



**POLICE
LIFE**

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STRENGTHENING NATIONAL SERVICE FOR A STRONGER SINGAPORE



**Public Order Tactical Training
From Boys to Policemen**

CONTENTS



03
Strengthening
National Service For
A Stronger Singapore



07
Leading From
The Middle



08
Public Order
Tactical Training



10
More Teeth In The
Fight Against Crime
With The PNS(F)



11
Brewing
Support



12
More Opportunities
For Our National
Servicemen

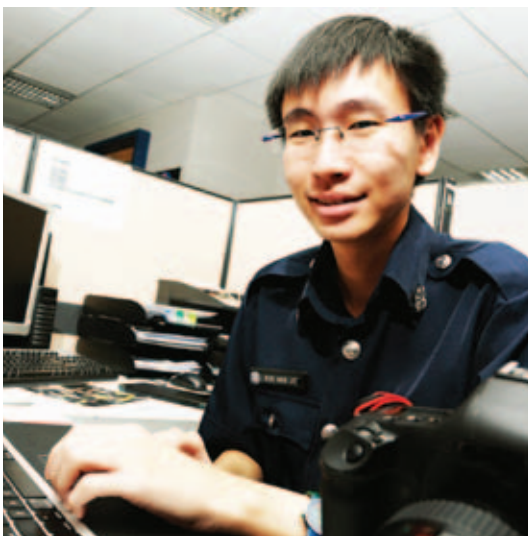


14
From Boys
To Policemen



15
Being Positive
About National
Service

A NOTE FROM THE TEAM



SC Mok Wen Jie
Journalist
Police Life

Every Singaporean son has to go through National Service, be it with the Singapore Armed Forces, the Singapore Civil Defence Force, or the Singapore Police Force. Different uniformed services all offer different experiences.

As full-time Police National Servicemen (PNSFs), we have the unique opportunity to participate as protectors of the peace in Singapore, and interact with a wide variety of the public. This gives PNSFs a better sense of how complex society actually is, and also gives us opportunities to gain valuable life experiences that would certainly give us an edge in our future endeavours.

However, the heavy responsibilities of a police officer also mean that support is crucial to the welfare of PNSFs during their term of service. Many of us depend on the strong support of family and friends to keep us going. It is also heartening to note the strong government support for PNSFs through the recent Committee to Strengthen National Service (CSNS) recommendations.

In this issue, we cover some of those recommendations specific to PNSFs, as well as a variety of stories about how the NS experience can be an excellent learning journey in the Singapore Police Force.

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STRENGTHENING NATIONAL SERVICE FOR A STRONGER SINGAPORE

By SC/SGT Edward Toh, Police National Service Department,
and Mr Muhammad Fairuz Bin Mohd Amir, HomeTeam NS

The Committee to Strengthen National Service (CSNS) was set up to ensure that while National Service evolves to prepare for societal changes and threats, it remains relevant to its roots. It is imperative that Singaporeans continue to believe in the value and purpose of NS.

Generations of Singaporeans have served National Service (NS) with pride and commitment, making valuable contributions toward a safe and secure Singapore, our home.

However, changes in our society and threat environment require that NS remains relevant so that future generations of Singaporeans continue to believe in the value and purpose of NS, and support this national institution.

Thus, the Committee to Strengthen National Service (CSNS) embarked on a journey to engage Singaporeans extensively through conversations on NS.

In May 2013, CSNS began public engagement, involving over 40,000 participants including National Servicemen (NSmen), full-time National Servicemen (NSFs), Regulars, parents, women, employers, grassroots volunteers, students and other members of the public. Participants took part in Focus Group Discussions,

a Townhall session and Webchat, along with various other modes of feedback which helped shape the CSNS recommendations that we see today.

Explaining the rationale behind these recommendations, Dr Ng Eng Hen, Minister for Defence, said: "By 2020, all our full-time national servicemen would have been born in the 21st century. They will be shaped by different forces compared to previous generations. They would have been born and bred

in an affluent Singapore with no direct memories of our early struggles."

These changes, some of which are highlighted here, proposed by the CSNS would help ensure that Police National Servicemen remain the cornerstone of our nation's security. Read on for some of the more important recommendations that will affect Police National Servicemen, or visit www.strengthenns.sg for the full recommendations.

GENERAL CHANGES



Revamped NS Home Awards

The revamped NS Housing, Medical and Education (HOME) recognition award sees NS personnel receiving \$5,000 (\$500 more for sergeants and above) upon completion of full-time NS, their 3rd Operationally Ready NS (ORNS) Cycle and their last ORNS Cycle. Each NSman would thus potentially receive at least \$15,000 if they complete their NS cycle.

The benefits will be disbursed from September 2014, backdated to 1st April 2014.



Increased Life and Personal Accident Insurance

NSFs and NSmen will be covered for up to \$150,000 for incidents that occur during their service, an increase from \$100,000.



Restructure ACCORD to establish new councils

The CSNS recommends restructuring ACCORD to comprise an Employer and Business Council, an Educational Institutions Council and a Family and Community Council. This will promote greater participation and feedback on our NS system from other stakeholders such as parents, women, grassroots leaders, employers and students.

FULL-TIME NATIONAL SERVICEMEN

Accredit NS skills to support Post-NS transition

SPF will be obtaining Work Skills Qualifications certification for the Police Officers Basic Course and Neighbourhood Police Centre Officers Course.



Enhanced Training and Supervision

Eighty-four more Police regulars will be hired to improve the standards of training and better enforce training safety.



Greater Leadership Opportunities

PNS officers will be presented with more opportunities to excel and demonstrate their potential.



More Efficient Post-NS Transition

Cohorts are affected by varying wait times before entering tertiary institutions as they usually have one matriculation window. CSNS will work with institutions to reduce post-NS wait time to facilitate a more efficient transition.



