Soaring High in National Service
Dads of the Force
Held on 3 June 2019, the Police Day Parade 2019 saw five Full-time Police National Serviceman (PNSFs) being presented with the NSF of the Year award. This award is presented to outstanding PNSFs for their contributions and commitment to their roles in the Singapore Police Force. Read on to find out more about the work and lives of our five awardees!

Soaring High in National Service

In this edition of SPF’s Got Talent, we spoke to Sergeant (Sgt) Sally Chiam, the Singapore Police Force’s very own artist! Find out what inspires her to paint and what she loves most about her job!

Dads of the Force

Beneath that stern look often lies a loving heart. As part of Police Life’s Father’s Day feature, we caught up with some of our dads in the Force who shared their experiences and thoughts on parenting. Read on to find out how our dads in blue juggle their family and work commitments.
Let's Get Social!

Catch up with us on our Facebook page to get updated on the latest happenings of our officers in blue! Join Police Life as we bring you some of these highlights from the month of May and June!

Happy Mother’s Day! To all you amazing mothers out there!

Singapore Police Force shared a post.

3 Comments 119 shares

30% rab SAF and 30% of the workforce were two of the officers who responded to the recent fire accident at one of the showhouses in Little India.

They spotted the dog inside a prop house unit while searching a Quilling building...

Toilet gold

3 Comments 119 shares

@ Ace: Awesome job officers, stay safe.

@ Alex: @ Ace: Awesome job officers, stay safe.

@ John: Thank you for keeping Singapore safe, appreciate your efforts.

@ Jason the Man: A respectable selfless murky with 2 bright stars.

Police save blind dog from fire

When a fire breaks out next door, retiree Peter Lim left his blind...
Centre for Protective Security - Strengthening our Protective Security Capabilities

As part of our national counter-terrorism framework to keep Singapore safe and secure, the Infrastructure Protection Act (IPA) was passed in Parliament on 2 October 2017 and came into force on 18 December 2018. The Centre for Protective Security (CPS) was set up on 18 Dec 2018 to support the implementation of the Infrastructure Protection Act (IPA) and the Security Industry Transformation Map (SITM). From 1 April 2019, the CPS has officially joined the Singapore Police Force (SPF) as a department and its mission is to enhance the protective security standards in Singapore. Read on to find out more about the SPF's new department!

Background of IPA

The IPA is part of the Ministry of Home Affairs' (MHA) counter-terrorism strategy to keep Singapore safe and secure by protecting Singapore’s critical infrastructure and buildings that may be attractive targets for terrorists because they are iconic, or have high public footfall.

MHA will designate new buildings that house essential services, are iconic or have high public footfall as ‘Special Developments’ while existing buildings will be designated as ‘Special Infrastructures’. Owners of Special Developments will be required to assess their security risks and incorporate suitable measures upfront into their design before they are built, and for Special Infrastructures, when they are to be renovated. Such measures include the deployment of CCTVs, security personnel, vehicle barriers, and strengthening the building against blast effects.

To protect crowded places from terror threats, selected building owners may be directed to implement specific security measures, and comply with emergency orders issued in the event of an imminent attack. Security personnel, vehicle barriers, and strengthening the building against blast effects.

The key functions of the CPS are Infrastructure Protection Regulation, Capability Development, and Protective Engineering. The Infrastructure Protection Regulation arm takes charge of security plan approvals, inspections, enforcement, and investigation into violations. The Protective Engineering arm works to support innovation and adoption of security technologies while the Capability Development arm coordinates training and capability development for key players like the security industry and Home Team agencies.

What will the CPS do?

