

**POLICE  
LIFE**

THE SINGAPORE POLICE FORCE MAGAZINE  
VOLUME 42 NO. 9

# Bringing Down Terrorism



**The Heart of Service  
22 Years of Fitness and Policing**



## Note from the Team

The mission of the Singapore Police Force (SPF) is to prevent, deter and detect crime. Over the years, the SPF has successfully overcome many challenges. With the threat of a terror attack at its highest ever in recent times, SPF has also enhanced its policing capabilities to strengthen its counter-terrorism efforts.

The Emergency Response Team (ERT) is the latest addition to frontline policing to tackle the rising terrorism threats. Armed with arsenals such as the HK-MP5 submachine guns, they are trained to take down adversaries and respond swiftly and decisively to security incidents.

The Police Coast Guard (PCG) has also been stepping up on its coastal patrol to deter maritime threats. Read about the new state-of-the-art boats that were commissioned by the PCG to support extended hours operations. On a separate note, follow an officer's quest as he brightens the smile of less fortunate children and aids the needy during his free time.

We hope you have a pleasant read!



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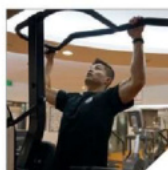
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# Living Up to the Force's Mission

*Deftly balanced by an understated firmness, he exudes an affable charm that is pronounced through his uncannily communicative eyes. Here I am, seated adjacent to Mr Soh Wai Wah, the former Home Team veteran who was previously the Chief of Staff in the Singapore Police Force (SPF) prior to his swan song as Commissioner of Prisons in the Singapore Prisons Service (SPS). As we spoke, I find myself transfixed by the depth of his thoughts and perspectives. Apart from his intellectual acuity, Mr Soh most definitely inspires with his mettle in life.*

Unbeknownst, Mr Soh who has had an illustrious career with the SPF and the SPS did not start out with any lifelong ambition to be a Police officer. It was perhaps his sister's dedication and commitment to her job as a Traffic Police officer that inspired and influenced him to take up the SPF Overseas Scholarship. However, as the years progressed, Mr Soh shared that he developed a growing sense of calling to the SPF, which eventually convinced him that he was destined to be a Police officer after all.

## Home Team in Retrospect

Within the SPF, Mr Soh held various key leadership positions, including Chief of Staff, Director of Operations and Director of Planning & Organisation. To quote him, it was a privilege to be involved in many major projects and events that mattered to the safety and security of Singapore. Some of these events included, Hotel New World collapse, hijacking of SQ117, the aftermath of 9-11 attacks and SARS. He also set up the Speakers' Corner and was heavily involved in organising and leading police operations to deal with public order threats in several high profile events in Singapore, such as the International Monetary Fund - World Bank meetings and various ASEAN events.

Beyond managing operations, Mr Soh also set up Singapore's first Neighbourhood Police Centre when he was Commander of Clementi Division and the Public Transport Security Command, when he was Chief of Staff. *"Even now, figuratively speaking, my fingerprints can still be found in various Standard Operating Procedures and Operations Manuals,"* Mr Soh chuckled.

With all that policing experience under his belt, Mr Soh commented that the nature of terrorist threats and crime has not changed but rather, altered largely in scale and proximity. Instead, he observed that the Singapore populace has changed dramatically and are more aware of the rule of law and the rights accorded by the law. This change has made policing a lot more challenging. Nevertheless, it did motivate and spur SPF to educate and nurture its officers with an emphasis on professionalism. This in turn also resulted in a decline of corruption allegations against Police officers.

*"It is important that we continue to strive towards being corruption-free. In policing, the process is just as important as the goal,"* Mr Soh articulated.

