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**POLICE  
LIFE**

THE SINGAPORE POLICE FORCE MAGAZINE

# UNSUNG HEROES OF CANTERBURY

## Midnight Nab!

**SECURING OUR  
BORDERS**



**THE HEALTHY  
LIFESTYLE**

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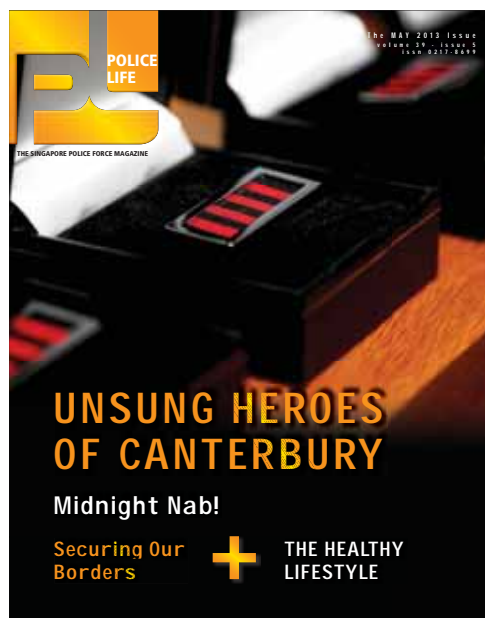
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### ON THE COVER

In March 2011, two officers from the Singapore Police Force were sent to Christchurch, New Zealand after the strong earthquake that struck on 22 February 2011. The New Zealand Police awarded the duo the Canterbury Earthquake Citation. *Police Life* shares this prestigious ceremony that was held on 16 May 2013.

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For myself, my family and my job



# A Note from the Team

**W**hen I was a trainee in the Home Team Academy, I learnt many valuable lessons. One thing I internalised was a quote from my course manager. He said, “Always ‘touch’ your heart; be honest and be truthful.”

It reminds me of the importance, as a member of the Force, to be virtuous. And I have come to realise how strongly the Singapore Police Force emphasises the demonstration of its core values – courage, loyalty, integrity and fairness, by all its officers, in their day-to-day work and rightfully so.

It has been seven months since I was posted from the Academy to the Public Affairs Department (PAD) as a Journalist. At PAD, I not only write but also work alongside the Visual Communications and Media Production team members. My time here has been interesting and fruitful. I have had the opportunity to interview highly committed officers who have touched my heart with their dedication to the Force and the Nation. I have also attended significant SPF events, such as the Workplan Seminar and captured the key moments both through my writing and photographs.

This issue’s cover story features two of our very own who were awarded the Canterbury Earthquake Citation for their work during the period of great risk and uncertainty during the earthquakes in New Zealand. To me, they really embody the Force’s core values.

Closer to home, the Jurong Police Division of the SPF and the Johor Police Contingent of the Royal Malaysia Police launched joint crime prevention pamphlets. The *Police Life* team takes a closer look at this initiative.

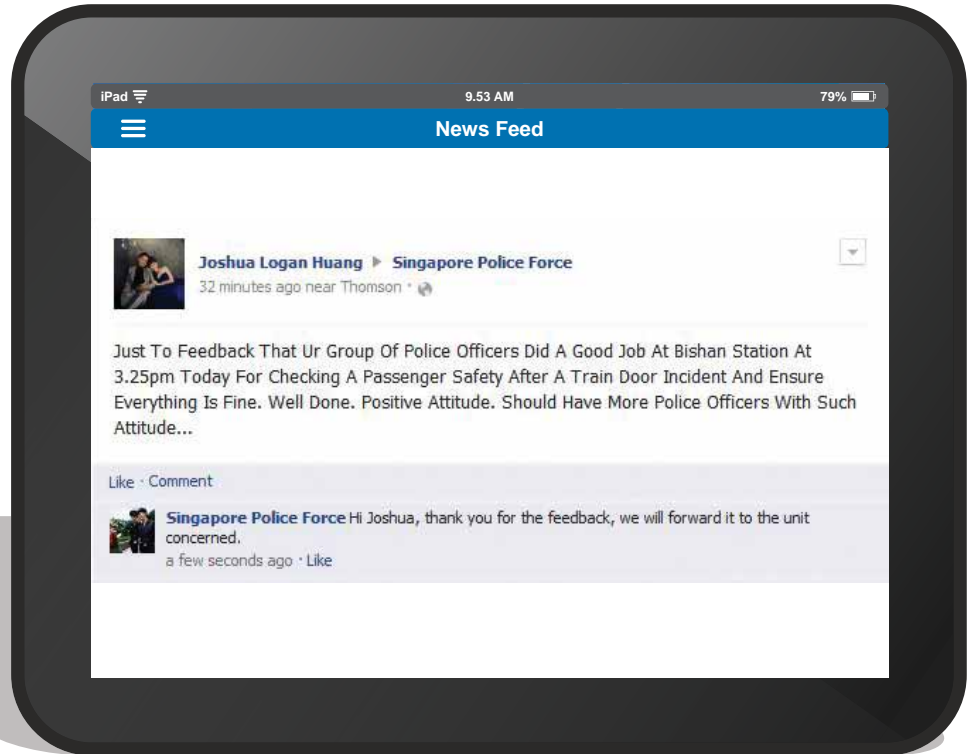
We also feature Superintendent of Police Masagoes Idries Hussain who won the battle against the flab! His determination and discipline to achieve his desired weight loss is an inspiration to all of us to keep fit and stay healthy!