OPERATIONALLY-READY NATIONAL SERVICEMEN

Family Recognition Vouchers (FRVS)



NSmen who perform among the top 10% during their ICT stand to receive \$200 in vouchers, up from \$100. Additionally, the next 20% stand to receive \$100 in vouchers.

Easing Travel Restrictions



NSmen now only need to declare when travelling overseas if the trip lasts for more than 14 days, up from 24 hours.

This recommendation is effective from 1st July 2014.

Expand Opportunities for NSmen



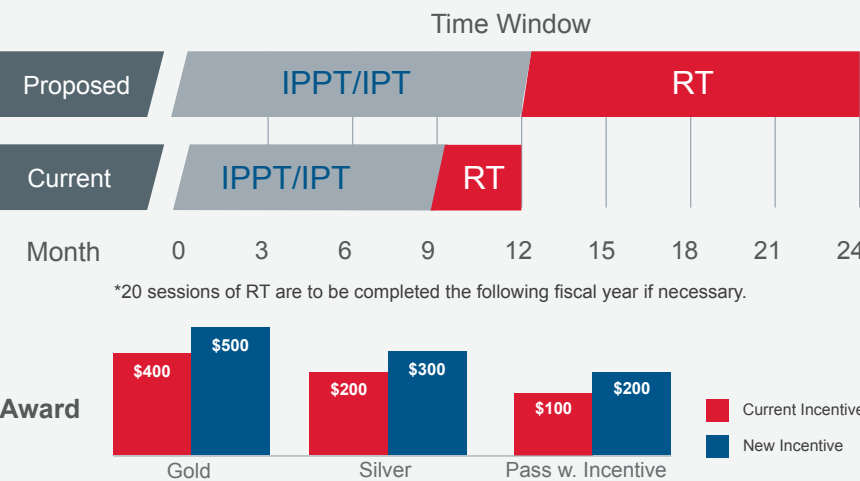
CSNS proposes that SPF allow NSmen to volunteer in niche areas where they have the relevant civilian expertise after their ORNS cycle (e.g. engineering and communications).

Enhancing the IPPT System and Incentives

NSFs and NSmen will tackle a simpler three-station IPPT format comprising push-ups, sit-ups, and a 2.4km run from 1 April 2015. The new scoring system allows an officer to score up to 25 points each for the push-up and sit-up test stations, and up to 50 points for the 2.4km run.

Officers will also be assessed against a new standard every three years instead of the current five for a better performance-to-age match.

New IPPT Standards Award Type	Total Points Required
Pass (for NSmen)	>50
Pass (for NSFs/Regulars) Pass with Incentive (for NSmen)	>60
Silver (for NSFs, NSmen & Regulars)	>70
Gold (for NSFs, NSmen & Regulars)	>80



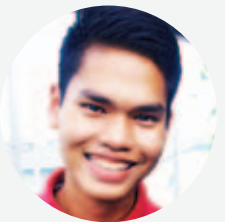
WHAT OFFICERS HAVE TO SAY ABOUT THE CSNS RECOMMENDATIONS



SC/Sgt Ong Yi Teck
Police Coast Guard

On Revamped Recognition

"It is heartening to see the Government recognising our NS contributions. Post-Secondary Education Account and CPF contributions would help provide much-needed financial support for housing and education while increased Medisave contributions would help subsidise the significant cost of healthcare."



SC/Sgt So'if Noor
Tanglin Police Division

On Greater Leadership Opportunities

"This allows me to challenge my limits and improve my skill sets, and also equip me with additional skills that can only be gained from such opportunities. I will also benefit from experiences that strengthen my character. Leadership opportunities will help me not only in my daily life, but in the working world as well."



SC/Cpl Gabriel Sim
Police National Service
Department

On More Efficient Post-NS Transition

"Generally, NSFs intend to return to their studies after they ORD. By taking care of post-NS transition and making it less disruptive, it shows that NSFs are being recognised for their contributions during NS and that there is an effort to help us to reintegrate back into society."



DAC(NS) Yeo Kee Seah
Tanglin Police Division

On the new Overseas Notification Requirements

"I welcome the changes to the Overseas Notification Centre requirements as I travel regularly for work. Although I diligently notify the SPF of all my overseas travels, I sometimes only remember at the last minute and will need to apply for it at the airport. With the new requirements, I can now travel hassle-free!"

EXPANDED HOMETEAMNS RECREATIONAL FACILITIES

HomeTeamNS, an Association for Police and Civil Defence NSmen, is set to unveil its newly renovated Clubhouses at Bukit Batok, Balestier and Chinatown in November 2014.

The public got a sneak preview of the newly refurbished HomeTeamNS Balestier Clubhouse on 25 July 2014, in the second phase of the \$26 million 'Salute to HomeTeam NSmen' initiative.

Senior Minister of State, Ministry of Home Affairs

and Ministry of Foreign Affairs, Mr Masagos Zulkfli said during the preview that the HTNS plans to extend one year's free membership to an NSman's spouse or parent with no affiliation to any NS clubhouses to enhance its focus to encourage family bonding. The association has also tied-up with strategic partners to provide members with more benefits. This will include exclusive recreational promotions such as 1-for-1 stay at Impiana Hotels and Resorts in Malaysia

and Thailand, promotional entry fees for local attractions such as Universal Studios, S.E.A Aquarium and River Safari.

Each HomeTeamNS clubhouse will be a one-stop venue for family-bonding activities with new recreational spots and educational avenues. By 2016, HomeTeamNS will also open a new clubhouse at Tampines.

Experience Thematic Clubhouses



Villas at Bukit Batok



Members' Lounge at Chinatown

The three Home TeamNS clubhouses will be themed to cater for the different needs of NSmen. The Bukit Batok Clubhouse will adopt a Family Resort theme. For NSmen who prefer a "posh experience", the glittering Balestier Clubhouse will feature an Executive Lifestyle theme. Not forgetting our NSmen who just want a place to chill with their friends, the Chinatown Clubhouse's Social and Networking theme will be a great place to get together.

