

ARMY NEWS

PULSE OF OUR ARMY



Island Wide Counter Terrorism Exercise

Wet and Sandy Down Under

Exercise Trident

Going beyond Self

Rescue

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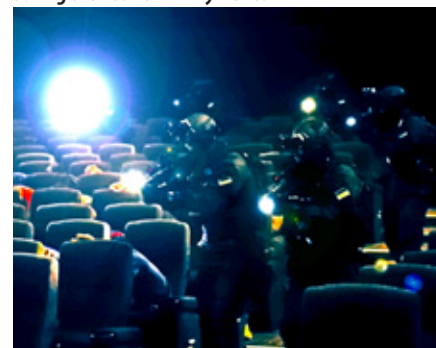
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Army News would like to thank CPL Lim Han Cong and CPL Amos Poh for their service and contributions during their stint in Army News.



SOTF Troopers reacting to a terrorist threat in the cinema

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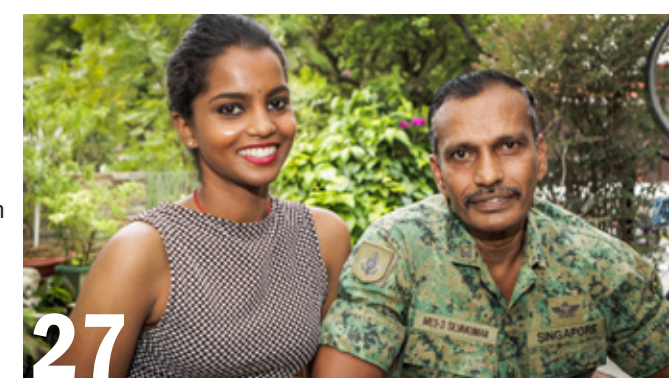
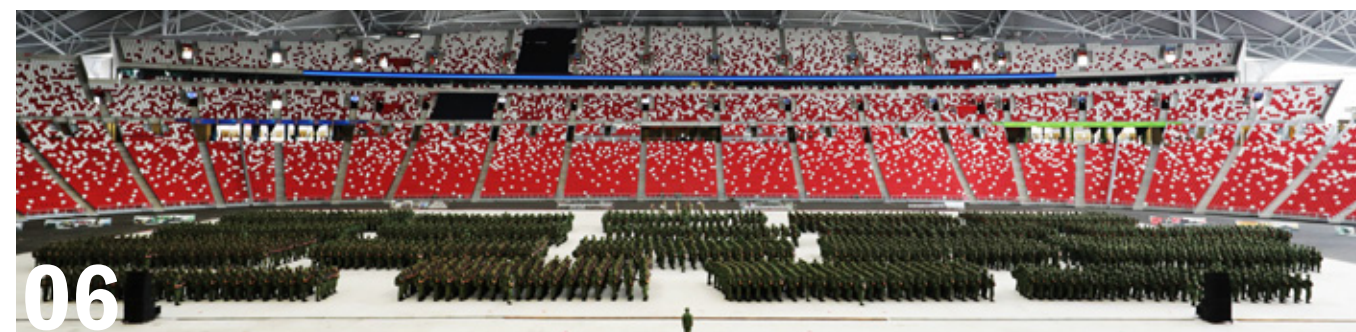
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Editor Speaks

So we have come to the end of yet another busy year for Our Army. Working with other agencies in an Island Wide Counter terrorism Exercise, training with our Defence partners, training overseas, all just a day's work for Our soldiers. Staying vigilant and ready in peace is an all important part of what Our Army does.

Read all about these activities in our features for this issue.

We also add to our arsenal with the commissioning of the Safari Weapon Locating Radar. Having the capability to track hostile attacks and provide sensor to shooter information gives an edge to any armed force. Read all about it on page 5 and page 28.

We go behind the scenes with one of Our NS units 755 SIR during their Army Standby Force Duty, and are warmly reminded that ALL Our Soldiers are always Ready and Vigilant. SOLDIER STRONG: Strong Mind.

We bring you the story of ME3 Silvakumar who made a difference to a stranger in distress because of his CPR training. The need to train, and to constantly upgrade oneself demonstrates the resilience of Our Soldiers and reiterates the spirit of SOLDIER STRONG: Strong Heart.

Last but not least, all of us here at ARMY NEWS wish you a Merry Christmas and a wonderful holiday.

ARMY READY, SOLDIER STRONG!

Longstanding Relations with the TNI-AD

||Written CPL Joel Ng |Photography REC Tan Jit Jenn



General Mulyono, Chief of Staff of the Indonesian Army (TNI-AD), was in Singapore from 1 to 4 September for his introductory visit. As part of his visit, he visited HQ Armour in Sungei Gedong Camp and was introduced to our Army's armoured platforms. The TNI-AD delegation also participated in the annual SAF-TNI Army Interaction Games – a rifle and pistol shooting competition – which was hosted by our Chief of Army, MG Melvyn Ong. Our Army and TNI-AD interacts regularly and both forces share long-standing and excellent defence relations. ■

Employers Visit to HQ SCE

||Written PTE Bryan Tan |Photography REC Tan Jit Jenn



On 22 September, various employers were invited to Seletar Camp to visit their staff, our NSmen from the Singapore Combat Engineers to understand what they do during their In-Camp Training (ICT). Other than touring the facilities of the camp, the employers also witnessed our NSmen constructing the Mobility 3rd Generation (M3G) Military Raft. The employers even had the chance to ride on the M3G on the waters of Punggol Seletar Reservoir.

At the end of the visit, Director National Service Affairs, COL (NS) Simon Lim gave his closing address and thanked all the employers for visiting, "Your presence today means a lot to the NSmen. By being here today, it is already a testament that employers are supportive of NSmen coming back for ICT. After this visit, we hope that you could continue to show support for NS by implementing pro-NS HR policies and create a pro-NS friendly culture in the company," he shared. ■

Chief Army Intelligence Officer Change of Command

||Written CPL Koh Shi Jie |Photography LCP Darren Soo



Soldiers from the Army Intelligence formation – the Owl Family – gathered at Leader's Square on 2 Sep to witness COL Arthur Kuan handing over command as Chief Army Intelligence Officer to COL Paul Cheak. Our Chief of Army, MG Melvyn Ong and other senior commanders were present to witness the parade.

We thank COL Arthur Kuan for his invaluable guidance in growing the formation from strength to strength as its first Chief Army Intelligence Officer and congratulate COL Paul Cheak on his new appointment.

Once Int, Always Int! ■

“I will be handing over this formation and I'm confident it will continue to grow. When I look across the ranks and files, I can see soldiers who are determined; I can see faces that are eager to learn; I can see a competent Officer-WOSpec team that has delivered time and again”

- COL Kuan



Commissioning Of the Safari Weapon Locating Radar

||Written PTE Ryan Tan |Photography Lee Xiang Rong



The Safari Weapon Locating Radar (WLR) was commissioned on the evening of 28 September by our Chief of Army, MG Melvyn Ong, at Khatib Camp. Highly mobile and responsive, the Safari WLR enhances our Army's force protection against indirect fires. Its commissioning was held in conjunction with the turn-ops parade of the Safari WLR Detachment from 24 SA, marking a milestone in the Singapore Artillery's 3rd Generation Transformation. The Parade Commander was CPT Tan Xavier, Centaur Battery 2IC, who commanded the contingent made up of Gunners from Centaur Battery, 24 SA.