I look forward to contributing more touching stories to *Police Life* and learning as much as possible during my National Service journey with the Police Force.

**SC Muhammad Alif Bin Sapuan**  
Writer and Videographer  
*Police Life*



You Were  
**SAYING**



## Winners OF



## QUIZ



CHUA XIN RONG, GILLIAN  
ANG EE LIN  
GOH CAIHUI  
GOH JIONG SIOM  
SOH AH HUAY

GOH SHENG HWEE  
LIM SHIAN YIH  
GOH SUNG PENG  
GOH SUNG YEW

### QUIZ ANSWERS:

- 1) The earliest *Police Life* issue available on the apps is the January 2012 issue. [✗]
- 2) The "Police Life@SG" for iPhone and iPad apps contain bonus *Police Life* content such as video clips and photo galleries not found in the e-book. [✓]
- 3) The "PoliceLife@SG" for iPhone and iPad apps are available free on both platforms. [✓]



Remember to download the "PoliceLife@SG for iPad" and "PoliceLife@SG for iPhone" applications for free from the iTunes store today!

# UNSUNG HEROES OF CANTERBURY

In March 2011, Home Team Specialist Lee Mei Fun and Senior Staff Sergeant (SSS) Sunny Low were sent to quake-stricken Christchurch, New Zealand, to carry out the difficult task of identifying disaster victims. The duo was part of a five-person team sent by Singapore after a 6.3-strong earthquake on 22 February 2011 left 185 dead.





# THEIRISTCHURCH EARTHQUAKE

The New Zealand Defence Force responds

“The Canterbury Earthquake Citation is a unique award for unique circumstances. It reflects the high esteem held for the work undertaken by the recipients during periods of great risk and uncertainty.”

*New Zealand Police Assistant Commissioner, Malcom Burgess*

Two years on, in recognition of their contributions and professionalism in aiding victim identification, the New Zealand Police awarded the team the Canterbury Earthquake Citation. The Canterbury Earthquake Citation is a dress distinction ribbon in red and black (Canterbury colours) in a silver frame.

In a ceremony held at the New Zealand High Commission, Singapore on 16 May 2013, The New Zealand High Commissioner, His Excellency Bernadette Cavanagh, and the New Zealand Police Assistant Commissioner, Malcom Burgess, jointly presented the award to the five-person team.

“We feel very happy, proud and honored to receive the citation. We are also glad that they (the New Zealand Police) still remember us after two years,” SSS Sunny Low and Ms Lee Mei Fun said.

On behalf of the Singapore Police Force (SPF), the *Police Life* team would like to extend our heartiest congratulations to both officers. You have made Singapore and the SPF proud! 🇸🇬



# Securing Our Borders



**O**n 3 February 2013, the Jurong Police Division of the SPF and the Johor Police Contingent of the Royal Malaysia Police (RMP) officially launched a series of joint crime prevention pamphlets. Supported by Singapore's National Crime Prevention Council and the Malaysia Crime Prevention Foundation, these pamphlets are aimed at educating unsuspecting persons on the dangers that they face when they are in an unfamiliar environment on either side of the Singapore-Malaysia border.

Held at AEON Bukit Indah Shopping Mall, Johore Bahru, the event was officiated by Deputy Chief Police Officer of Johor Datuk Ismail Bin Yatin and SPF's Deputy Commissioner of Police (DC), T. Raja Kumar.



There are four designs in the series, targeting major and common offence types:



#### **THEFT**

Travellers should guard themselves against personal theft, motor vehicle theft and theft from motor vehicle. Travellers are advised to pack belongings in inconspicuous bags so as not to attract unnecessary attention. Also, use additional security equipments like steering wheel locks so as not to become the next victim of motor vehicle theft.

#### **VIOLENT PROPERTY CRIME**

Be wary of snatch theft and robbery, which travellers may be predisposed to when bogged down with heavy bags. Travellers should not unwittingly flaunt valuable property or large sums of cash and present themselves as attractive targets.

#### **OUTRAGE OF MODESTY**

Travellers should stay alert and attentive to their surroundings. They can carry personal shrill alarm and use it to scare off potential aggressors. In addition, they should avoid sleeping or napping while travelling in public places.


