

Issue 257/2019

ARMY NEWS

PULSE OF OUR ARMY

CAMP
GROW



**PREPARATION
FOR OVERSEAS
EXERCISE**

**ARTISTIC TALENTS
IN OUR ARMY**

**KOPITALK WITH
CHIEF ARMY
MEDICAL OFFICER**

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Guest Editor Speaks



Hi everyone!

Firstly, all of us at Army News would like to congratulate our Editor, Clarice, as she becomes a mum to baby Kate! 🎉 While she is away for the next two issues, I will be standing in for her as Editor.

As the year comes closer to an end, Our Army continues with our training overseas. We will be looking into the preparation that goes behind Ex WALLABY! The amount of planning, maintenance, washing and packing that goes behind it requires a lot of manpower and coordination.

We also spoke to two of our artistically talented servicemen to share more about their passion for creative works and designs.

In our column on Kopitalk with Commanders, we spoke to Chief Army Medical Officer, and found out about what he does during his short pockets of free time at work. Do keep a lookout for him, and maybe you will bump into him the next time you report sick! We will also be looking briefly into the training that our medical teams go through to better appreciate the things that they do.

Lastly, we would like to express our heartfelt thanks to Mr Aloysius Lum and CPL (NS) Cyril Tang for all their hard work here in Army News! (:

Ng Li Pin
Guest Editor, Army News



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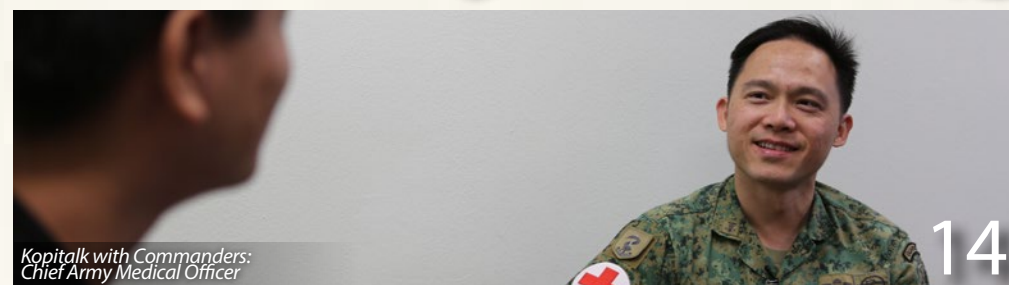
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Are you ready for Exercise Wallaby 2019?
Photography By: **Mr Lee Xiang Rong**

NDP THROWBACK



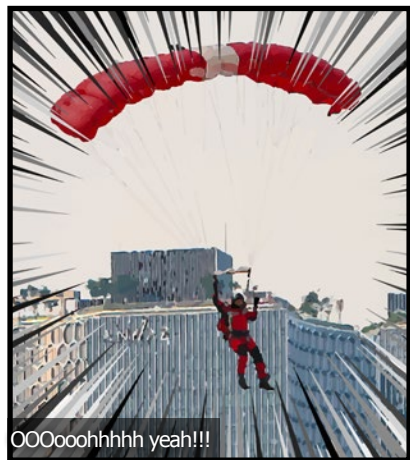
The Presidential Gun Salute, performed for the President as a military honour.



Marching as one.



Happy Birthday Singapore!



OOOooohhhh yeah!!!



Mobile Columns driving down the Padang.

Happy 54th birthday, Singapore!

This year's National Day theme is "Our Singapore". We commemorate the 200th anniversary of Sir Stamford Raffles' arrival in Singapore and also celebrate our Merdeka Generation for their contributions to build a nation for us.

As part of the celebrations, the mobile column visited five heartland locations around Singapore on 10 August 2019.

Singaporeans got a chance to catch a glimpse of our platforms up close in commemoration of the 50th anniversary since the mobile column first rolled down Padang!

NDP @ HEARTLANDS



Rolling into Our Heartlands!



Soldiers atop Our Army's Light Strike Vehicle Mark II waving at excited crowds in the Heartlands!



Many visitors took photos with Our Army's assets!



Families taking photos with the newly commissioned Hunter!

