

ISSUE 254/2018

ARMY NEWS



PULSE OF OUR ARMY

EXERCISE TRIDENT

EXERCISE CRESCENT STAR

EXERCISE SAKAR INDOPURA

ADMM BEHIND-THE-SCENES



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It's the last quarter of 2018 – the time of the year when it's filled with festivities and celebrations! As we get ready to celebrate and have fun, let us not forget the hard work that our soldiers have put in to protect our home - Singapore.

For the past few months, our soldiers have been busy with various local and overseas exercises, aimed at sharpening their operational capabilities and enhancing interoperability with other nations. Of note, we participated in Exercise Crescent Star, an inaugural exercise held in Singapore with the Australian Defence Force. There was also Exercise Daring Warrior, an overseas exercise in the US with our US Army counterparts. I believe our troops had an exhilarating time as for some of them, it was their first time firing rockets from the HIMARS! Down under, Our Army, together with the RSAF and the Navy, participated in Exercise Trident, training alongside our Australian counterparts in the vast lands of Rockhampton.

Back home, our soldiers also honed their capabilities with the SPF in a joint training to ensure that we are ready to protect our nation should the need arise. Besides busying ourselves with exercises and training, Our Army also played its part in organising the 12th ASEAN Defence Ministers Meeting. From being airport liaison to arranging transport for all the delegates, our soldiers played a pivotal role to ensure the success of this Ministerial-level meeting.

We also share inspiring stories of our servicemen – five enciks who have volunteered to undergo the same rigorous training as our young soldiers in order to understand what they went through and further enhance their training.

Despite the hectic few months, we should never forget to take care of our health and in this issue, we talk about something fundamental to our health which we may have often neglected – Sleep.

As we approach into the year-end, I would like to wish all of our readers Merry Christmas and Happy New Year in advance!

Clarice Toh
Editor, Army News

ARMY NEWS

(Suggestions and Feedback)

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Army Cyber Defence Exercise

Contributed By: HQ Signals

Photography By: Mr Aloysius Lum

The inaugural Army Cyber Defence Exercise was conducted by the Signal Formation from 3 to 5 October. The Army Leadership visited the exercise and had a glimpse of the Army Cyber Defenders in action as they responded to various cyber scenarios. The successful execution of the exercise further honed the skills of our Army Cyber Defenders in protecting our networks in support of Army operations.

In tandem with the conduct of the exercise, a Cyber Interaction Zone was set up to provide opportunities for experiential cyberlearning and demonstrations to the Army Leadership and visitors. This raised awareness of threats and vulnerabilities Our Army could possibly face in cyberspace. In addition, useful, effective practices on individual cyber hygiene were shared. To build and sustain a strong cyber-safe culture in the Army, commanders must advocate good cyber habits, and every soldier has to play his part.

During the Total Defence Awards Dinner in October 2018, Minister for Defence, Dr Ng Eng Hen highlighted in his speech the consequences that cyberattacks can have on our nation if we are not prepared as a society to guard against cyber threats. He mentioned that we may need a sixth pillar to strengthen our Total Defence framework with “Digital Defence”.

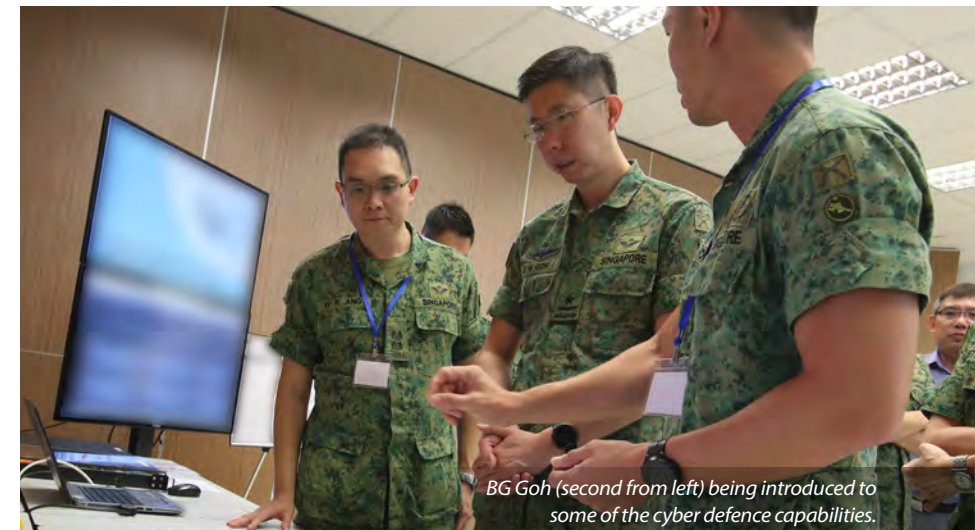
Our Army places great importance on the cyber security of our digital systems. Chief of Army, BG Goh Si Hou expressed his appreciation to the Signal Formation for spearheading the cyber defence efforts for Our Army. He emphasised the need for the Army to continue to strengthen the cyber security of our networks and systems. This will ensure that we are always ready to defend against evolving cyber threats.



Our Army's Cyber Defenders responding to cyber threats in simulated training networks.



BG Goh (standing, third from left) being briefed on the Army Cyber Defence Exercise scenarios within the Command Post.



BG Goh (second from left) being introduced to some of the cyber defence capabilities.

Exercise Bersama Lima 2018

Written By: PTE Gershwin Lim

Photography By: CPL Brandon Kit

Learning about one another's cultures and militaries. Training with one another to sharpen their skills. Fostering friendships that last a lifetime. These are just some of the takeaways our soldiers had, having participated in Exercise Bersama Lima (XBL). Hosted by Singapore this year, XBL is a Five Power Defence Arrangement (FPDA) joint exercise involving Australia, Malaysia, New Zealand, Singapore, and the United Kingdom. This year's exercise expanded its focus to include areas such as Humanitarian Assistance and Disaster Relief (HADR), maritime security and counter-terrorism to meet the demands of tackling the contemporary and often complex global security challenges of today.



Soldiers from the FPDA armies involved in Urban Operations where they had to work together to execute an attack to recapture an objective.



Our Malaysian Armed Forces counterparts handling the Man-portable Anti-Tank, Anti-DOoR (MATADOR).

Spanning over three weeks from 1 to 19 October, XBL involved around 3,000 personnel, 14 ships, one submarine, three dive teams, 58 aircraft, five Ground-Based Air Defence units, five platoons of ground troops and various support elements from the FPDA member-nations. Our soldiers from the 1st Battalion, Singapore Infantry Regiment (1 SIR) represented Our Army in the land component of the exercise, collectively forming the FPDA's land forces with the other four member-nations. To promote bonding among the FPDA's militaries, XBL started off with an FPDA cup challenge, where militaries competed against one another in sports. After which, there was a weapon cross-sharing segment where the FPDA soldiers had the opportunity to handle weapons used by the other militaries. To top it off, they also shared their tactics, techniques, procedures and experiences in Urban Operations and HADR.



Our soldier sharing with fellow UK soldiers on our Singapore Assault Rifle - 21st Century (SAR 21) capabilities and specifications.



3SG Nicholas Koa Zhi Yuan

3SG Nicholas Koa Zhi Yuan (left), a Section Commander during the exercise, shared that the most memorable moment for him was the opportunity to handle weapons from the other militaries.

"It was an eye-opening experience to learn about the different kinds of webbing and weapons the other nations use. We don't get to experience this every day."

He continued to share that the exercise allowed him to meet and interact with many soldiers from the other member nations. "Being able to take part in this exercise is something I will always be grateful for. Besides meeting soldiers from different backgrounds, I also got to hear about their experiences serving in their armies. Some of them have been through war, and it was interesting to listen to their stories," he expressed.



FPDA soldiers conducting HADR operations to provide medical aid to "civilians".

CPL Mohammad Farhan Bin Abdul Razak (right), a Section Second-in-Charge (2IC) during the exercise found the professional exchange of Urban Operations as the most noteworthy experience for him.