Infrastructure Protection Regulation
- Administer Security-By-Design (SBD) process
- Enforce Protected Areas/Protected Places (PA/PP) regulations
- Assess and approve security plans, inspection frameworks, enforcement and investigation

Outcome-Based Contracting
- Engage public and private sector buyers to roll out outcome-based contracting for procurement of security services

Productivity and Technology
- Collaborate with the security industry to support innovation and adoption of technology to improve both productivity and security outcomes

Training and Consultancy
- Provide protective security training and advisories to the Home Team, Homefront agencies and key stakeholders
- Co-develop security industry training with stakeholders
- Lecture on Protective Security modules in the Specialist Diploma for Security Consultants

Guidelines and Standards
- Develop SBD and industry guidelines and standards by working with Home Team Departments and industry partners on protective security standards

What to Look Forward to

With the formalisation of CPS, the SPF aims to bring together relevant regulatory, operational and technical expertise across different MHA units to enable a multi-pronged and coordinated approach in strengthening Singapore’s protective security landscape. Through ensuring effective implementation of the IPA and CPS’ various initiatives involving the security industry, CPS will be able to better support the SPF’s vision in making Singapore the safest place in the world.

Did You Know?

CPS started as the Centre for Protective Security Studies (CPSS) in January 2012. It then evolved to form part of the Institute of Safety and Security Studies (ISSS) in January 2017 before taking on the identity of CPS in April 2019.

About CPS

Helmed by Mr Andy Tan, Director of CPS, the mission of the CPS is to enhance the protective security standards in Singapore to ensure our safety and security. It also serves as the centre of excellence for protective security consultation, training, outreach, and regulates compliance to building security standards. In addition, the CPS will also support the implementation of the SITM in Singapore.

Major developments designed with security in mind
- Incorporate security measures upfront in building design
- Applies to critical infrastructure and large/iconic developments

New directives & orders to protect crowded places against terrorist threats
- Implement specific security measures to address threats
- Special emergency measures to protect buildings and lives

Enhanced powers to protect sensitive locations
- Enforce against unauthorised photography
- Secure the surrounding area against security threats

Centre for Protective Security

Jan 2012

CPSS Centre for Protective Security Studies

Jan 2012

ISSS Centre for Protective Security

Jan 2019
On 3 June 2019, the Singapore Police Force (SPF) held its annual Police Day Parade at the Home Team Academy. Besides celebrating the achievements and contributions of past and present police officers, the parade also marked the SPF’s 199th year in keeping Singapore safe and secure!

A total of 714 police officers and cadets from the National Police Cadet Corps participated in the parade. Guest of Honour, Minister for Home Affairs and Minister for Law Mr K Shanmugam, presented awards for the Best Land Division, Best National Service Operationally Ready Unit, Best Police National Service Full-Time officers and Police National Servicemen to recognise our officers for their outstanding work.

Here are some of the exclusive highlights of this year’s parade!

Did You Know?

Police Day is observed on 3 June every year, since 1971. This is the day that officers from the Singapore Police Force celebrate their achievements, recognise the contributions of past and present officers and renew their pledge to continue to serve the nation, and to carry out their duties with courage, loyalty, integrity and fairness. A date of special significance, 3 June 1959 was when Singapore obtained self-government. This was also when the Police became accountable to the people as the law enforcement agency of an elected Government.

“The Government has designated 3rd of June to be Police Day, to re-affirm the fact that the Police is part of our society, responsible to an elected government, and the maintenance of law and order is a service to the community.”

– An excerpt from Prof. Wong Lin Ken, Minister for Home Affairs at the opening of “Police Week”, 3 June 1971
Soaring High in National Service
- NSF of the Year Award 2019

The recent Police Day Parade 2019, held on 3 June 2019, saw five Full-time Police National Serviceman (PNSFs) being presented with the NSF of the Year Award. This prestigious award is presented every year to deserving PNSFs who have made outstanding contributions and demonstrated a strong commitment towards their respective roles within the Singapore Police Force (SPF) during their National Service (NS) stint. Let’s hear what these officers have to say about their work and lives.

Rank/Name:
National Service Inspector
Lee Kah Hee

Vocation:
Assistant Manpower Officer

Unit:
Tanglin Division

Tell us more about your work.
As an Assistant Manpower Officer, I handle an array of tasks that centres on manpower planning for all levels of security deployments.

