

**POLICE  
LIFE**

THE SINGAPORE POLICE FORCE MAGAZINE  
2017 / ISSUE 7

# United as One

Making the Right Call

Leading Our Future Police Officers





## Note from the Team

In this issue of *Police Life*, join us as we take you on a walk down memory lane with an extensive coverage on the Reunion at Old Police Academy as it reopened its doors to Police National Servicemen, regulars, retired Police officers and their families.

Feast your eyes on the spread of photos captured at the Annual Police Dinner held in appreciation of community partners who have been working closely with the Singapore Police Force (SPF) in keeping the nation safe and secure.

Building on community involvement, join the SPF in recognising the efforts of a Western Union employee who managed to help foil a case of cyber extortion.

Have a good read!

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# Honouring the Dedication and Contributions of Our Officers

By Md Falliq  
(Photos: Public Affairs Department)



The Police Day Observance and Commissioner of Police's (CP)'s Commendation Award Ceremony was held at Home Team Academy on 3 June 2017. Police Day falls on 3 June each year, in commemoration of 3 June 1959 when the Singapore Police Force (SPF), then known as Polis Negara Singapura, gained autonomy from the British.

The ceremony was graced by Mr Desmond Lee, Minister in the Prime Minister's Office and Second Minister for Ministry of Home Affairs and Ministry of National Development, and was attended by 400 officers and guests.

During the observance ceremony, SPF officers recited the Police pledge to reaffirm their unwavering commitment and dedication to the Force. As part of this year's NS50 celebrations, Police National Service officers also took part in a National Service (NS) rededication ceremony where they reaffirmed their allegiance to NS with an oath retaking ceremony.

The CP's Commendation Award Ceremony was also held during this event. CP Hoong Wee Teck presented a total of 150 awards to awardees for their consistent good work, service and leadership last year.

As a tribute to all SPF officers who had laid down their lives in the course of duty, a minute of silence was observed. This included Staff Sergeant Nadzrie bin Matin who had recently passed away in a road traffic accident while performing his duties to keep our roads safe.



Showing his support for the Home Team, Mr Lee posted on his Facebook page, **"Our Home Team officers – regular and NS – work on the operational frontline 24/7, all year round, to keep Singapore safe and secure. Though trained, there will always be risks and dangers. We pray for their safety and wellbeing each and every day, as they carry out their duties."**

### And the Winner is...

Established to promote healthy competition and greater divisional camaraderie among the land divisions, the annual Best Land Division and Best NS Operationally Readiness Unit awards were presented to their respective winners by Mr Lee during this year's ceremony.

### And the Winner for the Best Land Division Award is...Clementi Division!



Senior Assistant Commissioner of Police Gerald Lim, Commander Clementi Division, proudly receiving the coveted Best Land Division award which was presented by Mr Lee. This is the eighth time Clementi Division has won the award. They last received the award back in 2012.

### And the Winner for the Best NS Operationally Readiness Unit Award is...Tanglin Division!



Beaming with pride, Superintendent of Police Han Chi Kwang Patrick Daniel, NS Commander Tanglin Division, receiving the prestigious Best NS Operationally Readiness Unit award from Mr Lee.



# United as One

By **Aiman Zaki**  
(Photos: Public Affairs Department)

On 30 June 2017, the Annual Police Dinner took place at the Istana, with His Excellency President Tony Tan gracing the event as the Guest-of-Honour. Some 400 guests including community partners were present that evening.

The theme for this year's Annual Police Dinner was 'United as One', to reflect the renewed sense of unity and commitment between the Singapore Police Force (SPF) and the community partners in working together to keep Singapore safe and secure. SPF officers and guests celebrated the evening at the Istana front lawn with a 'Dining-In'.

As part of the 'Dining-In' tradition, the Piper Major received the Quaich, a two-handed drinking cup from Scotland from the President, who then wished him "Baliyo Rakhnu Hos, Shaheb" (Good health and long life, Sir) in Nepalese.

The night ended with a spectacular musical performance by the SPF Combined Band.





# Safeguarding Singapore's Roads

By: Hadi Hafidz  
(Photographer: Kenneth Tan)

Over the recent years, even though Singapore roads have been experiencing heavier traffic, the road safety situation has improved. In this issue of *Police Life*, we caught up with Staff Sergeant (SSgt) Nur Adelina from the Traffic Police (TP) Patrol Unit (PU) and Station Inspector (SI) Kenny Cheong from the Fatal Accident Investigation Team (FAIT) who shared with us their challenges and motivations for upkeeping Singapore's road safety.