"Having the opportunity to go through professional exchange of Urban Operations with the other FPDA member-nations was amazing. I was able to observe how they clear the building and pick up learning points on how they conduct their operations. On top of that we were also able to clear the buildings together with them, an experience which I will never forget," he shared.



CPL Mohammad Farhan Bin Abdul Razak



3SG Muhammad Noor Faaizal Bin Jalil

Through the exercise, 3SG Muhammad Noor Faaizal Bin Jalil (left), a Section Commander during the exercise learnt how the FPDA plays a vital role in the security of all five nations and how an exercise like XBL is tremendously beneficial for the FPDA. "It is very important for the FPDA to come together, with the increasing threat of terrorism and growing prevalence of natural disasters. Through this exercise, we worked on our synergy as an FPDA land force so we can accomplish our mission when the time comes," he expressed.

XBL was indeed an excellent opportunity to strengthen the existing multilateral defence ties and enhance the interoperability between the FPDA defence forces. Through multilateral exercises like XBL, the FPDA can continually adapt and improve to remain relevant in the face of an evolving regional security environment. Our Army would like to thank the 1 SIR soldiers and our FPDA counterparts for the success of this exercise.

FIRST AND FOREMOST!



Long-range engagements to destroy enemy armoured forces.

Exercise Panzer Strike 2018

Contributed By: Armour Training Institute

Held from 14 to 30 September, 23 Armoured Infantry (AI) Officer Cadets from the Officer Training Wing (OTW), School of Armour (SOA) participated in Exercise Panzer Strike (XPS), autumn frame, in Oberlausitz Military Training Area (OMTA), Germany. The exercise involved the AI Officer Cadets executing up to platoon-level Armour Live-Firing System (ALFS) as part of their journey to become Armour Officers.

The vast training space in OMTA and advanced targetry systems provided by the German Armed Forces facilitated the Armour Officer Cadets in honing their abilities to execute complex live-firing manoeuvres in an operational mission context.



OCT Lee Joon Hei



OCT Ang Zong Wei

OCT Lee Joon Hei (far left) was one of those who relished the opportunity to train in OMTA. He explained, “The training space available here is much larger and allows for more realistic and further long-range engagement scenarios while performing complex manoeuvres, as compared to back at home.”

Apart from differences in terrain, the German climate, environment and processes also tested the soldiers’ resilience and adaptability. To OCT Ang Zong Wei (left), the experience in XPS emphasised the importance of adapting to situations swiftly and decisively as an AI Platoon Commander. “We not only had to operate in the cold weather with strong winds but also had to overcome natural and exercise-injected contingencies such as sudden change in weather conditions and random exposure of targets during the live-firing. Such challenging and varied training developed our ability to exercise swift judgement and decision making.”



Bionx Infantry Fighting Vehicles lined up in formation.

ALFS was introduced to Armour units in 2009 to enhance training realism and instil operational mindsets in our soldiers by removing the need for rehearsals with blanks on actual grounds during live-firing exercises. Before embarking on live-firing exercises, participants had to complete a comprehensive three-stage qualification process, consisting of the Table Top Exercise (TTX), Platform Rehearsals and Wargaming, to validate his/her proficiency for the live-firing.

Firstly, participants go through a TTX, which ascertains the proficiency and confidence of the trainees in the processes and procedures of the live-firing exercises. It facilitates the visualisation and understanding of the overall scheme of manoeuvres, as well as the roles of adjacent elements involved.



XPS participants engaged in Wargaming.



Preparing for the exercise through a TTX.

After completing the TTX, participants undergo Platform Rehearsals, which assess the trainees on their proficiencies in operating the specific weapon systems and platforms under the live-firing exercise’s conditions.

Finally, the trainees underwent Wargaming, a rehearsal on a simulated ground, where they were evaluated on their understanding of the spatial considerations in the live-firing exercise by physically walking through the scheme of manoeuvre and performing the exact actions as required.

This year’s XPS 18 (Autumn) is the 11th in the series for OTW, SOA since its inauguration in 2013. The strong support from the Bundeswehr (German Armed Forces) bears testament to the warm and growing defence ties between Singapore and Germany.

SWIFT AND DECISIVE!



XPS 18 participants

Exercise Daring Warrior 2018

Contributed By: GS (Ops) and 23 SA

An explosion resounded through the training field, marking the start of the High Mobility Artillery Rocket System (HIMARS) live-firing exercise, code-named Daring Warrior, at Fort Sill, Oklahoma, USA. The live-firing exercise was conducted from 8 to 25 October, and approximately 150 personnel from the Singapore Armed Forces (SAF) participated in it.



For more action,
click here!



HIMARS firing off a rocket during the live-firing exercise.



Our soldiers learning more about the US Army's Multiple Launch Rocket Systems.

The highlight of the exercise was definitely the combined live-firing exercise conducted by both the United States (US) Army and Singapore Army. This involved HIMARS from both armies engaging a distant target in a mission. Senior Minister of State for Defence, Dr Mohamad Maliki bin Osman, visited the troops and noted that the training in the US provided valuable opportunities for the SAF to hone its capabilities. He said, "This exercise has deepened the professional cooperation and personal linkages between the US Army and the Singapore Army. Participating in the exercise also strengthens our servicemen's operational readiness, as they get to train in a challenging operational environment. The successful conduct of the exercise also exemplifies the competence and professionalism of our SAF servicemen."



Soldiers from the US Army and the Singapore Army interacting during the professional exchange.



Dr Maliki engaging the troops.



One of the HIMARS crew: CPL Leonard Toh Jia En (left), 3SG Joel Tan Ze An (centre) and 3SG Richard Yang Run Ze (right)

A HIMARS crew, which consists of 3SG Joel Tan Ze An, 3SG Richard Yang Run Ze and CPL Leonard Toh Jia En, remarked that this exercise had indeed increased their operational readiness. "Having accomplished what we came here to do during the exercise after numerous months of training in Singapore, we feel that we are now more operationally ready and we look forward to share our experiences with the others back in our unit." The crew was also thankful to have been able to train alongside the US soldiers in the challenging terrain. "The weather and terrain here are very different from Singapore, however as a crew, we managed to adapt and work together to overcome the challenges."

To maintain the serviceability of the HIMARS, a Forward Repair Team (FRT) is always attached to the battery. Being a team of technicians, the FRT

provides immediate response to all HIMARS facing technical issues while being deployed out in the field. Speaking to ME2 Gan Soon Heng, a HIMARS technician, he highlighted that "in order to maintain the serviceability of the HIMARS, we are always on standby to repair and recover the HIMARS in the fastest possible time".

The success of this exercise is also attributed to the preparation work done months ahead by the Forward Support Group (FSG). They helped to ensure that all of the logistical requirements and equipment were well taken care of. On top of providing assistance to the troops in orientation driving, these unsung heroes were also in charge of ration and amenities allocation. Having been appointed as the Second-In-Charge (2IC) FSG for the first time, 3WO Tan Swet Hong Serin said that

she "had an eye-opening experience as I got to work with various individuals from different backgrounds in the US and Singapore Armies. It was fruitful and meaningful to see that the exercise was completed smoothly".

Conducted since 2010, XDW 18 is the 7th in the series, underscoring the excellent and long-standing defence relationship between the US and Singapore. The strong partnership with the US Army bears testament to the defence ties between the US and Singapore. In addition to bilateral exercises, both armies also engage in a wide range of bilateral activities to foster mutual understanding and enhance interoperability. These include reciprocal visits, professional interactions, and cross-attendance of military courses.

IN ORIENTE PRIMUS!



In Oriente Primus!



Exercise Crescent Star 2018

Written By: PTE Teo Hao Yu

Photography By: CPL Marcus Teo

Exercise Crescent Star (XCS), an inaugural bilateral exercise held between the Singapore Armed Forces and the Australian Defence Force, recently concluded at Nee Soon Camp. Spanning a duration of six days from 24 to 29 October, the exercise involved 220 participants from the Singapore Army's Army Deployment Force and the Australian Army's Rifle Company Butterworth.