What is your most memorable moment in the SPF?
It was during the 5th ASEAN Defence Ministers’ Meeting-Plus when I was tasked to be the lead manpower planner for the event. I had to liaise extensively with many other departments and divisions within the SPF to ensure that every officer deployed was the right fit. At the same time, I had to ensure that every unit within the division continued to be fully operational and ready for any exigencies. It was a daunting process, but what made it very memorable was the unwavering support and selfless contributions of my superiors and colleagues throughout the entire process.

Who are your pillars of strength?
First and foremost, my family. They are very supportive and understanding when it comes to my work, especially when I have to sacrifice my time with them to carry out my duties. Next would be my superiors and colleagues. They are always patient and ready to provide guidance to help me throughout my journey at work. I feel that part of the award given to me goes to all of them as well.

What is your most memorable moment in the SPF?
My mother is my main pillar of strength. The training was very tough but she was always there to provide unconditional support and care for me throughout my time in NS. My deputy officer-in-charge is also one of my pillars of strength. From the moment I entered SOC, he has patiently nurtured me and imparted his wisdom and knowledge to me, which greatly helped in broadening my horizons.

Who are your pillars of strength?
Share with us your greatest takeaway from serving NS in the SPF.
Before my NS stint, I was quick to jump to conclusions and make decisions without understanding the full picture. Now, I know the importance of taking a step back before making a decision. It helps me to view things from a different perspective and be more objective and systematic in my thinking process. My experiences with planning and working under tight deadlines have also made me a more organised individual and help me better manage various types of situation objectively.

As Police Tactical Troopers, we are responsible for maintaining Singapore’s public order and public security. We are trained to handle riots, civil unrest and even mass evacuations. During major events such as the Trump-Kim Summit and the ASEAN Summit, we would be deployed alongside other SPF units to augment security coverage.

What are the challenges that you faced and how did you overcome them?
The Police Tactical Trooper training has been my greatest challenge thus far. Apart from the gruelling physical training, we are also constantly tested on the proficiency of our knowledge as a Trooper. Such proficiency matters in situations of life and death. To overcome the physical and mental challenges, I instil a high demand of discipline in myself to ensure that my physical and mental fitness is always tip-top! It also helps that my team and I work as one and always encourage each other to persevere and help each other.

What is your most memorable moment in the SPF?
My most memorable moment was the moment in the SPF?
Share with us your greatest takeaway from serving NS in the SPF.
Before NS, I was a mischievous person who shirked responsibilities. Serving NS in the SPF has definitely shaped me to become someone who is more disciplined and responsible. My parents were proud and heartened by my transformation as well. I am also grateful for the many life lessons that I have learned from my NS experiences and fellow police officers that I have met. I am glad that my time here was well-spent and winning this award is a testament to that.
my core duty. I also had opportunities to be involved in events such as the Police Day Parade and the National Day Parade, where I trained the participants to improve their drill competencies.

**What are the challenges that you faced and how did you overcome them?**

My main challenge would be to maintain the discipline and morale of my trainees throughout their training. As a former trainee myself, I know that it is not easy to cope with a regimental lifestyle, let alone stay in a bunk for five months when you are used to leading a “carefree” life. To help my trainees overcome this transitional phase, it is important to show empathy and more importantly, learn more about them so that I can gain their trust and be in a better position to help them with any difficulties that they might be encountering.

**Who are your pillars of strength?**

My pillars of strength are my parents and my trainees. The endless support from my parents is encouraging and they always believe in me no matter what. My trainees are my motivation to work hard, and it brings me great satisfaction to be able to bring out the best in them.

**Share with us your greatest takeaway from serving NS in the SPF.**

NS has helped me grow in many ways. It brings out the best in me, shaping my character and reminding me of the importance of having strong values. Most importantly, as a Field Instructor, I get to work on my leadership skills and learn how to carry myself well as my job requires me to be a role model to my trainees. I also get to sharpen my decision-making skills and improve on my communication skills through engaging large groups of trainees.

**What is your most memorable moment in the SPF?**

The most memorable experience for me was when I was a trainee and being a part of the contingent for last year’s National Day Parade. The training was demanding as I was required to work and train every Saturday for three months until the big day itself. This was on top of my other training commitments. However, all the hard work paid off when we marched proudly in front of the whole nation on the big day. The feeling was indescribable and it is a priceless moment.