Though he has left the Force, Mr Soh does not feel detached from it as he emphasised the symbiotic



relationship between the SPF and SPS. "SPF and SPS are closely intertwined as part of the Criminal Justice System. While SPF feeds SPS with the inflow of prisoners, those who leave the prisons un-rehabilitated will feed into SPF's system as criminals again. Another understated fact is the important role SPF can play in supporting SPS in the rehabilitation outcome. *"Ex-offenders can change and all of us can make a difference."*

When asked if there were any individuals who influenced him during his tenure in the Home Team, Mr Soh shared that he was most impacted by Mr Khoo Boon Hui, the Commissioner of Police from 1997 to 2010. Mr Soh shared that SPF had benefitted greatly from Mr Khoo's mission-focused and unbiased leadership. *"With the introduction of new standards and benchmarks in addressing issues professionally, politicking and factionalism within the organisation were successfully purged."*

## Institutional shift and Learning Values

Having ended his journey with the Home Team, Mr Soh now helms the Singapore Polytechnic as its principal and Chief Executive Officer. *"I feel privileged to be given the chance to serve and contribute to the moulding of Singapore's future, and wish to raise the bar for the education landscape,"* said Mr Soh.

Whilst he may be serving in a different capacity, Mr Soh declared that he would not miss out on the chance to encourage and enhance community integration, particularly given the diverse and unique composition of the institution – one that moulds and binds impressionable young adults of diverse races.

As the interview came to a close, Mr Soh reiterated that "it is never too late". Be it to students or officers, it is never too late to learn or experience something new. At the age of 30, Mr Soh started piano lessons and has since been playing for the church. *"Time is never a limiting factor. You will be surprised with how much you can do if you prioritise, and remain focused and disciplined in your undertakings."*

Lastly, Mr Soh also reminded SPF officers the importance of fellow colleagues. *"It is of utmost importance that we achieve our missions. Yet missions come and go, even as each one is important. Whereas, it is our colleagues whom we still have with us after the mission has been accomplished. As much as we are fully committed to each mission, it is important that we enlarge our horizon to include the considerations for our colleagues too."*



# Bringing Down Terrorism

With the global rise of terrorism, the possibility of a terror attack has become more poignant than before. To better prepare our country against security threats, the Singapore Police Force (SPF) has stepped up its counter-terrorism response capabilities.



On 3 June 2016, Commissioner of Police (CP) Hoong Wee Teck, commissioned the first batch of Emergency Response Teams (ERTs), who will form part of the first wave of response in handling terrorist attacks. Operating in groups of four or five, the ERT officers are clad in bullet resistant vest and trained with counter-assault skills and armed with HK-MP5 submachine gun's to swiftly contain threats.

On a day-to-day basis, ERT officers will patrol "soft target" sites such as shopping malls to project presence and link up with stakeholders in the areas they are deployed and become familiar with the areas they are in charge of.

As part of the Force's efforts in enhancing emergency preparedness, ERT officers are also deployed during operational exercises to hone their capabilities.

## How they were formed

The first batch of ERT officers were selected from various Neighbourhood Police Centres across the six Land Divisions. These officers were chosen based on their fitness level and past experience in frontline policing.

To equip them for their new roles, ERT officers are required to undergo rigorous training at the Special Operations Command, the Home Team Academy and the Home Team Tactical Centre for a period of two weeks to further improve their fitness and acquire the necessary skills to combat terrorism.



*ERT officers in action during exercises.*



*ERT officers training at Home Team Tactical Centre.*





Commissioner of Police Hoong Wee Teck presenting the ERT skills badge to ERT officers on 5 August 2016.



## Meaning behind the badge

The shield backing of the badge signifies the teams' commitment to protect and defend the community. The dagger symbolises the officers' proficiency and preparedness to strike against aggressors swiftly and decisively. The laurel wreath represents the teams' dedication to serve with honour and distinction.

**CP emphasised that the ERT officers play a critical role in keeping Singapore safe and secure.**



Inspector Rebecca Lee  
ERT Team Leader D, Bedok Division

### A female ERT officer's perspective

Being an ERT officer is not for the faint-hearted. As the first wave of response in a terrorist attack, ERT officers require both the mental and physical capacity to respond swiftly and decisively. Apart from donning heavy equipment and having strong vocal command, officers will have to undergo vigorous training and equip themselves with the right skill sets to combat terrorists. Nevertheless, these challenges did not deter female officers from being part of the new team.

For ERT Team Leader, Inspector Rebecca Lee, nothing is impossible with the right mind-set. With sheer determination, she proved that female officers are as qualified as their male counterparts to become an ERT officer.

Though it was challenging to cope with the rigorous training and handling the heavy HK-MP5 submachine gun, she overcame the odds by putting in more efforts to train her upper body strength through exercises such as push-ups and lifting dumbbells daily to strengthen her arms and core muscles.

