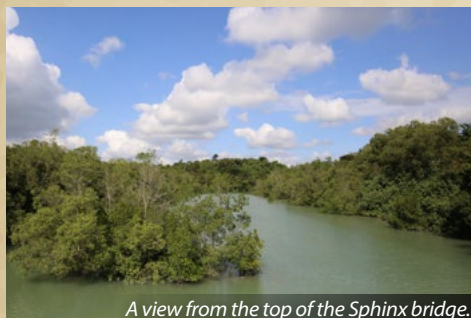
# Secrets of Our Camps: PULAU TEKONG

Written and Photography By: LCP Teo Hao Yu

When you think of Pulau Tekong, you may think of botak recruits going through their Basic Military Training (to find out more, do refer to page 6-7). However, beyond the often popularised stories and myths is an island with various places undiscovered. We went down to Pulau Tekong to find out more about these “tourist attractions”. Strap on your seatbelts, we are going on a road trip!







*A view from the top of the Sphinx bridge.*



*Be sure to stop by and have a look at the sign!*



*The bridge seemingly reaching till the end of the horizon.*

## Sphinx Bridge

On the island, there exists two bridges, named Dogra and Sphinx. The names were derived from the British gun batteries situated on Pulau Tekong during World War II, as part of the Changi Fire Command. The Dogra bridge got its name from the Dogra Regiment, an infantry unit from the British Indian Army, while the Sphinx bridge was named after the Sphinx Battery that was stationed on the island. We stopped by at the Sphinx bridge to take a look and admire the views!

## Tunnel

Not so commonly known to the public, there are actually a few tunnels to be found on Pulau Tekong. These tunnels were believed to have been used as Command Posts during World War II and provided a channel for soldiers to move from one place to another underground. We went to one of the tunnels and found it to be eerily dark, possibly due to years of not using it. There were even some bats resting in the dark!



*Entrance to the tunnel.*



*The wooden stilts swept by the current.*

## Blue Lagoon

Who would have thought that a lagoon existed within Pulau Tekong? What's more, it's a pristine lagoon, which is visible from the Situational Test site. As we stood in front of the calming waves that gently lap the shore, it was as if we were temporarily transported to another place. There were even tiny crabs and mudskippers crawling in the sand as well! We would say, the peaceful and serene place was perfect for one to relax and take a breather after a long day of soldiering.



*A baby mudskipper rests on the shore, basking under the sunlight.*





**Photography By:** 1SG (NS) Gideon Lim, 268th Battalion, Singapore Artillery

Bronco, an All-Terrain Tracked Carrier, providing combat support and combat service support function during Exercise Thunder Warrior.





## Total Defence Day 2019

**Written By:** LCP Teo Hao Yu

**Photography By:** CPL Cyril Tang

15 February 1942 — a day not to be forgotten. It is the day where Singapore fell to the Japanese troops. Henceforth, the date 15 February was marked as “Total Defence Day”, a reminder of what could and would happen should Singapore fail to defend herself, or rely on the protection of others, and that everyone plays a part in ensuring that Singapore remains safe, secure and sovereign.

Coinciding with Total Defence Day 2019, a Weapon Presentation Ceremony for recruits from the 1st Commando Battalion was held at Fort Canning Park on 15 February as a reminder to soldiers of their duty in defending our country.

Minister for Communications and Information, Mr S Iswaran, also officiated the launch of Digital Defence as the sixth pillar of Total Defence during the event, joining the other 5 pillars, namely Military Defence, Civil Defence, Economic Defence, Social Defence and Psychological Defence.

In his speech, Mr S Iswaran emphasised on how every Singaporean can and should play a role in securing our nation's future. “Over the past 35 years, Total Defence has been invaluable as the rallying call to each and every Singaporean to do our part in defending our nation against the challenges that threaten our independence, well-being, and way of life.” The event was also attended by Senior Minister of State for Defence Dr Mohamad Maliki Bin Osman and Senior Minister of State for Communications and Information Ms Sim Ann.



*“With this weapon, I will defend my country, Encik!”*

During the event, we also took the opportunity to speak to a few recruits and find out what are some of their thoughts on receiving their weapons on Total Defence Day.