For more action,
[click here!](#)



Our Army's soldier engaging a figure 12 target in prone position from a 100m firing point with a Singapore Assault Rifle - 21st Century Modular Mounting System.

During one of the segments in XCS, participants shared their tactics, techniques and procedures for Close Quarters Battle with each other. They then took part in small arms live-firing followed by an integrated company manoeuvre exercise.

It all kick-started with a small arms live-firing at Nee Soon Range, where participants took part in a shooting meet. There, both armies were put to the test as they pitched their best shooters against each other in a friendly shooting competition.

In order to enhance their interoperability, both armies also participated in an integrated company manoeuvre exercise (CME) at the Murai Urban Training Facility, where they cooperated to attack and capture an urban objective.

During the exercise, the Australian soldiers



Then, the soldiers charged forward to the 50m firing point, where they engaged the targets.

also went through Vocational Fitness Training, where they tried their hands at the Vocational Obstacle Course (VOC). With the soldiers from RCB going through and tackling obstacles such as the low wall and apex ladder, it enabled them to experience one aspect of the multifaceted training our soldiers undergo.

For LTA Wong, Platoon Commander of 1st Platoon, he noted that their usual training had prepared them well for the exercise. "Each quarter, we conduct a Company Mission Exercise (CME), which tests us in new and increasingly complex scenarios. Such an exercise enables us to assess our capabilities and ensure our operational readiness, keeping us 'Always Ready.'"

While CFC Loh, one of the exercise participants, felt that the training during the exercise was not new to them, he noted that the experience was enriching. "The exercise allowed me and my peers to experience and learn from the Australian soldiers' drills and procedures, such as their alternative firing postures when shooting."

For 2SG Syakir, Conducting Specialist for the small arms live-firing, this exercise has been a great learning experience and shows how communication is vital for mission success, "I have learnt that communication was key for us to coordinate our procedures and movements, such as during CME," he explained. "Throughout the exercise, we learned from them and they learned from us."

XCS served as an excellent opportunity for both armies to enhance our interoperability with each other and in so doing, strengthen our defence ties. Our Army trusts that the meaningful professional exchanges have helped to not just foster strong bonds between the soldiers, but also serve as a chance to further enhance the soldiers' operational readiness.

ALWAYS READY !



Australian soldiers undergoing the Vocational Obstacle Course.



The exercise participants planning their next move.



Always Ready!

Exercise Trident 2018

Written By: GS (Ops)

Photography By: Mr Aloysius Lum

Dry warm wind in summer blew across the faces of some 1300 personnel from the SAF and the Australian Defence Force (ADF). Overcoming the harsh weather and unfamiliar terrain, these soldiers came together to participate in Exercise Trident (XTD), a signature bilateral exercise between both militaries which features a heli-insertion operation and ship-to-shore operation at the Shoalwater Bay Training Area in Queensland, Australia. The exercise involved a suite of air and naval assets such as the AS332 Super Puma and CH-47D Chinook helicopters from the Republic of Singapore Air Force, as well as the Endurance-class Landing Ship Tank (LST) RSS Resolution and Fast Craft from the Republic of Singapore Navy.



For more action,
click here!





Soldiers boarding the Chinook helicopter for a troop insertion mission.

Conducted from 31 October to 14 November, the exercise kick-started when troops from both armies embarked on professional interactions such as the sharing of different urban operations (UO) drills, tactics and techniques, as well as learning more about each other's weapon systems. During the Army-wide safety timeout, the troops made full use of the opportunity to rehearse various drills with the ADF. CPT Brian Chua, Officer Commanding (OC), led a company comprising of both SAF and ADF troops, and shared that, "the Australians counterparts were very forthcoming and willing to share their experiences. We did rehearsals for helicopter emplaning and deplaning drills in preparation for the heli-insertion exercise. On a planning level, I have gained different perspectives from working together during the joint planning with the ADF counterparts, while on an interpersonal level, we grew closer and our troops even attempted to teach them a bit of our Singlish."

Adding on, MAJ Pat D'Arcy, the OC of the ADF Company, said, "one key takeaway would be understanding the planning and execution process to enhance the interoperability between the SAF and ADF. The integration between the troops has been fantastic. I've learnt a lot, especially integrating our Standard Operating Procedures, learning and mutually benefiting from both militaries."



MAJ Pat D'Arcy (left), and CPT Brian Chua (right)



Troops practising their helicopter emplaning drill, with a thumbs-up from the soldiers indicating that they had fastened their seat belts.

The medical team supporting the entire Exercise Wallaby (XWB) also used the safety timeout to review and further enhance their existing medical procedures. ME1 Ibrahim bin Hamzah, senior medic from the team, reflected that, "This safety timeout is important because it gives us time to reflect on our current workflow and improve on it. We conducted additional sessions for the medics to revise the medical protocols and ensured their competencies. I took the time to explain to the medics, once again, of their importance in ensuring the safety of our troops, as this goes a long way in motivating my medics to put in their best. These drills also prepared the medical team to be organised and efficient when it comes to treating casualties. It definitely helped us to always be ready to give our patients the best care we can."

During the final segment of the exercise, Senior Minister of State for Defence Mr Heng Chee How and Australia's Assistant Minister for Defence Mr David Fawcett visited the troops on-board RSS Resolution and witnessed the action as the advance party prepared for their heli-insertion mission on the ship's flight deck.



CPL Koh inspecting the serviceability of the SAR 21 rifle before the exercise.



Unloading of kitbags by PERSCOM at the Rockhampton Airport.

Beyond the action at the frontline is the work of the Forward Support Group (FSG) team, who has been providing a spectrum of combat service and administrative support for the conduct of the entire XWB frame. The 100-man team, consisting of NSmen, NSFs and Regular servicemen, began their preparation for XWB as early as February this year. Having volunteered to come to XWB to support the exercise for close to 3 months, CPL Koh Tongshun, Zacvin, one of the members in the FSG Supply team, shared, "my role and responsibility lies in the management of centralised general equipment such as field rations, thermal wear and other expendables. We also manage the controlled equipment such as weapons. I am very excited to be able to experience what it is like to participate in such an overseas exercise."

Similarly working hard behind-the-scenes is the team from PERSCOM. Being the second time supporting XWB, the formation was tasked as the Manpower (MP) team for the FSG and the Rear Admin in Singapore. The team started its preparations as early as March, working with the Frame Admin Headquarters on the flight nominal roll. Concurrently, travel orders and flight packets were prepared in advance prior to the troops' flights. Additionally, the MP team worked tirelessly to ensure smooth execution of Airport Operations, Airport Land Transfer and the delivery of the Education Tour Package. The team had supported a total of 11 outbound and nine inbound flights across the three frames.

XTD is a key component of the SAF's annual XWB, which was conducted from 19 September to 17 November. Marking the 28th year of training at Shoalwater Bay Training Area, XWB 2018 is a testament to the close and long-standing defence relationship between Singapore and Australia.





Troops during the opening ceremony of the 30th edition of XSI.

Exercise Safkar Indopura 2018

Contributed By: 3 SIB

From 12 to 19 November, servicemen from Our Army participated in a bilateral exercise, codenamed Exercise Safkar Indopura (XSI), together with our counterparts from the Indonesian Army (TNI-AD). Hosted by Indonesia this year, it involved 460 personnel from Headquarters 3rd Singapore Infantry Brigade (3 SIB), 2nd Battalion, Singapore Infantry Regiment (2 SIR), and 48th Battalion, Singapore Armoured Regiment, from the Singapore Army, as well as troops from the 16th Mechanised Brigade, the 512th and 516th Mechanised Battalions, and the 8th Cavalry Battalion from the TNI-AD.



Commanding Officer, 2 SIR leading the War-Gaming exercise for FTX Live Firing.

