

**POLICE
LIFE**

THE SINGAPORE POLICE FORCE MAGAZINE
VOLUME 42 NO.6

Community, Teamwork and Discipline

Police Day Parade 2016



Small Steps, Big Goals
I want to be a Policeman

Note from the Team

What comes to mind when one mentions the Singapore Police Force (SPF)? To the ordinary citizens of Singapore, the figures of two stoic silent protectors patrolling down the street, or perhaps the action-packed scenes of a particularly good Police show would come to mind? What stays constant without a doubt is SPF's commitment to keep Singapore safe and secure.

In this issue, read about the Police Day Parade, our signature event that celebrates the best of SPF, and showcases our pride in our values of community, teamwork and discipline as guardians of Singapore. Hear from Assistant Commissioner of Police Gerald Lim, Commander Clementi Division, as the battle-hardened veteran shares his trials and tribulations throughout his years in SPF. Hear what the children have to say about our illustrious history as they toured the Police Heritage Centre as part of Children's Season 2016.

We, the Public Affairs Department Editorial Team, wish you a wonderful read of this issue of *Police Life*!

The Editorial Team

CONTENT



03
Small Steps,
Big Goals



04
Community,
Teamwork and
Discipline: Police
Day Parade 2016



06
Ever Vigilant
and Focused on
the Mission



07
Certis CISCO
Police Day
Ceremony



08
I want to be
a Policeman!



10
I am Drill Cane



11
The 20th
INTERPOL
Police Training
Symposium



12
SGSecure-
Working with
the Community
to Combat
Terrorism



13
It's Carnival
Time!



14
Guiding Our
Future Officers



15
OSIM Sundown
Marathon 2016:
Pushing
the Limits



16
One of Us



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Small Steps, **Big Goals**

Growing up in a police family had a significant influence on Assistant Commissioner of Police (AC) Gerald Lim's decision to join the Singapore Police Force (SPF). With a strong desire to serve justice and help the needy, AC Lim remains fixated on his mission regardless of how challenging or complex the circumstances may be.

Citing his 19 years of experience in investigation as the "heart of policing work", he is no stranger to high profile criminal cases such as body parts murder and the firearm murder at Jalan Kukoh. AC Lim had also previously served as Commander Public Transport Security Command (TransCom) and Deputy Commander of Tanglin Division.



Harnessing the Power of Social Media

With his years of experience and having assumed the role of Commander Clementi Division, for over two years, AC Lim shared that it is of utmost importance to maintain the public's trust in SPF. He added that effective Policing requires the need to enhance the public's confidence by nurturing positive relationships between officers and the community.

In this regard, AC Lim believes that such may be achieved through capitalising on social media which comprises unparalleled and rapidly changing platforms. Obtaining the assistance of the community through the use of social media will undoubtedly enhance SPF's capabilities in solving crimes and crime prevention. At the same time, SPF's standing may be boosted by its engagement with the community through social media.

Working with purpose

AC Lim firmly believes that his officers should stay focused and relevant in order to be at the

forefront of law enforcement. To achieve this, AC Lim goes the extra mile to explain to his officers the principles and thought processes that go into the work they do. To him, this is a means to remind officers that their contributions make a difference to SPF and the community. Through this effort, he hopes to instil officers with a sense of purpose and direction, and dispels what might otherwise be perceived as mundane and routine work. He constantly urges officers to not belittle even the simplest task. **"Big goals are only achievable through small steps done well."**

Though AC Lim may appear intimidating with his stern expression, his looks are deceiving, because deep down inside, he cares deeply for his officers and their well-being. As a strong advocate for work-life harmony, AC Lim ensures that his officers' work remains relevant to the issues prevalent in the community.

Doing so eradicates wastage of efforts and resources, and reinforces the efforts to keep them motivated at work when they know that they are

devoting their time and strength to something that genuinely matters. Above all, to keep officers' morale high, AC Lim recognises the importance of selecting **"the right person, for the right job"**.

Pursuing Excellence

Nonetheless, with the evolving Policing landscape, AC Lim forewarns that officers should never be complacent. He stresses that officers should always keep an open mind, and constantly look for opportunities to improve themselves and contribute to the improvement of SPF.

