

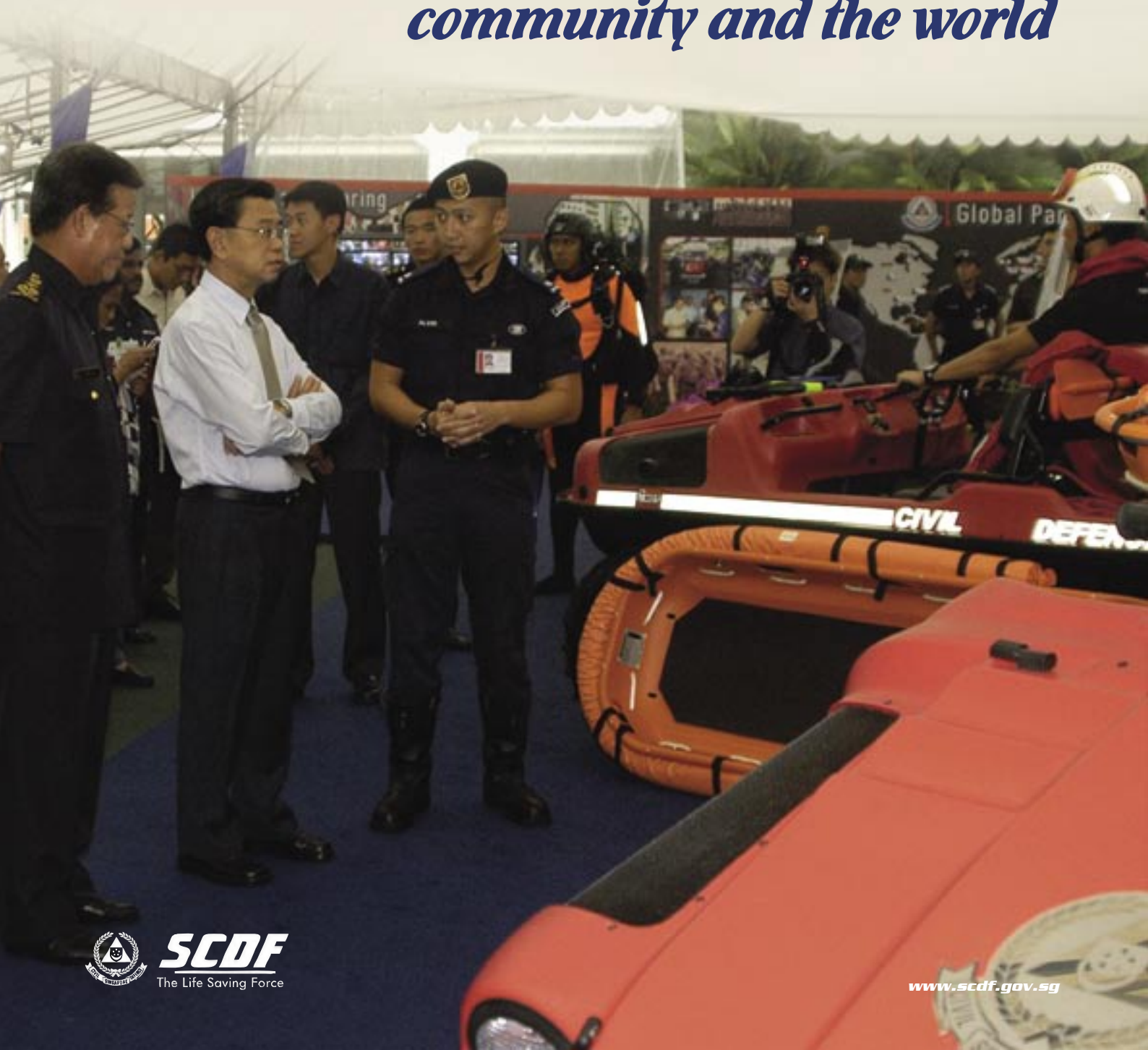
RESCUE **995**

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*SCDF connects with our
community and the world*



SCDF
The Life Saving Force

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995

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SCDF connects with our community and the world

■ Cpt Jerry Teoh, SSO Corporate Planning, Planning Department



Maj Francis Wee briefing DPM Wong Kan Seng on the HTVTS, with the latest enhancement being the mandatory installation of an immobiliser device in all HazMat transport vehicles from 1 Apr 2007.

SCDF's Connections with Singapore and the World to Provide a Cutting Edge for Safety and Security

This is the SCDF's theme for the new workyear, as Comr James Tan announced during the SCDF Workplan Seminar 2007 at the Civil Defence Academy on 3 Apr. Graced by Guest-of-Honour, Deputy Prime Minister and Minister for Home Affairs, Mr Wong Kan Seng, the event saw a turn-out of 400 guests.

During the forum, Comr James briefed the guests on the key initiatives that have taken shape in the past year, and highlighted the plans for the new workyear.

Continuously upgrading its operational capabilities

As an enhancement to the HazMat Transport Vehicle Tracking System (HTVTS), an immobiliser device will be installed in all HazMat transport vehicles from 1 Apr 2007 to enable the SCDF to remotely immobilise an errant vehicle. Moreover, with a growing ageing population, the SCDF will be inviting private ambulance operators to participate in the management of medical emergencies. Changes will also be introduced to its ambulance deployment to match supply to the increased demand. Together with the pooled resources from the private ambulance operators, more ambulances will be available to cater to the needs of the public.



New elements will be introduced to the Emergency Preparedness Days to ensure the communities possess the desired level of readiness to manage emergencies.

Expanding its outreach programmes to various communities

To ensure the communities have the right level of readiness and preparedness to manage emergencies, new elements will be introduced to the Emergency Preparedness (EP) Days to encourage the involvement of more participants through preparation of Ready Bags, conduct of IPP Drills and other participative EP-related activities.

The SCDF will also encourage grassroots leaders to expand their involvement to include terrain-mapping of their constituencies or RC zones, contingency planning, and conduct of table-top exercises to handle major civil emergencies and terrorism threat situations.

Sharing its know-how and expertise with its international counterparts

In reaching out to the world, the SCDF will continue to collaborate with international civil defence and

continued on Pg 2

continued from Pg 1

emergency communities through the provision of humanitarian assistance for major overseas disasters and the conduct of international courses for its overseas counterparts. Supporting the United Nations, the SCDF also represents Singapore as a key member of the Asia Pacific

Humanitarian Partnership.

Beyond the auditorium, guests were taken on a tour of an exhibition at the parade square that showcased the SCDF's achievements and innovations. *Rescue 995* introduces you to some of these exhibits.



The SCDF will continue to collaborate with its foreign counterparts for mutual benefits.



Amphibious Vehicle

Since 1997, the DART unit has been trained and equipped to perform water rescue operations. To date, the unit has performed numerous water rescue operations in reservoirs, inland waterways and open waters.

The increase in the number of water activities in the reservoirs and Marina

Basin has heightened the possibility of water-related emergencies. In order to enhance its capability to respond to multiple water-related incidents, the SCDF has purchased four amphibious vehicles.

Manned by a two-man crew, the amphibious vehicle is equipped with a floating stretcher and basic water rescue equipment, such as rescue tubes and life buoys to conduct surface water rescue. With its ability to manoeuvre on land and in water, the amphibious vehicle allows the SCDF to respond swiftly to water-related incidents, as well as off-road terrains, such as swamps or remote

areas that are difficult to access by other appliances.

The four amphibious vehicles are now deployed at Central Fire Station, Tampines Fire Station, and DART Base to ensure a swift response to water-related incidents at the Marina and Bedok reservoirs, as well as rescue incidents in other water bodies and remote areas. The amphibious vehicle's light weight and compact size enable it to be easily transported to the incident site on a lorry.