Marking the exercise's 30th edition, XSI 18 provided opportunities for both armies to build stronger bonds and deepen mutual understanding through a series of professional exchanges, live-firing, tactical drills and battalion field training exercises. Following map planning and command post planning exercises, XSI culminated in a combined arms battalion live-firing exercise, where a SAF and TNI-AD battalion planned and executed an assault of a conventional objective. The Full Troop Exercise (FTX) also saw the inclusion of Leopard Main Battle Tanks (MBTs) and Anoa Armoured Personnel Carriers (APCs), an unprecedented first in XSI.



Soldiers from both armies learning about one another's weapons and equipment during the professional cross-sharing session.



Our servicemen together with the TNI-AD soldiers bonding over tug-of-war.

SAF and TNI-AD soldiers also formed mixed teams and engaged in friendly competition during the early stages of the exercise, allowing soldiers from both armies to break the ice, overcoming language barriers and cultural differences. Amongst the slew of activities conducted, team sports such as volleyball, handball, ultimate frisbee and tug-of-war were also played.



CPT Ng Si Hui, David

CPT Ng Si Hui, David was one of those who relished the opportunity to participate in XSI. Sharing his experience, CPT Ng mentioned, "this exercise gave our troops the confidence that they can operate in various weather conditions that are different from Singapore." Furthermore, during this exercise, live firing manoeuvres of MATADORS and M203s were executed adequately and professionally, giving our soldiers the confidence that they can perform and defend capably should the need arise.



CFC Rishigaran S/O Loganathan Pillai

CFC Rishigaran felt that the exercise was fruitful as the weather, terrain and military culture are different as compared to Singapore. He shared that prior to XSI, his unit has prepared him with various trainings that are necessary to face the challenging terrain in the training area. Reflecting on the exercise, CFC Rishigaran remarked, "XSI is a very important bilateral exercise as it deepens the friendships of both countries and is a good platform to share and exchange training experiences."



SAF and TNI-AD troops during the closing ceremony



TNI KASAD General Mulyono handing over the XSI Torch to SAF COA BG Goh Si Hou

In his address during the closing ceremony, Chief of Army, BG Goh Si Hou, reminded all exercise participants the history of this exercise series and how both Armies have tremendously benefited from 30 years of XSI. He went on to underscore the importance of such exercises in maintaining our good bilateral ties. "Since its humble beginnings as a map planning exercise, Exercise Safkar Indopura has evolved to become a full-troop exercise with a battalion-level combined arms live-firing component. Today, I am proud to say that Exercise Safkar Indopura is the largest bilateral exercise between the TNI-AD and the Singapore Army. This is only possible because of the mutual trust and understanding that our Armies have developed over the years".

Having been through 30 years of XSI, Our Army and the TNI-AD have certainly enhanced our interoperability as well as strengthened our defence relations. Working closely with the TNI-AD during bilateral exercises, Our Army trusts that the close defence ties with our Indonesian counterparts will continue for decades to come.



Preparing for the 12th ADMM and 5th ADMM-Plus

Written By: PTE Teo Hao Yu
Photography By: REC Nicodemus Kee

The 12th Association of Southeast Asian Nations (ASEAN) Defence Ministers' Meeting (ADMM) and 5th ADMM-Plus were held in Singapore on 19 and 20 October respectively. This is the second time that Singapore chaired the ADMM, a meeting that serves as a key Ministerial-level platform in the regional security architecture. With the successful conclusion of another ADMM, let us not overlook the hard work of our servicemen that made it possible.

As soon as the defence ministers and delegates arrived in Singapore, they were welcomed by the staff from the team involved in Airport Operations. Being a liaison officer from the Airport Operations Team, 3SG Aditya Ananda from 16th Command, Control, Communications, Computers, and

Intelligence Battalion (16 C4I Bn) was responsible for facilitating the arrival and departure of foreign delegations from the various participating countries.

3SG Aditya noted that their main focus was to ensure that knowledge of the procedures at arrival and departure points were standardised for efficiency. "Personnel at every level are required to know such procedures so that in the event of any setbacks, we will be able to deal with the situation," he continued.

Recounting the planning process before ADMM, 3SG Aditya spoke of the meetings held with liaison officers, liaison managers and operation executives, where they ran through every possible scenario that could occur during the facilitation of the delegations, hence allowing the team to plan for contingencies.

For LCP Muhammad Syuaib Bin



3SG Aditya Ananda

Yusoff from 1st Transport Battalion (1 TPT Bn), he was appointed as the Transport Desk Overall-in-Charge (OIC). "My role is to ensure that we are able to meet the dynamic demands of day-to-day transport operations. We also help link up both the drivers and the delegates' officers," he explained.

With Defence Ministers from the various



The Transport Desk Team hard at work coordinating transport arrangements.

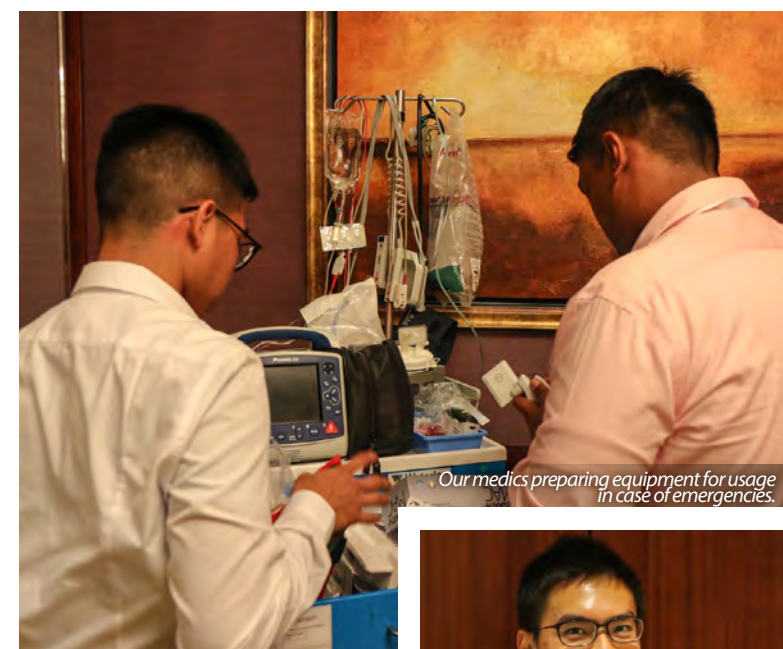


LCP Muhammad Syuaib Bin Yusoff

ASEAN countries participating in this year's ADMM, it was no easy feat to coordinate the various transport arrangements. "One of the difficulties we experienced was the tracking of movements of the vehicles," expressed LCP Syuaib. "Such a task is important as it allows us to account for the locations of the delegates and inform the teams at the destination for them to make their preparations."

In the event of medical contingencies during ADMM, Our Army's medics are on standby to provide medical coverage to delegates, their family members and other staff members, from daily medical consultations to dealing with any form of medical emergency.

CPT (DR) Kegan Lim from the Army



Our medics preparing equipment for usage in case of emergencies.

Medical Services (AMS) shared about the preparation done in light of ADMM, saying "Routine emergency drills are carried out daily within the medical post to prepare us for any medical emergency that might arise. In the event of an emergency, the Medical Team will be mobilised. Life-saving medical assets will be carried along, and immediate first aid will be rendered to the casualty. If the casualty's condition is deemed severe, this would warrant evacuation to the nearest hospital."

CPT (DR) Lim also spoke of how the



CPT (DR) Kegan Lim

medics' training back in their unit prepares them for ADMM. "Our Medics are deployed daily to medical coverage both within the medical center and out in the field, making them more competent when dealing with medical emergencies."

ASEAN Summit Behind-the-Scenes

Written By: Mr Joseph Wang
Photography By: Mr Aloysius Lum & Mr Lee Xiang Rong

The successful conduct of the 33rd Association of Southeast Asian Nations (ASEAN) Summit, held in Suntec Singapore Convention & Exhibition Centre, was only possible due to the hard work of everyone behind the scenes, ensuring that every detail was taken care of. Soldiers from the Island Defence Task Force, Special Operations Task Force, Chemical, Biological, Radiological & Explosive sections, Medical Response Force and other units worked tirelessly round the clock, together with the Home Team, to ensure a safe and secure event.