Peak hour traffic outlined a consistent pattern of congestion along Kallang Road. One vehicle though, stood out. From a distance, SSgt Adelina noticed the vehicle moving at a rate of reluctance, and on numerous occasions showed signs of constant uncertainty as the driver repeatedly stopped along the road shoulder. Noticing that something was amiss, SSgt Adelina quickly caught up with the driver and signalled to the driver to stop at the side. Upon engaging the driver, SSgt Adelina realised that the driver's unfamiliarity with the roads coupled with his lack of understanding of the English language, were the cause of the driver's erratic driving behaviour. What dragged the driver to further depths of confusion was that his spoken Malay language, was fully carved by the Kelantanese dialect. Empathising with the driver's situation, SSgt Adelina patiently listened and was able to finally put together the pieces. The driver had actually lost his way whilst attempting to head towards the Tuas Checkpoint to go back to Malaysia. To prevent the driver from causing harm to himself and other road users, SSgt Adelina hopped back on her motorcycle and offered to guide the driver to the expressway and provided him with subsequent directions towards his destination. This is one of the many stories shared by SSgt Adelina, where her sense of fulfilment and motivation thrives through being able to make a difference to the safety of road users.

## Safeguarding Our Roads

As a PU officer, SSgt Adelina is responsible for the day-to-day enforcement of traffic rules and regulations. She reiterates that such enforcement is a form of necessary preventive measure to safeguard the safety of our road users. Any accidents, be it minor or major, could be potentially damaging not only to the victims but also disruptive to our way of life. **"Enforcement is a learning process,"** added SSgt Adelina. She believes that it is necessary to educate road users on the importance of abiding by the rules, and often takes time and patience to elaborate on the severity of consequences to the road users when they are being pulled over.

In addition to discharging her duties as a PU officer, SSgt Adelina also shared that there are times when she is required to render first aid to accident victims, while waiting for the paramedics to arrive. However, not all instances led to a positive outcome. **"I can vividly recall an incident whereby the accident victim passed away before help could be rendered,"** shared SSgt Adelina. Such situations leave her with a heavy heart, and they further motivate her to

upkeep her enforcement duty to prevent such tragedies from happening. This is also when she would need to inform her FAIT colleagues to begin with the post-accident investigations work.

## Role of a FAIT officer

SI Kenny Cheong joined FAIT in 2015 and shared that the most challenging part of the job is to relay the mishap to family members of the victim. Such news is emotionally devastating and he is always mindful and sensitive of their reactions. As such, he will only relay the news when he knows that there are other family members around to provide emotional support.

## Unravelling the Pieces - Faro 3D Scanner

To bring closure for the victim's family members, FAIT officers begin their emotionally-challenging task by unravelling the sequence of events prior to the accident, based on the evidences available. Aiding in his investigation, SI Cheong uses the Faro Three-Dimensional (3D) Scanner to help him with his investigations. This scanner is capable of projecting a 3D reconstruction of the fatal accident site. With the 3D image of the site, FAIT officers are able to better analyse how the accident occurred. Other than investigating the cause of the accident, FAIT officers also have to examine the body to have a better understanding of the injuries which caused the victim's death. Armed with all these findings, FAIT officers will then be able to take actions against those who have caused the accident and bring justice and closure to the victims' loved ones.

However, his dedication to his job goes deeper, beyond the singular intention of carrying out enforcement actions. He strongly feels attached to the values of road safety, driven to spread the message of safe road practices to road users. **"As a rider, I want to travel home safely to see my family members. As such, I see the need to educate road users on road safety practices so that they can reach home safely to see their loved ones,"** explained SI Cheong when asked about his motivation for his work.

No matter how challenging or demanding traffic enforcement work may be, TP officers, will continue to do their best in their duties. Their efforts, will constantly be guided by TP's mission of enhancing the safety of road users through enforcement, engagement and education.

# Police Day Week 81

Reproduction from *Police Life*  
Volume 5 No. 4 (May/June 1981)



Dog Display — Always a favourite with children



Silent drill by the trainees of the Police Academy

Police Day, 3 June, marks the beginning of Police Week. As in previous years, the focus this year is on Police-Community relations. Two great obstacles to improve Police-Community relations are the public's lack of contact with the Police and their superficial knowledge of Police duties and activities. This year's Police Week activities were organised to overcome these obstacles.

## Opening of Tanglin Police Station

On 3 June, the new Tanglin Station was officially opened by the Minister for Home Affairs. Invited guests — including members of the press, several Members of Parliament, officials of Citizens' Consultative Committees and Residents' Committees falling within the boundaries of 'E' Division were given a familiarisation tour of the new station.