Since the launch of the amphibious vehicle during the SCDF Workplan Seminar, the vehicles have been deployed for several water rescue incidents.

New Dirty Bomb response capability

Robots

In the aftermath of a dirty bomb incident, it is important for the SCDF to quickly determine areas that have been contaminated with high concentration of radioactive particles. This can be achieved with the use of robots that are fitted with radiological detectors. These robots are able to move in and conduct remote detection without putting the responders at risk. The measurement from the detector will then be sent wirelessly to a monitoring console situated at a safe distance away.

HEPA Vacuum Pump

Upon detection of radiation, the SCDF will isolate and wet the area so as to minimise the re-suspension of the harmful radioactive particles. These particles will then be removed using the High Efficiency Particulate Air (HEPA) Vacuum Pump. This pump is fitted with filters that ensure particles that have been sucked in will remain trapped in the containment.

HazMat Control Vehicle

The HazMat Control Vehicle is specially designed to complement handheld radiological detectors for



APHP @ SG

Short for Asia Pacific Humanitarian Partnership, the APHP is set up to provide infocomm technology support (e.g. Satellite Data Terminals, Laptop PCs, Radio Sets, Global Positioning Satellite, etc.) to the United Nations in their assessment and coordination efforts at a disaster site in the Asia Pacific region.

At present, the APHP comprises six member countries – Singapore, China, Japan, South Korea, New Zealand and Australia. Singapore is the first member country to be operational ready, since 1 Jan 2006. Subsequently, all the remaining member countries have since declared their operational readiness by the end of 2006.

APHP Singapore (APHP @ SG) was called upon for its first deployment to Central Java following an earthquake in May 2006. During the mission, the team provided the United Nations Disaster Assessment and Coordination (UNDAC) team members with essential communications between remote sites, the Operations Base,

and the United Nations office in Geneva.

After the mission, the APHP @ SG team continued to improve its operational procedures. The members discovered that their standard packing of equipment was not ideal, as they would be completely incapacitated if their two boxes of equipment that are checked into their flight are lost. Following a review, they divided their equipment into sub-modules and arranged some of the most essential ones to be hand-carried. This would allow them to provide the basic infocomms support even if their checked-in luggage of equipment are lost or damaged. Recently, the team got the endorsement for its sub-modules during a presentation at the UNDAC Technical Forum in Denmark.



wide-area radiological contaminant monitoring.

Within the vehicle is an array of radiological instruments such as the



ISOLO particulate counter, which can be used to determine the intensity of alpha and beta particles collected from swipe sample. The Sodium Iodide detector can identify more than 500 kinds of radioisotopes.

The data from these detectors will be sent to a centralised display unit, providing responders with a real-time radiological footprint of the contaminated areas.

SCDF READY MOBILE: Emergency information "on the go"

Apart from acquiring emergency procedures information via the SCDF's Community Emergency Preparedness Programme (CEPP), public education portal on the SCDF internet website, Civil Defence Handbook and SCDF emergency information hotline 1800-2865555, members of the public can now download critical emergency advisories through mobile phone technology in four languages – English, Mandarin, Malay and Tamil.

Comprising 15 topics ranging from fire safety to chemical threats, these advisories are available for download either in animation clips or text midlets via the SCDF website (www.scdf.gov.sg) or mobile WAP site. This would enable members of the public to view the advisories, anytime, anywhere, transforming their mobile phones into a mobile reference tool for emergencies.

The SCDF has also collaborated with SingTel, M1 and StarHub to host ready mobile animation clips on their respective 3G mobile sites, namely: IDEAS (SingTel), MiWorld Mobile (M1) and Gee! & i-mode (StarHub) for viewing via 3G video streaming.



Security conference draws Asian security leaders to Singapore

■ Pte Sameer Ashok Chablani, Editorial Coordinator, Public Affairs Department

Emerging Threats - New Technologies is this year's theme for the biennial Asia Pacific international security conference known as Global Security Asia (GSA). Second in the making, the event, currently the largest security-based gathering in the Asia Pacific region, was organised by GSA Exhibitions Pte Ltd and hosted by MHA. Officiating the opening of the GSA was Prof S. Jayakumar, Deputy Prime Minister, Coordinating Minister for National Security and



DPM and Minister for Home Affairs, Mr Wong Kan Seng viewing a model of the aftermath of an explosion caused by a car that crashes into a building.

Minister for Law, who addressed on global terrorism and stressed that countries must join forces in sharing new advances in technology to make our nations safer.

Held at the Singapore Expo from 27 to 29 Mar, the event brought together over 40 international and regional experts along with speakers from top universities and key government homeland security agencies. Chiefs of civil services such as Fire and Police Chiefs from various countries gathered with the exhibitors to share expertise in the fight against global terrorism. On display were various gadgets ranging

from civil defence-related mobile decontamination shelters to military-related radar jammers. The exhibitors also showcased new HazMat protective gear and equipment such as developments in new chemical agent suits and breathing respirators to aid rescuers in saving lives.

The focus of the Home Team's exhibition - which was coordinated by the SCDF - at this year's event revolves round the theme, 'Be Our Partner for a Safer World'. Through its exhibits, the Home Team aimed to bring across the message that the SCDF and Police are ready to go beyond borders to lend a helping hand to countries in need.

'Made in Singapore' innovations were one of the highlights at the Home Team booth, where the Motorised Casualty Scooter and Water-Mist Gun left the crowd fascinated.

Response to the GSA over the three-day period was overwhelming, which shows how high a priority governments are placing in combating global terrorism.



Maj Jalil Montel (extreme right) demonstrating the use of the Motorised Casualty Scooter to Mr Joe Kwok (2nd from left), Director of Hong Kong Fire Services Department.

LION AT HEART: What Singaporeans are made of

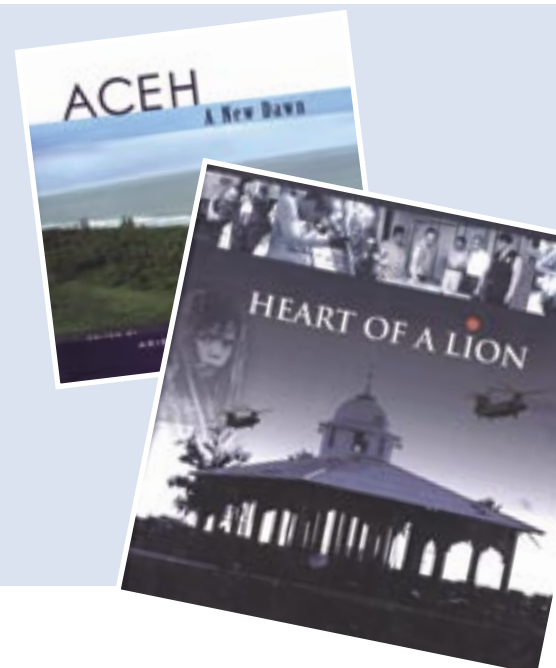
■ Pte Ahmad Khan Surattee, Public Affairs Department

The world witnessed the wrath of the tsunami on 26 Dec 2004, which claimed more than 200,000 lives.

Two years on, Singaporeans today are still helping out in relief efforts, as

duly portrayed in two books recently released by Mercy Relief to raise funds for the victims of the tsunami, as well as for other humanitarian projects.

The first book, *Aceh: A New Dawn* depicts life in post-tsunami Aceh. The



Steering the next journey of physical fitness

■ Cpt Tan Meng Siah, OC Physical Training Wing, BRTC

The primary roles of the Physical Training Wing are to train Physical Training Instructors to carry out physical training for trainees in CDA and BRTC and conduct fitness tests for SCDF officers. Along with the set-up of the Wing in 1997, the first Physical Training Instructor (PTI) course was conducted. Since then, 16 PTI courses have been conducted, training a total of 200 PTIs.