Now that she has successfully completed her training, she is proud to be one of the few female ERT officers from the pioneer batch. She shared, *"It is a fruitful experience for me as I am able to contribute more to safeguarding Singapore every day."*



# The Heart of Service

A Course Manager in the Training Command, Assistant Superintendent of Police (ASP), Jeremy Png is responsible for training Police officers to be Senior officers. Beyond his professional commitments, he has also obeyed the clarion call to service outside of work, to go above and beyond the call of duty and help the less fortunate through volunteer work even when he is not donning the blue.

When asked about his motivation for volunteer work, ASP Png shared about his encounter with a little girl who suffered from an illness that left her with a deformed head, and how he felt helpless because he could not do anything to aid her. Thus, at the encouragement and recommendation of a friend, he joined the Caring Clown Unit in 2010. Known affectionately by the children as "Doctor Mouse", he spends around three hours every last Saturday of the month going to the hospital brightening the lives of young patients with magic tricks, skits and stories.

ASP Png has also made it a point not only to help those in Singapore, but the less fortunate in other countries as well. He has travelled to Sri Lanka and Cambodia previously to help the underprivileged improve their quality of life. This includes a plethora of tasks such as helping with the reparation of buildings, providing basic necessities such as clothes and food, and even digging a well to ensure a clean water supply.

Another of his overseas volunteer project is to sponsor a child in Laos through an international humanitarian organisation. With his regular donations, the child's well-being is being taken care of, including basic necessities and education. He keeps in contact with the child in Laos and showers her with occasional gifts to encourage her to do well in school.

Having a heart of service is an important trait of being a Police officer. ASP Png exhibits this attitude at all times, be it on-duty or off-duty and also makes it a point to instil this principle into officers he mentors. To him, if Police officers stop helping people once they take off their uniform, they cannot consider themselves to be true Police officers. Helping those in need is a sacred calling, one that he finds very fulfilling, so much that he considers he gained more than what he gave.



*"As a Police officer, it is my duty to help others."*

ASP Jeremy Png





# Making a Difference Wherever She Goes

Ministry of Home Affairs Distinguished Star Service Award recipient Assistant Superintendent of Police (ASP) Kiran Kushum believes in going the extra mile to help someone in need. The officer from Jurong East Neighbourhood Police Centre once went beyond the call of duty to help a hoarder and her ailing mother seek treatment.

By: Home Team News



Assistant Superintendent of Police (ASP) Kiran Kushum received the MHA Distinguished Star Service Award for her outstanding service at the Minister's Award Presentation Ceremony on 28 September 2016.

Would you go beyond the call of duty to help someone in need? Assistant Superintendent of Police (ASP) Kiran Kushum would.

In April 2016, Jurong East Neighbourhood Police Centre (NPC) received complaints regarding a fire hazard inside a condominium unit.

Upon investigation, ASP Kiran, who is Officer in Command of the Community Policing Unit at Jurong East NPC, learned that a Chinese lady and her bedridden mother were residing within the unit.

The unit had been packed to the ceiling with items that the lady, who was later diagnosed as a hoarder, had collected overtime.

*"I learned that the lady's mum had been a stroke patient for the past 10 years but they did not seek any medical attention. The lady was good in the sense that she would clean and bathe her mother every day,"* ASP Kiran recalled.

Seeing that the family needed urgent assistance, ASP Kiran took lead to coordinate follow-ups from various agencies to help the lady clear the place and secure medical attention for her mother.

*"I managed to contact the lady's brother, and with his consent, we got the place cleaned up. It's an excellent outcome because the lady is now seeking help to keep her place clean,"* ASP Kiran added.

A Police Officer for 23 years, ASP Kiran serves with her heart and goes the extra mile to help the community.

*"I think all of us are given an opportunity to help a person. Kindness can come in many forms. I would like to think that all of us can find an avenue to make a difference in someone else's life,"* said ASP Kiran.

On 28 September 2016, ASP Kiran's good work attitude was recognised at the Minister's Award Presentation Ceremony where she received the Ministry of Home Affairs (MHA) Distinguished Star Service Award. The award recognises Home Team officers who delivered outstanding service and exceeded the expectations of members of the public.