Similarly, AC Lim shares that he adopts a "versatile leadership style", looking at issues from different angles and taking in opinions from his officers, before making the final call. Ultimately, he stands guided by the need to be **"firm and fair"**.

With his leadership experiences and life lessons gained from his service in SPF, AC Lim, a father of two young children, will certainly serve as an inspiration for future generations of Police officers to follow. Outside of work, AC Lim is an avid cyclist who makes the effort to cycle with his officers from time to time.

Effective policing requires the need to enhance the public's confidence by nurturing positive relationships between officers and the community.



Community, Teamwork and Discipline: **Police Day Parade 2016**

“The Police Day Parade (PDP) gives the spectators a sense of community, teamwork and discipline, what the Singapore Police Force (SPF) is made up of.” – NSPI Matthew Hudspeth on the PDP 2016.

On 3 June 2016, the differing departments of the SPF marched in unison at the Unity Square in the Home Team Academy (HTA). Graced by Guest-of-Honour (GOH) Senior Minister of State, Ministry of Home Affairs and Ministry of National Development, Mr Desmond Lee, the PDP 2016 celebrates the contributions of all our Police officers and reminds people of the ideals the SPF swore to uphold.

A Parade in Formation

The squads from the various units of SPF marched into the Unity Square, accompanied by the steady beat of the drums from the SPF Band, showcasing the SPF officers' sharp drills and discipline. It was followed by the inspection of the Parade by the GOH and a recitation of the Police Pledge. However, it was the march-off that had the most impact, as the pride and honour on the officers' faces were hard to overlook as they saluted the audience while leaving the Unity Square.

Established to provide healthy competition among the land divisions, an award ceremony was held during PDP 2016 with the two most prestigious awards being the Best Land Division Award and the Best National Service Operationally Ready Award. This year, Bedok Division won the former award while Clementi Division won the latter award. They were presented these awards by our GOH Senior Minister of State Desmond Lee.

Launch of the Emergency Response Team (ERT)

PDP 2016 was also the platform for the introduction of a new team into SPF's fold - the Emergency Response Team (ERT). It was easily the highlight of the entire event, as the first batch of ERTs drove in with their distinctive ERT vehicles and swiftly assembled in formation, demonstrating their ability to approach any situation quickly. Created as a response to recent terror attacks like the Jakarta bombings or the London train incident, the ERTs are trained to react promptly to any high-risk, high-intensity situation. Commissioning the team's launch, Senior Minister of State Desmond Lee presented the ERT teams with their skill badges and officially welcomed them into the SPF.

A Performance to Behold

Music soon filled the Unity Square again with the post-Parade performance, entitled "Hand-in-Hand". This was no ordinary band performance; it was a spectacular collaborative effort between the SPF Band, the Volunteer Special Constabulary Band and the Gurkha Contingent Band. Stirring the audience's heart with triumphant tunes from the brass and a gripping melody from the bagpipes, the Band broke into a diamond and a heart formation to symbolise the strength of Singapore's community and their pride in the SPF's mission respectively. They were then joined by bands from various secondary schools for a drum performance, exciting the crowd with their intricate



rhythms. For the performance's finale, they were joined by a team showing the martial prowess of Volunteer Special Constabulary officers using moves learnt from Police Defense Tactics, as well as a group of officers dancing in different types of clothing, dancing to signify the SPF's connection to the members of the public. It was truly amazing, showing how the individual cogs of the SPF work, and yet how they bring their distinctive attributes together to form a coherent performance.

In Retrospect

Community, teamwork and discipline. These are the three simple traits NSPI Matthew used to describe the SPF, and yet it somehow encompasses everything that the SPF has been working towards. This rings especially true for this year's PDP, shown through the various segments of the whole event. It was a testament to the SPF's commitment to those ideals, and a display of the continuous effort put in to uphold those values.



Wall of Thoughts

"I'm excited to be able to have such a unique experience."

National Police Cadet Corp Spectators

"I feel very proud to be a part of Police Day Parade. My friends are performing today. We came here today to support them."