#### **CHEATING SCAMS**

Look out for two types of cheating scams – “lucky draw” scams and “internet love” scams. These often involve victims travelling across borders to hand over cash to scammers. Be prudent when dealing with strangers in the Internet and never travel alone with a “friend” found in the Internet.

The pamphlets will be distributed on a regular basis on both sides of the Tuas and Woodlands Checkpoints, especially during peak travel periods such as public holidays and on weekends. Plans are also in place to distribute the pamphlets at tourists’ attractions and common transport nodes where travellers congregate before commencing their journey. The pamphlets are currently available in the English and Malay languages. The pamphlets will be translated into more languages to reach a larger audience.

Besides spreading crime prevention messages, these pamphlets also send out a strong message to the criminals, who will face the strength of not one, but two co-operating police forces, both of whom are bent on bringing them to justice.

Guests at the event were also greeted with exhibition panels from both the SPF and RMP. These panels presented a plethora of information on crime-fighting techniques and many innovative tools that facilitate the administration of justice.

As SPF’s DC T. Raja Kumar shared in his opening speech, “The strong relationship that we both [SPF and RMP] share and enjoy is underpinned by many years of information sharing, successful operational cooperation, training attachments and many informal engagements. May it grow from strength to strength!” 

“ Coming together  
is a beginning. Keeping  
together is progress.  
Working together is  
success. ”

*Henry Ford*

# High-Tech Facility for Joint Operational Training

**T**he Singapore Police Force and the Singapore Civil Defence Force will jointly develop the Home Team Tactical Centre to house realistic and high-tech training facilities to maintain operational readiness and harness closer collaboration during joint operations.

HOME TEAM  
NEWS



At the ground breaking ceremony for the Home Team Tactical Centre (HTTC) on 31 January 2013, Guest-of-Honour Deputy Prime Minister Teo Chee Hean unveiled plans to bring together the Singapore Police Force's (SPF) and the Singapore Civil Defence Force's (SCDF) training facilities under one roof.

Set for completion in 2018, this new centre will house a wide range of facilities which simulate complex security, fire and rescue scenarios to allow various Home Team departments to carry out joint operational scenario-based training realistically.

"The new HTTC marks another step forward in strengthening the Home Team. By providing realistic training to our officers, we can enhance their capabilities and operational readiness to keep us all safe and secure in an increasingly challenging security landscape," said DPM Teo who is also the Home Affairs Minister.

Technological features will be used to replicate actual operational environments.

For example, the drive-in range with an inbuilt smoke and sound simulator will allow the Police specialist units to drive and shoot from vehicles.

A chemical hub training facility will simulate chemical gas leak incidents and replicate chemical plant facilities.

"By injecting realism and deploying technology, our officers can train in a safe and controlled environment, to build up mental resilience and hone their judgement," said DPM Teo.

"This will better prepare our officers to deal effectively with potentially life-threatening situations."

To train more cost-effectively, this single integrated complex will house training facilities in the Police Tactical Training Centre, Special Operations Command Base, Key Installations (KINS) Unit and the SCDF.




This joint development will allow officers from the SPF and SCDF to share expertise in training and bring about greater operational synergy between the two Home Team agencies.

Joint operations between the Immigration and Checkpoints Authority, the Central Narcotics Bureau and the SPF have successfully foiled smuggling attempts at Singapore's borders.

The evacuation of personnel from the 2011 Pulau Bukom fire was successful because of the support the SCDF received from the Police Coast Guard.

As joint operational synergy is integral, joint exercises such as Exercise Northstar have helped enhance operational effectiveness across the Home Team.

"The HTTC also reflects our Home Team Department's continuing efforts to work as one strong and cohesive Home Team to deal with a full spectrum of incidents and crises effectively," said DPM Teo.

"Indeed, close collaboration among the Home Team Departments has been and will continue to be critical to our efforts to ensure that Singapore remains a safe and secure home for all Singaporeans." 





# EMPOWERING PEOPLE ENHANCING OPERATIONS

**S**enior Minister of State for Home Affairs, Mr Masagos Zulkifli, officiated the 10th Infocomm Technology (ICT) Seminar on the morning of 4 April 2013. The two-day seminar, organised Police Technology Department, centred on the theme of "Empowering People, Enhancing Operations" to showcase the strength of technology in intelligence, operations and investigations.

In his opening address, Mr Masagos highlighted the key roles technology plays in law enforcement against today's constantly evolving operating environment and the importance of leveraging technology to do more with less. He added that with the innovative use

of technology, our officers would be more networked and empowered in enhancing the SPF's effectiveness in joint intelligence, operations and investigations.

This is the first time the ICT Seminar featured so many distinguished speakers from world-renowned law enforcement organisations. In the first keynote address, Mr Richard Daddario, Deputy Commissioner of Counter Terrorism from New York City Police Department (NYPD), wowed the audience with his sharing on how the NYPD has deployed technological innovations, such as the Domain Awareness System (DAS) and the Real-Time Crime Centre (RTCC), to control crime and protect the public in New York City.

