



# BB NEWS

**THE BOYS' BRIGADE**

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## Starving Baker

Mr Patrick Koh, Brigade President

Long ago there was a bakery in a small town. Every day the resident of the town will be woken by the aroma that came from the oven of the bakery. Before sunrise, there will be a long queue to wait for the freshly baked bread.

Once the bakery opened, you would see the baker spring into action to serve the customers. As the shop was shorthanded, you would also notice that the baker will have to shuttle between the cashier and the oven. Occasionally you will also see him clearing up the tables. As the days go by, you realize the baker is getting thinner. That is because the baker hardly had any time to feed himself.

As I looked at the account of the baker, it reminded me of how some of us are also doing so many things each week to make sure that the Boys under our charge are having a fulfilling parade. But as some of the companies are shorthanded, we may be like the baker wearing different hats to sustain the company. As we do so, we may have forgotten to feed ourselves. Sometimes we may even feel guilty to take time to rest and replenish ourselves.

I would like you to seriously consider four areas where you can practice self-care. **Taking breaks** is an essential aspect of maintaining productivity and overall well-being. Regular breaks can help prevent burnout, improve focus, enhance creativity, and promote a healthy work-life balance. Plan your breaks and incorporate them into your yearly work plan. This helps ensure that you prioritize and allocate time for breaks throughout your BB parades.

You can also practice self-care by **Learning New Things**. Each year all officers are given a training grant of \$200.00 to learn things that will be beneficial to the ministry. Learning new things is a fulfilling journey that promotes personal growth, expands knowledge, and enhances cognitive abilities. Learning new things will also allow you to have new capabilities to contribute to the company.

You can also practice self-care by **Engaging in Physical Activities**. Regular exercise is crucial for both your physical and mental health. Find activities you enjoy, such as walking, jogging, dancing, or swimming, and make them a part of your routine.

Lastly, turn to someone to **talk about your situation**. Look for support groups or communities such as your cluster where you can connect with others who have gone through similar experiences. Sharing your feelings and hearing others' stories can be incredibly helpful; providing you with a sense of belonging and understanding.

I always take comfort in this saying, "God is more concerned about the Boys' Brigade ministry than any of us." We are certainly not alone. Trust in our God who is certainly "able to do immeasurably more than all we ask or imagine, according to his power that is at work within us." (Ephesians 3:20).

Sure & Stedfast!



7TH COY BOYS LEARNING OUTDOOR COOKING



4TH COY BOYS ENJOYING FISHING OUTDOORS



## BB Blaze 2023 - Finish Strong



On 1 April, 535 Boys from 113 teams competed in the 20km race that stretched across Gardens by the Bay to East Coast Park. The theme 'Finish Strong' symbolises the determination and resilience required for Boys to prepare and complete the 20km race. We were honoured to have Honorary President LG (Ret) Winston Choo flag off the race and Mr David Chua, CEO of National Youth Council present prizes to the top 10 winning teams. The teams had to complete activities such as frisbee, micro-navigation, first-aid and archery. The Champion Team is Team 109 from the 94th Singapore Company at Nan Hua High School. Team 108 from the same BB Company came in second, followed by Team 70 from the 49th Singapore Company at St Hilda's Secondary School.



BB Boys engaged in frisbee during the Blaze event



BB Boys practising archery at Gardens By the Bay

SSG Jayden Cheong, 62nd Singapore Company, Orchid Park Secondary School

*"In preparation for BB Blaze, we organised training sessions at Yishun Stadium and the ActiveSG gym. The sessions focused on building strength as well as endurance for long runs and physical activities. On the day of the competition, I was overjoyed to see everyone's hard work and commitment pay off. We worked together to complete the missions on the Goose Chase application and planned out the routes to efficiently reach different checkpoints. Even though we got lost at one of the stations due to an incorrect marking on our map, we persevered and eventually managed to find the correct location. There were points during the race where I felt exhausted. However, I remembered that everyone was doing their best and so I persisted. I have learnt the importance of resilience, teamwork, communication, and will always have fond memories of this experience."*