Preparation for Overseas Exercise

- Ex Wallaby

Written By: CPL Teo Hao Yu

Photography By: LCP Gerald Ng, with contributions from FSG

Every year, Our Army's soldiers take part in a multitude of overseas exercises, training in various types of terrains and environments, putting their vocational capabilities to the test. The exercises allow our soldiers from different units and formations to work together as an integrated fighting force, in a dynamic landscape different from that back at home. One of our largest overseas exercises this year is Exercise Wallaby 2019 (XWB19), which was inaugurated in 1990. Conducted annually in Shoalwater Bay Training Area (SWBTA), Australia, a Forward Support Group (FSG) is sent in advance to prepare, support and sustain Our Army's troops throughout the entire exercise.

Read on as we bring you through what our FSG does!



Transport

The transport team is responsible for preparing various platforms of vehicles required for the exercise and manage them as part of a centralised Motor Transport Line. As part of safety enhancement, they also conduct terrain-specific orientation driving for everyone that is required to drive during the exercise.



Ammunition

The ammunition team provides safe and quality ammunition for all training units, in addition to ensuring that the ammunitions are shipped, stored, issued and returned safely. They also respond to training units with 24/7 technical support and safety advice on the ammunition during their training.



Command, Control, Communications & Computers (C4)

To prepare for XWB19, the C4 team oversees the planning and equipping of a myriad of communication hardware to the training units, providing uninterrupted network connectivity for coordination. In addition, the team establishes and maintains voice and data connectivity across the vast terrain of our training area, supporting the command HQ and their subordinate units.



Environmental Monitoring Group (EMG)

The EMG assesses hazards and works with the Australian Defence Force (ADF) to brief and warn our troops prior to the commencement of XWB19. They ensure the cleanliness of the training area is maintained after use, and report any environmental and infrastructure incidents to FSG.



Control of Training (COT)

The COT in XWB19 is the training area management agency for all SAF training within Shoalwater Bay Training Area. They ensure that training is conducted safely and smoothly.

COT began preparing for XWB19 as early as November last year, which included organising a series of exercise planning conferences, reconnaissance, Table Top Exercises (TTXs) and seminars with our training units (Army and RSAF) and Australian counterparts.

COT also organised rehearsals between the RSAF and the FSG (both medical and the extrication team), to ensure all parties are clear of their respective roles in the Search and Rescue procedure.



Supply

The supply team will plan out and ensure sufficient supplies are provided for the troops throughout the exercise. The supplies include accommodation, rations, and also ice and water for troops during intensive training.



Medical

The medical team provides primary healthcare services and trauma/cardiac life support to all exercise participants. Through detailed medical-operational workflows and regular dry runs, they facilitate swift evacuation for any casualty requiring escalation of care. In addition, they provide health education for training troops and refresher training for medics to ensure currency of their medical skills.



Maintenance

The maintenance team provides maintenance support for all land platforms such as tracked and wheeled vehicles across all phases of the exercise, such as preparation of vehicles, support for Australia's inspections, port operations and vehicle inspection and vehicle repair throughout the exercise. The team regularly liaises with HQ MES for additional engineering support needed during the exercise. They also perform recovery services for any equipment that may require technical support.



Military Police (MP)

The MPs enforce and uphold military discipline and regimentation within the training area. Security Troopers (ST) work tirelessly to ensure training area access is strictly controlled. Together, MPs and STs ensure a safe and orderly XWB19.



Manpower

The personnel admin team manages and coordinates with stakeholders and contractors to provide flight admin support, custom clearance, land transfer, compassionate travel and educational tour arrangements for participating units.



Safety

The safety team communicates all safety requirements and ensure that they are adhered to in XWB19. They also share and disseminate all hazards and near misses so that lessons can be shared in a timely fashion. They prepare checklists for inspections, and ensure that safety regulations and standards are observed at all times. Above and beyond, they will establish a safe working environment for both FSG and training troops.



We would like to wish those going for XWB a safe and fruitful exercise in the land down under!