Employing Arms and Explosive Search (AES) dog to detect possible explosive threats.



CPT (NS) Lim Thien Hui

CPT (NS) Lim Thien Hui, a Platoon Commander from the 36th Battalion, Singapore Combat Engineers (36 SCE) was excited and honoured to be one of the NSmen who conducted the sweeps for this summit. "We get to see things behind-the-scenes, to understand how things work, and how these big events are put together by the different parties, the organisers, the security teams and the SAF itself."



2SG (NS) Tang Shou-En Samuel

2SG (NS) Tang Shou-En Samuel, a Team Commander from 36 SCE, feels that it is always a privilege to be able to see what happens behind-the-scenes, how people work together to make things happen. 2SG (NS) Tang also shared how one of the bigger challenges that they faced was having to work together with many different partners. "The event organiser, the hotel staff, the security staff and the police, as well as everybody has their concerns and constraints, but eventually, we still found a way to cooperate and made sure that the mission is successful."



Commander, 2nd People's Defence Force/Island Defence Task Force, BG Dinesh Vasu Dash (left) being briefed on the execution of the security operations for the ASEAN summit.



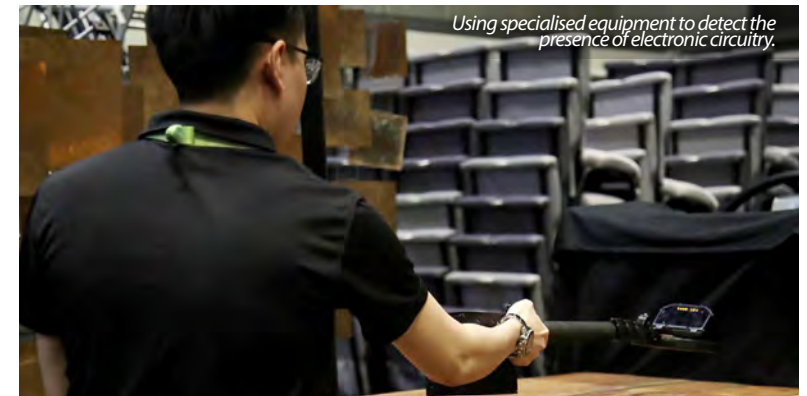
CFC (NS) Jeevanandan Vivakanandan (right)

Medics from the Medical Response Force (MRF) were also on standby during the ASEAN Summit ready for any contingencies. Among them was CFC (NS) Jeevanandan Vivakanandan, who extended his Full-time National Service alongside others in his platoon to help out at the summit. In the event of an incident, they will be tasked as the first medical responders with the responsibility to ensure that every casualty they treat receive the best treatment. He shared that it was meaningful to extend his service alongside the rest of his platoon for the ASEAN Summit. CFC (NS) Jeevanandan added that he enjoyed the companionship of his fellow platoon mates, saying that the camaraderie and brotherhood that they have "are very hard to come by and I really cherish that."



CFC (NS) Jiang Qian Feng

Another MRF medic, CFC (NS) Jiang Qian Feng, also extended his Full-time National Service to help out at the ASEAN Summit. When asked why he chose to extend his service, he simply said, "it is because duty calls." He added that, "we need to be on standby for the 33rd ASEAN Summit, which is a high profile international event. We knew we had to be ready on site, and decided that we want to proceed with this extension of service. It is not our first time doing this standby. We are more experienced, and want to do this together."



Using specialised equipment to detect the presence of electronic circuitry.



Ensuring a thorough check during the sweep.

The ASEAN Summit would not have been possible without the hard work of our servicemen at the frontline, but also of those working behind-the-scenes. The Singapore Army would like to thank all personnel involved for their dedication and hope that all participants had a purposeful time at the ASEAN Summit!



Our soldiers and their SPF counterparts working together.

SAF-SPF Joint Training for Homeland Security Operations

Written By: LCP Gordon Goh
Photography By: LCP Issac Ong

With the rising threat of global terrorism, homeland security has become a key component in ensuring that our country remains safe and secure. Recognising this, the SAF's Homeland Security Training Centre (HSTC) and Singapore Police Force (SPF)'s Frontline Policing Training Centre (FPTC) have made a combined effort to enhance interoperability and build mutual trust.

On the morning of 31 October, we were given the opportunity to witness Operationally Ready National Servicemen (NSmen) from Headquarters, 9th Singapore Division (HQ 9 Div), conducting the final phase of their SPF-SAF Joint Training for Homeland Security Operations. We watched as the NSmen worked hand in hand with SPF officers seamlessly to neutralise threats in a series of scenarios include Rowdy Crowd, Knife Attack, Active Shooter with Improvised Explosive Device and Active Shooter with Hostage.

Since its inception, both forces have mutually benefited from the sharing of information between the two agencies in more ways than one. As mentioned by 3SG Rushil Ramesh, Trainer, HSTC, "The SAF and SPF both have their individual Standard Operating Procedures (SOP). With a greater understanding of their operations, I can better educate the troopers on how to better work well with the SPF. The exercise also exposes us to a wider range of training styles and insights given by the SPF trainers help me to further enhancing my training style in the SAF."



Personnel from the joint patrol apprehended the hostile and took him under control.



3SG Rushil Ramesh



SPF's Emergency Response Team joining in to handle the active shooter threat with our soldiers.

As our soldiers only trained in conventional warfare previously, this exercise has provided a better understanding of how to deal with scenarios during peacetime with the SPF. After going through the joint training, CFC (NS) Andrew Fung Zi Yu, HQ 9 Div, believes that it has expanded his capabilities to operate in peacetime. "Our usual training is in conventional combat. It is rather new for us to operate in peacetime scenarios. The rules of engagement and engagement skills differ, though they are related. It takes us some time to adapt and learn. Eventually, after working with the SPF, we can widen our operational capabilities."

Individuals such as 3SG (NS) Koh Sze Yang Kernard, HQ 9 Div expressed that he has benefited greatly from this exercise as he has learnt how to better deal with threats, should they ever arise. "In times of emergency, you never know when situations will come up and what important scenarios we will face. In such cases, our synergy is vital to deter the threat at any point in time."

Moving forward, LTC Goh Boon Pin, Commanding Officer, HSTC, has high hopes for the future of the two agencies in the effort to strengthen homeland security. "A whole-of-government approach must be taken to combat terrorism. We value every training opportunity with our partners to share ideas and enhance our operational readiness."

Through the joint training sessions, SAF soldiers and SPF officers have improved their operational familiarity and honed their tactical competencies through a series of training scenarios. To date, seven such joint training sessions have been conducted, and a total of 22,000 SAF soldiers have been trained in Homeland Security Operations. These joint trainings have certainly helped to ensure that both agencies stay vigilant, also acting as a form of deterrence against potential threats.



CFC (NS) Andrew Fung Zi Yu



LTC Goh Boon Pin

TASER X2

Written By: PTE Gershwin Lim

Widely used for law enforcement, the Taser is a hand-held, electro-muscular disruption device that is capable of incapacitating a person through the application of an electric current. It is used in security and enforcement operations as an alternative to firearms in non-lethal force situations in the safest and most effective way possible.

To aid in carrying out security operations within the SAF, the SAF Military Police Command employs the Taser X2 as their selected taser model to uphold and enforce military law, order and discipline in the SAF during peacetime and war.

Unlike many other tasers which requires manual reloading after every shot, the Taser X2 offers the user with a 2-shot option for increased effectiveness. The Taser X2 is also equipped with dual lasers visibly eliminates any aiming guesswork and enhances the accuracy by allowing users to visibility know where both probes will land on the target.