Discover New Facilities that Bond NSmen and Families



Air-Conditioned Dining Area at Balestier



View of Supermarket at Bukit Batok

Members will get to enjoy new facilities such as a supermarket, a childcare centre and an enrichment centre to spend 'quality family time' at the clubhouses. Members can also dine at a variety of new eateries including Fig & Olive, FIX – a halal certified cafe, Saizeriya, Milk and Honey Gelato and much more!

Engaging Activities and Events Galore



Laser Quest Air Lock at Bukit Batok



Fitness Workz at Bukit Batok and Balestier

Singapore's first multi-shooting arena, Adventure Centre, gyms and chalets are some of the exciting facilities that had been enhanced for a more challenging experience. Members can also enjoy more exclusive tie-ups with our partners and events such as Sentosa Spooktacular 2014, Strong Man Challenge 2014 and Impiana's international hotels and resorts!

To stay updated on the clubhouses' latest developments, privileges, promotions and awesome giveaways, LIKE HomeTeamNS on www.facebook.com/HomeTeamNS. Sign up as a HomeTeamNS member at www.hometeamns.sg

LEADING FROM THE MIDDLE

By SC Mok Wen Jie

National Service Probationary Inspector (NSPI) Izhar Bin Jumadi's dream to be a leader took on a whole new dimension when he joined the Singapore Police Force (SPF).

Inspired to be a role model

NSPI Izhar had gone through the Officer Cadet Training (OCT) Course in the Singapore Armed Forces, where he aspired to lead his own squad or platoon.

"There are many stereotypes about why one would go through OCT, such as getting a higher rank would enable you to do more. For me, I chose it... because I wanted to experience life as an officer leading my men," NSPI Izhar shared slightly wistfully.

In addition to the perks of going through OCT, such as higher level of leadership training and stronger camaraderie, he also had another reason for joining the OCT course. "Looking at my platoon commander, I took him as my role model. I was inspired to be a role model for future cadets."

Quality over quantity

Posted to the SPF after the course, he is not commanding his own unit now, but he is still able to lead as a role model to other full-time Police National Servicemen (PNSFs) in Bedok Police Division.

"In Training Command (TRACOM), most people see NSPIs as company commanders, where they have a great influence over a large number of trainees. Posted to Bedok Police Division, I have a smaller number of PNSFs that I work with, so I do not exert the same influence as company commanders," NSPI Izhar explains.

"However, I am able to interact more closely with them individually, compared to the "top-down" view that NSPIs have in TRACOM, so I am sort of the 'big brother' type of influence here," he quips with a smile. "For example, I would set myself to come in 15 minutes early for duty, to act as a role model for the other PNSFs to work towards."

Seeing both sides of the coin

As a staff officer to the Head of Operations & Training, NSPI Izhar has built up his own unique set of experiences. "The good thing about being an NSPI in a Division is that you can be both at the frontline and the backend as a staff officer. I also get deployed for ground operations as well."

"My position lets me see the overall ground situation from the command leadership's perspective, their thoughts and concerns, as well as appreciate the ground perspectives that other PNSFs experience. In a way, NSPIs are jacks-of-all-trades. The exposure to higher levels of command instills a greater sense of affiliation to the SPF and to Singapore as a whole."

While his past 15 months in SPF did not quite turn out as he imagined at the start of his NS journey, NSPI Izhar's commitment and positive attitude towards NS is leading him towards being a trusted leader.

“There are many stereotypes about why one would go through OCT, such as getting a higher rank would enable you to do more. For me, I chose it...because I wanted to experience life as an officer leading my men.”



PUBLIC ORDER TACTICAL TRAINING

By SSI Amiruddin Ramli, Special Operations Command
& SC/Cpl Muhammad Alif Bin Sapuan

When a full-time Police National Serviceman (PNSF) dons the blue uniform, he is no different from any regular officer. In the Special Operations Command's School of Public Order Training for example, the PNSFs "are of equal standard as the regular officers – they go through the same kind of trainings and some even went for a medic course for two months," said Senior Station Inspector Amiruddin Ramli, a Public Order Tactical Trainer. *Police Life* presents a look into the training that the PNSFs underwent one morning.



