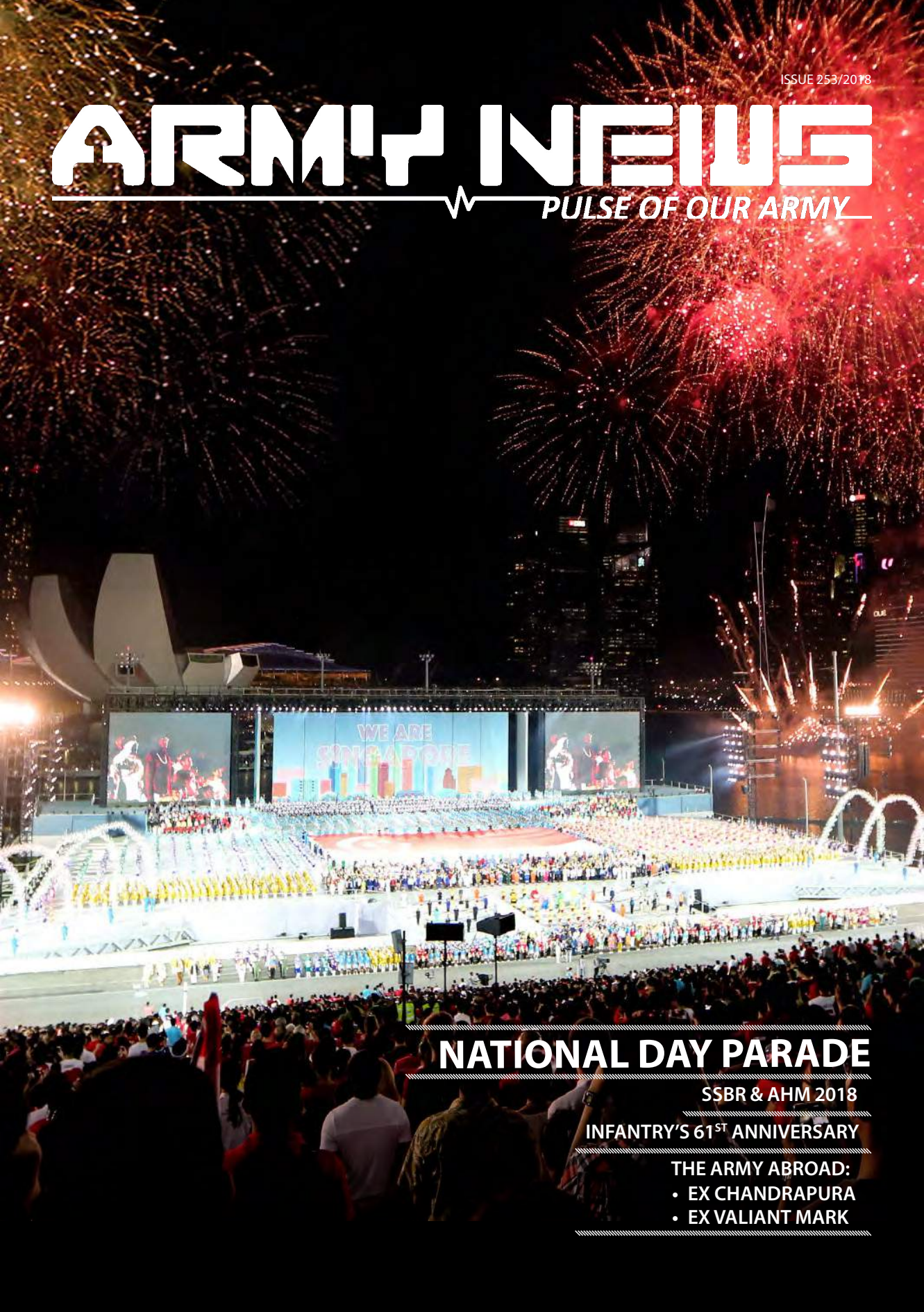


ARMY NEWS

PULSE OF OUR ARMY



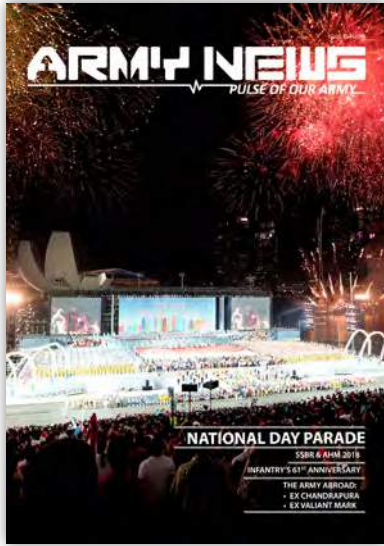
NATIONAL DAY PARADE

SSBR & AHM 2018

INFANTRY'S 61ST ANNIVERSARY

THE ARMY ABROAD:

- EX CHANDRAPURA
 - EX VALIANT MARK
-



Cover Photo LCP Cyril Tang

We would like to thank CPL (NS) Teo Zhi Guang & CPL (NS) Ashley Seek for their contributions in ARMY NEWS!

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As we set foot in the last quarter of the year, we look back at what kept our soldiers busy over the past months!

Together with the rest of our nation, we celebrated Singapore's 53rd birthday with a parade at The Float @ Marina Bay. I'm not sure about you, but I certainly enjoyed this year's parade. However, all the spectacular performances would not have been possible without our soldiers working hard behind-the-scenes and, we salute them for their hard work!

Within Our Army, we also celebrated various formations' anniversaries. From commemorating Army Intelligence's 5th Anniversary to honouring one of Our Army's oldest formations - the Infantry's 61st Anniversary. We also followed our WOSPECs as they trained hard physically, technically and mentally through the Basic Warfighter - Platoon Sergeant Course. Not forgetting the bilateral exercises our soldiers participated in this month that helped to hone their operational capabilities: Exercise Chandrapura and Exercise Valiant Mark.

In this issue, we also share with you some interesting happenings from the highly-anticipated Army Half Marathon and uncovered some of the behind-the-scenes action from our soldiers. Read on and continue to be inspired by the contributions from our NSFs and NSmen who were awarded NSF of the Year and NSmen of the Year awards respectively.

P.S. If you have not heard, Army News is going fully digital from this issue onwards! We hope to continue bringing you more exciting content while doing our part in saving the environment!

Clarice Toh
Editor, Army News

ARMY NEWS

(Suggestions and Feedback)

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Exercise Chandrapura 2018

Written By: CPL Brandon Kit

Photography By: LCP Shawn Cheow

In an annual bilateral exercise, codenamed Exercise Chandrapura (XC), Commandos from the Singapore and Indonesian armies trained together, culminating in a combined Full-Troop Exercise in the Murai Urban Training Facility. Conducted from 16 to 30 July, XC involved 60 Commandos from each side. This year's exercise included cross-training on marksmanship, rappelling and urban operations, with both armies executing an airborne jump. Marking the 25th iteration of XC since its inception in 1994, this year's exercise underscores the close and long-standing defence relations between Singapore and Indonesia. Other than XC, the Singapore and Indonesian armies conduct other bilateral exercises, such as Exercise Safkar Indopura and engage in a wide range of activities such as visits, professional exchanges and cross-attendance of courses. These regular interactions enhance the interoperability and foster mutual understanding between the two armies. During these regular interactions, the strong bonds formed between individual soldiers pave the way for the continuation of good relations at the national level.