To increase the professionalism of our PTIs, the syllabus of the PTI course has been enhanced to include modules on Leadership, Exercise Science and Injury, Sports Organisation and Emergency Responder Appreciation. The new syllabus seeks to arm the PTIs with in-depth scientific knowledge to offer more professional training and prescribe exercise programmes that are tailored to the needs of various groups of trainees. The PTIs will also be more proficient in physical fitness regimes.

The first run of the revamped nine-week PTI course has commenced on 5 Mar this year. As a recognition of the profession, a PTI who graduates

from the course will be promoted to the rank of Corporal. Coupled with this change is the introduction of the new PTI Badge and Motto, 'Perseverance and Endurance' to instill a stronger sense of belonging and identity amongst our own core of thorough-bred PTIs.



WHAT THE PTI BADGE MEANS:

The **black and gold colours** represent life and vitality which are key attributes of the PTIs' personalities.

The **circular shape** is an ancient and universal symbol of unity and wholeness. Physical training is not just about the individual's achievement but also the ability to encourage each and every team member to excel together. Wholeness refers to possessing professional knowledge and skills in training the physical and mental well-being of a person.

The **crossed swords** represent the vocation of PTI amongst the Commonwealth countries and signify the undaunting fighting spirit to achieve physical excellence.

The **traditional fire helmet** is pinned onto the crossed swords to symbolise the PTIs of the SCDF.

Perseverance refers to the steadfastness and determination of the SCDF's PTI to achieve physical and mental excellence.

Endurance refers to the essential quality to be resilient and withstand prolonged strain during difficult times.

second, titled, *Heart of a Lion* features non-governmental organisations and the SCDF lending a hand in relief efforts and reconstruction work in countries devastated by the tsunami, like Sri Lanka, Maldives, Thailand and India. The book reflects the compassion and kindness of Singaporeans reaching out to our unfortunate neighbours in such a crisis.

Heart of a Lion features Ltc Poon Siow Hai, Commander of Basic Rescue Training Centre and his team of SCDF rescuers assisting the local authorities

in search and rescue operations in Khao Lak, Thailand. Similarly, Ltc Yap Kok Boon, Commander of 1st CD Division, was despatched along with another search and rescue team to Banda Aceh. Code-named Operation Lionheart, the task was physically and mentally demanding, with rescuers risking their lives, overcoming arduous obstacles to search for missing people and dead bodies.

The SCDF played a major role in this operation, with as many as 23 rescuers deployed to Banda Aceh and

80 rescuers to Khao Lak. A picture is worth a thousand words, and indeed there are many pictures which vividly capture the myriad of emotions, places and faces representing the trials and tribulations of all those involved.

Both books are now for sale at a package price of \$74.90 at all major bookstores until 31 May 2007, after which *Heart of a Lion* will be sold separately at \$70. All proceeds will go to Mercy Relief to support its on-going humanitarian relief and recovery efforts.

FRIDAY THE 13TH: An auspicious day for the SCDF

■ Pte Sameer Ashok Chablani, Editorial Coordinator, Public Affairs Department

Friday, 13 Apr marked the SCDF's fifth anniversary of the Pride and Care Day, which was inaugurated in 2003 to commemorate the integration of the SCDF and the Singapore Fire Service on 15 Apr 1989.

Workyear 2006/2007 saw a total of 26 Pride and Care Awards being handed out to SCDF staff for taking pride in their work and showing care to one another and members of the public. This is a significant increase from the 12 awards handed out during the previous workyear. Amongst the 26 award recipients emerge a shining star. Ssg Md Affan Bin Md Noor, a Section Commander from Yishun Fire Station, was voted by SCDF staff, via an online poll, as the Pride and Care Star Award winner for rescuing a young boy on 1 Feb this year. The boy had been trapped in his burning room, when Ssg Md Affan climbed into the unit through the window, placed the boy on his shoulders before making his way down the ladder. When asked about his achievements, the shy and modest Ssg Affan said, "It could have

been anyone. I was just at the right place, at the right time."

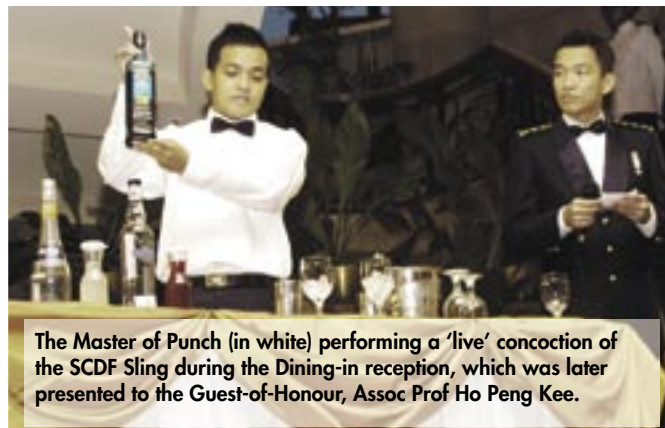
Winning the Unit Star Award this year is the 3rd CD Division, whose personnel has garnered the highest number of Pride and Care Awards for the workyear - seven in total.

In conjunction with this year's focus on 'care for our people', a portable DVD player will soon be given to all SCDF staff and NSF as a Pride and Care memento to reward and motivate them

to continuously exhibit pride and care in their work.

The Pride and Care Day would not be complete without the Force Dining-in. Held at the Raffles Town Club for the first time, the SCDF Pride and Care Dedication Dining-in was graced by Assoc Prof Ho Peng Kee, Senior Minister of State for Law and Home Affairs. This event brought together some 250 SCDF staff, retirees and key NS commanders, who witnessed the inaugural SCDF Punch Ceremony

during the pre-dinner reception, where a punch concoction known as the 'SCDF Sling' was introduced as an additional toast to the Nation and the Force.



The Master of Punch (in white) performing a 'live' concoction of the SCDF Sling during the Dining-in reception, which was later presented to the Guest-of-Honour, Assoc Prof Ho Peng Kee.

Symbolism of each spirit of the SCDF Sling

Just as there are three facets of the International Civil Defence Triangle, the SCDF Sling is made up of the three principal spirits of Vodka, Triple Sec and Blue Curaçao. These spirits are complemented by the rich base of Cranberry and Lychee.

Blue Curaçao - Blue is for the SCDF UNIFORM, and PRIDE, the value with which SCDF officers pledge to discharge their common mission. And blue is for Civil Defence and the Home Team.

Cranberry Juice - Red is for EMERGENCY, the reason for the SCDF's existence as emergency responders.

Vodka - Strong, clear and charming, such are the characteristics of this spirit. What better way to represent SCDF frontliners than Vodka for every one of them is tough and clear-minded.

Lychee Syrup - Sweet and exuding irresistible charm, it symbolises CARE for its personnel and those it serves.

Triple Sec - Sweet, robust with a rich flavour of Orange, it symbolises the SCDF's role as an active and responsible member of the International Civil Defence community.



Comr James Tan presenting the Pride and Care Star Award to Ssg Md Affan Bin Md Noor (right) from Yishun Fire Station.



Battle of the Brawns jolts Toa Payoh

■ MX Michelle Tey, SO Publications, Public Affairs Department

The phrase, 'ugly but adorable' may not really be valid. Although some may, including himself, think he looks like Shrek if painted green all over, he is adorable but by no means ugly. Yet Ahmad Taufiq Bin Muhd, the 'gentle giant', as he is often termed, shares another similarity with the ogre – they both impress with their inner beauty.

