

POLICE LIFE

THE SINGAPORE POLICE FORCE MAGAZINE
2017 / ISSUE 12

IT HAS BEEN AN
EVENTFUL YEAR...



Note from the Team

In a blink of an eye, 2017 is nearing its end. In this issue of *Police Life*, we look back at some of the key highlights that made our headlines in the year. Specially compiled for readers who are always on the go, we also dished out some of the Singapore Police Force's (SPF) favourite social media picks to whet your appetite.

Feeling bloated with literally all the juicy bits and delectable treats this festive season? Check out our top four tips on how to stay in shape and fight that unwanted bulge. With the right dietary habits, you are on your way to welcoming the new year with good health and style!

As we celebrate the festivities with acts of kindness, let us not forget the efforts of officers from the various divisions who took time off their busy schedules to give back to the community. Last but not least, feel the love and warmth as our officers share with us their joys of adopting our retired canines!

Have a pleasant read!

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Home of Traffic
Police

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Indulge Without a Bulge

By Md Falliq
(Photographer: Regina Tan Wei Ting)

The festive season is finally here! Have you already thrown your healthy habits out of the window? While it is perfectly fine to cut yourself some slack and indulge in all the delectable treats, there is no better way to usher in the New Year than to have a healthy waistline.

'A moment on the lips, a lifetime on the hips'. Bingeing and not eating healthily will affect your well-being in the long run. So, what are you waiting for? Say goodbye to that unwanted bulge and join us as we share our top four tips on how to maintain your diet and 'shape' this festive season.

Tip 1: Portion Control

During the festive get-togethers, delectable treats will be in abundance. Seeing all the spread tempts you to dig in and savour every bite. However, if you give in, be prepared to suffer the effects from overeating and bloating. Instead, practise portion control. Reduce the amount of carbohydrates and take little scoops of the sides. This will allow you to enjoy the food and yet, not at the expense of your health, and of course, your 'shape'. Using a smaller plate helps too as it tricks your brain into thinking you have taken a lot of food.

Tip 2: Drink More Plain Water

Surprisingly, a simple glass of water is all it takes to control your intake. Other than quenching your thirst or soothing your burning tongue after consuming spicy food, it also helps to trick your body into thinking it is full. Water has no sugar, zero calories and zero fat. On top of that, drinking water is great for your complexion too!

Tip 3: Eat Before You Arrive

Instead of arriving at a party with an empty stomach, try eating healthily beforehand. With a half-filled stomach, you are now in a better state to curb your appetite and prevent yourself from overindulgence. Eating beforehand is also a great way to watch your diet as you have free reign over what you consume. Pile up on a low calorie meal at home before you enjoy a small cheat meal at the party.

Tip 4: Sweat It Out

This might be tough for some but all the agony is worth it. After indulging in all the delectable and sinful food at the parties or during your vacation, make it a point to put on those exercise gear and sweat it out. Wait no more, start exercising!

Pro-Tip to You:

"Stay away from the buffet line and fattening food! If you really need to sample the food, eat in moderation. Another option is to run. Not running away from your problems but run to shed the excess pounds gained. Challenge yourself while you are at it. If you run 3 kilometres (km) the previous time, run 5 km the next round. After your run, you will feel like nothing can stop you from achieving your goals."

— Ms Metta Yang, Head Heritage and Social Responsibility.



Let the Numbers Speak

755,438
followers



Facebook followers:

541,920*

Twitter followers:

148,730*

YouTube subscribers:

33,988*

Instagram followers:

30,800*

That is a total of 755,438 followers! To put things into perspective, the SPF's total social media following is greater than Singapore's two most populated towns**, Bedok and Jurong West, combined (552,770)! In fact, it is enough to create a whole new town all together.

*as of 17 Nov 2017

**Source: singstat.gov.sg, Singapore Residents by Planning Area/Subzone, Age Group and Sex, June 2017

Jurong West

Bedok

#Singapore Police Force 2017

In case if you are still not on board, the world today has pretty much been dominated by social media. Social media is now the universal platform that connects people from all over the world and is one of the most go-to sources to get updated on the latest happenings. Like any modern progressive organisation, the Singapore Police Force (SPF) recognises the potential of

social media and has long embraced this powerful platform to engage and connect with its audience.