Commandos from both armies covering danger areas during infiltration/ foot movement.



Strong bonds go beyond borders and languages.

Though they spoke different languages, Trooper, CFC Paraneetharan Panchanathan felt that mutual effort and similarities brought soldiers from both sides together, forging a strong bond.

"Initially we were challenged by the different languages that we spoke and this led to us having a hard time communicating and understanding each other. Despite this, we were able to pick up basic phrases and terms throughout the exercise and that helped us bridge the gap eventually. Moreover, our similarities in spirit and the interest in each other's practices further alleviated the language barriers. Beyond the smooth and unhindered conduct of every activity, the unwavering friendship and strong bonds forged in the process also contributed greatly to the success of XC."



When we come together, our similarities form the foundations of unity.

Amidst the training and exchanges, Machine Gun Commander, 3SG Muhammad Syakir Bin Zainol observed that the Commandos from both countries shared more similarities than they first thought.

"At first I thought it would be difficult to communicate with the Indonesian Commandos (Kopassus) but I was proven wrong. During our interactions, both sides were curious about how drills were conducted, asked a lot of questions, and were very friendly. We have more things in common than expected so it was actually easier for us to complete the activities. As we are all Commandos, we have the same high standards and expectations and a common culture of excellence. It has really been a fulfilling journey thus far."

Bonds that will stay for life.

Working side by side with his Indonesian counterparts, Detachment Commander, 2LT Ng Wei Jun Jarran saw the exercise as a valuable platform for mutual exchange.

"While we went through our usual drills, we got to learn how the Kopassus do their drills as well. Not only did both militaries get the chance to train and hone our skills, but we also learned more about each other. For instance, we saw how each other performed our staircase and room storming drills."

Beyond a platform for mutual exchanges, 2LT Jarran felt that the exercise also facilitated the forging of strong bonds between the soldiers from both sides.

"Everything went really well, and we managed to forge a strong camaraderie with our Indonesian counterparts that I believe will stay for life."



Specialists in raids, reconnaissance and enemy interdiction via air, land and sea, the Commandos are the tip of an Army's spear. Through exercises like these, Our Army looks to strengthen not only our capabilities but also our bilateral relations with other countries. Overcoming language barriers as well as differences in cultures, the 51 years of good bilateral relations are sure to continue for many years to come!

FOR HONOUR AND GLORY!

Exercise Valiant Mark 2018

Written By: 7 SIB

Photography By: 7 SIB

Exercise Valiant Mark (XVM), an annual bilateral exercise between the SAF and the United States Marine Corps (USMC), recently concluded its 27th edition in the vast desert plains of the Marine Corps Air Ground Combat Training Center (MCAGCTC), located in Twentynine Palms, California. The exercise involved soldiers from the 7th Singapore Infantry Brigade (7 SIB), 7th Marine Regiment, USMC Aviation – supported by F-16C/D fighter aircraft and AH-64D Apache attack helicopters from the Republic of Singapore Air Force (RSAF). That made up a total of over 1,000 participants in XVM 18!



The exercise was conducted from 25 August to 15 September. With its vast training area, the MCAGCTC provided an excellent template for large-scale vehicular, mechanised and combined arms manoeuvre training, as well as air-land integrated live-firing exercises in both conventional and urban scenarios.

Singapore has always shared a close and mutually beneficial bilateral relationship with the United States (US) in many aspects. The two countries maintain long-standing military relations and interact regularly through bilateral and multilateral exercises, cross-attendance of military courses held by both countries, as well as professional exchanges on international platforms. XVM serves as a platform for the 2 armies to further enhance interoperability and cooperation, especially in the increasingly uncertain security climate.

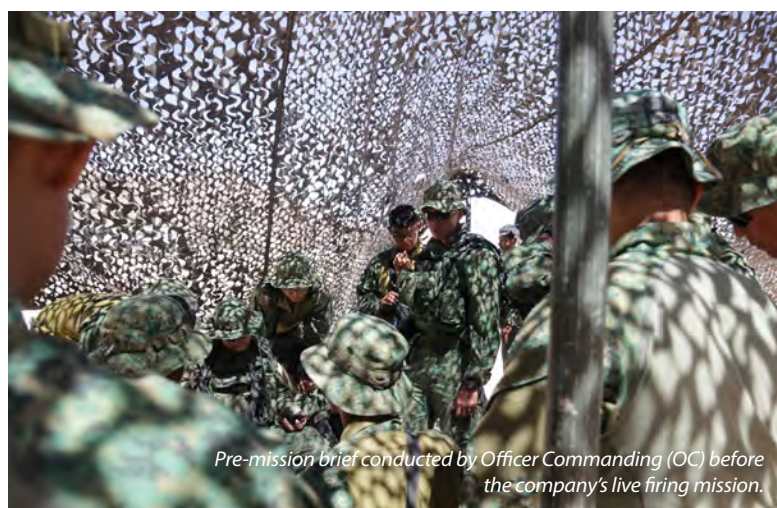


Soldiers providing cover fire during crossing of danger area.



Troops from SAF and the USMC

During the exercise, SAF soldiers and US Marines went through combined training sessions, sharing different tactics and techniques with each other. One of the exercise participants, LTA Chia felt that XVM provided a platform for both armies to exchange Standard Operating Procedures and best practices with each other, "The US Marines conduct training differently from us and by sharing our practices with each other, we can learn how to further enhance our training." Echoing his sentiments, 2SG Iyog found that training with the US Marines was the most memorable experience for him during the exercise, "We got to work with the US Marines and learn what they do, as well as exchange our experiences with them."



Pre-mission brief conducted by Officer Commanding (OC) before the company's live firing mission.



Closing ceremony of XVM 18

Besides providing an opportunity for professional exchanges between the two armies, the terrain in XVM was also an eye-opener for our soldiers. As shared by LTA Queh, "The training in XVM exposed our soldiers, as well as myself, to a different terrain. The vast training area and dry, hot weather is very different from Singapore. Being able to train under such remote conditions has built up confidence in our soldiers and given us a brand new experience." Besides providing a different experience for the soldiers, MSG Habib also found that the new terrain brought about new challenges, "Deploying our men in such terrain was very different, as compared to how we usually deploy them in the local terrain in Singapore. Through this exercise, we gained more confidence operating in such terrain."

In the prequel to the final segment in XVM, the SAF and the USMC conducted

Section, Platoon and Company live-firing exercises. With a larger live-firing area, it allowed the troops more versatility and complexity in planning highly realistic and enriching live-firing scenarios. This was evident in the Company live-firing exercise, where troops had to advance and execute their assault under the cover of heavy fire support from the General Purpose Machine Gun (GPMG) teams and the USMC's heavy machine gun crews, while Snipers and Company Marksmen provided cover for their approach.

