

POLICE
LIFE

THE SINGAPORE POLICE FORCE MAGAZINE

2022 / ISSUE 3



Our Mums in Blue!

CONTENT SPOTLIGHT



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NS55: Generations of Strength

This year, Singapore commemorates 55 years of National Service (NS). Read on to find out more about the NS55 commemoration and have a look at how Full-time Police National Service (PNSF) officers are trained to safeguard Singapore through the Police Officers' Basic Course! Hear from Trainee Special Constable Muhammad Firash Aiman Bin Faisal, the PNSF officer who won the Best Trainee and the esteemed Statuette Award in 2022, as he shares about his NS experience and journey.



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Police Workplan Seminar 2022

'Policing with a Heart, Impacting Lives with our Partners' is the theme for the Police Workplan Seminar (WPS) 2022. The WPS 2022 unveiled the Singapore Police Force's (SPF) initiatives to expand its scam-fighting capabilities, enhance the management of sexual crime and family violence cases, and strengthen collaborative partnerships to enhance victim care. Read about these initiatives and how they help keep Singapore safe and secure with a heart!



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Community Partnership Awards Ceremony – The Fight Against Scams!

Aptly themed 'The Fight Against Scams!', the SPF's Community Partnership Awards Ceremony was held on 7 April 2022 to recognise the efforts of its community partners and strategic stakeholders in combating scams. A total of 75 individuals and 45 organisations were presented with the awards to recognise their commitment and contributions to detecting and preventing scams.



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Our Mums in Blue

As part of *Police Life's* special Mother's Day feature, take a peek into the lives of three crime-fighting mums in blue, as they share with us about the joys of motherhood and how they balance it with their work commitments.

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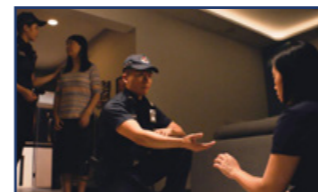
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Let's Get Social!

Domnic Dass

Check out the Singapore Police Force's Facebook page to find out the latest happenings! Here are some of the highlights for the months of February and March 2022!

Singapore Police Force posted an episode of **Fall In**.
February 19 · 🌐

"FALL IN!" Episode 1 – Enlistment in SPF

For all guys out there, do you still remember what happened on your enlistment day? In the opening episode of "Fall In", we will show you what our Police National Service (PNS) enlistees go through on enlistment day. Hear what the fresh batch of enlistees and their parents have to say about the beginning of the PNS journey! Feel free to share with us those unforgettable moments on your enlistment day too!

#FALLINSPF
#safeguardingeveryday
#singaporepoliceforce



Zulfadli Isa and 852 others · 157 comments · 344 shares · 24k Views

Linda Chee
I am always proud of our SPF police and NS one too kudos 🙌
Like Reply 10w · 3

Mark Labu
Your are the best SINGAPORE POLICE ... best regards from SABAH 🙌
Like Reply 10w

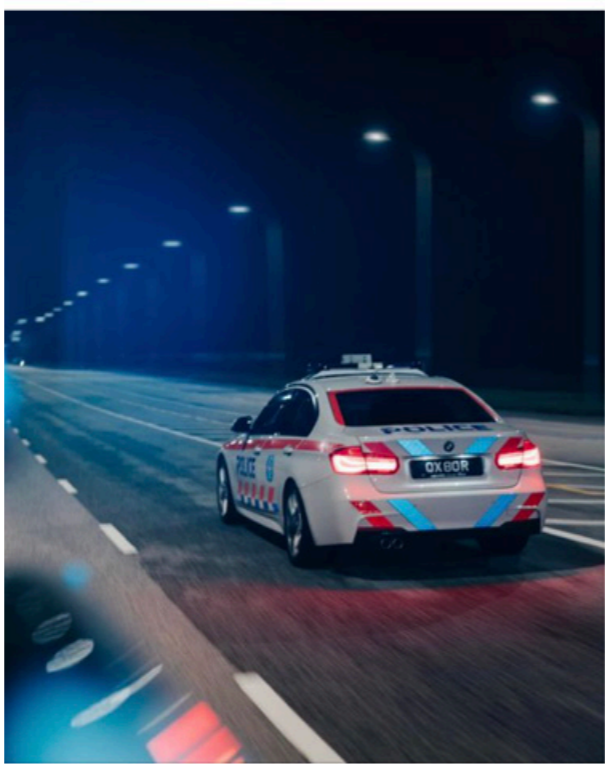
Dvhine Djazgabviel
Kudos to all Police officer ❤️ Godbless and keep safe always 🙌
Like Reply 10w



Singapore Police Force · March 3 · 🌐

"Justice. The answer is justice."
We may not be superheroes nor do we drive batmobiles. But what we do have is the passion to preserve law and order and ensure that justice prevails. 🚔
Photo by: Naveen Raj

#singaporepoliceforce
#safeguardingeveryday
#thebatman



2.2K · 197 Comments · 332 Shares

Janet Ong Chi Huey
Good job 🙌 Home Team...
Like Reply 8w · 5

Marcus Chen
Nice to see our Highway Patrol in action! - from a Police car Fan!
Like Reply 8w · 2

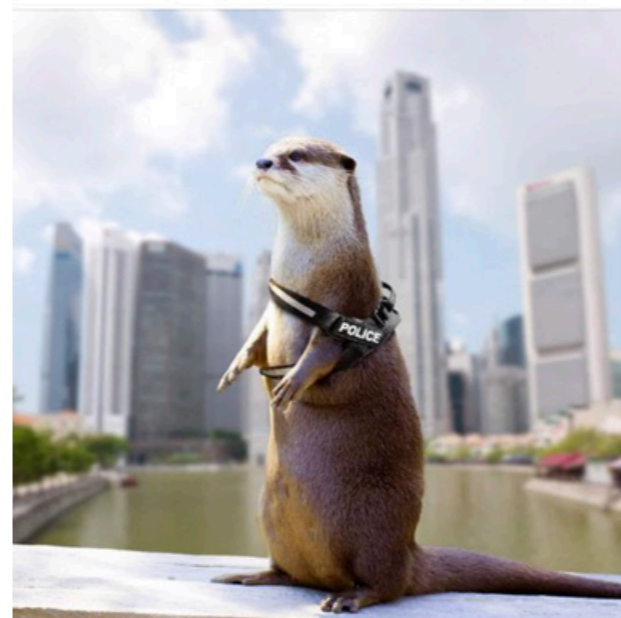
Vighneswaran Supiah
The protectors of the Lion city, your efforts to protect will always be appreciated. Crime prevention is everyone's duty. Thank you.
Like Reply 8w



Singapore Police Force · March 11 · 🌐

Who helped the otters cross the road? 🦫 #IYKYK
Always keep a lookout for the safety of motorists and 'otter' road users 🙏
Stay safe on the roads. Have a good weekend ahead!

#singaporepoliceforce
#safeguardingeveryday
#useyourroadsense



2.7K · 151 Comments · 358 Shares

Shan Cheng
❤️ Loving this!
Kudos to our #singaporepoliceforce social media team! 🙌
Like Reply 7w

Chris Tay
This is cool. And we thank you, dear officers
Like Reply 7w

Sophia Danial
omg so freaking cute! is the belt available lol
Like Reply 7w



Singapore Police Force · February 25 · 🌐

My Duty. My Calling: Sgt Al-Asyraf

Being a police officer makes me feel as though I'm always in uniform. Like I'm naturally in a state of mind where I'm constantly being vigilant. I think it's a good thing. That day on 27 Feb 2021, my two friends and I were at the hotel swimming pool celebrating one of our birthdays. We were chilling at the poolside when I noticed a few kids were playing at the other end of the pool with the adults. I have a young nephew at home, so I tend to be more aware when kids are involved. I then noticed at the corner of my eye something pink at the bottom of the pool. Curious, I waded closer and it only dawned on me when I saw a little girl's motionless arms and legs. Just then, I heard one of the adults asking where the girl went. Without second thoughts, I quickly dove into the pool to reach out to the girl, and one of the adults helped pull her out of the water and carry her to the bench. As the family members dialled for an ambulance, I quickly attempted to do CPR on her. I remembered myself shaking when doing the compressions but I quickly composed myself as I had to stay absolutely focused on the task. To my relief, she eventually expelled out the water from her mouth and started breathing. The CPR compressions only lasted a minute but that moment felt like a whole millennia to me and her family members.



