



**POLICE  
LIFE**

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# *Strengthening Our* **Frontline Capabilities**

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**Building the Blocks of Success  
The Force Behind Our Fire Power**

# Note from the Team

As we look back at the night of performances for the celebration of Singapore's 52nd birthday at the Marina Bay floating platform, let us not forget our officers who participated in the parade and worked tirelessly to ensure the safety and security of the spectators.

The dedication and commitment to safeguard our country continue as our officers strive to strengthen their tactical skills at the inaugural centralised First Responder Training.

Road safety is everyone's responsibility. At this year's Singapore Ride Safe Campaign, motorcyclists were reminded of the importance of practicing safe riding habits and donning protective equipment. Remember, "Gear Up, Ride Safe"! Let us do our part to protect ourselves and our loved ones.

Have an enjoyable read!

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# Building the Blocks of Success

By Denise Luo (Photographer: Chee Yong Tat)



Beyond the excitement and challenges that a policing career offers, it is the penchant for making a difference in people's lives that keeps Assistant Commissioner of Police (AC) Tan Tin Wee anchored in his mission. Recounting his experience as a "young and blur" Investigation Officer when he first started out, AC Tan has since accumulated a wealth of experience under his belt. Be it learning the knacks of security deployments or overseeing operations management, AC Tan has experienced it all.

As affinity would have it, AC Tan who was formerly the Commanding Officer of Geylang Neighbourhood Police Centre (NPC) returns to head the Bedok ('G') Division after some 13 years. Currently helming one of the busiest land divisions in the Singapore Police Force (SPF), AC Tan remains down-to-earth as he deftly balances sternness with an occasional air of levity.

### Enhancing Operational Capabilities

As many residential buildings and high capacity event venues are nestled in the eastern region, 'G' Division has embraced the various initiatives to strengthen frontline capabilities to meet the rising operational demands in light of the heightened security threat.

Besides the use of Police Cameras and MobiCams, a series of new frontline capabilities have also been introduced at the divisional level to tackle the onslaught of evolving crimes. Such capabilities include the formation of the Emergency Response Teams, the Cyber Crime Response Teams, the Crime Scene Squads and the Anti-Crime Strike Force Teams to provide swift and appropriate police response.

*"To further enhance SPF's capabilities, it is important to continuously gather feedback from officers about the various operational procedures. Through such feedback, procedures can be adjusted to better fit the ground, and new ways of working can be found,"* AC Tan elaborated.

To meet its mandate, 'G' Division is exploring fresh ways to expand its limited infrastructural capacity to cater to the addition of future operational capabilities. One of the challenges that AC Tan is facing is the need to refurbish the 26-year-old 'G' Division headquarters building so as to better support future capabilities and provide a more conducive working environment for his officers.

### Strengthening Community Partnerships

While AC Tan recognises the need to augment operational capabilities, he is also mindful of the importance of community engagement and advocates the strengthening of partnerships with the grassroots. In addition to leveraging social media platforms as an effective channel to reach out to the public on crime advisories, 'G' Division has also been working to expand established outreach platforms to widen their impact.

Launched in July 2015, the Vehicles on Watch is one of the division's most prominent community projects. Acting as additional "eyes" for the police to better fight crime, the initiative allows the police to view the car owners' in-vehicles cameras when crime strikes in their neighbourhood. To date, approximately 6,000 members have signed up.

Testament to the close collaboration that 'G' Division's NPCs have with their grassroots, the division has been accorded three gold awards and four silver awards in the Neighbourhood Watch Zone competitions – aims to create awareness on crime prevention. As part of the anti-scam campaign which aimed to educate the public on how to protect themselves from falling

victim to such crimes, the division has always sought creative ways to engage members of the public. From the anti-scam vending machines to digital kiosks and game boxes, the division's officers never fail to rake their brains for new outreach ideas.

*"On top of using billboard signage across the division to generate awareness on crime prevention, the division is currently exploring the possibility of building a SGSecure Reality Escape Room,"* quipped AC Tan. Through experiential learning, the division hopes to deepen the understanding of the SGSecure movement and better guide the community on what they should do in the event of a terror attack. This will help to reinforce the knowledge that residents acquired from the Emergency Preparedness Day exercises and SGSecure visits conducted by their Community Policing Unit officers.

