

RESCUE

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SCDF's Arnold Schwarzenegger to 'retyre' for a new life

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RESCUE AUGUST 2007
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PHOTOGRAPHERS

Public Affairs Dept Multi-Media Team

If you have any views on Rescue 995 magazines or if you do not wish to receive this magazine in your mail, please write to the Editorial Coordinator at SCDF_Rescue_995@scdf.gov.sg or call 6848 1519.

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SCDF's *Arnold Schwarzenegger* to 'retyre' for a new life

■ LCP Ahmad Khan Surattee, Public Affairs Department



He is an icon in the Force: a man of muscle, and as healthy and fit as the 'Terminator'!

Sports-inclined since his university days, one can smell LTC Poon Siow Hai's remarkable passion for competitive sports. A national Dragon Boat rower for 10 years, he captained his team to two silver and two bronze medals during the SEA games back in 1989 and 1991!

Beyond his involvement in Dragon Boat, LTC Poon also represented his university in Track and Field and headed the Taekwondo team. Even

now, he jogs every day and when in good form, he canoes alone round the entire Pulau Ubin for three hours!

Mr Congeniality

What make LTC Poon such a role model are his strong values such as determination, commitment and discipline, which he has cultivated through sports. With a heart of gold, it is no surprise that LTC Poon was also the chairman of the Leo Club back in university, where he was involved in charity work to help the less fortunate. But more specifically, it is his philosophies in life that have struck me most. He shared with me what he emphasises to his men all the time:

"knowledge, experience and training are the most powerful skills one can acquire in life". He also believes that "if you want people to work hard, you'll have to work harder; if you want them to respect you, you'll have to respect them first".

As a leader and commander, LTC Poon balances between being stern and humble at the same time. He demands high standards from his men, so that they can perform in real-life incidents and not put themselves in perilous circumstances. This, I feel, is what makes LTC Poon a symbol everyone acknowledges and gives credit to.

Talking to him, one can easily sense the immense care and concern LTC Poon shows to his men. As I interviewed him, I was surprised by the warm hospitality he extended to me, in ensuring I was comfortable and had a drink.



LTC Poon demonstrating a flying kick during a Taekwondo practice session in the 1970s.

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RIGHT:
LTC Poon (circled), captain
of the then national
Dragon Boat team, and
his teammates during the
International Dragon Boat
Race in 1984.



LEFT: With LTC Poon during a *makan* session in the early 1990s are (from left): SWO Abdul Rahim Awang (squatting), SWO Abdul Razak Bin Senin, WO Irianto Marino, SSG Chua Lai Sian, and WO Azmi Bin Hassan.

As Commander of the Basic Rescue Training Centre, LTC Poon has a duty to train the recruits into useful citizens. He knows how to be versatile in guiding these boys who come from all walks of life, and admits that he enjoys interacting with them. *"It makes me feel young!"* he jokes.

DARTing for rescue operations

Any interview with LTC Poon would not be complete without broaching the topic of DART (Disaster Assistance and Rescue Team), as the first DART Commander shared insightful recounts of his experience in various Operation Lionheart missions. He recalled while searching for survivors inside a collapsed building just after the 1999 earthquake in Taiwan, he and his men felt strong aftershocks, causing them to be momentarily trapped. Fortunately, they managed to escape the building unscathed.

More recently, of course, is the 2004 Asian Tsunami disaster. Although he was then on holiday with his family in Hong Kong, LTC Poon cut short his trip and volunteered to lead a contingent to Khao Lak, Phuket. Such is his commitment to the SCDF.

The Family Man

All these made me wonder how his family feels when he goes on such missions. *"My family is used to it. They know I can take care of myself, so there isn't anything much to worry about,"* he said as a matter-of-fact.

Just like how he is a fatherly figure to the recruits and his colleagues, the priceless expressions of joy and pride on his face were evident when he talked about his children. His two eldest daughters, Yvonne and Michelle, were recently awarded the

SCDF Children Education Award for their outstanding 'A' and 'O' level results, respectively. The father of four was certainly unable to hide his enthusiasm in telling me his children's interests and aspirations, from Yvonne wanting to practise law to his youngest son, Benjamin wanting to design computer games!