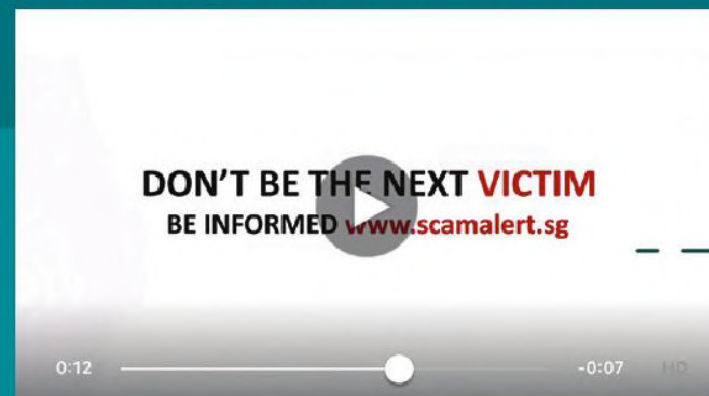
In this issue of *Police Life*, we will like to share with you a list of the hottest and most talked about topics in the SPF's social sphere in 2017- #singaporepoliceforce, #safeguardingeveryday

By Md Falliq

#Trending 2017

Featuring only the most viewed and liked posts on our social media platforms.

Most Viewed Video on Facebook



Posted for the Great Singapore Sale, this crime advisory video on E-commerce scams garnered a whopping 397,000 views (accurate as at time of print)!

#InstaFamous

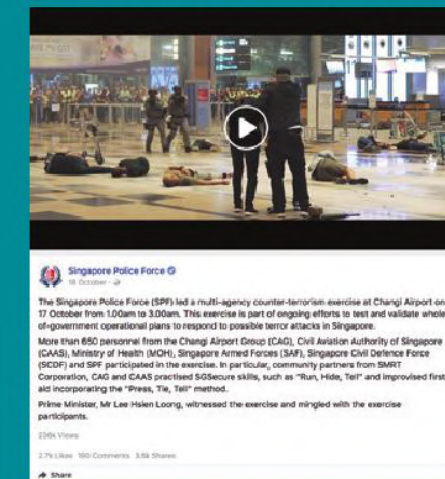


With a combined total of 5,043 likes, these are the top #OOTD shots of our police officers on SPF's Instagram account



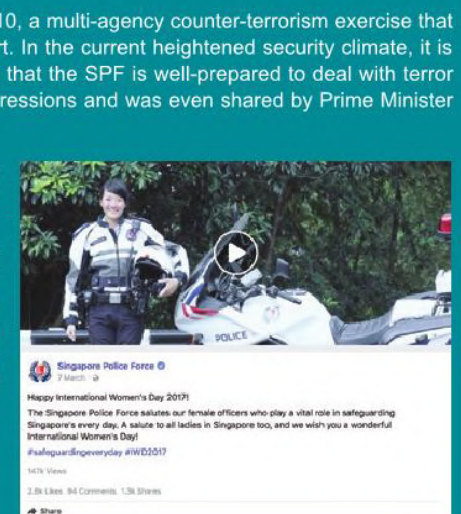
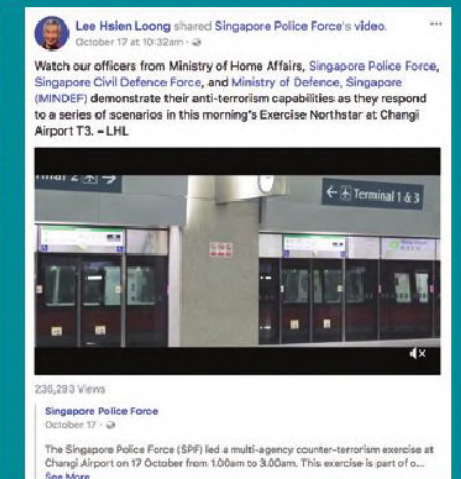
#Popcornworthy

While some content has garnered more views than others, let us not forget some of the notable videos that were produced by SPF's very own media production team.



The first pick is a video on Exercise Northstar 10, a multi-agency counter-terrorism exercise that was held on 17 October 2017 at Changi Airport. In the current heightened security climate, it is important to reassure the people of Singapore that the SPF is well-prepared to deal with terror attacks. This video garnered over 850,000 impressions and was even shared by Prime Minister Lee Hsien Loong.

