



CHR Highlights

I know your works, your love and faith and service and patient endurance, and that your latter works exceed the first."
[Revelation 2:19]

Issue 6/2014

Uniform Group SPECIAL EDITION

NCDCC D.A.R.T Base Visit on 15th Feb



Girls' Brigade Students

Guess why are the Girls' Brigade students beaming from ear to ear? Find out in Issue 7!

On 15th February, I joined four of my peers for a visit to the Disaster Assistance and Rescue Team (DART) Base located in Paya Lebar. DART is an elite team of firefighters who are trained to handle local and overseas complex rescue missions. The visit was really meaningful as I learnt more about the work of these brave DART officers.

I learnt that DART officers have to be extremely fit as they have to go through a **stringent** 28-hour selection test to earn a chance to join the DART ranks. An example of a task during the selection test is to break through a brick wall coated with ceramic with nothing more than a nail and a hammer. The officer who spoke to us said that they had to make a hole of about 1 metre in diameter within the time limit of 6 hours.

Another difficult test was to complete a 7-km run within 50 minutes when carrying a heavy load in their full uniform. I could not imagine myself being able to complete all these challenging tasks, but their fortitude was what set them apart from the rest and also enabled them to be steadfast in the complex rescue operations they had to carry out.

After the detailed explanation of DART and their duties, we were allowed to catch a glimpse of the fire engines. There were two vehicles on standby in the station: the Specialised Rescue Tender (SRT) and the Heavy Rescue Tender (HRT). The HRT is the one and only rescue vehicle in Singapore equipped with a lifeboat and is able to help with water rescue missions.

Unfortunately, the SRT was called out for duty halfway through our visit. It was a memorable and amazing experience to see the firefighters dashing from all over the station into the fire engine and setting off in less than 3 minutes. It was an **awe-inspiring** visit that **fuels my passion and desire** to join the firefighting force.

SSGT Tan Ting Ting, 4N6



NCDCC students at DART



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Inaugural NCDCC Skills Challenge



Our unit participated in the NCDCC Inaugural Skills Challenge held on 1 March 2014 which was organised by Jurong Fire Station with 8 cadets consisting of 6 Sec 4 cadets and 2 Sec 3 cadets. It was rather daunting for me as I had injured my left wrist prior to the event and missed one of the two training sessions. Thankfully, my teammates stepped up to the challenge and took on the other more difficult tasks and delegated me with tasks that were less physically demanding. As a team, I felt that we worked very well together and exhibited great teamwork during the training sessions. We got into the top three positions during the preliminary round and were given a chance to compete for the top position. Eventually, even though we did not manage to clinch the top position, we still managed to bring back bronze medals and our first plaque for the school. I believe that my juniors will **surpass** us and display better performance in the competition next year.

By SSGT Ariel Tan, 4E3

On 1 March 2014, we participated in the inaugural NCDCC Skill Challenge organised by the Jurong Fire Station. It was a test of our speed and accuracy, and also allowed us to put to good use the content we had learned during our time as NCDCC cadets. We had an enriching time picking up skills from the firemen at Jurong Fire Station. I am proud to say that this is the first time our unit has won a competition for the school. We never gave up on ourselves in spite of the various obstacles so it was especially rewarding to see the fruits of our labour.

I hope that my juniors will continue to bring CHR NCDCC to **greater heights**. All the best, my juniors!

SSGT Zann Lee, 4T8

On 1 March 2014, we participated in the inaugural NCDCC Skill Challenge organised by the Jurong Fire Station. I was in charge of the 5th station, and my task was to tie 5 different knots in the shortest time possible. We were extremely nervous during the finals as we were competing with two other schools for the top position. During our run of the circuit, everything went smoothly until the last station. We had difficulty opening the stretcher as it was uncomfortably new and stiff. Everyone panicked when they saw our four teammates struggling, including myself. However, I had the presence of mind to ask another teammate to help the struggling ones. With his help, they were able to complete the task and the circuit. Though we did not come in top, we were still very proud of ourselves that we **did not give up in the face of obstacles**, but could persevere to the finishing line.

SSGT Tan Ting Ting, 4N6



11th Coy Boys' Brigade

I first joined the Boys' Brigade in 2012 at the encouragement of my friend. I am grateful that I benefited from the Boys' Brigade and am now able to give back to the group as well.