### Unlocking the Keys for a Mission Effective Division

On top of keeping a pulse on the community, AC Tan strongly believes that every officer in the division plays a key role in achieving the Force's mission to prevent, deter and detect crime.

Acknowledging the importance of gathering "frank and honest" feedback from his officers as a means to facilitate organisational improvement, AC Tan makes it a point to understand their challenges by engaging them in regular dialogue sessions. A feedback corner has also been implemented as an additional channel for officers to share their views.

Above all, AC Tan also stresses on caring for and managing the morale of his officers. *"Besides ensuring that my officers' welfare is well-taken care of, it is also necessary to equip them with the right skills and equipment to help them discharge their duties effectively and efficiently,"* AC Tan said.

Having strengthened officers' physiological and psychological capacity, AC Tan also reminds us of the need to uphold discipline in the Force. *"Discipline is not only a key ingredient that sees us through our mission, it is also the fundamental element in maintaining public trust. Every case of misconduct or negligence undermines this trust,"* AC Tan asserted. Ultimately, it is a combination of all the aforementioned elements that will help boost the division's capacity to be mission effective.

### Finding your Passion

As the interview draws to a close, AC Tan, who is an avid fan of Star Wars and military history, urges aspiring officers to understand their passion before taking the plunge.

*"If you have the passion to serve, to make things right, to make a difference in other people's lives – there is no other job that will enable you to do this. If you are joining for the money – look elsewhere. You will find out very quickly that policing is really more than just a job, and whether your motivations for joining are right,"* AC Tan said.

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# Strengthening Our Frontline Capabilities

By Syam Roslan  
(Photos: Training Command)



As part of the Singapore Police Force's (SPF) plans to enhance its capabilities to deal with the heightened global security threats, the SPF has taken further steps to enhance its frontline response capabilities towards Public Security (PS) and Public Order (PO) incidents.

Held at the Training Command from 10 to 17 July 2017, the SPF's Frontline Policing Training Centre (FPTC) conducted its first ever centralised First Responder Training (FRT) and HKMP5 familiarisation training for Ground Response Force (GRF) officers from the six land divisions.

Through the use of scenario-based training to simulate various security incidents, frontline officers will be better trained and equipped to fight alongside the Emergency Response Team officers who are part of the first line of response towards a terror attack.



## Not a Walk in the Park

Officers who went through the training described it as a "grueling" experience. As part of their training, officers had to put on both their Personal Protection Equipment (PPE) which included a mask, neck and groin protection as well as their Standard Assault Gear (SAG) consisting of ballistic helmet and ballistic vest during the PS exercises.

During the exercise, the officers had to systematically comb through a three-storey building room-by-room to take down the 'perpetrators'. As the PPE and SAG are not part of their normal operational attire, it made their training even more physically demanding as the officers had to adapt to the weight of the gear and the difficulty of breathing through the mask.



Despite the challenges, the officers took it in their stride and appreciated the importance of such training. One of the course participants, Station Inspector Norleen from Pasir Ris Neighbourhood Police Centre said, "This course was timely and necessary, given the real security threat today. As a first responder, this course built up my confidence and taught me how to effectively defuse a PS or PO threat".

## More Fire Power

In addition to the FRT programme, the officers were also introduced to the HKMP5 weapon, a 9mm submachine gun currently used by the ERT. The training aimed to familiarise the frontline officers with the weapon so that they are able to operate it with confidence when the need arises.



## More Sessions in the Future

Following the success of this inaugural FRT programme, the FPTC will be conducting more runs of the course with eventual plans to enroll all GRF officers to attend the course annually. Inspector Molly, a senior FRT trainer in FPTC mentioned, "I am encouraged by the positive feedback from the course participants. I believe the centralised FRT will be an effective platform for frontline officers to keep abreast of the latest tactics and continue sharpening their competencies."



As the SPF continues with its endeavor to enhance its capabilities to deal with the dynamic criminal landscape, the public can be assured that the SPF is confident in upholding the safety and security of our nation.