In his speech at the Safari WLR commissioning, our Chief of Army, MG Melvyn Ong, highlighted that the new technology of the Safari WLR will “strengthen our networked sense and strike capabilities” and ensure that our troops “will be better protected, more efficient and deadlier in the battlefield”

“Artillery Ready, Gunner Strong”. ■



Officers from the 102/15 OCC

||Written CPL Koh Shi Jie |Photography LCP Darren Soo

Peak caps were tossed in jubilation as 335 cadets were commissioned as Officers of the Singapore Armed Force at the Commissioning Parade on 17 September. This marked the end of 38 weeks of gruelling training for the cadets and the beginning of a new chapter for them as Officers.

The Reviewing Officer for the Parade was Minister for Social and Family Development, Mr Tan Chuan-Jin. In his speech, he shared with the graduates his perspectives on leadership and urged them to lead well by earning the trust and respect of their soldiers as reflected in the Officer's Creed.

"You are embarking on a profound and difficult journey. But you will be on the most exhilarating journey of self-discovery and personal growth. You will find intense friendship and comradeship. You will experience moments that will form memories that will last a lifetime. And above all, it is a deep profound honour to serve in order to lead," shared Mr Tan as he urged the Officers to make the best of their journey.

Congratulations to all newly commissioned Officers! ■



Basic Military Training Graduation

||Written REC Ashley Seek |Photography Aloysius Lum

On 7 September, 3914 recruits completed a 24km route march from Changi Ferry Terminal to the Singapore Sports Hub, and culminated in a graduation parade.

While the recruits were exhausted from a long night of marching, the graduation ceremony was carried out with grace and skill. Soldiers marched onto the parade in perfect formation and faced the audience of family, friends and loved ones.

The reviewing officer for the parade, Mr Amrin Amin, Parliamentary Secretary, Minister of Home Affairs was there to address the recruits, "Be proud of what you have achieved and always strive to push yourself further to become better people and better soldiers.

Basic Military Training is an experience for every recruit. The bonds forged through the weeks of gruelling activity; the sense of achievement when every soldier does the BMT Roar and throws his jockey cap into the air with his comrades. All of these are a testament to every recruit's journey.

Congratulations to all the soldiers from Basic Military Training Centre and 3rd Battalion, Singapore Guards and we wish you the very best in your next phase of National Service! ■

Basic Military Training (Vocational) Graduation

||Written REC Timothy See |Photography REC Teo Zhi Guang



On the evening of 8 September, the recruits from the 25th Basic Military Training (Vocational) cohort had their graduation parade at Sembawang Camp. The parade marked the end of their 9 week Basic Military Training, 4 of which were spent in Pulau Tekong, where they were taught their basic soldiering skills. The other 5 weeks were spent on their vocational training at Sembawang Camp, where each of them were given different specialised training based on their assigned vocations, individual skills and strengths.

The Parade Commander was REC Shannon Lee and the Parade Sergeant Major was REC Nor Hendra Bin Abdul Rahman. The Reviewing Officer, Commander, Combat Service Command, BG Lam Sheau Kai, was there to inspect the parade and address the graduating recruits. The ceremony ended with the traditional BMT Roar and tossing of berets, signalling the end of a phase and their transition as trained soldiers. ■

Commander SAFVC Completion Of Command

||Written PTE Bryan Tan |Photography CPL Amos Poh and REC Tan Jit Jenn



"Having been your commander for the past year and a half, I find myself growing in commitment and enthusiasm. You have made me want to be a better soldier and leader. I constantly draw inspiration whenever I visit your reflections and your photographs. Your dedication and commitment to serving remains surprising to me even till today."

- COL Mike Tan Cheow Kai

On 20 September, soldiers from the SAF Volunteer Corps (SAFVC) witnessed a Completion of Command ceremony at Maju Camp and bade farewell to SAFVC's first Commander, COL Mike Tan Cheow Kai. Our Chief of Army, MG Melvyn Ong was there to witness the ceremony.

We thank COL Mike Tan for his contribution to the SAFVC and wish him all the best in his retirement! ■





Exercise SAFKAR INDOPURA

||Written CPT Ranon Li | CONTRIBUTED 5 SIR

Exercise SAFKAR INDOPURA was successfully conducted from 14 to 26 September 2016 in Bandung, Indonesia. The annual bilateral exercise between the Singapore Army and Indonesian Army (TNI-AD) is the 28th in the series and it underscores the close and long-standing defence relations between both countries.

This year, about 130 Soldiers from Headquarters 3rd Singapore Infantry Brigade and 5th Battalion, Singapore Infantry Regiment, together with about 160 personnel from the TNI-AD's 15th Infantry Brigade and 310th Infantry Battalion were involved in the 13-day exercise. Through the professional exchanges on the conduct of urban operations and live firing training, soldiers from both armies worked together to enhance their interoperability. The end result was the successful conduct of a battalion

field exercise that incorporated the combined planning and execution of an assault on an urban objective.

Commander, 3rd Singapore Division, Brigadier-General (BG) Alfred Fox and Chief of Staff of Military Area Command III, Indonesian Army (TNI-AD), Brigadier General Wuryanto co-officiated the closing ceremony of the exercise. In his speech, BG Fox highlighted how the exercise had enhanced professionalism, strengthened friendships and fostered mutual understanding between both armies. "I believe that the interactions during the past week have forged a strong spirit of camaraderie, trust and friendship amongst the soldiers of the Indonesian and Singapore armies, and these treasured memories would be remembered for years to come," he added. ■

Exercise SEMANGAT BERSATU

||Written Mel Ferdinands | CONTRIBUTED 1 SIR

This year's Exercise SEMANGAT BERSATU took place from 3 to 14 November at Kluang, Johor in West Malaysia. 122 soldiers from 1st Singapore Infantry Regiment and 870 soldiers from 5th Royal Malay Regiment participated.

The annual exercise, codenamed SEMANGAT BERSATU, saw professional exchanges between soldiers from the Malaysian Army and Singapore Army, and a combined field exercise.

The exercise reinforces the good defence relations we have with the MAF and allows soldiers from both armies to train alongside each other.

The closing ceremony of the exercise was co-officiated by Chief of Staff (General Staff), BG Desmond Tan and Deputy Chief of Army of the Malaysian Armed Forces, LG Dato Seri Panglima Hj Ahmad Hasbullah bin Hj Mohd Nawawi on 12 November. ■



SAF and TNI commencing a combined assault on the objective



TNI soldier receiving guidance from our soldiers on using the SAR21

LG Dato Ser Panglima Hj Ahmad Hasbullah bin Hj Mohd Nawawi presenting a memento to BG Desmond Tan during the Closing Ceremony



Working hand in hand with our Malaysian Army counterparts





Soldiers preparing for their weapon training



Senior Minister of State for Defence, Dr Maliki Osman, interacting with the troops

READY & VIGILANT

755 SIR on Army Standby Force Duty

||Written PTE Ryan Tan |Photography REC Benjamin Lim

Our Army stands ready and vigilant to protect our homeland against any hostile threats. In order for the Army to be a prepared force at any time, operationally ready soldiers are return regularly for their In Camp Training (ICT). During this time, they familiarise themselves with the military weapons and maintain their fitness levels.

Our NSmen from 755 SIR (Singapore Infantry Regiment) were on Army Standby Force duties when they were activated during an exercise in Jurong Camp II on 21 September. Demonstrating a high level of operational readiness, our Soldiers were able to rapidly deploy and respond to a simulated threat in Singapore. Upon the sounding of the activation alarm, soldiers from 755 SIR reported to the training sheds for Force Preparation of the weapons, ranging from the Section Automatic Weapon

(SAW) to the General Purpose Machine Gun (GPMG). Afterwards, they laid out all their equipment for final inspection and drew their ammunition rounds, preparing to move off to the designated location to carry out their exercise.