Our Vocational Training: **ARMY MEDICAL SERVICES**

Written By: **PTE Jovan See**
Photography By: **LCP Gerald Ng**

Combat/Service Medics

As professional medics of the SAF, they are trained in the management and treatment of acute emergency, as well as administering of first aid. The Service and Combat Medic trainees of the SAF are trained to work in clinical and field settings through the Emergency Medical Technician (EMT) course, which lasts about 12 weeks. The course will train them in patient assessment and prioritization as well as selected protocols and treatments including spinal management, intravenous infusion and emergency resuscitation. They will then be able to work independently in the field settings, in addition to clinical settings, under the supervision of a Medical Officer or Senior Medic.

In the final phase of the EMT course, the Service Medic would continue their learning through on-the-job training in SAF Medical Centres. Through these attachments, they are given the opportunities to familiarise themselves with the various duties and role of a Medic. In contrast, the Combat Medic would have their combat phase training where they would be taught tactical field injuries management in combat scenarios. This would ensure that the Combat Medics are equipped with the necessary skills and knowledge to meet the SAF's operation field requirements.



Combat Medics go through three weeks of combat phase training at the end of EMT course.



Service Medics go through three weeks of on-the-job training at Medical Centres at the end of EMT course.



Medic Specialists supervising EMT trainees during training.



A Medical Officer Cadet undergoing medical training.

Medic Specialists

As a Medic Specialist, he would function as a junior leader in both field and clinical settings. They have to go through 12 weeks of Emergency Medical Technician Specialist (EMTS) training, which aims to nurture them into competent personnel who can provide basic treatment at the medical centre. They will be able to hone their leadership skills, guiding those under their charge. The training consists of three phases.

The first phase - paramedicine phase: the cadets learn about the management of a medical centre and procedures, as well as the theory and practical skills such as Basic Cardiac Life Support and the Patient Assessment Mode.

Next, the cadets undergo combat phase training, where they learn about Tactical Combat Casualty Care and setting up the Battalion Casualty Station (BCS). It emphasises on the medics' roles as specialists in the BCS along with their roles as company medics in an active unit.

Lastly, the cadets will be attached to an accident and emergency department which exposes the cadets to how patients are managed and triaged. This is a vital skill cadets can pick up and apply in situations, if needed.

Medical Officers (MO)

Our Army MOs, who are qualified civilian health-care professionals, attend the Medical Officer Cadet Course (MOCC) where they are trained in subjects such as Military Leadership, Signals, Navigation, Medical Support Planning, Medical Logistics, Peacetime Healthcare, Advanced Cardiac Life Support (ACLS), Advanced Trauma Life Support (ATLS), Wound Ballistics and Aero-medical Evacuation. The comprehensive training in MOCC enable MOs to lead medical personnel in our Battalion Casualty Stations (BCS) and medical centres, as well as staff officers to advice unit commanders on matters pertaining to the provision of medical support during training and operations, in order to ensure the health and well-being of our soldiers. As part of their training to become MOs, MOCC cadets will lead the trainees in the EMT course during their combined Summary Exercise (SUMMEX) to foster teamwork and integration between MOs and medics.



Have some burning questions about our Medics? Click on the play button to find out what our Medics do in their day-to-day lives!

KOPITALK WITH CHIEF ARMY MEDICAL OFFICER

Written By: **REC Douglas Toh**
Photography By: **LCP Gerald Ng**

COL (DR) Lo Hong Yee, Edward, took some time out of his busy schedule to sit down and have a chat with us about his experience as Chief ARmy Medical Officer (CARMO). He ensures that all medical personnel are capable of saving lives, growing together through challenges to achieve mission success. Read on to find out more about him, why he joined the SAF and how he envisions his formation to be like in the future!

Q: What is a typical day as CARMO like, and what are your main roles in the Army?

A: Let me share a bit about what I find interesting being CARMO. Whenever I have free slots in my calendar, I will go down to the different medical centres to sit down and see soldiers who have reported sick for a variety of reasons. By doing so, it gives me first-hand information on the problems they are facing, their woes, and helps me see if whatever is being talked about in the boardroom is actually being implemented on the ground. Besides working with the SAF, part of my job also involves going down to the different medical agencies to discuss training plans, for example, how we train medics, and the SCDF paramedics. I also get to teach and every quarter, I make it a point to head down and give lessons, whether on abdominal or pelvic trauma.