1

Working with Riot Shields

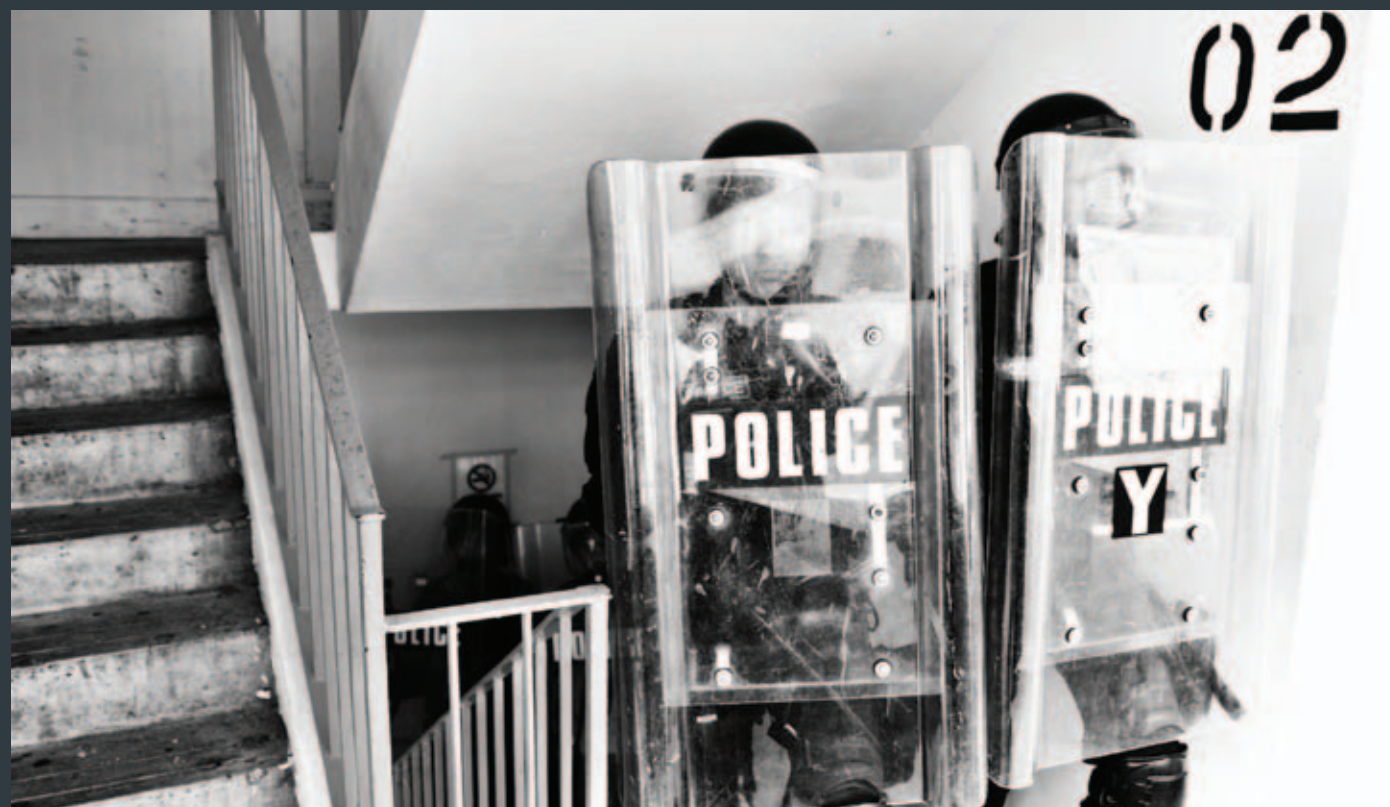
The PNSFs are guided by Senior Station Inspector Amiruddin on the execution of the Interlocking and 'Roof-On' Drill. This tactic provides protection from projectiles from the top and sides. It will be adopted when entering a building with rioters and protesters armed with projectiles overlooking troopers' ground movement.



2

Building Entry Tactics

"Missiles" (Projectiles) are lobbed and thrown by the trainers from the upper floors of an apartment block towards the approaching six-men column.



3

Stairs and Corridor Clearance

The column of six PNSFs systematically clears the stairs and corridors of any danger. They tackle one floor at a time, securing entrances and exits, dominating the building.



4

Tactical Ladder Drill

The same column sets up and deploys the Tactical Ladder to access the second floor of a building as the ground floor is barricaded or obstructed. They then did a quick ascent via the ladder.



5

"Angry man" Tactics

The PNSFs deal with an armed man in a confined room. In groups of two or more, they try to corner the armed man before subduing him. Senior Station Inspector Amiruddin reminds the PNSFs not to show their back to the armed man.

HERITAGE

MORE TEETH IN THE FIGHT AGAINST CRIME WITH THE PNS(F)

By Reproduced from *Police Life* 1976

The 2000-strong Police National Service (Full-time) component which turned a year old in July 1976 is already emerging as an effective force, making its presence felt in various spheres in the Police Force and the local community.



According to Assistant Superintendent of Police (ASP) Special Duties, Mr Yeow Yew Toong, the full-time NS men have been of great assistance to the Regular Force in crime prevention operations by increasing Police patrols in a number of neighbourhoods.

He said, "With the posting of the PNS(F) personnel to all land divisions and units there is now widespread deployment in strengthening the regular police anti-crime patrol round-the-clock in the Neighbourhood Policing Structure throughout our island Republic."

The deployment of full-time NS men has been made in line with the

maximum utilization of police manpower reserves in vertical policing of high-rise apartments and HDB flats. Mr Yeow said, "Since their deployment, PNS(F) personnel have accounted for 1500 arrests, 163 convictions and 1010 cases including armed robbery, theft, possession of offensive weapons, drug trafficking and illegal immigrants."

"These NS men have worked on a 'gotong royong' project to help metal the 350-metre long Jalan Tangki in the Jalan Eunos area and performed yeoman service by weeding grass plots and pruning hedges at the Woodlands Home for the Aged. These community service programmes, according to ASP Yeow, will promote better relations amongst

PNS(F) personnel through interaction and participation in a common programme. "It also aims at breaking the monotony of routine duties in the service and promoting a more congenial working atmosphere," he added.

Since the inception of the Police National Service (Full-time) in July 1975, the Police have enlisted five separate intakes of Special Constable and Vigilante Corp National Servicemen, and one batch of cadet officers.

Besides the three-month Basic Training at the Police Academy and further in-service training at Divisional and Unit levels, PNS(F) personnel also go through periodic refresher courses.



These help to upgrade their skills in Police professionalism as well as re-orientate them after a change from one phase of duty to another. The change of duty is to sustain their interest and boost their morale so as to make deployment during their period of 24 months National Service more meaningful.

BREWING SUPPORT

By SSgt Lim Jia Zhong Edwin

Singapore literally relies heavily on "man" power to sustain its safety and defense. That is why National Service (NS) is the bedrock of Singapore. Yet, in a survey conducted by the National University of Singapore's Institute of Policy Studies in 2013, two out of five respondents felt that employers prefer to hire people without NS commitments. *Police Life* finds out what one employer has to say.

Ms Alicia Teoh is the owner of Cafe Haus situated near Chinatown. Despite being a Malaysian, she is no stranger to NS, as she manages four NSmen in her company.

All four NSmen work as baristas in her café. Ms Teoh has no issues making work arrangements when any of them is away on NS duties. Having the NSmen recalled at different times helps make her manpower planning easier.

It all boils down to planning ahead

However, she admits that recalls can pose some difficulties to businesses.