*"With the heightened global security threat, it is crucial that frontline officers are trained to deal with such threats effectively. The centralised FRT imparts officers with knowledge on the concept of operations, rules of engagement and techniques to deal with public security and public order situations. Real-time and realistic scenarios pushed us to think fast and make split-second decisions yet always being mindful of our mission. Having attended the training, I am more confident to lead my team during an emergency."*

- ASP Tan Yong Zhi  
Team Leader 'A', Tuas Checkpoint  
Jurong Division

# Swift Apprehension of an Unauthorised Credit Card User

By: Hadi Hafidz  
(Photographer: Hasif Mohd Ismail)

On 17 March 2017, a police report was lodged after a victim detected an unauthorised transaction through a Short Message Service notification. The victim's credit card was believed to have been used for several online purchases which amounted to about S\$1,200.

Upon receiving the report, Investigation Officers from the Central Division began working on the leads to establish the identity of the suspect. Within two hours from the lodging of the report, the officers were ready with a plan to ambush the suspect.

The officers proceeded to stake out along Hougang Avenue 3. About an hour later, the breakthrough came when the suspect was finally spotted in the vicinity. Officers surrounding the area closed in, and the suspect was swiftly apprehended and escorted back to Central Division for further investigations.

It was revealed that the suspect had taken snapshots of the credit cards he handled during the course of his work and subsequently misused the credit card details to make unauthorised online purchases.

The suspect was eventually charged in court on 18 March 2017 under the Computer Misuse and Cybersecurity Act.



**Members of the public are advised to adopt the following measures to minimise the likelihood of compromising personal credit card information and the fraudulent usage of such details:**

### SAFEKEEP

Save your receipts to compare with the bank statement.

### REPORT

Report any suspicious transactions to the card issuer immediately.

### ALERT

During a transaction, keep an eye on your card. Make sure you get it back before you leave.

### CHECK

Open your bills promptly, or check them online regularly, and tally them with the purchases you have made.

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# The Real Life Practical

By Md Falliq  
(Photo: Police Coast Guard)



When we were students, many of us would recall hearing our teachers repeatedly reminding us to pay attention during lessons. On 7 August 2017, a group of Police Coast Guard (PCG) officers proved that it pays to do so.

While on their way to attend an Emergency Medical Technician (EMT) course at the Home Team Academy (HTA), a group of PCG officers caught sight of a semi-conscious man who was vomiting by the curb.

**"We were just two bus stops away from HTA when we drove past a man who appeared to be unwell and was vomiting by the curb,"** recounted Senior Staff Sergeant (SSSgt) Mohd Faizal, one of the seven PCG officers present at the scene.

**"We were actually in the last lap of our six-week course, of which three weeks were dedicated to practical sessions. When we saw the man in that condition, it came instinctively to all of us to pull over and render our assistance,"** said SSSgt Faizal.

Though their medical kits were not with them, they sought alternatives to assist the man. SSSgt Faizal's colleague, Staff Sergeant (SSgt) Muhd Syahrudin took the lead.

**"As we did not have our medical kits with us, it was important for us to ensure that the man stayed conscious until the ambulance arrived. We probed about his medical history and constantly checked on his breathing and pulse as that would not only provide paramedics with**

**vital information about his condition, but also served as a means to keep him conscious,"** explained SSSgt Syahrudin.

Teamwork is important. While the other officers were busy attending to the man, their colleague Sergeant Raikhan called for an ambulance. To ensure that there was no traffic obstruction, another officer, SSSgt Hairullizan took the initiative to shift his car away. Such actions may seem simple, but it is the team spirit which the officers exemplified that is commendable.

Throughout the incident, the officers constantly supported one another by taking on different roles to ensure the well-being of the man. Besides helping to calm each other's nerves, it was useful for them to constantly remind one another of the next emergency procedure to follow before the arrival of the paramedics. The man was eventually conveyed to Ng Teng Fong Hospital where he received treatment for severe dehydration.

Though this group of officers were without their medical kits, they applied the knowledge acquired from the EMT course and experience working as police officers to step forward to help others in their times of adversity. Owing to their commitment to help and serve others who are in need, a precious life had been saved.

**"When we joined the Force, we took an oath to protect life and property. That is why whenever you are faced with situations that require to act out the oath, you rise to the challenge and execute it to the best of your ability,"** reiterated SSSgt Faizal.