A New Beginning

Throughout the interview, I felt as if I was talking to someone at the prime of his life. Yet, in reality, LTC Poon will be entering a new phase in his life this October - retirement. But with someone so energetic, fit and still with a thirst to live life to the fullest, surely LTC Poon is not going to call it a day in his working life? I am right. He will be assisting his wife in the real estate business. *"I'm looking forward to facing a new challenge!"* he said with

sheer excitement. When asked what he would miss most about the SCDF, he exclaimed with no hesitation, "My colleagues!"

So, as LTC Poon closes a chapter of his life, let us all wish him the very best in his future endeavours, and pay tribute to this dedicated and humble man for the services he has rendered to the Force for the past 33 years.



FAMILY BLISS IN KYOTO: LTC Poon with his family during a holiday in Japan last December.

"I've worked with LTC Poon in DART for seven years. We had such a close relationship with him that we called him Bapak (father in Malay). He was always willing to lend a listening ear and would go to a corner to pray for our safety before initiating any orders during major incidents, such as the Highland Tower collapse in KL."

- SWO Abdul Razak Bin Senin,
CSM, Tampines Fire Station

LTC Poon (front, right) with his pals during an outing in the 1970s.



"LTC Poon is always approachable yet very serious when it comes to work. He's a dedicated man, working overtime frequently, always the first to arrive at work, and the last to leave. He's so pleasant I can't really find anything negative to say about him!"

- WO Jimmy Tan, RSM, HQ SCDF

"Poon and I have been friends for over 30 years. I got to know him better when we were involved in Dragon Boat. He was the national team captain, I was the national coach. I've never seen someone so committed to the sport and his team. He actually came back to compete in an international Dragon Boat competition on the eve of his wedding! This is what I call, commitment....There was another time when we were in Hong Kong for a Dragon Boat race. He injured his back during training but claimed it was nothing serious. After the session, the team members wanted to go out but Poon surprised us when he said he wanted to return to his room. A short while later, I checked on him and found him crawling to answer the door! You couldn't imagine this strong and powerful man crawling with pain. He was alright after we brought him to the doctor. We had a good laugh after that."

- LTC Jeffrey Tan, General Manager, HomeTeamNS@Bukit Batok

Top guns visit SCDF

■ LCP Sameer Ashok Chablani, Public Affairs Department



Professor S Jayakumar, Deputy Prime Minister and Coordinating Minister for National Security, recently visited the Civil Defence Academy (CDA) along with MHA officials on 3 Jul.

There to learn more about the SCDF's operational capabilities, DPM Jayakumar witnessed a static display of equipment and procedures used in the management of emergency situations, such as a terrorist attack, detection and decontamination of chemical agents, and search and rescue operations.

DPM Jayakumar was pleased with how the SCDF has evolved over the years – from going beyond its conventional role of firefighting to

handling HazMat incidents and engaging the community in emergency preparedness programmes. He also encouraged Singaporeans not to be intimidated by terrorist activities overseas and to stand strong and united in times of crises.

The following week, the SCDF received 11 distinguished guests comprising the Heads of Training Departments and staff from the Civil Defence Forces of the Gulf Cooperation Council (GCC). Of its members, Kuwait, Qatar, Bahrain, Saudi Arabia and the UAE had indicated interest in the SCDF's training systems.

During their five-day stay in Singapore, the GCC officials toured HQ SCDF, CDA and HQ 2nd CD Division, where

they viewed the SCDF's state-of-the-art training facilities and the daily drills conducted for its firefighters. This visit has further paved the path for future cooperation between the SCDF and the GCC, with the GCC sending its officers to be trained at CDA under a newly-incorporated 'Train the Trainers' programme next year. Under the programme, SCDF instructors will train officers from civil defence organisations of the GCC, and vice versa.

