



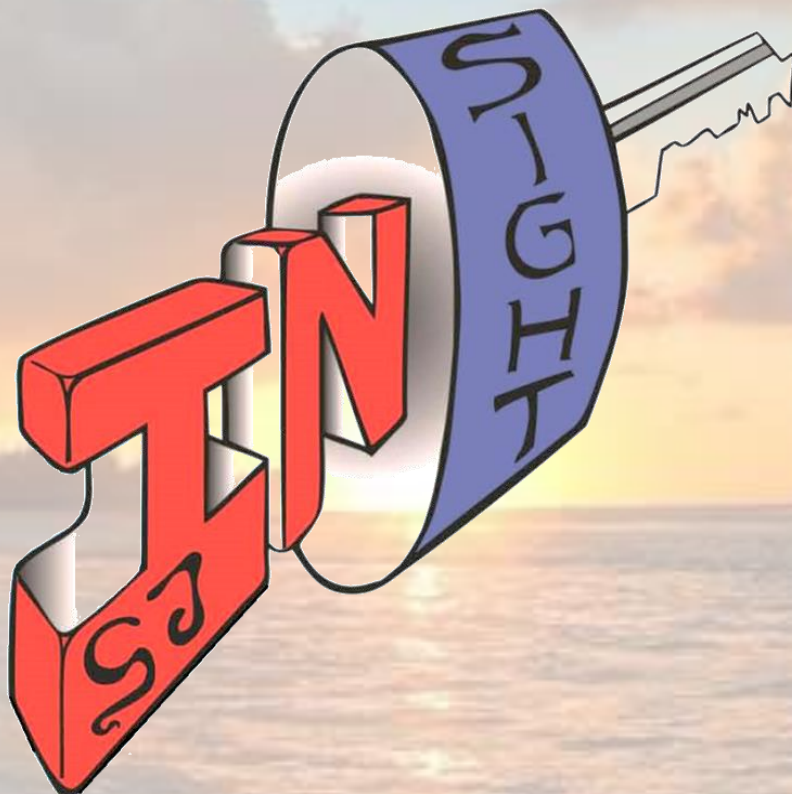
INSIGHT

JULY 2014 – DECEMBER 2014



ABOUT

Insight is an amalgamation of recollections and reminiscences for the activities that took place in the previous year. Through this platform, we aim to concoct a memory lane for both cadets and seniors; one which encompasses the growth towards the betterment of our corps. *Insight* is also an avenue for our members to express their thoughts and outlook on the various activities organised for them; and when coupled with the reflective nature of *Insight*, review the past year as well as their personal development. Through the sharing of anecdotes, we hope to forge a strong connection between members of the corps, one that extends beyond the rigorous routine of trainings, courses, competitions, and corps events. Ultimately, *Insight* encapsulates the constant progress of our corps, and serves as a reminder for us to continue to work hand-in-hand; to learn, to advance, and to excel.



SENIOR NCO TRAINING COURSE



SNCO was a truly memorable and beneficial camp for me. Being in the Dunman High corps, we may somehow have this superior mind-set over the other corps. However, it is through this camp that I learnt that everyone have their strengths and weaknesses. No doubt there were times at the start when we got a little unfamiliar with the great disparities between usual practices of each corps, it was only through putting down this mind-set that I really got to work with them much better. I could still recall how frustrated I was when my group remained really quiet and uncooperative during the course days. But through the various activities like the situational tests, route march, planning and execution, we eventually broke the ice and even became the noisiest group! Through the myriad of activities, it gave me the opportunity to improve on my hard skills like planning and execution which was an enriching milestone for me towards instructor hood. One greatest takeaway for me was that a true leader is not just one that knows how to do everything but rather someone who delegates roles, helps other to step up and grow and eventually making them follow you willingly.