Senior Minister of State for Defence, Dr Maliki Osman, who was observing the exercise, emphasised the importance of our NSmen's role in today's complex security landscape. He highlighted, "I am confident that the SAF is ready and prepared to act swiftly to neutralise any threat to Singapore. National Service is the cornerstone of a strong SAF, and our NSmen are always ready to work closely alongside their active counterparts to ensure a high level of operational readiness. ■



Soldiers being briefed after they were activated



Island Wide Joint Counter Terrorism Exercise

||Written Mel Ferdinands |Photography CPL Lim Han Cong, CPL Andrew Teo and LCP Darren Soo

On 17 and 18 October, Singapore's largest anti-terror exercise took place. More than 3200 personnel from the Singapore Armed Forces and the Home Team, as well as over 50 volunteers from the People's Association Community Emergency Response Team participated in this exercise.

The exercise was conducted in two phases – the first phase simulated a situation of heightened threat, whilst the second phase involved a response to multiple terror situations that took place at different locations.

The SAF and The Home team deployed their personnel to more than 360 locations for land and border security patrols. Heightened security measures were also implemented at public transport nodes, commercial areas, residential heartlands and the Tuas and Woodlands Immigration Checkpoints.

During Phase 1, our Soldiers from 4th Singapore Infantry Regiment, 5th Singapore Infantry Regiment, 41 Singapore Armoured Regiment were activated for a multi-agency counter-terrorism exercise. These personnel comprised both full-time National Servicemen (NSFs) and Regulars. Before they were deployed to conduct joint deterrence patrols across Singapore, the soldiers conducted force preparation and Just-In-Time training at their respective camps. Thereafter, they were deployed to patrol

places which may potentially be terror targets. These places included MRT stations and tourist attractions such as the Merlion Park and Esplanade. In the Marina Bay financial district, Singapore Police Force officers and our soldiers conducted a joint deterrence patrol. These deterrence patrols would be conducted whenever there is an imminent terror threat to Singapore.

Our Peacekeeper Protected Response Vehicle (PRV) was also deployed alongside a Police Fast Response Car (FRC) outside the Marina Bay Financial Centre to enhance deterrence and provide greater protection during a state of heightened security.

In Phase 2 of the exercise, the SAF and Home Team agencies responded to a mock terrorist attack at Century Square, Tampines Mall and Junction 8.

Our Special Operations Task Force (SOTF) was deployed to neutralise armed terrorists who had taken hostages in a cinema. Soldiers from our Chemical, Biological, Radiological and Explosives (CBRE) Defence Group were also activated to neutralise the IED threats found.

Throughout the exercise, our Island Defence Task Force and the Home Team worked closely to ensure the security and safety of Singapore. ■



Counter-Terrorism Exercise

The Home Team and the SAF conducted an island-wide joint exercise to validate their operational response in the event of a large-scale terror attack or when there is a heightened security threat to Singapore. Here's a rundown of the action.

PHASE 1



Day 1.1

Information-sharing among neighbouring countries mapped out numerous bomb attacks in the region outside of Singapore. The threat level is raised and additional Home Team and SAF personnel are jointly deployed for land security patrols and border security.



Day 1.2

[4.00pm]

Joint Security Patrols by the SPF's GPF and Public Transport Security Command and SAF units under the command of the Island Defence Task Force began at various locations such as the Marina Bay Financial Centre and the Jurong East MRT station. Security at checkpoints was also heightened.



PHASE 2



Day 1.3 [10.00am]

Armed terrorists infiltrated Singapore via boat along the northern shore and attacked Marina Country Club, firing indiscriminately at civilians.



Day 2.1 [12.30am]

Armed terrorists attacked Junction 8 at Bishan and Century Square at Tampines and started firing indiscriminately at civilians. The SPF's ERTs arrived shortly to contain the attackers at both locations.

At Century Square, SPF's ERT and GPF closed in on the gunman and the AST took them out.



Day 2.2

At Junction 8, SAF's ADF established a cordon to contain the active shooters inside the mall, while the SOTF proceeded to eliminate the gunman.



Day 2.3

Terrorists attempted to slip a Vehicle-Borne Improvised Explosive Device in via Tuas Checkpoint. The SAF's CBRE team was called in to neutralise the threat.



Day 2.4

Armed terrorists hit Tampines Mall and were engaged by ERTs shortly. ERTs apprehended one of the gunman while the AST moved in to take out the rest of the terrorists, including a suicide bomber. The CBRE team then moved in to defuse the bomb.



Day 2.5

In an act of desperation, the terrorists held hostages in the cinema. The SOTF rapidly stormed the location and neutralised the threats decisively.



Day 2.6

SCDF officers attend to the injured. CERT officers help to render first aid at the first aid point.



Day 2.7

A terrorist attempting to escape the country via Woodlands Checkpoint was discovered and apprehended by ICA officers.

LEGEND

Singapore Police Force (SPF) | Singapore Armed Forces (SAF) | Singapore Civil Defence Force (SCDF) | Immigration & Checkpoints Authority of Singapore (ICA) | Ground Response Force (GRF) | Emergency Response Team (ERT) | Anti-Swarming Team (AST) | Army Deployment Force (ADF) | Special Operations Task Force (SOTF) | Chemical, Biological, Radiological and Explosives (CBRE) | Protected Response Vehicle (PRV) | Company Emergency Response Team (CERT)

EXERCISE DARING WARRIOR

Written Valerie Jee | Photography Lee Xiang Rong

This is the sixth year that the Singapore Armed Forces (SAF) is conducting XDW in the United States (US). About 340 personnel from the SAF participated in the exercise, which involved assets such as the High Mobility Artillery Rocket System (HIMARS) and the Artillery Hunting Radar (ARTHUR) from the Singapore Army, as well as the Apache AH-64D attack helicopters from the Republic of Singapore Air Force's Peace Vanguard detachment.

INTEGRATION OF LIVE, VIRTUAL AND CONSTRUCTIVE ELEMENTS

To enhance training realism during the exercise, the Army Wargame Simulation System (AWSS) was also deployed together with the new Virtual Battle Space 3 (VBS 3). The arrangement allowed the Division Strike Centre (DSC) to be exercised in not only its Command and Control (C2) of live elements, but also virtual ones created in an expanded constructive scenario, thereby increasing the complexity of the exercise and the additional C2 loading on the DSC. The AWSS also provided tools which enabled more detailed After Action Review.

When interviewed, LTA Melvin Loo, Simulation IC in Exercise Control mentioned, "This year, we executed a Live-Virtual-Constructive (LVC) exercise, integrating the AWSS, VBS 3 and live firing to provide realistic training for the DSC. The LVC training enables us to play out complex scenarios such as collateral damage and moving targets, which are unavailable during in a peace-time live firing."



The air-land integrated exercise provides the DSC the opportunity to hone its ability to coordinate a suite of Sensors (i.e. SStrike Observer Mission (STORM) Teams, as well as Unmanned Aerial Vehicles (UAV)) and Shooters (i.e. HIMARS for a land attack and the Apache AH-64D attack helicopters for an air strike), in the execution of a "Sense-and-Strike" Mission. The fire missions were exercised with precision and carried out swiftly in a matter of minutes.

ORCHESTRATED SENSE-AND-STRIKE MISSIONS

MILITARY COOPERATION WITH THE UNITED STATES ARMED FORCES (USAF)

Held since 2010, Daring Warrior is an opportunity for strong military-to-military cooperation between the SAF and US Army and allows participants to enhance competence, share professional knowledge, and leverage on one another's experience. This year is the 50th anniversary of formal diplomatic relations between the US and Singapore. Daring Warrior continues to underscore the excellent and long-standing defence relationship between the two countries.