"It would be a big challenge should all of them get recalled at the same time. I can easily hire part time service crew to serve the customers. But as we operate a café, we need skilled Baristas more than service crew," said Ms Teoh.

Nonetheless, workarounds are always possible. She will gladly allow them to fulfill their NS duties if she is given ample time to plan for temporary replacements.

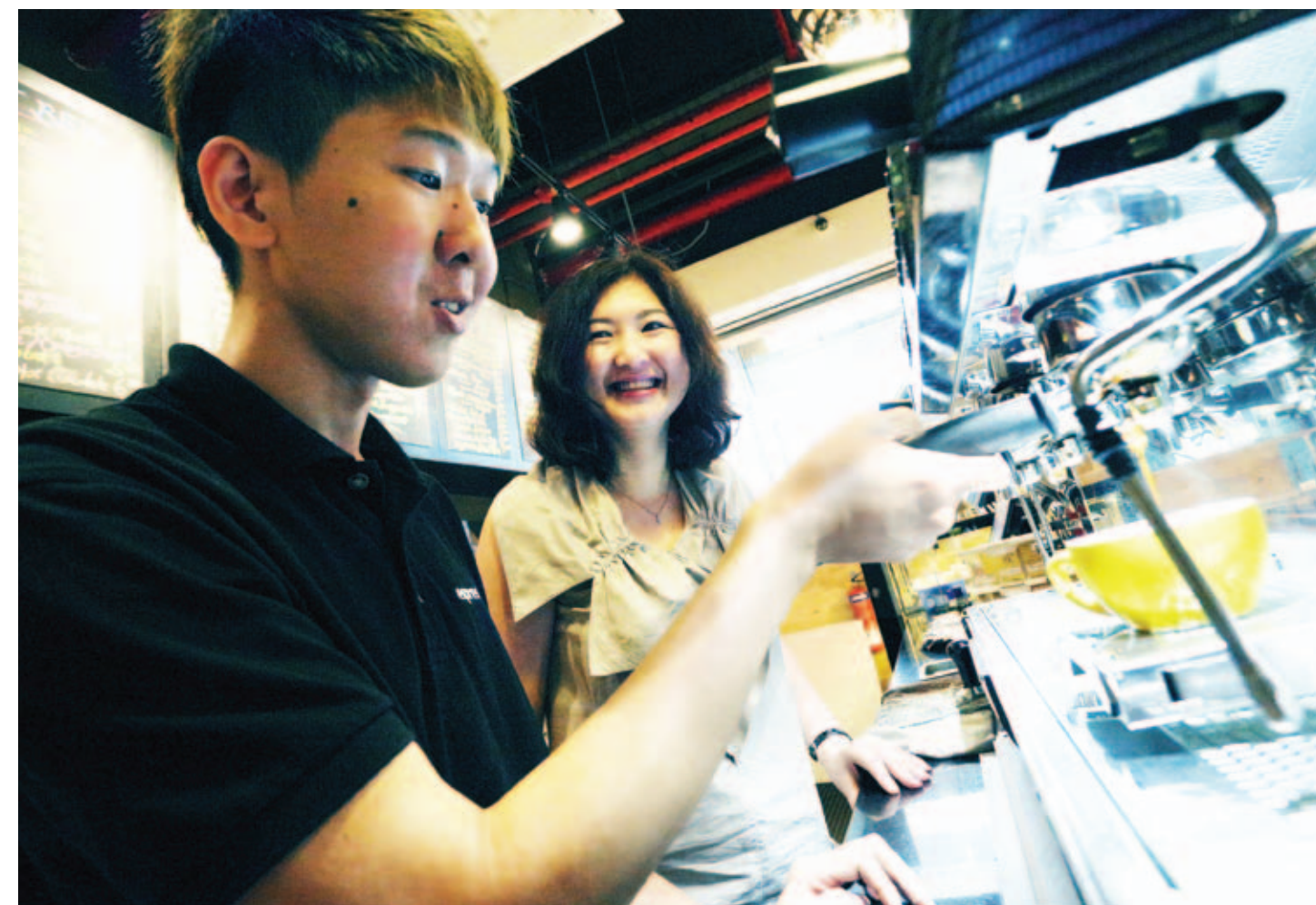
Responsible men who can be depended upon

Even though these NSmen can be away for up to 18 days in one recall, Ms Teoh is not shying away from hiring



"I strongly encourage more companies to hire these people (NSmen) as they possess a more positive attitude towards work and thus will value add to the company."