FEATURING: SGT AL-ASYRAF
"I remember myself shaking when doing the compressions but I had to stay absolutely focused on the task."

373 · 44 Comments · 36 Shares

Denise Leong
Respect u... keep it up 🙌
Like Reply 9w

Desmond Tan
that is our always motto of courage in play not forgetting on off days u r in your blue uni and always keeping out for small details.. kudos to u
Like Reply 9w



NS55

GENERATIONS OF STRENGTH

 Domnic Dass & Justin Leong  Ministry of Defence & Singapore Police Force

National Service (NS) has been the cornerstone of Singapore's defence and security since it was introduced in 1967. To date, more than one million male Singaporeans have served NS and this defining experience bonds many of them from different backgrounds across generations over the years. In 2022, the Singapore Armed Forces (SAF) and the Home Team (HT) commemorate 55 years of NS. Read on to find out more about the NS55 commemoration and have a look at how Full-time Police National Service (PNSF) officers are trained to safeguard Singapore through the Police Officers' Basic Course (POBC)!

NS55 – Commemorating 55 years of NS

On 26 March 2022, Senior Minister of State, Ministry of Defence and Ministry of Manpower Mr Zaqy Mohamad announced the start of a year-long celebration for "NS55" - in recognition of the contributions of the more than one million past and present national servicemen from the SAF and the HT since NS started in 1967.

At the NS55 launch, Mr Zaqy Mohamed emphasised the critical role of NS in safeguarding Singapore's sovereignty. "We have stood up NS for 55 years, where more than a million Singaporeans have served, and we want to recognise them for their contributions," he said. He further stated, "We are also thankful for the support of their families, employers and the community because the sacrifices made are not just theirs alone."

"Generations of Strength" is the theme for NS55, which reflects the collective resolve and dedication of our national servicemen across generations, who have contributed to the defence and security of Singapore, inspiring Singaporeans to continue building a stronger Singapore.

The Introduction of Full-time Police National Service

The first batch of NS officers was enlisted into the SAF in 1967. In the same year, part-time Vigilante Corps and part-time Special Constabulary forces were established within the SPF. However, it was eight years after the introduction of NS that the first intake of PNSF officers was enlisted on 24 July 1975. Through the years, generations of PNSF

officers have continued to support and play an important role in keeping Singapore safe and secure.

Let's take a walk through the Home Team Academy's Training Command (TRACOM) to learn more about what PNSF officers go through during their POBC to become effective 'Everyday Guardians'.

Rite of Passage

The POBC is an initiation to the SPF, a rite of passage every SPF officer, including PNSF officers, must go through. POBC aims to equip all new enlistees with the basic policing skills, knowledge and values of a Police Officer. Let's check out some of the key components of the POBC!

Physical Training

Physical and mental fitness are quintessential criteria for Police officers to carry out their duties effectively. PNSF officers have to go through rigorous training such as



circuit training, high-intensity interval training (HIIT), camp runs, swimming, pull-ups as well as recovery, stretching & flexibility programmes, to build stamina and improve fitness. As part of their physical training, the PNSF officers are also tested in three core areas for their Individual Physical Proficiency Test (IPPT), which are Push-Ups, Sit-Ups and 2.4 kilometre run.

Foot Drills

Foot drills are one of the key components of POBC that PNSF officers must go through. It is a form of discipline training which instills the mindset for precision, alertness, urgency, attention to detail, and readiness to obey and respond to orders promptly. Foot drills also develop and strengthen the *esprit de corps* within the squad. During ceremonial parades, foot drills are displayed in the form of precision movements and to showcase the high standard of discipline in all trainees.

Weapon Handling

To prepare them for operational duties after completing the POBC, PNSF officers will undergo firearms training and are taught shooting techniques and procedures in handling firearms such as the Taurus M85 revolver.



PNSF officers will also go through a 'Use of Force' simulator, where they will respond in pairs to incidents and practice the use of force options.

Police Contact Training

Another essential component of a police officer's training is Police Contact Training (PCT). The PCT equips PNSF officers with self-defence tactics together with Straight Extendable Baton training, to enable them to handle a myriad of situations which they may encounter in their line of duty. During PCT, PNSF officers are trained to consider the proportionality of force to be applied *vis-à-vis* the perceived threat posed by suspects, including the safety of



the general public and their fellow officers, as well as the safety of the subject on which force is to be applied.

Police Standard Obstacle Course

The Police Standard Obstacle Course (PSOC) is a form of training that simulates real-life obstacles that police officers may meet while carrying out their duties. The PSOC is designed to build up physical fitness and agility, based on frontline police officers' operating environment.



Classroom Training

Apart from physical training, PNSF officers are also trained in policing knowledge through classroom lessons, discussions and case studies, where they learn more about Criminal Law, Community Policing, Patrol duties as well as Police operations and procedures. This ensures that they are competent and operationally ready upon completion of the course.

An Outstanding PNSF Officer

On 21 April 2022, TRACOM held their first physical passing out parade in almost two years for the 186th NS Intake due to the COVID-19 pandemic. At each intake's graduation, two awards are presented - The Best Trainee Award and the prestigious Statuette Award. The Best Trainee Award is presented to a PNSF officer who topped his squad in terms of total marks attained for his training - Professional Studies, Operational Fitness, Peer and Supervisor Appraisal. The Statuette Award is only presented to one PNSF officer who topped the whole intake in the above scoring criteria. *Police Life* (PL) spoke to Trainee Special Constable (TSC) Muhammad Firash Aiman Bin Faisal – the PNSF officer who won the Best Trainee Award and beat 14 other Best Trainee recipients to win the Statuette Award. We hear from TSC Firash as he shares about his POBC journey, achieving the awards and what NS means to him!



As a Squad IC, you need to lead and handle all squad related interpersonal issues, such as morale and teamwork. It was a good thing that I was from a uniform group previously while in school, hence I was able to apply those skillsets and knowledge of leadership learnt previously to handle the challenges. Again, none of this would be possible without the tremendous peer support from my squadmates.

PL: How does it feel to receive the two prestigious awards?

TSC Firash: I had a great amount of support from my family, fellow squad mates, Course Managers (CM) and Fitness Instructors throughout my POBC. I did not expect to clinch any award. It was my CM, Senior Station Inspector Mohammad Jufri Bin Sulaiman, who guided me and pushed me to give my best. Above all, I just wanted to make my POBC memorable and apply what I have learned, to do my best when serving my NS as well as when I progress in life eventually. I am both honoured and humbled to be awarded these two prestigious awards. My family is also proud of my achievements. I would also like to share these honours with my squad, NS78/2021, as without their support, I would not have won these awards.

PL: What were your impressions of NS before joining the SPF?

TSC Firash: My impressions of NS were neutral. I always looked at it as another chapter of my life's journey which I would need to progress through. I believed that NS would benefit me both physically and mentally.

PL: Do you feel that NS is important?

TSC Firash: NS is important as it strengthens and safeguards the security of our country. During my POBC, I learned about important life skills and knowledge which are valuable and applicable in our daily lives. The things you learn from POBC also improve your character as a person and give you a better perspective of the world around you. I have also realised the importance of values such as discipline, and especially our SPF's core values - Courage, Loyalty, Integrity and Fairness. If more of us are instilled with these values, we will be able to progress better as a nation.

PL: How was your journey throughout the POBC?

TSC Firash: Honestly, my POBC was a rollercoaster ride. It was exciting but physically demanding. It was also completely beyond my expectations. One of my main challenges was going through POBC during the COVID-19 pandemic period. To ensure the safety of the trainees, there were some occasions when we were sent home for home-based learning. The pandemic also affected the progress of our course completion, given that physical training sessions such as shooting and police contact training had to be pushed back to prevent the spread of the pandemic. Another huge challenge that I faced was taking on the responsibilities of a Squad In-Charge (IC).