Q: What do you usually do during your free time? Do you have a favourite sport/past-time?

A: I like to run, running is my meditation. When I run, I think, and I like to run long distances. I try to run about 2-3 times a week to get a clear mind and some fresh air. I read widely too, though I didn't like reading as a kid. I realised that as I grow older, I find it more and more interesting to immerse myself in different worlds through books. I also enjoy swimming, and I'm very proud that I achieved Silver during the Singapore Armed Forces Sports Association (SAFSA) 50-meter butterfly age-category. It's one of my proudest achievements so far (laughs). I also play the French Horn in my school alumni band, and I enjoy it because it's something different.

Q: What led you to join the SAF, and decide to do medicine?

A: I decided to do medicine because I wanted to help people as much as possible. As a young teenager, what prompted me to join the SAF was that I didn't want my parents to worry about finances then, and of course, I was motivated to serve my country. When I first signed on, it was a lot about skills acquisition and learning what I had to learn. It was only after that, that my sense of mission became clearer and gradually my resolve as a medical officer and as a soldier in the SAF was strengthened.

Q: What is the leadership style that you believe in?

A: Leadership is about action, leadership is doing. You can talk all about leadership theories, but it's really about doing. Another thing I find is that a lot of leaders are actually reluctant leaders. But yet, when it comes down to it, they perform really well, and do their job. They do it because they see a sense of mission and purpose, so even though they may seem reluctant at times, they always do well. I'm always on the lookout for such leaders who are understated and unheard with the metal in them.

Q: Which area do you specialise in, medically?

A: I'm a general surgeon. A lot of people don't know what is general surgery but it's actually not orthopaedic, neuro or cardiac surgery. Typically, general surgery is basically anything from your stomach and waist down, and this includes your small intestine, liver, etc.

Q: Tell me a little bit about your family

A: I'm married to my Junior College classmate, and she's a doctor as well. We don't have children, so we spend most of our free time with our parents. They're fairly elderly, so we try to spend more time with them.

Q: What would you be doing if you didn't sign on?

A: I think I would like to be a teacher. We are all where we are because of our teachers. Be it parents, teachers, coaches, for me, patients who have taught me, not by teaching me in a class, but just by making an impact and inspiring me in one way or another. There have been many teachers in my life that I've been inspired by, so since they have been my role models I would like to be one too.

On 10 October 2019, COL (Dr) Lo will be handing over his command as CARMO, and will subsequently take up the appointment as Chief Medical Corps (CMC). All of us at Army News wish you all the best in your next appointment!



Secrets of Our Camp: Nee Soon Camp

Written and Photography By: CPL Teo Hao Yu

Welcome to Nee Soon Camp, home to many units and formations of Our Army. Formerly known as "Transit Camp" due to the British Army's use of the camp as a 'stopover' to house troops that were on their way to nearby colonies, it is also the reason why the road leading to Nee Soon Camp is called *Transit Road*.

We managed to get in touch with someone who was able to tell us more about the history and "secrets" of Nee Soon Camp. Curious? Sit back and relax as we bring you through a journey of exploration!

Drinks? Yes please!

Meet Uncle Benson Leow, 78, an owner of a drinks stall operating at the SAF Medical Training Institute canteen. Signing on with the Army in 1961 as an Infantry rifleman, Uncle Benson rose up the ranks, eventually attaining the rank of WO1 (now 1st Warrant Officer) before retiring in 1988.

Opening his first stall in 1990 in the School of Basic Military Training (current Nee Soon Camp), he sold drinks as well as various soldiering paraphernalia to the soldiers in camp. He then took a short break before returning to the SAF Medical Training Institute in 2001, to the current stall he is helming. Bearing witness to the transformation of the camp since the 90s, Uncle Benson commented that while many renovations have occurred, little has changed to the various British colonial buildings in the camp.



Meet Uncle Benson Leow



Former Officer Mess of
the British Army

As we arrived at the "White House", as it is colloquially called, we could not help but agree with Uncle Benson. The white building made its stately presence known, standing proud and tall at the peak of the hill.