The sum of all the meticulous planning, rigorous training and conditioning over the weeks came together in an exciting finish to XVM – the Final Exercise. In a combined effort by the USMC, Our Singapore Army and RSAF officers, the Final Exercise is a large-scale combined arms live-firing exercise involving ground

troops and armoured units. On top of it all, the RSAF F-16s and Apaches were on standby to execute close air support fire missions upon the request of the troops on the ground.

At the official closing ceremony of XVM, all personnel involved gathered for the returning of Colours to mark the closure of a long, safe and highly eventful training. The ceremony was graced by Commander 7 SIB, COL Xu Youfeng and Commander 7th Marine Regiment, COL Kyle B. Ellison. In his closing address to the participants, COL Kyle remarked, "XVM to me was more than an exercise; it was an operation grounded in purpose." Indeed, XVM is a strong testament to the fact that Singapore and the US are able to commit to and ensure a strong level of cooperation and commitment.



XVM participants from the SAF and USMC



Training to refresh their fundamentals during the Small Arms Coaching Course.

Basic Warfighter-Platoon Sergeant (BWF-PS) Course

Written By: REC Gershwin Lim

Photography By: CPL (NS) Benjamin Lim,
CPL Brandon Kit, PTE Joel Tan & REC Nicodemus Kee

An 11-week course, the 22/18 BWF-PS course saw its new batch of specialists deepen their skill sets and boost their confidence before taking up the role of platoon sergeants. The course is designed to instil warfighting skills and leadership qualities in its trainees through various modules to ensure they are holistically trained; physically, technically and mentally. The course is structured into 4 modules to meet the multifaceted training needed: Small Arms Coaching Course (SACC), Physical Training Commander Course (PTCC), Jungle Survival Training, and SAF Instructor Course (SIC). These 4 elements complement one another to reach the common goal of developing the specialists to become competent platoon sergeants who are able to lead, instruct and train their men in the fundamentals of warfighting.



Firing of the SAR 21 M203 Grenade Launcher.

Mastering Firearms: Small Arms Coaching Course (SACC)

The SACC is geared towards equipping trainees with the fundamentals of firing small arms and the skills to coach their men in the future. During the SACC, trainees went through in-depth technical handling of various arms such as Singapore Assault Rifle (SAR) 21, SAR 21 M203 Grenade Launcher, Section Assault Weapon (SAW) Mark 3A, and the Man-portable Anti-Tank, Anti-DOoR (MATADOR). On top of that, they went through live-firings to put what they had learnt to practice and familiarised themselves with the weapons. With their trainers, they were able to study the firing patterns and increase their firing accuracy by learning how to tackle some of the common mistakes. Only by being proficient in firing and coaching techniques can the trainees impart the fundamentals of firing to their men.



Setting up the monitor lizard trap during the Jungle Survival Training.

Conquering the Wilderness: Jungle Survival Training

For 2 days, trainees braved the elements and went through their Jungle Survival Training. In groups, they were tasked to apply several techniques they had learnt to thrive in a jungle setting. From building an A-frame shelter to setting a monitor lizard trap, trainees were equipped with the various techniques of surviving in the jungle with minimal resources. They also had to navigate through uneven terrain in the jungle with their heavy field packs. The training brought out the resilience vital in a warfighter and prepared them for the 9-day jungle survival phase in Brunei for their Jungle Confidence Course (JCC).



Securing the foundations of an A-frame shelter.



Trainees bring briefed on the various physical exercises during the PTCC.

Training Smart & Training Safe: Physical Training Commander Course (PTCC)

Trainees were taught human anatomy, physiology, principles of training and conditioning as well as heat acclimatisation to help them better understand how to train a soldier's fitness effectively. It also taught them to prevent injuries through efficient training methods, allowed them to understand the theories of physical training, as well as demonstrated a wide range of exercises, both aerobic and anaerobic, that can be done in any setting, be it in the weight room or outfield.

Understanding Every Soldier: The SAF Instructor Course (SIC)

Trainees were taught learning theories such as behaviourism, connectivism, cognitivism and constructivism which allow them to improve themselves as instructors. Understanding the role of an instructor, learning how soldiers behave and thereafter, being able to adapt their teaching styles to best suit every soldier's needs, trainees learnt during the course how they could bring lessons across effectively. As class participation was encouraged, both trainers and trainees had the opportunity to discuss collectively to deepen their understanding and clarify doubts. With the newly acquired soft skills, specialists are empowered to be effective instructors to soldiers in Our Army.



Trainees discussing with the lecturer while learning theories during the SIC.



Congratulations to the graduates of the 22/18 BWF-PS course!

Warfighters, Trainers and Leaders. It is often said that our Warrant Officers and Specialists (WOSpecs) are the backbone of Our Army, for they play a crucial role in carrying out operations, missions and training. Upon completion, the specialists who graduated from the 22/18 BWF-PS course are now ready to partner with their platoon commanders as platoon sergeants to maximise the potential of every soldier. These specialists are not only warfighters and trainers, but also leaders for their men to look up to. We would like to congratulate the graduates and wish them all the best in their respective units as they train and lead Our Army's next generation of soldiers.

WITH PRIDE WE LEAD!

Army Intelligence Celebrates Its 5th Anniversary!

Written By: REC Gershwin Lim

Photography By: LCP Sean Seah

Established in 2013, the Army Intelligence Formation plays a vital role in the collection and analysis of real-time information, converting them into accurate, timely and relevant Intelligence.

Accompanied by the deployment of tactical Unmanned Aerial Vehicles (UAVs) and other specialised intelligence assets, as well as superior surveillance and analytical skills, Army Intelligence supports the Singapore Armed Forces (SAF) in a wide range of operations that helps to ensure national security in times of peace and provides Our Army with a decisive edge in times of war.

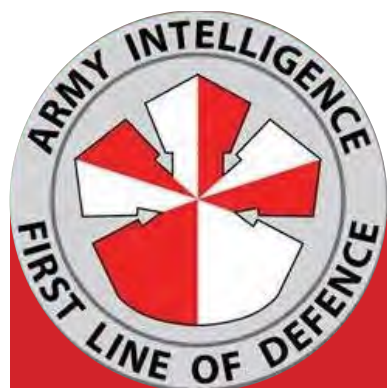
On 12 July, Army Intelligence celebrated its first 5-year milestone with a parade at Pasir Laba Camp. There, the formation also witnessed the trooping of its Regimental Colours. Conferred to the formation at SAF Day 2018, the Colours symbolises the spirit of the regiment and represents the pride, honour, and loyalty of its men.



The Parade was led by Parade Commander, Commanding Officer, 11th Command, Control, Communications, Computers and Intelligence Battalion (11 C4I Bn), LTC Lai Kit Loong.