"Taufiq is very polite, respectful and responsible. He has lots of initiative and is mature for his age. Although soft-spoken, he has a great sense of humour, which is important because in this line of work, we'll get burn-out easily if we take things too seriously," says Cpt Elizabeth Ho, leader of the SCDF's CARE Team. Taufiq was a NSF under her charge before he completed his full-time NS obligations with the SCDF in Jan 2006. In fact, so focused is he in his pursuit of his interest in social work that he had then approached the management to post him to the CARE Team so that he could put his experience in social work to good use. Now a youth worker, the 25-year-old is also a veteran of the annual HomeTeamNS Strongman Challenge, conducted since 2005. This year, Taufiq emerged as the second runner-up.

Held at the Toa Payoh HDB Hub Mall on 31 Mar this year, 10 finalists of the Strongman Challenge underwent five gruelling events to vie for the top honour. Pulling a 2.3-tonne SUV and 4-tonne Red Rhino over a distance of 20m, transporting an 85kg log in each hand, and a 200kg yoke on the shoulders are definitely not for the less

extraordinary. Where it took five to six ordinary men to just shift a 230kg tractor tyre over a distance of one metre, the 10 contestants could each flip the tyre over 20m with nothing but their might.

Another veteran Strongman Challenger is Mohammed Mukhlis, a Physical Training Instructor with the SCDF. At 43, the 'Father of Strongman', as he is called due to his age, was the oldest contestant. Although unplaced, his achievements could not be refuted after he beat more than a hundred Strongman hopefuls to reach the finals. Eventually, first-time contestant, 33-year-old gym instructor, Yusri Bin Ali garnered the top spot.

This year's Strongman Challenge also included the Tertiary Category for the first time, where students from Singapore Polytechnic and Ngee Ann Polytechnic, working in pairs, challenged their limits in the Log Walk, Car Pull and Tyre Flip events.

Held in tandem with the Strongman Challenge was also the HomeTeamNS Bodybuilding Championship, which was won by Lta Md Faizal Mansa from the HQ 1st CD Division.

BRAWNY CONTESTANT OF A DIFFERENT KIND: Lta Md Faizal Mansa (front, extreme left) is the winner of the HomeTeamNS Bodybuilding Championship.



Two brawny polytechnic students struggling to carry an 85kg log while strongman, Mohammed Mukhlis carries two logs alone.



Strongman Challenge veteran, Ahmad Taufiq pulling the 4-tonne Red Rhino across a distance of 20m.



Fighting flames, saving lives

■ WO Noor Asrik B Masahlan, Deputy Rota Commander, Tuas Fire Station



Everything seemed rather normal at Tuas Fire Station on 8 Mar 2007, when the fire coding sounded. A glance at the clock showed that it was about 40 minutes past 12 noon. PL421 was despatched to location. Every bit of my nerves was expecting the worst kinds of fire, the usual that went through my mind every time I have had to attend a fire incident.

We hopped onto the fire engine and headed promptly to PUB Sewerage Pumping Station along Pioneer Sector 1. Within minutes, we arrived at the location. The first thing that caught my eyes was the burnt victim lying on the ground, being nursed by paramedics who arrived earlier.

Next, my focus shifted to the thick, black smoke that emerged from the direction of the pumping room. As I approached, I could see two points of fire through a broken door. Although the fire was rather aggressive, it was contained within the pumping room. I suspected there was an explosion

earlier that broke the door.

True to my conjecture, an explosion indeed took place. I hurriedly instructed my fellow firemen to extinguish the fire with the hosereel jet, which they did with exemplary focus, determination and efficiency. To everyone's relief, the fire was successfully extinguished in a jiffy. A look of contentment was evident on all our faces.

Unfortunately, the fire did not spare the burnt victim, who suffered second degree burns, mostly on his back. He was whisked to the Singapore General Hospital by ambulance.

Aside from that, the fire had destroyed the affected sewerage pump, and lined the walls of the pump room with soot.

As much as it was a minor fire incident, we cannot take things for granted. Every fire could have been prevented with more rigorous checks conducted on any possible source of

fire ignition. Indeed, fire, be it big or small, can cause damage and destroy lives. As firemen, our prime duty is, of course to fight the fire and more importantly, ensure everyone is safe from the fire. Where there is a fire, we will be there, risking our lives to protect the people.

Operating against all odds

■ Lcp Aalok Chhabria, Civil Defence Heritage Gallery

The early Singapore was a scene of widespread slum dwelling, where thousands of squatter huts made of combustible materials like atap and wooden boards were potential fire hazards. However, the severity of such hazards was realised only after the fire in Bukit Ho Swee – the biggest fire in Singapore to date.

At about 3.15pm on 25 May 1961, the Singapore Fire Brigade was called into action to douse the flames near King's Cinema at Tiong Bahru Road. Upon arrival, firemen found atap houses well alight within the vicinity, with the fire spreading towards Bukit Ho Swee. With the initial turn-out of just two fire engines, this operation eventually required the reinforcement of 20 other fire engines from various fire stations.

The fire, fanned by strong winds and fuelled by densely-packed wooden huts, soon became a terrifying avalanche of flames. The inferno engulfed the entire area stretching from Tiong Bahru Road to Havelock Road, including a two-storey building used as a school.

Fortunately, the battle against the fire was fought, and won near the Delta Circus, but not before the flames had swallowed the last cluster of atap huts and other properties including oil mills, timber yards and shophouses within an area measuring 250 acres. This fire destroyed the homes of nearly 16,000 people, leaving 85 injured and claiming four lives.

While combating the fire, firemen faced numerous difficulties which



consequently led the entire operation to last for approximately five hours. Lack of fire breaks in the congested kampong and the absence of access roads fuelled the rapid spread of the fire, while throngs of people fleeing from the incident site hampered firefighting operations. Moreover, a large number of public volunteers who outnumbered the firemen, grabbed hoses and sprayed water haphazardly instead of effectively. The explosion of tins of kerosene oil and other flammable liquids also added to the intensity of the fire.

In addition, fire engines faced difficulties when trying to approach

the fire ground, particularly at Havelock Road. Attracted to the scene by the smoke from the huge fire, hundreds of bystanders in their cars heavily obstructed the roads in the vicinity. This made firefighting almost impossible but the firemen pressed on.

The Bukit Ho Swee fire will always be remembered not only for the damage it caused to lives and property, but also the gallant and devoted endeavours of firemen in accomplishing their mission despite the difficulties faced. Firefighters must always stay prepared to deal with the perennial threat of large-scale fires.

The art of being a Superwoman

■ Ms Crystal Anne Lim, SO Staff Well-being, Manpower Department

In conjunction with the International Women's Day, the SCDF organised a talk on 'Balancing Work & Family: The Art of Being a Superwoman' at HQ SCDF on 8 Mar 2007. The speaker, Mrs Julia Lam, is an experienced community social worker with 20 years of experience. Married with two teenage children, she is no stranger to the act of balancing work and family. Juggling work with family is certainly not an easy feat, but Mrs Julia Lam shared during her talk how it is possible.

Keep work out of the home

One should never allow work to invade her family life. Those who succumb to this often unknowingly neglect their families. They may

also experience fatigue which could hinder their progress in both their work and personal lives. Instead, interact with your family and treasure the time spent together. Forget quantity; it is the quality of the time spent together that matters.

Keep the love flames burning

Marriage is a journey, not a destination. A couple should always try to maintain the aura of love in their daily lives. The flame of love should not diminish even after a long marriage. Date your husband. Take time off to go on a slow jog or walk together by the beach. This could do miracles in reviving the long-lost romance. Mutual support and understanding between the couple is

also the key to a successful family.

Communicate with the kids

Be tactful when speaking to the kids. If there is a problem, communicate with them to ascertain the root of the problem and implement solutions to rectify it. Disciplinary actions taken this way will not only gain the respect of your kids, it will also eradicate the root of the problem and prevent similar mistakes in the future.