- SGT Neo Ling Li

All in all, I felt that SNCO was a very good experience for me and I truly have learnt a lot from it. Although it is true that SNCO is less physically tiring than JNCO and does not focus as much on discipline, it did not make SNCO any less meaningful as I learnt lessons that I did not learn before in JNCO. Being the only combined zone camp we experienced, we had the chance to work together with people from the other corps, and it was a very different experience as we never had this chance before. The other corps may teach things differently, so as we planned for the execution phase, we had to work out and standardise what and how we were going to carry out the lesson, so as to minimise confusion and miscommunication. Through the planning and execution, I learnt that plans have to be detailed so that there will be as little confusion as possible during the execution, and this will help the execution run as smoothly as possible. The lessons I learnt through SNCO have really helped me as an instructor, and it was also very enjoyable working with the people from other corps and just talking to them and laughing over the experiences we had in S].

- SGT Chan Mu Rong

NATIONAL FIRST AID AND HOME NURSING COMPETITION



In the preparation of National Competition, the trainings were tiring but meaningful as well. To us, National Competition seemed like a faraway goal and we were very apprehensive when we had to face champions from other zones and especially because of the fact that we did not know where their abilities lie in. It is also vastly different from Zone Competition, considering that the national teams have certain attributes that enabled them to qualify. However, the days leading up to the competition made us all closer and we strived to become a better team, not in skills but in teamwork. There is a certain goal we all share which binds us all together and I believe it is that chemistry which is the essential ingredient in becoming a better team. Even though we did not win in National Competition, the intangible friendship and happiness that stemmed from the time spent with my teammates have become an unforgettable memory.

- SGT Ting Wan Lin





After going through National First Aid and Foot Drill Competition 2014, I have gained a lot of experiences and learnt more about myself and my team. Firstly, I found out that I or rather my team, need to work on stress management. We have made quite a few mistakes here and there throughout the competition. However, when we look back and evaluate, we found out that those mistakes were really silly and could be avoided. I feel that the cause of our poor performance is due to stress. As it was the first time for us to compete in National Competition, because of the strong competitors, we were rather nervous. Thus, we could not perform as well as during normal trainings. I feel that having a positive mind-set is important, because if you think that you cannot defeat your opponents, you are definitely going to lose.

Secondly, I have learnt that my team is never good enough. Before the competition, we were overconfident and think that we were strong enough. However, when we enter the competition, we found out that almost all teams are as strong as us. We should never be contented with our performance as there is always room for improvement.

- SGT Yang Chen

PASSING OUT PARADE

I remember how we were all looking forward to yet dreading the reality of a closure to our St. John journey. When the day came, the reality of how speedily time passes struck us. There was no denying that after we have officially passed out, we could either drift farther apart, or grow closer like never before.

Passing Out Parade 2014 marked the end of my journey in the Dunman High St. John Ambulance Brigade. It was a day overflowing with memories and emotions, as I reminisced about the camaraderie I shared with my beloved squad mates. It was one of the proudest events of my life, as I witnessed the tears and joy of my squad mates, all matured. They were the ones who have stood by me for the four years of learning and growth, and they mean more than just friends to me. The shared experiences were beyond what I could have imagined possible just four years ago. We have pushed limits and demonstrated the power of synergy. I am proud of my squad's service to the Corps and the legacy we have left behind.

Down the path of time, it will not be what I have done that I vividly recall, but rather the memories and colourful emotions I have experienced during this time. It was not a smooth-sailing road, but it has been an enriching and exciting experience. The life-changing experience has left me with much to remember, and I do not have any regrets joining this Co-Curricular Activity.

As I draw a close to the arduous but fulfilling journey, I would like to thank the people who have been supportive of my time in the Dunman High SJAB: My parents, the teachers, my seniors, friends and most importantly, the people whom I have grown to acknowledge as my second family - my squad mates.