## Happenings



### Home Team School of Criminal Investigation (HTSCI) marked its 5th Anniversary

Formed on 18 July 2011 to train investigation, forensic and investigation support officers in the Home Team and other law enforcement agencies, the Home Team School of Criminal Investigation (HTSCI) celebrated its 5th Anniversary on 12 July 2016. To mark this occasion, Commissioner of Police (CP) Hoong Wee Teck graced the celebration and conducted his first command visit to HTSCI. During his visit, he viewed video recorded interview training sessions and engaged HTSCI officers through a dialogue session. Before taking his leave, CP thanked and encouraged the HTSCI officers to continue with the high standards of training.

To date, HTSCI has trained 5,390 officers from the Home Team and related agencies.

### National Day Observance Ceremony 2016

More than 600 officers from various units of the Singapore Police Force (SPF) attended the National Day Observance Ceremony 2016 which was held on 8 August 2016. The ceremony was graced by Guest-of-Honour Commissioner of Police, Hoong Wee Teck. The ceremony started with the singing of the National Anthem followed by the recitation of the National Pledge.

Officers born in the month of August also got to celebrate their birthdays alongside Singapore's 51st birthday with a specially made birthday cake.

### Protective Security Command Open House

On 11 and 12 October 2016, the Protective Security Command (ProCom) held an open house at their base at Ulu Pandan Road. The open house showcased the different vocations at ProCom and provided the opportunity for ProCom officers to share with other officers who are interested to find out about the possible career and development opportunities in ProCom.

In addition to tactical demonstrations, participants were also given hands-on experience with ProCom's equipment and training facilities.



# Commissioning of 'ARCHERFISH' and 'TIGERFISH'



On 27 September 2016, the Police Coast Guard (PCG) officially commissioned two new Marina Reservoir Patrol Boats (MRPB) named 'Tigerfish' and 'Archerfish'. The commissioning ceremony was graced by Guest-of-Honour Senior Minister of State, Ministry of Home Affairs and Ministry of National Development, Mr Desmond Lee and the Commissioner of Police Hoong Wee Teck.

Boasting two 150-horsepower out-board engines that enable each boat to travel in excess of 25 knots, the two new MRPBs are designed for extended hours operations and are equipped with state-of-the-art navigation and surveillance equipment such as the Automatic Identification System (AIS) and Satellite Gyro Positioning System.

The commissioning of the two new MRPBs will enhance PCG's capabilities to detect, deter and prevent any potential crimes and sea-borne terror attacks in Singapore waters.











# I am the Mini Typhoon

The rays of the dawning sun bathe the shorelines of our home. The sky brightens with a rosy hue that glistens against the clear blue waters. I can't help but fall in love with the sight that stood before me...

Here I stand, mounted at the top of the majestic vessel, slowly as I cruise along the calm waters with my fellow trusted custodians of the sea, the Police Coast Guard (PCG) officers.

My petite built may not raise any eyebrow but never doubt my capabilities. I am built to annihilate any potential threat and perpetrator who intrude into Singapore Territorial Waters. I am the reason that you can sleep soundly every night.

Who am I? I am the Rafael Mini-Typhoon Stabilised Naval Gun System onboard PCG's Patrol Interdiction Boat.



My self-sustained power supply allows me to be a stand-alone system operated remotely from an operator console situated within the vessel wheelhouse. I have a built-in day and night camera that allows me to track targets under low light conditions.



I am no gunslinger of the Wild Wild West but the New Age sharp shooter of the seas. As compared to my predecessor, the General Purpose Machine Gun, I provide greater accuracy to disable the propulsion system of intruding boats. I have an advanced naval medium caliber gun system that is used for surveillance, target identification, automatic tracking and engagement purposes.



I play a pivotal role in preventing, deterring and detecting any intrusion into Singapore waters. No one gets away after having committed crime under my watch. Heard enough? Perpetrators beware!



I am a "12.8mm (0.5inch) M2 Browning" gun mounted on the Patrol Interdiction Boat. My eyes are sharper than that of an eagle. My stabilised and self-tracking gunnery system allows me to interdict intruders from within the wheelhouse. My control panel comprises different firing modes, arming switches and indicators.