Form-up of the Parade at Pasir Laba Camp.



Army Intelligence Over The Years

The 5-year mark for the Army Intelligence Formation was a special milestone and a proud moment for the Army Intelligence tribe. Army Intelligence may be a young formation but is certainly one with a long and proud heritage, tracing its roots all the way back to the formative years of the SAF.

Chief Army Intelligence Officer, COL Cheak Seck Fai Paul, leading the formation in the recitation of the Army Intelligence creed.



It started with the formation of the Department of Military Intelligence (DMI) at Pearlys Hill, in 1966. "When I first went into the Intelligence Formation, I went in as an assistant to the Head of DMI, when the General Staff was formed. The DMI was headed by Assistant Chief of General Staff (ACGS) (Intelligence). In our time, most of our efforts and focus were on training Intelligence Officers for the units, the S2 and so on," said COL (RET) How See Shing, then 2nd ACGS (Intelligence), when looking back at the formative years of the Intelligence Formation.

To build up their professional competencies, the School of Military Intelligence (SMI) was formed in 1969, at Pasir Laba Camp. "When I first joined Army Intelligence, there wasn't anything called Army Intelligence, all we had was the SMI. I think the training I received back then, the Basic Intelligence Officers Course and the Advanced Intelligence Officers Course, together with the experiences I have gone through as an Intelligence Officer, were nothing short of fantastic", said COL (RET) Arthur Kuan, 1st Chief Army Intelligence Officer, when sharing on the training and experiences he had while in the formation.

In 1975, G2 MINDEF was established and eventually became G2 Army. "Back then when we came into Army Intelligence, which was G2 Army, it was highly specialised and we focused more on collection and analysis. The kind of information we received at that time was a little more operational and strategic rather than tactical. So towards the part where we actually transitioned into the formation of Army Intelligence Headquarters (HQ), we were able to focus more on the requirements on the ground rather than 'I'm giving you what I think you'll need'", said MWO (RET) Richard Quek, 1st Formation Sergeant Major, when asked about the G2 Army's capabilities and the adjustments they had to make when forming the Army Intelligence HQ.

In 2005, the Combat Intelligence Group (CIG) was born from the restructuring of the Combat Intelligence department in G2 Army. COL (RET) Francis Yee, 1st Commander of CIG/SMI-Institute, described some of the many challenges he faced during the merging of CIG and SMI-Institute. "Back then, I was actually the first Commander of CIG/SMI-Institute. It was a very challenging period. We had to raise, train and sustain the Army Intelligence.

We had to bring up the training for the Joint Intelligence, as well as to manage some operational Military Intelligence (MI) battalions there." When tasked to amalgamate CIG and SMI-Institute, COL (RET) Yee and his team succeeded in what many thought was impossible, and he continued to share how privileged he was to be a part of it.

Finally, in 2013, HQ Army Intelligence was officially inaugurated as a Senior Specialist Staff Officer (SSSO) HQ, spearheading the Raise, Train and Sustain function of Army Intelligence capabilities and to support Army operations from peace to war.

The Army Intelligence Formation has been built on the decades of foundation forged by the pioneers of Army Intelligence. They overcame challenges, uncertainties and also provided leadership and direction for the present soldiers to build the formation upon. We thank the past and present Army Intelligence personnel for their unwavering support and contributions towards the defence of Singapore!

FIRST LINE OF DEFENCE!



Infantry's 61st Anniversary Celebrations

Written By: CPL Marcus Teo

Photography By: LCP Cyril Tang

With 61 years of rich history, the Infantry Formation is without a doubt one of the oldest serving formations in Our Army. As part of its anniversary celebration, a series of exhilarating events were held to commemorate the event.



INFANTRY SHOOT

Held at SAFTI 300m Range, the Infantry Shoot was held on 14 August, whereby participants had the chance to try their hands at the different Infantry weapons through live-firing.



INFANTRY MARCH

Fast forward 3 days to 17 August, the Infantry March started at Changi Beach, where the Sook Ching Massacre occurred decades ago. The march brought together all Infanteers in Our Army. From Changi Beach, the Infanteers marched to Selarang Camp, Home of the Infantry. The march served not only to foster a stronger sense of camaraderie among the Infanteers, but also reminded each and every Infanteer that they serve to protect the nation and those dearest to them.



INFANTRY COMBAT PHYSICAL TRAINING

The day was far from over, however, and after reaching Selarang Camp, the Infanteers participated in the gruelling Infantry Combat Physical Training, where various stations were set up to test their strength and resilience. From the Standard Obstacle Course to a Stretcher Race to Leopard Crawling in the mud, the Infanteers tested their limits to complete the challenge.



INFANTRY FLAME

The celebrations would not be complete without the lighting of the Infantry Flame. Led by the Infantry senior leadership, the roaring flame symbolises the spirit of the Infanteer, and that it will continue to burn strongly as they strive to defend our nation. With that, the anniversary celebrations came to a close, and an Infantry Makan (dining) was held for the Infantry tribe.



In his address to the tribe, Commander 9th Singapore Division / Chief Infantry Officer, COL Andrew Lim stressed the importance of coming together and honouring the work and dedication of past Infanteers.

"We do the tougher things in life. Part and parcel of doing what we do is about celebrating what it means to be fellow brothers and sisters in arms. In Infantry, we are all ordinary people, but every time when we come together, we achieve extraordinary outcomes. Even within Infantry, it's not just Infantry vocationalists; we have Guards, Commandos, you name it! We celebrate this diversity and ultimately, Infantry is always about the people next to us. I always tell people that a military organisation without a sense of history, without a sense of tradition, is a military organisation without a soul. There are many things like this Infantry March that was started by our predecessors. We are where we are today, whether as one SAF, as an Army, as a nation, as Infantry, or as a tribe, because of all the sacrifices, hard work, dedication and commitment of the Infanteers that came before us. The Infanteers who have dedicated their entire lives to ensure this country continues to stay safe, and can continue to prosper".

FORGING AHEAD!



PERSCOM's 7th Anniversary

Written By: PTE Teo Hao Yu
Photography By: PTE Joel Tan

On 29 June, around 600 individuals from Our Army's Personnel Command (PERSCOM) celebrated their 7th Anniversary by participating in a charity walk-a-thon at East Coast Park. Following the theme for this year's celebration, "Our Loving Hearts: For Good Health & Good Cause", the walk-a-thon sought to promote a healthy and active lifestyle and also aimed to contribute to the community and benefit the needy in Singapore. In collaboration with partners, one bowl of rice was donated to needy residents for every 100m walked by an individual. In total, PERSCOM achieved 1537.2km and 15372 bowls of rice!

Then-Commander PERSCOM, COL Lee Yem Choo was present to grace this event. Congratulations to PERSCOM on their 7th Anniversary!



Participants engaging in warm-up before the walk-a-thon.



Then-Commander PERSCOM, COL Lee Yem Choo

In a speech by COL Lee, she noted the importance of such events, saying

"I always believed that community service is very good in cultivating values and compassion. Being an entity that focuses on HR services, such values enable us to deliver better HR services to our servicemen."