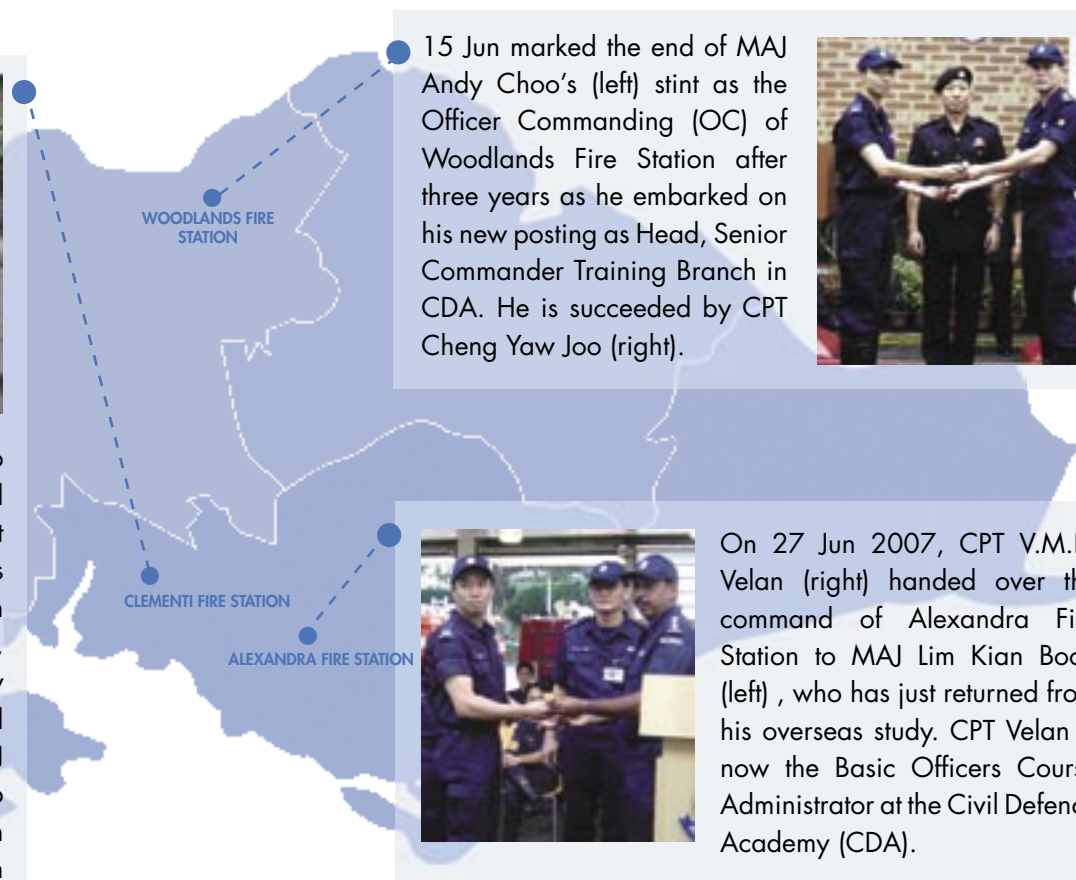
"As former Minister for Home Affairs, who many years ago saw the birth of Civil Defence, I am deeply impressed by the great strides you have achieved."

- DPM Jayakumar

New commanders at fire stations



Clementi Fire Station also saw a change in command on 27 Jul, as MAJ Vincent Lim (left) relinquished his position as OC of the station to CPT Md Nazim (right), formerly Deputy Company Commander in the Special Rescue Battalion. MAJ Vincent has moved on to head the Emergency System & Applications Branch in Technology Department, HQ SCDF.



15 Jun marked the end of MAJ Andy Choo's (left) stint as the Officer Commanding (OC) of Woodlands Fire Station after three years as he embarked on his new posting as Head, Senior Commander Training Branch in CDA. He is succeeded by CPT Cheng Yaw Joo (right).



On 27 Jun 2007, CPT V.M.K. Velan (right) handed over the command of Alexandra Fire Station to MAJ Lim Kian Boon (left), who has just returned from his overseas study. CPT Velan is now the Basic Officers Course Administrator at the Civil Defence Academy (CDA).

SCDF welcomes its new logistics partner

■ CPT Joshua Kan, SSO Logs Plans, Logistics Department

Since 1 Jul this year, the SCDF has outsourced its Central Supply Base (CSB) warehouse and distribution services to ST Synthesis.

ST Synthesis is a subsidiary of ST Engineering, a homegrown conglomerate of companies with a strong international presence. As the integrated services arm of ST

Engineering, ST Synthesis has vast experience in providing logistics services and facilities management. Its strong customer base includes the SAF and Singapore Police Force.

What does having a commercial partner with such impressive credentials mean for the SCDF? More efficient and better services, of course! For a start, Division

Headquarters are no longer required to receive equipment and supplies for redistribution to their fire stations, as direct deliveries are now made from CSB to the fire stations. ST Synthesis would also play an active role in providing logistics support to the SCDF during emergencies and major exercises.