# Commissioner of Police Visits Johor Police



On 1 August 2016, Commissioner of Police, Hoong Wee Teck paid his first visit to the Johor Police Contingent of the Royal Malaysia Police, together with a Singapore Police Force delegation comprising Deputy Commissioner of Police (Investigations & Intelligence), Tan Chye Hee, Commander Police Coast Guard, Senior Assistant Commissioner of Police Hsu Sin Yun, Commander Jurong Division, Assistant Commissioner of Police Koh Wei Keong and officers from Criminal Investigation Department.

This trip was made at the invitation of the Chief Police Officer of Johor Bahru, Dato' Wan Ahmad Najmuddin Bin Mohd, and served as an excellent opportunity to strengthen and build on the long-standing working relationship between the two Forces. It also reinforced both Forces' cooperation and commitment in combating cross-border crime.



Photo by: Johor Police Contingent of the Royal Malaysia Police (RMP)



# Police Commends **Airport Staff**

A 32-year-old man was nabbed for forging boarding passes to access various Changi Airport lounges after staff from the **dnata (Singapore)** alerted the Police. Since 21 August 2016, the man remained in the airport transit area for 18 days by using 31 forged mobile boarding passes, to enter several lounges in the terminals.



Following his arrest, a ceremony was held at the Airport Police Division (APD) to commend the four staffs from **dnata** for their public spiritedness. Their timely intervention and vigilance brought the man's offense to light, enabling the Police to arrest the man who was subsequently sentenced to 2 weeks' imprisonment. *"This case illustrates the close partnership between the Police and the airport community in fighting crime. While the Police conduct regular patrols and security checks, members of the public also play an important role in keeping our airport safe and secure. We thank these staff for being vigilant and assisting the Police to arrest the man,"* said Assistant Commissioner of Police Cheong Chee Ming, Commander APD, during the commendation ceremony.

*Police Life* caught up with one of the four **dnata** staff, Ms Nirmala, and Senior Staff Sergeant (SSSgt) Tay Guo Hiong Daniel, Investigation Officer in charge of the case, on the incident.

As opposed to the belief that, "the customer is always right", Ms Nirmala chose to stand firm by **dnata's** core value to ensure the safety and security of the passengers. She knew that regardless of the situation, she needs to remain calm and avoid exacerbating tension and causing unnecessary worry to the

passengers. In this instance, to avoid alerting the perpetrator, she continued to engage him normally whilst waiting for reinforcement from the Police. *"He was behaving suspiciously. I sensed something amiss and immediately signaled to my colleagues to call the Police,"* she recounted.

Despite the pressure from the situation, it remains commendable that Ms Nirmala and her colleagues were able to maintain their composure and handled the incident professionally.

*"In the airport, the community is our eyes and ears on the ground in supporting the APD to ensure the safety and security of all,"* added SSSgt Tay. He believes that this incident reinforces the purpose of SGSecure – a national movement to sensitise, train and mobilise members of the public to play a part to prevent and deal with terrorist attacks. It also shows the importance of community cohesion and partnership with the authority to keep Singapore safe and secure.

In essence, everyone in our community has a part to play to safeguard our way of life. Let us take this opportunity to thank all members of the public who have assisted the Force in one way or another!



# Remembering Mr Selwyn Terrance Amerasinghe

Mr Selwyn Terrance Amerasinghe, retired Assistant Commissioner of Police, passed away at the age of 84 on 7 September 2016. Mr Amerasinghe joined the Singapore Police Force (SPF) in 1951. For 32 years, he held various posts in the Land Divisions, Police Training School, Criminal Investigation Department, Police Reserve Unit (now Police Tactical Unit) and Marine Police (now Police Coast Guard). He retired after helming the Civil Defence for two years from 1981 to 1983, when it was still under the ambit of SPF. His illustrious career reflected his passion for policing, and he was an inspiration to all. May he rest in peace.



When Mr Amerasinghe was tasked to write an essay to justify his selection for the Intermediate Command Course held in the United Kingdom, he wrote, *"I am in the midst of the evolving history of Singapore and I have a role to play in this."* Sure enough, Mr Amerasinghe oversaw many transformations and played an important role in overcoming major challenges faced by the SPF throughout his career that spanned thirty two years. Mr Amerasinghe eventually retired in 1983 as an Assistant Commissioner of Police.