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**Tell us more about your work.**

As a field instructor, my duty is to train new enlistees and help them become qualified police officers. Apart from my deployment in advance. It is also important to think quickly on our feet and seize opportunities when they arise.

**Who are your pillars of strength?**

As a SPF photographer, I have to be on standby 24 hours as I could be deployed anytime to cover operations and incidents. In spite of my late-night deployments or assignments over the weekends, my family members have been really understanding and supportive. Their constant encouragement has allowed me to work with an ease of mind. My colleagues, both fellow PNSFs and Team Leaders, are another source of motivation for me. Seeing that they are all equally dedicated to their work has helped me to aspire to be better at what I do.

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The Singapore Police Force (SPF) is always reviewing its workforce strategies for new ways of maximising our officers’ potential.

One such workforce strategy is to promote and support the continuous education of our officers. Under the SPF Care platform, the Continuous Education Programme (CEP) was launched to provide lifelong learning and development opportunities for officers seeking academic advancements.

In this feature, Police Life takes a closer look at the different CEPs available to our officers and highlights several outstanding individuals who have excelled in their studies to become the Top SPF Graduate in their respective cohorts!

Under the CEP, the SPF offers several types of sponsorship programmes for part-time studies to cater to a diverse group of officers from different academic backgrounds. These programmes range from General Certificate of Education (GCE) ‘N’/’O’/’A’ level, National ITE Certificate (NITEC) programmes, diploma programmes, degree programmes and even postgraduate programmes. The SPF has also partnered with several institutions such as the Singapore University of Social Sciences and Temasek Polytechnic to provide customised courses which are relevant to our officers’ work.

For officers who wish to take up part-time studies on their own, the SPF also offers the Ministry of Home Affairs (MHA) Study Award – an initiative by the MHA – that reimburses successful applicants up to 80% of their course fees, depending on the relevance of the programme to the organisation. To date, at least 4,000 officers have benefitted from either the sponsorships or reimbursements through the MHA Study Award.

While studying part-time on top of their work and family commitments may be challenging, some officers relished the opportunity to pursue their academic aspirations while serving in the Force. Despite the intense pressure, through sheer determination, our officers excelled and emerged as the Top SPF Graduate in their respective cohorts. Here are some of their thoughts on their continuous education journey and what they have learnt from their programme of choice.

“It was an enriching experience that gave me a more holistic understanding of various disciplines that we can apply to our everyday police work such as human resource, sociology and counter-terrorism. To officers considering taking up part-time studies, I would say go for it! Good time management and determination will be crucial, but at the end of the day, you will come to enjoy the fruits of your labour.”

Senior Station Inspector Mah Chin Wah, Police Intelligence Department
Bachelor of Science in Management and Security Studies
Singapore University of Social Sciences

“I found the course to be very helpful, not only in terms of work but also for self-improvement. The management and psychology aspects of the course enabled me to better understand my workplace and colleagues. I would highly recommend it as it is a well-rounded course tailored to working officers. There is still so much more to learn and I will definitely continue to further my studies.”

Senior Staff Sergeant Mohamed Idris S/O Mohamed Abdul Wahab, Special Operations Command
Bachelor of Science in Management and Security Studies
Singapore University of Social Sciences

Initially, I was hesitant to sign up for the course due to my age and the demands of my job as an Investigation Officer. However, with the support and encouragement of my supervisors and my family, I ultimately decided to give it a shot. It was not easy juggling work, family and studies over the past 2.5 years, but I persevered and benefitted immensely from the course. I hope my experience can give my fellow officers the final push to sign up for their choice of course and upgrade themselves, be it for work or personal reasons.

Station Inspector Tan Kai Aik, Eric, Jurong Division
Diploma in Police and Security Studies
Temasek Polytechnic
Artwork by: Sgt Sally Chiam
While social media has revolutionised the way people connect with each other, it has also provided opportunities for people with ill intent to commit crime. In this edition of Crime Files, we look at how our Singapore Police Force (SPF) officers tracked and took down a criminal who hacked into multiple Facebook accounts and impersonated the account holders to trick his victims into sending nude photos of themselves to him.