TECHNICAL SPECIFICATIONS

Muzzle Energy: 550J

Weight: 454g

Length: 198mm

Sight Radius: 163.5mm

Minimum Effective Range: 1.7m



The five Directing Staff and Assistant Directing Staff were awarded the Sergeant Major of the Army (SMA) Coin to recognise their efforts.

Recognising Our People: An Embodiment of Lifelong Learning – Our Trainers

Written By: PTE Gershwin Lim

Photography By: PTE Joel Tan, REC Nicodemus Kee and SWAS

Throughout the 22/18 Basic Warfighter-Platoon Sergeant (BWF-PS) Course, a group of Warrant Officers and Specialists (WOSpecs) trainers from the Specialist and Warrant Officer Advanced School (SWAS) worked selflessly and tirelessly to ensure the course ran smoothly and effectively. Tasked to nurture specialists in the course to become competent platoon sergeants, these Directing Staff and Assistant Directing Staff trained them in the fundamentals of warfighting. One of the many components of the course was to prepare the future platoon sergeants technically and mentally to survive in an unforgiving jungle setting. After acquiring the skills, trainees had to go through a 9-day jungle survival phase in Brunei for their Jungle Confidence Course (JCC) to put what they have learnt to the test. A course module which was not compulsory prior to 2013, JCC was later introduced to the BWF-PS Course as one of the modules that trainees have to undergo in order to build resilience and confidence in them.

This was where the five Directing Staff and Assistant Directing Staff who had not been through the JCC previously, took it upon themselves to join their trainees, striving together with them to conquer the wild. By putting themselves in their trainees' shoes, these trainers were able to empathise with their trainees and hence train them more effectively. With that in mind, the five Directing Staff and Assistant Directing Staff delved right into the course.

The JCC started off with a gruelling 5-day long unguided land navigation through the unforgiving terrain in Brunei. Moving from one objective to another, they had to brave the elements while carrying a 20kg backpack with 7 litres of water and constantly watching out for thorny vines. Thereafter, participants had to perform an exhausting Combat Swim with all their gears across a river before being thrown into a Survival Site alone. When in the Survival Site, they were individually tasked to build an A-frame shelter and equip themselves with essential survival tools such as carving out utensils and spears using bamboo, as well as to gather potable water and edible food for survival. Upon completing these tasks, the participants were faced with their final challenge, navigating back to their base camp with whatever motivation that was left in them. The JCC proves onerous for every batch of participants as it tests not only the physical prowess and survival skills of the participants, but also the mental resilience to be able to power through the draining course.



Carving out wooden utensils for meal consumption.

At the end of the JCC, all five of them remarked that going through the course was something they had no regrets about and had learnt plenty from. Though each of them had different reasons for taking up the challenge, all of them had a common goal of improving themselves further. Let's hear what they have to share!



The five Directing Staff and Assistant Directing Staff from SWAS (2nd from left to 6th from left) together with Commander Jungle Training School, SLTC Tang Kar Kee (7th from left), Commanding Officer of SWAS, CWO Neo Chee Wee (8th from left), Chief Master Trainer of Jungle Training School, MWO Derrick Fong (9th from left) and other JCC participants.

"We learn new things in whatever we do regardless of how many times we have done it because every situation is different. Therefore, we should consciously make an effort to improve day-by-day to keep ourselves ready."

2WO Lee Tong,
Directing Staff, SWAS

"Having reached the 20th year of my service, it allowed me to revisit being a warfighter and also push myself to the limit. At age 39, my age is just a number; I should never stop learning, and as we grow, we should always unlearn, learn and stay relevant."

2WO Eddie Kuan,
Directing Staff, SWAS

"We must constantly improve ourselves, so learning never stops. The moment we stop learning, we stop being creative and innovative. And that will go against Our Army's direction of capitalising on innovation within the organisation."

MSG Muhd Suhairi,
Assistant Directing Staff, SWAS

"I joined so that I can have the credibility to demand standards from my trainees when I am training them. I feel that the experience I went through helped me provide better advice and guidance for my subsequent batch of BWF-PS trainees on how to overcome JCC."

3WO Johnson Ng,
Assistant Directing Staff, SWAS

"As soldiers, we must keep ourselves fit and lead by action. Taking up the challenge for me at the age of 39 was not an easy feat, but I hope that this has inspired many of the BWF-PS trainees who were taking JCC together with me."

3WO Goh Chee Wei,
Assistant Directing Staff, SWAS

As we celebrate time and time again the warfighters, trainers and leaders who have graduated from the course, we must not forget the countless trainers behind every one of them. These leaders constantly inspire and nurture our next generation of soldiers, imparting into them invaluable skills and knowledge. We would like to commend these five trainers who have embraced lifelong learning and set a good example for everyone around them.

WITH PRIDE WE LEAD!

LTA Mabel Long playing as a goal attacker during the Deloitte Pesta Sukan 2018.

Playing Towards Success

Written By: PTE Joel Tan

Photography By: REC Nicodemus Kee, with contributions from LTA Mabel Long and 3SG Tan Jee Chong

“Give everything but up!” is the mentality of both LTA Mabel Long, Battalion Signals Officer and 3SG Tan Jee Chong, General-Purpose Machine Gun (GPMG) Commander. LTA Mabel represented the Singapore Armed Forces Sports Association (SAFSA) for netball in three different events in 2018 and achieved stellar results whereas 3SG Jee Chong represented 3 Div in the SAFSA Table Tennis Inter-Formation Championship and together with his partner, they marched to table tennis doubles glory. Both personnel are currently in service, but their hectic schedules did not stop them from engaging in the sport that they love.

3SG Tan Jee Chong playing during the SAFSA Inter-Formation Table Tennis Competition.



LTA Mabel Long, Battalion Signals Officer



3SG Tan Jee Chong, GPMG Commander

What is a day in your life like?

Mabel: I have to ensure that the competency of the platoon is aligned with the standards. I prepare and train the guys to ensure that they are operationally ready. I also manage my men's welfare, and I'm always available for consultation if they face any issues.

Jee Chong: My life in my unit revolves around ensuring that our fundamentals are refined, and equipment that we use are in a pristine and operational condition, as well as maintaining a high level of fitness in our soldiers.

How did you start playing your sport?

Mabel: I started playing netball since Secondary One. After interacting with the sport, the passion grew, and my netball journey continued all the way to university. Till now, I have been playing netball for almost 11 years, and the passion is still there as I enjoy the team spirit and bonds forged between the players.

Jee Chong: I enrolled in the Singapore Table Tennis Association when I was in primary school. Back then, table tennis was a popular sport, and there was a constant spotlight on Singapore's star players - Li Jiawei and Feng Tianwei. This inspired me to embark on my table tennis journey.

What have you learnt from the sport?

Mabel: Fighting Spirit and Teamwork. To fight for every pass and cherish every shot. I play mainly as a goal attacker and goal shooter, I need to be confident in front of the goal. To me, the team has fought hard to bring the ball to the goal circle, and I can't miss the shot.

Jee Chong: Table tennis has taught me a strong sense of mental alertness. It also bred in me a spirit of perseverance and resilience, which pushes me to give my utmost effort every time I am tasked to complete a job. Forging an analytical and strategic mindset to learn from your own mistakes is also something I've learnt.

How do you balance your work and your sport?

Mabel: Prioritising your responsibilities and effective time management is key. I usually train twice to thrice weekly, but when competition is nearing, the training intensifies. If I'm swamped with work, I'll still practise my shots at a nearby netball court in my neighbourhood.

Jee Chong: Due to my hectic schedule it's hard to train as frequently as I used to, I still try to maintain my usual training routine by training with my friends, who also are table tennis players, once or twice a week. When I'm really busy, I'll try to squeeze out pockets of free time to maintain my standards in table tennis.

What are some achievements you have attained in your sport?

Mabel: For Anbros National League 2018 held in Kallang Netball Centre this year, we (SAFSA), despite being a new team, managed to top the 8th Division in the Open Women's category. For the Deloitte Pesta Sukan 2018, we achieved the 1st place for both the Open Mix and Corporate Mix events.