## Children's Outing at 'Big Splash'

On 4 June, 750 underprivileged children from 26 primary schools, four Community Centres and three Institutional Homes were treated to a morning of fun and games at Big Splash. Disneyland cartoon characters were also on hand to entertain the children.

## Police Open House

This was held at the Police Academy (PA) for three days (5-7 June). The activities comprised two main groups — exhibitions and a series of demonstrations — showing the public the various facets of police work and thereby enhancing Police-Community understanding.

Highlights of the exhibitions were the Crime Prevention Exhibition, aimed at getting the public to play their part in crime prevention, and the Police Black Museum which depicted Force history, pathological specimens and photographs, forensic investigations, narcotic paraphernalia, and other interesting items. The other exhibitions featured the specialised units like the Traffic Police, Marine, Dog Unit, Radio Division, Scene of Crime, Police Tactical Team (PTT) and Task Force.

Demonstrations were also performed by various divisions/units and these included: safe driving circuit, trick riding, precision drills, riot control, a dog show, PTT assault and rescue operation, helicopter rappelling, Mock Court and others. Slide and film shows were also presented.

## Carnival and Food Fair

On 7 June, a Carnival and Food Fair was held at PA. This was opened by the First Lady, Mrs Yeo Ghim Seng, who also presented gifts to children from 15 welfare homes. These children were then treated to train rides, pony rides and other carnival delights.

In addition to the usual food and game stalls, the programme included a Ladies' Fashion Show, band and bagpipes display, lion dance performance, variety show by the SAF Music and Drama Company and parachute jumps.

A Swimming Carnival for children of Force personnel was also held.



Trick riding by Force Transport Branch Instructors



Subduing a man run amok



A memorable day at the Big Splash for 750 under-privileged children

The highlight of the demonstrations - Helicopter rappelling by Police Tactical Team



# Reliving the Camaraderie

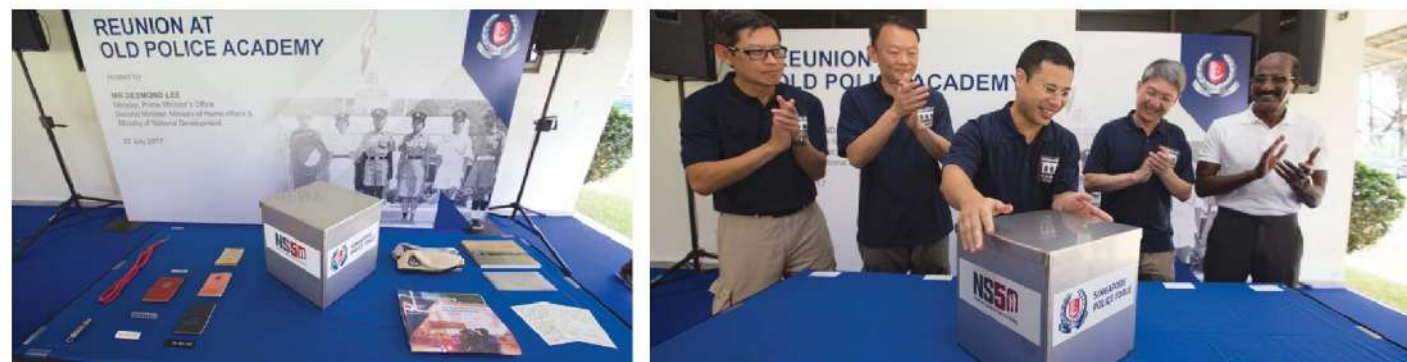
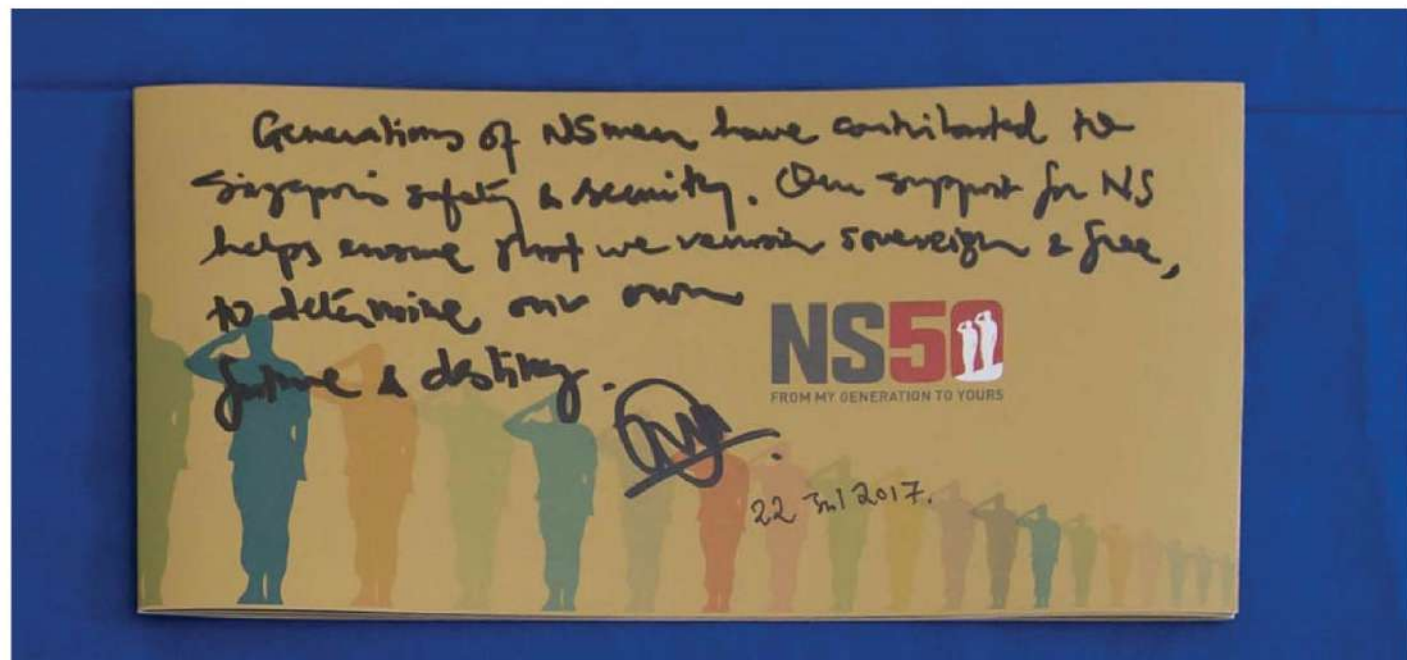
By Hadi Hafidz  
(Photos: Public Affairs Department)