The next keynote speaker, Mr Steve Watson, Director of Olympics ICT and Major Projects from London Metropolitan Police Service, shared the challenges of deploying Infocomm Technologies to support Policing Operations for the London 2012 Olympics and the valuable lessons learned.

Day One was rounded up with speeches from Mr Amos Tan, Director (Government ICT Strategy & Performance Management) from Infocomm Development Authority of Singapore (IDA) and Dr Chris Black, Manager of Collection and Capabilities for High Tech Crime Operations, Australian Federal Police (AFP). Mr Tan shared insights on the opportunities and challenges in planning and delivering public services in an era that advocates people-government collaboration. Dr Black presented on the changing technology and crime environment, their implications on law enforcement, and some of the key activities the AFP was undertaking.

The next day, Mr Tay Yeow Koon, Director, Police Technology Department (PTD), highlighted the vision for operations and technology integration, as well the various strategic thrusts that the PTD will be embarking on to bring about the next generation of law enforcement technology in Singapore. He further elaborated on the impact of the four strategic thrusts - Project SPHERE, Mobility, Unified Surveillance Platform (USP) and Operations Support Centre (OSC) – on frontline operations in the near future.

Mr Jolly Wong, Chief Telecommunications Engineer of Hong Kong Police Force (HKPF), next shared on HKPF's deployment of video technologies to manage Public Order Events (POE). He revealed how HKPF adopted an "install-and-dismantle" approach video technology deployment in order to build trust and respect with the citizenry.

The seminar closed with a presentation on the new ICT systems and solutions that the PTD will be delivering over the next 5 years. Some of these projects include a dedicated app store that officers can download mobile applications to aid in their day-to-day operations and some of the new traffic enforcement capabilities in the pipeline.

As part of the seminar, there was an exhibition showcasing how the SPF deployed technology to enhance its operations. Latest solutions from commercial technology providers and projects by the Criminal Investigation Department, PTD's "Skunkworks" Special Projects Team (SSPT), Sensory Systems Division (SSD), Command & Control and Information Systems Division (C2IS) and Programme Management Teams were displayed at the exhibition.

The organisers hope that the seminar will serve as an inspiration to our officers to come up with new and innovative ways to improve the way policing duties could be carried out. 📺



# Enhancing the Acumen of Our NPC Team Leaders

## TAILORING TRAINING FOR CURRENT NEEDS

The Community Policing System (COPS) is expected to be adopted by all Neighbourhood Police Centres (NPCs) by 2015. Training Command (TRACOM) supported COPS by first revising the NPC Officers courses to benefit the Ground Response Force (GRF), Crime Strike Force (CSF) and Community Policing Unit (CPU) officers (featured in the February 2013 edition of the *Police Life* magazine). TRACOM's next step was to develop the NPC Team Leadership Course to equip NPC Team Leaders with the relevant operational knowledge and skills necessary to lead their teams and achieve the intended outcomes of COPS. This new course has been delivered in TRACOM since January 2013.

## A COMPETENCY-BASED AND MODULAR APPROACH

Using a competency-based and modular approach to training, the course equips Team Leaders (TL) and Deputy Team Leaders (DTL) of the GRFs, and Officers-in-Charge (OC) and Deputy Officers-in-Charge (DOC) of the CSFs and CPUs with the basic and functional competencies to perform their duties.

The course syllabus is delivered in modules covering both the NPC Leaders' operational and development needs. It is also aligned with a set of competency

standards required for the GRF, CSF and CPU in order to provide NPC Leaders with a rigorous and comprehensive understanding of the skills, knowledge and performance expectations of these respective vocations.

### Operations Training (15.5 days)

#### a. Operations Module

- I. Incident Management
- II. Conduct Training
- III. Community Engagement
- IV. Enforcement

#### b. Investigation Module

#### c. Intelligence Module

### Developmental Training (12 days)

#### a. Team Management Course

#### b. Civil Service College Administered Courses

- I. Basic Systems Thinking
- II. Negotiation
- III. Mediation (By Singapore Mediation Centre)
- IV. Networking
- V. Coaching

## OPERATING WITH THE BEST

Operations Training comprises three modules, covering operations, investigation and intelligence. The operations module, delivered by TRACOM, is a residential training programme held at the Home Team Academy (HTA). This allows the optimisation



of the training period and ensures that the training can be delivered as realistically as possible. For example, under the Incident Management segment, participants will learn both the operational protocol and the management of complex cases. Their know-how will be assessed through scenario-based and table-top exercises on selected major crimes and incidents, ranging from snatch theft, housebreaking to chemical releases from industrial plants and mass evacuations.

The Investigation module is jointly delivered by the Home Team School of Criminal Investigation and the Criminal Investigation Department, while the Intelligence module is taught by the Intelligence Training School under the Police Intelligence Department. TRACOM's collaborations with these specialist departments aim to provide greater depth to the training administered so as to enable the officers to carry out their duties more effectively.