2 May 2016 was just another day for three female friends, until two of them received a Facebook message from their mutual friend who sought their assistance to take photos of their breasts for a ‘breast cancer screening online project’. In return for supporting the project, they would also receive some online vouchers.

Case Breakdown

Given the trust that they had in their mutual friend, the two women readily agreed to help. Their photos were sent but they never received any vouchers. Sensing that something was amiss, the two women then called their mutual friend and found out that she did not contact either of them through the Facebook Messenger. Realising that the mutual friend’s Facebook account could have been hacked, the three women then proceeded to lodge a police report at Central Division.

Station Inspector (SI) Muhammad Syafiee from Central Division, who was in charge of the case, immediately activated officers from the CyberCrime Response Team to trace the hacker’s Internet Protocol (IP) address. Investigations eventually revealed that the IP address led to a unit which was home to five occupants.

"Out of the five occupants, one of them, Muhammad Rostam Bin Rahim, triggered a red flag as he had previous antecedents similar to the one under investigations. As such, we began gathering more information on him," explained SI Syafiee.

After spending about a month investigating 28 different cases, two teams of officers conducted an operation at midnight on 6 June 2016 with the objective of securing Rostam for further investigations. One team raided a nightclub where Rostam was working as a bouncer while the other team prepared to raid his residence. When officers spotted Rostam at his workplace, they immediately approached him and asked for his mobile phone. Rostam’s mobile phone was subsequently found to match the same model of mobile phone that was used to access the Facebook account.

With this evidence, Rostam was placed under arrest and brought back to Central Division for further investigations. The team which was deployed to his residential unit proceeded to search for additional evidence. Although Rostam’s laptop and computer did not reveal any explicit photos, a second mobile phone seized from his home revealed photos of topless women.

"Although Rostam insisted that he did not commit the offence, I trawled through his phone to gather more evidence. My suspicions were raised further as the web browser’s history showed that Rostam used the “forget password” function from Facebook on multiple instances. Sensing that it was unusual for someone to make so many “forget password” requests, I continued probing and he eventually admitted that he had been hacking several Facebook accounts," recalled SI Syafiee.

Investigations eventually concluded with Muhammad Rostam Bin Rahim pleading guilty to 46 separate charges which included unauthorised access into the victims’ social media accounts, unauthorised modification of the login credentials of the social media accounts and cheating by impersonation. He was sentenced to three years and five months’ imprisonment and was fined $5,000. A remaining 117 charges were taken into consideration.

As shown in the case above, technology is rapidly evolving and there will always be some who choose to abuse such technological advancements. No matter how sophisticated such cybercrimes may be, the SPF will continue to stay ahead and leverage technology to take down the perpetrators!

To safeguard yourself against such scams, here are some tips:

- Avoid sharing personal information on social media platforms.
- Always verify requests sent over social media platforms by calling your friends. Do not do so through the social media platforms as their accounts may have been compromised.

You can help stop scams by joining our “Let’s Fight Scams” movement. Make a pledge and receive the latest scam alerts to share with your loved ones. For scam related advice, you may call the National Crime Prevention Council's Anti-Scam Helpline at 1800-722-6688 or visit our website at www.scamalert.sg.
As part of the National Police Cadet Corps’ (NPCC) mission to develop its members to be active citizens and community leaders, the NPCC has been working in partnership with the Singapore Police Force to fight crime and keep Singapore safe. Since its inception in 1959 as the Police Cadet Corps (PCC), the NPCC has been playing a vital role in reinforcing police presence amongst the youth over the past 60 years.

The NPCC parade comprised various segments that gave the audience a glimpse of the cadets’ abilities. The parade setup included the Guard-of-Honour contingent, the Colour Party, the School Colours Contingent and the Supporting Marching Contingent. In recent years, a Post-Parade segment has also been introduced as an additional highlight where cadets showcase performances such as choreographed dances and precision drills.