**“Our Police National Servicemen play a vital role in supporting the Singapore Police Force’s mission to prevent, detect and deter crime. They work alongside our Regular Police officers and take on important roles, from community engagement to protecting security-sensitive locations and key installations, to make Singapore one of the safest cities in the world. On this 50th anniversary of National Service, I thank our past and present Police National Servicemen (PNSmen) for their unwavering dedication and commitment, as well as their families and employers for their support.”**

**- Commissioner of Police Hoeng Wee Teck**

On 22 July 2017, more than 4,000 PNSmen, regular and retired Police officers, and their families attended the Reunion at Old Police Academy (PA). The event, which was planned and organised by PNSmen, was one of the anchor events in the Home Team’s year-long NS50 celebrations to recognise the contributions of our National Servicemen.

In the spirit of reliving fond memories and strengthening old bonds amongst PNSmen, Mr Desmond Lee, Minister in the Prime Minister’s Office and Second Minister for Ministry of Home Affairs and Ministry of National Development hosted the event and paid tribute to PNSmen for their efforts and contributions in keeping Singapore safe and secure. In addition, he also expressed his gratitude towards family members for the support that they have provided to these PNSmen. To mark this special occasion, items of historical significance to Police National Service were placed in a time capsule. One of the items was a NS50 commemorative stamp issue autographed by Mr Lee.



Scheduled to be opened 50 years later in 2067, the time capsule will be placed at the Police Heritage Centre located within the Police Headquarters.

After sealing the time capsule, many gathered for the Heritage Walk and visited several iconic areas within the Old PA compound. During the walk, the PNSmen relived their memories while in training, including both the trials and tribulations that they experienced.

Following the walk, participants gathered for a photo-taking session. After the session, families continued to enjoy the various activities within the Old PA compound, including game booths and the firing range for our PNSmen to test out their skills.

*Police Life* captured the day filled with memorable moments. Enjoy!







## My View — I am Police Speed Laser Camera

By Darwisyah Daud  
(Photos: Traffic Police)



Now I am awake, perhaps more fully awake than I have ever been.

Slowly and gingerly, my best companion – Traffic Police (TP) officer uncovered my face. I blinked and, closed my eyes, and blinked again.

Here I stand, mounted at the top of the tripod monitoring the speed of vehicles with my fellow trusted custodians of the roads, the TP officers.

I could see a procession of headlights on the expressway, tail lights snaking their way down and over the brow of one of Singapore's busiest highways. Vehicles could be seen bumper to bumper, exhaust fumes belching out over the tarmac road.