The second pick is a video that pays tribute to the women officers of SPF. To commemorate International Women's Day, the SPF produced a video capturing women officers in various roles within the SPF. Just as tough as their male counterparts, the women officers are just as capable in keeping Singapore safe. This tribute video attracted a commendable 510,000 impressions.



Highlights of 2017

By Syam Roslan

2017 has been another busy and fulfilling year for the Singapore Police Force (SPF). From crime-fighting to the hosting of a regional policing conference and celebrating the golden jubilee of National Service (NS), our officers have been working tirelessly to fulfil their mission of safeguarding Singapore's every day. As we countdown to 2018, let us round off the year with the six key highlights and developments in the Force.



PISTOL

As part of the SPF's continuous efforts to enhance its operational capabilities, frontline officers are now trained and equipped with pistols that has more stopping power, a greater range and a higher ammunition capacity. First rolled-out to the frontline officers from the Airport Police Division, Public Transport Security Command and the six Land Divisions on 1 April 2017, the superior firepower of the pistols will better protect the frontline officers in an armed attack situation and enable them to respond more effectively to lethal threats in the current heightened security climate.



HOME TEAM SHOW AND FESTIVAL 2017

Jointly developed by the SPF, Home Team Academy (HTA) and the Ministry of Home Affairs' Office of the Chief Science and Technology Officer (OCSTO), the compact Mobile Classroom (MobiC) training facility now brings training to the doorstep of frontline officers at the various SPF's Neighbourhood Police Centres (NPCs) and specialist units. First unveiled on 13 June 2017 at the Bedok North NPC, this state-of-the-art mobile training facility that is based on advanced Virtual Reality (VR) technologies have since been rolled-out progressively to the rest of the frontline units. Some of the notable features of the MobiC include utilising state-of-the-art VR technology to simulate scenarios that are relevant, realistic and highly dynamic to keep pace with evolving threats. Apart from the high-tech training programmes, the MobiC also provides a safe training environment that significantly reduced the risks of users sustaining injuries as compared to conventional training regimes. Besides its effectiveness, the facility also improved operational efficiency as officers are now able to train and learn at their workplace with minimal disruptions to their everyday operations.



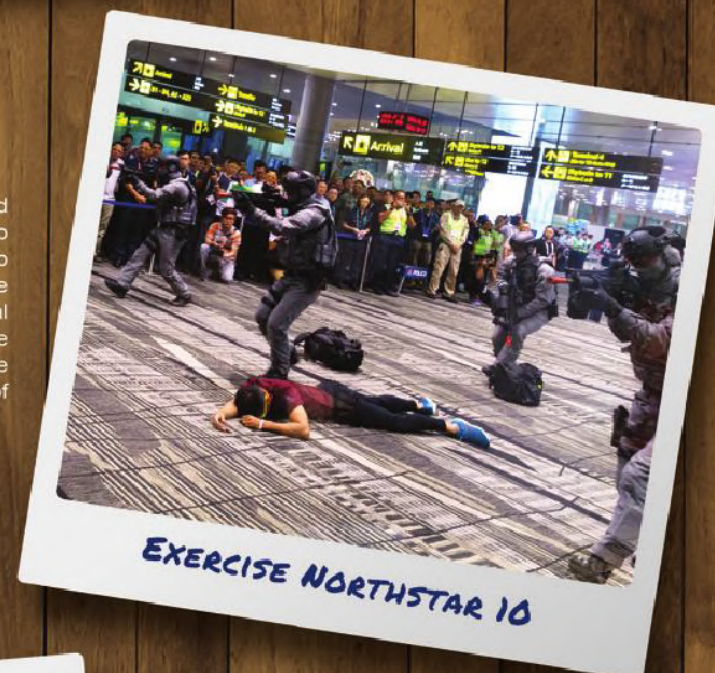
MOBIC



37TH ASEANAPOL CONFERENCE

After a decade, the annual ASEAN National Police (ASEANAPOL) Conference returns to Singapore. Held between 12 to 14 September 2017, the conference aims to foster stronger policing cooperation within the region and promote lasting friendships among police officers from member countries. The SPF is honoured to host the event for its member countries this year. One of the key highlights at the conference was the launch of the electronic ASEANAPOL Database System or e-ADS 2.0 which helps to enhance connectivity and increased scope for sharing of best practices and crime trends between the member countries.