Avoid showing favouritism to any of your kids. The 'unfavoured' child may be tormented emotionally should he or she feel left out and develop an inferiority complex. It will then be difficult to help them regain their confidence.

Superwomen in the SCDF

After the talk, I spoke to Cpt Chia Peng Peng and Management Executive Officer, Ms Joannah Teo on how they cope as a working mother.

How do you spend your family time?

Cpt Chia: Sometimes, we'll have breakfast together at food centres or have a picnic at East Coast Park where we cycle and roller-blade. After which, we may go swimming, rockclimbing or visit the National Library. On Friday nights, we watch VCDs at home together and snack as we watch.

MX Joannah: As my hubby is usually out of Singapore, I'll bundle the kids to my mum's house during the weekends,

where they get to play and bond with their cousins. When their daddy's back, we'll try to bring the kids out for some sun, like picnic by the beach, cycling and swimming, as my kids are very fair. They quite enjoy these outings but they usually end up as red as lobsters by the end of the day.

How do you set aside couple time?

Cpt Chia: Once or twice a month, we'll leave the kids with my parents for a few hours or even overnight so that we can dine in peace and enjoy each other's company.

MX Joannah: I'm very lucky to have understanding in-laws. Whenever



A PORTRAIT OF FAMILY BLISS: MX Joannah Teo with her husband and two sons during the kids' great-grandmother's birthday in January this year.

we're busy, burn-out from work or need some privacy, my in-laws will offer to look after my kids and even get them to stay over at their place. When I suggested hiring a helper to assist my mother-in-law in her household chores, she decided against it as she prefers to do the chores at her own

Dine at HomeTeamNS Sembawang Resort at fantastic prices

Come down to the Crown Village Restaurant where fantastic promotional prices await you. From now until 15 Jun 2007, enjoy any of the dishes on the promotional menu at \$8.80 nett per dish! Items on the menu include Sea Bass, Golden Pomfret Fish, Steamed Herbal Prawns, Sambal Slipper Lobster, Steamed Chicken with Herbs, Black Pepper Crabs, etc. But this is not all. For only \$8.80, you will also get to savour a bowl of sharks' fin soup!

Located at the HomeTeamNS Sembawang Resort at 301 Canberra Road (opposite Sembawang Shipyard), the Crown Village Restaurant is open to all SCDF staff and members of the public. No pork or lard is used in the food served. Free parking is also available to all guests. The promotion is not applicable on Saturdays, Sundays and Public Holidays. For more details of the promotion, call the restaurant at 6754 8130 today!



pace. More importantly, she doesn't want us to increase our expenses. I really appreciate her help and kind intentions.

How do you split the workload between you and your husband?

Cpt Chia: Both of us take turns to look after our children. While most of the housework is left to our maid, we also try to involve the kids in housework under our supervision, as long as we feel it's safe and simple for them to pick up.

MX Joannah: My hubby tries to help out in the household chores when he's in town. But as people have varying standards of cleanliness, we squabbled initially over how things should be done. To overcome this, we

sat down one day and divided the tasks between us and promised not to 'crossover' or pass unnecessary remarks. This has helped to minimise the squabbles.

How do you find time for yourself?

Cpt Chia: My secondary school, junior college and university friends meet at least once a year, without fail, to celebrate someone's birthday or promotion, festive season, or just to have a 'Gals Nite-out' chit-chat session.

MX Joannah: Sometimes, he'll tend to the kids for a day while I go out for some pampering sessions like facial, massages, etc. I also have monthly gatherings with my friends to update one another on major



Cpt Chia Peng Peng with her three children, fresh out of bed, at the Singapore Zoo.

happenings. We'll usually pig out at buffets or sing our hearts out till midnight.

Service Excellence Award winner with a huge dose of girl power!

■ Pte Ahmad Khan Surattee, Public Affairs Department

Coming into her eighth year as a paramedic, Sgt Siti Zarinah Binte Sarip has surpassed all doubts and expectations to achieve all that she has today. At 27, she has already set an exemplary role, not only as a paramedic, but as a counsellor as well, leaving us all in awe of such a character.

Her father and brother have worked as prison officers, while her sister used to be a nurse. Even her husband is a paramedic. Despite coming from a family who is no stranger to people in uniform, it did surprise a few of her family members and close friends the day she decided to join the SCDF as a paramedic in 1999. "Are you able to withstand the sight of blood? Are you fit enough to even run?" These were the kinds of questions posed to her when she told them about her passion to be a paramedic. Nevertheless, she remained undeterred by such remarks.

Now, already with the Advanced Paramedic Specialist certificate under her belt, it would seem that being a paramedic is not only the right choice, but the ideal one. For one, she loves the idea that the job allows her to meet people from all walks of life. "The challenge to save lives makes the job really interesting," she acknowledges.

After responding to countless incidents, Sgt Siti Zarinah reveals

that the most interesting cases she has encountered are related to delivering babies. "It feels good helping to bring a baby to life!" the mother of an 18-month-old son exclaims. "The achievement of successfully resuscitating someone keeps me going," she adds.

Nevertheless, fresh in her memory though, is a recent road traffic accident where a motorcycle was hit by a bus. The motorcyclist, who happened to be her husband's friend, was unable to be revived. Such a case does leave her depressed. However, strong-willed as she is, she takes it as a lesson that develops her more as a person and makes her more mature. She shares that "one has to always be prepared for the worst" when responding to such incidents.

Simple compliments and words of appreciation such as "thank you" whenever she helps someone, keep her going in this field. Amongst the numerous compliments that Sgt Siti Zarinah has garnered from members of the public was one from a lady, Mdm Cindy Poon. Mdm Poon had thanked Sgt Siti Zarinah for the latter's subsequent visits to the hospital to check on her mother's condition. The paramedic had also encouraged them during those difficult times. Sgt Siti Zarinah reveals that she empathises and understands how Mdm Poon felt then, as she was once placed in a similar situation as Mdm Poon.



On top of her core duties as a paramedic, Sgt Siti Zarinah selflessly volunteers her time and services as a SCDF paracounsellor. With her kind acts going beyond her call of duty, it certainly makes her more remarkable and inspiring as an individual. "It's rewarding," she says, viewing paracounselling as a valuable learning experience in life.

So with all the perks of being a paramedic, I wonder if she has found any downsides to it. "I can't really think of any actually, unless you consider the paperwork!" she jokes. "But that's not going to put me off. I don't care as long as my job makes me happy."

To the inspired, here is what Sgt Siti Zarinah said before we parted, "If you've the adrenaline rush to save lives, just do it."



Here are the recipients of the Service Excellence Awards (Oct – Dec 2006):

HQ SCDF

Cpt Keith Ting Yin Yih
WO Segar s/o Suppiah
CSO Yusnita Bte Yusoff

1st CD Division

Lta Nurkhairi Hadi
Lta Mavis Chng Meizhen
Lta Rendall Quek Se-Wei
Cpl Mohammed Fauzie
Cpl Melvynn Eh
Cpl Ooi Shao Zhong
Cpl Lin Sheng Qiang

2nd CD Division

Sgt Siti Zarinah Binte Sarip
Sgt Salizal Bin Salim
Cpl Ma Junxian
Cpl Armaan Khalid Bin Md Amin

3rd CD Division

Cpt Tan Chee Keong
WO Ronald Teo
Ssg Abdul Hamid B Mohamed Gaus
Sgt Md Faizul Bin Salamon
Sgt Johnny See
Sgt Norhaizad B Idris

4th CD Division

Cpt Chai Sheng Hau
Lta Idznursham Ismail
WO Ivan Holmberg
Ssg Samantha Lim Sok Hoon
Ssg Akmal Bin Omar
Ssg Muhammad Ali Bin Abdul Manap
Sgt Peter Leck Yong Koon
Lcp Firdaus Bin Samsudin
Lcp Glen Tan Kai Rong

CDA

Ssg Hamzah Md Deris
Sgt Md Nasir Abu Bakar
Cpl Zulhafsham Bin Seman
Lcp Suhaimi Bin Yusuf
Pte Chua Zai Xing

BRTC

Lta Alvin Yeo Han Ping
Lta Elton Lee
Ssg Mohamad Mukhlis



To Sgt Siti Zarinah Binte Sarip, a paramedic from Tampines Fire Station, no achievement is greater than saving lives.