Ms Alicia Teoh

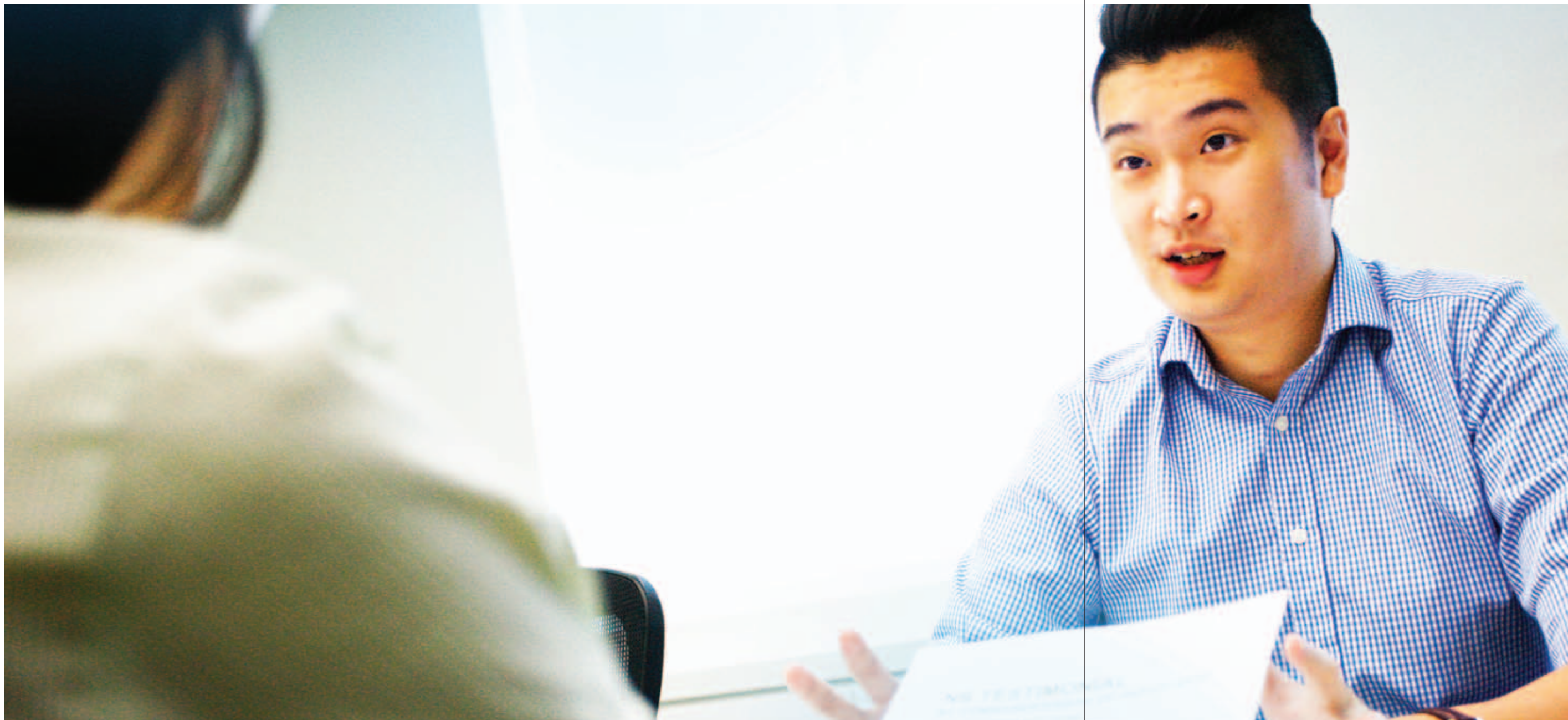


staff with NS commitments. In fact, she is encouraging more companies to hire NSmen.

Looking at Vigilante Constable (VC) (NS) Daniel Ng, one of the NSmen in her team, Ms Teoh explains, "I think those who have undergone NS are more matured and responsible. They are aware of what they are doing and require less supervision to complete their tasks."

"Alicia trusts me to carry out tasks independently. She even ropes me in to discuss and plan promotional events for the store," said VC (NS) Ng, who has been working in the café the last six months after completing his NS.

With the Committee to Strengthen NS's recommendation of enhancing awards for employers supportive of NS, more companies will hopefully support NS and the NSmen in their employment.



MORE OPPORTUNITIES FOR OUR NATIONAL SERVICEMEN

By SC Mok Wen Jie & SSgt Lim Jia Zhong Edwin

When the recommendations made by the Committee to Strengthen National Service (CSNS) were first announced in the middle of the year, I was immediately drawn to the recommendation about providing more opportunities for our national servicemen.

Apart from the general life lessons that all national servicemen gain, I am a strong believer that many of the technical, support, leadership and specialist skills gained during National

Service (NS) are important in the future and careers of these national servicemen. Matching their skills to their vocation is thus vital in enhancing the operational effectiveness of both the servicemen and the department they are serving in.

I knew that for some time, the Police has been deploying servicemen in a manner that takes into account their skills and preferences where possible. One such example is a NSman I met recently.

Jumping at the chance for a relevant job scope

SC (NS) Goh Jiawei served his NS in the Police's Public Affairs Department (PAD) after completing his basic police training at the Home Team Academy in 2010. At that time, he had just completed his Diploma in Mass Communications and was asked by the Officer-in-Charge of his Squad if he was keen to be deployed to the PAD.

"I was surprised, albeit pleasantly, to be given the opportunity to join the PAD. Like many of my squad mates, I was worried about where I would be posted to and whether I would be able to cope with the job scope of my posting," SC (NS) Goh shared. "When the chance came up, I took it up without any hesitation."

A win-win situation

The 25-year-old's former supervisor, Superintendent of Police Lau Kian

Keong, is also all for the matching of servicemen's skills and preferences during NS.

"Apart from the obvious benefits for the serviceman, the Force also stands to gain from the NSF's skills set. In Jiawei's case, his background in mass communications made him ideal for his job posting. He required little coaching and was able to support the operational requirements of the department quickly and effectively. We were in need of a bilingual PNSF with some form of media training and he fit the bill perfectly."

SC (NS) Goh certainly gained from his NS experience. "The 18 months I spent in the department reaffirmed my desire to work in the communications field." It was the perfect preparation for my career."

Acknowledging their work

SC (NS) Goh has been working in the corporate communications department of one of the largest listed companies in Singapore since 2012.

"The invaluable experience gained at PAD gave me an edge when I was searching for a job and also gave me the upper hand when I was negotiating for a better pay package. My employer was very interested in the work I did at PAD and I was also able to benefit my company by contributing fresh ideas that I picked up during my NS," SC (NS) Goh said.

He did not have any official recognition and accreditation of these skills in any documents that he could show. So he is naturally supportive of another CSNS recommendation to have the serviceman's skills reflected in his Certificate of Service, so that they can be better valued by employers, educational institutions and the wider society.

"I hope that more NSFs benefit the same way I did, now that there would be some form of official accreditation for skills gained during National Service," SC (NS) Goh said.

HELPING BEYOND HIS NS COMMITMENTS



Having assumed the role of Chief Executive Officer more than four years ago in two local companies, Deputy Assistant Commissioner of Police (DAC) (NS) Benjamin Tan Beng Jin (above right) possesses a wealth of experience in the hospitality industry. It was little surprise then that his expertise was called upon to aid in the transformation of the HomeTeamNS (HTNS), a recreational association that serves the Home Team's 260,000 past and present NSmen.