I have learned much in the Boys' Brigade and have improved both spiritually and physically. As I was part of the 'Christian Quest' track, I learnt more about the Bible and increased my knowledge in God's word. As a Christian, it helped me to know God better and have a better relationship with God as I went through Bible studies under our trainer, Uncle Oliver.

I felt that I had improved physically as well. Before I joined the Boys' Brigade, I was rather weak physically and so I decided to train for a triathlon with the rest of the Boys. In the end, I became physically fit and my stamina had improved tremendously.

I also picked up leadership skills through Boys' Brigade. I learnt skills such as independent planning and discipline through drills and camps. As the captain, I have to lead all the training sessions with my partner, Jor Tekh so I am aware leadership is not an easy task. There were times when the juniors would give excuses in order to stop their training sessions and some would even challenge my authority by disobeying or deliberately misinterpreting my instructions. I was discouraged at first but I was reminded of a quote by a senior: "**We cannot lead the people we don't know.**" Therefore, we need to learn and connect with the Boys we are leading. With his advice, I decided to spend more time getting to know them by hanging out during school time and bonding with them during the parade sessions. Gradually, I am glad to develop a mutual understanding and respect with them.

I am thankful for the chance to lead in the Boys' Brigade and also being able to impart the values of Boys' Brigade to my juniors.

Nathan Ang, 3E5, Platoon 11

My most memorable experience in the Boys' Brigade was the kayaking 'Star I' course.

The course was divided into 3 parts as it was time consuming. I worked on one part of the course every Saturday for 3 consecutive weeks. On the 1st Saturday, the instructors taught us basic skills including the proper procedure to wear a Personal Floatation Device (PFD), how to get into and manoeuvre a kayak and the correct way to use a paddle. On the 2nd Saturday, the instructors taught us drills in order to prepare us in the unlikely event of a boat capsizing. We were then tested on what we had learned during the 3rd Saturday. Thankfully, I was able to recall what I had learnt and completed the course after passing the test.

I am thankful to God for the opportunity to learn and I am grateful to the Boys' Brigade and the school for allowing me to learn more about kayaking and broaden my horizons.

Joshua Tan, 2E1, Platoon 12



11th Coy Boys' Brigade

“Fall in!” These were the words that come to mind whenever I put on my Boys’ Brigade uniform, and they mean a lot to me.

I am Lance Corporal Khoo Teng Kuan from the Boys’ Brigade. I first joined the Boys’ Brigade in my primary school and was the best Boy in my company. Having moved on to Christ Church Secondary School, I decided that I wanted to continue being a part of this great family.

Some things I have learnt during my years in the Boys’ Brigade include the idea of Christian manliness, that is to have discipline and obedience in the things I do. I also strived towards what I feel is the most important thing I have learnt in the Boys’ Brigade: Servant leadership. I feel that being a leader means leading by example in the Brigade and in other occasions.

I am part of the ‘Adventure Quest’ track within the Brigade and I had learned life skills through weekly training sessions. I learnt to persevere towards a goal, and in my case I trained physically, mentally and spiritually for a 60KM triathlon. Through these sessions I was **moulded and pushed to my limits**.

Life would not be the same if I had not joined the Boys’ Brigade. I am thankful that I have the chance to serve in the Brigade and I am grateful to the school, the Brigade and my friends. God bless!

Khoo Teng Kuan, 3E3, Platoon 11

I joined the Boys Brigade a year and a half ago and I had many memorable and enriching experiences. One of these experiences was the Boys’ Brigade Blaze training sessions. We were cycling on the Park Connector Network (PCN) from the East Coast to Changi Village. It was an **arduous** task for us but we persevered in order to finish the race. There were times when I was really exhausted as I could not consume water due to time constraints but fortunately, my teacher and friends encouraged me to press on. In the end, I made it to the final checkpoint in **triumph**.

I learnt that the journey to success is a long journey but with ample guidance and encouragement from our peers and teachers, we can make it to the end. I am glad that the Boys’ Brigade has helped me form strong bonds with my band of brothers and taught me to persevere.

Tay Jor Tekh, 3E4, Platoon 11



NCC Freestyle Drills Competition

The Freestyle Drills (FSD) Competition was one of the most exciting periods that I had experienced during the past six months. It might have been a long journey with many ups and downs, but one thing was for sure, everything was worth it in the end. Our hard work had paid off as we clinched the 8th position in the 2014 Central Unit FSD Competition.