TO SCHOOL WITH THE GERMANS: SCDF reaches out to the expatriate community

■ Maj Teo Chun Hian, Head Public Affairs Branch, HQ 4th CD Division



Students of the German European School being evacuated to safety during an emergency exercise in February this year.

Located within the lush greenery of forested area in Bukit Timah is an interesting community known as Bt Tinggi, made up mostly of expatriates. Occasionally, the serenity of this place is interrupted by the laughter from cute little blue-eyed 'ang moh' children from the German European School, located at Bukit Tinggi Road. The school has a student population of about 700, from the

age of four to 20 years old.

What has happened

It all started from last August, when Mr Daniel Ruckdeschel from the German European School contacted the 4th CD Division to help beef up the school's emergency preparedness.

As the students are of varying age groups, the SCDF catered different

activities for the various groups. A Community Emergency Preparedness Programme was conducted for the older group in Sep 2006, which saw the attendance of some 50 staff and student leaders.

The SCDF specially tailored a firefighting lesson for the younger students, where they were taught the dangers of fire and how to protect themselves when a fire breaks out. In February this year, an emergency exercise was also conducted to test the response of the school's newly-formed School Emergency Response Team.

Looking Ahead

The school is looking forward to establishing a long-term working relationship with the SCDF. As Bt Tinggi is a closely-knitted community, any incident in the vicinity will affect the school. Going beyond the safety and security needs of the school, the SCDF will be tapping on the influence of the school to reach out to the other expatriate communities in Bt Tinggi.

Clutter, clutter, go away!

■ Cpt Lim Leong Fuh, Head Public Affairs Branch, HQ 3rd CD Division

The 10 July 2006 unit fire that killed an elderly lady in her Circuit Road flat with clutter is a solemn reminder of the importance of fire-safe housekeeping. The clutter in a unit on fire not only leaves little room for casualties to escape, it also obstructs the movements of firefighters in their attempt to put out the fire and limits their access to the casualties trapped within the unit.

To prevent such a tragedy from recurring, the Aljunied-Hougang Community Development Council, Town Council, Civil Defence Executive Committee, Emergency Planning Group, Residents' Committees, HDB, and Senior Citizen's Group launched the Aljunied-Hougang Fire-safe Housekeeping Community Safety & Security Programme (CSSP) on 20 Jan this year with support from the 3rd CD Division and the Police.



Extracted from The Straits Times

CEPP @ Henkel Warehouse

On 23 Mar 2007, CPT Yap Soon Huat led his team of officers to conduct three modules of the Community Emergency Preparedness Programme (CEPP) at the Henkel Warehouse located at Tuas South.

The first two modules on First-Aid and Cardio-Pulmonary Resuscitation (CPR) were conducted in the conference room, where we sat through both theoretical and practical sessions and were imparted with knowledge and skills on handling incidents like fractures, bleeding, burns and other life-threatening events. We were also issued with bandages and taught the correct methods to dress the wounds. "The officers are very friendly, and patient in guiding us along the way," commented Jamilah Che Rani, one of the IDS staff.

The later part of the course emphasised more on life-saving techniques like positioning of the casualties, proper compression techniques and procedures to follow during emergencies. CPR was also introduced and demonstrated by the SCDF instructors.

The module on Fire Safety and Casualty Evacuation was conducted at the open area in the vicinity of the warehouse. SCDF officers demonstrated firefighting skills and procedures and explained the purpose and usage of the different types of fire extinguishers. Specifically, we were taught to adopt the **PASS** method in the operation of a fire extinguisher. The

PASS method basically comprises four actions - Pull out the safety pin, Aim the nozzle at the fire, Squeeze the lever and direct the discharge using Sweeping motion. One of the IDS participants, Lee Eng Lim said, "I really enjoy this course. This is the first time I've used an extinguisher to put out fire!"

At the end of the one-day programme, participants received a certification awarded by the SCDF and also took home important advisories like the CEPP course notes and Civil Defence Emergency Handbook.

With good feedback received from the participants, we would like to thank the SCDF for the time spent with us. It was indeed an enriching and fulfilling experience.

Eric Chan Lian Wah
Warehouse Supervisor
IDS Logistics Services Pte Ltd



Participants trying out different techniques of bandaging.



SCDF personnel explaining the differences between the various fire extinguishers.

Through the CSSP, the community leaders hope to inculcate the importance of fire-safe housekeeping in their residents, with volunteers helping the residents to remove the unwanted items in the latter's homes. Monetary benefits are also given to motivate the residents to dispose their unwanted items. In addition, the residents receive special educational materials that teach them proper fire-safe housekeeping.

The residents play an important role through the Aljunied-Hougang Community Emergency Response Team (CERT). The CERT members

have undergone CEPP training and acquired civil defence skills like first-aid and firefighting, which are indispensable during any emergency. Patrol groups, which comprise the elderly as well, have also been formed and mobilised to monitor the neighbourhood and report any breaches of fire safety to the Committee.

To date, the CSSP has seen at least nine house visits conducted by the volunteers to help residents clear the clutter in their homes.



Civil Defence volunteers helping to clear the clutter in a resident's home on 15 Oct 2006.

NS 40 EXHIBITION: Relive the memories, experience the transformation

■ Cpt Lee Shin Jiau, SSO NS Relations, NS Personnel Department



LEFT: Cpt Ryan Ong (extreme right in yellow) briefing Minister for Defence, Mr Teo Chee Hean on the capabilities of the Future Responder.



Cpt Ernest Ong explaining the Tunnelator to visitors eager to experience rescue work done in pitch darkness.

To commemorate 40 years of NS in 2007, the NS 40 Exhibition was held at Ngee Ann City, Civic Plaza from 12 to 15 Apr 2007. The exhibition was a combined effort by the SAF, Police and the SCDF. Launched by Minister for Defence, Mr Teo Chee Hean, the NS 40 Exhibition has kicked off a series of events to celebrate 40 years of NS this year.

Conceptualised with the twin goals of showcasing the evolution of NS over the last 40 years and to recognise the commitment and contributions of all servicemen to 40 years of peace and security in Singapore, the exhibition showcased an array of interactive activities and static displays arranged into three sectors - 'My Essentials', 'Our Workday' and 'Leaving My Mark/Hall of Fame'.

My Essentials

The heart of the exhibition, 'My Essentials' presented the evolution of enlistment processes over the last 40 years and brought to date the current common enlistment processes among the different services. Also displayed at this sector were the main basic

items and equipment used by NSmen from the different eras. Items that CD NSmen would undoubtedly be familiar with are the classic beige-and-brown CD uniform, the firefighting axe and gloves, rescue helmet, goggles and SOS kit.

Also on display was a mock-up of the bunks (old and new), which saw many senior NSmen reminiscing their NS days with their younger compatriots

Our Workday

As the biggest sector of the exhibition, this sector drew the biggest crowd eager to try their hands at the numerous interactive activities simulating the operations and training of the SAF, Police and the SCDF. The SCDF's Tunnelator, a replica of the Civil Defence Academy's tunnel simulator, saw many members of the public, young and old, queuing up for an experience of rescue work done in pitch darkness. Participants would use the DELSAR Life Detector to 'hear' the sounds created by the 'trapped' victim. They then used a thermal imager to navigate through the dark confined space and to spot and 'rescue' the victim.