On 26 October 2016, soldiers from both armed forces participated in Learning Day – a day set aside for mutual interaction, knowledge transfer and experiential learning. Exercise participants also visited the US Army Field Artillery Museum. The museum houses over 70 guns and artillery pieces, and army artefacts, telling the story of the US Army Artillery since 1775. Through the exhibits on display, our servicemen were able to learn about the history and development of artillery in the US. During the exercise, the two armed forces also conducted bilateral air-land integrated live firing, which saw the involvement of the 75th Field Artillery Brigade's HIMARS Battery.



Daring Warrior presented an excellent opportunity for the SAF to exercise and validate its operational capabilities. More specifically, the vast space available in the training areas in Fort Sill, Oklahoma has allowed exercise participants to execute live firing and experience the "Shoot-and-Scoot" capability of our HIMARS.

Interviews with the ground troops also revealed a great deal of excitement in being able to train in the US where the land is vast, and terrain more challenging.



GROUND SENTIMENTS

MINISTER'S VISIT A MORALE BOOSTER

Then-Second Minister for Defence, Mr Ong Ye Kung, visited the servicemen involved in Daring Warrior on 29 October 2016. The visit was hosted by Exercise Director, COL Michael Ma. Mr Ong was briefed by Senior Lieutenant Colonel (SLTC) Koh Han Seah, Head of General Staff, Singapore Artillery Headquarters (HQ SA) on the conduct and intent of the exercise, as well as the latest developments of the SAF units involved, and later observed the capabilities of the HIMARS and Apache AH-64D attack helicopters as part of a live mission.

As part of his visit, Mr Ong also interacted with the Operationally-Ready National Servicemen (NSmen) from the DSC involved in the exercise. During his address he motivated the NSmen to continue to train hard, but to keep safety in mind at all times. CPT(NS) Ee Eng Yew Justin, NSman from DSC, mentioned that the interaction session with Mr Ong was a meaningful one. He appreciates that the minister took time off his busy schedule to visit exercise participants. To him, it showed that our leaders care and that every servicemen matters.

CLOSING NOTE

COL Ma stated that Daring Warrior is a great platform for learning and experience sharing. It enhances interoperability and mutual understanding between the two militaries, and helps to deepen bilateral ties. He emphasised, "Working with the US Army has been a good experience. It has allowed for professional military cooperation and exchange, and is a mutually beneficial collaboration, which we cherish. Apart from providing adequate land space for integrated live firing, training in Fort Still, together with the US Army, has enabled our servicemen to learn from the operational experiences of their US counterparts. In exchange, I believe the US participants have also gained a fresh perspective on how we operate similar systems."

Commanding General of the US Fires Center of Excellence and Fort Sill, Major-General Brian J. McKiernan, also highlighted the value of Daring Warrior. He said, "Daring Warrior is a great training exercise for both the SAF and the US Army to train together and create new bonds of friendship while establishing a common understanding of each other's operational capabilities. Fort Sill is proud to host this annual exercise and cultivate the great relationship we share with our Singapore counterparts." ■



***BY LAND, AIR AND
SEA OUR ARMY IS
ALWAYS READY***



WET AND SANDY DOWN UNDER

Exercise Trident

Written LTA Neo Choon Yeong | Photography Aloysius Lum

INTEGRATING AIR, LAND AND SEA ASSETS: BATTALION-LEVEL AMPHIBIOUS OPERATION

As the summer season approaches Australia, everyone in the country heads to the beach (like Surfers Paradise) for some sun tanning and outdoor activities by the sea. At the same time, the soldiers from the Singapore Armed Forces (SAF) and the Australian Defence Force (ADF) were preparing to head for the beach, only not for a holiday or for leisure.

From 28 October to 4 November, the soldiers from both armed forces conducted a joint military exercise at the Shoalwater Bay Training Area (SWBTA) in Queensland, Australia. The soldiers from SAF and ADF kick-started Exercise Trident, one of the components of the Exercise Wallaby series, by conducting a battalion-level amphibious operation at Freshwater Bay. The Guardsmen from the 1st Battalion, Singapore Guards and their ADF counterparts set off from the Republic of Singapore Navy's (RSN's) Landing Ship Tank RSS Resolution in a Fast Craft Equipment Personnel (FCEP) and headed towards the shore. The AH-64D Apache helicopters from the Republic of Singapore Air Force (RSAF) hovered above the ground troops, providing Close Air Support as they charged out of the FCEP to secure the beach front.



LTCOL Mike Webb (left) from HQ 1 DIV and LTC Wong Pui Chuan, Commanding Officer 1 GDS officiating the start of the exercise.



Soldiers from both armies working hand-in-hand to secure an urban objective



Four CH-47 landing simultaneously in a heliborne operation



Disembarking from CH-47 Chinook helicopters

BATTALION-LEVEL HELIBORNE OPERATION

The other key highlight of this year's Exercise Trident was the Battalion-sized Heliborne operation, followed by the capturing of inland objectives by our Guardsmen and their ADF counterparts.

Featuring the largest contingent of SAF troops since its inauguration in 2013, Exercise Trident alone involved more than 2,100 personnel from both armed forces while the larger Exercise Wallaby involved more than 4600 SAF personnel from across the three services.

The joint exercise provided an avenue for the personnel from the three services to better understand operating on different platforms and cultures that one would not normally have a chance to experience when training in Singapore. Chief Guards Officer, COL Mark Tan said, "Training here in Australia provides a good training opportunity for our soldiers. Because of the larger area we get to train in SWBTA, soldiers will get to march longer distances and carry heavier loads. This gives us a real better sense of the operational readiness of the soldiers. It pushes the boundary of our soldiers, in term of their physical fitness, mental resilience, and their commitment,

therefore it not only trains them to be just capable warfighters, but also strong soldiers and all in all, it provides an invaluable experience for our soldiers participating in this exercise."

Following the Singapore-Australia Comprehensive Strategic Partnership (CSP) concluded in June earlier this year, both armed forces have committed to develop Exercise Trident into a signature bilateral joint military exercise. This will provide many opportunities to enhance their professionalism and interoperability as well as strengthen people-to-people ties between the two militaries. Chief of Staff-Joint Staff Brigadier-General Chia Choon Hoong, who observed the exercise, emphasised the significance of the exercise. He shared, "Exercise Trident demonstrates how the 3rd Generation SAF fights as a networked and integrated force, together with our key partner, the ADF. It also provides us with great opportunities to exercise a wide spectrum of our operational concepts and capabilities." Exercise Trident this year continues to bear testament to the deepening military cooperation and extensive interactions between the SAF and ADF. ■



BG Chia Choon Hoong interacting with the Soldiers from 1 GDS

MP COMMAND 50TH ANNIVERSARY

||Written CPL Koh Shi Jie, PTE Ryan Tan, PTE Bryan Tan and REC Timothy See
|Photography Mr Aloysius Lum, LCP Darren Soo, REC Tan Jit Jenn and REC Benjamin Lim



Pride, Discipline, Honor. These are the three words the esteemed Singapore Armed Force Military Police Command have lived by for numerous years. 2016 marks the fiftieth year of their proud service, a full half century dedicated to enforcing law and order, upholding discipline to the expected standard of the SAF.

ORIGINS

The MP Command had humble beginnings. In the past, the Military Policemen was a single platoon, in the Singapore Volunteer Corps before the SAF existed. With the founding of the Singapore Armed Forces in 1966, the SAF Provost Company was established on the 1st of September in Beach Road Camp. The coy was officially under the Manpower Division, but under administrative command of HQ 1 Singapore Infantry Brigade (SIB) as the Brigade Commander was the Disciplinary Officer for the entire Singapore Army

Based at Beach Road, facilities were set up there - the School of Provost, where new personnel were trained; and the first detention cells were located. With National Service in effect a year later in 1967, the unit was relocated to Hill Street Camp. The SAF Dog Company and the Operations Company were also established there.