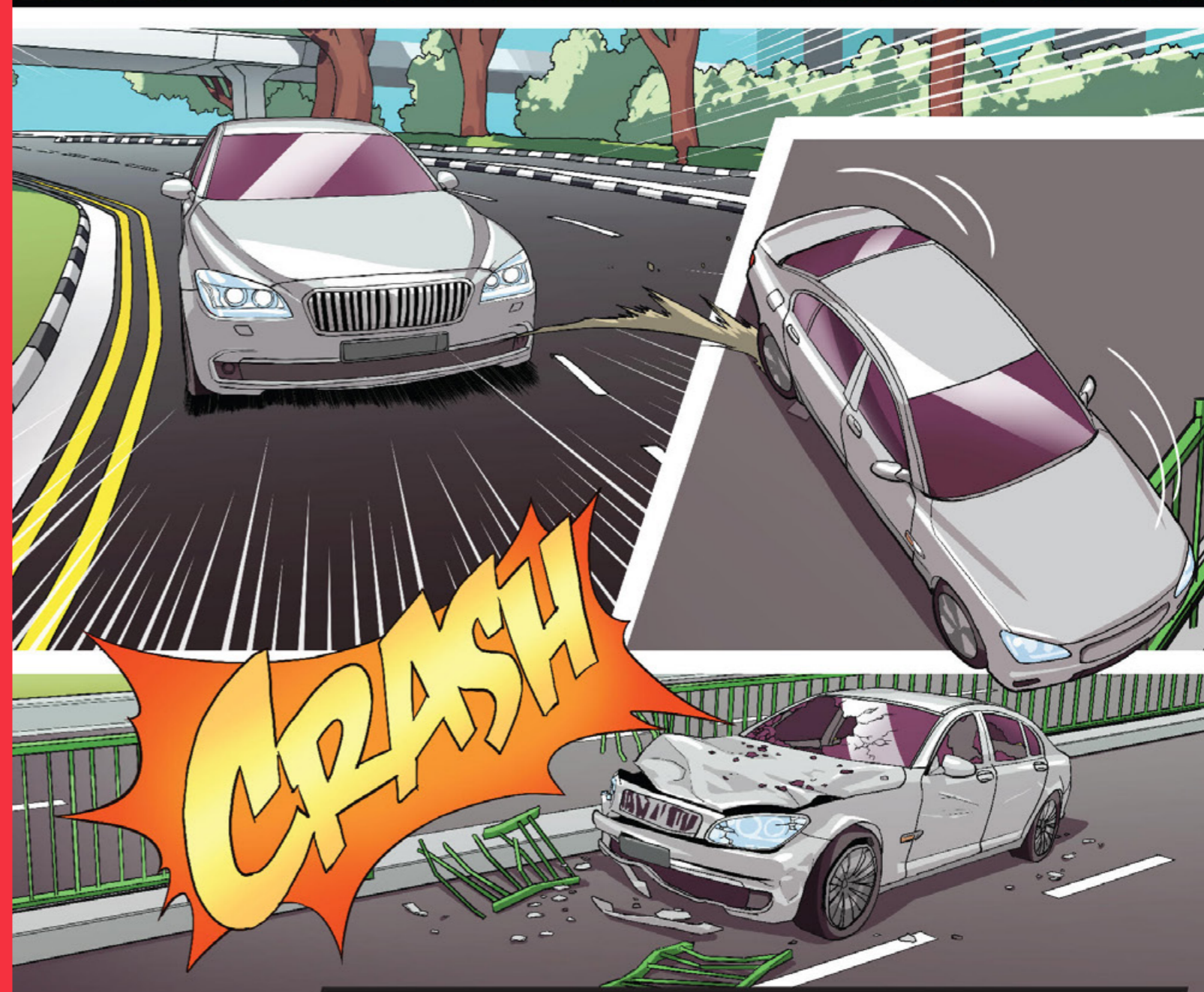


TSC Firash receiving the Statuette Award from Guest of Honour, Minister of State, Ministry of Home Affairs and Ministry of National Development, Assoc Prof Dr Muhammad Faishal Ibrahim, during the 186th NS Intake passing out parade on 21 April 2022.

PL: What is the most important thing you learnt from your NS experience?

TSC Firash: There were many, but one significant thing I learned was to have a positive mindset. With a positive mindset, we can think more optimistically, which would drive us further. It also sets an end goal for us. Having an end goal helps us realise that there will be progress in every moment. That will keep us motivated to push through – in everything we do.

DO NOT SPEED



**You risk losing control of your vehicle when you speed.
Avoid accidents. Be a responsible road user.**



2022
POLICE WORKPLAN SEMINAR

Policing with A Heart

✍ Seah Hwee Khan

📷 Singapore Police Force

'Policing with a Heart, Impacting Lives with our Partners' is the theme for the Police Workplan Seminar (WPS) 2022. Taking a virtual form, the Police WPS 2022 unveiled initiatives focusing on the Singapore Police Force's (SPF) expanded scam-fighting capabilities, enhancement in the management of sexual crime and family violence cases, as well as strengthening collaborative partnerships to enhance victim care. *Police Life* shares with you more about these initiatives, and how they help to keep Singapore safe and secure, with a heart.

Policing with a Heart

Setting the tone for the Police WPS 2022, a short film titled "Policing with a Heart" premiered on the SPF's Facebook and Instagram page. The film aims to show the complex nature of crime that is often overlooked or even dismissed at times. It highlights the SPF's efforts in addressing crime not just through enforcement, but also by working closely with social sector partners to look into the root causes of crime to help the victims, their families, as well as the antagonist.

Check out the short film to learn more about the SPF's efforts in dealing with the root causes through the SPF's Home Team Community Assistance and Referral Scheme

The Police WPS 2022 also saw the release of a short film called "Policing with a Heart" which showed how the SPF impacted lives and provided timely upstream interventions through our partners, to those affected by crime.



Scan the QR code to view the "Policing with a Heart"

(HT CARES), where police intervention and social workers come together to identify and address socio-economic issues leading to offending behaviour. The SPF's Victim Care Cadre programme is also shown in the video, where volunteers known as Victim Care Officers (VCO) provide emotional support for victims, as well as the various initiatives that the SPF has started with several social sector partners, such as the Institute of Mental Health's (IMH) Crisis Response Team (CRT). The IMH CRT involves experts that would work together with the SPF to provide on-site assessment for persons with suicidal intent. Also featured in the video is the SPF's collaboration with social workers and schools to address youth crime and juvenile delinquency through the SHINE Children and Youth Services' Youth Community Outreach Programme (Youth COP).



On 22 March 2022, the new Anti-Scam Command was formed. This command will have greater oversight of all scam-related strategies and activities across the domains of crime prevention, intelligence, investigation, enforcement policy, and stakeholders' engagement.

have been scammed.

Proactively screening police reports for online monikers, Uniform Resource Locators (URLs) and advertisements linked to scammers' activities, the ASCom also works with online marketplaces to take down suspicious online advertisements and monikers, as well as with telecommunications companies to terminate scam-tainted phone numbers and WhatsApp lines. The ASCom will continue to collaborate with banks and financial technology (Fintech) companies to develop Anti-Fraud Financial Systems and leverage artificial intelligence to identify and block suspicious financial transactions.

The ASCom currently partners with more than 60 institutions in the fight against scams, including local and foreign banks, Fintech companies, cryptocurrency houses and remittance service providers in Singapore. Owing to the close collaboration with key partners such as the Monetary Authority of Singapore (MAS) and financial institutions, the ASCom successfully froze more than 27,000 bank accounts and recovered more than S\$196 million between June 2019 and March 2022. To this end, the ASCom will continue to enhance its capabilities to freeze bank accounts, trace the flow of funds and reduce

Expanding Scam-Fighting Capabilities

Formation of the Anti-Scam Command (ASCom)

A key development unveiled at the Police WPS 2022 was the formation of the Anti-Scam Command (ASCom) under the Commercial Affairs Department (CAD). The ASCom will further consolidate expertise in scams across all the SPF units and have greater oversight over all scam-related investigations within the SPF, enhancing sense-making, and enabling faster and more targeted intervention and enforcement actions.

Focusing on upstream interventions, the ASCom aims to disrupt scammers' operations and leverage technology to strengthen its sense-making capabilities. Through such efforts and capabilities, the ASCom is able to detect and alert potential scam victims even before realising that they

losses suffered by victims.

Scam Strike Teams

To enhance the speed of response against scams, dedicated Scam Strike Teams (“SSTs”) were formed in the Police Land Divisions. Under the command of the ASCom, these newly formed SSTs will work closely with the Anti-Scam Centre and Anti-Scam Investigation Branches in joint investigations and operations to tackle and solve syndicated and transnational scam cases.

specially trained to handle familial issues, and to engage and manage victims of abuse during investigations. They will also be specially trained in legislation related to family violence and will work with social service agencies to better protect the vulnerable.