Jee Chong: For me, I represented 3 Div in the SAFSA Table Tennis Inter-Formation Championship, and we came in 1st.

Lastly, any tips for the rookies?

Mabel: When you get tired, learn to rest but don't quit. Strength grows in the moments when you think you can't go on but keep doing anyway. Keep trying, and you will get there. It is about the commitment and dedication to something that you enjoy doing.

Jee Chong: Focus on building a strong foundation on your basic strokes. Other than that, train to have an excellent fitness level and great footwork. Find a sparring partner, an experienced mentor or coach, and most importantly to continuously strive for improvement with a positive mindset!



LTA Mabel Long (fourth from left, top row) with her netball team.



3SG Tan Jee Chong (second from left, first row) with his team members.

#throwback

Missed out on the happenings in Our Army? Here, we recap the various events and stories you may have missed out so fret not! Click on the images below and get up-to-date with our men in green.



02/18 Joint Leadership Course Graduation Ceremony



37/18 SCGP



GKS CSC Command and Staff Course Graduation Ceremony 2018



01/18 Joint Senior Leadership Course Graduation



SAFVC Formation Patch Presentation Parade



48 SAR Milestone Parade



12 C4I Milestone Parade



39 SCE Milestone Parade



40 SAR Milestone Parade



6 SIR Milestone Parade



6 Div's 42nd Anniversary



3 Div Sports Day



Guards 40



SAFIMI 23rd Anniversary



MAF Chief Visits IDTF



Malaysian DM's Visit to 3 Div



JAT with Indian Army



SMS' Visit to 93 CSSB



MINDEF Pride Symposium 2018

Other Happenings in Our Army:



What can you remember about your buddy from National Service?

Recently, we caught up with 3 pairs of buddies from the 110/17 Officer Cadet Course with a quiz to test their understanding about each other. Watch the video to find out how they fared and what they had to say about each other!

Video by: PTE Joel Tan

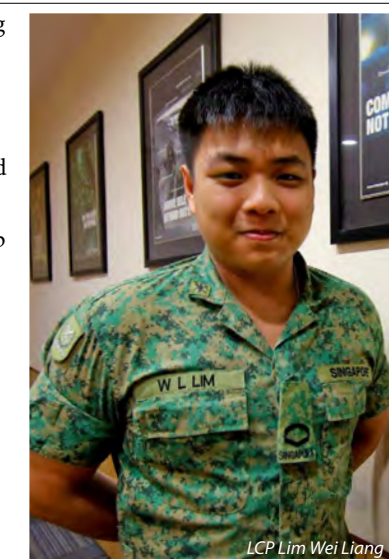
At about 6 pm on 11 October, an elderly lady was returning home after buying groceries at Bukit Merah Central. The floor was wet due to rain earlier that day and unfortunately, she slipped and fell. At that moment, LCP Lim Wei Liang, who was on his way home, rushed over to assist her and made certain that she reached home safely.

The lady's daughter, Patrice, wrote in to compliment LCP Lim, saying "I wish to compliment and thank this Army personnel named Wei Liang for helping my mum when she slipped and fell on her way home from NTUC. Wei Liang happened to be in that area and helped my elderly mum up and even sent her home. As I was concerned about my mum's condition, I didn't have the chance to thank him. I hope that you can recognise his kind heart."

"I wasn't really thinking about anything when I saw her fall down. Instinctively I went forward to help her and I think anyone else would have done the same. After helping her up, I made sure that she was fine and saw that she could stand up on her own. I was still worried that she might get injured again since she was carrying groceries and the floor was quite wet, so I decided to help her all the way to her home," said LCP Lim.

Although LCP Lim's gesture was simple, it's an act that goes a long way. For that, we at The Singapore Army would once again like to thank LCP Lim for his good actions.

Album by: CPL Marcus Teo



LCP Lim Wei Liang



Despite the sudden downpour over SAFTI Military Institute (MI), our friends' spirits could not be dampened. Working with the Movement for the Intellectually Disabled of Singapore (MINDS), SAF Advanced Schools (SAS) hosted a group of intellectually disabled people at SAFTI MI. Organised by our Full-time National Servicemen, the visitors were treated to a tour of SAFTI MI and enjoyed a series of activities that were planned. While the visitors had an informative and enjoyable session, it was not entirely a one-sided learning experience as our soldiers learnt just as much from them through the interaction! Catch a glimpse of the event in SAFTI MI!

Photos by: SAF Advanced School
Album by: CPL Marcus Teo

Group photo of the participants with our soldiers.



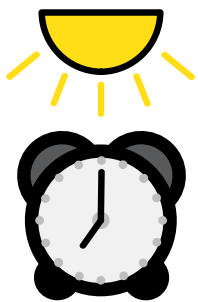
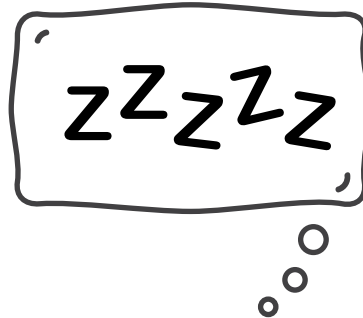
Sleepless in Singapore

Contributed By:
Centre of Excellence for Soldier Performance
MAJ (DR) Suriya Prakaash

When it comes to maintaining a healthy lifestyle, most of us think of regular exercise and a healthy diet. Sleep quality and quantity are either further down the pecking order, or not considered at all.

Sufficient quality sleep is crucial to allow proper functioning of various body systems, from metabolism to brain function. Lack of seven hours of quality sleep per day results in an increased risk of developing long-term diseases such as high blood pressure, obesity and heart disease. According to a 2016 study by the University of Michigan, Singaporeans got the least amount of sleep among the places that were surveyed.

Given that sleep habits play a huge role in ensuring quality sleep, here are a few tips that you should consider adopting:



Establish a Routine. Having a routine from the moment you wake till the moment you get back in bed will facilitate not just sleep quality, but also the time taken to fall asleep. Get yourself exposed to the sun the moment you wake up, or at the earliest possible opportunity, as a way to set your internal body clock. And when it's time to go to bed, have a routine before hitting the sack, whether it's brushing your teeth or reading a book (not on your phone!).



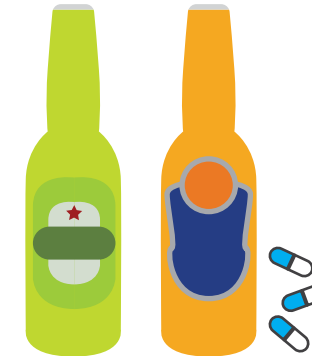
Limit Your Caffeine Intake. Yes, there are some of us who can have a double espresso after dinner and still sleep like a baby. Unfortunately, most of us are not those people. Stop drinking coffee by 2pm, as caffeine can remain in your system for hours. Also, limit other sources of caffeine such as tea and chocolate in the later part of the day.



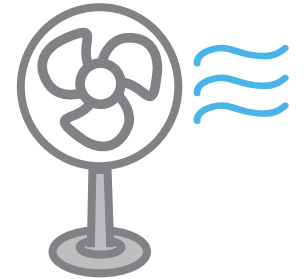
Exercise Helps. Moderate aerobic exercise or resistance training for 20 minutes or more, at least three hours before bedtime, can aid sleep. 150 minutes per week of such exercise, spread throughout the week, is recommended. The cooling of your body temperature after exercise provides an additional signal to tell your body to sleep. On the other hand, exercise too hard or too close to bedtime, and you run the risk of increasing the time it takes to fall asleep, as the mind would still be alert and the body's temperature would still be raised.