## Happenings



### The SPF Bags 41 Medals at the 17th World Police and Fire Games 2017

On 6 August 2017, officers from the Singapore Police Force (SPF) brought home a total of 41 medals at the 17th World Police and Fire Games 2017 (WPFPG) which was held in Los Angeles. Led by the Police Sports Association Vice Chairman, Assistant Commissioner of Police Lee Su Peng, 68 officers competed in 12 sports where they clinched 19 Gold, eight Silver and 14 Bronze medals. Notable achievements include our golfers winning two Gold medals at their very first WPFPG, our volleyball team that emerged champions after losing their first game, and our shooting team that won the most number of medals for a single sport.



### National Day Observance Ceremony 2017

The National Day Observance Ceremony 2017 was held on 8 August 2017 at the Home Team Academy. Over 600 officers witnessed this event in celebration of Singapore's 52nd birthday. The ceremony was graced by Commissioner of Police Hoong Wee Teck and Deputy Commissioner of Police (Operations) Lau Peet Meng. During the ceremony, 17 officers from the various units led the recitation of the pledge before the screening of the Minister's National Day Message by Mr K Shanmugam, Minister for Home Affairs and Minister for Law. The highlight of the event included a cake cutting segment where officers whose birthdays fall in the month of August as well as those born in 1965 were invited on stage alongside past and present representatives of Police National Servicemen and National Day Parade Police Contingents' key appointment holders.

# In Pictures National Day Parade 2017

By Md Falliq  
(Photographers: Chee Yong Tat and Ridhwan Ismail)

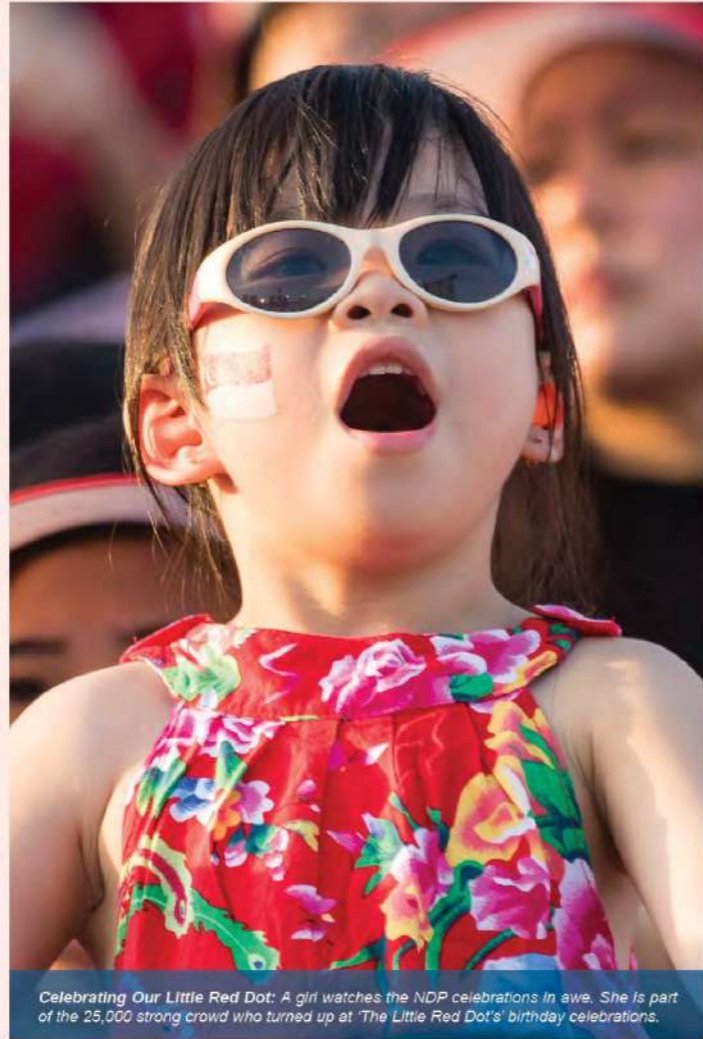
In a sea of red and white at Singapore's biggest birthday bash, one particular group stood out – our men in blue. Catch our officers in action as they demonstrate the Singapore Police Force (SPF) counter-terrorism capabilities during the show segments and see how they work tirelessly to ensure the safety and security of the 25,000 spectators who were present at the 52nd National Day Parade (NDP) held at The Float @ Marina Bay.