Existing sexual crime investigation specialists will also be provided with additional resources and enhanced training to ensure that victims of sexual crime are better engaged and managed throughout the investigation process. The SPF will further engage professionals and stakeholders from agencies in the criminal justice system, social service



Minister for Home Affairs and Minister for Law, Mr K Shanmugam, (middle, in blue shirt) at the inaugural Sexual Assault Awareness Seminar.

Enhancing the Management of Sexual and Family Violence Cases

With the rising trend of reported sexual crime and family violence cases, the SPF announced at the Police WPS 2022, the formation of the Sexual Crime and Family Violence Command (SFC), which is aimed at better managing such cases. Together with the formation of dedicated Family Violence Teams (FVT) within the Police Land Divisions, the SFC will work with stakeholders such as the Ministry of Education, schools, institutes of higher learning and autonomous universities to enhance efforts in upstream crime prevention and education.

The FVTs comprise investigation officers specialised in the investigation of family violence cases. FVT officers will be

agencies and non-governmental organisations to share and discuss best practices in managing sexual crime investigations and strengthen partnerships.

Strengthening Collaboration to Enhance Victim Care

The SPF has been working closely with its partners to adopt a holistic and victim-centric approach towards supporting vulnerable victims of sexual crime, family violence or persons with suicidal tendencies. An example is the planned enhancement of OneSAFE Centre at Police Cantonment Complex in 2023. The OneSAFE Centre allows sexual assault victims to undergo forensic medical examinations and interviews at a single, private location. The OneSAFE Centre will be able to provide more privacy



Working with key stakeholders, the SPF has developed a scenario-based learning model for officers to reinforce the soft skills required to better engage victims and survivors of family violence.

and convenience with the integration of more facilities, such as interview rooms and medical examination rooms.

The SPF has also been working closely with key partners to tap their expertise to better deal with family violence cases, as the SPF recognises that such cases are often rooted in complex underlying issues. Working together with partners such as Family Service Centres, the Singapore Council of Women's Organisations and crisis shelters, a scenario-based learning model has been developed for SPF officers to help them better engage victims and survivors, as well as identify possible victims of family violence.

From June 2022, officers from the Community Policing Unit will be appointed as Family Violence Community Policing Officers (FV CPO) across the Police Land Divisions, as part of the SPF's aim to enhance victim care for family violence. The FV CPO will specialise in the management of family violence cases and escalate potential high-risk cases to Social Service Agencies for early intervention.

The IMH CRT is another example of the SPF's collaborations on victims' care. Piloted in March 2021, the CRT provides early intervention for attempted suicide cases. The CRT comprises two psychiatric nurses, and when activated, the CRT will provide an on-site assessment of the person's mental health and suicide risks to determine the appropriate management plan,

which may include working with family members or immediate conveyance to IMH for further assessment. Since December 2021, the CRT has been rolled out to all Police Land Divisions.



A Force 'Fur' the Nation

✍️ Christabelle Lim

📷 Singapore Police Force

It was a scorching hot day, and Dash was feeling the heat. She flopped to the ground, tongue out, panting to keep cool. Her handler, Sergeant (Sgt) Choi Jia Wen from the Singapore Police Force's (SPF) K-9 unit, knew exactly what she needed. After a cool drink and a pep talk, Dash was up and wagging her tail vigorously, raring to go. It was obvious how the bond between Sgt Choi and Dash is crucial for the unit's operational success. In this issue of *Police Life*, we meet working dogs - Dash, Inca and Koby - as we get 'fur-miliar' with the unit that detects crime, with their noses.

History of the Police K-9 Unit

Following the successful use of police dogs in other countries, the Police Dog Unit (PDU) was first established in 1955. Back then, the dogs were involved in crime-fighting mainly through tracking targets and conducting patrols. Since then, the unit has grown both in size and in capabilities. In 2003, it was renamed as Police K-9 Unit and reorganised to be part of the newly established Special Operations Command (SOC). The unit was also re-homed in 2004 to its current base in Choa Chu Kang.

The Police K-9 Unit plays a significant role in keeping Singapore safe and secure as a tactical unit to support frontline operations. There are various working dogs trained for different purposes such as narcotics detection, security coverage, explosives detection, patrols, and tracking of wanted and missing persons. The dog breeds are also varied, comprising German Shepherds, Belgian Malinois, Labrador Retrievers, Golden Retrievers, Springer Spaniels, Cocker Spaniels, Pointers and Border Collies.

Dash on Assignment - Complementing Police Operations

Dash, aged 5, is a Labrador Retriever. She started her journey as an SPF working dog when she was one year old, when she started training to be a Narcotic Detection Dog (NDD). Her handler, Sgt Choi, had been working with Dash ever since she started her training.

Over the years, the bond between Sgt Choi and Dash has developed and made the duo into an effective crime busting team. On one particular occasion in October 2020, Dash and Sgt Choi were activated when a man was found unresponsive in a car. Dash swiftly detected suspicious items below the driver's seat and armrest. Further checks were conducted and a total of 31 zip-lock bags of brownish powdery substance and one zip-lock bag of crystallised substance, all believed to be controlled drugs, were found.



Dash, a five-year-old Labrador Retriever trained as a narcotics detection dog, with her handler Sgt Choi Jia Wen, sniffing for drugs at the training facility modelled after border checkpoints.

Source: [The Straits Times] © SPH Media Limited. Reprinted with permission.

Training to Bond

The importance of the training process for police dogs cannot be emphasised enough as the process is crucial towards forging and strengthening the bond between the handler and dog. The K-9 Unit handlers are required to undergo at least 12 weeks of training to become proficient in the basics of handling a working dog. The most crucial aspect of this training is that the dog and the handler must go through this training and complete the course together.

At the Police K-9 Unit base, Dash and her fellow canine colleagues Inca and Koby undergo hours of training with their respective handlers, in training rooms that simulate different operating environments. The training rooms are modelled after places where the dogs are often deployed to, such as a warehouse, a baggage handling area, and the detection channels at the border checkpoints.

Sniff the Drugs: Get the Reward

Three-year-old Inca is a Labrador Retriever NDD and has worked with handler Sgt Aloysius Ho for the past year. In a K-9 training room, Inca demonstrated his ability as an NDD to sniff out drugs hidden in one of the luggage pieces on a moving conveyor belt. Inca jumped onto the conveyor

belt and methodologically sniffed each luggage piece as instructed by Sgt Ho.

Inca's body tensed up and 'froze' over a piece of luggage, his tail wagging furiously, indicating to Sgt Ho that the luggage was "suspicious" and should be checked. With Inca's mission accomplished, Sgt Ho redirected Inca's attention by bouncing his reward – the string ball – over the luggage with a shout of encouragement and praise, 'Gooooood boy!' Inca chewed excitedly on his reward, before starting a game of fetch with his handler.

The K-9 dogs work and train closely with their handlers to ensure operational efficiency. The handlers use positive reinforcements during training, which involves rewarding the dogs with a string ball for desired behaviours. Through such training, the dogs are conditioned and more likely to repeat such behaviours.



Inca, a two-year old Labrador Retriever trained as a narcotics detection dog, with his handler, Sgt Aloysius Ho, inspecting bags on the luggage carousel at the training facility.

Unleashing Koby, the New Recruit in the Explosive Detection Team

Koby sat in the cage, waiting excitedly for his handler, Station Inspector (SI) See Toh Wai Leng. Koby is a two-year-old English Springer Spaniel, eager to show off his newly trained capabilities as an Explosives Detection Dog (EDD). Straining at the leash at the entrance of the warehouse, Koby's excitement and energy was palpable. Once off the leash, Koby zipped among the crates and pallets, excitedly searching for a scent.

As Koby explored the vast warehouse, SI See Toh kept a watchful eye on him, giving verbal commands to ensure that Koby was focused on the mission. She shared that the process of training a dog is like raising a child, "it takes a lot of time, patience and dedication."

Besides training, SI See Toh's key responsibilities also include making sure that her dog is operationally ready to respond to any activations and to operate swiftly and safely. Just like a watchful mother, she must ensure her

dog is sufficiently rested before deployment and keeps an eye out for any hazards during deployment.



Koby, a two-year-old English Springer Spaniel trained as an explosives detection dog, sniffing for hidden explosives in a warehouse training facility.

Source: [The Straits Times] © SPH Media Limited. Reprinted with permission.

Bonding with their Handlers

Aside from training, the handlers also groom, walk, exercise and play with the dogs. All these activities are crucial in building and strengthening the bond and trust between both dogs and handlers. The handlers are also trained to provide healthcare assistance to the dogs such as identifying various common ailments and applying first aid on their dogs. There is also an in-house veterinarian clinic when professional veterinary medical care is required.