VSC Geetha, spectator at PDP 2016

"When I heard the audience cheering, it felt really good."

Community Policing officer Md Rafeeq

"The guy [SPF Band Drum Major] who threw the stick was awesome!"

Member of Public, Spectator

"I was very nervous; there were a lot of people."

Secondary School Band Member

"It feels great to interact with many new people in the Force. They share their experiences with us, it is very enriching."

Ken Lee, Usher

"My parents are watching me today, I want them to feel proud."

SC/Sgt Leon Goh, 'F' Division

"I expect us to work as a team, be synchronised, and show the members of the public our discipline."

C2 2016, 2IC Jay Gan

"I feel proud and excited to be part of this event; I want to show them my past month's worth of training."

'G' Div Police officer

"They [OCTs] have been training very hard for this; I want them to be smart and sharp to leave a good impression of the SPF on the public."

Officer cadet Trainee (OCT) Field Instructor SC/Sgt Najiy Farooq, 64th batch

"I'm excited and proud for us to be part of such a prestigious event."

NPCC Contingent Commander Erik Nam and Deputy Contingent Commander Megan Lau

Best Land Division: Bedok ('G')

"We create our own luck" –
Assistant Commissioner of Police (AC) Alvin Moh Commander, 'G' Div

'G' Div has won the prestigious Best Land Division Award for 2 years running. When asked about his secret to success, AC Alvin Moh summarises it to one word - Trust. Their team trusts and supports each other to solve cases and to carry out operations, and the community trusts and lightens the SPF's burden by providing them information and spreading crime prevention advice. The Division runs on these bonds, which allows them to cover each other's weaknesses and flaunt their talents, ensuring that their Division remains effective and stable.



Ever Vigilant and Focussed on the Mission

When most people think of K-9 officers, images come to mind of them at checkpoints or ferry terminals working closely with man's best friend to detect any drugs or explosive chemicals that could be smuggled into our country. Like any regular Police officers, K-9 officers play an equally important role in safeguarding Singapore every day, without their K-9. This was proven by off-duty K-9 officer, Sergeant (Sgt) Liew Zhi Hau, when he went beyond the call of duty to apprehend an upskirt perpetrator.



Sgt Liew, was on a train during the early morning of 6 May 2016 when he noticed a man frantically jostling through the crowd and stopping next to a lady. He observed that the man was behaving suspiciously as it did not appear that the man knew the lady. Shortly after, he noticed the man taking an upskirt photo of the lady. Without hesitation, Sgt Liew immediately approached the suspicious man and identified himself as a Police officer. Sgt Liew then detained the man and called 999 for further assistance. The man was subsequently charged with the offence of insulting the modesty of a woman.

When asked about the incident, Sgt Liew commented, "Crime can occur anywhere, at any time. It is thus important for all officers to remain vigilant at all times. Everyone has a part to play in keeping our community safe. We just have to pay close attention to the things happening around us."



Certis CISCO

Police Day Ceremony

In conjunction with the Singapore Police Force's (SPF) Annual Police Day, Certis CISCO Auxiliary Police Force (CAPF) held its first Police Day Ceremony on 3 June 2016. This inaugural ceremony was held in appreciation of CAPF officers, and to renew their commitment to uphold the safety and security of Singapore.



Mr Paul Chong, President and Chief Executive Officer (CEO) of Certis CISCO Security, and CEO of CAPF, emphasised that the ceremony was an opportunity to "renew our commitment towards serving the nation." *"I am very proud at how far Certis CISCO has come in our journey,"* he said.

The CAPF contingent was formed by close to a hundred officers from its various business units - Certis CISCO Aviation Security, Certis CISCO Protection and Enforcement Services, Certis CISCO Auxiliary Police Force (APF), Certis CISCO Secure Logistics and the Certis CISCO Academy.

"Reciting the Certis CISCO pledge reminds us of why we work so hard to keep Singapore safe," said Lance Corporal (APF) Vijaya Latchemi Krishnan and Staff Sergeant (APF) Azman Bin Aziz.

CAPF will continue to work closely with the SPF to ensure the safety and security of Singapore in the years ahead.