“I was a participant in the Cadet Inspectors - Honorary Officer (CI-HO) Contingent. We trained intensively in rifle drills to prepare for the parade. I am really proud to be a part of the CI-HO Contingent,” expressed Cadet Inspector Michelle Goh Zhi Xin, from Bukit View Secondary School.

As part of this year’s Post-Parade Performances, there was also a march-past by the Pioneer Contingent led by former NPCC Council Chairmen, Associate Professor Lawrence Chia, Associate Professor Yeo Jin Fei and Associate Professor Ho Peng Kee. The Pioneer Contingent was formed by 20 senior NPCC Alumni members, some of whom served the Corps for more than 30 years.

During the event, Ms Indranee Rajah also launched the NPCC 60th Anniversary Commemorative Book, titled “Timeless Values, Transforming Beyond” in line with the celebration’s theme. The book outlined the history and heritage of the NPCC throughout its 60 years of growth and development. Besides launching the book, Ms Indranee Rajah also launched the NPCC Time Capsule which encased NPCC memorabilia such as the NPCC uniform, rank structure display, old and new badges and collaterals. The time capsule will be reopened during the NPCC’s centennial celebrations in 2059.

13 April 2019 marked the NPCC’s 60th Anniversary with a parade held at the Home Team Academy. The theme for the celebration, “Timeless Values, Transforming Beyond”, demonstrated how the NPCC has built active citizens and leaders in its youth through its programmes and activities over the years.

The parade saw the participation of about 1,040 cadets from 133 NPCC units, and over 250 Cadet Inspectors, Honorary Officers and Teacher Officers. Ms Indranee Rajah, Second Minister for Education, graced the event as the guest of honour and as the parade’s reviewing officer.

Happy 60th Anniversary!
The NPCC Annual Parade served as an important event to honour the outstanding efforts and successes of all NPCC school units. Not only do these parades instil loyalty in the cadets and dedication towards the Corps, these parades also provide a platform for all cadets from the various school units to build a strong sense of camaraderie within the Corps.

The NPCC makes it a point to improve and innovate so that the Corps can continue to offer an engaging programme while promoting the joy of learning and further enhancing the overall NPCC experience. The NPCC will continue to work towards becoming the best youth organisation in Singapore, one that actively helps to make Singapore the safest place in the world.

“NPCC has shaped me into the person that I am today. My journey with the NPCC has not only taught me soft skills such as teamwork, perseverance and discipline, it has also taught me to understand the difference between right and wrong. I am very proud to be a part of the Corps,” said Cadet Corporal Muhammad Irfan Bin Muhammad Khalid from Pasir Ris Secondary School.
The recent attacks on hotels in Sri Lanka reiterated the importance of emergency preparedness for our hotels against such threats. On 17 May 2019, a counter-terrorism exercise codenamed Exercise Heartbeat, was held in a Singapore hotel for the first time to validate the robustness of our contingency response plans against such terror attacks.

Held at the Crowne Plaza Changi Airport, the exercise was jointly organised by the Singapore Police Force (SPF) and Crowne Plaza Changi Airport, and supported by the Singapore Civil Defence Force (SCDF) and the Ministry of Manpower (MOM). The exercise saw the participation of about 50 personnel comprising officers from the SPF, SCDF, MOM and Crowne Plaza. Observed by Member of Parliament for Holland-Bukit Timah Group Representative Constituency and Chairperson of Government Parliamentary Committee (Home Affairs and Law), Mr Christopher De Souza said “We need to be diligently preparing, swift in our response and have solidarity in our community after every attack.”

Check out the highlights of the exercise below!
16 March 2019 would be one of the most memorable days for 55-year-old security officer, Mr Foo Kong Soon Sam. On this faithful day, Mr Foo found himself in a situation he never imagined that he would ever be in, and with an outcome that made a difference!

Like any other day, Mr Foo, who works at the International Merchandising Mart (IMM) building, was ending his day shift when a fellow security officer alerted him to a pair of legs dangling from the sixth level of the IMM building carpark. Fearing for the safety of the person, he immediately rushed to the security command post to alert another security officer, Mr Katiravan A/L Subrayam, another security officer, and other officers on duty about a potential suicide attempt.