- SSGT Joyce Yeo Shuhui



BRIGADE GENERAL INSPECTION



BGI to me is a brand new experience for me and it's really a great opportunity for us to have a chance to attend such a grand parade and improve our foot drill standards even more. Even though we had to spend hours under the sun to train and prepare for the parade it was actually quite fun and an eye opener for me and my squad, we could experience being the guard of honour contingent for the parade which is not a small role for the whole parade. Through this we also had the opportunity to interact with the other schools that formed up Zone 8 and get to know each other better. We can get to know the different types of timing and doing specific drills each school have. It was pride that I felt when I was able to stand there to represent Zone 8 and as the guard of honour contingent. All in all I really appreciate that we are given the chance to attend the parade.

- LCPL Tan Xin Yi

The Brigade General Inspection was an eye-opener to me and the squad. We had never experienced such a big parade as the guard of honour contingent. There were two rehearsals and they were very different from what we would normally do. We practised with the rest of the zone, and learnt new drills such as wheeling. The rehearsals were tiring, as they started early in the morning and ended in the late afternoon. Most of us became noticeably darker or even sunburnt because we forgot to put on sunblock! On the actual day of the inspection, we were all a mixture of excitement and apprehensiveness. We went through several dry runs but before I knew it, it going to be the actual parade. The whole zone rushed to change into our full uniforms and then form up. During the entire course of the parade, I was silently warning myself not to be blur and to listen out for the commands. The parade was the longest parade I had ever been in. At the end of the parade, with muddy boots and being drenched in sweat, I was very relieved and proud of all of us who had completed the parade

- LCPL Lim Yi Tong



For this year's Brigade General Inspection, we were extremely lucky to be one of the schools in the Guard of Honour Contingent. Although many times we had to come down more often than the other participants as we were the Guard of Honour and had to wear the full uniform for certain rehearsals, I found that it was extremely fulfilling. Besides the fatigue of standing for long periods of time constantly, standing in front and performing drills in front of the entire Zone made both my squad and I extremely proud and excited. In the beginning it was quite difficult managing to coordinate our drills with the entire zone and the different timing for our drills made it harder but through our rehearsals we made friends from other zones and improved our coordination as a zone. On the day itself many were anxious or scared to mess up and make a fool of ourselves but we took it in our stride and put in all best in our posture and our drills. This BGI helped me to keep posture for hours and helped us to show the necessity of pride in drills and our SJAB journey as a whole.

- LCPL Zachary Chong Zhe Kai

BGI was rather special as I had never been the Guard of Honour contingent before. Even though we had to do drills under the hot sun with other corps from Zone 8, one of the skills I learnt was how to wheel in a three rank squad. I also realised in the trainings is that coordination is key to a good parade as the strength of a contingent can be rather big and we needed coordination to pull off a good parade. During the second training over at the stadium, it started to rain really heavily and the field was extremely muddy. I took away from that experience how to take care of my boots should a similar problem arise again. Overall, it was a unique experience and I had to say it was fun. We worked hard and at the end of the day, we were rewarded with isotonic drinks and some food that we brought. Before the training, we also met up for breakfast together, and so these trainings were also opportunities to bond the squad.

- LCPL Nathaniel Chan Zhao Kang

For me, BGI was one of the most memorable activities I have attended thus far in my SJ journey. We were the guard of honour contingent and had to attend several trainings on Saturdays before the actual parade. The training was intense and we had to stand under the scorching sun for hours on end to improve on our foot drill standards before the parade and ensure the parade runs smoothly. We were also given several breaks in between when the instructors told us to drink lots of water to hydrate ourselves. On the actual day itself, I was rather afraid that I might not perform up to standard but after all the intense trainings, my drill standards improved greatly and the entire parade went along smoothly. The instructors were also very kind to reward us with bottles of H₂O after the parade.

- LCPL Zhang Haolin



WALKATHON

I found the Walkathon experience very interesting. I thoroughly enjoyed it even though it was rather hot that day. Honestly, I would not mind if it lasted a little longer. It was quite nice to see the seniors controlling the traffic along the way. I was particularly happy at the end when we got a keychain each. Although it was just a small token, it served as a great reminder of that day. The event was enjoyable as we walked around the area without feeling exhausted. To be able to walk in such a large group felt very bonded and I was rather prideful to be part of it. Personally, I really appreciated the drinks and bread provided after the event. However, it was slightly boring as we only walked. Perhaps, if possible, some activities associated with first-aid could be carried out occasionally during the journey. Overall, I support the idea of this event.