In 1964, racial riots were common in Singapore. Mr Amerasinghe was then attached to Tanglin Division, the epicentre of the violence and riots. In his memoir, he recounted that, *"people at the wet market were randomly attacked with sticks and stones and in some cases there were hit and run gangs and individuals from both race groups."* Despite curfews imposed and extensive efforts of policemen carrying out patrols, incidents of assaults remained high. To address these incidents, Mr Amerasinghe turned to studying the islandwide situational reports provided by Police Divisions. The then Assistant Superintendent of Police identified several "trouble spots" and figured where the perpetrators could be hiding. Two search parties were formed to conduct a house-to-house search and some thirty troublemakers were successfully weeded out. Mr Amerasinghe's tactic was soon adopted by all the divisions and led to the rounding up of many secret society members in various "trouble spots".

Not only did Mr Amerasinghe improve on practices that boosted the efficiency of policing, he also made changes to enhance the welfare of fellow officers. While Mr Amerasinghe was the Commanding Officer of the Marine Police, he noticed that officers were not allowed to carry cash on them, as

it was often presumed to be evidence of an accepted bribe. This meant that officers could not buy drinks on duty, which left them parched over their eight-hour shifts, *"unless you come back to the police station or you go to the standpipe and help yourself to a drink,"* recalled Mr Amerasinghe. The situation was especially bad and ironic for Marine Police officers who patrolled the seas, and had limited access to water points. So, Mr Amerasinghe wrote to the then Commissioner of Police, Tan Teck Khim who agreed that officers should be allowed to carry a small amount of cash and have designated eating areas.

Mr Amerasinghe was also instrumental in solving manpower issues that plagued the Force. During the 1970s, no national servicemen (NSmen) wanted to be promoted to the rank of senior officer as it required them to serve till forty years old, which was another seven or eight years more. To address this situation, Mr Amerasinghe conducted a promotion exercise where he made his NSmen provide reasons for rejecting the promotion. His approach caught them off-guard, and resulted in increasing SPF's capabilities with a steady stream of senior NS officers.

Mr Amerasinghe saw Singapore through some of its toughest challenges. In his memoir, he recounted that, *"I went through a tumultuous time, you know. From a Colony to Japanese Occupation, to liberation to Malayisation, to separation."* Even though he lived through trying times, Mr Amerasinghe looked back on his career with pride and shared that, *"The Force is still very much a part of me."* Mr Amerasinghe contributed many significant transformations in the Force, and will always be remembered as someone who was passionate about making a difference to the lives of his countrymen and his fellow officers.



# Our Feedback Champions

While most of our officers interact directly with members of the public (MOP) on the ground, there is a small group of officers known as Customer Relation Officers (CROs) from the Service Delivery Department (SDD) Feedback Unit (FBU) who engage the public through a very different platform. The CROs work tirelessly behind the scenes to uphold the image of the Singapore Police Force (SPF) by ensuring that all feedback from the public are dealt with expeditiously. In this issue, we delve into their role to find out more about their work and challenges and what keeps them going.



## Upholding the Integrity of our Frontline Policy

On a daily basis, the FBU deals with voluminous feedback about SPF's service delivery. These feedback are known as 'Service Requests' and they come in the form of emails, fax, letters and most of all, through the 'popular' feedback hotline. The FBU serves as a ready avenue for MOP to air their views, requests and dissatisfaction. The CROs review and hear every single feedback and ensure the relevant issues are promptly addressed, which is important in upholding public trust and confidence in the Police. Apart from this aspect, the FBU also ensures that compliments received are promptly provided to the respective units so that our officers continue to be motivated. This is the group of officers who work tirelessly in upholding the integrity of our frontline policing.

## Walking the Line

The FBU's work has its challenges too. We spoke to Ms Siti Nur Fadilah Bte Md Rosli, a CRO in the FBU to learn more about the challenges and how she stays motivated. Despite having three years of experience in the FBU and a prior career in customer service, Ms Fadilah still finds it challenging to maintain a balance between empathising with the customer and maintaining neutrality. Ms Fadilah shared that her role in the SPF differs significantly from her previous customer service roles as the people she deals with are not coming to her with minor concerns such as trying to get their laptops fixed. What she is dealing with could be as serious as issues concerning crime that affects the very community she, her family and her friends are living in. Ms Fadilah also shared that there were times when the feedback received was frivolous and even to the extent of being unreasonable. Nevertheless, knowing that she could make a difference in people's lives and contribute in upholding the image of the Force, these are her strongest motivation for continuing to be in her current role. Kudos to the CROs!