After calling the Police for assistance, Mr Foo and Mr Katiravan ran up to the sixth floor of the carpark where they saw a young woman seated precariously on the ledge.

The first thought that came to his mind was to bring the woman to safety. He knew he had to act fast but yet, stay calm so as not to provoke the woman further. He started inching forward while engaging her. After about five minutes, he observed that the woman seemed to have calmed down, and that was when he decided to seize the opportunity to move in closer till he was within arm’s reach of the woman.

Drawing on his experience as a father, he tactfully consoled the woman who was about his daughter’s age. He shared with her how he would have felt as a father if his daughter attempted suicide and how it would be a painful experience for the woman’s parents. As if his words tugged on her heart strings, the woman finally stopped crying and appeared to be more emotionally stable.

Without hesitation, Mr Foo quickly got her off the ledge with Mr Katiravan’s assistance. The woman then sat down while Mr Foo continued to stay with her for fear that she would attempt suicide again. The Police arrived on scene a few minutes after and the woman was subsequently sent for a medical review.

For their role in preventing a potential tragedy, Mr Foo, on behalf of IMM building security, was awarded the Community Partnership Award on 14 May 2019 by Assistant Commissioner of Police (AC) Jarrod Pereira, Commander of Clementi Police Division.

“You have demonstrated commendable acts of kindness, valour and public spiritedness, and we want to recognise these outstanding individuals,” praised AC. Jarrod Pereira.

But Mr Foo was not about to give up. He persisted and asked the woman if he could come closer so that he could talk to her. Seeing no response from the woman, he started inching forward while engaging her. After about five minutes, he observed that the woman seemed to have calmed down, and that was when he decided to seize the opportunity to move in closer till he was within arm’s reach of the woman.

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Drawing on his experience as a father, he tactfully consoled the woman who was about his daughter’s age. He shared with her how he would have felt as a father if his daughter attempted suicide and how it would be a painful experience for the woman’s parents. As if his words tugged on her heart strings, the woman finally stopped crying and appeared to be more emotionally stable.

Without hesitation, Mr Foo quickly got her off the ledge with Mr Katiravan’s assistance. The woman then sat down while Mr Foo continued to stay with her for fear that she would attempt suicide again. The Police arrived on scene a few minutes after and the woman was subsequently sent for a medical review.

For their role in preventing a potential tragedy, Mr Foo, on behalf of IMM building security, was awarded the Community Partnership Award on 14 May 2019 by Assistant Commissioner of Police (AC) Jarrod Pereira, Commander of Clementi Police Division.

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Tell us more about your family.

I have been blissfully married for 14 years. We have two boys, 11 and 9 years old, and my wife has been a homemaker ever since our second son was born. My two boys love football. To nurture their interest, I have been sending them for weekly training sessions and they have also been taking part in football tournaments.

How has life changed with parenthood?

Parenting brings indescribable joy. The silly things that they do and the tantrums they throw make me feel like a child all over again, bringing back fond memories of my own childhood. I have also become more determined to keep myself healthy by exercising and eating right so that I will always have enough energy to play sports with them and help them in their studies.

Share with us one of your most memorable moments with your kid(s).

One very special moment that I cherish with my children was during their pre-school days. Both my children performed on stage during the Children’s Day celebrations. I felt so proud that they could remember their steps and most importantly, they performed with no stage fright. My eldest son even gave me a wink with a thumbs up while I was close to the stage recording the performance. In fact, I was really surprised that they could dance so well.

How do you balance your family and work commitments?

Given the unpredictable nature of my work, I make it a point to spend quality time with my children whenever I can. We go for walks together, sometimes just within the neighbourhood, and I like to share life stories with them before their bedtime. During weekends or public holidays when I am on duty, my wife will take the children out for recreational activities to keep them occupied.

When the children were younger, I would often call them during my break time. Now that they have grown older, they are the ones who will frequently call me to check on my whereabouts and have me “report strength” to them. Hearing their voices always bring a smile to my face no matter how tired I am.

What advice do you have for couples who are considering having children?