- PTE Chew Jia Hui Elieen

FLAG DAY

Flag Day was a great experience for us as we not only ask for donations but also bonded a lot with our seniors and squad mates as we went around in houses for Flag Day. There were many of us collecting donations at the same area, hence we had difficulty collecting the donations at first as many whom we approach had already made their donations to the other St. John members. However, we soon found a spot in which there was no one collecting donations, hence we stayed there and soon, our cans were almost half full. We stood for a few hours and my legs felt very tired. However, when I saw the amount of donations given by the others, I felt contented and happy. It was a meaningful experience for me and I would like to be there on the next Flag Day. I also started donating to people from schools and organization, as I know how they tired they feel standing there. I am very thankful for this opportunity.

- LCPL Cheryl Ng Jia Hui

ZONE GAMES DAY



Zone games day was a fun experience for me, especially the mass game that we played. We went around in groups to find the real "candy sellers" and do the different activities they asked for before we could get the sweets. We had to get 4 different colours of sweets before we could pass, which was quite an interesting criteria as it was hard to tell which colour you would receive from each "candy-seller".

I felt that we had bonded as a zone through this event, as we got to know more friends from the other corps through the games. I enjoyed the station games too, especially the plasticine charades game, where we were given a piece of plasticine to mould into an object told to us, before passing it down the line and finally letting the last person guess the object made. Some of the games also involved physical activity, which allowed me to exercise while having fun. I enjoyed zone games day as a whole and I feel that it was really well planned and should be implemented again in the following years.

- SGT Sheryl Seet Shi Hui

STANDARD ONE COMPETITION



I had a rather enjoyable and strenuous time during the Standard One Competition and its trainings. Through the process of this experience, I had learnt many beneficial things such as First Aid knowledge through the house trainings. I had also bonded more with my house mates through the course of this from the repeated foot drill sessions or the first aid cases. However speaking about foot drills and first aid cases, it was especially strenuous as if we made a mistake, we occasionally had to restart the whole case, and during each house training, we had to do about 5 cases during the course of those 5 hours which gave me and my house mates more than sufficient time to bond. During the competition itself, we managed to pull it off to get 1st place despite struggling a bit in the start where we did some treatments wrongly and made a few errors during the foot drill component. I was especially happy about it because if we did not get top 3 in the competition, we actually had to do the number of push-ups we owed our seniors. So overall, I find that the Standard One Competition and the house competition trainings were especially memorable and eventful.

- PTE Nai Jia Wen Joel

Standard One Competition was something super challenging for me. Firstly, I have never been the best at drills, so when I found out that we would actually be learning new drills (that we would be doing in the competition), I was dismayed. Secondly, my first aid isn't exactly in tip-top condition, so it was also hard for me to memorise so many facts from the first aid manual. I have to admit, it was pretty embarrassing as I was often very blur and forgot many of the facts, unlike my other housemates who were pretty adept at remembering all the facts. Thirdly, I was the timer. This proved to be the biggest challenge of all, as carrying out the drills itself is already very tedious, but being the timer frightened me more as I had to recall two things when the command was given; the drill and the timing. The competition day itself was really stressful, but I managed to remember most of the drills and even though I missed some timings, but I think we pulled it off! Generally, it was fine, and I'm satisfied with our group's performance even though we didn't win.

- PTE Ng Hui Wen

39TH JUNIOR NCO TRAINING COURSE



I feel that JNCO had always been something we feared as a squad because of many different reasons. However, we were also told that it was the peak of our SJAB life so I was kind of looking forward to it. We were faced with many difficulties throughout the camp and many daunting activities but we overcame them as a squad. JNCO taught me to take pride in everything I do and to do everything to the best of my abilities. I feel that I really grew as a whole and learnt many new things. If asked to summarise the whole phrase of JNCO with one word I would choose "squad". Throughout the whole phrase of JNCO, the motto "the strength of your squad is the strength of your last man" was continuously reiterated to us. To be honest I didn't really "feel" the motto before the camp but during the camp itself I realized the importance of taking care of one another and working together and started to treasure all of them more. It was really heart-warming to see all of us pushing each other on through all the various activities.