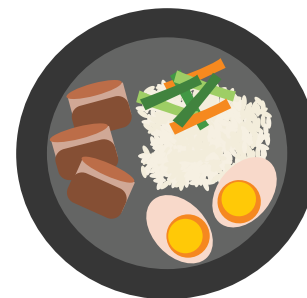
Nap the Right Amount, at the Right Time. A 15 to 20-minute nap in the early afternoon is just right at leaving you feeling refreshed without affecting your chances of falling asleep at night. Long naps can leave you groggy if you wake up in the middle of a sleep cycle, and can also make it harder to fall asleep at night. Likewise, naps after dinner are a big no-no.



Say No to Alcohol (and Pills). The truth is, alcohol does help you fall asleep. But it also gives you poor quality sleep. Alcohol can interrupt circadian rhythm, block Rapid Eye Movement (REM) sleep (which is required for recovery), and aggravate breathing problems. Sleeping pills are no better, in that they produce sedation and not natural sleep.



Keep it Cool. Let's face it, Singapore is not getting any cooler, although the rain from the end of year monsoon season can be comforting when you're in bed. When falling asleep, your body temperature starts to fall and your body loses heat so that you can fall asleep and stay that way. A hot bedroom, or piling up on the blankets, can make it difficult to fall asleep (and stay asleep).



Eat Dinner, not Supper. Falling sleep involves putting your systems on shutdown mode, including the digestive system. Therefore, having a late dinner or a late night supper makes it harder to fall asleep and stay asleep as your body will be trying to digest the food. Not to mention that you'll be setting yourself up for problems like acid reflux and heartburn.



Have a "No Screens" Hour. Phones, tablets and TVs expose your eyes to blue light, which stops the body from making melatonin, the sleep hormone. Even worse, it can increase the stress hormone cortisol, leaving you feeling energized when you want to wind down instead. So have a "no screens" hour before bed to reflect on the day, plan for the next and/or read a book.



You Snooze, You Lose. When the alarm rings, there's nothing more satisfying than silencing it or hitting snooze and continuing to sleep. However, no beneficial sleep comes from those extra few minutes, while snoozing can lead to feeling sluggish during the day. As mentioned at the beginning, establish a routine. Set one alarm and stick to it. If you need to, put that alarm in a place where you need to turn on a light to find it. The light can then trigger your brain, telling you that it's time to wake up.

BOOK OUT HANGOUT & MAKAN: ORTO

Written By: CPL Marcus Teo

Photography By: CPL Brandon Kit



In this issue's edition of Bookout Makan, we took a look at places nearby Dieppe Barracks and we're certain that you won't be disappointed. What's more, we also decided to bring you a little something extra. Even though eating is perhaps the greatest feeling in the world, we know that for many who're going out, you want to do more than just eat.

Introducing Bookout Hangout, where we suggest places nearby camps for you to visit, play or chill with your buddies. A less than 10-minute drive from Dieppe Barracks is ORTO, a multi-recreational park that is open to the public 24 hours a day, catering to all-day and night activities. Just a short walk from Khatib MRT Station, ORTO is about 7 football fields big, and is filled with activities for you to enjoy. First up is Katapult Trampoline Park. As its name suggests, it's a trampoline park that isn't just about jumping. It offers activities like dodgeball and wall run that adds some spice to the fun. Visit their website at <http://www.katapult.com.sg> to find out more.

If you're looking for something more sporty, ORTO also offers several futsal courts for play. Uber Sports organises street soccer - at just a call away at 6303 0663. Their AstroTurf pitches are well-maintained and are a little bigger than those at The Cage. What's more, you can play at the pitches regardless of the time, just remember to call ahead!

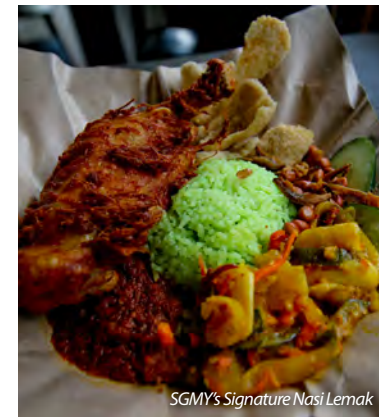
Lying next to one of the restaurants we visited (SGMY) is Prawning @ ORTO, where you can prawn solo or with a group of friends. After prawning, you can cook your catch - and nothing beats freshness when it comes to seafood. If you're looking for a chill evening with your friends, why don't you try visiting ORTO!

SGMY

Price: \$9.90

Address: 81 Lorong Chencharu #01-10, ORTO Singapore 769198

Opening Hours: 11:00am - 2:00am (weekdays), 11:00am - 3:00am (weekends)



You just booked out of Dieppe Barracks and want to watch your favourite soccer team in action. But oh no, look at the time! You're not going to make it home early enough to watch the game. Don't worry bro, we got you covered. Just a 10-minute drive from camp is SGMY at ORTO, a gastropub that serves local delights. The restaurant is reminiscent of a kampong, so we decided to be a little nostalgic ourselves. Enter the restaurant's Signature Nasi Lemak. Pandan coconut steamed rice, a whole fried chicken thigh, achar, cucumber slices, 'ikan bilis' and last but not least, crunchy peanuts. The dish itself was hearty and very satisfying. The fairly tender and crunchy fried chicken was well complimented by the rice, with the pandan adding a new, tasty dimension of flavour. The achar was especially delicious. It was well-seasoned with just the right amount of sourness and spiciness. If you're just looking to for a place to chill, we would highly recommend this place, just remember to 'jio' your friends!

Friends Tasty Korea

Price: \$13.00 (\$9.90 during lunch promotion)

Address: 431 Sembawang Rd, Singapore 758396

Opening Hours: 11:00am - 11:00pm (daily)



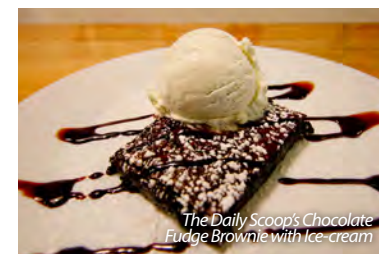
Daebak! So much food, and only \$13.00! Bibimbap at Friends Tasty Korea is served with a medley of vegetables, topped with an egg. But that's not all. Korea is famous for having many side dishes and that's exactly what we got at the restaurant. Kimchi, pickled vegetables, candied ikan bilis, a hard-boiled egg, macaroni and a seasonal side of fried burdock root with gochujang. The bibimbap itself was well-seasoned and had an array of textures, the most prominent being those little bites of rice that hardened along the side of the hotpot. Bibimbap aside, the side dishes were also very tasty, so much so that I wished for a bit more. To round off a wonderful, filling meal, we were even served some watermelon. Although \$13.00 looks steep at first glance, the meal as a whole is very worth it given how many sides are served. If you're looking for a nice meal, why not try this place! The restaurant also serves freeflow barbeque, so if you're really hungry and want to spoil yourself relatively cheaply, this is the place for you! **맛있다!**

The Daily Scoop

Price: \$7.80

Address: 369 Sembawang Rd, Singapore 758382

Opening Hours: 11:00am - 10:00pm (Monday to Thursday), 11:00am - 10:30pm (Friday & Saturday) and 2:00pm - 10:00pm (Sunday)



Where do we start? Well, for their ice cream, we tried the flavours Honey Vanilla as well as Simply Chocolate. The Honey Vanilla flavoured ice cream was smooth and aromatic. With the fragrance from vanilla seeds embedded in each scoop being complemented by a tinge of sweetness from the honey, it was most certainly a harmonious blend. Simply Chocolate was velvety and creamy, with the pairing of a subtle bitterness from the chocolate together with its smooth texture making for one luscious bite. Let's not forget their gooey chocolate brownies. The brownie sank under the pressure of the ice cream and each bite was rich and luxurious, with melted chocolate within the gooey brownies creating an oomph to each bite. When eaten together with the Honey Vanilla ice cream, the aromatic flavour of the ice cream balanced out the intensity of the brownie perfectly, a true invasion of flavours. We ordered the same brownie twice. You know it's good when you can't resist ordering another serving. It was an experience well worth its price, \$7.80 for a scoop of ice cream and a slab of irresistible brownie. Need we say more?