HONG KONG NOT ALL ABOUT SHOPPING: NCDCC learns

■ MAJ (NCDCC) John Lim Chien Chee, Head Training (Development), NCDCC



NCDCC cadets collaborating with their Hong Kong counterparts to build a pioneering structure.

A group of National Civil Defence Cadet Corps (NCDCC) cadets and four officers arrived in Hong Kong on 25 May 2007 for an inaugural visit to obtain best practices from their regional partners in similar cadet corps activities and set-up. The trip was also to widen the cadets' perspective in life and expose them to the possibilities of international networking and collaboration.

The delegation spent three days with the Civil Aid Service (CAS) Cadet Corps at the CAS Cadet Corps Campsite (Yuen Tuen), where activities such as team-building, campfire and barbeque set the tone for fellowship amongst them. Lessons such as orienteering, use

of navigation equipment like the Global Positioning System (GPS) and evacuation techniques were specifically arranged to enrich the cadets' competence in technical skills. Our cadets enjoyed their encounters with their Hong Kong counterparts and firm relationships were forged.

The trip was further enhanced with visits to specially-designated sites such as the Civil Aid Service Headquarters, where our cadets met the officers serving the cadet corps community, and visited the control rooms and training rooms from which the CAS conduct their operations. Our cadets even had the opportunity to train with CAS officers in evacuating on slope and abseiling down a graded wall.



NCDCC cadets with their friends from the CAS Cadet Corps at The Peak.

The highlight of the trip was not the visit to Ocean Park, but rather, the chance to get up-close and personal with the aircrafts used in quick airlift operations at the Government Flying Service (GFS) hangars. The cadets were fascinated by the advanced technology used to locate and evacuate victims.

It was not all work and no play for the five days that they were there. On the fourth day, they visited tourism spots like Stanley Market, Temple Street Market, Ladies' Street, Aberdeen fishing village, The Peak and Stars Ferry Terminal, which provided a respite from the training they had undergone.

It was not difficult to tell that the cadets had thoroughly enjoyed the trip. Beyond the gratification of gaining new knowledge and skills, and making friends in the region, far more priceless is the opportunity to see a young organisation like the NCDCC raise its flag and colours in a foreign land.

When service excellence is dearer than gold or platinum

Since the SCDF Service Excellence Gold and Platinum Awards were introduced in 2005, this year has seen the highest number of these awards being presented to deserving personnel. Eight Gold Awards and two Platinum Awards were presented to the winners during the SCDF Innovation Convention at the Basic Rescue Training Centre on 5 Jul.

The Gold Award winners are:



WO Jumahat Bin Hassan
Company Sergeant Major
Yishun Fire Station



WO Mohd Rosly
Heritage Gallery Guide
Public Affairs Department



WO Angeline Seah
Paramedic
Jurong Fire Station



SSG Samantha Lim
Paramedic
Bukit Batok Fire Station



SSG Ong Lu Lu
Paramedic
Jurong Fire Station



SGT Siti Zarinah
Paramedic
Tampines Fire Station



SGT Lawrence Neo
Asst Community
Involvement Officer
HQ 1st CD Division



CSO Chia Soon Ming
Customer Service Officer
SSU, HQ SCDF

The Platinum Award winners are:



CSO Pang Soy Soy
Customer Service Officer
SSU, HQ SCDF



SSG Md Hasnon Md Ramdan
Paramedic
Paya Lebar Fire Station

Winners of the quarterly SCDF Service Excellence Award (April to June 2007)

HQ SCDF

MX Teo Hua Ling Joannah
MAJ Mahendran Muthiah
WO Segar S/O Suppiah
CSO Yusnita Bte Yusoff
CSO Muhd Ashik Bin Omar
CSO M Malegah D/O Marim

1st CD Division

LTA Lee Kok Hwee
SGT Tharmaindran A/L Abimanan
SGT Manap
LCP Ahmed Mashalem Masnum
PTE Muhammad Farhan Bin Osman
PTE Khairunnizam Bin Mohd Rahim

2nd CD Division

LTA Johan Nazrin Bin Jaffar
SSG Md Nooh Bin Abd Hamid
SSG Razali Bin Subir
SSG Md Nooh Bin Abd Hamid
SGT Akbar Ali Bin Md Salleh
SGT Michael Wang Shun Li