By: Ms Cheryl Chia
Associate
Group Marketing & Corp Comms
Certis CISCO Security



Happenings



Singapore Police Force Public Service Observance Ceremony

The Singapore Police Force (SPF) Public Service Observance Ceremony was held on 30 May 2016 at New Phoenix Park Auditorium as part of the Public Service Week (PSW) celebrations. The PSW aims to celebrate the good work of public officers; for agencies to build a sense of pride and camaraderie as One Public Service, and to re-affirm our commitment to the Public Service's core values. The ceremony was graced by Commissioner of Police (CP) Hoong Wee Teck, and was attended by about 200 SPF officers.

Commissioner of Police Engagement with Retiring and Re-employed officers

On 30 and 31 May 2016, Commissioner of Police Hoong Wee Teck met the retiring and re-employed officers and they exchanged candid views on the various initiatives introduced under the new Home Affairs Uniformed Services HUS (Police) Scheme 2016, including the revised career transition programme to enhance the employability of officers after their retirement. Officers emerged from the dialogue sessions with a better understanding of what the HUS (Police) 2016 means for the Force, as well as how it enhances the career prospects of serving officers and prepares them for re-employment upon retirement.

Deputy Prime Minister Breaks Fast at Police Headquarters

Deputy Prime Minister and Coordinating Minister for National Security Mr Teo Chee Hean joined some 130 Muslim and non-Muslim officers from the Police Headquarters and Ministry of Home Affairs at New Phoenix Park to break fast (Iftar) on 13 June 2016. DPM Teo was accompanied by Minister for Home Affairs and Minister for Law Mr K Shanmugam, Senior Minister of State for Home Affairs Mr Desmond Lee, Minister for the Environment and Water Resources, Mr Masagos Zulkifli, and Acting Commissioner of Police Lau Peet Meng. Held annually, the Police Headquarters organises its communal breaking of fast dinner to foster a better understanding on the purpose of Ramadan amongst its officers.



I want to be a Policeman!

Children's Season, jointly presented by the National Heritage Board and the Museum Roundtable (of which the Police Heritage Centre (PHC) is a member), is an annual festival that aims to introduce children to art, culture, science and various aspects of Singapore life at different museums across Singapore.



This year's festival took place from 2 June to 25 June 2016 and the Public Affairs Department's Heritage and Social Responsibility Branch swung into action to host large groups of children for visits to the PHC with the theme, "I want to be a Policeman". Through the visits, the Heritage and Social Responsibility Branch aimed to impart to the younger generation the values of the Singapore Police Force (SPF) and hopefully, inspire them to join the Police when they grow up. Children of all ages were given a tour of the PHC and learnt about the SPF's history, from its inception to what it is today. The young visitors were also given the opportunity to try on children-sized Police uniforms and take photos with real Police officers as well as a retro-fitted Police radio vehicle that was used in the 1970s. Keep a look out for next year's Children's Season!

"It was an incredible experience working with and inspiring what might be a future generation of Police officers."

*SC/Cpl Sim Huan Ying, SA Heritage & Social Responsibility,
Part of the team for Children's Week 2016*





Out of the **1,299** children that visited this year, those from MY World @ Bukit Panjang were the most memorable with their artistic messages to our Police Officers





I am Drill Cane

Look at the sweat dripping from the trainees' foreheads, I glide with ease under the arm of my best friend, the Field Instructor (FI), I can sense fear and anticipation lingering in the atmosphere.

He shouts:

"Trainees, be at the Company (COY) Line in two minutes for your uniform inspection or else..." "If you may, shall we commence our inspection, Sir? Squad watch your front! Squad, Sedia!" Pardon me for my sternness and allow me to introduce myself, wait... you seem familiar. Are you the trainee that was always last to fall-in? Do you remember me? I am the Drill Cane. Over the years, I have served the nation alongside your FIs, playing a vital role towards the shaping of budding SPF (Singapore Police Force) officers by instilling discipline and ingraining SPF's core values – Courage, Loyalty, Integrity and Fairness in them.