SSG Jayden Cheong (1st row, 4th from right)

## JUNIORS PROGRAMME ADVENTURE QUEST 2023

On 11 March, 330 Primary 6 Boys from 38 Companies participated in this event that took place at Bishan-Ang Mo Kio Park. Our Boys spent the morning completing various activities such as archery, laser tag, tent-pitching, first-aid and field cooking. We were honoured to have Ms Ng Ling Ling (Member of Parliament for Ang Mo Kio GRC) as our Guest-of-Honour for the Prize Presentation Ceremony at Ang Mo Kio Secondary School.



### BB JP Adventure Quest 2023 Place Sheet (Top 10 Positions)

Position	Team	Coy	School
<b>CHAMPION</b>	23	49J	St Hilda's Primary School
<b>2ND</b>	69	5J	Kuo Chuan Presbyterian Primary School
<b>3RD</b>	50	21J	Geylang Methodist School (Primary)
<b>4TH</b>	47	69J	Xinghua Primary School
		42J	Nanyang Primary School
<b>5TH</b>	61	55J	Fengshan Primary School
<b>6TH</b>	2	8J	Radin Mas Primary School
<b>7TH</b>	36	33J	Fairfield Methodist Primary School
<b>8TH</b>	66	75J	Punggol Primary School
<b>9TH</b>	37	33J	Fairfield Methodist Primary School
<b>10TH</b>	13	100J	North Vista Primary School



JNR Nathaniel Kwan  
49J Singapore Company  
St. Hilda's Primary School

The main reason why we won this competition was because we had a plan to strategize our route in order to cover the most stations possible within the shortest time frame. We also persevered through all the stations even though we were tired. Despite feeling like we had no more energy to run, we pressed on as we had a common goal in mind to be winners. As we neared the endpoint, our legs felt like jelly, but instead of complaining, we shouted "FOR 49J!"



## J M Fraser Awards Presentation Ceremony 2023

This year, the ceremony was held on 27 May at ITE College Central, with the new emphasis on the ASCEND Framework as well as new award categories. The ASCEND model is an acronym for Administration, Stakeholder Engagement, Capacity Building and Fund-Raising, Enrolment and Membership, New and Core Programmes, Development and Learning. With the new holistic award framework, BB companies are recognized for developing new and innovative programmes, leadership development of volunteers as well as community engagement initiatives. The new award categories also sought to emphasize the spirit of excellence that permeates throughout the brigade. These include the Award for Excellence, Award for Excellence (Distinction) and Award for Excellence (High Distinction).

We are honored to have Guest-of-Honor Mr Eric Chua, Senior Parliamentary Secretary for the Ministry of Culture, Community & Youth and Ministry of Social & Family Development to present the awards. The Best Juniors Programme Company Award was presented to 33J Singapore Company of Fairfield Methodist School (Primary) and the Best Seniors Programme Company Award was presented to 12I Singapore Company of Anglo-Chinese School (Independent).

We were treated to delightful pipeband and hip-hop performances by 12I Singapore Company and 94th Singapore Company respectively. Special mention also goes to the ITE College Central Primers for their support in hosting this event!



## 62<sup>ND</sup> COY ENROLMENT CEREMONY

### LCP Chong Jing Heng Orchid Park Secondary School

On 26 March, our Company had our in-person Enrolment Service and it was my first time watching the Colours being marched in by my Officer, Sir Samuel, accompanied by our Primers. As NCOs, we had to respond with our commitment to the Company and the Secondary One Boys were officially enrolled into the Company. Our CSM, WO Derrick, gave a speech about what he had learnt during his time as a Boy and how everyone in the Company had each other's back. Listening to Derrick's speech made me feel proud that I am a part of the 62nd family.