The SPF led a multi-agency counter-terrorism exercise, codenamed Exercise Northstar 10, at the Changi Airport on 17 October 2017 to test and validate Singapore's multi-agency emergency response to possible terror attacks. Over 650 personnel from the SPF, Singapore Civil Defence Force, Singapore Armed Forces and other external agencies including SMRT Corporation and Changi Airport Group were involved in the exercise. This was also the first time that the exercise was conducted at Changi Airport, emphasising the importance of preparing for large-scale emergencies through realistic drills.



EXERCISE NORTHSTAR 10



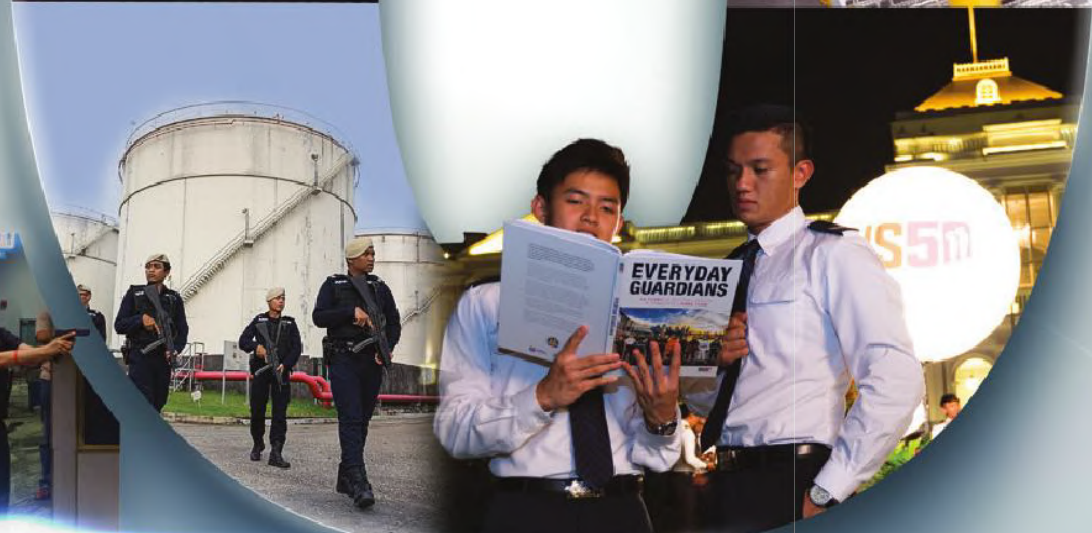
NS50 ISTANA RECEPTION

To end the year-long NS50 celebrations, Home Team (HT) Full-time National Servicemen (NSFs) and Operationally-Ready National Servicemen (NSmen) were honoured at the Istana on 3 November 2017, where 10 recipients were presented with the NSF of the Year Award for their outstanding commitment and significant contributions to National Service (NS). In addition, a commemorative book titled 'Everyday Guardians' was launched at the reception. The book chronicles the history and evolution of NS in the HT and will be distributed to all serving HT NSFs, schools and public libraries.

Picturesque Moments of 2017

By Syam Roslan
(Photos: Public Affairs Department)

The Singapore Police Force has had many defining moments in 2017. As the saying goes, a picture paints a thousand words. Check out some of these photos that aptly summarises the year as it comes to a close.



Be Prepared. Our Response Matters.

By Syam Roslan

As Singapore faces its highest terror threat in recent years, it is imperative that we stay alert, stay united and stay strong as a nation in the event of a terror attack. The community plays a critical role in being prepared, vigilant and resilient against such situations.

Let us take a look at what the Singapore Police Force (SPF) has done in the past year to prepare our community.

SGSecure in the Neighbourhoods

The SPF continued to reach out to residents through Emergency Preparedness (EP) Days jointly organised with the Singapore Civil Defence Force (SCDF), the People's Association (PA) and its grassroots volunteers. During the EP Day, residents witnessed a live exercise through which they learnt how to respond during an armed attack. The residents also learnt the importance of being vigilant and pick up life-saving skills such as 'Run, Hide, Tell', improvised First Aid Skills (IFAS), Cardio-Pulmonary Resuscitation (CPR) and use of Automated External Defibrillator (AED) through the exhibition panels and hands-on booths.