SGT Abd Rahim
SGT Sharin Bin Shamsuddin
SGT Ken Nagashima
CPL Alvin Ho Gin Choon
CPL Md Almanfalatih Bin Marzat
CPL Izzan
CPL Nazim
CPL Zahiruddin
CPL Ma Junxian
LCP Gareth Koh Jia Ren
LCP Md Nadhir
LCP Zulkifli
LCP Muhd Nirshah
LCP Md Saiful
LCP Ahmad Ridhwan
LCP MD Wassim
PTE Abdul Malik
PTE Muhd Farhan
PTE Awalluddin
PTE Ryan Tan
PTE Shahzwan
CSO Benny Chong

3rd CD Division

LTA Nah Puay Seng
LTA Ridwan Abdul Rahim
WO Azman Bin Sardi
WO Azlina Binte Sawi
SGT Mazelan Omar

4th CD Division

LTA Muhammad Elfi Bin Mustapa
SGT Siti Habibah Bte Shaik Farid
SGT Rosli Bin Hashim
SGT Sahril Bin Jiwat
SGT Siti Habibah Bte Shaik Farid
SGT Rosli Bin Hashim
LCP Ang Guo Jun
LCP Md Saiful Bin Ma Sairi
LCP Jordan Lee Yee Chong
PTE Zwe Hoet Thein

CDA

SWO Jerry Chia
SWO Mustafa Marican Bin M.M.
LCP Henri Baz

Enduring moments on AYE

■ SGT Md Azmil Bin Md Alias, Section Commander, Jurong Fire Station



The serenity at 4am in the morning of 20 Jun was interrupted when Jurong Fire Station despatched a Pump Ladder, Rescue Tender and Red Rhino to the scene of a road traffic accident at the slip road to Jalan Boon Lay and Corporation Road from the Ayer Rajah Expressway (AYE).

A huge lorry carrying long, concrete slabs had crashed into the curb of the expressway, and its cabin squashed to half its original size. Due to the strong collision from the front, the 41 concrete slabs had shifted forward from the trailer to the cabin, of which many had fallen onto the road, creating a mess. The reported

trapped casualty was hardly visible at this juncture.

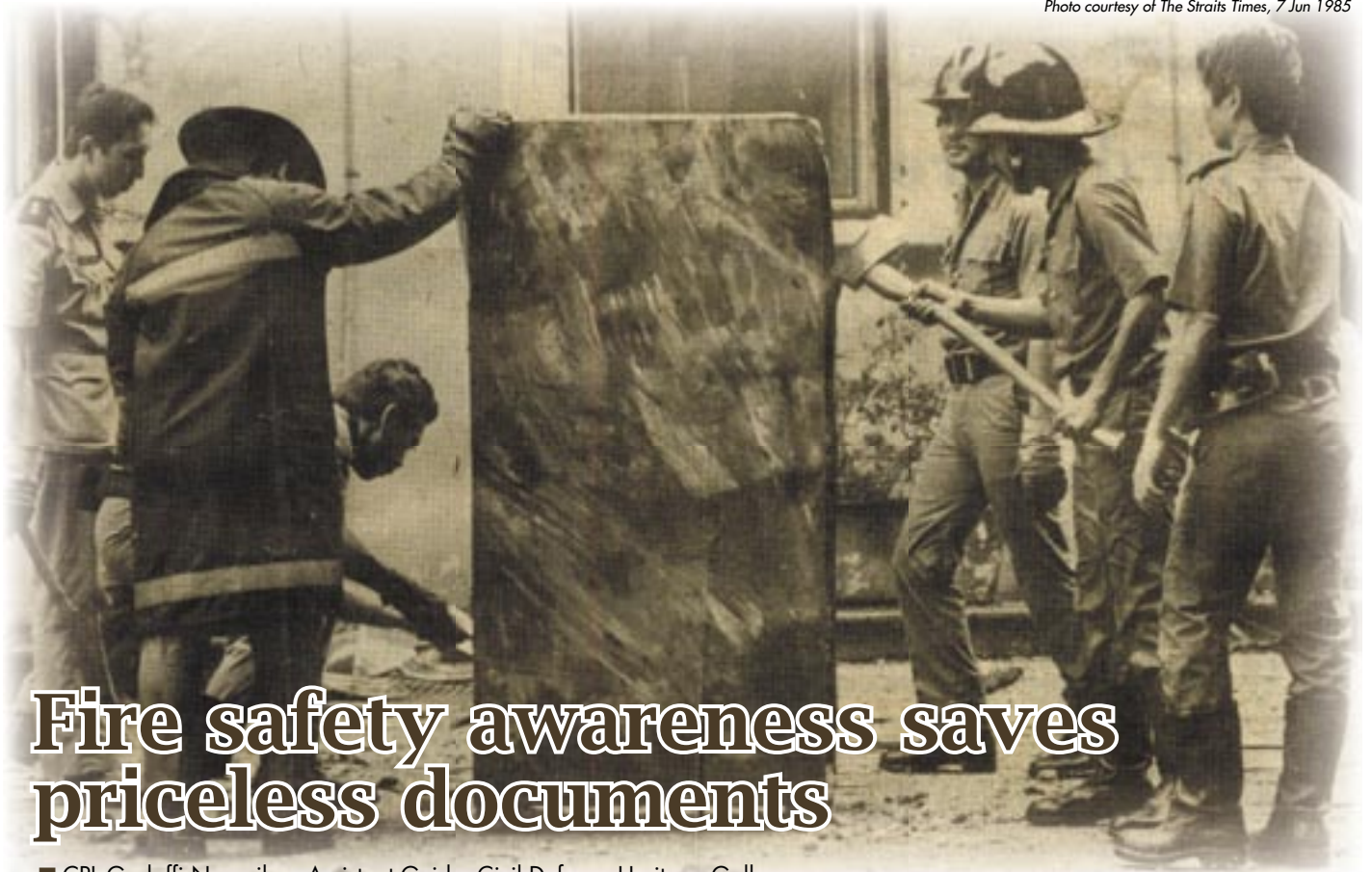
With the crew from Jurong Fire Station stabilising the lorry, DART personnel soon arrived with the Special Rescue Tender and immediately proceeded to extricate the casualty. Time passed, and the laborious extrication process kept me, and the paramedic nearby, waiting in anxiety, as the status of the casualty was still an unknown.