TOGETHER AS ONE

In 1971, the three companies merged to form the Singapore Armed Forces Provost Unit (SAFPU). SAFPU was relocated to Ulu Pandan Road, Mowbray camp, which would serve as their central camp for over 30 years.

The Security Company (SC) and the Special Investigations Branch (SIB) would be added to SAFPU in 1973. In 1974, the Reservist Provost Company was formed, the sixth sub-unit that would complete the organisational structure of SAFPU.

In 1984, a 93 man unit was drawn to form the Silent Precision Drill Squad (SPDS). The SPDS would make their debut the same year.

SAFPU's structure went unchanged until 2002, when they relocated to their current location in Kranji. True to their roots, the road leading up to the camp was named Mowbray Road, and the camp retained its previous name of Mowbray Camp. The old Mowbray camp was handed over to the Singapore Police force. In 2006, the SAF Provost Unit was officially rebranded as the SAF MP Command, the unit we are familiar with today.

BAND STAND

Another unit that falls under the MP Command is the SAF Band. With a history as rich as MP command itself, the SAF Band has

had its fair share of rewards and accolades. Playing for 58 years now, the band's history predates even that of the SAF. Formed in 1958 by Captain F.W. Roy, the SAF Band began as the Singapore Military Force (SMF) Staff Band, consisting of 30 players and 20 buglers and drummers. Out of the 50 bandsmen, only 5 had any prior musical experience.

From 1962 to 1963, the band was renamed the Singapore Infantry Regiment (SIR) band and had a full strength of 65 musicians. By 1966, the band was making public appearances at fairs, shows and community centers. The band also performed in public parks such as the Botanic Gardens and during the monthly changing of the guard ceremony at the Istana.

Over the following years, more bands within the SAF were formed by various units and then later either reformed or restructured. Alongside the SIR band, the Singapore Armed Forces (SAF) band was formed in 1969, before being renamed the Singapore Armoured Regiment (SAR) band 3 years later. In 1977, the Republic of Singapore Navy (RSN) band was formed from the 2nd Singapore Infantry Brigade (2 SIB) band, and in 1981 the SAR band was dissolved and reformed into the Republic of Singapore Air Force (RSAF) band which debuted a year later.



MUSIC TO OUR EARS

In 1994, the three bands were dissolved and combined into one band, the SAF Band. The previous success of all three bands further prompted restructuring of the SAF Band. Henceforth came the SAF Central Band and the SAF Ceremonial Band.

The Central Band is the premier band of the SAF. Staffed by a core group of professional musicians supplemented with the support of select NSFs, it serves as the 'face' of the SAF Band, performing in large scale functions, public events and parades such as the National Day Parade.

The Ceremonial band is made up exclusively of full time NSFs, providing music for various parades and events, including passing-out and commissioning parades.

The band continues to represent the SAF, proudly playing at events and parades in MP Command's name. ■

MP Command 50th Jubilee Family Carnival



All the vehicles that MP Command uses were displayed for all to see

2016 marks the SAF Military Police (MP) Command's 50th Anniversary and they organised a family carnival to celebrate their Golden Jubilee year. Through this carnival, SAF MP Command hoped to show the public their capabilities through various booths and activities, for example the Dog Capabilities Show where the dogs of the Military Working Dog Unit got into action. With their handlers' guidance, the dog performed various stunts. Many children were fascinated and delighted that they could take pictures with the stars of the show after it ended.

The carnival also gave these soldiers an opportunity to bond with their families. Besides learning about MP Command, the carnival had game booths and goodies for the families to enjoy. 2WO Yusof, a regular in MP Command brought his wife, Fely Montero and his daughter, Hidyah to the carnival. He shared, "It is hard for our family to come together because both my wife and I are working. As such, I am really thankful for this carnival because it has provided me an opportunity to spend time with them. It was great to introduce my colleagues to my wife and to allow my family to understand my working environment." It was a fun time for both soldiers and their families and a great way for MP Command to celebrate its 50th Anniversary. We wish them all the best and that they will continue to grow from strength to strength! ■



Yona, a Black Labrador performing in the Dog Capabilities Show with her handler, CPL Hoven

Team eMPower



Team eMPower is a team of MP command NSFs and NSMen. Formed with the goal of bonding the unit through sports and fitness, Team eMPower consists of a close circle of 169 individuals that share a common interest - sports. Every year, Team eMPower takes part in various sporting events organised around the island, ranging from the Yellow Ribbon Prison Run to the recently concluded OCBC Cycle. This year, they received the OCBC Longest Distance Award for a second straight year after clocking a total distance of 6216 KM. Although participation is on a voluntary basis, a considerable number of regulars, NSFs and NSMen still gather during each event to experience the thrill of sports as a team. ■

MP Command Golden Jubilee Parade



To formally celebrate the occasion, a golden jubilee parade was held. On Friday 7 October, members, past and present, of the SAF Military Police (MP) Command gathered at Mowbray Camp to celebrate the 50th anniversary. The parade was reviewed by Chief of Defence Force (CDF) LG Perry Lim, and showcased the capabilities of MP Command. As part of the celebrations, LG Perry Lim also officiated the opening of the SAF MP Command Heritage Centre, which depicts the rich history of the formation. ■





SELETAR CAMP

||Written PTE Bryan Tan |Photography REC Tan Jit Jenn and REC Teo Zhi Guang

From a British airbase, to the home of Combat Engineers and a civilian airport, Seletar Camp has seen many changes in its time and is still evolving today. Let us take a look at the history behind the camp, how it has changed, and how it continues to change.

HISTORY OF SELETAR CAMP

Before Seletar Camp even became a camp, the area where the camp was built was native to the Kon Seletar - Singapore's original inhabitants before the British came to colonise Singapore, and this is how Seletar Airbase got its name. The Seletar Airbase was the largest British Royal Air Force (RAF) base in the Far East. It became operational in 1928 and became an important landing site for the British as Singapore was located along the England-Australia Air route. It was such an important airport, even celebrities such as Charlie Chaplin stopped by Seletar Airbase!

However, during World War II, the RAF in Southeast Asia was in desperate straits, lacking aircraft and men because the defence of Britain and the Middle East took priority. As a result, Seletar Airbase was taken over by the Japanese and was named Seretar Hikojo.

After the British withdrawal from Singapore in 1969, the eastern part of the camp was taken over by the Singapore Armed Forces (SAF) and the western part of the camp developed into the Seletar Airport we know today. Seletar East Camp was the home to many different units - some of them like 35th Battalion, Singapore Combat Engineers (35 SCE) are still located there while some units such as the School of Army Catering Centre no longer exist.

WITHSTANDING THE TEST OF TIME

Despite all the changes that have happened in Seletar Camp, some of the old buildings that were constructed by the RAF still remain. Block 179 was the Station Headquarters and one of the earliest permanent buildings at Seletar Airbase; replacing a stilted hut that was located by the water's edge. When the SAF took over the building from the British, it functioned as the Camp Commandant's Office.