According to Uncle Benson, it was the former Officer Mess of the British Army while they were stationed in Singapore. Looking at the "White House" as it shone under the afternoon sun, we were briefly transported back in time - back to when British officers unwinded in their Mess.



Former Bunks of Basic
Military Training School 2

Do you remember these buildings? The headquarters and bunks of the Army Deployment Force currently occupies the former bunks of the Basic Military Training School 2, while it was still based in Nee Soon Camp.



Nee Soon Range

Going down the hill that the "White House" is located at, we came across the shooting ranges. According to Uncle Benson, the ranges were also left over from the colonial times, back when British troops were still located in Transit Camp. These ranges are still operational today!



The "White House"



Artistic Talents in Our Army



Written By:
CPL Gershwin Lim

Photography By:
**CPL Teo Hao Yu,
OCT Sean Pang**



An artpiece named "Bittersweet" drawn to commemorate his BMT journey.



"Land Warriors From Air And Sea" A token of appreciation for Exercise Trident 2018, this piece also paid tribute to the long-standing friendship and partnership between the SAF and the Australian Defence Force. This artwork, titled "Land Warriors from Air and Sea" was adapted from photographs taken from Exercise Trident 2016.

Posted to 1st Battalion, Singapore Guards (1 Gds) as an Admin Support Assistant (ASA), Sean utilised his artistic talents by taking photographs, creating videos and posters. His superiors noticed his talent and commissioned him to draw an art piece as a gift for the commanders overseas. Sean continued to create two more art pieces for the bilateral exercises his unit was involved in.

Throughout his time in 1 Gds, Sean did not let his PES status affect his morale during service. He stayed positive and optimistic, always searching for outlets to provide his expertise to benefit those around him. In his words, "I can only say that we must not count the time but to make the time count. Often, we focus on the time left until we ORD - seeing NS as simply an obligation to fulfill rather than a duty to our country. But I think the most important thing is to grow from our NS and make the time spent here worthwhile."



"Rifleman's creed" a token of Appreciation for Exercise Valiant Mark 2019. This artwork is based off a photograph taken during Exercise Valiant Mark 2017, showing our own Guardsman and Marines from the USMC fighting alongside each other. The title of the work is inspired by the Marine Corps' "Rifleman's Creed".

Which artwork are you proudest of and what was the inspiration behind it?

One of the artworks that I am proudest of is a piece I did for Exercise Valiant Mark 2019. The medium used, pen and camo paint (as opposed to oil or acrylic), is inseparable from the modern infanteer and rifleman. The choice of medium is deliberate and symbolic, celebrating the generations of riflemen before us. Using camo paint was challenging but it worked out.

Anyone who has played a role in supporting you throughout your journey?

My Commanding Officer and my S2 have played the greatest supporting roles for my art journey in the Army. They encouraged and empowered me to display my strengths. They saw the value of my art even in an Army context. Without their support, I would never have been able to make it this far.

Anything you would like to say to the fellow soldiers who are now serving NS like you?

For my fellow soldiers serving NS, I can only say that we must not count the time but to make the time count. We often see NS as an obligation to fulfill rather than a duty to our country. But I think the most important thing is to grow from our NS experience and make the time spent here worthwhile.

How did your interest for art start?

My interest in art started from a very young age, when I started taking art classes from Nanyang Academy of Fine Arts (NAFA). As my love for art grew, I enrolled in the MOE Art Elective Programme (AEP) — which allowed me to take Higher Art for my 'O' Levels. I then applied for the AEP Programme in Nanyang Junior College, so that I could continue taking art as an academic subject.

Artistic Talents in Our Army

Written By: **CPL Gershwin Lim**

Photography By: **CPL Joel Tan**

Do you recognise these stickers from this year's National Day celebrations? These are just some of the many stickers designed by none other than LCP Ansun Seow, an Admin Support Assistant from HQ Armour.

His superior, MAJ Daniel Tai, knew he had a flair and passion for designing and suggested he could do something special for National Day Parade 2019 by designing some mascots representing each committee involved in NDP for the public to utilise. What started out as a few drawings of small chubby lions turned into stickers and GIFs of all sorts.