*Dr Maliki interacting with recruits from 1st Commando Battalion.*



*For Honour and Glory!*

*“For me, personally, Total Defence serves as a reminder to all Singaporeans, especially myself, that our sovereignty is not something that we should take for granted, and that we each play a crucial role in sustaining and preserving the integrity and peace of our country. This is such that in the face of threats or aggression by any external powers, we are able to stand up for ourselves and protect our country.”*

**REC Haziq Ruzaiman**  
4th Coy Det 3

*“During our training, our instructors make sure that we complete our tasks correctly and with the correct mindset. While they are strict and firm, their passion in everything that they do inspire us to try our very best in whatever we do, no matter the difficulty or hardship along the way.”*

**REC Anthony Bau Long Wissel**  
3rd Coy Det 10

*“I feel honoured to receive my weapon on Total Defence Day. Not many people have such an opportunity, and receiving my weapon at Fort Canning, the site where the British made the decision to surrender to the Japanese, is akin to a heavy and solemn responsibility that I need to play my part in protecting my loved ones and all fellow Singaporeans.”*

**REC Noel Wee Ee Cher**  
4th Coy Det 2



# Safety In Our Army

Written By: LCP Goh Gen Sheng  
Photography By: Army News, 3 Div, 9 SIR

"Safety is integral to our mission success, in peace and in operations. We are a citizen Army built on the commitment of our People, and we are anchored on our Values. The Army must strengthen our safety culture, and fulfil our duty of care to our soldiers." said Chief of Army, Major-General (MG) Goh Si Hou at the Army Safety Seminar 2019 held earlier this year. Safety has always been and will continue to be the Army's top priority and mission outcome. The Army has announced a bottom up approach towards safety to ensure that safety continues to remain as top priority.

Senior Army commanders have also been paying visits to the various units to observe their trainings. These visits serve as an opportunity for the commanders to interact with soldiers on the ground and find out their thoughts on the safety processes put in place during their trainings.

With each visit, the commanders took the chance to stress to soldiers that safety is the ultimate mission priority and everyone should take ownership of their own safety. Each soldier should voice their concerns if they believe that safety is being overlooked in any aspect of the trainings. Let's take a look at what went on during some of these visits!

## Visit to Exercise Panther Strike



MG Goh engaging the officer cadets and officer trainees.



MG Goh (first from right) interacting with participating cadets.

One of the exercises that the senior Army commanders visited was Exercise Panther Strike, a finale exercise for the Officer Cadets and Advanced Officer Course trainees. During the visit on 12 Feb, COA, MG Goh Si Hou and senior Army commanders observed the conduct of the exercise and stressed on these young leaders the importance of sharpening Our Army's operational readiness and taking charge of training safety.

## Visit to 9 SIR



Engagement with soldiers from 9 SIR.

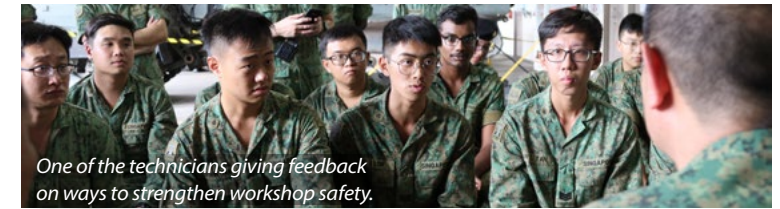
There, he reminded troopers and the commanders of the dangers of three Cs - being Complacent and doing things Conveniently will result in catastrophic Consequences. He also reminded the companies importance of achieving training standards and mission objectives with safety in place.



COL Lee engaging the conducting body to share some safety pointers.

## Visit to Sungei Gedong Transport Node and 1 AMB

Chief of Staff - General Staff, BG Kenneth Liow and senior commanders of Our Army paid a visit to Sungei Gedong Transport Node and 1st Army Maintenance Base (1 AMB). During the visit, they witnessed operators undergoing refresher training and the efforts put in to enhance safety. This visit also served as an opportunity for Transport Operators and Technicians to provide feedback to the senior leaders.



One of the technicians giving feedback on ways to strengthen workshop safety.



Senior commanders engaging technicians from 1 AMB.

## Visit to 3 Div Provost Company



BG Neo receiving a brief on the conduct of the training and the safety systems in place during ICT.



BG Neo engaging the NSmen.

Besides active servicemen, senior commanders also visited NSmen during their In-Camp Training (ICT). Commander, 3rd Singapore Division (3 Div), BG David Neo, was at 3 Div Provost Company during their ICT and witnessed how NSmen from the company went through an exercise that trains NS Military Policeman (MP) to execute and perform various roles in MP wartime operations.

## Visit to BMTC



COA engaging soldiers from 3 SIR.