### SOFT SKILLS DEVELOPMENT

Additionally, as NPC TL are expected to manage their team, engage external stakeholders, as well as perform higher order problem solving, the developmental training component serves to imbue NPC TL with the soft skills that will aid them in their work beyond the operational know-how. NPC TL designates will need to attend developmental courses offered by the Civil Service College and the Singapore Mediation Centre at least six months before their posting and complete the prescribed courses within six months of their posting as NPC TL.

### A COMPETENT FORCE FOR THE NATION

Although the total span of the NPC Team Leadership course is 27.5 days, it is intentionally divided into three shorter phases, namely the GRF, CSC and CPU, in order to allow units to schedule officers for the course without being away from their duties for more than two weeks at a time.

#### NPC – TL COMPETENCY STANDARDS & MODULES (GRF)

**Manage Complex Incidents**  
*Operations Module on Incident Management*

**Manage Team**  
*CSC Administered Developmental Courses  
Team Management Course*

**Conduct Training**  
*Operations Module on Training*

#### NPC – TL COMPETENCY STANDARDS & MODULES (CPU)

**Formulate and Implement Effective Interactive Policing Strategies**  
*Operations Module on Community Engagement*


**Map Out Community Engagement Strategies to Fight Crime**  
*Operations Module on Community Engagement*

#### NPC – TL COMPETENCY STANDARDS (CSF)

**Prioritise and Direct Enquiries into Crime and Non-Crime Folders**  
*Investigation Module*

**Execute Strategies to Control Crime**  
*Operations Module on Enforcement*

**Develop Strategies To Control Crime**  
*Intelligence Module*

This new course is expected to enhance the acumen of our frontline officers and supervisors, making them effective leaders, as a Force for the Nation is. 



## CLEMENTI'S **Silver** Jubilee

It was a special day for the Clementi Police Division, as more than 700 former and current Clementi Police officers and their loved ones gathered at Orchard Hotel to commemorate 25 years of operations at the Division's current headquarters located at Clementi Ave 5. The event was graced by the Commissioner of Police, Deputy Commissioner of Police (Policy), and former Commanders who had helmed the Division since 1988.

Guests viewed exhibition panels that captured significant milestones, high profile cases as well as infrastructure developments made over the years.

Dinner got off to a sweet start with a dance item by four enchanting dancers. Guests were in for a pleasant surprise next when the first dish of the night was served by the Division's management team, including the present Commander, Deputy Assistant Commissioner of Police (DAC) Melvin Yong. DAC Yong is the Division's thirteenth Commander in the past 25 years.

In his speech, DAC Yong conveyed his appreciation to all the Division's officers for their good work over the years, giving out tokens of appreciation not only to the good performers in the past year, but also to the officers who have served 25 years or more in the Division.

The 25th Anniversary montage brought the guests down memory lane. The celebrations culminated with the presentation of the Division T-shirt to the former Commanders, which was signed by all Commanders who have helmed the Division since 1988, followed by a cake cutting ceremony.

The evening's finale saw officers gathering on stage to perform a dance in flash mob style to the worldwide sensational hit, "Gangnam Style". It was a great ending to an evening that many will remember for years to come. 📺

#### CLEMENTI POLICE DIVISION'S PAST 12 COMMANDERS

**Mr Alan Khoo**

(15 Jul 1985 to 9 Jan 1989)

**Mr Seng Kuang Meng**

(10 Jan 1989 to 14 Jul 1991)

**Mr Lum Hon Fye**

(15 Jul 1991 to 16 Aug 1992)

**Mr Seng Kuang Meng**

(17 Aug 1992 to 31 Jul 1994)

**Mr Leo Yip Seng Cheong**

(01 Aug 1994 to 31 Jan 1996)

**Mr Soh Wai Wah**

(1 Feb 1996 to 5 Jan 1998)

**Mr Jerry See**

(6 Jan 1998 to 16 Aug 1999)

**Mdm Ng Guat Ting**

(17 Aug 1999 to 21 Dec 2001)

**Mr Raymond Yeo**

(22 Dec 2001 to 14 Feb 2003)

**Mr Koh Yan Hong**

(15 Feb 2003 to 16 Jan 2005)

**Mr Anthony Ng**

(17 Jan 2005 to 20 Jan 2008)

**Mr Ng Yeow Boon**

(21 Jan 2008 to 31 May 2010)





# Challenging the APEX



**A**PEX (Actualising Potential, Enriching eXperience) is a National Service (NS) leadership programme that aims to identify and develop exceptional young Police National Servicemen (NSmen), moulding them to become next-generation NS leaders for the Singapore Police Force (SPF). Spearheaded by the Police National Service Department (PNSD), the most recent milestone was an enriching dialogue session between APEX members and Mr Masagos Zulkifli, Senior Minister of State for Home Affairs and Foreign Affairs, on 5 March 2013. Accompanying him were the Commissioner of Police (CP), Mr Ng Joo Hee,

Director PNSD, Deputy Assistant Commissioner of Police Manimaran Pushpanatan, and several NS Key and Command Appointment Holders (KAH/CAHs).