**Excuse Me Sir:** Officers from the Public Transport Security Command attending to a member of the public's query. They are part of a huge team of officers deployed for crowd management and security coverage at the nearby train stations.



**Keeping an Eye:** Our Special Operations Command officers patrolling and keeping a lookout for suspicious persons. Security measures were beefed up around the surrounding areas as the NDP celebrations is gazetted as a 'special event' under the Public Order Act.



**Celebrating Our Little Red Dot:** A girl watches the NDP celebrations in awe. She is part of the 25,000 strong crowd who turned up at 'The Little Red Dot's' birthday celebrations.



**Fire Away:** The SPF's Guard of Honour contingent firing their guns during the Feu-de-joie or Fire of Joy to celebrate our nation's birthday. They are part of the 31 marching contingents representing the five pillars of Total Defence during the NDP 2017 parade and ceremony segment.



**A Moving Performance:** Bagpipers from the SPF Women Police Pipes and Drums (WPPD) performing during the largest NDP military tattoo performance to date. This is the WPPD's first ever participation in an NDP military tattoo performance.



**The Formidable Team:** Our Emergency Response Team (ERT) officers guarding the hostages after their successful neutralisation of the terrorists. The ERT was commissioned on 6 June 2016, complementing the Ground Response Force in responding to terrorist attacks. They form an additional level of tactical force to SPF's initial response to terrorist attacks.



**Men in Black:** Officers from the Rapid Deployment Troops showcasing their counter-terrorism capabilities during the D3 – Dynamic Defence Display, a simulated terrorist attack segment.



**You Are In Safe Hands:** A young girl rescued by our ERT officers after successfully neutralising the terrorists during the D3 segment.



**You Are No Threat to Me:** ERT officers ready to neutralise the terrorists during the simulated terror attacks. It is ERT's first appearance in this year's NDP D3 counter-terrorism segment.



**Celebratory Lights:** The fireworks display, the most anticipated segment of the celebrations, marks the end of the 52nd NDP celebrations.





## My View — I am Patrol Escort Tactical Response Vehicle

By Darwisyah Daud  
(Photographer: Mohamaad Hafeez)



Despite the temperature hitting a high of 36 degrees celsius in the afternoon, I stood steadfast in the stadium with my fellow brothers-in-blue, the Divisional Tactical Team (DTT) officers. Under the sweltering heat, the DTT officers, clad in their anti-riot gear with batons and shields, paced themselves to form a beeline in their tactical stance as I slowly transformed into a barricade – setting up a stronghold for the DTT officers.

Due to the dismal results of the football match, the uproar intensified into a mayhem as a group of disappointed fans swelled into a crowd.

I am a specialised vehicle for transporting DTT officers to quell riot situations. My trusted companion, the barricade fence, supports my mission of protecting my fellow DTT officers.

From afar, I could see the seething cauldron of angry mob losing control as they started hurling plastic bottles, cans and expletives at the officers. I felt ill. There was a dreaded feeling in the pit of my stomach.

The Police Tactical Troops from the Special Operations Command soon arrived at the scene, swiftly putting an end to the chaos and arrested the rioters – the crowd was brought under control and hundreds of onlookers slowly dispersed.

Who am I? I am Patrol Escort Tactical Response Vehicle, ready to protect my fellow DTT officers from harm!

Be it rain or shine, I am always prepared to execute my duty to protect and shield my brothers-in-blue from projectiles. Heard enough? Perpetrators beware!

## Vigilant Bank Staff Foils Impersonation Scam

By Darwisyah Daud  
(Photographer: Chee Yong Tat)

In recent years, police impersonation scams have been on the rise. Some of these impersonation scams involved victims being deceived into becoming money mules. To prevent more of such cases from happening, it is imperative for the Singapore Police Force (SPF) to work closely with the community to raise awareness on such crime.



In this issue, *Police Life* shares with you how three vigilant employees from the Overseas Chinese Bank Corporation Limited (OCBC) Paya Lebar Square Branch prevented a 55-year-old man from becoming a victim of a police impersonation scam.