SI See Toh Wai Leng bonding with Koby in a game of fetch.

Duo on Deployment

Over the past three years, the Police K-9 Unit has been involved in almost 100 successful cases each year.

The dogs and their handlers are deployed for 12-hour shifts, spending many hours together. Yet, after their shifts, there is always time for play and bonding. Sgt Choi spends 48 hours a week at work with Dash, as they prepare themselves to be deployed at any time. Outside of work, Dash is also her playmate and friend. They support each other to bring out the best in one another, as friends, partners and colleagues, to help keep Singapore safe and secure.



Photo by: Naveen Raj Kuraseelan

Community Partnership Awards Ceremony

The Fight Against Scams!

✍️ Christabelle Lim

📷 Singapore Police Force

Aptly themed 'The Fight Against Scams!', the Singapore Police Force's (SPF) Community Partnership Awards Ceremony was held on 7 April 2022 to recognise the efforts of its community partners and strategic stakeholders in combating scams. A total of 75 individuals and 45 organisations, including banks, remittance agencies, and commercial and non-commercial enterprises, were presented with the Community Partnership Awards (CPA) in recognition of their commitment and contributions to detecting and preventing scams.

Intervention at the Frontlines

From 2021 to February 2022, more than 40 cases of scams were foiled through the intervention of these individuals and organisations. Most of these cases were related to common scam types such as Internet Love scams, China Officials Impersonation scams and lottery scams. The timely intervention by the award recipients successfully prevented the loss of at least S\$14 million.

engagements over three occasions had eventually convinced a bank customer that she was a victim of scam which prevented her from losing her life savings to overseas scammers.

Mr Joshua Wee, from United Overseas Bank (UOB), was another vigilant frontline staff who detected and prevented a love scam. He was successful in intervening the suspicious overseas transfer on the first occasion, but the customer then returned to attempt another fund transfer. On the second occasion, the Police were alerted and together with Mr Wee, intervened to stop the transfer.

Collaboration with Organisations

The SPF also commended 45 organisations for their swift intervention and close collaboration with the Police in developing and implementing enforcement and crime prevention initiatives to combat scams. Among them, 23 were awarded the Outstanding Community Partnership Award (Organisation) for their exceptional support in preventing scams.

DHL Express (Singapore) Pte Ltd contributed in the fight against scams by distributing anti-scam advisories to raise awareness on e-commerce scams and job scams. DHL parcels were also affixed with anti-scam advisory labels and distributed to various parcel pick-up points in Singapore. After a successful trial involving 20,000 parcel recipients within the Ang Mo Kio Division, the pocket-sized advisories were further distributed to over 600,000 households in Singapore.

Closer to home in the Anti-Scam Centre (ASC) of the Commercial Affairs Department at the Police Cantonment

Minister of State, Ministry of Home Affairs and Ministry of Sustainability & the Environment Mr Desmond Tan, delivering his speech at the award ceremony.

Mr Leong Wen Xian and Ms Sara Lee, Branch Manager and Branch Officer of Oversea-Chinese Banking Corporation (OCBC), were two award recipients recognised for their efforts in combating scams. Their intuition and persistent

Complex, the Development Bank of Singapore (DBS) has a permanent presence in the ASC to support SPF in the freezing and screening of suspicious bank accounts which might be used for scams. This partnership facilitates the information flow and speed of response once scam reports are made to the Police. Since 2021, DBS has assisted with the recovery of more than S\$34 million.



Mr Joshua Wee from UOB being awarded the Community Partnership Award by MOS Desmond Tan.



Mr Christopher Ong from DHL Express (Singapore) Pte Ltd being awarded the Community Partnership Award by MOS Desmond Tan

Fighting Scams is a Community Effort

Minister of State (MOS), Ministry of Home Affairs and Ministry of Sustainability & the Environment Mr Desmond Tan was the Guest of Honour at the ceremony. MOS Desmond Tan reiterated the importance of collaboration with community stakeholders in the fight against scams.

Senior Assistant Commissioner of Police (SAC) Tan Tin Wee, 1 Deputy Director, Operations

Department and concurrent Executive Director, National Crime Prevention Council said, "As scams continue to evolve, developing strong and effective partnership with various stakeholders is critical. Even as the SPF continues to step up our efforts against scams, we need the assistance of everyone in the community. The Police are grateful for the strong support from the various stakeholders who have joined us in the fight against scams, and we hope to see even more from the community join us".

New Guidelines on Online Safety

During the award ceremony, the new 'Guidelines on Online Safety', which was co-developed by SPF and the Asia Internet Coalition (AIC), was also introduced. The guidelines provided a broad overview on the types of crimes and online dangers, ranging from scams to terrorism, and how internet users can protect themselves.

An Empowered Public is the Best Defence

The Police will continue to work closely with various community stakeholders to prevent scams and educate members of the public on the prevailing crime trends. Members of the public are advised to exercise vigilance, especially when communicating with strangers through phone, or on digital platforms such as social networking sites.

For more information on scams, please visit www.scamalert.sg or call the Anti-Scam Hotline at 1800-722-6688. Anyone with information on scams may also call the Police hotline at 1800-255-0000 or submit information online at www.police.gov.sg/iwitness.



Our Mums in Blue!

 Domnic Dass & Nurfarahin Hassan  Singapore Police Force

Mother's Day is an occasion to honour the contributions of mothers and appreciate their selfless and unconditional love for their children. It is also an occasion to acknowledge their roles in our society. This Mother's Day, Police Life (PL) looks at three mums in the Force who share with us about their thoughts on motherhood and how they balance their roles as mothers as well as police officers.



Special Constable Muhammad Fares Aw, an Assistant Trainer from Special Operations Command (SOC), together with his mother, DSP Khamisah.

Deputy Superintendent of Police (DSP) Khamisah Talip

Chief Investigation Officer (CIO),
Investigation Branch, Jurong Division

PL: Briefly share with us your roles and responsibilities at work.

DSP Khamisah: I have served in the Singapore Police Force (SPF) for 29 years, and I have undertaken many investigative roles. As a CIO, I oversee four investigation teams, and my core duty is to handle police cases reported and provide guidance to the Investigation Officers in my teams.

PL: Tell us more about your children.

DSP Khamisah: I have two daughters and one son. My daughters are 25 and 22 years old, while my son is the youngest at 18 years old. My eldest is already married, with two daughters of her own. My second child intends to continue her studies, while my youngest is currently a Full-Time Police National Service (PNSF) officer with the Special Operations Command.

PL: What is your proudest moment as a mother?

DSP Khamisah: One of my proudest moments was when I became a grandmother. Being a mother is indeed special but being a grandmother is an indescribable feeling. I remember fondly the day I held my grandchildren in my arms for the first time - I felt the joy I knew my daughter felt because I felt it when I brought her into the world. The love you have for your own children is multiplied many times over as you gaze upon your grandchildren.

PL: What are some of your challenges as a working mother?

DSP Khamisah: Balancing between family and work commitments can be very challenging at times. Therefore, I make sure that I remain committed to plans, such as when I take leave to spend time with my family. When I am with my family, I will dedicate my attention to them and try not to think about work or do work-related things. But when I am at work, I am 200% on it!

PL: How are you able to juggle your responsibilities as a mother and a police officer?

DSP Khamisah: I am very blessed that both my husband and I are in the Force, and we apply what we have learnt in the SPF to our lives. The nature of our work requires everything to be planned so that resources can be properly allocated. Using that approach, my husband and I do a lot of planning ahead in our everyday lives in order to balance out my time between work and my children.

PL: What are you looking forward to in the next phase of parenthood?

DSP Khamisah: I am looking forward to spending more time as a grandmother to my two granddaughters.

Any advice for future mothers in the Force?

DSP Khamisah: Being both a police officer and a mother is a double challenge. Never give up. As long as you persevere, and with the support of your family, loved ones and colleagues, both endeavours will be rewarding.



DSP Khamisah pictured on the extreme right.



Senior Staff Sergeant (SSS) Rehka D/O Govindasamy

Community Policing Unit (CPU) Officer,
Woodlands East Neighbourhood Police Centre

PL: Briefly share with us your roles and responsibilities at work.