In addition, she also thanked the personnel from PERSCOM.

"Your passion and commitment is really evident from the work that you have done."

EXCEL TO SERVE!

SAF MP Command's 52nd Anniversary

Written By: REC Gershwin Lim
Photography By: CPL Marcus Teo & REC Nicodemus Kee

The SAF Military Police (MP) Command upholds and enforces military law, order and discipline in the SAF during peacetime and war. That time of the year has come for the SAF MP Command to celebrate their 52nd Anniversary. On the 24 August, personnel from SAF MP Command gathered at Mowbray Camp to take part in this special occasion. They started the day with a Cadence Run followed by a Zumba session — an interactive way to exercise.

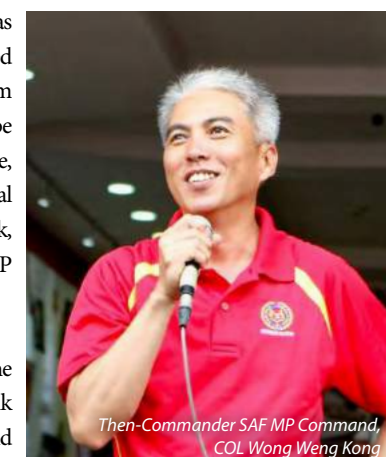
For the second half of the day, the SAF MP Command continued their celebrations with their MP Skill-at-Arms Challenge.



PRIDE, DISCIPLINE, HONOUR!

Consisting of 5 stations, each station was designed to put the various skills possessed by our MPs to the test, and the team with the shortest overall timing would be crowned champion. Through the challenge, it showcased each and every MP's technical skills, mental resilience and teamwork, displaying the high standards of MP Command.

Having played an imperative role in the success of Our Army, we would like to thank all SAF MP Command personnel, past and present, for their unwavering support in helping the formation reach this significant milestone. Looking forward, we are confident SAF MP Command will continue to bring Our Army to greater heights.



Then-Commander SAF MP Command, COL Wong Weng Kong

In his address, COL Wong Weng Kong, then-Commander SAF MP Command thanked every MP for their support and contribution to the formation.

"Whether you are a NSF, NSman or Regular, we have achieved our results because everyone has played your part. This is why we make it a point to bring everyone back home to celebrate this day together. I also hope that the strong kinship between us in this formation will drive us to do better work for the Army."

PRIDE, DISCIPLINE, HONOUR!



Anti-Riot Balloon Strikes station



Rifle Spinning station



Congratulations to the team from Island Defence Training Institute!

National Day Parade 2018

Written By: CPL Marcus Teo
Photography By: CPL Marcus Teo, LCP Cyril Tang, LCP Shawn Cheow, & PTE Teo Hao Yu

Another year, another spectacular performance! This year, we celebrated our nation's 53rd birthday in the best way possible - by honouring everyday Singaporeans. This year's theme 'We Are Singapore' celebrates our people, our nation, and our home. It also defines our Singapore spirit, the spirit that brought us to where we are today, the spirit that will drive us towards prosperity.



Largest Military Tattoo performance held at The Float!



President Halimah Yacob inspecting the parade.



The Colours Party marching into The Float.



The "Feu de joie", Fire of Joy

In a celebration of the strength and unity of our people, this year's National Day Parade (NDP) Parade & Ceremony (P&C) segment brought together over 2,600 participants from different walks of life in a traditional and dignified parade that represented who we are as a nation. This year's NDP also featured the largest Military Tattoo performance held at The Float with over 500 performers. This was followed by the three acts of the show, with heartwarming stories of five individuals woven seamlessly into the performances. Last, but definitely not least, we were treated to a breathtaking display of fireworks that rounded off a wonderful NDP.

A performance that tugged at our heartstrings, it was no surprise that this year's NDP was well-received by the 25,000-strong crowd of spectators at The Float @ Marina Bay. Of course, none of this could have happened without the dedication and effort of the people working behind-the-scenes. From the fireworks display, to show management & support, to on-site medical coverage, everyone played an important role in making NDP 2018 a resounding success.

Once again, a very Happy Birthday to Singapore, and to all Army personnel involved in this year's NDP, we salute you!

People Behind the NDP

Ensuring Your Medical Needs are Covered.



LTA (DR) Bryan Koh

Familiarity with the area of operations was crucial in ensuring that medical support ran smoothly, as LTA (DR) Bryan Koh noted,

“Emergency drills were carried out on the ground every Saturday (in the lead up to NDP) to familiarise ourselves with the challenges the terrain posed and restrictions that a large scale event such as NDP inevitably had. We performed these drills at different times of the day and simulated different scenarios, so as to bolster our coordination and preparedness, ultimately resulting in medical support that was seamless and effective.”

Working to Deliver a Beautiful Performance.



CFC Muhammad Matin bin Sahidin

CFC Muhammad Matin bin Sahidin was part of the balloon garland team who made sure that they were all functional before the start of the parade. He shared that this task presented a great challenge.

“At the start, we thought it was an easy task but later we realised that we needed to be very meticulous in our checks on the functionality of the garlands as any mistake could ruin the whole show. Throughout the process, we communicated more with each other and unknowingly forged a deeper camaraderie.”

Training to Fly with Precision.



1WO Ivan Low

This year, our Red Lions jumped from the C-130 Hercules at a record height of 12,500 feet. They also donned specially made wingsuits that allowed them to glide through the air and manoeuvre into formation before engaging their parachutes.

1WO Ivan Low, team leader for this year's Red Lions display team, was responsible for planning and organising the various training sessions for the Red Lions. When asked about the important traits that a Red Lion should possess, 1WO Low noted that it is the attention to

detail for all aspects of the jump and the various jump procedures.

“While members of the Red Lions team hail from different Commando units, through the various training and practices conducted, we are able to improve together as a whole cohesive team,” he added.

Making the Grand Finale Safe to Watch and One to Remember.



ME1 Lincoln

ME1 Lincoln, a safety specialist, was part of the fireworks committee that ensured that all tasks performed by the committee were in accordance to the international regulatory standards for explosives risk management.

“Handling explosives is no laughing matter. In order to enhance the team's competency, we attended safety courses to be equipped with the knowledge to conduct safety inspections. It allows us to identify anomalies in the area of safety processes and structural deficiencies.”