# 22 Years of Fitness and Policing

Our ongoing healthy lifestyle series brings you officers from around the Force who have gone above and beyond in their physical fitness. Inspector (Insp) Lew Mun Soon has been an officer in the Singapore Police Force (SPF) for 22 years, 20 of which was in the physically demanding Security Command (SecCom) unit. *Police Life* spoke to Insp Lew to discover what role fitness plays in his career and life.

## Defining Moment

For Insp Lew, fitness has always been closely linked to his career in SPF. It was never something he took very seriously until he was faced with the harsh reality of the Police Basic Training Course. The Police Academy environment and training regime helped him to cultivate the discipline and drive to push his physical abilities.

*"The Police Academy was where I first became enthusiastic about fitness and it set the foundation for fitness in my career and life."*

## A Standard Day – Balancing Policing and Fitness

Maintaining a high level of physical fitness and working full-time as a Police officer is no mean feat. Before starting the work day, Insp Lew makes time every morning by waking up at 4.30 am to run 6 to 7 km and complete a body weight circuit. If he is on shift duty in SecCom, he makes time when and where he is able to maintain his fitness level. "To me, exercising is really about self-discipline. You cannot always start training one or two months before your IPPT (Individual Physical Proficiency Test), it wouldn't help."

## The Unseen benefits

The apparent benefits of fitness – health, looks and energy – are obvious. For Insp Lew, there are other benefits of fitness that is equally important in making a difference to his career and life. Mental resilience and determination is what he has gained through his disciplined fitness regime. There were many challenging moments in his career. But Insp Lew was able to overcome all of them through his sheer determination gained over the years of upkeeping a disciplined fitness regime. Insp Lew is also exceptionally proud to be a SecCom officer and fitness plays an important part in enabling him to live up to the expectations of a SecCom officer. Insp Lew also shared that by maintaining a good fitness level, one can remain healthy and enjoy a better quality of life even as age catches up. Fitness is an important part of his life and he has perfected the balance between fitness and policing.

*"Physical fitness is beneficial for all, be it for your family, work or yourself. It's a win-win for everyone."*



*"The Police Academy was where I first became enthusiastic about fitness and it set the foundation for fitness in my career and life."*

*Insp Lew Mun Soon*



# One of Us

## *Hi, I am...*

Hi, I am Senior Staff Sergeant Dalwinder Singh, Deputy Team Leader from Central Division Emergency Response Team (ERT). I have been in the Force for 14 years. My role requires me to respond, locate and neutralise security threats.

## *What is something in your job that keeps you going?*

The opportunity to acquire different skills and gain valuable experience from the trainings which I have undergone in the Singapore Police Force (SPF) is what keeps me going.

## *How can you better contribute to the Force?*

I aspire to be a Trainer so that I can impart the knowledge and expertise gained from my experience in various postings to the future generation of officers.

## *Please share with us one of your most rewarding moments at work.*

As one of the pioneer batch of ERT officers, I have the privilege of being one of the first to work with many external stakeholders in my division. To date, we continue to work with these stakeholders, some of which include, Gardens by the Bay, Marina Bay Sands and Suntec City Mall, to bolster security in their premises. Whenever our stakeholders host high-key events, we work with them and plan our patrol schedules accordingly. Through such collaboration we are able to strengthen our relationship with the stakeholders. Knowing that I have done my part to ensure the safety and security of our people gives me a great sense of satisfaction – one of my most rewarding moments at work.

## *What are your interests outside of work?*

I spend time at the gym after work as it helps me to distress and maintain a healthy lifestyle. Moreover, as an ERT officer, it is important for me to keep fit as we are the first-line of response in the event of a terrorist attack. I also enjoy playing hockey and sometimes represent my division in Inter-PSA Tournaments.

## *I believe in...*

Giving my best and doing what I want to achieve with a positive attitude. It should be a constant effort of improvement.