After the service ended, we took photos and had lunch together as a Company. It was a new experience for me as I had joined the Company during the COVID-19 pandemic. I look forward to our year end Company Retreat where more happy memories can be created with everyone.



62nd Coy at the Enrolment service



62nd Coy Boys having lunch after the service



# Farewell to our first intake

**Kaelan Han, 22J Singapore Company, Anderson Primary School**

The Boys' Brigade 22J Singapore Company started its first intake of 20 Primary Three students in 2020. We attended the last parade on 21 April and received parting gifts such as photographs of our early days in the Company. Mr William Ho, our Teacher-in-Charge gave each of us a mineral rock to remind us of the BB motto, to be Sure and Stedfast.

Here is the farewell speech that I gave:

“*When I joined the Boys' Brigade, I thought it would be all fun and games but I realised that it is much more than that. I have learnt many skills and my time at the BB taught me that discipline is important, and hard work is necessary to achieve my goals. Having discipline increased my ability to maintain long periods of study for this critical year and to sustain a healthy and balanced diet.*

*I also learnt leadership skills. I clearly remember being thrilled to be appointed team leader. While being a leader is a great title, it is also daunting. I remember one pivotal moment during Adventure Quest when we were all struggling at the stations with sore legs and we all wanted to give up. I knew I had to rally my last bit of effort on inspiring them to push through the pain.*

*I am grateful for the teachers and volunteer Officers who have inspired me to be a better role model for my peers and younger siblings at home.*

”

22J Singapore Company with 76 Boys led by LTA Louis Seng (Company Captain) and LTA Li Wengcong (Company Chaplain)



Boys ready to have their Pizza Treat



Ashton Khoo receiving his certificate for BB Week Best Collection 2023



Kaelan Han, giving his tribute to how BB has impacted his life.



# 33J Combined Uniformed Groups Camp

Three Uniformed Groups – The Boys' Brigade, The Girls' Brigade and the Red Cross – in Fairfield Methodist School (Primary) organised a combined annual camp from 26 to 28 May. The 150 students were treated to an exciting time of meaningful games, led by Camp Commandant CLT Nathaniel Tang who was supported by 30 UG teachers, BB officers and BB seniors. The Primary 5 BB Boys had spent time during their CCA sessions over the past term coming up with ideas and planning proposals for station games, and as Game Masters for the morning games session. Meanwhile, the Primary 4 BB Boys served as Group Leaders for groups comprising members from all 3 UGs. This was an extraordinary opportunity for the young leaders to practice inclusivity and serve the community. They stepped up to the responsibility of ensuring their members' safety and well-being by facilitating introductions and icebreakers. They also directed their groups to navigate around the school to complete various station game objectives, in the spirit of friendly competition and inter-UG cooperation. Highly anticipated wet games were brought back with the P6 BB Boys leading as Game Masters.

Chief Leading Boy Ian Tay (P5) shares in his reflection:

“*This year was an exciting one for me as the P5 BB Boys got to plan and be game masters for the dry games! I am grateful for all these activities which allow me to build team spirit and friendship with my fellow BB mates. I would love to come back as a senior after I graduate to lead and have fun with the Junior Boys.*

”

The BB Boys ended the day with a night game simulating a distant future where sweets are banned in a war on diabetes, facilitated by the BB Officers and Seniors. They were equipped with the knowledge to make informed decisions and to take a stand in pursuit of healthy living. The camp sought to encourage Fairsians to serve the community as young leaders in their own right.



UG campers fixing the puzzle during the treasure hunt



BB Boys examining the value of the trade in the war on diabetes





# PRIMERS CHALLENGE 2023

CLT Rene Chia, 33<sup>rd</sup> Singapore Company, Fairfield Methodist Secondary School

On 15 June, 34 Primers from 12 different Companies took part in the 3 day-2 night Primers Challenge. The objectives of the camp are to foster a sense of camaraderie and to nurture the Primers' leadership potential. Participants were divided into groups in various team-building activities such as tag archery. They also engaged in cycling or stand-up paddling, followed by the Survival Cooking Challenge. The camp included a session on mentorship and how Primers could apply these principles back in their Companies. The camp closed with a final reflection and mass debrief session.