Unlike my predecessor, the pace stick, I am no measuring tool. With my light weight and slick 650 mm wooden body, I am much more convenient to be carried around. Look at each of my ends - ornamented by a stainless steel tip. The embellishment at the top of my body is chromed with the SPF emblem measuring 24 mm by 24 mm by 0.25 mm, finished in polished stainless steel surface.



Remember those days when I was waiting for you to book into camp? I was there with the Provost Officers (POs) and sometimes Company Commanders (Coy Coms), ready to inspect your bags. Apart from FIs, POs and Coy Coms are also permitted to carry me around when it comes to disciplining trainees.



My best friend, the FI, is my trusted sidekick. I am usually carried, tucked under the left arm with his or her left hand grasping the tip of my body. Apart from that, I am seen as a symbol of authority and whenever my comrade is in uniform.



I was there when you were queuing up for food at the mess hall and when you are done. I was waiting for you with the PO near the Unity Square to fall-in orderly. Remember my dear friend, I am not just a cane, I am Drill cane.



The 20th INTERPOL Police Training Symposium



The INTERPOL Police Training Symposium was established with the objective of building a transcultural exchange for Policing activities such as deterrence of crime, addressing global risks and exploring new ways to heighten the competency of Police officers. It is a biennial event for senior law enforcement officials from around the globe to share their good practices, analytical findings and innovations.

Singapore had the honour of hosting the 20th rendition of the Symposium at the INTERPOL Global Complex for Innovation (IGCI) from 21 to 23 June 2016. Mr Noburu Nakatani, Executive Director of IGCI, introduced the theme for the 20th INTERPOL Police Training Symposium - "Innovation in training: The way forward" in his opening address. The attendees, including senior law officials from Argentina, Bahrain, Brazil, Colombia, France, Netherlands and Singapore, discussed new methodologies and state-of-the-art technology to combat global threats such as cybercrime, commercial crimes and terrorism. In addition to sharing and exchanging ideas and experiences, the participants also came up with promising plans to better respond to these threats and uncover the modus operandi of potential attacks carried out by perpetrators.



A Warm Welcome to Home Team Academy (HTA)

The attendees of the symposium were invited to HTA for a welcome dinner on 21 June 2016. They were treated to an array of performances by the Singapore Police Force (SPF) Combined Band, comprising the SPF Band, the Woman Police Pipes & Drums and the Gurkha Contingent Pipes & Drums. Showcasing Singapore's heritage and ethnicity as well as its integration into the international community, the SPF Combined Band played local favourites like the Ethnic Rumble and Singapura Grand Entrance and traditional songs from other countries including *When The Pipers Play* and *Steam Train*.



SGSecure - Working with the Community to Combat Terrorism

On 31 May 2016, Community Engagement (CE) officers from Yishun North Neighbourhood Police Centre (NPC) had a dialogue session with Minister for Home Affairs and Law, Mr K Shanmugam, where they shared their thoughts and experiences about their roles and engagement with the community on terrorism.



The pioneer batch of CE officers comprises regular officers, 29 Police National Service Full-time officers and 186 Police National Service men. In support of SGSecure, 1,500 National Service officers, including the pioneer batch, will form the backbone of the new CE vocation once they finish their training.

During the dialogue session, officers shared about their engagement efforts and one of the observations was that a majority of the community was unfazed by the threat of terrorism. Despite the challenges encountered during their engagement with the community about terrorism, many shared that they found their new role as a CE officer rewarding.

At the end of the session, Mr Shanmugam expressed his appreciation to the officers and encouraged them to continue with their good work in raising the community's awareness and preparedness as part of the SGSecure movement.

SGSecure

SGSecure is a national movement that aims to engage, sensitise and train, organise, mobilise and exercise Singaporeans to better protect them from terror attacks. The CE officers, who play a vital role in this initiative, go door-to-door – conducting house visits to generate awareness and educate the public on the "Run, Hide, Tell" advisory – a key component of the SGSecure initiative, aimed at imparting the appropriate response to the community to protect themselves in the event of a terror attack - as well as the Police@SG app, which includes the 'i-Witness' function within for users to alert the Police by sending text, pictures and videos.