SSS Rehka: I have been in the Force for 18 years, with a good 10 years as a CPU officer. I currently oversee youth matters which involve conducting school talks, building and strengthening rapport with school leaders, and arranging learning visits to SPF units for the National Police Cadet Corps from the secondary schools.

PL: Tell us more about your children.

SSS Rehka: I am blessed to have two lovely daughters, currently 8 and 12 years old. They bring a lot of joy and excitement to my life. Besides being their mommy, I am also their teacher, best friend, and confidant - you name it!

It is funny that my two daughters are so similar yet different at the same time. They are both animal lovers and are artistically inclined. However, my eldest daughter is more adventurous and loves the great outdoors and sports, while the younger one is a little 'fashionista' who is more affectionate and curious.

PL: What is your proudest moment as a mother?

SSS Rehka: I am grateful to have experienced many such moments as a mother. If I had to pick a recent one, it would be when I saw their first piano recital performance together. They played the tunes of Mykola Leontovych's "Carol of the Bells", which was amazing. They played so well and with such confidence together that it brought tears to my eyes. I am so proud of them!

PL: What are some of your challenges as a working mother?

SSS Rehka: Like many other working mothers out there, time management is our greatest challenge! Concerted plans must be made to ensure that I am able to balance my time between my work and my kids. Even if work ends late, I will still make sure that I am home in time to tuck them into bed and kiss them goodnight.

PL: How are you able to juggle your responsibilities as a mother and a police officer?

SSS Rehka: I always make a conscious effort to plan and set time aside to spend my weekends with my children doing things that they love, such as watching a movie or going to the beach. After my work, I keep the night hours to catch up on any coursework or lessons which I need to complete so that I can keep my weekends for my children. It is important that we spend adequate time with our children to build memories.

PL: What are you looking forward to in the next phase of parenthood?

SSS Rehka: My eldest daughter is turning 13 years old next year and I recognise that we will be experiencing an interesting phase together as she grows to be a teenager with her own preferences and views. I am looking forward to accompanying her through her teenage journey as her friend and her pillar of support.

PL: Any advice for future mothers in the Force?

SSS Rehka: To future mothers in the Force, do not feel guilty about dividing time between work and your kids. And remember, you do not have to be perfect. Even the best mothers stress over whether they are doing a good enough job because we all love our kids. Keep reminding yourself that you will be a great mother, and it will all fall into place! Parenting is never easy, and there are no set rules. So, do not beat yourself up when things do not work out the way you want them to.





Senior Investigation Officer (SIO) Ms Polly Ng Bao Li

Private Institutional Fraud Branch,
Commercial Affairs Department (CAD)

PL: Briefly share with us your roles and responsibilities at work.

Ms Ng: I am currently working as an SIO in CAD, and my work involves recording statements, conducting raids, assessing evidence, and following through with the cases with the Attorney-General's Chambers - ultimately seeing them through court trials. As investigators, we also manage all the stakeholders concerned, including complainants, victims, lawyers, and anyone else that may be involved.

PL: Tell us more about your children.

Ms Ng: I have two boys, the eldest is four years old, and the youngest was born last year. Many have told me that both of them look exactly like their father! My elder son is a very active and jovial boy who loves anything with wheels, while my younger one seems to be quite feisty. He loves kicking, and he will often roll around when we place him on the playmat!

PL: What is your proudest moment as a mother?

Ms Ng: The moments when they can walk on their own, happily go to school, or be able to feed themselves. All these small achievements make me proud!

PL: What are some of your challenges as a working mother?

Ms Ng: Rushing to send the children to school in the morning and picking them up after work. Time is always tight as the childcare centre closes at a fixed time. There is little quality time which we can spend with the children on weekdays, as we have to rush them through their meals and prepare them for bedtime. We also have to sacrifice our sleep to complete the household chores and any uncompleted work at night.

PL: How are you able to juggle your responsibilities as a mother and a police officer?

Ms Ng: I give my best every day, but it really does take a village to raise a kid! My mother helps me out whenever she is available. My husband also tries his best to juggle work and family commitments as best as he can. Ultimately, I am thankful for a supportive working environment. The people I have worked with so far are very understanding and kind.

PL: What are you looking forward to in the next phase of parenthood?

Ms Ng: I look forward to them growing up and becoming independent individuals. I also look forward to the time when I can travel comfortably with them!

PL: Any advice for future mothers in the Force?

Ms Ng: There will be good days and bad days. Enjoy the roller coaster ride!



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Improving Lives



NATIONAL CRIME PREVENTION COUNCIL

PRESERVING THE PAST, INSPIRING THE FUTURE

 Christabelle Lim

 Joel Kuan



and an organisation that appreciates its heritage is one that values its past, learns from experiences and evolves to stay relevant.

HSB creates opportunities for the audience to become more familiar with the SPF's story through exhibitions, articles, social media, as well as both physical and virtual tours. Telling the SPF's story helps to build trust with the public, who are SPF's key partners in fighting crime.

HSB also oversees the Corporate Social Responsibility (CSR) portfolio of the SPF, where we aim to build a culture of contributing back to society, in particular, the less fortunate. A large part of our CSR efforts is channelled towards the SHARE programme, an initiative championed by the Community Chest since the 1980s. With our officers' strong support, the SPF's donations to Community Chest have been significant, enabling them to fund programs for their beneficiaries.

PL: How does HSB decide what items or information to keep, and how are the various sources, artefacts and information being stored and processed?

HSB adheres to the SPF's Collection Policy that defines the type and quantity of artefacts we ought to keep. These artefacts include, but are not limited to, police uniforms and accoutrements, decommissioned vehicles and equipment, paper records and so on. The collection of historically important objects is an ongoing exercise, and we also work with departments who have their own heritage collections to properly manage their artefacts. We are in the midst of relocating our current artefacts store to one that is climate-controlled, to ensure that we continue to preserve the artefacts in their best condition for future generations.

Aside from keeping physical objects, HSB also conducts oral history interviews with senior leaders who had served and retired from the Force to record their experiences and shared their invaluable insights at suitable platforms regularly. By maintaining an archive of these stories and reflections, we are able to understand and share the motivations, perspectives, and viewpoints of our officers in a certain point in time with future generation of police officers as they

Formed in 1820, the Singapore Police Force (SPF) is one of the oldest government organisations in Singapore. In this issue of *Police Life* (PL), we speak with Ms Metta Yang from the Heritage and Social Responsibility Branch (HSB) in the Public Affairs Department (PAD), to get a glimpse into the role HSB plays in maintaining the SPF's heritage, and how they galvanise the Force to contribute back to society.

PL: Describe your job in four words.

Meaningful, diverse, challenging and rewarding.

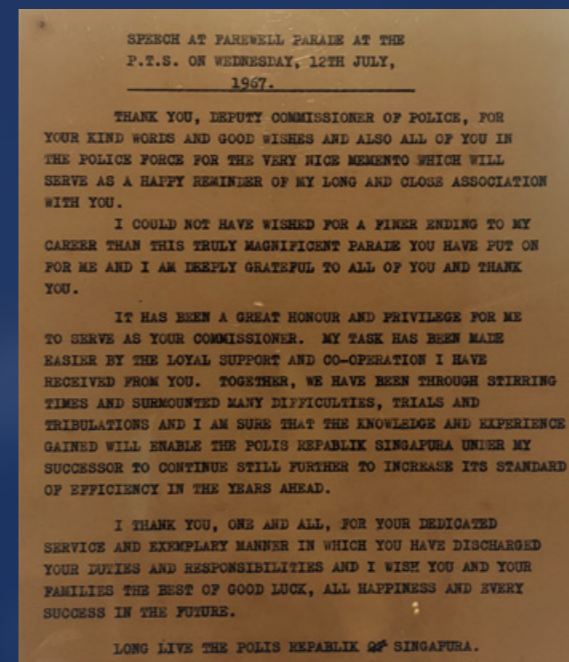
PL: Share with us HSB's role in the SPF and its significance.

HSB's role is to create awareness of the SPF's rich and deep history from which lessons can be drawn to inculcate values, pride and ethos amongst our officers. SPF is almost as old as Singapore, and this was highlighted when we celebrated our bicentennial in 2020. History forms the DNA of an organisation,

are groomed into leadership positions. This also helps to round out our collection by providing context and filling the gaps in our history.

PL: Are the HSB archives accessible to public?

Occasionally, we do receive requests from researchers, museum curators and writers to access our archives which comprises photos and printed publications. Our archives are not open to members of the public, but we welcome the public to learn more about our history through our tours and exhibitions, listed at the end of this article!