Another crowd-puller was the SIMMAN Patient Simulator, where visitors could acquire valuable life-saving skills within a short stint. The patient simulator is a technologically advanced instrument used in the training of our paramedics and medics at the CDA. The SIMMAN is connected to a monitor to reproduce conditions of an injured or sick patient. Based on the condition of the 'patient', visitors could learn to adopt life-saving actions, such as perform CPR or apply the defibrillator.

Leaving My Mark/Hall of Fame

This sector allowed visitors to leave their mark by posting messages on a whiteboard. The sector also showcased the many awards given in recognition of the contributions by NSmen. The various service medals, along with Commissioner's Commendation Certificate, as well as the Best NS Unit Award trophies took centre stage in this sector.

Apart from the main NS 40 Exhibition at Ngee Ann City, roving NS 40 exhibitions were also brought to the heartlands. The first roving exhibition was held at Jurong East on 21 and 22 Apr, and Tampines on 28 and 29 Apr.

More information on the NS 40 Exhibition can be found on the NS 40 website: <http://www.ns40.sg>.

Enhanced Unit Cohesion Programme for SCDF NS units

■ Cpt Lee Shin Jiau, SSO NS Relations, NS Personnel Department

From this workyear, NSmen can look forward to activities and events organised annually for their NS units, as well as for their families and employers. Such events would include unit get-togethers and sporting and recreational activities at the HomeTeamNS Clubhouses. Aimed at forging bonds amongst NSmen within their units and with their families and employers, these activities are part of the enhanced Unit Cohesion Programme recommended by the **RECORD IV** (Fourth Committee to Recognise the Contribution of Operationally Ready NSmen to Total Defence) Committee.

The Enhanced Unit Cohesion Programme consists of two broad activities - the NS Unit Cohesion Activities and NS Engagement Activities. The NS Unit Cohesion Activities are designed to strengthen unit bonding between and amongst

the commanders and his men. The NS Engagement Activities aim to involve the NSmen, their families and employers in activities related to civil defence or organised by the SCDF. With greater engagement and participation of the NSmen's families and employers, it is expected that they will better understand and support NS, as well as Total Defence.

To support the organisation of the Unit Cohesion and NS Engagement activities, funds will be provided to subsidise the cost of organising the events. The annual budget allocated will be based on the units' total NSmen strength.

To explain the details of the programme and to seek feedback, a briefing on the Enhanced Unit Cohesion Programme was conducted for NS Commanders and the Key Appointment Holders in Mar 2007.



Increase in allowances for NSmen

■ Cpt Lee Shin Jiau, SSO NS Relations, NS Personnel Department

During the Committee of Supply Debate on 6 Mar 2006, the Government accepted the recommendations of the Fourth Committee to Recognise the Contribution of Operationally Ready NSmen to Total Defence (RECORD IV). One of the recommendations is to review the Key and Command Appointment Holder allowances.

With effect from this workyear, MINDEF and MHA will be increasing

the allowances for NS key command and staff appointment holders by 20% across the board. NS Key command and staff appointment holders take on leadership roles and shoulder greater responsibilities during NS. Some NS key command and staff appointment holders also serve for longer periods of time as compared to others. The increase in NS allowances is thus an appreciation of the special contributions made by this important group of NSmen.

In addition, from Jul 2007 onwards, the NS rank allowance will be increased by \$50 per month across all ranks for full-time national servicemen in both the Home Team agencies and the SAF. For example, a recruit will see an increase in allowance from \$350 to \$400 per month, and an NSF officer holding the rank of Lieutenant will receive \$1,100, up from the current \$1,050.

MAJOR JALIL MONTEL: Mr Decontamination

■ Cpt Eric Chua, SO Media Relations, Public Affairs Department



Maj Jalil Montel (in blue), the man behind many of the SCDF's innovations.

Meet Major Abdul Jalil Bin Montel, the man who always has a notebook and pencil handy.

Currently Commander of the Special Rescue Battalion's Alpha Company, he is no stranger to innovation in the Life Saving Force. In fact, he has been the mastermind, if not, a pivotal driving force behind a plethora of SCDF innovations such as the Dry Decontamination Vacuum Oven (DDVO), the Collapsible Stretcher Stands and Wheeled Perforated Decontamination Stretchers, the Detachable Wheels for Roller Stretchers, the Motorised Casualty Scooter (MCS), the Hose Emergency Leaks Plug (HELP)... and the list goes on.

Below is an interview with him to find out his secret formula behind

the truckloads of ideas that he has consistently been bringing to work.

Five guiding principles or steps to better define the innovation process?

(1) Give shape to the problem or difficulty your solution is meant to address,

(2) Once the problem or issue is defined, sketch and toss some fuzzy ideas or solutions in your mind over the next few days or weeks, but be sure to record these ideas with your pencil and notebook lest they are lost!

(3) Fine-tune the ideas but remember to factor in practical constraints and considerations, and you roughly have a brand new innovation

What about ideas that don't work out? How do you handle these?

Naturally, we must accept that not all conceptions will be realised according to expectations, and some ideas might not even bear fruit at all. Innovation must, after all, be tempered by considerations such as cost and practicality.

Is there too much emphasis on innovation and change these days, you think?

There is a saying that 'change is the essence of life'. Looking at our dynamic and ever-changing operating environment, we need to constantly adapt and re-model our operational procedures and processes. With strong management support and encouragement, I believe the innovation culture has taken firm roots amongst ground units.

Is that all we have on Mr Decontamination? Certainly not! Look out for the full interview in the SCDF publication, *Innovation Alive!* that will be launched in May this year.



Innovation Alive!, an innovation journal by the SCDF, will be launched in May 2007.

SCDF emerges as king of Sepak Takraw in Public Service

■ Cpt Roslan Kemat, Training Management Officer, HQ 1st CD Division



Team manager, Cpt Roslan Kemat (extreme left) with his players: (from left) Sgt Md Azhar, Sgt Mat Rizal and SWO Rusli Tanjong.

Sepak Takraw players from the Public Service gathered once again on 3 Mar at the Singapore Sepak Takraw Federation Clubhouse to participate in the Public Service Sepak Takraw (Inter-Regu) Tournament 2007. The event saw participation from a total of 37 teams from nine ministries and statutory boards.

The Home Team was represented by six teams – two from the Police and one each from the SCDF, Prisons Department, Immigration and Checkpoints Authority, and Central Narcotics Bureau. Team MHA 1, comprising all SCDF personnel,

was represented by current national player, Sgt Mat Rizal Osman, and former national players, Sgt Md Azhar Md Yunus, SWO Rusli Tanjong and Ssg Khamis Harjoh.

After making through many gruelling games in the preliminary rounds, quarter-finals, semi-finals and finals from 9am to 10pm, Team MHA 1 finally emerged as the victors! A week later, the SCDF players teamed up with other best players from the Home Team Departments on 10 and 11 Mar and clinched another title - Champion of the Inter-team event. Congratulations, guys!

N-GINE 44 going for gold

■ Ssg Nor Herman Bin Maryuti, Section Commander, Bukit Batok Fire Station

Bukit Batok Fire Station's soccer team shows its mettle in various tournaments during the past two years

It started off as a way to foster closer relationships between the regulars and the NSF of Bukit Timah Fire Station way back in 2002. But today, the soccer team is one well-tuned engine. The team now goes by the name, *N-GINE 44* and since 2005, they have been on a winning streak.

N-GINE 44 took home the Home Team Western Sector 7-A-Side Soccer Tournament championship trophies two years in a row (2005 and 2006); won the Home Team Western Sector Street Soccer Tournament in 2005 and emerged tops in SPICE Street Soccer Championship in 2006. Not only that, *N-GINE 44* is also the

main driving force behind the 4th CD Division soccer team, where out of a total of 18 players in the team, 10 are from *N-GINE 44*. Recently, 4th CD Division came in second behind BRTC in the SCDFS Inter-Unit Soccer Tournament 06/07.