United we stand, divided we fall!

- LCPL Chia Kai Xin

Initially, I expected JNCO to just be a harsh training camp with lots of scolding and punishments and nothing else. But after the four days and three nights we have been through, I came to realise that JNCO does not just involve punishments. It also focuses a lot on looking out for our squad mates and to not be selfish or self-centred. It also taught me to be ready and able to change immediately so as to adapt to the different circumstances when needed. When our squad mates fell out of the squad one after another, I felt that our morale was getting lower and the rest of JNCO felt different without their presence. It was a pity that we were not able to go through and complete JNCO together with them, especially since they were so eager to join us. However, despite these difficulties I feel that my squad have really started to take care of one another a lot more after JNCO.

- LCPL Lee Yue Rong

The most unforgettable event of last year was the JNCO Camp. It was a challenge of endurance and spirit. Although we faced problems beyond our control like the stomach flu bug that was going around, we still tried to keep our spirits up and persevere despite our small numbers. I feel really proud of all my squad mates for being a part of my journey throughout it all and I learnt to care and think about my squad mates more than myself during the camp. Most times, it is ourselves that prevent us from achieving more but when we look beyond that and focus on others, we see so much more and it's just so much more meaningful. I feel so happy that the year has gone by with so many new things learnt and experienced and I look forward to an interesting year ahead as we grow even more as a squad and work towards the betterment of all of us.

- LCPL Jane Lee Jia Hui

JNCO. JNCO was a journey of ups and downs for us as we were pushed beyond our limits and our squad spirit was put to many tests. It was both physically and emotionally challenging and it showed us the importance of treasuring our squad and how important it is to treat one another like brothers and sisters. When the going gets tough, it is our squadmates that keep us going. From the Course Days to the Pre-Camp Trainings to Pre-Camp Preparation and throughout the Training Camp, we were constantly reminded of how the strength of a squad is the strength of the last man. The amazing feeling of having your squadmates with you during those tough and challenging times cannot be described using words. Pride. Pride is not just a word, it embodies what it means to be proud of our squad, to care for one another, to sacrifice oneself for the sake of the squad. Although the Course Days, Pre-Camp Trainings and the Training Camp are over, JNCO will not end. JNCO is not just an event or an activity, it is a bond that holds our squad as one. United we Stand, Divided we Fall. Serve with Pride.

- LCPL Eric Ho Chi Kiat



5TH ADVANCED NCO TRAINING COURSE



Advanced NCO Training Course has been a very rewarding and fruitful experience for me. Throughout the entire camp, it was a remarkable experience to be able to interact with my cadets more closely than usual trainings. It was a great opportunity to know them better as an instructor, and also on a more personal level. Through these interactions, there have also been valuable lessons which I have learnt from the cadets as well, further enriching my SJ life. I also got to know my squadmates even better through the different phases of planning the camp. Most importantly, the camp further challenged and reinforced my soft skills of planning and communication through the phases of planning and execution, especially since this was a particularly major event. Through this camp, I have indeed gained a lot of new knowledge and skills, hence making it such an unforgettable experience.

- SGT Chen Wei Zhong

ANCO was a challenging but fulfilling learning journey for me. With an IC role placed upon my shoulders and the multiple hiccups that occurred, I struggled to keep my stress level in check, constantly worrying about whether the decisions I made were the best. However, with the help of my squadmates, we managed to overcome the setbacks we faced. Even when wrong decisions were made, we were always understanding and encouraging with each other. This made me understand that perfection is not an option; mistakes do not equate to the end of the world and sometimes, letting go is the best choice of all. After the camp, our squad definitely grew closer and despite the emotional roller-coaster, the sense of achievement at the end of it all was definitely worth it. As such, I slowly came to realize that my position was one of privilege in spite of all the fretting that is in our job scope. All in all, I would choose to relive my ANCO experiences if I ever got the chance to.