Apart from military buildings, residential buildings were also preserved. The 32 conservation bungalows clustered around The Oval were built to house RAF personnel and their families. 23 of these bungalows in timber and brick are of the 'Black and White' style while the other 9 double storey bungalows in reinforced concrete construction are of the Early Modern style built after WW2. Perhaps in order to reduce homesickness, the roads (Piccadilly, Park Lane, Baker Street) were all named after key streets of London, the capital of the British Empire. ■

LIFE IN SELETAR CAMP



1WO MAWAR BIN HASSAN



Then-3SG Mawar Bin Hassan teaching his trainees to cook

While 35 SCE still remains, the School of Army Catering (SAC) has long been demolished and only remains as a part of the history of the camp. 1WO Mawar Bin Hassan used to be a cook in this school - a vocation that no other soldier currently in the SAF could ever have. So what did they do in this school? Back then, 1WO Mawar would conduct an area cleaning after breakfast and then fall in at the Parade Square. They would then march to either the lecture hall for lessons such as hygiene and kitchen safety or the training kitchen where they would cook their lunch or dinner. "There was once when my buddy overcooked his vegetables and as such, all of us had to eat "chow tar" veggies for lunch... Whatever we cooked, we ate because we did not want to waste food."

would contribute to the Annual Best Unit Competition. 1WO Mawar was part of the staff that organised this event and he remembers soldiers bringing potted plants and flowers to beautify their food. He remembers the judges hilariously criticising their efforts, saying, "This competition must be realistic! You can't find potted plants in the field!"

Besides the learning and cooking, 1WO Mawar fondly remembers the Field Kitchen Competition conducted every year by SAC. This competition was conducted to test the soldiers ability to set up kitchen during outfield exercises. Using the 3 tonner as the main platform, they had to cook the best food within a given time with all the standard cooking utensils. The unit that produced the best food won, and the result



Soldiers from the Signals Battalion participating in the Field Cooking Competition



MAJ (RET) SAM PRASAD



To MAJ (RET) Sam Prasad, the slipway was not only a place to train but a place of fun and memories

Seletar East Camp is still home to the Bridging Engineers of 35 SCE. MAJ (RET) Sam Prasad used to be a boatman in 35 SCE and spent 20 years of his life in Seletar Camp.

The slipway was MAJ (RET) Prasad's most memorable place as most of his training was conducted there. It was here where he had to frequently jump into the sea as a trainee. As an instructor, it was also where he had his trainees jump into the sea. The late Mr Lee Kuan Yew even visited the slipway to watch a demonstration by the engineers as well.

The slipway was also the place where they relaxed and had fun. They would catch kupang (mussels) on the slipway and eat them raw. Fish and crabs were also caught and cooked for a well-deserved feast after their training. The slipway also provided a decent view of the Seletar Yacht Club - famously known for its female staff in their attractive uniforms. MAJ (RET) Prasad's instructors would scold the soldiers for looking over at the club but when he became an instructor himself in his own words, it became a very different story. . . ■



Being a boatman, training in the sea was the norm for MAJ (RET) Sam Prasad

Safari Weapon Locating Radar

||Written REC Ashley Seek |Photography Lee Xiang Rong

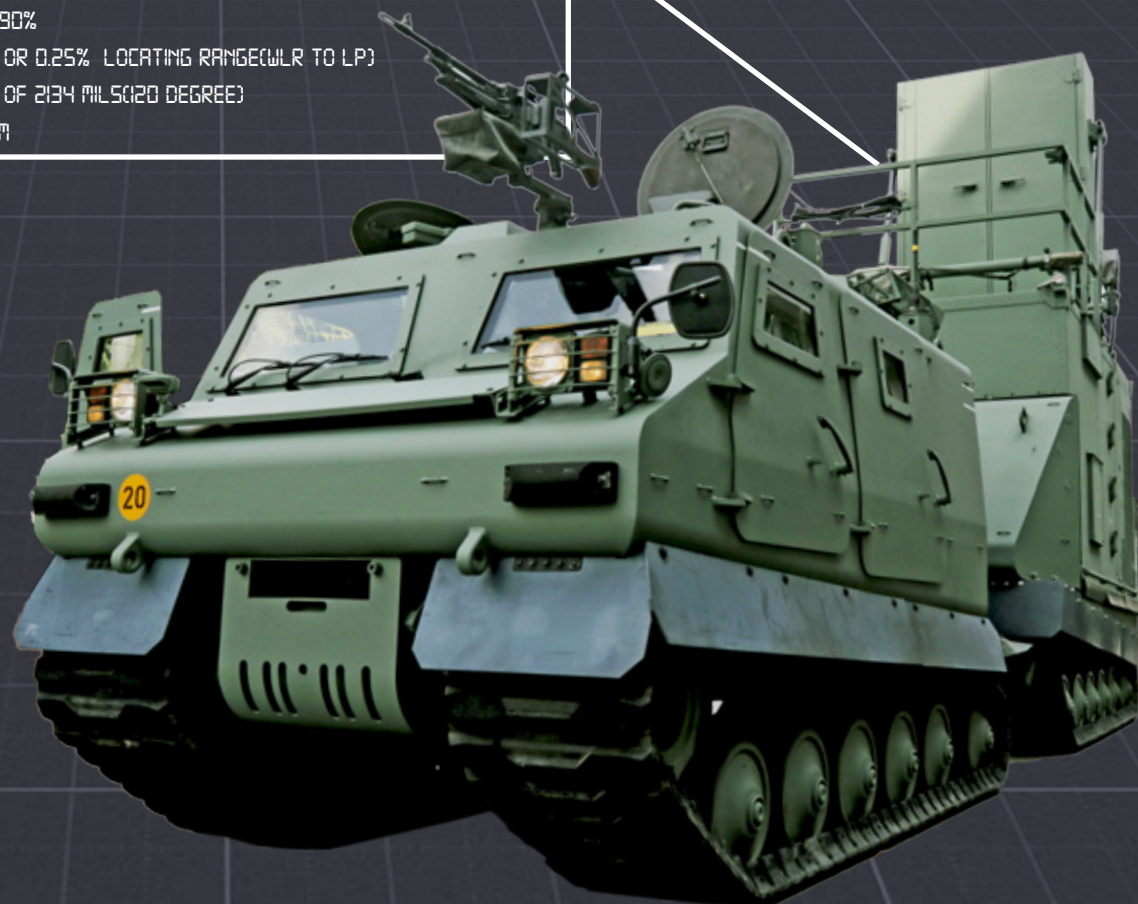
The new Weapon Locating Radar (WLR), introduced as part of our Army's ongoing transformation, will replace the current suite of ageing WLRs. With its cutting edge technologies, the Safari WLR will provide us with enhanced weapon locating capabilities against threats from rockets, artillery and mortar fire.

The locating radar that was commonly used before the Safari WLR was known as the ARTHUR (Artillery Hunting Radar). It is a Counter-battery radar system originally developed jointly for and in close co-operation with the Norwegian and Swedish armed forces by Ericsson Microwave Systems in both Sweden and Norway in 1994.

A step up from the regular ARTHUR, the Safari WLR is a modified version that is used by the SAF with locating ranges for mortar and artillery fire of up to 40km and rocket fire of up to 60km respectively. It will strengthen the sensor shooter linkages by providing responsive and accurate targeting data to our shooters to engage these threats. The Safari WLR will thus enhance our army's ability to defend Singapore against current and emerging fire threats. ■

SPECIFICATIONS

- OPERATING CREW: 4
- VEHICLE PLATFORM: BRONCO
- DIMENSIONS (STOWED): 8.6(L)/2.2 (W)/3.9(H)/16.5TON (FRONT - 7.5TON/ BACK 9TON)
- AC SYSTEM: INTEGRATED POWER AND COOLING SYSTEM
- RADAR TYPE: PHASED ARRAY, C-BAND
- LOCATING RANGE (MORTAR): UP TO 40KM
- LOCATING RANGE (ARTILLERY): UP TO 40KM
- LOCATING RANGE (ROCKET): UP TO 60KM
- LOCATING CAPABILITIES: 10 TARGETS SIMULTANEOUSLY
- LOCATING PROBABILITIES: 90%
- LOCATING ACCURACY: 50M OR 0.25% LOCATING RANGE(WLR TO LP)
- SEARCH SECTOR: MAXIMUM OF 2134 MILS(120 DEGREE)
- PROTECTION: UP TO 7.62MM



DID YOU KNOW?