Our Red Lions



Act 2 - Our Hopes, Our Aspirations



21 Gun Salute



Act 1 - Our People, Our Home



Act 2 - Our Hopes, Our Aspirations



Act 3 - Our Spirit, Our Strength

SAFRA Singapore Bay Run & Army Half Marathon (SSBR & AHM) 2018

Written By: CPL Brandon Kit
Photography By: ARMY NEWS

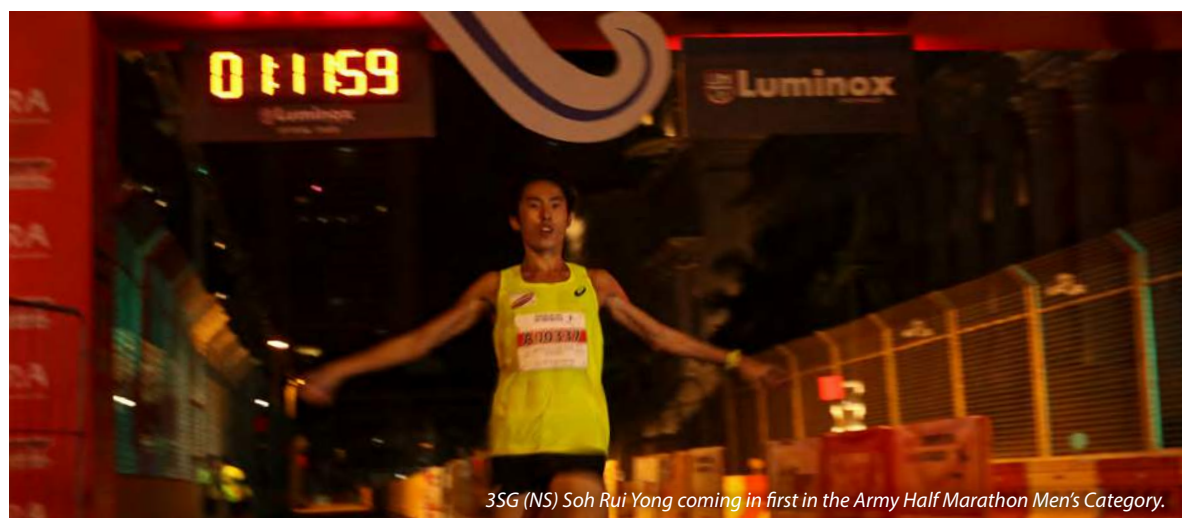
With its 26th edition concluding on 26 August, we take time to look back on yet another successful SAFRA Singapore Bay Run & Army Half Marathon (SSBR & AHM)! The race saw over 41,000 participants sweat it out in 5 different categories. This year, participation among families of SAF National Servicemen reached a record high of over 7,400 - 40 percent more than last year. There were 2 competitive categories, the 21km Army Half Marathon and SAFRA 10km Race; as well as 3 non-competitive categories, the SAFRA 5km Fun Run, NS Team Run and Families for Life 800m Challenge.



Cheers to a successful SSBR & AHM 2018!



Congratulations to the Armour Formation, winner of the Army Formation 21km category!



3SG (NS) Soh Rui Yong coming in first in the Army Half Marathon Men's Category.



Chief of Army, BG Goh Si Hou flagging off the 21km runners!

In a spectacular finish, the Armour Formation seized the title in the Army Formation 21km Category, with a combined timing of 20 hours, 54 minutes and 18 seconds. 3SG (NS) Soh Rui Yong paved the way for the Armour Formation, emerging as the champion of the 21km Army Half Marathon Men's race. In the Army Formation 10km race, the Commandos put up a dominant display, clinching the top spot with a combined timing of 5 hours, 3 minutes and 28 seconds.

SSBR & AHM also served as a platform to foster bonds among participants and have fun. A carnival was set up at the Padang, featuring Soldier Strong stations, inflatables, games and even a massage station! With participants bonding not just with those running alongside them, but also with their friends and family that were present to support them, SSBR & AHM was a run for all. We congratulate all prize winners and hope that everyone had a superb race as well as a great time!



Runners hydrating themselves at the water point.



3WO Chang Wei Keat, 4 SAB



The Mobile Crash Barrier being deployed.



SSG Gary Kho, 12 C4I Bn

None of this would be possible without the many individuals working tirelessly behind-the-scenes. We caught up with some of them and got an exclusive peek at what it took to ensure the race went smoothly.

With the runners losing precious fluids throughout the race when they perspire, ensuring their rehydration is key to sustaining them during the race. 3WO Chang Wei Keat from the 4th Singapore Armoured Brigade (4 SAB) revealed the detailed planning and precision involved in ensuring the runners maintain peak performance during the run. "To make sure that participants remain optimally hydrated during the race, we fill each cup three-quarters full, 6 ounces of water to be precise. You may notice that some water points only give out water, while some will have water and isotonic drinks, and others will have bananas and isotonic drinks. This depends on the distance from the start point. We planned from the runner's point of view and worked together with the Centre of Excellence for Soldier Performance to determine the distance between each water point as well as the supplements to be given at each one."

With the longest course spanning 21 km in the race, securing every point to ensure the safety of the participants became more challenging. SSG Gary Kho from the 12th Command, Control, Communications, Computers and Intelligence Battalion (12 C4I Bn) shared one of the means the Army had utilised to enhance security at the venue: Mobile Crash Barriers (MCB). "To ensure a safe and successful event, a comprehensive security plan had been catered for. As part of this plan, two MCBs were deployed as part of this year's security plan. Weighing at 2.5 tons each and with an opening of 3.5m, the MCB can support up to 20 tons of weight and stop up to 90,000 Newtons (9 tons) of force. The barrier is able to be deployed to stop vehicular threats in less than two seconds, making it effective in controlling vehicular access. The MCBs were deployed strategically at road junctions; strong enough to withstand against vehicular threats, ensuring that security was maintained in the Padang, and the safety and well-being of the participants not compromised."

Truly, a race extends beyond its course, with countless hours of training, conditioning and preparation in the lead up to the big day. With the participants, organisers and facilitators all playing a vital role in the overall success of the race, we thank all for their hard work and once again congratulate everyone on a job well done!

Recognising Our People: NSF of the Year & NSmen of the Year

Written By: CPT Gabriel Soon & CPL Marcus Teo
Photography By: LCP Cyril Tang & LCP Shawn Cheow

The NSF of the Year Award is presented to outstanding Full-time National Servicemen (NSF) who demonstrated professionalism, leadership and exemplary conduct during their National Service (NS). Similarly, the NSmen of the Year Awards, namely the SAF NSmen of the Year and the Formation NSmen of the Year Awards, are presented to NSmen who have demonstrated excellent performance and consistently set exemplary standards in training, discipline, and attitude towards NS. We had the opportunity to speak to some of them and hear from them their thoughts on receiving these awards.



An Armour Specialist in 42nd Battalion, Singapore Armoured Regiment (42 SAR), 3SG Joachim David Satishraj gave credit to his scout platoon and the command team in 42 SAR for his achievement. "They have been my motivation to always give my best. Most importantly, we have to earn their respect through values, abilities and sincerity. I am thankful for this award as a form of recognition for my contribution during my NS." He ended off with some advice to the pre-enlistees,

"We need to serve, learn and adapt with an open mind. You might not see it yet, but your contributions will go a long way. If we do not defend our country, no one will."

We also spoke to 3SG Joachim's parents about his development over NS. "We are glad to see him mature and grow into an independent man. We are certain that his sense of responsibility for his men really changed him and we are thankful for that."