Who am I? I am Police Speed Laser Camera ready to deter and detect any road offences of errant motorists.

Be it day or night, I am deployed along with my best companions - TP Patrol officers - to monitor the speed of vehicles and capture speedster from faraway distances. Unlike my other comrades - Fixed Speed Cameras and Mobile Speed Cameras, I am compact and portable which makes me flexible for deployment at various locations.

I am always prepared to execute my duties with my fellow officers to deter and detect any traffic violations on our roads. No one gets away with road offences under my watch. Heard enough? Perpetrators beware!

## Going Beyond Duty

By Aliman Zaki  
(Photo: Mohd Elfie)

When Sergeant (2) [Sgt (2)] Mohd Elfie from Changi Neighbourhood Police Centre posted a video from his helmet camera on Facebook of an elderly man appearing lost on an expressway and him giving the man a ride, he hoped that it will inspire and encourage others to also practise kindness.

Instead the video garnered more than 412,000 views and 14,000 likes with positive comments from Facebook users for Sgt (2) Elfie's act of kindness.

### Not the First Time

There have been other incidents in which Sgt (2) Elfie had offered similar acts of kindness. Sometime early last year, he encountered a drunk man near Tampines One who approached him while walking in an unsteady gait. Worried that the man might get hurt from his unsteady movements, he flagged a taxi for the intoxicated man and requested for the taxi driver to send the man back home. Instead of continuing on with his plans, he decided to follow the taxi on his bike so as to ensure that the man reached home safely.

For Sgt (2) Elfie, kindness is a value that was instilled in him by his parents since young. His parents, whom he attributes as his main support, have taught him to be selfless, show care and concern and always give people the benefit of doubt. These are some of the positive values that Sgt (2) Elfie practises on a daily basis.

### As a Police Officer

In addition, he too believes that being a Police officer has reinforced his values and shaped him to become the man he is today. Sgt (2) Elfie believes that such acts of kindness, especially from an off-duty Police officer helps in fostering trust from the members of the public in the Force. This was epitomised when the elderly man, whom he had given a ride, thanked him several times upon reaching his intended destination.

*"I felt that I have the responsibility to ensure he was safe till I hand him over to his next-of-kin...I said to him that his family must know what had happened so they will take extra measures to ensure such an incident will not happen again. People will better understand how Singapore Police Force officers live up to their Police pledge, on and off duty,"* reflected Sgt(2) Elfie on that eventful day and recalling a part of the Police pledge which states that a Police officer is to serve our community and to be courteous and humane in our dealings with every fellowman.

### Duty First

Sgt (2) Elfie is keenly aware that the elderly man standing in a busy expressway presented a safety risk to himself and other motorists. Taking the initiative to remove the man from danger is the right thing to do, regardless of whether he was off or on duty. This is Sgt (2) Elfie's steadfast commitment to live up to the Police pledge.



**"When you are able to help others even when you are off-duty, you will find an even more fulfilling sense of job satisfaction"**

**"Every road user must have a sense of consideration as the road is shared by everyone. Ensuring that the road is safe is not only the motorist's responsibility but the pedestrians as well,"** summarised Sgt (2) Elfie.

As a message to fellow officers who find themselves in a similar position as himself, Sgt (2) Elfie urged officers: **"Do not hesitate to stop in your tracks and offer assistance whenever you see someone in need. We must always strive to live up to our Police pledge 24/7. When you are able to help others even when you are off-duty, you will find an even more fulfilling sense of job satisfaction."**

## Happenings

### Breaking Fast with PM Lee at Tanglin Division Police Headquarters

On 20 June 2017, Prime Minister (PM) Lee Hsien Loong joined officers from the Home Team, Certis CISCO and AETOS for an iftar session – breaking of fast at sunset – at Tanglin Division Headquarters. During the session, PM Lee also lauded the role played by the Home Team and other security agencies in keeping Singapore safe and secure. PM Lee also highlighted the importance of the community in working together with the authorities to counter radicalisation in Singapore.

### No Child's Play: Children's Season 2017

This year, the Police Heritage Centre (PHC) hosted 718 children during the recently concluded Children's Season. Held between 27 May to 25 June 2017, it is an annual outreach event jointly organised by the National Heritage Board and the Museum Roundtable (of which the PHC is a member). The visits aim to inspire, engage and educate the younger generation about the essential role the Singapore Police Force plays in safeguarding our every day.