Our training started in October 2013. The three commanders, Muhammad Amirul of class 4N7B, Noah Shidiq of 3E1 and Revan Raj of 3E2, were assisted by Miss Nazirah, an ex-CHR student who was our trainer. We choreographed our full routine by November, after which we started recruiting cadets to form our full team and began training together.

Throughout the training period, many of us struggled to learn the routine. We had problems in executing the moves with **precision** but as time went by, everyone succeeded in perfecting them. There were times when we, the commanders, found it challenging to get their full attention and might have been too harsh in punishing them. We had to make critical decisions on how to manage our team most effectively. However, through it all, we have formed close bonds as a team and developed **camaraderie** amongst ourselves.

At the end of the journey, all of us learnt that if we put in our best effort and work together as a team, we would be able to produce better results than before. Although we did not clinch a spot in the top five, we are delighted that we had improved by **great leaps and bounds** from last year's competition, being the 8th best team to compete, and to be awarded a Bronze. After undergoing this journey with mixed feelings, we feel much closer to our team mates and look forward to next year's competition.

We are very thankful to our team mates, commanders, teachers, family members and especially our beloved Ma'am, Ms Nazirah. We are also grateful that we were given this amazing opportunity to represent CHR on this amazing journey.

Revan Raj, 3E2 and Noah Shidiq, 3E1



NCC Precision Drill Squad Competition

It was one of the best opportunities that I have had in CHR and I am honoured that this year, I was given the privilege of being PDS Commander. I had always wanted to participate in the Precision Dress Squad (PDS). PDS is rather challenging as it incorporates arms drills with our basic dress. Arm strength is needed to control our rifle movements and throughout the training period, there were injuries that had happened amongst us. However, I felt that this pain was short-lived and my overall experience was still worth it.

We started training in November 2013, with the ultimate goal of doing well for the competition on 21 March 2014. During the first few sessions, we struggled tremendously as we had not built up enough arm strength by then. With determination, we eventually started getting used to the weight of the rifle and began choreographing the moves for the competition. Synchronisation was key, which required the cooperation of everyone. One difficulty that we met with was finding a consistent and regular day that most of our cadets could attend. There were also injuries such as swollen fingers and bruises as we learned to adapt to new drills and moves for the competition.

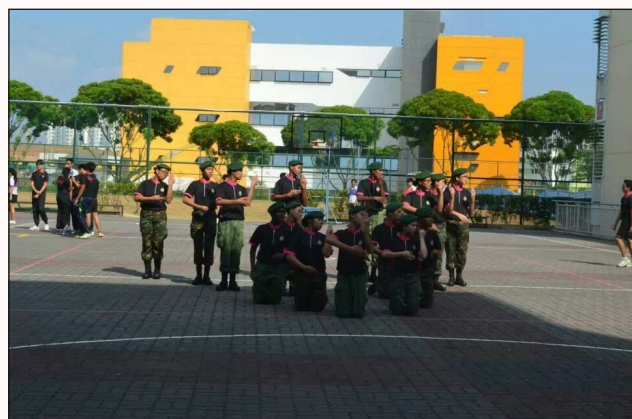
As time went by, we **forged inseparable friendship ties**. We were able to be more honest with each other, and as a result, improved on our chemistry and which helped to enhance the quality of our performance. On the competition day itself, everyone was under great stress. Yet, we did not let that affect our performance and we gave our very best.

After the performance, we had insecurities about how well we did, especially as we compared ourselves to the standard of other schools. However, we were ecstatic to find out that we were placed 6th in position and had qualified to participate in the finals. I was very proud of the squad as they had put in their most effort. Two weeks later, we performed for the finals and although we were placed in the 18th position, I felt that we gained something more than just our achievements – the fact that we did so together as a complete, united squad.

I am thankful for Miss Nazirah, Miss Nadirah, parents and other supporters who came to give us encouragement during the competition. I am also grateful for Rajes Wari from 4N7, the previous PDS commander, and other seniors who had taught us valuable skills and lessons in PDS, as well as going through the difficult times with us.

We will work together to put in our best to improve in our performance next year through teamwork and perseverance!

Farah Nurhazlinda Bte Husni, 3E2



NPCC Campcraft Competition 2014

"Blood , sweat and reward. You give the first two and receive the last" this is what we reminded ourselves before every training for the Campcraft competition 2014.