These activities allowed me to step out of my comfort zone and made me realise how much more I can achieve if I pushed myself. The sharing sessions by various facilitating Officers and Primers provided new insights on how to be a better leader and person. I have also made new friends and learnt more about the operations of different Companies for practical application in my Company.



BB Boys learning to cook outdoors



BB Primers practising archery



BB Primers learning stand-up paddling



BB Primers preparing to cycle



BB Primers group photo



BB Primers group photo

# Global Citizens with Stedfast Character

Rev Dr Bernard Chao, Associate Brigade Chaplain

As members of the BB today, each of you are growing up in a world where the idea and experience of local and foreign, near and far, and physical and digital are no longer separate but merging realities. You have schoolmates and neighbours of different nationalities. You can travel overseas so much more easily and cheaply via budget airlines. You can meet and talk with people from anywhere in the world from right where you are via a range of social media, gaming platforms, and communication apps.

You no longer depend only on physical libraries to find interesting books to read or research for school projects. The Internet gives you access to a mind-blowing global depository of information and knowledge. Even schools rely on these digital resources. On any particular subject of interest, you can easily do a search online, access both free and paid E-books, read a vast selection of articles and blogs, watch videos, and converse with others in other countries on a number of online forums.

Neither are you only passive spectators in this global experience. You are also active participants and contributors through your own posts on social media, participation in forums and gaming communities, and even content creators. The Internet and the proliferation of personal computers, smartphones, and various apps have made it easy and possible for a young person today to speak up and amplify their ideas, beliefs, and initiatives to the entire world. You are global citizens in ways that previous generations were never able to be.

I think most of you already know that global citizenship harbours as much danger as it does possibilities. Your parents, schools, church and BB leaders already do a lot to caution you against the temptations, falsehoods, scams, and alternative ideas, beliefs, and philosophies you now have such easy access to. However, I have confidence in your ability to engage this emerging global and hyperconnected world because of the training and modelling you receive in the BB.

Pay attention to the lessons about compassion, character, moral uprightness, and Godly wisdom from the Bible and taught and demonstrated by your officers and NCOs. Learn and practice how to be kind, trustworthy, honorable, and thoughtful, both in public and in private. Actively seek to grow in these ways of wisdom and as the Bible says in Proverbs 2:9-11(NIV):

*Then you will understand what is right and just  
and fair—every good path.  
For wisdom will enter your heart,  
and knowledge will be pleasant to your soul.  
Discretion will protect you,  
and understanding will guard you.*



This truth and this wisdom you learn and gain from the BB will be like an anchor for your mind and your soul as you navigate the complex and global reality of life today. This truth and wisdom is not only an anchor for stability but can be for you a source of grace and blessing as you engage with others here and everywhere. As you do so, you will be leaders of thought, compassion, social reconciliation, and environmental restoration for our world—you will be global citizens with stedfast character.



99th Company Boys in parade



25th Company Boys



# Enrolment & Dedication 2023

LCP Cayden Goh, 91<sup>st</sup> Company, Regent Secondary School

We organised the Combined BB & GB Enrolment and Dedication Ceremony on 15 April with our 91 members of 67 Boys and 24 GB Girls in attendance. The parade started with groups, including the supporting contingent, marching in from each corner of the parade square and was finally formed when the GOH contingent entered. All our guests, including the school principal, CCA HOD, teachers and parents were full of praise when they saw the scale and complexity of the drill movements. We filed up into the hall for the Indoor Ceremony with the entry of the Colour Party, as well as dedication of all members for the year of service ahead. The enrolment and dedication ceremony allowed us to bond closer as we worked our drill and formation during rehearsals. It also provided us with a great opportunity to show our parents what we had achieved in our drill. The event has been a wonderful experience for us all!