Commander BMTC, COL Patrick Ong (first from right), speaking to recruits.

Senior Army commanders also visited the Basic Military Training Centre (BMTC) in Pulau Tekong. During the visit, they observed training conducted by the 7th Company, School 4, BMTC and 3rd Battalion, Singapore Infantry Regiment (3 SIR). Speaking to the recruits after observing the Battle Inoculation Course, MG Goh shared the Army's emphasis on progressive and realistic training as well as reminded the soldiers that they must be wary and responsible for their individual safety.



# Our Vocational Training: Commando

**Written By:** LCP Teo Hao Yu, with contributions from Cdo Formation

**Photography By:** CPL Cyril Tang, PTE Gerald Ng, with contributions from Cdo Formation

Ever wondered what type of vocational training one will be undergoing if you were enlisted into the Commando Formation? In this issue, we uncover the various vocational training a Commando goes through and the roles he performs as a Full-Time National Serviceman (NSF).

## LEADER



Commando Leaders are trained through the Commando Small-unit Leaders Course (CSLC), designed to develop combat leadership and warfighting skills at the Detachment level. The CSLC comprises two phases; (1) Foundation Phase and (2) Combat Leadership Phase. In Foundation Phase, Commando Leaders are exposed to basic Commando vocational skills, small unit tactics and required to attain high standards of physical and combat fitness. Thereafter, they will embark on the Combat Leadership Phase overseas, aimed at developing their combat leadership through a series of field exercises.

\* Leaders usually hold the rank of 3SG.

## SIGNAL OPERATOR



As a Commando Signal Operator, a soldier will go through the Commando Signal Operator Course where he is trained to install, operate and maintain a suite of Army's communications equipment. Upon completion of his training, he is equipped with the skills to advise his Detachment Commander on signal capabilities and employ the Detachment and Company communications equipment effectively.

\* Signal Operators usually hold the rank of up to CPL/CFC.

## MEDIC



To perform his role as a Commando Medic, a soldier will go through the Commando Medic Course where he learns the skills and knowledge required to administer medical emergency procedure, trauma management, perform combat casualty care and assist the Medical Officer in operating the casualty station.

\* Medics usually hold the rank of up to CPL/CFC.

## DEMOLITION MAN



\* For illustration purpose only

In his training as a Commando Demo-Man, he will have to complete the Commando Demolition Course where he learns about target analysis, different types of demolition materials, standard SAF charges and its effects. The soldier will also be familiar with the laying of firing circuits, as well as operating remote and manual initiation devices.

\* Demolition Man usually hold the rank of up to CPL/CFC.

## BOATMAN



As a Commando Boatman, he will have to go through the Commando Small Boat Operator Course designed to qualify him to handle small boats for special operations. He will eventually be qualified to prepare boat for sail, plan the sea route, handle the boat safety and navigate to the destination in both day and night conditions.

\* Boatman usually hold the rank of up to CPL/CFC.

## WEAPON MAN



When selected to be a Commando Weapon Man, a soldier will go through the Commando Weapon Course where he learns weapon skills and is qualified to advise his Detachment Commander on weapon capabilities and its employment, as well as targeting operations. On top of that, he goes through an added form of Combat Physical Fitness training and learns how to operate the General Purpose Machine Gun, Man-portable Anti-Tank Anti-DOoR, P90, Multiple Grenade Launcher and Sniper Weapon.

\* Weapon Man usually hold the rank of up to CPL/CFC.



In this first issue of Kopitalk with Commanders, we went down to Hendon Camp, Home of the Commandos, and had a chat with Chief Commando Officer, COL Kenny Tay in line with the 50th anniversary of Our Army's Commandos. Read on to find out more about him, his favourite ration and what a day as Chief Commando Officer is like!

**Q: What are the traits you think every Commando should possess?**

A: First, you need to have honour and must always choose to do the right thing, even when nobody is watching. That's also the reason why in the Commando's motto "For Honour and Glory", honour comes first. Second, you need to be indomitable as a Commando. Lastly, you need to be receptive to learning. If you don't learn, you can't grow, and if you don't grow, you stagnate.

**Q: What is your leadership style like?**

A: Different circumstances force you to take up different styles. The leadership style I was under was stewardship, where you are the steward of the organisation and hence do things bigger than yourself. I also believe in servant leadership, where we serve the nation and the people we lead. I always strive to be a steward for the organisation, be a realistic servant leader who is also authentic.