The victim was first contacted by an "Interpol officer" who informed him that he was allegedly involved in money laundering activities and was told to

provide his banking credentials for investigation. He was also coerced by the "Interpol officer" that should he not comply to the demands of the "Interpol officer", he would be arrested and imprisoned for money laundering charges. In order to exonerate from all charges, the "Interpol officer" told the victim to cooperate with "Interpol" by withdrawing and handing over a large sum of money in his bank account. Thereafter, the "Interpol officer" told

the victim that these monies were proceeds of crime and he instructed the victim to pass them over to another "undercover officer".

Fearing the repercussions, the man headed to the OCBC Paya Lebar Branch to do as what he was told. Mr Victor Lo who was the bank teller attending to the victim became suspicious when the victim requested to make a cash withdrawal of over \$36,000 "in the largest possible denomination" in cash. When Mr Lo probed the man on his purpose for the large cash withdrawal, the man replied that he had borrowed the money from a friend to buy a car, but was unable to provide any supporting documents. That further raised Mr Lo's suspicion and he proceeded to alert his senior colleagues, Ms Catherine Kueh and Ms Gina Chung, as clearance was required for large amounts of cash withdrawal. Despite the pressure from the situation, the trio were able to maintain their composure and stalled the transaction while waiting for their Fraud Risk Management team to

make the necessary checks across the victim's transaction records.

The checks revealed that the money had been transferred into the man's account just hours before and there was an unusual spike in his bank account balance. The Fraud Risk Management team then advised Ms Kueh to stop the transaction and they immediately notified the Police. The Investigations Officer Investigations officer who was on duty advised the victim to lodge a report.

For their quick-thinking and assistance in foiling the scam, the three OCBC staff each received a certificate of appreciation from the Criminal Investigation Department on Tuesday, 29 August 2017. This episode bears testament to the significance of community cohesion and partnership with the police to keep Singapore safe and secure.

Thank you to all members of the public who have assisted the SPF in our mission to prevent, deter and detect crime!

Members of the public are advised to adopt the following measures to reduce the risk of falling victim to an impersonation scam.

### What to Look Out for

- Be wary of calls from people claiming to be officials, especially those from foreign countries.
- Know that official agencies would not ask you to make payments over the phone.
- Be suspicious of callers who do not give you enough information about themselves to verify their identity.



### How to Protect Yourself

- Do not follow the caller's instructions.
- Refrain from giving bank details, credit card numbers, One-Time Password codes from tokens or passport numbers to strangers over the phone.
- If you have any information related to such crime, please call the Police hotline at 1800-255-0000, or submit the information online at [www.police.gov.sg/iwitness](http://www.police.gov.sg/iwitness).
- Call '999' if you require further police assistance.

# Safeguarding Our Motorists Every Day

By Syam Roslan (Photographer: Ridhwan Ismail)



In conjunction with the Singapore Bike Show 2017, the Traffic Police and the Singapore Road Safety Council launched the Singapore Ride Safe 2017 campaign on 19 August 2017 at the Singapore Expo Hall 5. Graced by Guest-of-Honour, Mr Amrin Amin, Parliamentary Secretary, Ministry of Home Affairs and Ministry of Health, the campaign aims to educate and remind the motorcycling community on the importance of safe riding habits.

out to delivery companies to encourage them to equip their riders with the necessary protective riding gear. Companies such as McDonald's and Foodpanda have shown their continuous support by pledging their commitment to provide protective riding gears for their riders. They have since equipped their riders with protective wear and made visibility enhancements to their gear.

Aptly coined as 'Gear Up, Ride Safe', this year's theme serves to reinforce two major aspects of road safety. 'Gear Up' reminds motorcyclists to put on the right protective gear before riding. 'Ride Safe', on the other hand, aims to inculcate good riding habits in motorists including maintaining safe braking distances, steering clear of larger vehicles' blind spots and using designated rain shelters when it rains.

To further promote the use of protective riding gear, local football stars such as Fandi Ahmad, Nazri Nasir, Noh Alam Shah, Aleksandar Duric and S. Subramani strutted along the 'runway' with protective leather jackets and boots to show that such gear can look just as stylish when donned.

In addition to spreading awareness on safe riding habits, the campaign also reached

As motorcyclists remain the most vulnerable road users, it is imperative to remind them of the importance of donning protective gear and practising good riding habits to protect themselves on the road. Let us all do our part to 'Gear Up' and 'Ride Safe' for ourselves and our loved ones!