BB Boys and GB Girls at the parade march past

Boys and Girls getting ready for the dedication ceremony

# Mothers Day Parent-Child Bonding

by LCP Christopher Yue Se Tirhas, 91<sup>st</sup> Company, Regent Secondary School

Our BB Company organised a Mothers' Day Parent-Child Bonding event on 13 May together with the Girls' Brigade. Our Secondary 3 seniors prepared interesting game booths at the canteen with attractive prizes as a welcome activity. I joined the event with my mother and I enjoyed the shooting booth the most. After the games, we were taught how to bake at the school's Food Lab. We got a chance to decorate the cakes for our parents, and the members of the Environmental Science Club taught us to make paper flowers for our parents. At the end of the event, we surprised our parents with the handmade cakes, took photos and left the school happily with wonderful memories of having celebrated Mother's Day this year in a different way. Overall, the event was very entertaining and everyone had a good time interacting with parents and our friends.



One of the Boys enjoying the baking session with his mother



Families participating in the games prepared by the Secondary 3 seniors

# 36<sup>th</sup> Coy Enrolment

Compassvale Secondary School

This was an exciting event for us all. Everyone was at their best and looked forward to the ceremony. The Master of Ceremony was Deputy-CSM (Operations) SGT Kyan Kok. We had a segment for the dedication of the newly appointed council. We are especially grateful to SCL Alfred and CLT Ervin who have been with the Secondary 3s since the start and we hope that they can see the positive impact that they have made on the Boys. We also had a segment for our newly-promoted SSGs and WOs. After the parade ceremony, the Secondary 1 Boys celebrated the attainment of the Target badge and their parents had the honour of pinning the badges on them.

Our outgoing Dy (Ops), Andric Kong, reflected upon his experience: "Joining Boys' Brigade was probably the last thing on my mind as a quiet and scrawny Secondary 1 Boy. But at the end of it, I will boldly say that I have never regretted my decision and enjoyed the time spent with everyone. The life lessons gained will follow me regardless of my age."

Joshua Ng has also come a long way in his growth. He started off as a shy Boy who eventually gained confidence to lead the Boys, run the Company's programmes, and volunteered at the enrolment ceremony. This is his reflection: "I vividly remember that I was surprised to know that I had received a promotion to Senior Cadet Lieutenant! I am honoured and look forward to taking on this rank and contributing more to the 36th Coy!"



36th Coy Enrolment and service segment



36th Coy Boys group photo



# Company Snapshots



7<sup>th</sup> St Andrew's School (Secondary)  
Boys having their first outdoor cooking session



94<sup>th</sup> Nan Hua High School  
Boys at the Adventure Leadership Camp



• MARCH •  
**11**

• MARCH •  
**13**



85<sup>th</sup> Jurong West Secondary School  
Boys at Jurong Lake Gardens



45<sup>th</sup> Xinmin Secondary School  
Boys learning new skills at the Recruits Training and Leadership Development Camp



99<sup>th</sup> Canberra Secondary School  
Boys in their parade formation



ITECC  
Primers at the Enrolment and Dedication Ceremony

• MARCH •  
**16**



12BR Anglo-Chinese School (Barker Road)  
Boys practising outdoor frisbee



• MARCH •  
**17**

12I Anglo-Chinese School (Independent)  
Primers learning new skills at their Leadership Camp

• MARCH •  
**20**



9<sup>th</sup> Westwood Secondary School  
Boys having Target Badge pinning by parents

• MARCH •  
**24**



4<sup>th</sup> Whitley Secondary School  
Boys practising their rifle shots

• MARCH •  
**25**



21<sup>st</sup> Geylang Methodist Secondary School  
Boys in their drill during camp

62<sup>nd</sup> Orchid Park Secondary School  
Boys at the BB Blaze event



Source: Companies Instagram



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