- SGT Tiffany Tee Jie Lin

STANDARD ONE CAMP

As for Standard One Camp, I feel that it has been fun and enriching as we revised our first aid knowledge and camp craft. The most memorable part of the camp for me was pitching a tent and actually sleeping in one. It was the first time in my life that I have done so and that will probably be the only time that I will be sleeping in one. We were grumbling about how toads may hop into our shoes while we slept but thinking back, I am glad that I went through sleeping in a tent in Standard One! That is an accomplishment for me in Standard One Camp. The other programme that happened during Standard One Camp that left me a good impression was the campfire. My team failed at singing partially also due to loud background noises but while reflecting, I had thought that we could have thought of such situations and planned better. The most important thing that I have taken away from Standard One Camp is our squad spirit. For the first time, the ambulances and the nursings were together as one. The divide wasn't there during camp was probably because of the activities that required teamwork which brought us together. Now, even after Standard One Camp, we are together as one and that is the most important thing as a squad.

- PTE Emma Lee Wen Rong



I feel that SOC was a memorable experience for me. It has taught me many values and new experiences. First of all, I feel that my squad has bonded even closer after SOC. We went through many difficulties and challenges as one. We also had fun together and enjoyed ourselves through the many activities planned by our seniors. As we help one another, we also got to know one another even more. Hence, I feel that SOC has enhanced our bond. SOC has also taught me many experiences such as pitching a tent and outdoor cooking. These survival skills are very important and I'm glad I had these experiences. SOC has also taught me many leadership skills such as taking initiative and values such as caring for our own squad mates. But most importantly, SOC has taught me that my well-being is very important. I had a fever during the camp and I missed out on many activities. But still, I had lots of fun during the camp. I enjoyed playing the station games and the campfire. They were very well planned by the seniors. But I enjoyed the night walk the most. Through the scares and darkness, it built up our confidence and bravery. Therefore, I feel that SOC was very memorable experience for me and I enjoyed it.

- PTE Chui Jun Kit



On the first day, we did tent pitching. I have never pitched such a tent so it was new experience. We also did structural building, in which we helped our squadmates, who were tying the poles together, support the spars. On the structure, we had to rearrange letters to form "Standard One Squad Bond", that part was quite enjoyable and funny, especially when the letters tore by accident. Following that, we had our first PT together in camp, I felt that it was not as bad as physical training in school but the exercises were quite challenging, especially planking or the circuit push ups, but we pushed through motivating each other along the way. For dinner, we did field cooking. My group experienced problems lighting up our fire as the twigs we picked were wet, but it was awesome especially when we cooked scrambled eggs with luncheon meat while turned out to be delicious. The next day, we had team, squad activities and night activity, which I felt bonded us together quite a lot. On the last day, we had our social night. The limbo and the marching part were quite memorable. We also received our uniforms, which came as a surprise.

- PTE Isabel Teo Jing Lin

I feel that Standard One Camp was a great experience for me. The activities lined up for us were really interesting and meaningful, especially when we had to fix the puzzle pieces in the dark during our night activity on day 2. We faced challenges as we were not allowed to speak to each other throughout the activity and we had to complete the puzzle in the dark. PT was rather tiring at times but we were able to improve on our physical standards. As for field cooking, it was really new to me and it was the first time I tried field cooking on day 1. It was rather fun but we got a little impatient because the food was still not cooked after a long time and we were hungry. The rain also slowed down the cooking process and we had little time left before we had to clean up so I got a little worried. Through SOC I have learnt to communicate better with my squad mates and got to them better through all the activities we went through together. I got more bonded with my squad mates and we cheered each other on more often.

- PTE Ng Wen Min

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