More than an hour had passed before the first casualty was successfully extricated. Although I was very much disappointed that the casualty could not make it out alive, I was somewhat relieved that despite the severity

of the accident, his body was still intact. By then, the DART had moved their operation to the other side of the cabin. Eventually, after much inspection, it was confirmed that there was only one casualty.

The time was 7am, some three hours since we were activated for the incident. As we witnessed the poignant scene of smashed cabin and concrete slabs being put in place, it was nevertheless a good learning experience for me on how the DART personnel and crew from Jurong Fire Station had collaborated effectively during the operation.

Photo courtesy of The Straits Times, 7 Jun 1985



Fire safety awareness saves priceless documents

■ CPL Gadaffi Noorzilan, Assistant Guide, Civil Defence Heritage Gallery

The 98-year-old Sports House at Farrer Park was gutted by a fire on 6 Jun 1985. Home to 20 sports clubs and associations, the Olympic Council and two workers' unions, the Singapore landmark also housed a vast collection of our nation's invaluable sports records and memorabilia.

A watchman called the Singapore Fire Service when he saw sparks and flames at the ground floor of the two-storey building at about 3.50am. Within seven minutes, firemen arrived to witness the whole building, 81m long and 15.5m wide, completely engulfed in flames. Said WO Mohd Rosly Bin Hussain, then the Section Leader at the scene, "I was shocked that a fire could engulf a building as huge as the Sports House within minutes!"

At the height of the massive inferno, the flames reached more than 30m high and nearly half the second storey, which was made of timber, collapsed. Apart from the two hydrants that supplied water to the five fire engines, water was also drawn from Farrer Park Swimming Pool to boost the supply. After one hour of intensive firefighting, the fire was finally extinguished, much to the delight of the massive crowd who had gathered to witness this terrible incident.

The aftermath of the fire was just as devastating. Several hundred thousands of dollars' worth of office equipment and sports facilities were damaged. More importantly, the irreplaceable historical sports records and memorabilia also went up in flames. However, the persistence of the firemen ensured that two

storerooms, as well as several sports records and documents, were salvaged. In addition, WO Rosly and his firemen found a 1.8m-tall fire-proof safe belonging to the secretary-general of the Singapore National Olympic Council (SNOC), in relative good condition. To the relief of sports officials, the important documents inside the safe survived the blaze.