Having children has given me a new purpose in life. For those who think that they are not ready to take on parenthood, I have learned that you can never be fully prepared as there is no “one size fits all” strategy to parenting. One must constantly learn and adapt along the way.
**SPF’s Got Talent:**  
**Artist on the Beat**

Quianna Lim  
(Photos: Sgt Sally Chiam)

From Rembrandt to Picasso, artists have always astounded us with their ability to bring a canvas to life, perfectly capturing the beauty, emotions, and depth of the human experience. However, it is easy to forget that artists have a life outside the studio too - and for some - putting down the paintbrush and chasing after criminals. Police Life caught up with Sergeant (Sgt) Sally Chiam, a Ground Response Force officer with Hougang Neighbourhood Police Centre (NPC), to get insights into her experiences as both an artist and a policewoman.

**How did you discover and hone your passion for art?**

I have been interested in drawing since young as I was drawn to colours and how simple pencil lines could turn into a drawing. I started out by drawing cartoon characters from TV and attending art lessons at the Community Centre.

While I was in my primary school, I drew characters from Sailor Moon and it was a favourite among my peers. My classmates even approached me for drawings of random characters and objects. I had never felt so popular as I was the quiet girl in class. I eventually pursued a Diploma in Fine Arts (Western Painting) in Nanyang Academy of Fine Arts (NAFA) thanks to my dad who had secretly enrolled me into the college, wanting me to learn the best from the talented lecturers.

**What inspires you and how would you describe your art?**

I draw inspiration from my environment. I like experimenting with colours and lines that help create abstract yet expressive artworks. I recalled painting my impression of Hougang – a mature estate – with many unique and vibrant features. From my perspective, I framed this estate with our Neighbourhood Police Centre (NPC) building in the very centre of it, illustrating how we safeguard the community.

**Why did you choose to join the SPF?**

After graduating from NAFA, I was an art educator for about a year before realising that it was too routine for me and that my true calling was still out there. It was then that I recalled my childhood ambition of joining the Police Force. In primary school, I greatly looked up to my neighbour who was also a policewoman. Her calm, polite demeanour inspired me, and I also admired how people placed their trust in her to assist them to the best of her ability. I realised that I wanted to render such help to others and set a positive example for them just as she had done for me. Thus I decided to sign on and pursue a career in policing.

**How has art played a role in your policing career?**

As part of the Hougang NPC Facebook Committee creative team, I was given opportunities to inject my creativity into creating simple crime advisory posters and an Avengers-inspired illustration for the Hougang NPC Facebook cover photo. I always relish such opportunities to merge my passion for art with my work. It goes to show that there is definitely a place for art within policing – you could even call it “the art of policing”.

**What do you hope to achieve through your artwork?**

Ultimately, my goal is to bring joy to people and make their day. As a member of the Ang Mo Kio Division’s Foxtrot Active Volunteers, I am able to share my works of art such as drawing caricature when I visit children and the elderly. Seeing the smiles on their faces fills me with a great sense of accomplishment.

**You like to refer to yourself as “your friendly neighbourhood policewoman.” What do you enjoy most about your work?**

Being in blue empowers me to better aid those in distress. I recalled an incident where an old lady, possibly suffering from dementia, was lost and could not remember her way back.

While she could only recall her name, I was able to probe further and obtain a few clues on the location of her residency. Along with my partner, we brought her around her neighbourhood. At one of the blocks, I was eventually approached by a resident who informed me where her family stayed and we eventually took the old lady home safely. To me, the job of a police officer is meaningful, dynamic, and fulfilling as I get to play a part in safeguarding the community and helping people every day.

**Is there an artwork that you are especially proud of?**

Some years ago, when I participated in the UOB Painting of the Year competition, I decided to try my hand at oil painting, a style that I had never attempted before. I was very pleased with the end product, not only because it turned out well but also because I had stepped out of my comfort zone and expanded my horizons by exploring a whole new mode of expression.
In times of need, Neighbourhood Police Centre Officers are there. Well-trained to mitigate conflicts and violence, they keep the peace and harmony in every community. More than just a job, it is a career that makes a real difference by safeguarding every day.

Be an Enforcer. Join the Singapore Police Force.