**Q: As we all know, Commandos go through vigorous and tough training. How do you ensure that training safety is adhered to at all instances?**

A: To me, training safety is something you have to see to believe in it, and then when you believe in it, you will see it. Safety is an enabler for us to participate in high-risk training. In addition to the safety procedures, we also inculcate in recruits the value of safety and looking after yourselves and your buddy.

**Q: What is the most memorable Army exercise/operation you took part in that you can share?**

A: It will probably be when I went to East Timor as part of International Force East Timor (INTERFET). I learned a lot there, such as how a country chooses to move forward and progress. It also allowed me to understand and treasure the sovereignty that we have today, and for that, we have our strong defence force to thank.

**Q: As this issue talks about enlistment, we would like to hear from you how was your BMT experience like?**

A: My BMT experience was a life-changing experience. Commando BMT taught me a few things, most importantly, you must learn how to take care of yourself and be independent. As a Commando, you will become a soldier who will be relied upon to defend our country. You must also learn to serve something bigger than yourself for the greater good.

**Q: What inspired you to sign on?**

A: I signed on because of the people. I saw how the Commandos are anchored in good values, strong fundamentals and inspirational leadership that empower and enable individuals.

**Q: What is your favourite ration food?**

A: Biscuits. Basically, I eat to live so I prefer food which fills me up easily. Whenever I eat at hawker centres, I go for stalls with the shortest queue.

**Q: If you had the opportunity to come up with a new ration flavour, what would it be?**

A: A dessert, like chendol with cempedak. Sweet, with the nice texture of cempedak.

**Q: What do you do during your free time?**

A: I read books, listen to podcasts or watch videos on YouTube. My favourite genres are military, leadership and autobiographies as I like to learn through the life experiences of others. I like to play rugby too.

**Q: How big is your family?**

A: I have a family of four - my wife and two children aged 13 and 16 years old respectively.

**Q: How do you find time to spend with your family, given your busy schedule?**

A: This is always a tough one and there are two things that I remind myself everyday. First, I try to be more patient with my family at home, no matter how tired I am. Second, I make an effort to spend more time with them. This isn't easy because as Chief Commando Officer, most of my time is spent with the formation, and this is necessary in ensuring that good leadership permeates and the culture of excellence is maintained.

**Q: Is there anything that you would like to say to the Commando formation in view that it's Commando 50 this year?**

A: To the Commando family, we know that we stand on the shoulder of giants, so let us give our best to make sure that the Commandos are proud of us as we move towards the next 50. For Honour and Glory! Commandos!

## Kopitalk with Commanders: CHIEF COMMANDO OFFICER

Written By: LCP Teo Hao Yu   Photography By: CPL Cyril Tang



# Keeping Fit and Fab - Our Inspiration

**Written By:** LCP Gershwin Lim

**Photography By:** CPL Cyril Tang, with contributions from CPL(NS) Eddy Sufyan Bin Selamat and CPT(NS) Christian See

Every year many NSmen struggle to complete their IPPTs. Some find it hard to squeeze out some time from work, others find it tough to stick to a workout regime. This issue, we caught up with two NSmen who shared their transformation stories — how they were able to shave off much unnecessary weight and lead a healthy lifestyle. Hope they inspire you to do so too!

Losing 35kg after his training in Tekong, CPL(NS) Eddy Sufyan Bin Selamat was confident he could keep up the healthy lifestyle and maintain his weight even after he posted out from Tekong. However, he suffered an injury that kept him from being active. At the end of his two years full-time National Service, his weight was at an all time high of 130kg! Now, Eddy is enjoying a more active lifestyle, with greater self-confidence at a weight of 62kg.

## What is your main motivation for wanting to lose weight?

What motivated me to start on my weight loss journey was my intrinsic determination to build a new “me”. I was an obese kid growing up, a consistent member of the Trim and Fit (TAF) club in my education years. I liked sports since young however due to my size and my lack of fitness, I was often left out in games. Even though I loved playing rugby in my secondary school days, I often found myself struggling to keep up with my peers in terms of fitness. Gradually, I lost my place to the younger peers as my weight kept on ballooning up.