RUN, HIDE, TELL

In the rare event of a firearms or weapons attack



RUN away from danger. Do not surrender or attempt to negotiate. If escape is not possible, then



HIDE. Find cover and stay out of sight. Be very quiet and switch your phone to silent mode. When it is safe to do so.



TELL someone. Call 999 or SMS 71999 if it is not safe to call. Provide details on your location and the attackers.

It's Carnival Time!

Reproduction from: The Singapore Police Force Magazine (Volume 16 Number 7 July 1990)



This is how it all began

The Police Force launched its first Police Week in 1958 with the objective of acquainting members of the public with the nature of Police work and establishing close rapport with the public.

For the first time ever, the public was invited to view the work of the Police at close range. Ten Police stations were thrown open to the public from 7 to 11 July 1958 and interested observers could walk-in to find out more – no questions asked.

Police Week 1958 culminated in a grand review at the Padang of 1,200 Policemen from all Units. The Reviewing Officer **Sir William Goode** was then the Governor of Singapore. At this Ceremony, medals and certificates were also presented to Police officers and members of the public.

Since then, Singapore has seen a period of transition – from the colonial era to a self-governing state and finally, an independent Republic. Despite the winds of change, Police Week has retained its vigour and appeal.

The Police Week Carnival has traditionally been a colourful and exciting affair, with participation by members of the public as well as the Force. This year's Carnival held on 3 June 1990 was no exception.

The First Lady **Mrs Wee Kim Wee** declared the Carnival open. She then presented gifts to guests from eight children's homes and a home for the aged before touring the Carnival grounds. She was also treated to an exciting Dog Show, a brilliant musical presentation by the Combined Band and a Big Flag Performance.

While the little ones were drawn to the swimming carnival, the adults made a beeline for the food and games stalls. The highlight of the day which lent the Carnival glamour was the SBC Variety Show featuring popular artistes like Rozie Rahim and well-known Police personalities. The Show proved to be a hit with the Carnival crowd.

A fitting climax to the week-long activities was the Police Week Dinner held on 4 June at the Senior Police Officers' Mess and attended by special guest-of-honour **President Wee Kim Wee**. At the Dinner, community leaders mingled freely with Police officers in a congenial setting. Over the years, the Force has kept very close to the ground and continues to do so by fostering good relations with the public.

Guiding Our Future Officers

Every Police officer in the Force has been through the Police Officers Basic Course (POBC). Guiding officers through this training – from beginning to end – are the Field Instructors. Although these officers are not on the frontline, they play an equally important role in supporting the Singapore Police Force (SPF) through their efforts in grooming the trainees into future Police officers and preparing them to take on the challenge of safeguarding Singapore. In this edition of Lesser Known Jobs, we shed some light on the role of Field Instructors.



Grooming Them for the Frontline

Every Field Instructor is assigned a squad of trainee Police officers. They are responsible for the planning and delivery of their POBC, discipline of their squad and helping them to learn what it means to be a uniformed officer. The Field Instructor will accompany his squad through their various training subjects – such as shooting, physical training and law classes – to ensure that they maintain their discipline and to facilitate their learning process. The efforts of the Field Instructors are therefore, instrumental in setting the foundation for the trainees to become future Police officers who will uphold the values and discipline that their Field Instructors instil in them for the rest of their Policing careers.

A Rewarding Vocation

“I teach my trainees to take pride in the small things” SC/Sgt Johann Ken Li Jaffar shared on what are some of the important values to instil in the trainees. By helping them to take pride in the small things, he hopes to help his trainees find meaning or motivation in their future policing work whenever they experience challenges. As an experienced Field Instructor, SC/Sgt Jaffar has led a number of squads through their POBC.

“I teach my trainees to take pride in the small things.”

*SC/Sgt Johann Ken Li Jaffar
Field Instructor*

He attributes his success as a Field Instructor to his personal approach to training by making the effort to get to know each and every one of his trainee's strength and weakness. One of his most memorable moments was when a trainee came up to him, shook his hands, and thanked him for helping him to become a leaner and fitter person when he improved his 2.4km run timing from 16 minutes to 10 minutes. It is such rewarding experiences that make work for SC/Sgt Jaffar worthwhile.