The evening started with a presentation by APEX members Corporal (NS) Hozefa Shakir and Inspector (NS) Chua Tong Hern. They shared the strategic roles APEX performs in achieving the SPF-Home Team National Service (HTNS) mission – managing the changing needs of a younger generation, enhancing the mutual value proposition of NS, and better engaging the NS family. Going further, they showcased recommendations such as a HTNS Youth Club and also suggested the greater

role APEX could have in fine-tuning and testing NS policies. The presentation thus set an exciting backdrop for the dialogue that followed, and suggested fresh new ways young leaders could contribute to the SPF and HTNS.


Mr Masagos then asked the group a question: "If you were a boss, would you choose someone with values, or someone with competence?" This was the same question posed to former CEO of General Electric, Jack Welch. After some pondering by the group, Mr Masagos shared that Mr Welch's response was to take the one with values and train him to be competent. Whilst competence can be trained, values such as resilience and perseverance should already be present in leaders. That was one of the key learning points APEX members took away from the fruitful discussion.

Following that, the issues debated were wide-ranging but also delved deep into fundamentals. Above all, they showed the potential APEX members could achieve as young leaders, especially in keeping engagement with the younger NS population vibrant. For example, one of the key issues discussed was the role APEX members could have in NS policy making. Mr Masagos and CP raised the highly applicable example of the Community Policing System (COPS). COPS is designed to improve with ground feedback, and one of the key ideas that arose from such feedback was a Facebook page. From just two Neighbourhood Police Centres administering their own Facebook pages, there are now more than 10, allowing the SPF to harness the power of social media for outreach. Mr Masagos highlighted the power of such feedback, and reinforced that APEX members, as

young NS leaders, were a key bridge between SPF-HTNS and their cohort on the ground.

Beyond debating, the dialogue was also an insightful sharing session. Mr Masagos shared stories of his days as a Police Officer Cadet and how it played an instrumental role in his own development. The NS KAH and CAH also shared their experiences, especially in recent efforts to lead the transformation of the HTNS clubhouses.

All talk and no action, or leaders who walked the talk? Mr Masagos answered this question for APEX members with three concrete challenges. The first: raise the patronage of one of HTNS' flagship clubhouses. Second, increase the value while reducing the cost of key HTNS events – the Real Run and Strongman Challenge. Finally, work towards a more meaningful yet fun and excitement-filled National Day Celebrations at Marina Bay. While these challenges sounded deceptively straightforward, one could sense every participant's mind thinking earnestly about how to overcome the challenges posed.

The dialogue was equal parts debate, sharing session, and fireside chat. Everyone had valuable takeaways, and APEX members gained hugely from the experience, guidance and most importantly, the trust that Mr Masagos and CP extended. Armed with three exciting challenges, fresh new ideas, and a vision and drive for constructive change, APEX members will show that they truly are what they claim to be – the next generation NS leaders for the SPF. 





## *“ My First Thought Was To Go Down and Save the Person ”*



It was an evening on 15 November 2012, when Staff Sergeant (SSgt) Mohd Zahid bin Amir, Special Constabulary Corporal (SC/Cpl) Lim Zhong Hui and Training Sergeant (T/Sgt) Regina, received a distress message asking for assistance at Tai Gin Road.

Arriving swiftly at the scene, the Tanglin Police Division officers discovered an Indian man in the river canal. He was neither swimming nor struggling, just standing still with only his head above the water.

This was the first time the officers encountered a case like this. SSgt Zahid recalled, “The situation was really tense.”

“When I saw the man at the canal, my first thought was to go down and save the person,” said SC/Cpl Lim. “While our priority was to save the person, my partner with more experience helped to assess the situation more carefully, for example, by seeing if it was safe for me to go down.”

“AOS first,” SC/Cpl Lim and SSgt Zahid chimed in unison, “Appreciation Of Situation.”

SSgt Zahid and SC/Cpl Lim assessed that while the water level was high, they would be able to brave the currents and rescue the man.

SC/Cpl Lim secured a rescue rope around his waist and drugged into the approximately 1.6 metres deep canal. The remaining officers, along with three members of the public, held tightly onto the other end of the rope to ensure the safety of SC/Cpl Lim.

As SC/Cpl Lim approached the Indian man, SSgt Zahid engaged the man in conversation to distract him. The man was crying hysterically as he wanted to commit suicide. SC/Cpl Lim eventually managed to haul him to the side of the canal safely with the help of SSgt Zahid.