## What is your weekly workout routine like when you were losing weight then and keeping fit now?

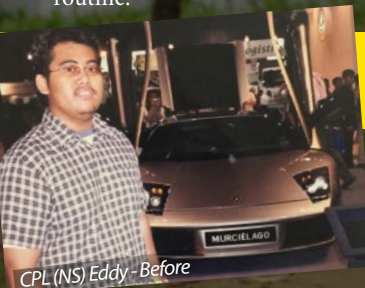
When I first started out, I started jogging. However, I couldn't jog that far. Probably 400m before I was out of breath. My joints would start to hurt due to my weight. After the jog, I did static exercises such as pushups, sit ups and squats to wrap up the daily workout session.

As my fitness gradually improved, I increased the intensity of my workouts. In addition, I tried a few diets — being vegan, not eating carbs etc, but I didn't manage to keep up with it as it was too stringent. So, I decided to eat as per normal, emphasising more vegetables and fruits and lesser junk food. It took me 5 years to drop to 75kg and eventually after my recent marathon training I am now consistently weighing 62kg.

Keeping fit nowadays, I explored various water sports (kayaking, wind-surfing, stand up paddling), outdoor high elements (rock-climbing and abseiling) and I even took up rugby and tchoukball coaching. Occasionally, I would also meet up with my good friends to play badminton for 2 to 3 hrs straight. Diet-wise, I eat six small to medium meals a day to ensure my body has sufficient energy to keep me going through the day. Throughout the week, I do my strength training four to five times a week while regularly running 5 to 6km every morning. I even invested in a home gym (equipped with Olympic barbell, weight plates, squat rack, bench-press) which allows me to train at my own pace and complete my workouts effectively while balancing the time between my NIE studies and fitness routine.

## What are some of the benefits you've experienced after losing weight?

The benefits are endless. I developed a higher self-esteem due to an improved body image and a more active social lifestyle. My mobility has improved tremendously as my weight reduced, putting less stress on the joints and improving my overall health. Most importantly, I feel good and happy.



CPL (NS) Eddy - Before

Feeling that his clothes were getting tighter as well as being unsatisfied with his appearance, CPT (NS) Christian See was determined to start losing weight. Serving as an Officer Commanding (OC) during NS, he also felt like it was his responsibility to lead by example and keep fit for the nation. He started by working out between three to five times a week and aimed for a higher caloric deficiency so that he could see faster results.

## After successfully losing weight, what became your main motivation to exercise consistently?

Having enjoyed all the benefits, I definitely wasn't going to give it up easily. And the only way to do that was to stay consistent in keeping an active lifestyle. But apart from the aesthetic gains, as I became more active, I realised that staying healthy and fit is also a responsibility that I had to fulfil as a son, father, brother and husband. Without good health and mobility, I would not be able to fulfil my roles as I age. Losing weight was the first step towards that and staying consistent would ensure a good quality of life in the long run. Plus, I wouldn't want to spend another sum of money “upsizing” my new wardrobe.

## What are some of the benefits you've experienced after losing weight?

Losing the weight and maintaining an active lifestyle gave me a different perspective of life. I feel more energetic, focused and was able to generally do more, it made me feel more alive.

Losing all that weight also earned me a lot of compliments. Together with a new wardrobe, staying active gave my self esteem a real boost.

## What is your weekly workout routine like when you were losing weight then and keeping fit now?

I alternate each workout between strength and cardio. Strength being resistance focused training involving gym equipment or bodyweight exercises. Cardio training is useful for endurance, cardiac health and caloric burn — exercises that get your heart rate at a constant high (>85% of max heart rate). On cardio days, I go running, swimming or have aerobic sessions for about 30mins regardless of exercise. If you don't have a heart rate monitor, as long as you are panting heavily at the end of 30mins, you are doing it right.



CPT (NS) Christian See - Before



# BOOK OUT HANGOUT & MAKAN: Downtown East

Written By: LCP Gershwin Lim  
Photography By: LCP Goh Gen Sheng

In this instalment of Bookout Hangout and Makan, we took a look at places nearby Pasir Ris Interchange — a familiar rendezvous point for anyone booking in and out of Pulau Tekong. Just a stone's throw away is Downtown East, a mall that boasts a multitude of delectable eateries and entertainment outlets. Only a 10min walk from Pasir Ris Interchange, Downtown East is a place where you can Hangout and *Makan* with your BMT buddies when you Bookout!

## Forest4 Darts Cafe

The first place we visited was a darts cafe located in the heart of the mall, Forest4 Darts Cafe. Part of Singapore's largest Electronic Soft-Tip Darts Chain, the outlet boasts more than 20 dart boards. And if you are an avid darts player, they regularly organise in-house fun darts competitions for customers and an annual international competition where anyone can compete. On top of that, the beautiful floral decorations all around the cafe and the cosy ambience makes you feel like you're in the midst of a forest. With the awesome atmosphere and amenities, Forest4 Darts Cafe is also the perfect place to invite your buddies to kick back, relax and have fun!