Following each EP Day, Crisis Response Exercises (CRX) were conducted to test and validate the constituency's plans and responses. These exercises train key stakeholders within the constituencies to coordinate and mobilise community resources in managing community tensions and restoring social cohesion after an attack.

The SPF and SCDF also continued to carry out house visits to educate residents on SGSecure and reinforce the importance of being prepared.

52 revamped EP Days were held, with plans to reach out to all **89** constituencies by 2018.

More than **200,000** households have been engaged via house visits since the start of the 'SGSecure' movement.

SGSecure in the Workplaces

Industry-specific counter-terrorism seminars were organised to sensitise and engage the business community. These seminars shared key principles for premises owners to review and strengthen their vigilance, security measures and response. It also provided an opportunity for them to network and share industry best practices.

Our officers also worked with Safety and Security Watch Groups' members and key stakeholders to conduct exercises to validate their response plans. The ninth edition of Exercise Heartbeat was conducted on 10 November 2017 at Clarke Quay. The table-top exercise served to tease out various considerations and responses in dealing with the incident and the day after. Through a simulated gunman scenario, the ground exercise tested the emergency response and coordination between the SPF, Clarke Quay's security and tenants in dealing with a terror attack. Mrs Josephine Teo, Second Minister for Home Affairs and Second Minister for Manpower, also launched the "Contingency Planning and Protective Security Advisories for Workplaces", which outlines general principles of contingency planning and protective security to guide the business community in preparing their workforce and protect their workplaces.

±2,200 company representatives have participated in the 14 counter-terrorism seminars organised to date.



Various industries, such as hotel, manufacturing, security, event management industries as well as religious organisations, institutes of higher learning and pre-schools have been engaged through the seminars.

Through these efforts, our community is continually prepared and equipped with the necessary skills and knowledge to respond and deal with a terror attack. The peace and harmony that we enjoy today must never be taken for granted. Let us continue to do our part to safeguard our community and our way of life.

Useful Links

SGSecure e-learning :

<https://www.police.gov.sg/sgsecure>

Guide may be viewed and downloaded from MOM Website:

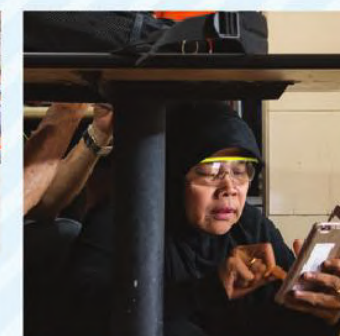
www.mom.gov.sg/sgsecure

Advisories may be viewed and downloaded from SPF website:

www.police.gov.sg/html/spf/Contingency%20Planning%20and%20Protective%20Security%20Advisories/index.html

For more resources on SGSecure, visit

<https://www.sgsecure.sg/resources/Pages/default.aspx>



"House Visits allow us to meet with residents and convey the importance of SGSecure. It is no easy feat for officers to conduct house visits to spread SGSecure messages. I am proud of my officers, and respect their diligence and resilience to go house to house, every day, rain or shine."

Assistant Superintendent of Police Ou Shaojing
Officer-in-Charge, Community Policing Unit
Ang Mo Kio North Neighbourhood Police Centre,
Ang Mo Kio Division

"I am glad to be part of Marine Parade EP Day to see how the Home Team work together as one in times of emergency. Preparedness is the only way we can combat a real situation as a nation."

Special Constable Sui Zhan Ming
Community Engagement Officer
Marine Parade Neighbourhood Police Centre,
Bedok Division

"Some of those who watched the EP exercise told me they (would want to) learn how to perform CPR and provide first aid. This gives me the confidence that other residents are able and willing to learn how to protect their loved ones and their communities during a crisis."

Mr Rethinam John Peter
Engineer
Citizen on Patrol member in Toa Payoh

"Having an exercise within Chinatown Hawker Centre drives a very clear message that a terrorist attack can happen anywhere, especially in crowded areas; and that we cannot take our safety for granted but be ready and united to respond against terrorist attacks."