CFC Yeo Yik Hwee Ernest was a Section 2IC in 3rd Transport Battalion where he displayed foresight and resourcefulness in accomplishing his tasks. He went the extra mile to enhance work processes and had contributed positively to major exercises. CFC Yeo acknowledged that his Regimental Sergeant Major, 1WO Koh Hock Siong played an important role during his NS. "1WO Koh is a strict yet knowledgeable commander who exudes confidence and has a no-nonsense attitude. Despite that, he gave me the space to perform and excel as an NSF. I think this is very important as it makes everyone understand the importance of their contribution." CFC Yeo also encouraged pre-enlistees to create their own positive NS experience,

"We may not be able to avoid bad experiences, but we can choose to not relive or dwell on those experiences. We can instead focus on more positive ones. In the end, the narrative you tell is of your own choice."

2SG Mohamad Ikel Bin Mohamad Yshzid was a Platoon Sergeant in 30th Battalion, Singapore Combat Engineer. He is appreciative that his family is really supportive towards NS and provided him moral support throughout his journey,

"My family members were really supportive and proud of my achievements. On top of my own achievements, my elder brother was also awarded NSF of the Year back in 2012. It is good to have him as a positive example, and I encourage others to do the same not just within their unit, but inspire their family members too."

With both sons in the family being awarded NSF of the Year, proud parents of 2SG Ikel said that "Ikel has proven himself to be independent, and has grown up with good consciousness and well-developed moral reasoning capabilities."



LTC (NS) Chew Heng Wee is from HQ 2nd People Defence Force. Being one of the recipients of the NSmen of the Year Award, LTC (NS) Chew shared that he felt honoured and privileged to be recognised this way,

"I feel that my NS journey has benefited me more than what I may have contributed. Throughout the years, there were many opportunities to pick up leadership, management and organisational skills, not to mention the numerous cherished friendships made with Singaporeans from all walks of life. The person I am today is largely shaped by the richness of the NS experiences I had. This award and other pro-NS initiatives are forms of recognition of the integral roles that NSmen play in the SAF. It reflects the leadership's appreciation for the sacrifices that all NSmen are required to make, and the support from their families, colleagues and employers."



CPT (NS) Rizal bin Baharom serves as the Assistant S3 at HQ 12th Singapore Infantry Brigade. For him, receiving the NSmen of the Year Award was a humbling experience and he feels extremely thankful for the support of those around him,

"It is deeply gratifying to see that you have made a difference in someone else's experience, and get recognised for that. I would like to thank my family for the sacrifices they made, every time I am away for a period of time in camp, my employers and colleagues for their kind understanding and help when I am not around and last but not least, my NS colleagues and superiors who have given me meaningful guidance and a positive experience in my NS journey."



1SG (NS) Rodney Mohan is a Holding Area IC from General Support Ammo Base / Combat Service Support Command Headquarters. As a teacher outside of NS, 1SG (NS) Rodney expressed that receiving the award meant even more to him and his family,

"I feel happy and proud of myself. I'm thankful as well for this opportunity and recognition by my unit commanders for my effort and commitment. As a father, I want to share this experience with my son and make him more aware of the importance of NS. I hope he takes it in his stride when his time comes to serve the nation. As an educator, it is vital for me to share with my students the roles NSmen play and how they contribute to NS for the safety and security of our nation."



CFC (NS) Choo Pei Ming, a Trooper in 778th Battalion, Singapore Infantry Regiment was one of the recipients of the NSmen of the Year Award. Sharing about his receiving of the award, CFC (NS) Choo described it as a very pleasant surprise,

"At first, when I was informed that I would be receiving the award, I wasn't even expecting it. It felt quite unbelievable at that point in time, but right now, I feel very delighted to have received the award, knowing that only a few were selected amongst all the NSmen. The award means that I have done my best in my NS, and I hope to be an example to the younger generations and other NSmen that we should do our part in serving the nation."

TRG-22

Contributed By: HQ 9 Div

Replacing the older-generation of sniper rifles, the TRG-22 is a rifle specifically designed for sniping operations. With its associated accessories, the TRG-22 is an accurate and deadly long-range weapon for both conventional and urban operations.

For Our Army's snipers, it improves their lethality by having a longer effective engagement range. Its 26 inch barrel allows accurate engagement of human sized targets up to 1000m away.

The use of suppressors and anti-reflection devices enhances the overall survivability of Our Army's snipers as it reduces the signature of the sniper during operations, making them harder to detect even after firing a shot.



TECHNICAL SPECIFICATIONS

Calibre: 7.62mm

Weight: 6kg (without accessories)

Length: 1150mm (stock retracted)

Sighting System: Up to 12x Optical Scope

Effective Range: 1000m

#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.



03/18 Basic Military Training Graduation Parade



36/18 Specialist Cadet Graduation Parade



110/17 Officer Cadet Commissioning Parade



15/18 Senior Military Experts Appointment Ceremony



3 SIR Milestone Parade



1 SIR Milestone Parade



35 SCE Milestone Parade



24 SA Milestone Parade



MP Command Milestone Parade



TPT Formation Milestone Parade



Humanitarian Assistance and Disaster Relief in Attapeu, Laos



Humanitarian Assistance and Disaster Relief in Attapeu, Laos



National Day Observance Ceremony at SAF Schools Partnership Programme and Abroad



National Day Observance Ceremony at SAF Schools Partnership Programme and Abroad



Overseas Service Medal Presentation Ceremony



Presidential Garden Reception



Malaysian Armed Forces Staff College Visits 6 Div & GKS CSC



ASEAN Armies Information Sharing Workshop



School of Armour Family Day



Commander SAFVC Change of Command Ceremony



Commander MP Command Change of Command Parade



Commander PERSCOM Change of Command Ceremony



Commander CSSCOM Change of Command Parade



Commander 3 Div Change of Command Parade



Timor Barat Run



Tiger Trail Challenge

Other Happenings in Our Army:



Ms Darasiah Bte Md Ali (left) thanking
MSG Harinderjit Singh (right)

A pillar of support, an example for all. A life was on the line when MSG Harinderjit Singh witnessed a traffic accident along Upper Changi Road and Jalan Eunus. Going beyond his call of duty, he stepped forward to render the necessary assistance to the injured elderly man involved in the accident.

Read on and be inspired by our good Samaritan in green.

Album by: PTE Gordon Goh
& LCP Cyril Tang



3SG (NS) Glen Chua

In the spirit of SAF day, out of the many who showed their gratitude towards their fellow soldiers, 3SG (NS) Glen Chua dedicated an Instagram post of his appreciation for then-superior CWO Jennifer Tan. We caught up with 3SG (NS) Chua to create a thank you video to surprise CWO Jennifer Tan. Click on the video to see CWO Tan's reaction and what she has to say!