According to Sgt Md Ramdzan, the team's manager, *N-GINE 44*'s members consist of regulars and NSF of Bukit Batok Fire Station from both the firefighting and medical vocations, and even former NSF who have served in Bukit Timah and Bukit Batok Fire Station in the past. The players hold regular weekend practices and friendly matches at either Bukit Timah field or Cantonment field to keep their engines well-oiled and in shape.

Any teams interested in having a friendly match against *N-GINE 44*



A TIGHT-KNITTED FAMILY: *N-GINE 44*'s members include regulars and NSF from both firefighting and medical vocations, as well as former NSF.



Members warming up during one of their practice sessions.

may contact Sgt Ramdzan at Md_Ramzan_MD_YUSOFF@scdf.vmail.gov.sg.

Word Puzzle

Find the missing words in the following sentences and circle them in the puzzle below.

1. Global ___ Asia 2007 was held from 27 to 29 Mar 2007.
2. CDAU stands for Civil Defence ___ Unit.
3. The second fire post to be located in a community centre is ___.

H	I	D	E	A	G	E	Y	L	A	N	G	O	U	T
O	U	H	L	S	A	K	C	U	D	A	R	T	Y	A
U	C	H	I	C	T	A	N	G	L	I	N	O	I	C
S	I	A	M	O	H	O	M	E	S	B	E	D	O	K
E	D	Z	I	M	E	Z	S	O	C	I	A	L	A	I
S	E	M	N	M	R	H	E	R	I	T	A	G	E	Y
C	N	A	A	U	I	G	U	A	N	A	S	H	E	R
I	T	T	T	T	N	O	U	G	A	T	R	O	T	A
D	O	K	E	N	G	U	I	L	I	D	R	U	G	I
E	B	U	K	I	T	T	I	M	A	H	T	G	L	L
M	I	I	A	Y	T	I	R	U	C	E	S	A	A	I
A	I	M	A	N	P	O	W	E	R	S	R	N	B	X
R	N	R	E	D	R	H	I	N	O	P	A	G	O	U
A	G	A	L	L	I	A	N	C	E	P	D	V	L	A
P	A	Y	E	T	A	U	C	A	V	E	R	A	G	E

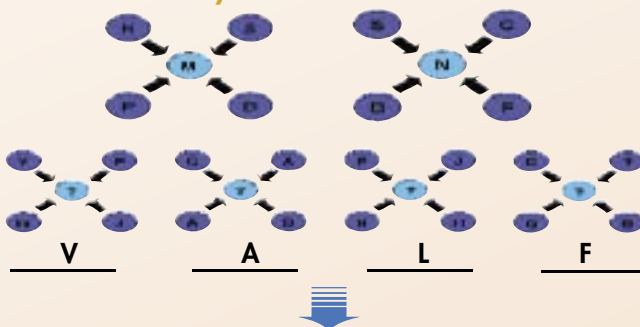
Rank / Name: _____

Dept / Organisation: _____

NRIC No: _____

Contact No: _____

Answers to the February 2007 Quiz



LFV = LIGHT FIRE ATTACK VEHICLE

In order to get the missing alphabet, change all the given alphabets to their respective numbers first. Next, find the difference between the two diagonal alphabets. eg (Y - J) and (W - P). Hence, add up the two numbers found and convert the final answer to its corresponding alphabet.

Eg. (Y - J) + (W - P) = Missing alphabet

Please send in your entries to:

Editorial Coordinator, Rescue 995
Public Affairs Department, HQ SCDF
91 Ubi Ave 4
Singapore 408827

by **25 May 2007** and stand a chance to win the following prize:



A limited edition Pen Set

Terms & Conditions

1. This contest is open to all staff of the Home Team and CDEC members.
2. Multiple entries or incomplete entries will be disqualified.
3. The judges' decision is final and no correspondence will be entertained.
4. The organiser reserves the right to substitute the prizes with other items of similar value.
5. Prizes must be claimed within three months from the date of notice.

Winners of the February 2007 Quiz

- 1) CSO Goh P H, Ops Dept
- 2) Lcp Md Tawfiq, PA Dept
- 3) Lcp Wong Zihui, Pers Br, HQ 1st CD Div
- 4) Lcp Lor Ji Cun, Ops Dept
- 5) Lcp Foo Fangming Philemon, PA Dept

Winners will be notified separately to collect their prizes (a Clock Radio).

Sign up for a life of *SPICE*

■ Cpt Wesley Ho, SSO Manpower Plans, Manpower Department

Refreshing *SPICE*

It has been some 2.5 years since the SCDF launched the Staff Participating In Co-Employment (*SPICE*) activities in Sep 2004 to enrich the work life of SCDF personnel and to allow those with special talents to develop their interests with like-minded colleagues.

Groups under the **Social and Cultural** category like the 'Bumble Bee Club', 'Corporate Friendship Programme' and SCDF Combo Band, provide opportunities for staff to socialise and network under a conducive environment.

The **Special Interests** groups, such as Makeover Studio and Paracounsellor provide a platform for staff with special skills or specific interests to come together, where they are given ample opportunities to perform interesting roles, share best practices and learn the experiences and expertise from one another. To facilitate the growth of individuals in their special interests, various courses such as the master-of-ceremony course, tour-guide awareness training, etc, are offered. Activities under this category not only help to build up the confidence of individuals but also provide opportunity for interaction with interesting and unique groups of people, such as foreign corporate visitors and members of the public that Foreign Liaison Officers and Career Counsellors meet, respectively.

SPICY Past

2006 was an eventful year for *SPICE*, where many staff got to enjoy the numerous interesting activities that were conducted. Clinics, like gym

training, basketball, squash, etc, were organised to introduce these sports to staff who were new to the sports so that they could learn a new sports and maintain a healthy lifestyle. The experienced participants were not left out as intermediate- and advance-level courses, such as advance rockwall climbing, were conducted for them to hone their skills.

Several social activities were also successfully conducted in 2006. These include events such as a trip to Johor Bahru, talk on 'Stress in Young Children', dinner and movie, Laser Quest at HomeTeamNS Bukit Batok Clubhouse and Parenting Talk for International Women's Day.

Numerous courses were also conducted to enhance the proficiency of members of the various Special Interests groups, such as the Paracounsellor Preparatory Workshop. To recognise the passion of the Paracounsellors and their contributions in helping others, the



Sweating it out during a game of volleyball.



Participants having a discussion session during the Paracounsellor Preparatory Workshop.

Paracounsellor badge has also been introduced.

What are you waiting for?

The activities and clubs are open to all SCDF staff and participation in *SPICE* activities is purely voluntary. These activities are meant to spice up your life in the SCDF and there are no limits on the number of activities you can join. The new workyear promises to bring more *SPICY* activities to all of you. So, grab your colleagues and sign up for more activities!

Activities under *SPICE*

SPORTS and GAMES	SOCIAL and CULTURAL	SPECIAL INTERESTS
Archery	Community Service	Career Counselling
Badminton	Family Life Programme (Bumble Bee Club)	Foreign Liaison Officer
Basketball	Corporate Friendship Programme	Hearts for Bits and Bytes (H4B2)
Bodybuilding	SCDF Combo Band	Makeover Studio (Toastmaster Club)
Bowling		Paracounsellor
Dragon Boat		
Golf		
Multi-Sports		
Netball		
Rockwall Climbing		
Sepak Takraw		
Soccer		
Squash		
Swimming		
Table Tennis		
Volleyball		



RESCUE APRIL 2022
995

The SCDF has beefed up its operational capabilities through the use of robots, amongst others, over the past year.