"I was able to provide applicable insight into the financial aspects, start-up requirements and operational details in relation to the new HTNS developments in these areas," said DAC (NS) Tan.

Now the Deputy Director in the School of Hospitality in Republic Polytechnic, DAC (NS) Tan had reviewed the HTNS Sembawang resort operations and food & beverage operations and concepts. He was also tasked to explore and develop new services and facilities concepts.

"The proposal phase was challenging from day one, for us NSmen involved. We had heavy personal and full-time job responsibilities to juggle whilst applying ourselves fully to the proposal phase tasks at hand," said DAC (NS) Tan.

Indeed, the transformation was not an easy journey as the process

involved some 3,000 NSmen through dialogues, surveys and focus groups to identify their needs and views on the association. Some of the new facilities in the transformed HTNS will include a supermarket chain, a childcare centre and Singapore's first multi-shooting arena.

Before being roped in to help in the HTNS transformation, DAC (NS) Tan, was fulfilling his NS commitment as NS Commander of Airport Police Division. He clearly relishes the opportunity to contribute to NS as he has gained so much from it.

"My NS experience, particularly with the SPF, has had the single largest impact on my life, both professionally and personally. When I was a full-time NS officer at a land division, I learnt to be thorough in planning and to be nimble, flexible and to always remain focussed, objective and practical, especially when things do not go according to plan during execution. I learnt how to remain calm under pressure, because the officers that you worked with depended on you for clear direction, especially as senior officer."

"I have absolutely no doubt that today, I am a better father, friend, leader, colleague and team-mate, and can contribute better to any role that I have to play in society," said DAC (NS) Tan.

FROM BOYS TO POLICEMEN

By SC (NS) Goh Jiawei and SC/Cpl Muhammad Alif Bin Sapuan

The journey of every Police officer begins at the Home Team Academy (HTA). As the core training centre for the Singapore Police Force (SPF), it is the place where every officer is moulded and shaped into officers of integrity and courage.



Like many other regular officers, Police full-time National Servicemen (PNSFs) tend to approach the Police Officers' Basic Course with trepidation and anxiety, worried about being thrown into the deep end with a group of people they barely know.

SC/CPL Nur Naufal S/O Abdul Halal was one such trainee.

"I can still remember the night before enlistment as I kept tossing and turning in bed. I had a lot of concerns and doubts about making new friends and fitting in. During the confinement period, I also had to get used to the way the hierarchy system works and there were a lot of rules and regulations to abide to," he recounted.

"Fortunately, my anxieties were unfounded and I managed to bond instantly with my squad mates. With these new friends of mine, I made it through the compulsory confinement period without any major problems. No words could describe my feelings when the day for my first book out finally came."

Skills for Life

Now a Neighbourhood Police Centre Officer serving at the Geylang Neighbourhood Police Centre, he sees several benefits from the five months spent training at the HTA.

"Looking back, I learnt a lot during the basic course: from the various laws in Singapore to basic police defence tactics to life saving and first aid. These lessons and skills that I picked up are not just applicable during the two years of national service but also to my everyday life outside of the Force."

"Overall, I'm proud to say that I am now someone who is more independent and responsible than I was before," he beamed.

A Whole Range of Experiences

Jurong Police Division Ground Response Force officer SC/SGT Leon Choo is another officer who has grown leaps and bounds because of his national service experience.

"When I first started, there were a lot of obstacles that I faced. For example,

Choo said, "The most thrilling incident I have attended was a housebreaking in progress. The thief was trying to steal valuables from an open window of a particular unit and fled after he spotted us." SC/Sgt Choo and his partner gave chase immediately and called for assistance. Together with officers who drove around the area in a patrol car, the thief was eventually cornered. "The satisfaction of apprehending the culprit was indescribable. Although we knew the area better than the thief who was running aimlessly, without the help from my other colleagues, it would have been challenging to pin him down," he said.

Emerging as Dependable Officers

As the 22-year-old has ended his two year full-time National Service some months back, he reflected on the stint and has a word of advice for future enlistees.

"Your journey will be full of excitement and it will be enriching. You will come across situations that you might not have a chance elsewhere. Treat your time here as a learning experience and with a positive mindset. I assure that you will not regret serving your National Service."

Each PNSF's journey is unique, but one thing is certain: they emerge from National Service as motivated individuals, equipped with the right skills to be police officers we can count on.



BEING POSITIVE ABOUT NATIONAL SERVICE

By SC Mok Wen Jie

In September last year, Madam Hazlinah Yaacob watched as her son, SC/Cpl Abdul Hadi Bin Shaari, enlisted with the Singapore Police Force (SPF). After almost a year, *Police Life* finds out how she continues to support her son, as well as her thoughts about National Service (NS) from a parent's viewpoint.

Encouraging him to be independent

Neighbourhood Police Centre Officers (NPCOs) like SC/Cpl Hadi have some of the harshest work schedules. They work in shifts, a drastic departure from a standard office hour job. Mdm Hazlinah takes this positively. "I cannot constantly remind him to manage his time responsibly, since our schedules greatly differ now due to his shift work. So I let him take care of his own schedule...Ultimately, he will learn to be more responsible with his time, which is good, as he will learn to be independent."

However, that does not mean that there is no family time. "When the family wishes to spend time together, we arrange our schedule according to his time. I would only cook special meals when he is around, as I don't want him to miss out on that," said Mdm Hazlinah.

A Parent's Worry

When asked about how she felt about her son being posted as an NPCO, she replies, "I encouraged him, because I feel that this would allow him to experience real life situations in the outside world. So he has to be disciplined and responsible to take care of himself while performing his duties."