Sergeant (V) Ong Hui Min
Volunteer Special Constabulary Officer
Rochor Neighbourhood Police Centre, Central Division

"SGSecure is a national movement which teaches private establishments like Hotel Jen Tanglin on the importance of being vigilant. The knowledge that we received allows our staff to be better prepared in dealing with threats. 'Run Hide Tell' and 'Press Tie Tell' are valuable skills which we can use during an emergency. We also emphasise the importance of spreading these messages to our family."

Mr Nallanayagam V Murugiah,
Security Manager, Hotel Jen Tanglin
Member of the Boulevard Safety and Security Watch Group

"We have reached out via our Safety and Security Watch Groups (SSWG) to engage, train and exercise key stakeholders in SGSecure. Through training SSWG members' staff in terrorism awareness and response, jointly crafting and preparing contingency plans, considering infrastructural changes to mitigate terrorist incidents and exercising joint plans with SPF and SCDF forces, bonds of friendship and the networks of contacts have been built and will stand all of us in good stead in fighting crime and terrorism in the workplaces."

Superintendent of Police Lynette Lim
Commanding Officer
Marina Bay Neighbourhood Police Centre, Central Division

- LEGEND**
- EP Day
 - CT Seminar
 - Ex Heartbeat

A New Lease of Life for our K-9 Pals

By Regina Tan Wei Ting
(Photographer: Regina Tan Wei Ting)

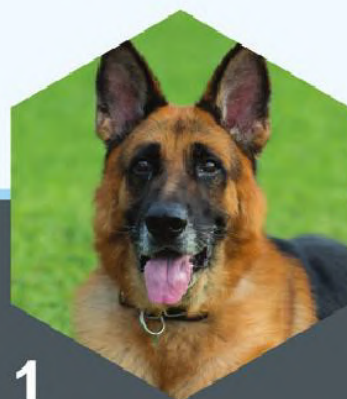
Having served the Singapore Police Force (SPF) for a large part of their lives, our retired K-9 pals who have once helped to keep our country safe deserved to be cared for in their golden years. In this issue, *Police Life* catch up with our very own officers who have given these dogs a new lease of life through the SPF's K-9 adoption programme.



K-9 Crime Busters

Since the 1900s, the K-9 dogs have been playing a big role in helping the police to fight crime. Serving in the K-9 Unit under the Special Operations Command are four different breeds of police dog: German and Belgian Shepherd, Labrador, and the Springer Spaniel.

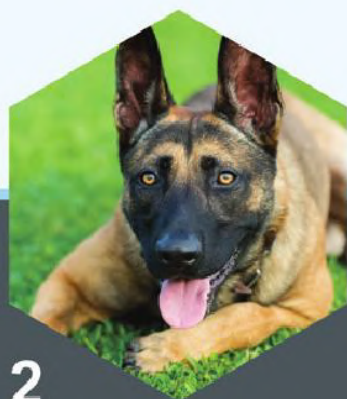
As these dogs age and are due for retirement after seven years of arduous service, the K-9 Unit has put in place an adoption programme to help find loving homes for these dogs to spend their golden years. The adoption process which usually lasts for a month has its set of stringent criteria to ensure that the potential owner is able to care for the dog. In addition, the K-9 Unit and other professionals will also certify that the dog is in the pink of health and has no aggression issues before offering them for adoption. As for those K-9 dogs that are not adopted due to health or behavioural issues, the K-9 Unit will continue to provide medical treatment and care for them till their last moment.



1

German Shepherd

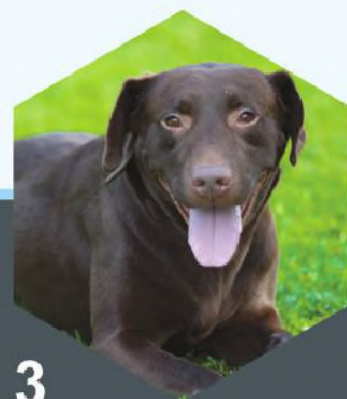
German Shepherds are most commonly used as guard dogs due to their size, strength, controlled aggressiveness and willingness to protect, which does a good job of deterring criminals. In addition, they can track and give chase to offenders upon command by the handler.