### Commissioning of Emergency Response Force

24 July 2017 saw the official commissioning of the Emergency Response Force (ERF). It was held at Police Coast Guard's (PCG) Headquarters and was graced by Commissioner of Police Hoong Wee Teck, who was also the reviewing officer for the commissioning parade. Adopting a tiered response model for armed attack situations out at sea and on the offshore islands such as a boat charging towards a target, the ERF would be PCG's first wave of response to such incidents.



# Making the Right Call

By Zachery Ryan Bala  
(Photographer: Hasif Mohd Ismail)

*"I want to commit suicide!"*

That was the first sentence Mohamed Noh Iskandar heard as he picked up one of his first calls as an Emergency Communications officer. Nothing can really prepare anyone for hearing something like that over the phone. However, Iskandar had to think quickly to stay on the line with the caller while keying in crucial details of the case to coordinate with the Police Divisional Operations Room (DOR) who would then dispatch officers to the location as soon as possible.

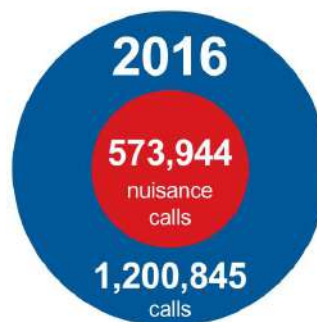
Being an Emergency Communications officer brings multitasking to a whole new level as they have to do a variety of tasks concurrently. Such actions include thinking on their feet, listening attentively to critical information, creating incident folders and most importantly, talking to and advising the person in distress on what to do. One small lapse in concentration or a lack of tact could result in the difference between someone getting injured or worse, losing their lives.

Back in 2013, the Singapore Police Force (SPF) decided to recruit and train civilian officers to answer calls coming through the Police emergency hotline. Iskandar was one of the pioneer batch of civilian officers recruited for the job. Iskandar recalled, **"Although serving my National Service in SPF was a huge advantage, nothing could have prepared me for this new career path that I decided to embark on".**

Landing the job was no walk in the park for Iskandar as he recalled his training which he described as nothing short of challenging. He was given two weeks to train to be proficient in his duties which involved learning several modules such as Police Procedures, Police Force Act, Criminal Procedure Code, telephone skills, effective listening, handling difficult callers, managing emotions, learning the Singapore map and understanding the Cubicon system which allows real time information to be communicated between the officer and the command centre. On top of those modules, he had to spend two days at the DOR learning how to dispatch officers in times of crisis and another two days attached to officers on the ground attending to cases to familiarise themselves with the work.

Training for him however, was far from over. After completing the modules and attachments, he still had to go through a two-month probation period of on-the-job training where he was attached to a senior Emergency Communications officer. Only after his probation would he be allowed to respond to emergency calls independently.

However, after graduating from training, everything was not all smooth sailing for Iskandar. **"Every time I picked up a call and hear someone scream, my initial reaction would be 'Oh God!' However no matter how hard my heart pounded, staying calm and keeping a professional front was critical."** Having been in the job for four years, he continues to face new challenges. **"The increase in nuisance calls which took up 47.8 per cent of all 999 calls in 2016 is one of such challenges,"** he further explained.



In 2016 alone, the emergency hotline received a total of 1,200,845 calls. Of the total number of calls, 573,944 of them were nuisance calls which makes up almost half of all calls received.

With such nuisance calls crowding the emergency hotline daily, the Police are concerned that such calls could delay someone else who is in dire need of Police assistance.

To tackle this issue, the Police regularly educate the public on the appropriate use of the emergency hotline through engagement sessions with members of the public. When Emergency Communications officer receive such calls, they are also trained to advise callers on the proper channels to contact.

## When to dial the emergency hotline:

- Someone has been seriously injured or is in danger
- A crime is in progress
- Someone suspected of committing a crime is close by, or you know where the person is, and there is an immediate opportunity to arrest the suspect
- A further crime might be committed
- When you see suspicious characters or parcels left at public areas

Indeed, the demands and responsibilities placed on a Emergency Communications officer's shoulders are colossal. As the first point of contact between the public and the Police, these officers who work behind the phones play a vital role in ensuring the safety and security of Singapore.

**"Although the job has immense demands, it gives me great satisfaction to know that despite all this, I know that I am helping people and making a difference to their lives and this is what keeps me going,"** shared Iskandar.

# Western Union Employee Foils Cyber Extortion

By Zachery Ryan Bala  
(Photographer: Zachery Ryan Bala)

Thanks to an alert Western Union employee, a cyber extortion scam was foiled!

In most cases of cyber extortion scams, the victim is usually blackmailed into transferring money to the scammer. This is exactly what happened to a 23-year-old Chinese man who entered Western Union's Ang Mo Kio Branch to make a money transfer.