Thanks to the quick response and bravery of the three officers, a man’s life was saved from the watery depths of the canal at Tai Gin Road. 🚒



# MIDNIGHT NAB!

It was a serene night when off-duty officer, Sergeant (Sgt) Khairul Anwar Bin Chasmat was looking out from his flat and spotted two men walking along the pathway near Xinghua Primary School. It was around 2.30am on 18 January 2013. The sight of them standing at the school's side gate in the middle of the deserted night for more than a minute got Sgt Khairul suspicious and curious. Though their demeanour appeared inconspicuous, Sgt Khairul decided to keep an eye on the two.

From the corridor outside his flat, he could see the suspects loitering outside the school, talking and looking around; he went down without hesitation and observed them closely. After three minutes, they walked off and went out of sight. Just as Sgt Khairul was about to return, he heard a rumbling sound from the school's side gate and saw the duo again.

With no evidence of trespassing, Sgt Khairul was unable to arrest them. As the two men scuttled off, Sgt Khairul hopped onto his motorbike, trailed them and stopped at a distance from Superbowl Hougang near the school. There, Sgt Khairul witnessed the criminals trying to break open Superbowl Hougang glass door – one was using a bunch of keys and the other keeping a look-out.

Watching them from a distance, Sgt Khairul summoned for reinforcements to apprehend the suspects. While on the phone, the look-out saw Sgt Khairul and signalled his accomplice to leave immediately. Sgt Khairul moved in and approached them for at the carpark at the vicinity of Hougang. After revealing his identity as a police officer, Sgt Khairul informed them of the offences they had committed and placed them under arrest.

When reinforcement arrived on scene, the suspects were separated for interrogation. A bunch of keys and two-handful S\$20 coins were found in one of the criminal's pocket.

For his vigilance and ingenuity, Sgt Khairul Anwar was commended by the Commander of Ang Mo Kio Police Division, Assistant Commissioner of Police (AC) Keok Tong San. 🇸🇬

**“Any police officer would react the same way whether on or off-duty.”**

*Sgt Khairul*



# IFG with RBPF

**T**he first round of competition in the 8th Inter Forces Games (IFG) with the Royal Brunei Police Force (RBPF) was between the dragonboaters. This was the first time that the two teams were meeting. The RBPF made full use of their home ground advantage and won easily. The Singapore Police Force (SPF) dragonboaters promptly changed their strategy and the second race was a much closer fight. It was difficult for the spectators on the shore to determine who had won until it was announced that RBPF had won the second race as well.



There were 83 athletes representing the SPF in Brunei, at the games that commenced on 27 March 2013. They competed in six sports: Badminton, Dragonboat, Golf, Netball, Soccer and Volleyball.

The games continued the following day our ever-consistent volleyballers performing to standard and winning 3-0. In the evening, both athletes and supporters alike gathered at the badminton courts. The badminton games were keenly matched and highly entertaining. However, our shuttlers were eventually edged out by the RBPF players.

The final games day started early with our golfers readying themselves at golf course, with the sunrise as a backdrop. The chiefs of both police forces took the first flight and tee-off, right on schedule. Against all expectations, the SPF defeated the RBPF with a score line of 776 – 772. Next to take centre stage was our female netball team. They played hard and played well, with our resident shooters scoring almost every time they were under the net. They proved their mettle winning resoundingly with a 45 – 27 score line.

The games ended with a soccer match between senior officers of both forces. The match was fast-paced, with the SPF drawing first blood with a goal

before half time. Our footballers extended their lead with a perfectly executed set play in the second half. The RBPF pursued relentlessly and their persistence was rewarded. Despite the constant pressure, the SPF team held on strong and took away with them a well-deserved win.

After three days of friendly sporting rivalry, the SPF emerged as this year's IFG's champions, winning four games out of six. More importantly, the IFG was a great opportunity for officers who have been friends, squad mates and working partners to reinforce the bonds between our two forces. We would like to thank our Bruneian counterparts for their warm hospitality. 🇲🇻





# Best S



# portsman

## 2012

**A**t the age of 35, Staff Sergeant (SSgt) Koh Meng Koon received the Best Sportsman 2012 award from the Home United Sports and Recreation Association. It was an award he least expected.

SSgt Koh said, "This is my second time receiving this award. I am actually surprised that at my age, I am still recognised for my sportsmanship." With a smile on his face, the Home United Basketball Club (HUBC) senior team player and HUBC youth team coach shared two factors that motivated him to continue to excel in basketball: interest in the sport and a passion to contribute to the young and the community.

Since 1997, SSgt Koh has been juggling his passion for basketball and his responsibilities as a police officer. With permission from his supervisors and bosses, SSgt Koh took unpaid leave from 2006 to 2007 to be a full-time basketball player. "It's my dream to play full-time for at least two seasons," he said. The four time Southeast Asia Games veteran is thankful that the Singapore Police Force (SPF) gave him the opportunity to make his dream come true.

Nevertheless, there was still the challenge of the occasional clash of commitments between his training and working hours. "As a police officer, I have to prioritise my duty as an officer over my commitment

as a sportsman. Thus, I usually seek the understanding from the basketball team to accommodate and work around my working hours," he shared.