It was the fire-safety awareness of the SNOC management who had kept the documents in the fire-proof safe that prevented the loss of these important facets of our history. Another lesson drawn from this incident is that not only lives and property are jeopardised when fire breaks out, historical records also risked being lost. Firefighters must try to minimise damage to property when extinguishing fires.

Community cohesion goes beyond race and religion

■ MAJ Lee Chuan Low, Head Public Affairs Branch, HQ 1st CD Division
CPL Jonathan Teo, Public Affairs Branch, HQ 1st CD Division



Residents witness the action outside the affected unit, such as an elderly man being evacuated, on a screen via live video feed.

Thick smoke was seen billowing out of the windows of a third-storey corner apartment at Block 172, Bishan St 13 on 8 Jul 2007. A passer-by spotted a child trapped in the blazing apartment and called 995. Meanwhile, two neighbours altruistically rescued the child and attempted to extinguish the raging flames. When the flames failed to be doused, two Community Emergency Response Team (CERT) members from the block immediately contacted the Resident's Committee (RC) chairman, who then initiated a mass evacuation of residents from the second and third storey.

Within a moment's notice, the RC chairman and other CERT members turned up to aid their colleagues in evacuating the residents to the designated assembly area. SCDF personnel soon arrived to put out the

fire with the use of impulse guns, while the police cordoned off the area.

This was the scenario drill conducted at the Bishan East Emergency Preparedness (EP) Day. The spectacular display of cooperation between neighbours of different racial backgrounds for a greater good brought home a strong message to all of us.

Following the drill, the 500 assembled residents proceeded to have their civil defence skills tested and honed at the various validation centres set up under the block.

Apart from the drill, the main feature of this EP Day was the launch of the SCDF's new public education video, entitled 'Surviving CBR Threats', by Deputy Prime Minister and Minister for Home Affairs, Mr Wong Kan Seng. The objectives of the video are to create



DPM Wong Kan Seng joins the residents in learning the various essential items to be placed into a Ready Bag.



A CD Auxilliary officer (left) and a NCDCC cadet (right) assisting a resident in executing CPR.

public awareness on unconventional threats in the form of chemical, biological and radiological agents, as well as to educate the public on what they should do in such situations. The video will be made available in four languages in the Multi-Lingual Video Broadcast System (MVBS) format that allows multi-ethnic communities to view the video in their preferred language simultaneously.

Since Jul 2007, this video will be screened at all EP Days, Community Emergency Preparedness Programmes (CEPP), and other community outreach programmes at various residential, commercial, industrial and school premises.

Kingsgrove residents all set for emergency

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

The Kingsgrove Condominium Emergency Preparedness (EP) Day was jointly organised by the SCDF 3rd CD Division, Serangoon Emergency Preparedness Group (EPG), and Kingsgrove Condominium Management Committee on 20 May 2007. In conjunction with the EP Day, a mass In-Place Protection (IPP) exercise was conducted, which saw 100% participation from every household in the condominium.

The scenario of the exercise involved a chemical agent attack that struck Kingsgrove Condominium early on Sunday morning. While thick smoke engulfed the building, residents remained calm and executed IPP to protect their residences against chemical intrusion. Meanwhile, the Management Office was converted into an Operations Room, from which the emergency team could establish contact and monitor the

status of each unit. Within 20 minutes, all 28 units of the condominium were successfully sealed up with much ease and efficiency, and the 'chemical threat' was contained. Contingency plan and staff aids were also put up for the team to monitor the situation, making the exercise more realistic and meaningful.

Prior to the exercise, the residents had undergone training to equip themselves with essential life-saving and emergency preparedness skills under the Community Emergency Preparedness Programme (CEPP) on several weekends.

Apart from the mass IPP exercise, residents were invited to view educational materials at booths put up by the SCDF, Police, and other relevant organising parties. In addition, the SCDF Validation Centre enabled residents to polish and revise their CPR and firefighting skills.



NEVER TOO YOUNG: Children learning CPR skills during the Kingsgrove Condominium EP Day on 20 May 2007.



A kid taking the opportunity to experience how it is like to be a fire biker.

Roadshow for foreign workers

■ LTA William See, Fire Safety & Shelter Officer, HQ 3rd CD Division



HQ 3rd CD Division, together with SPF 'F' Division and Yishun North NPC, conducted a roadshow at a foreign workers dormitory at Yishun Avenue 6 on 26 May 2007. The dormitory houses some 2,823 foreign workers from Thailand, Bangladesh, India, Myanmar and China, of which more than 1,500 attended the roadshow.