Currently available on social media platforms such as Instagram, Telegram and Whatsapp, the 30 stickers and GIFs that Anson have created for the public has been well received.

What were the challenges that you faced during the design process?

It took around four to five months. There was initially some confusion as to how many lions I had to draw. Aside from that, I also needed to be careful with the elements which I'm using to portray the different committees to avoid anything that might come across as negative or offensive.

Anyone who has played an important role in supporting you throughout this design journey?

Yes! My officers and peers gave me their constant support and encouragement. I'd also like to thank my grandmother for always being there for me, taking care of me and telling me how much she likes my art.

Have you ever thought that you will be able to contribute to NS in such a way?

Most definitely not. I didn't even expect myself to be involved in NDP! I am very thankful for the opportunity that has been given to me to create these mascot designs for this year's NDP celebrations!

Do you have any background in art or design?

Yup I do! I've always had a passion for art since young so I chose to take Art for 'O' Levels back in Secondary School and continued to study and graduate with a diploma in Digital Game Art & Design in Nanyang Polytechnic, where I created some artwork and game assets!

Will you be continuing your design journey after you ORD?

The burning passion for art will never stop. I'll be applying for artists jobs at game companies, otherwise I'll still be opening commissions online and doing freelance!



LCP Ansun with his superior MAJ Daniel



Book Out Makan

Written By: **PTE Jovan See**
Photography By: **CPL Teo Hao Yu**
Graphic By: **REC Douglas Toh**

In this edition of book out makan, we will be featuring treats from around Nee Soon Camp! Fret not when you do not know what to eat as we will be showing you only the best to sate your appetite with!

One Man Coffee

Price: From \$3.00
Address: 215R Upper Thomson Road,
Singapore 574349
Opening Hours: 9am – 5pm,
closed on Tuesdays

We are featuring a café! If you're looking for a place to chill and relax, this is definitely the place to go. The atmosphere holds tranquillity that can't be described with just words. Not only that, they also serve wonderful dishes. We tried their French toast which came along with caramelised banana, strawberries, blueberries, candied walnuts and salted caramel. We also added a scoop of their vanilla ice cream to complete the sweet treat! The dish was delightful, and it made me wanting to go back for more! It's definitely a place that I would return to for a good cup of coffee along with brunch, so head on down and try some for yourself!