To SSgt Koh, both police officers and basketball players must follow the four core values of the SPF: Courage, Loyalty, Integrity and Fairness. He elaborated that in basketball, one requires courage to face the opposing team and protect the hoop just as how an officer requires courage to face criminals who breach the law to protect life and property. Both must be loyal to their organisations to build mutual trust with fellow colleagues and teammates. Integrity and fairness are demanded from sportsmen to abide by the rules of the game, just as the SPF requires all officers to uphold and enforce the law.

SSgt Koh thanked everyone who has been supportive of his involvement in basketball thus far. As a parting shot, he reiterated the need to balance work and passion. "If need be, discuss with your supervisor and work out a solution that is best for both you and your organisation." 🏀

# The Healthy Lifestyle

For myself, my family and my job

**A**fter suffering a knee injury, causing him to lay off sports and physical activities, Superintendent of Police (Supt) Masagoes Idris Hussain's weight increased from 78 to 90 kg. Through sheer determination and a desire to get healthy, he has since reduced his weight to 72 kg!

## Q TELL US MORE ABOUT YOUR KNEE INJURY.

I sustained a knee injury during an inter-forces games back in 2010. I tore my ligament and it took me about a year to recover. In the meantime, my weight kept creeping upwards until a point where I finally decided to undergo knee surgery. The doctor however cautioned me that if I do not exercise after the surgery, I will continue to gain weight. The weight gain would have a negative impact on my knee. In the long run, I may have cardiovascular problems too.

## Q SO WHAT HAPPENED AS A RESULT OF THIS?

I decided to go on a high-protein, low-carbohydrate diet and picked up aqua therapy. In aqua therapy, an aqua belt is worn before entering the deep end of the pool. You then jog, while being suspended in the water. Essentially there is no impact, but there is resistance. I did that for about five months. This, coupled with the diet I went on was what reduced my weight from about 90 to 72 kilograms.



I have since stopped the aqua therapy sessions. For now, I exercise on the cycling machine and do some weights training at the Police Headquarters' gymnasium. There is also a climbing machine that is pretty good. Occasionally, I jog as well.

## Q HOW DID YOU FEEL ABOUT HAVING TO LAY OFF SPORTS AND PHYSICAL ACTIVITIES AFTER YOUR INJURY?

It was mental torture! I could not do a lot of running, football, hockey and so on. When you are so used to being active, you will suddenly feel quite dejected.







**Q WHAT SORT OF CHANGES DID YOU MAKE TO YOUR DIET?**

For lunch, I eat very little rice and lesser portions. I try to eat every other hour. For example, if I ate lunch at about 1pm, I will eat one muesli bar at about 3pm. This was recommended by the doctor. I eat dinner before 7.30pm and sleep at about 11pm. Between dinner and sleep time, I go without eating. You are bound to get hunger pangs, at least for

the first two to three weeks. It was during the first five months where my weight dropped significantly.

**Q WHAT WERE THE BIGGER ISSUES YOU HAD TO FACE GOING THROUGH THIS STRICT DIET?**

I think mainly discipline – to withstand that urge to eat, and the need to stick to the plan strictly, especially in the first few weeks. Once you overcome those first few weeks, it will be okay, because it normalises itself. It also means your whole family has got to chip in as well. I will tell them, “Dad really needs to get this sorted out, so why not you join in as well?”

**Q WHAT WAS YOUR MOTIVATION TO GET THROUGH THIS PROCESS?**

The realisation that if I do not change my lifestyle, I will always have problems with my knee, even

after surgery. I may not be able to resume any sort of sporting activities and I could be plagued with serious health issues.

Another push factor is my children. It will be really tough on them should anything happen to me, especially when they are still very young.

In any case, being in the Force requires us officers to pass the Individual Physical Proficiency Test. The result affects our career.

**Q LOSING WEIGHT HAS MADE QUITE A FEW CHANGES IN YOUR LIFE. COULD YOU TELL US ABOUT THESE CHANGES?**

Definitely! Even the Commissioner of Police noticed that my weight gradually increased over the last few years. – When he saw me recently, he observed that I reduced my weight tremendously.

So firstly, people tend to notice you more. Secondly, I feel much healthier. These days I feel much more energetic and I can work longer hours! I am also happier because I am back to my physically active days.

**Q IS THERE ANYTHING YOU'D LIKE TO SAY TO FELLOW OFFICERS PLANNING TO LOSE WEIGHT?**

I think the crux of it is that you must do this both for your family and yourself. In a sense, it is both a carrot and a stick approach. The carrot is that you will feel healthier, more energetic, and you will be able to concentrate better on your work and life. The stick on the other hand is, if you do not do it, your health will be at stake, which in turn may cause a lot of complications in the long run. 🍌





**A FORCE FOR THE NATION**