Together , 24 cadets from secondary 2 to secondary 4 took part in this event . The event took place at Home Team Academy, known as HTA, on 25th January for the boys' competition while 8 February is for the girls competition.

I participated in the event so as to gain some experience as well as to guide my juniors along. I felt that this event had truly bonded me with my unit more especially when quite a few of them volunteered to come down and support us.

Through this event, I learned that not only can we take measurement from the inner sheet , we can also do it from the ground sheet so as to save up manpower from holding the 2 vertical poles. This event had helped me to know my juniors or even my squadmates more.

Initially some of the boys complained that it was tiring and scorching hot as the training started after school. However, in spite of the grueling trainings, I was still grateful as they made the effort to come to almost every training and gave their best .

As the day to the Campcraft boy's competition date drew nearer , the eagerness in them started to show. Just the day before the competition, the boys managed to pitch their tent within 9 minutes, which was an achievement. In spite of all the hardwork that they put in to train their skills, unexpected things happened. On the actual day , the flag tied to the halyard came off . The boys had to unpitch the flagstaff in order to get the flag up. To our dismay, just when the flag was ready to be pulled up, the long horn sounded to signify that time was up.

In spite of that, I am still proud of the Boys' team as they showed great teamwork. Instead of blaming one another , they chose to comfort one another and put on smiles. As I **reminisced** the memories of that day, the beautiful smiles of their faces was a priceless sight to behold. It really warmed my heart to see their strong spirit.

The fact that the boys learnt from their mistake and came back to help the girls with their training really motivated me. They attended every training after school to cheer and support us without fail.

This event had given us a very valuable experience as we had learned the importance of staying calm and strong in spite of failure. I am really proud of my team. On behalf of the Campcraft competition teams, I would like to thank all the OCs , TOs and CIs for their support.

Lai Yinzhi, 4E2



NPCC Campcraft Competition 2014

This year's Campcraft competition was surely a time I would never forget. Through our 2 months of trainings, my team and I had grown in many ways. Through our trainings, CCC 2014 has taught me about self-discipline, focus, determination and endurance. "Work, Play, Train, Rest, We are the best" would be the perfect phrase to summarise our trainings.

Like the rest of the teams, our team faced many challenges. In the beginning, it seemed impossible for us to hit 12 minutes. We felt really **demoralised** whenever we talked about our goal timing, which was 10 minutes to complete the entire set, 6 minutes for flagstaff and 8 minutes for tentage. Everyone felt those goals were unrealistic as we ourselves, did not believe in our team. Fortunately, with the support and encouragement from our OC, TOs, CIs and the entire unit; we started to gain more confidence in ourselves.

As started having more faith in ourselves, our performance improved. From the usual 17 minutes, we managed to clinch 12 minutes and even 11 minutes. This jump in improvement did help to spur the team on to continue to improve. As the competition was nearing, everyone was starting to **feel the jitters**. We started to be anxious about everything and all the worst-case scenarios were running through all our heads. We wanted to do well and enjoy the process.

On the competition day, everyone started to freak out about what to do and about what was going to happen. Our unit's team and our other unit mates came down to support us, and tried to **allay our anxieties**. With their help, we managed to **regain our composure**.

Entering the competition field felt like entering a war zone. Some groups were struggling with every bit of strength they had while some were working twice as fast as they could. At that moment, we did feel inferior to the other groups because we felt that we were **not a match** to other teams. However, hearing our supporters chanting "Let's go Christ Church, Let's go!", we felt more encouraged and refused to give up **in the face of stiff competition**.

As the competition horn was blown, we started running frantically around the pitch, getting our items. We were encouraging one another throughout the 12 minutes. I honestly can say that I really enjoyed those 12 minutes. With the last horn being sounded, we had to leave our pitch and I could see the Christ Church flag flying high, which was something we promised the boys' team that we will do.

CCC 2014 was one of the best experiences I have as a NPCC cadet. The trainings had strengthened me emotionally, mentally and physically. The competition was taught me a very important value and that is the value of perseverance. If my team and I had not persevered through the trainings, we would not have been able to let the Christ Church flag fly high. I would like to thank my Unit, HOs, TOs, CIs and the two CHRNP teams for putting so much time and effort to help us persevere through the difficult and **daunting** moments.

Jazprith, 4E2