OSIM Sundown Marathon 2016: **Pushing the Limits**

By: SSI Dennis Tan Training officer, Bedok Division

Led by Commander Bedok Division, Assistant Commissioner of Police (AC) Alvin Moh, a contingent of almost a hundred officers took part in the 2016 OSIM Sundown Marathon on 28 May 2016. The event was particularly memorable as it represented the dawn of a new sporting culture in Bedok Division, one that has spurred officers to step out of their comfort zone and push their limits.



The officers who participated in the race included seasoned as well as novice runners. Some of them had never run past their Individual Physical Proficiency Test (IPPT) distance of 2.4km. For many of them, this was their first race and the beginning of a new journey – ASP Ahmad Khusairi Bin Juraimi was one of such officers. He took part in the 5km category as a first time runner. ***“We hope that by joining the run together with the 95-strong team of officers – the first time in history that Bedok Division has run together on such a large scale. We will inspire one another and encourage more officers to embrace a healthy and sporting lifestyle,”*** added ASP Khusairi.

Other runners included Inspector (INSP) Logan Low Zi Hao, who took part in the 10km race and Senior Station Inspector (SSI) Bernard Tan Bee Sen who took part in the gruelling 42km category. To INSP Logan, a healthy lifestyle and active participation in sports such as kickboxing and dragon boating organised by the division provided him with an avenue to work out, build resilience and manage his stress level adequately. SSI Bernard shared that joining sporting events such as marathons helped him create a more all-encompassing work-life experience. Apart from this aspect, the marathon also helped in improving his 2.4km timing for the annual IPPT as well.

It was a platform for them to bond through running as well as an avenue for them to push their boundaries.



In order to be physically prepared for the 10 km race, SC/Cpl Jagdeep Singh Sandhu and Senior Staff Sergeant (SSgt) Muhammad Saiful Osman divided their time between strength training in the gymnasium and cardio training near Bedok Division Headquarters. They trained together after the end of their morning shifts and shared a light meal after their work-out. As both of them had built up their stamina together, they ran and paced each other throughout the race and completed it in a good time of 1hr 05s and 1hr 19s respectively. To SC/Cpl Jagdeep, the fact that his Commander ran together with everyone fuelled him with the motivation and inspiration to improve his timing and do his division proud.

The OSIM Sundown Marathon was a meaningful experience for many Bedok Division officers. It was a platform for them to bond through running as well as an avenue for them to push their boundaries. Many of the first time runners began to appreciate the benefits of leading an active lifestyle. OSIM Sundown 2016 was an unforgettable experience for all involved and the beginning of a new chapter of fitness in Bedok Division's history.





One of Us

Hi, I am...

SSgt Norman Hermann. I have been in the service for 10 years and am attached to Sengkang Neighbourhood Police Centre (NPC) as a NPC officer from Ang Mo Kio Division.

What is something in your job that keeps you going?

What drives me at work is getting to know how much of an impact I am able to create on a stranger's life. As a Police officer, I am glad to be of help when people are in dire straits. I feel encouraged knowing that I made a difference in someone's life every day, be it in a small or big way.

Identify one thing that motivates you while you are at work.

The Police uniform. Each time I don my uniform, I reflect on my mission as a Police officer.

Please share with us the most interesting/amusing incident that you have encountered while at work.

I have had members of the public tell me how approachable and friendly an officer I am. That is when I explain to them that we would like to be there for the community beyond the moments when they need our urgent

assistance. We want to deepen the trust and confidence that the community has for the Force.

What is the weirdest misconception you have heard about Policing work/Police officers?

When parents tell their children "don't be naughty or the Policeman will catch you". More often than not, I would immediately intervene by correcting such teachings and remind parents that we Singapore Police Force (SPF) wish to cultivate positivity so that their children look upon us as their 'saviour' and not inculcate or instil fear in them upon seeing us officers in blue. I would then remind the children that there is nothing to fear of if they abide by the law.

I believe in...

Be open-minded, always acknowledge people's strengths over their flaws. Lastly, I strongly advocate that as Police officers, we should never judge a person for their past antecedents.