He had fallen victim to a cyber extortion scam in which a woman befriended him on social media and subsequently convinced him to strip naked on a Skype video call. As soon as he was fully naked, the video call cut out and the woman blackmailed the man for a sum of money to avoid getting his video sent to all the victims' Facebook friends.

Fearing the consequences, he proceeded to Western Union's Ang Mo Kio Branch to make the money transfer. Fortunately for him, the Western Union staff, Miss Tessie Diaz's suspicions were raised when she found out he was clueless about the person he was sending the money to.

**"The amount of money does not matter, if you do not know the person, do not send the money because once you send it, you cannot get it back,"** said Miss Diaz.

Western Union is one of the various stakeholders that the Singapore Police Force (SPF) regularly reaches out to. During these engagements, staff are kept informed on the latest scam techniques and advisories. Having undergone training on how to detect scams, Miss Diaz was convinced that her customer was being scammed. To prevent the man from falling further into the scam, she handed a crime advisory to him and advised him to seek help from the Police immediately.

Miss Diaz was awarded a certificate of appreciation from the SPF for her quick-thinking and help in foiling the online extortion scam.

The SPF's mission of safeguarding Singapore every day cannot be accomplished by officers alone. The SPF will continue to engage the community to make Singapore a safe and secure home for all.





# Leading Our Future Police Officers

By Darwisyah Daud  
(Photographer: Hasif Mohd Ismail)

Every Police officer in the Singapore Police Force (SPF) has been through the Police Officers Basic Course (POBC). Dedication their lives tirelessly to nurture and train our future officers through this course of training – from Enlistment Day to their Passing Out Parade – are the Course Managers. Although Course Managers do not perform frontline policing duties, they play an unequivocally integral role in supporting the SPF through their efforts in equipping trainees with the necessary knowledge and skills before stepping into the realm of ‘policing world’. In this edition, *Police Life* caught up with Course Manager, Station Inspector (SI) Mohamed Nizam Bin Masout, to bring you more insights into this meaningful job.

## Grooming Our Future Policemen

Each Course Manager is assigned a squad of trainee Police officers. They are responsible for the management and delivery of their POBC, welfare of their trainees and helping them to learn what it takes to be a Police officer. Aside from that, the Course Manager is also at the helm of teaching his squad various subjects – such as law, search techniques, interview and conversation techniques – to ensure that they have a strong grasp of law and to facilitate their learning process.

Apart from teaching, they are also in-charge of monitoring their trainees' health. Course Managers also work closely with the Field Instructors in managing the discipline and motivation of the trainees.

Besides monitoring trainees' fitness level, SI Nizam highlighted the importance of eating healthily and staying in the pink of health in order to carry out his day-to-day duties in camp. He further shared with us that he makes an effort to wake up as early as 4 a.m. to exercise at his neighbourhood gym before kick starting his day at work.

As the officer-in-charge of his trainees, SI Nizam believes in building strong camaraderie amongst his trainees. To him, it is important to “lend a listening ear”, and be patient when dealing with trainees so that they know they can always count on someone should they face any difficulties in camp.

*“I can still remember those days when I was serving National Service at the Old Police Academy. There were ups and downs. As a Police National Servicemen, I truly understand how it feels like to be away from family and friends in camp,”* SI Nizam recounted.

The efforts of the Course Manager are thus instrumental in paving the foundation for them to become effective future Police officers who will uphold the law and discipline to fulfil the SPF's mission.



## A Fulfilling Profession

*“Regardless of what we do for a living, it is most rewarding to do a job that makes a difference to one's life,”* SI Nizam shared. Having served as a Course Manager for almost three years in ‘Charlie’ PNSF Company of Basic Training Centre, Training Command, SI Nizam also drills into his trainees to stand firm by the SPF's core values – Courage, Loyalty, Integrity and Fairness. He hopes that these values will encourage trainees to persevere regardless of the challenges they may face in the future. As an experienced Course Manager, SI Nizam has led a number of squads through their POBC.

He attributes his success as a Course Manager to his mantra of making the effort to familiarise himself with his trainees' strengths and weaknesses. One of his unforgettable moments was when one of his trainees' parent came up to him, shook his hands; thanked him for providing his child with advice and moral support when he was facing a crisis at home. It is such rewarding experiences that make SI Nizam's work more meaningful and worthwhile.

# The Pride of Hockey

By Hadi Hafidz  
(Photographer: Kenneth Tan)

In this issue, *Police Life* caught up with Special Constable (SC) Ahmad Tarmizi; a hockey player who is highly focused and disciplined in achieving his goals. He shared with us some of his most memorable moments playing the sport and explained how the sport not only helps him to stay in the pink of health, but also instills self-discipline.