Mr Le Cain's farewell speech on 12 July 1967

PL: Can you share with our readers some of the interesting items in the SPF's current collection?

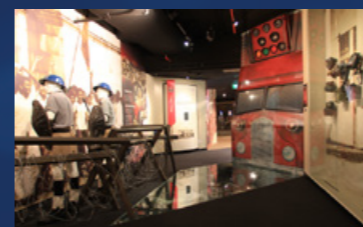
One of my favourite artefacts in our collection include personal items donated by Mr John Le Cain's family and friends, to PHC some years ago. Mr John Le Cain, who is of mixed parentage, was the SPF's first Asian Commissioner of Police, breaking the tradition of British and European officers assuming the most senior position in the SPF.

I like how this collection showcases his early life, his journey through the Force and how he steered the SPF through rough waters during the tumultuous years in the early 1960s. Mr Le Cain's farewell letter which was delivered in 1967, speaks of his feelings when he retired from the Force and aspirations for future generations of officers — a real insight into a man who was genuine and deeply committed to his work — values that continue to resonate in the Force today.

PL: What is the most memorable project for the HSB team?

The most memorable project for my team is the setting up of the Police Heritage Trail (PHT). This trail marks the first time the SPF has documented its built history by guiding visitors to journey through various physical spaces and buildings used by the Force in the past. It shows how the Force has grown from strength to strength in the last 200 years. I am fond of social and built history, especially about the communities of officers' families that lived within the Police's establishments back then.

The Police Heritage Centre (PHC)



With a showcase of multifarious exhibits and multimedia displays, the PHC highlights the rich history of the SPF from colonial times to the present day. Visitors can immerse themselves in the challenges of early policing, the post-WWII period of secret societies' resurgence and communist subversion, as well as learn how community policing has brought the Police and community closer together to fight crime, making Singapore one of the safest countries in the world. The PHC also pays tribute to the heroism and sacrifice of police officers who have died in the line of duty to keep Singapore safe and secure.

Go on a Virtual Journey

'Frontier Town to Safest City', an exhibition commissioned for SPF200, tells the stories of the SPF's 200-year policing journey — bravery in the face of danger, of bringing criminals to justice, or duty above self.

Journey with us virtually here:

<https://go.gov.sg/spf200-virtual-tour>




Explore the Police Heritage Trail

The trail starts from the first Police Office by the Singapore River, to key police establishments located in the civic district of Singapore, reflecting the developments in policing since the 1800s. The sites and stories of the trail give a glimpse of the complex interplay between justice and law, architecture and power. To find out more, scan the QR code.



Crime Files: Fatal Hit-and-Run

 Edwin Lim  Singapore Police Force

A hit-and-run accident killed a 70-year-old man and left behind nothing more than a few pieces of broken vehicle fragments at the scene. Read on to find out how officers from the Traffic Police (TP) brought the perpetrator to justice within 24 hours of the reported accident.

Hello Police?

Just slightly after 6am in the morning of 21 February 2019, the Police responded to a call of an accident involving a motorcyclist along Ang Mo Kio Avenue 1 towards the direction of Upper Thomson Road. TP first responders arrived at the scene to find an elderly rider lying motionless on the road, with debris and newspapers strewn across the road near the motorcycle. The 70-year-old elderly rider was pronounced dead at the scene by paramedics. He was working as a newspaper deliveryman.

A witness had informed Police that he heard a collision at about 5:50am and saw a small lorry moving towards the direction of Upper Thomson Road. He also observed many copies of newspapers falling onto the road behind the lorry. Armed with the account from the witness, TP investigators swung into action and commenced investigations into the accident.

Putting the Pieces Together

Through video footage retrieved from traffic cameras in the vicinity and in-vehicle camera footage provided by motorists travelling along that road around the time of the accident, investigators were able to piece together the video footage to determine the sequence of events that led to the accident.

The footage revealed that a lorry was travelling along Ang Mo Kio Avenue 1 at a fast speed. As the lorry was approaching the deceased's motorcycle, it failed to slow down and struck the rear of his motorcycle. The impact flung the rider off his motorcycle and on to the road. Sparks could be seen as the motorcycle skidded across the road surface before coming to a stop some distance away. After the collision, the lorry driver did not stop to render assistance and sped away from the scene immediately.



The Culprit

With the entire sequence of events playing out like a scene in a horror movie, the traffic investigators were even more determined to find the lorry driver. The driver was later identified as 28-year-old Muhammad Amin Bin Mohamed Noor who was working as a food wholesaler delivery driver. Traffic investigators were also able to locate the lorry at a workshop shortly after.

During the course of investigations, Amin had revealed to the investigators that he had several drinks before getting behind the wheel of the lorry on the night of the accident. He also admitted to not rendering assistance to the deceased after the accident as he knew that he was in trouble. Amin then lied to his employer that the lorry had hit a lamp post and was directed to seek repairs at their company's designated workshop.

Justice is Served

On 7 Aug 2020, Muhammad Amin Bin Mohamed Noor was found guilty of Causing Death by Rash Act and Obstructing the Course of Justice. He was sentenced to 24 months' imprisonment and disqualified from driving from all classes of vehicles for 10 years.

Road Traffic Act 2020 (Revised Edition): Duty to Stop in Case of Accident

Where an accident occurs owing to the presence of a motor vehicle on a road and the accident results in damage or injury to any person, vehicle or structure, the driver of the motor vehicle must stop the motor vehicle and render assistance, and take reasonable steps to inform the relevant authorities.

MARY QUINTAL NEE VOON

FIRST COMMANDING OFFICER OF THE WOMEN POLICE CONTINGENT



Republished from *Setia Dan Bakti – 50 Stories of Loyalty and Service (2015)*, *Police Life Police Pioneers Special Edition*, by Public Affairs Department.

With her pretty face, extremely small hands and feet, well-spoken English, and the way she looked in a cheongsam, young Mary Voon was an instant hit with the press, which found it hard to see her as a tough police officer. As did the criminals, more than one of whom made the mistake of thinking she was an easy target, only to find themselves under arrest.

Madam Voon, better known later by her married name Mrs Mary Quintal, was a pioneer in an experiment started by the Singapore Police Force (SPF) in 1949. That year, 31 English-educated women joined the Special Constabulary. On 1 January 1950, 10 of them signed on as regulars and became the first group of females in the Civil Service to receive the same pay as their male counterparts. One of them was Mrs Mary Quintal.

A sportswoman who was the runner-up in the 1948 Singapore Badminton Championships, Mrs Quintal knew she never wanted to work in an office all day "or do anything in the least boring". She thought she might be an interior decorator or a physical training instructor until a family friend who was a police officer told her she was just the type of girl the Police wanted. Over the objections of her mother, who wanted her to go to medical school, Mrs Quintal enlisted and embarked on an intensive training programme at the Police Training School that included law lectures, marching, shooting and unarmed self-defence. She liked the judo classes so much that she took up private lessons every day for a month with a black-belt instructor.

As she had a Senior Cambridge school certificate, Mrs Quintal was promoted to Inspector after five months, and shortly after, sent to England to see how women police officers were organised there and to bring back applicable ideas. She became an instant media star, greeted by photographers and columnists on her arrival in London.

"The Inspector hit London with a bang...Her attractive smiling face appeared in the national dailies with snippets of her life story and admiring comments on her cheongsam

and her well-spoken English," *The Straits Times* reported in September 1950.

Unaffected by the publicity, Mrs Quintal focused her attention on her work, which she did not find appealing as the top crimes committed by Singapore women were gambling, suicide and prostitution, whereas her English colleagues had to deal with shoplifting, drug trafficking, and confidence tricks. Undeterred, she obtained permission to attend an instructor's course, as her job on returning would include lecturing, supervising, recruiting, and training.



The course proved to be very useful, for, on her return, Mrs Quintal was made Commanding Officer (CO) of the Women Police Contingent, a job she held for the next 21 years. In that role, she was responsible for the welfare of all women officers, checking in with their male supervisors on their work performance, and arranging duty rosters for jobs that required women officers, such as guarding hospitalised female suspects. She also drew on the lessons she learned during her attachment to Scotland Yard to push for women police officers to be posted to the Criminal Investigation Department (CID), specifically the Gambling Suppression, Anti-Vice and Secret Societies branches.