# Speech by Dr Goh Keng Swee, Minister of Defence

at the Closing Ceremony of the Carnival Held in Jalan Kayu on Thursday, 18th August, 1966 at 8 P.M.



The celebrations to commemorate our first National Day are now coming to a close. Tonight, we are attending the closing ceremony of the People's Action Party (PAP) Jalan Kayu Branch carnival. Throughout this period, in every corner of Singapore, people have celebrated their National Day with great joy and energy. The morale of our citizens has gone up and we can face the future with confidence.

So, on this occasion, as we mark the conclusion of our celebrations by the closure of this Carnival, I am sure that the people of Singapore would want to voice their thanks to the Singapore Police Force for the splendid work that they have done.

In this way, our citizens are protected by the law. But the law also gives criminals certain rights of defence. If the police fail to provide adequate evidence, then the criminal will be discharged. In the work of collecting evidence, the police must depend on the co-operation of eye-witnesses who are, of course, the ordinary citizens of Singapore.

Throughout all these celebrations, there is one group of people who did not celebrate. They did not celebrate, not because they have listened to the propaganda of the anti-national Barisan Sosialis, whose boycott call has failed completely. These people did not celebrate because they were working extra time.

The police force is no longer a colonial police which is an instrument of colonial rule. The police force belongs to the people of Singapore and it is trained and discipline to protect them from criminals and evil doers.

Therefore, the citizens of Singapore must co-operate with the police force if they want to reduce crime. They must always be willing to give evidence to the police even when they are not asked. In this way, the conviction of criminals is more certain, thereby making our society safer for everybody.

Who are these people? They are none other than our respected police force. For the police, National Day celebrations have meant more work in protecting the people, in controlling traffic, safeguarding processions and so on. All this additional work our police have done well and, unlike some trade unionists, they do not receive treble pay for working on Sundays and public holidays. In fact, they only receive their normal pay and do not even get overtime.

Our police force works under strict discipline. Its actions are regulated by law and no police officer has the authority to do anything outside the limits of the law. When he arrests a suspected criminal the police have no power to punish the criminal. All the police can do is collect evidence of the criminal's activities and produce it in a court of law. The criminal is given every opportunity under the law to refute the allegations. It is only after the police has succeeded in convincing the judge by the weight of evidence that a criminal is punished. And the punishment is decided not by the police but by the judge.

So let us remember that the Singapore Police Force is the Friend of the citizen, the Protector of the people and the Defender of the Republic. Let us on this occasion remember the valuable services that they have rendered our society and convey to them our sincere thanks.



# The Force Behind Our Fire Power

By Hadi Hafidz  
(Photographer: Ridhwan Ismail)

To keep Singapore safe and secure, our police officers need to be equipped with the right firearms for them to perform their duties effectively. In order to provide our frontline officers with effective firearms to deal with the dynamic criminal landscape, there is a group of officers who are working tirelessly behind the scenes to achieve this mission. In this edition, *Police Life* sheds insights on the man behind such work, Force Armament Officer (FAO), Station Inspector (SI) Fang Kin Pheng.



As an FAO, SI Fang is responsible for the acquisition of new models of firearms and ammunition so as to ensure that the Singapore Police Force (SPF) is effectively equipped to upkeep its mission of safeguarding Singapore every day. Acquiring them, however, is a complex and tedious process which involves long hours of research, conducting market surveys, drafting of technical specifications, and putting up evaluation and trial reports.

In addition, SI Fang also assists in the issuance of firearms and ammunition for the operational units. This aspect of his job ensures that the operational units have sufficient, safe and reliable equipment for their operations and training.

SI Fang further emphasised that the use of good quality firearms and ammunitions are of paramount importance. If there are any mishaps with their firearms, it could be a matter of life and death for our officers when they are executing their duties.

#### Teamwork is of Essence

SI Fang further shared that his work would have been more challenging if not for the Police National Service (PNS) officers who supported him in inventory control and assisting him with the issuance of weapons and ammunitions.

**"The high level of efficiency and responsibility demonstrated by the PNS officers is especially critical during the peak periods when there are operational exercises. This is when respective units would request for loan of a large quantity of training firearms and ammunition. There is no room for error when firearms and ammunition are concerned,"** elaborated SI Fang.