Furrowing her eyebrows, she pauses, and then quickly adds, "To be honest, I am very worried...they look after Singapore, but they have to look after themselves as well. However, I am confident that he will not be alone there, there would be a close knit team together with him... If everybody were to be so scared, then who would want to be a police officer, who would want to protect all of us?"

Positive thinking is important

Mdm Hazlinah believes that one should be positive about NS. "Don't take it as if it is boring and difficult, because if you are fixated on that idea, your time in NS will be unproductive. If you think positively, you look forward to learning new things, spending time with friends, and at the same time spending time with your family; you will go through NS smoothly."

Besides the usual family time, parents can also support their sons by providing more positive thinking. Mdm Hazlinah explains: "What you have to do is to motivate your child, and be positive. You should not say things like NS is a waste of time. You try not to pump in all the negative things into their thoughts. Try to tell them that they are there to learn something new, and have fun in the process."



— A MOTHER'S VIEW — BENEFITS OF NATIONAL SERVICE

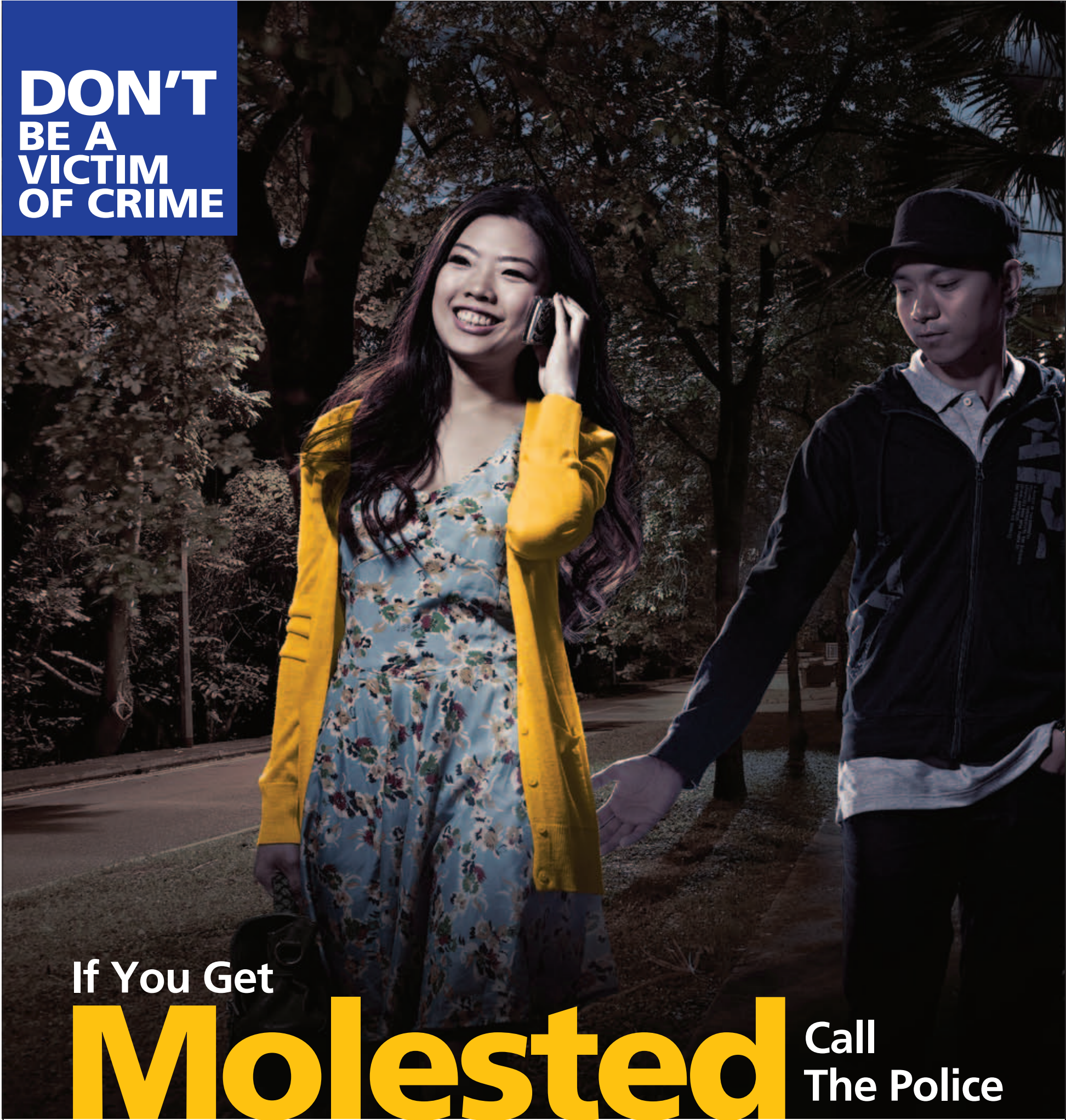
"NS will definitely develop the confidence and discipline in our sons. You can see the boys really turn into men, with all the physical and mental training. This will nurture them into better persons in the future, be mentally tougher and able to push on no matter what hardship they will face later on in their lives."

"If they do not go through NS, they might get the misconception that life out there is so easy. Going through these two years of hardships and lessons will enable them to appreciate life better and be more responsible."

"Even having fun with your friends in NS, that is bonding, through which you come to respect people of various races and walks of life, so that when you go out into the world and work, you have the ability to relate to other people."

"They are constantly learning new things, such as problem solving, people management, teamwork...all these things happen in the real world, so going through that at an earlier age will really help you later in your life. They will not realise it, until one day when something happens, that they realise they have learnt how to handle such an event during NS."

“Going through these two years of hardships and lessons will enable them to appreciate life better and be more responsible...they will not realise it, until one day when something happens, that they have learnt how to handle such an event during NS”



**DON'T
BE A
VICTIM
OF CRIME**

**If You Get
Molested
Call
The Police**

Shout for help and call 999.
Don't be a silent victim.

Avoid walking through
secluded areas alone.

Have someone escort
you home when it's late.

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