928 Ngee Fou Ampang Yong Tau Foo

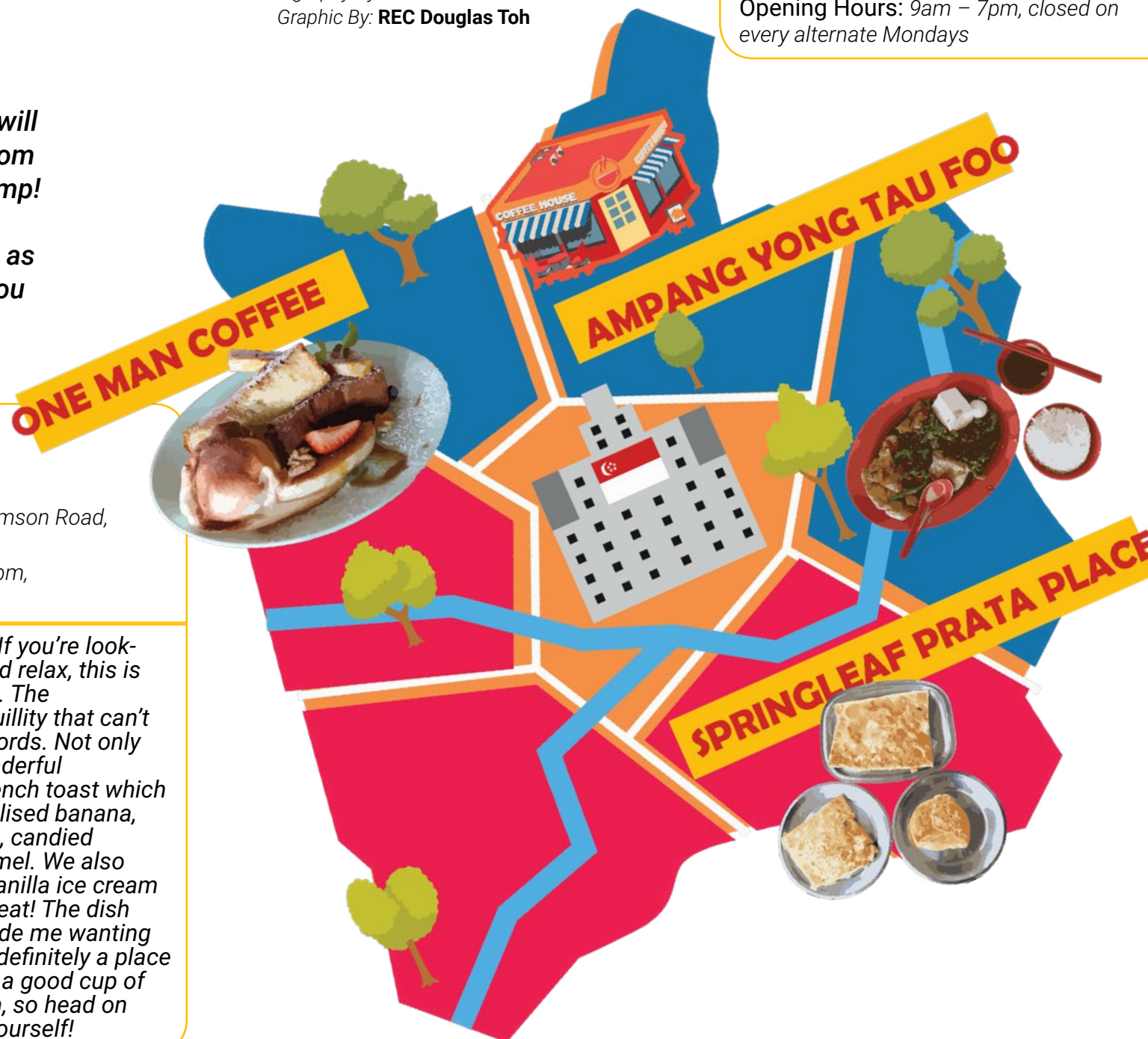
Price: From \$4.50
Address: 928 Upper Thomson Rd,
Singapore 787111
Opening Hours: 9am – 7pm, closed on
every alternate Mondays

Presenting a dish that many of us are familiar with – yong tau foo. However, this yong tau foo dish is slightly different to the ones you can find in food courts. The different ingredients are served coated with the stall's very own gravy, after they are made fresh and cooked. Their secret gravy, the recipe of which dates back to more than 40 years ago, is definitely the star of the show, which helps distinguish the dish from the more common yong tau foos. The stall offers generous portions at affordable prices so come on down and try it for yourself. I'm sure it will not disappoint!

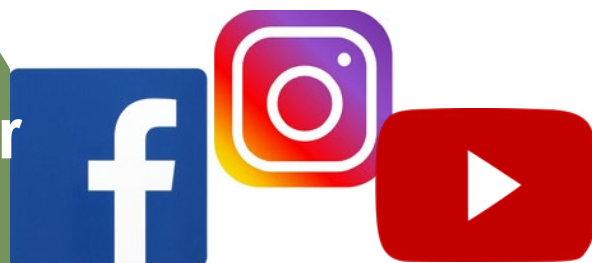
Springleaf Prata Place

Price: From \$1.20
Address: 1 Thong Soon Ave,
Singapore 787431
Opening Hours: 8am – 12am daily

Turning our attention a fusion restaurant that carries a twist to the food that we all love – prata! Springleaf Prata Place is well known for introducing unique pratas that are slightly different from what we would normally expect. This time, we tried the more unique pratas, the prata alfredo, bomb prata, and banana egg prata. Though unique, the pratas were all surprisingly palatable, with just the right balance of sweet and savoury. The prata alfredo, however, deserves a special mention. It has rosemary smoked chicken, fresh button mushroom, mozzarella cheese and creamy alfredo sauce, all stuffed into the prata. It brings new excitement to the usual traditional pratas that we eat and is certainly delightful! That was just one of the many pratas that Springleaf Prata Place has, so head on down to try the rest for yourself!



#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!