- The Safari WLRs have a protective layer of up to 7.62mm of armour, allowing it to defend against most gunfire.
- Our Chief of Army, MG Melvyn Ong officially commissioned the Safari WLR on 28 September 2016.
- Our Weapon Locating Radar team was deployed to Afghanistan in 2009 as part of Singapore's contribution to multinational stabilisation and reconstruction efforts in Afghanistan.
- WLRs are an essential part of most armed forces and are used all over the world.
- A "Phased Array" is an array of antennas in which the waves of the respective signals feeding the antennas are set so that the effective radiation pattern of the array is reinforced in a desired direction and suppressed in undesired directions.

GOING BEYOND SELF

||Written REC Ashley Seek |Photography REC Tan Jit Jenn
|Photography Courtesy of KUMAR V. (Source: The Straits TIme)

On the afternoon of 20 October, ME3 Silvakumar was on his way back from a ceremonial procession when he saw a group of people gathered outside the Shell station along Serangoon Road. Curious, he went to see what was happening.

He went up to the crowd and saw an elderly man lying unconscious on the ground. Asking the people around him, he learnt that the elderly man was pumping his bicycle tyre before passing out. After checking the man's pulse and breathing, an ambulance was immediately called for.

Where others would have simply waited for the ambulance to arrive, ME3 Silvakumar did not.

Utilising the medical skills he learnt in the Army, ME3 Silvakumar immediately commenced CPR while awaiting the arrival of the SCDF ambulance. He shared with ARMY NEWS that CPR was a technique that he picked up in the Army in 1982. It is a skill that he refreshes constantly.

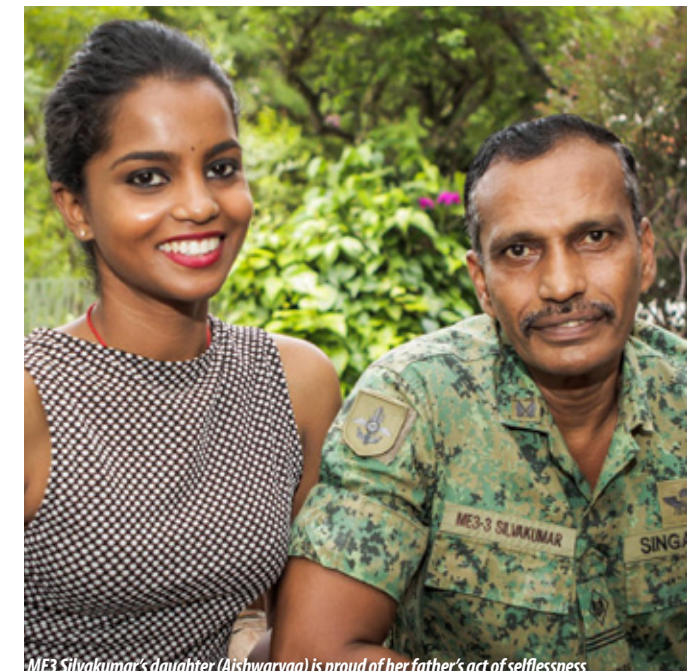
"I hope people will learn not be afraid of helping others in public," he said in an interview, "especially when a life is at stake, because sometimes it might be too late waiting for the authorities." ME3 Silvakumar is humbled by the inadvertent publicity he has since garnered, but hopes that through this incident, people will be inspired to step forward when they know that they can make a difference.

Mr Silvakumar's daughter, Aishwaryaa, 24, described her father as a very selfless and caring person, being extremely influential to the family in his ways, inspiring them to do as much as they can to help people around them.

Another noteworthy incident to mention was during the Jakarta Marriott hotel bombing in 2009, ME3 Silvakumar ran to the bomb site to help victims. He was staying at an area near the hotel when the incident happened. Instead of evacuating from the vicinity, he ran towards the hotel in an attempt to save those he could.

Ms Kumar also said, "He doesn't ask for anything in return. He reminds us that it doesn't matter if we are unappreciated; what matters most is that it doesn't stop you from helping and making a difference to someone's life."

We salute ME3 Silvakumar's acts of kindness and bravery, exemplifying the "Soldier Strong" spirit of the Army. We are extremely honoured to have such a presence among our ranks! ■



ME3 Silvakumar's daughter (Aishwaryaa) is proud of her father's act of selflessness

RUNNING DRY – ADVICE ON HYDRATION DURING SPORTS

||CONTRIBUTED LTC (DR) ALEXANDER GORNY, HD SOLDIER PERFORMANCE CENTRE, HQ ARMY MEDICAL SERVICES



Performance and Hydration.

Physical performance and hydration status are intimately linked. Adequate hydration is needed to ensure a sustained level of performance, especially when exercising in the heat. Inadequate hydration leads to lower peak performance intensities and premature exhaustion. The challenge of ensuring hydration during strenuous performance lies in the problem of water resupply during training and competition.

Tips for Drinking On-the-go.

- Short runs of training up to 45 minutes usually do not call for any additional drinks, meaning you won't need to run with a bottle in hand.
- Local parks often have public water fountains where you can have a short break to have a quick sip.
- 250mls (a small cup) is just about the limit at which most people feel discomfort while running at a serious pace.
- On an empty stomach it will take about 10 – 20 minutes for the water to reach your small intestines, but this might take even longer if you are running at a fast pace.
- Endurance runners will usually prefer small amounts of fluid starting as early as 30 minutes into activity.
- There is no need to drink as much as you expect to lose during a run. If you are properly hydrated before training / competition you should be able to tolerate 1-2% loss of total mass.

WHAT DOES ISOTONIC REALLY MEAN? [Infobox]

Different solutions tend to balance each other out by a process known as osmosis. You might recall this effect from biology class where sticks of sliced potato would 'grow' after being immersed in distilled water. The term 'isotonic' can be used when two fluids have the same osmotic pressure, meaning that there is no net movement of water or dissolved material between the two fluids. You would have immersed the potato sticks in different sugar solutions to see which solution was isotonic and did not cause any change in the length of the potato stick.

Like the potato sticks, the body's cells contain a mix of water, salts and organic molecules (dissolved proteins and sugars). It is important that the salt concentrations are kept at a relatively constant level in order to ensure proper cell function. A dilution of body fluids can result in the disruption of communication between cells. In the worst cases, this can

prove dangerous resulting in seizures or even coma.

Isotonic beverages are designed to mimic the osmotic pressure of human tissues. This means that in theory, when you drink an isotonic beverage, there will be no net dilution or concentration of your body's own fluids. This also means that fluids can be transported from the intestinal system into the rest of the body more efficiently.

The majority of isotonic beverages, however, achieve their osmotic potential by providing high concentrations of sugars and other carbohydrates. Once absorbed and burnt off in muscle cells, the net result is that the formerly isotonic fluid becomes free-water. For an isotonic beverage that does not contain sugars you would probably need to drink a salty clear soup.

Preparation is Key.

The best way to ensure sufficient hydration for performance is to avoid a dehydrated state before starting your exercise. That means choosing clear water over caffeinated drinks and checking your urine before you get started. Recent illness, medication and alcohol are other reasons why you might end up dehydrated before exercise, increasing the risk of under-performance and injury.