As he stood before the opponent's goal posts, adrenaline rushed through his veins. Time stood still as he braced himself to take the final shot in the penalty shootout. The pressing thought that a single goal was the sole barrier between his team and the bronze medal sharpened his focus and intensified his determination to make the shot count. Once presented with the opportunity to imprint the moment, SC Tarmizi charged forward and swung with every ounce of strength that he can muster. Distinctively recalling the 'swooshing' sound of the ball hitting the back of the net, SC Tarmizi remembered how he was at a loss for words as he scored the goal. His senses choked at the reality of winning by the slightest of margins. By far, this was his most memorable moment in the sport, smiled SC Tarmizi as he recounted the eventful moment.

## How it Began

SC Tarmizi first encountered the sport during a Co-Curricular Activity (CCA) open house session back in secondary school. Soccer has always been a popular choice among the boys during secondary school days. It had never crossed his mind to take up hockey. But when he realised that soccer was not listed as a CCA option, he decided to opt for hockey as he felt that it has a similar sporting nature as soccer. As it turns out, hockey was not exactly an easy sport to muster. In addition to the physical fitness demands which is similar to the requirements of a soccer player, there is also a need to muster the use of the hockey stick so as to synchronise his strokes with his strides. As he got more involved in the sport, his interest and passion grew. Because of his hard work and performance, SC Tarmizi was given an opportunity to play for his school hockey team. Little did he know that hockey would become a centrepiece in his life. SC Tarmizi continued putting in the hours and several years later, his efforts finally paid off. After going through several selection phases, he was eventually selected to be part of the Singapore team to compete in the Indoor Hockey Competition 2017 against other Southeast Asian countries. Finishing as a runner-up in the competition meant that the Singapore National Hockey Team will be competing in the 2017 Southeast Asian (SEA) Games. *“I have invested a tremendous amount of effort to get to where I am now and I will continue to do so as the SEA Games draws nearer.”* SC Tarmizi quipped.



*“The reason for my sacrifices can be summed up by the ambition of winning a Gold Medal in a SEA Games competition,”* responded SC Tarmizi, when quizzed on his ultimate aim in the sport.

## Balancing Work and Hockey

SC Tarmizi acknowledged that it is by no means easy to strike a balance between his hockey training sessions and his National Service commitments. *“Discipline is what it takes,”* shared SC Tarmizi. As a Community Engagement officer in Bukit Merah East Neighbourhood Police Centre, he is required to perform 12-hour shift duties. In order to balance his work and his passion, he has to be very disciplined to maintain a strict training regime. After completing his 12-hour duty, he will still push on with his training that includes running and weight-lifting thrice a week to maintain his physical fitness readiness to take on any upcoming competitions.

## Health Benefits

SC Tarmizi explained that his training regime also contributed to his 'stamina' for work. Coupled with a strict diet, his training allows him to stay physically and mentally fit to perform his policing duties effectively. At the close of the interview, SC Tarmizi shared that the expectations by the members of the public on the Singapore Police Force to safeguard Singapore is ever growing. In order for our officers to continue to be physically and mentally fit to deal with all kinds of challenges, sports is definitely one of the best ways to achieve such fitness level!



# One of Us

## Hi I am...

I am Senior Staff Sergeant Audi Hariz Bin Sarman. I have been in the Force for the past 20 years and I am currently the Saxophone Section Leader and Senior Musician of the Singapore Police Force Band.

## What are your hobbies...

I spend most of my time mountain biking in forested terrains in Pulau Ubin, Kent Ridge and also in Indonesia's Mount Bromo and Surabaya race tracks. As an avid cyclist, I have participated in races such as the Singapore National Championship (Downhill) and Johore Jamboree (Cross Country).

## What is something in your job that keeps you going...

It is the burning desire to excel that motivates me to give my best in everything I do. I always feel a strong sense of accomplishment whenever the crowd roars and cheer for us during our performances.

## What is the weirdest misconception you have heard about policing work...

The Police is supposed to solve and fix everything under the sun. However, that is definitely not the case. The Police does not work alone. The community and other government agencies play a part too in keeping our homes safe and secure.

## I cannot live without...

My mountain bike which I have been using to train for my tournaments. Mountain biking is my way of keeping myself fit for work. During my days off, I will seize the opportunity to enjoy the mountain biking trails in Chestnut Nature Park for my endurance training.

## I believe in...

The need to uphold fairness as it is one of our core values. It is important to be open-minded and objective when dealing with people. Never judge a book by its cover.