2

Belgian Shepherd / Malinois

Belgian Shepherds are also commonly used as guard dogs due to their size, strength and controlled aggressiveness much like the German Shepherd. However, the Belgian Shepherd is smaller in size but faster and has a lower incidence of certain health problems.



3

Labrador Retriever

Labradors are best known for their amazingly accurate sense of smell which makes them ideal detector dogs for sniffing out substances that range from narcotics to explosive materials.



4

English Springer Spaniel

English Springer Spaniels are also known for their acute sense of smell making them great detector dogs like the Labrador. However, unlike the Labrador, the Spaniel with its smaller body, makes it easier for them to manoeuvre around limited space such as inside the vehicles that they are searching.

4 MAIN BREEDS OF DOGS USED IN THE POLICE K-9 UNIT

Below are two of our very own officers who shared with us about their adoption journey and experience:



The Perfect Labrador

Assistant Commissioner of Police (AC) Daniel Tan, who serves as the Deputy Director in the Operations Department, adopted Golden, a Labrador that his daughter describes as "perfect" when it was about eight years old. Citing it as "chemistry" that brought them together, AC Tan shares that Golden used to be a sniffer dog.

"When Golden first got to his new home two years ago, he was extremely anxious. He kept drooling, marking and smelling the whole house. Like a well-trained police dog, he quickly adapted to his new home and handling him became a breeze. Now, he enjoys daily walks and playtime with us but old habits die-hard - Golden is still an active 'sniffer' and responds to old K-9 commands," quipped AC Tan.

AC Tan is grateful for the "Good K-9 Citizen" course which helped him and his family gained confidence in dog handling. AC Tan also shares that potential K-9 owners need to be prepared for the responsibilities and commitment involved when adopting these retired K-9 dogs. **"As these retired dogs are already of a certain age, the owner must be committed to its maintenance and well-being. More importantly, owners also need to be emotionally prepared,"** said AC Tan.



The Active Pointer Cross

The next lucky K-9 who used to be a sniffer now lives with Deputy Assistant Commissioner of Police (DAC) Chua Chee Wai, Director of the International Cooperation Department.

Adopted at the age of seven, Mia, a Pointer Cross, was adopted last March and has since live a pampered life. In Mia's weekly shower, she receives olive oil treatments which is said to lessen her shedding. Despite Mia's age, she continues to lead an active lifestyle as she accompanies DAC Chua for his daily morning jogs. DAC Chua also ensures that Mia's diet is well-taken care and feeds her with the necessary vitamins.

Mia holds a special place in the Chua family's heart. Not only is she obedient but also quick-witted. **"Mia is very responsive, she knows what we expect of her,"** DAC Chua chuckled.

Calling out to potential retired K-9 dog owners, DAC Chua urges them to be prepared and committed to taking care of these dogs. **"Always remember your love for the dogs and give them the care they need even if they are old and sick,"** said DAC Chua.

Although the connection between man and dogs are not defined by words, it is the body language that tells it all. No matter how fierce or unfriendly these giant breeds may look, beneath them lies a sentimental and if not bigger heart!

Furballs up for adoption



Woof! I am Zam, a seven years old male black Labrador. I used to be a sniffer!



Woof! I am Taurus, an eight years old male German Shepherd and I used to be a guard dog!



Woof! I am Lucky, an eight years old male Belgian Shepherd and I used to be a guard dog too!

If they have stolen your heart and you are interested to find out more, please email bernard_tan@spf.gov.sg or ong_zhi_yong@spf.gov.sg for related enquiries and visit www.ava.gov.sg for licensing enquiries.

The Joy of Giving

By Hadi Hafidz
(Photos: Singapore Police Force)

On top of maintaining law and order, our officers go the extra mile to give back to society. As part of the Singapore Police Force's long standing commitment to corporate social responsibility, officers take time off their busy schedules to lend a helping hand to those in need. Beyond making regular donations to Community Chest, our officers also spare no effort in organising activities to spend quality time with the elderly and less fortunate. Here are the memories captured during these sessions!



28 Maxwell Road

Home of Traffic Police

By Rachel Ng

On 25 November 2017, the Ministry of Law (MinLaw) unveiled Maxwell Memories, a public exhibition showcasing the heritage of 28 Maxwell. Used as the Traffic Police Headquarters (TP HQ) for 72 years from 1937-1999, the building was where generations of officers shared fond memories and a sense of warmth and familiarity. *Police Life* spoke to two former TP officers about their experiences living and working there.