Video by: REC Joel Tan



On 2 August, an elderly cyclist got into an accident as he was trying to go through an exit barrier at East Coast Park. The gantry barrier hit his head and he was bleeding profusely. Thankfully, one of our Defence Executive Officer (DXO) from PERSCOM, Mr Zee Yeo who was there for Army Half Marathon (AHM) training, saw and immediately attended to the injured man. Our SAF medic, LCP Chan Zhi Ming was also on site to provide immediate medical assistance in a professional and composed manner.

We at The Singapore Army would like to wish the injured cyclist a speedy recovery and thank Mr Zee and LCP Chan for their vigilance and professionalism in assisting the elderly man.

Album by: CPL Marcus Teo,
LCP Cyril Tang & LCP Shawn Cheow



Mr Zee Yeo



LCP Chan Zhi Ming



There's More to Your Core Than Just Sit-Ups!

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

The core of the body (also known as the torso) is a crucial part that is often overlooked during physical training. Many of our sports and exercise movements rely on the core for stability, and a weak core can result in injuries, especially that of the lower back. One of the exercises designed to train the core is the sit-up. The sit-up has been ever present in our IPPT. It is an exercise that strengthens and trains the endurance of the abdominal muscles.

It is typically done with one's back on the floor and knees bent. The arms may be placed behind the head (or ears) or across the chest. The aim is to elevate the torso towards the lower limbs before allowing the back and shoulder blades to contact the ground again, and in the context of the IPPT, to repeat this movement as many times as possible within a minute. Given the simplicity of the exercise, it can be done anytime and anywhere without the need for equipment (though a cushioned surface is recommended!). However, performing sit-ups alone is insufficient to building a strong core and minimising injury.

Here are a few alternative exercises that will help build the different components of the core. Coupled with a healthy diet and adequate aerobic exercise, these will also result in a toned abdomen!



1. Forward Plank

Do it right: Place hands directly under shoulders. Engage core to stabilise body. Keep neck and spine neutral (in a straight line). Hold for 30 to 60 seconds. Repeat for 3 sets.

Common mistake: Over-arching or dropping into the back disengages the core and may also cause lower back pain.

Fix it: Reduce the holding duration. Focus on proper form before increasing the duration again.



2. Side Plank

Do it right: Lie on right side with legs straight. Engage core and prop up with right forearm. Keep body and lower limbs in a straight line. Hold for 30 to 60 seconds. Switch sides. Repeat for 3 sets.

Common mistake: Not keeping the body straight by dropping the hip towards the ground.

Fix it: Reduce the holding duration. Focus on proper form before increasing the duration again.

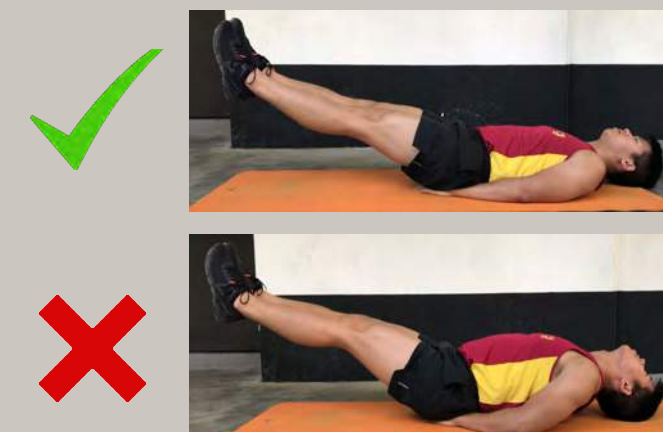


3. Russian Twist

Do it right: Lift feet slightly off the ground in a seated position. Lean back at a 45-degree angle. Engage core and turn torso to one side then the other. Perform for 30 to 60 seconds. Repeat for 3 sets.

Common mistake: Keeping the torso facing forward and just moving arms side to side without rotating.

Fix it: Focus on turning the entire torso during the twist such that the shoulders are moving, not just the arms.



4. Leg Raise

Do it right: Lie on back with legs straight up in the air. Engage core and lower the legs slowly then raise legs straight up again. Perform for 30 to 60 seconds. Repeat for 3 sets.

Common mistake: Arching the lower back off the floor makes the exercise less effective and can also cause lower back pain.

Fix it: Lower the legs until the lower back is just about to come off the floor then raise the legs again.

While the exercises listed above do not require any special equipment, the trained user can always increase the difficulty level by using an unstable platform i.e. suspension trainers, stability balls. However, the focus should always be on form rather than quantity.

BOOK OUT MAKAN: Pasir Ris Central Hawker Centre

Written By: REC Gershwin Lim

Photography By: PTE Teo Hao Yu & REC Nicodemus Kee

In this installment of Book Out Makan, we went to Pasir Ris Central Hawker Centre. Just a stone's throw away from Pasir Ris MRT Station, it is a newly-opened 2-storey Hawker Centre. It boasts a dual concept hawker centre, with traditional hawker food on the first floor and "modern" hawker food on the second floor. The ambience at the centre benefits from the creative and vibrant aesthetics of the place, while the spacious eating area adds to the dining experience.

Ayam Penyet

The Ayam Penyet, a classic Javanese dish, was downright delicious. The smashed chicken was nicely battered and fried to perfection to achieve the crispy outside while retaining the tenderness of the chicken. Coupled with white rice drizzled with curry, this dish is simple yet flavourful at the same time. And if you can take the heat, the sambal is a must-try as it adds to the depth of flavour of the dish.

Price: From \$2.80

Operating Hours: 9:00am - 10:00pm (Thursdays to Tuesdays)

Address: #01-02, 110 Pasir Ris Central, Singapore 519641

The Stew House

The Beef Bourguignon is a traditional beef stew that was nothing short of yummy. A hearty stew of beef brisket, onions, carrots, potatoes and herbs, it is everything you would hope for when matched with white rice. The vegetables were well-cooked for the right mouthfeel while the beef was incredibly tender. It is something I would definitely recommend when visiting Pasir Ris Central Hawker Centre.

Price: From \$5.00

Operating Hours: 11:00am - 9:00pm (Tuesdays to Fridays), 10:00am to 9:30pm (Weekends), closed on Mondays.

Address: #02-07, 110 Pasir Ris Central, Singapore 519641

Prawnaholic

The Special Prawn Noodles from Prawnaholic is a modern twist on the commonly known prawn noodles. The sauce for the noodles had a good mix of sweet and salty flavours and with the hae bee hiam (spicy shrimp sambal) mixed in, the dish had a mixture of interesting textures. The highlight of this dish was the decadent Kurobota Pork slices, seasoned with teriyaki sauce and blow-torched for the nice caramelised finish, which served as a great substitute for the common pork ribs in prawn noodles. Lastly, the prawn broth was rich and full of umami goodness, a great end to the dish. If you crave for something different and refreshing, the dish should definitely be your choice.

Price: From \$6.50

Operating Hours: 11:30am - 3:00pm & 5:30pm to 9:30pm (Tuesdays to Sundays), closed on Mondays.

Address: #02-12, 110 Pasir Ris Central, Singapore 519641