#### The Sense of Accomplishment

Although SI Fang works behind the frontlines, he is acutely aware that his job is of critical importance in supporting the SPF's mission of preventing, deterring and detecting crime. SI Fang always has a great sense of achievement when operations are carried out smoothly as he understands the importance of logistical support in law enforcement operations and training.

**"I always feel happy when there are no negative feedback regarding the firearms and ammunition from officers on the ground. This is testament to the commitment that I have put in for my work,"** shared SI Fang.

Owing to the dedicated efforts of FAOs such as SI Fang, the SPF will always be prepared and well-equipped to safeguard Singapore every day.



# Savouring the Journey of Challenges

By Darwisyah Daud  
(Photographer: Hasif Mohd Ismail)

In this issue of our healthy lifestyle series, *Police Life* caught up with Inspector (Insp) Lam Wai Kit, to find out how triathlon has been a driving force that helps him overcome life challenges and constantly pushes him to perform to the best of his abilities, be it in competitions or at work.

#### Memento of Achievements and Accomplishments

Triathlon is a multi-discipline sport that challenges one's physical and mental limits. To be a triathlete, one has to be able to handle all the physical and mental demands from the combination of three sports in one event - swimming, cycling and running. Ever since his first triathlon competition in Malaysia eight years ago, Insp Lam became more driven towards scaling greater heights in the sport. Back in 2012, Insp Lam represented Singapore in the World University Triathlon Championships. As a national triathlete, he has won a string of accolades from tournaments such as Thailand Tri League Series, Pattaya, Duathlon and other overseas competitions. His sheer dedication and commitment towards the sport paid off when he emerged victorious in the gruelling Philippines Duathlon Series 2017, Leg 3 Duathlon Male 25 to 29 Age Group category.



#### Valuable Benefits

Owing to the combination of different exercises involved in a triathlon, it not only helps to tone up your overall physique but also trains and pushes one's endurance level. **"You will be surprised at how much you can handle and it also provides a better sense of awareness towards your body, which will in turn help you in all aspects of fitness,"** he quipped.

Despite his heavy work commitments as an Investigation Officer (IO) at the Jurong Division, Insp Lam continues to train diligently. During his days off, he will train intensively for an average of an hour before heading home to recuperate from his gruelling training sessions. From his training sessions, he not only gained physical strength but also mental resilience, which is his key strength in helping him meet the demands of his job.

In parting, Insp Lam hopes to inspire and encourage more officers to take up the challenge and join him to savour the journey of challenges.

**"The opportunity to overcome your weakness and fear is one of the best benefits of triathlon training. Dare to dream and live life to the fullest. Enjoy the sport and the challenges it presents,"** he added.



**"The opportunity to overcome your weakness and fear is one of the best things of triathlon training. Dare to dream and live life to the fullest. Enjoy the sport and the challenges it presents."**  
- Insp Lam's message to officers who is taking up triathlon to lead a healthy lifestyle.



# One of Us

## **Hi I am...**

Assistant Superintendent of Police Bernice Low, an Investigation Officer (IO) with the Investigation Branch of Central Division. I have been in the Force for two years.

## **An interesting part of my job...**

As an IO, I get to be involved in various types of cases, which also gives me the opportunity to meet people from all walks of life. Through my work, I learnt more about the challenges in life and it helps me better appreciate how my efforts make a difference to the lives of my family, my friends and Singapore's peace and harmony.

## **When I am not at work, I enjoy...**

Taking part in various sports such as netball, ultimate frisbee, kayaking and running. Such activities are good opportunities to catch up with friends and pick up new skills. A good workout always refreshes me and helps me cope better with the day's challenges.

## **When did you first started to be active in sports?**

I became active in sports in my secondary school days. I was the captain of the track and field team. I went on to represent my Junior College in basketball and ultimate frisbee. I was never particularly good at a sport, but I enjoy picking up new sporting skills along the way. My latest interest is dragon boating and I am really enjoying it because of the teamwork involved.

## **I believe in...**

Maintaining good health and fitness makes one a happier individual. Although it can be challenging to find time amidst the hectic schedule, I believe it is all about self-discipline. If you set your mind on achieving the tasks, you can do it!