Throughout her career, Mrs Quintal advocated for the rights of women to join the Police, the need for better-educated recruits and the improvement of gender relations within the Force. Asked to sit on a committee to redesign the police uniform following independence, she not only argued for a more comfortable material and functional design, but she also went against explicit orders and introduced trousers for the Women Police Mobile Squad contingent that was being set up.

"My fear was the injuries to my girls if there should be an accident...With trousers, their legs would be protected, but with skirts, their lower limbs would not be protected...And the Deputy Commissioner said they shouldn't fall. I said, 'Well, accidents happen; you cannot prevent accidents.'"

Her dedication inspired numerous young women to join the Police. At the same time, she continued to take part in operations, often as a decoy to nab street criminals. She felt she had to have the courage to do a job herself before

assigning it to one of her girls.

Mrs Quintal often took delight in telling stories of how she would surprise offenders who were not expecting to encounter a female police officer. Once, she had to struggle with a young snatch thief in the early hours as the backup team waited nearby because the whistle she was to use to summon them was covered by a handkerchief and made no noise. As the thief grabbed the whistle, she gripped it with her teeth and continued to blow until it finally let out a piercing scream. The thief was arrested, and Mrs Quintal received a commendation.

As a pioneer in a largely all-male SPF, Mrs Quintal found herself hitting a glass ceiling; the establishment rank of the CO of the Women Police Contingent was Inspector, and she had already been one for more than 10 years. Only after she indicated she was considering a job with the Hong Kong Police Force, whose top rank for women was Superintendent then, was the bar raised for female SPF officers. In 1961, at the passing out parade of Police recruits, including a squad of women Constables, then Singapore President Yusof Ishak announced that the post of CO of the Women Police Contingent would be raised to the rank of Assistant Superintendent of Police (ASP).

Mrs Quintal was promoted to ASP soon after, a rank she held until she retired in 1974.

For being the first woman senior Police officer, Mrs Quintal was inducted into the Singapore Women's Hall of Fame in 2014.

CROUCH, BIND, SET!

A Passion for Rugby Like No Other!

✍️ Domnic Dass 📷 Christabelle Lim

Ms Christabelle Lim is a journalist from the Singapore Police Force's (SPF) Public Affairs Department (PAD) who is shining in the game of women's rugby - on both the national and international stage. The former national rugby player who turned to refereeing, is also an ambassador for Women's Rugby in Asia - helping to promote the sport for women and 'walk the talk' by actively being on the pitch. *Police Life* finds out more about her passion for the sport and how she juggles her duties in the SPF with her rugby commitments!

Pursuing a Passion for Sports from an Early Age.

Ms Lim is no stranger to the arena of competitive sports, having taken up the Chinese martial arts of Wushu from the age of six until she was 19. Her dedication to the sport meant that she had to miss out on things that her peers were enjoying. "Wushu is a performative sport and pretty much an individual sport in the sense that you are only as good as the efforts that you put into honing your craft and movements. It took up a large part of my formative years, where I remembered spending most of my free time at the training grounds, missing out on all the cartoons and TV shows," shared Ms Lim.

Driven by a desire to excel from an early age and feeling the need to explore other sports, Ms Lim decided to try her hand at other team sports, such as handball, floorball, soccer, and touch rugby, while participating in her university hostel competitions. She found that compared to established sports for women in Singapore like netball, handball and rugby were niche sports and had a small community, allowing her an opportunity to advance quickly from the school team into the national team with her natural athletic ability. "My schedule back then was balancing between school, the school team for handball and rugby, and pushing for selections in the national side," said Ms Lim.



Ms Lim during a local exhibition match at the Singapore Sports Hub in 2014.

**Rugby Came,
Rugby Stayed,
Rugby Conquered.**

Rugby is a sport that originated in England, which requires a player to get hold of a ball, get tackled to the ground, get up again, and then chase, tackle other players and attempt to score a try. It requires players to run hard and evade others who may be faster and bigger while the clock and the scoreboard ticks down to the final whistle. When asked to summarise the sport in one sentence, Ms Lim candidly shared: "Rugby is a bit like life but compressed into a match."



Ms Lim (pictured 5th from the right) together with her Singapore Women's National Rugby Union Team teammates, participating in the 2018 Asian Games in Jakarta, Indonesia.

Rugby is not all just aggression, but it also helped Ms Lim learn the essence of teamwork. "Through rugby, I learnt about teamwork, that teammates need to have each

other's back in times of need, and that we need to play to each other's strengths and cover each other's weaknesses," declared Ms Lim. She added that rugby also taught her the values of integrity and to face and work on her weaknesses. She explained that rugby teaches you about courage, and courage requires discipline and commitment. "Honestly, courage to me is getting up and doing the work daily - to wake up at 6 am for the gym, before starting work, to turn down social events because you need to rest and recover, to be disciplined about your work in the day so you can make the time to train in the evening," asserted Ms Lim. She shared that in her career span of almost 10 years in the SPF, she has been living two separate lives - work and training.

A Fracture That Changed Everything.

Ms Lim was part of the Women's Rugby Sevens team at the 2014 and 2018 Editions of the Asian Games, as well as the 2015 Southeast Asian (SEA) Games in Singapore. The team won the silver medal that year. "That was a highlight for my team as we had strong support from our local community and also received good media publicity on women's rugby in Singapore."

After suffering a fracture on her wrist in 2018, Ms Lim chose to take up a refereeing course after being sidelined for a significant number of weeks. She excelled in the course and eventually had the opportunity to referee the tournament that she was supposed to be playing in. The refereeing stint gave Ms Lim an insight into how she could continue her involvement in the sport. "At the end of 2018, I decided to retire so that I could work towards refereeing at an international level while I was still in a peak physical form. This also means that I have to keep myself at an optimum level of fitness because I have to be as fit or even fitter than the players that I am refereeing at international levels!"

Refereeing her way towards International Recognition.

Rugby is primarily a male-dominated sport, and while women's rugby is growing internationally in terms of contracts and viewership, there are still plenty of obstacles in Asia and in Singapore. "As a referee, you are pretty much on your own out there on the field, and sometimes it's about managing different personalities, egos and working together to achieve a common outcome. It is important to be guided by your values and what you stand for - fairness, in particular, is a key pillar in my work life as well as when officiating a game," expressed Ms Lim. She further explained that one of the biggest roles of refereeing actually starts even before she steps onto the field - breaking down barriers between players and working through stereotypes and expectations.

Due to her reputation as a competent and fair referee, Ms Lim has been invited to referee various international matches. On 8 March 2022, Ms Lim was invited by the



Ms Lim at the 2021 International Sevens in Dubai, where she was the Assistant Match Official.

Philippines Rugby Football Union as a guest speaker on a Facebook Live forum for International Women's Day. She also won the Singapore Rugby Union Referee of the Year in her local referee community in the 2019/20 season and has been part of the Asia Rugby Match Officials Panel since 2019. To date, she has served as Assistant Match Official in the 2019 HSBC Women's Sevens in Japan, 2019 HSBC Men's Sevens in Singapore, and in the 2021 HSBC Men's and Women's Sevens in Dubai World Rugby Sevens. Ms Lim is also part of the Asia Rugby Panel of Referees. "One of the best experiences I had was refereeing the recent 2021 Final for the top women's teams in Asia, which served as a qualifier for the Rugby World Cup Sevens in South Africa 2022," shared Ms Lim.

Work, Rugby, and the Future.

When asked how she manages to diligently juggle both roles so well, Ms Lim stated that every individual could also juggle their work and passion effectively if they remember their "whys". She explained: "I believe it is always important to remember your 'whys'. The whys may change over time, and accordingly, the motivation too, but regardless, you will put in full effort when you remember why you are doing something. That said, I believe it is also important to remember to ask, 'why not?'".

When asked about her future plans in her refereeing career, Ms Lim said that her current aim is to referee in the upcoming Asian Games 2022. "Outside of refereeing, I am training as an educator for match officiating so that I can train and guide the next generation of female referees in the region. As one of the few active female referees in Singapore, I hope to inspire and pave the way for future female referees," quipped Ms Lim.

Besides her involvement in rugby and her busy work life, Ms Lim also manages to maintain an interest in classic motorcycles! On the road, she rides a vintage Royal Enfield Classic 350cc motorbike, which provides her with the opportunity to let her mind drift into a peaceful and safe space. Ms Lim also explained that her trusty motorbike allows her to travel around the neighbourhood so that she can suss out the best foods in Singapore, perhaps hinting at another one of the passions of this hard-charging woman.



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