**Price:** \$2/game

**Operating hours:**

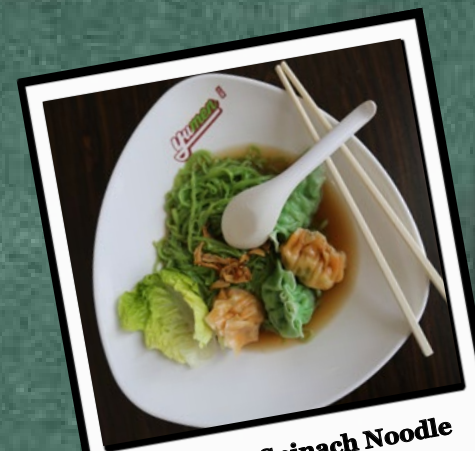
1:00pm - 1:00am (Weekdays),

12:00pm - 2:00am (Saturday),

12:00pm - 12:00am (Sunday)

**Address:** 1 Pasir Ris Close #01-313

E!Avenue Downtown East S519599



Dumpling Spinach Noodle  
(\$4.20)

## Yumen Hut

You may be thinking, why are the noodles green? It is because the noodles are uniquely made of spinach! The Dumpling Spinach Noodles features the spinach noodles drenched in a delicious sauce together with four generously filled dumplings on the side. The noodles were very springy, and the mild savoury taste from the sauce accompanied every bite. The four dumplings were plump and filled with minced chicken as well as whole shrimps, a perfect match when eaten with the noodles. In addition to traditional dishes such as Crispy Egg Noodles, Yumen Hut also offers a range of delicious and nutritious noodles made using vegetable juice such as Laksa Paprika Noodles.

**Operating hours:** 10:00am - 10:00pm (Daily)

**Address:** #02-113 Downtown East, 1 Pasir Ris Close, S519599



Phad Krapow with Rice (\$6.50) & Gai Thod (\$6.00)

## The Basil Inn

Next up, we visited The Basil Inn and ordered a Thai classic, Phad Krapow with Rice, a Bangkok style minced pork fried with diced onions, garlic as well as basil leaves, served with rice. The well-seasoned pork was mixed with caramelised onions, aromatic basil leaves and chilli. With every spoon you take, you can taste each ingredient playing off each other, forming a symphony of flavours that will serenade your tastebuds, and it undoubtedly left an impression on ours. On the side, the Gai Thod (chicken wings) was glazed with a sweet and savoury sauce that tasted amazing. The surface was light and crisp, yet when you bite into it, it was tender and moist. The Basil Inn also offers a wide array of authentic Thai style foods that promise to excite your palate.

**Operating hours:** 12:00pm - 10:00pm (Daily)

**Address:** #02-335 Downtown East, 1 Pasir Ris Close, S519599



Parfait (\$6.90)

## CoolMan Drink Fresh

Lastly, we ordered the Parfait, a dessert consisting layers of frozen yoghurt, fresh fruits and granolas. The Italian imported yoghurt is soft and light, and when paired with fresh fruits as well as the granolas, each scoop beckons another. The subtle sourness of the frozen yoghurt was balanced out by the sweet and sour notes of the juicy fruits. What's more, all over the Parfait were tiny pockets of granolas giving the dessert crunchiness. With a plethora of fresh fruits and granolas to pick from, this dessert will satisfy those sweet cravings of yours while not hurting your IPPT results! CoolMan also offers a wide variety of smoothies and juices that will not only keep you healthy, it will keep you happy as well!

**Operating hours:** 11:00am - 10:00pm (Daily)

**Address:** #02-k12 Downtown East, 1 Pasir Ris Close, S519599



# #mostpopular ON OUR PAGES



In case you missed it, we've sussed out some of our most popular posts on our social media pages for the past quarter of the year. Click away and catch up on any events you've missed out!



Commando Challenge 2018



Answering the Call of Duty



This is pretty good!

US Soldiers Trying SAF Field Rations



Rangers Lead The Way! 45th SAF Ranger Course



OCS Combat Skills Badge



Exercise Crescent Star 2018



ADF Skills at Arms Challenge



Infantry Officer Cadets Course Finale



Exercise Trident 2018