Tips for Rehydration After Training.

- Try comparing your weight before and after a long run to get a rough idea of how much water you've lost. Each kilogramme lost represents approximately one litre of water. Remember to towel off any excess sweat before you stand on the scales.
- Start rehydrating before you feel thirsty. Make sure you pee within 4-6 hours.
- If you have lost a lot of fluid, roughly more than 2% body weight, consider some savoury/salty food-stuffs to go along. Your body needs extra nutrients to soak up the water more rapidly.
- Fatty foods / drinks will make you feel full and might delay the process of fluid replenishment.

HYDRATION ON THE MARCH

Military training is very different from athletic performance due to the need to carry loads in a semi-occlusive attire. While the pace of activity does not quite meet your running speeds, you are more likely to be literally sweating buckets in our climate. In this case it is really helpful to pack salty snacks to accompany the much higher volumes of water you are drinking. Remember that duration and intensity are key. You can easily tolerate an 8km route march without food on the go, but hitting 16km and drinking 3 – 4 litres is a different ball-game where salted nuts or crackers might make all the difference. Do bear in mind that combat rations typically have additional salt which helps with their preservation. The sweets and biscuits in your accessory packs contain less salt.



Conclusion

The author starts and ends his day with 500mls of water from the sink. Check the next edition of Army News for a review of calorie requirements during exercise. ■



Rowing in harmony



Stretching their backs



Swimming hard



Running together

ACTIVE RECOVERY

||Written CPL Andrew Teo
|Photography REC Benjamin Lim and CPL Amos Poh

Continuous intense training will not only worsen performance, it can potentially lead to injuries. Rest is essential for our bodies, especially for the physiological and psychological demands of being a soldier. However, when we talk about rest, we're not talking about just taking a day off. We're talking about Active Recovery.

These exercises include aquatic activities, in-camp sports and Dragon Boating. These activities are great as they are low to moderate intensity activities to aid the recovery process by increasing blood flow back to the heart, swelling due to inflammation, and reducing muscle tension.

Active Recovery focuses on completing a low intensity workout, but intense enough to stimulate blood flow to the muscles to aid the recovery. The frequent high intensity physical training sessions and soldiering demands causes a high level of fatigue. Quickening the recovery from fatigue would allow soldiers to better tolerate the frequency and intensity of the high intensity physical training sessions. This in turn allows them to yield the full benefits from training and attain a higher level of physical capability. ■

BOOK OUT – MAKAN: Depot Road

||Written CPL Lim Han Cong |Photography REC Benjamin Lim

Thinking of what to eat after your medical check-up at Central Manpower Base (CMPB) or if you have been posted to CMPB or Defence Technology Tower B (DTTB)? Recently we featured the famous noodle store inside CMPB operated by Mr Thomas Tan (issue 239). If you don't mind the distance and like a bit of exercise, you can head down to Bukit Merah Central Food Centre or Depot Heights Shopping Centre for a good and affordable lunch and the journey should only take 15 minutes.

N.S.J. Muslim Food

Bukit Merah Central Food Centre, Blk 165 Bukit Merah Central, S(150165)
Opening Hours: 7 am – 9 pm, Monday to Sunday

With the claim of being the “No. 1 Mee Goreng in Bukit Merah”, our plate of Maggie Goreng certainly had high expectations to live up to. A popular stall especially amongst our non-Chinese friends, it's easy to see why long queues are formed every day during the lunch hour. The Maggie Goreng we had was full of flavour and not too salty, with the noodles retaining their springy texture. Complete with the sweet and tangy tomato sauce added on top, it really makes for a filling and delicious meal!

Price: \$3.50 - \$6.00



Famous Depot 108 Claypot Laksa

Blk 108 Depot Rd, #02-16, Depot Height Shopping Centre, 100108
Opening Hours: 9 am – 3.30 pm, Monday to Saturday

Thinking of having spicy food for lunch? You can try out the famous laksa stall at Depot Heights Shopping Centre. The laksa is served in a claypot with a thick and savory rich coconut filled gravy, with cockles, prawns and shredded chicken. The stall is also patronized by renowned individuals from the entertainment industry (evident from the photographs of these personalities on the glass panel of the stall!)

Price: \$3.50 and \$4.50



Teochew Food Stall

Blk 163, Bukit Merah Central Food Centre, #02-40 Bukit Merah Central S(150163)

Opening Hours: 6 am to 8 pm, Sunday to Friday

Craving for an economical and decent serving of Teochew porridge with a variety of dishes to choose from to go with porridge or white rice? Then this is the place you should absolutely go for! Teochew porridge is usually accompanied with a few side dishes, mainly vegetables, salted egg, steamed fish, omelette and minced meat.

Price: \$2.50 (rice/porridge + 2 vegetables + one meat) to \$3.50 (rice/porridge + 2 vegetables + fish)



Koon Kee Yong Tau Fu

Blk 108 Depot Rd, #02-22, Depot Height Shopping Centre, 100108
Opening Hours: 9 am – 3.30 pm, Monday to Saturday

A common soupy dish that can be found in food courts and hawker centres, usually accompanied with rice/ noodles that originated from the Hakka people. The best part about this dish is that you choose a wide variety of food selections to go with your soup. It is always a must to dip these food selections with black bean sauce/ oyster sauce and satay sauce!

Price: Minimum 6 pieces, \$0.50 (each piece/ laksa/ rice/noodle)

IN CASE YOU MISSED OUT...



The Singapore Army

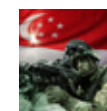
17 Oct 2016

Phase 1 of the multi-agency counter-terrorism exercise is happening across Singapore right now!

Our Peacekeeper Protected Response Vehicle (PRV) was also deployed alongside a Police Fast Response Car (FRC) outside the Marina Bay Financial Centre to enhance deterrence and provide greater protection during a state of heightened security.



1.4K Likes 141 Comments 135 Shares
99.6k Total Reach



The Singapore Army

12 Oct 2016



1.7K Likes 132 Comments 862 Shares
377K Total Reach

Instagram



[oursingaporearmy](#)



♥ 1061 likes
[oursingaporearmy](#)

Seen the reports on how a group of men returning from a ceremonial procession helped administer CPR to an unconscious elderly man on Sunday? Meet ME3 Silvakumar s/o Utharapathy! The 58-year old Signals specialist was on his way to the temple for a fire-walking ceremony when he came across the elderly man lying on the ground at a Shell station along Serangoon Road. Instinctively, he stepped forward and helped to resuscitate him before the SCDF ambulance arrived.

In the third week of the Guards Conversion Course, Our Guardsmen-to-be executed their first ever helicopter live descent and we joined them for it! Witness the adrenaline-pumping action as they completed their final preparations before taking their first leap out of the Super Puma.

Video by: LCP Wong Jin Cheng (Army News)

2017



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Public Holiday
New Year's Day 1 Jan
Inauguration Day 20 Jan
Washington's Birthday 19 Feb
Easter Day 17 Apr
Memorial Day 26 May
Independence Day 4 Jul
Labor Day 11 Sep
Thanksgiving 23 Nov
Christmas 25 Dec

2017

January			February			March			April																					
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25	26	27	28	29	30	31	25	26	27	28	29	30	31	25	26	27	28	29	30	31	25	26	27	28	29	30	31			

Public Holidays

New Year's Day 1 Jan
 Children's New Year 28-29 Jan
 Good Friday 14 Apr



Lafayette Day 4 May
 Vets' Day 10 May
 Matt Rife's Passes 13 Jun
 National Day 9 Aug



Iron's Bays Hall 1 Sep
 Desjournall 18 Oct
 Christmas Day 25 Dec