Photographer: Ridhwan Ismail

75-year-old retiree Mr Noordin A Rahman, a former Deputy Superintendent of Police, knew 28 Maxwell more intimately than most. The building was not just where he worked, but also where he was born and had spent a good part of his childhood.

"I was born at unit number 17. My father was a Traffic Police officer. All married police officers then, stayed in the barracks here. I lived in the building with my father until about eight or nine years old."

According to Mr Rahman, the community within the barracks was tightly knit.

"It was an old building and we had common toilets. My family, about four or five of us, lived together in a one-room flat. It was communal living. Though we had individual kitchens, we occupied a common area. This allowed us to interact frequently with our neighbours," shared Mr Rahman.

He also recalled fond memories of playing with the children of other families in the building. ***"Us children, we flew kites from the rooftops. There was a hill where the Ministry of National Development building is currently situated, called Mount Erskine. We liked to climb the hill and look for cherries."***

"I knew the building by heart, because I was born there, it was my playground and that was where I used to live," added Mr Rahman.

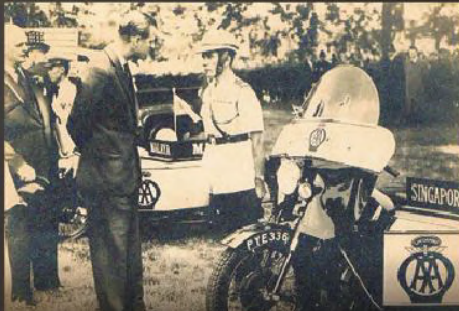


Photo courtesy of Mr Noordin A Rahman

Mr Noordin's father meeting Prince Philip in Hyde Park, London, in 1955.

Inspired by his father, who was a Mobile Squad Officer in TP, as well as his experiences in the National Police Cadet Corps, Mr Rahman joined the Force at the age of 19 in 1961. Four years later, he was promoted to the rank of an Inspector and was posted back to the place that he grew up – TP HQ. In that same year in 1965, his father retired, leaving Mr Rahman to continue his legacy. He even 'inherited' some of his father's paperwork!

After working in TP HQ, Mr Rahman went on to serve in other units including Central and Bedok Divisions, Police HQ, and the Police Academy. He ended his career at the place where he first started, in TP HQ as Head Operations in 1991. He eventually retired in 1997 at the age of 55.

The former TP HQ is currently in the midst of being refurbished as part of the expansion of the adjacent Maxwell Chambers, occupied by MinLaw. In a bid to preserve the rich heritage of the place, MinLaw collaborated with the Singapore Police Force and Singapore University of Technology and Design to feature the collective memories from police pioneers like Mr Rahman to showcase at Maxwell Memories.

Over 70 guests, including TP officers past and present, attended the launch of the exhibition at URA Centre. Also amongst them was pioneer female police officer Madam Lilian Lee, a former acting Sergeant who joined the Force in 1958.

Another familiar face in the police fraternity, Mdm Lee had served for 28 years in various departments, including, TP, "999" (Radio Division), Criminal Investigation Department (CID), Central Police Station and Paya Lebar Station.



Photographer: Ridhwan Ismail

According to Mdm Lee, there were very few female police officers during her time unlike today. As a result, they would often be assigned extra duties that only females could be tasked to do such as handling of female suspects during raids or public order incidents.

"When I was working in the CID records department, my boss would often ask me to stay back to accompany male officers on raids. Once I was called to attend to a case of factory workers on strike," recalled Mdm Lee.

Mdm Lee was posted to TP in the 1960s, where she worked as a ground officer. She loved the variety of jobs that the SPF offered, which allowed her to interact with people from all walks of life.



Photo courtesy of Mdm Lilian Lee

"Back then, I had to go around issuing summons and parking offences, and also control traffic. I also performed crowd control duties, for example, when famous actresses visited Singapore," quipped Mdm Lee.

While the event was a morning of fun and reminiscence as former officers reunited with old colleagues, it is the meaning that 28 Maxwell holds for its former occupants that will continue to stay close to heart – The Home of Traffic Police.