Employers of the foreign workers were also engaged through the Community Safety and Security Programme (CSSP)

initiatives in crime prevention, fire safety awareness, first-aid and basic firefighting. Other participants include the Citizens Consultative Committee (CCC), Civil Defence Executive Committee (CDEC), Town Council and HDB, National Environmental Agency (NEA) and Central Narcotics Bureau (CNB).

At the roadshow, booths were set up to educate the foreign workers on home fire safety, peace-time emergency procedures, as well as CPR. Pictures

depicting fire safety infringement at the dormitory were also screened. On top of these, the foreign workers got to learn about Preventive Drug Education, Public Health and Environmental Education from CNB and NEA officials.

Another highlight of the roadshow was the introduction of the Ambassador Programme, where Ambassadors were chosen from amongst the foreign workers to educate their peers in fire safety and crime prevention.

Total Defence Awards for employers

■ Mr V.K. Santosh Kumar, HomeTeamNS

Awards were presented to outstanding employers and civil-resource owners in recognition of their strong support for Total Defence at the Total Defence Awards Presentation Ceremony and Dinner 2007, held at the Shangri-La Hotel on 25 Jul.

To commemorate the 40 years of National Service, the event was co-organised by the Ministry of Defence and the Ministry of Home Affairs. Employers who have supported their NS employees from the Singapore Armed Forces, the Singapore Police Force and the Singapore Civil Defence Force were awarded the Total Defence Award or the Home Team NS Awards for Employers. Thirty-nine companies won both awards.

Multi-national corporations and private enterprises were among the 250 companies that received the awards. Outstanding civil-resource owners were also honoured at the ceremony.

Minister for Defence, Mr Teo Chee Hean was the guest-of-honour at the event. Among the dignitaries present were Minister for Manpower and Second Minister for Defence, Dr Ng Eng Hen, Senior Minister of State for Law and Home Affairs, Assoc Prof Ho Peng Kee and Minister of State for Defence, Assoc Prof Koo Tsai Kee.

The Defence Minister paid tribute to the key players and supporters of National Service. He said, "This evening is an important occasion to recognise the considerable contribution that employers and civil resource owners make to Total Defence. I was heartened to note the outstanding support that the award winners have shown to the NSmen who work for them. The citations from MINDEF and MHA agencies also reflect the strong support rendered by the civil-



Guest-of-Honour, Minister for Defence, Mr Teo Chee Hean (centre) and Assoc Prof Ho Peng Kee (on Mr Teo's left) with the top winners.

resource owners to the nation's security and defence. The citations show how employers and organisations can have a very positive impact on our NSmen's attitudes and experience as they fulfill their National Service obligations. Such commitment and support are a vital part of Total Defence. They help to bring out the best from our NSmen and they enable both the SAF and the Home Team to sustain a high level of operational readiness."

FOR OLD TIMES' SAKE: NS40 Time Capsule

■ CPT Lee Shin Jiau, SO NS Relations, NS Personnel Department

A dedicated NS40 website (www.ns40.sg) was created in Mar 2007 to commemorate 40 years of National Service (NS) in Singapore.

One key feature of the website is the *NS40 Time Capsule* that allows the public to contribute their NS-related photographs and stories that reminisce about their experiences, camaraderie and bonding in the eras of 1960s to the present. The *Time Capsule* is open to NS personnel from the SAF, Police and SCDF, as well as members of the public, as long as they are registered members of the NS Portal.



Do you have funny photos or photos of good old times from your uniformed days? Perhaps you or your unit have any other interesting NS stories or

pictures to share? To give recognition to some of the best entries, NS Portal is giving away a Samsung SGH-X520 mobile phone, an Olympus MJU 720SW digital camera, and other attractive prizes. All you need to do is to log on now to the Time Capsule at www.ns40.sg to send in your entries. Closing date for entries is at 12 noon on 18 Sep 2007.

For more detailed information on the contest, please visit the NS40 website at http://40years.ns.sg/portal/ns/contests/ns40_time_capsule_contest/

A bowl of a good time

■ MAJ (NS) Syed Abdul Malik, Company Commander, 22 Rescue Battalion



Forging closer relationships is what that really matters during the game of bowling amongst members of the 22 RBn. Amongst them is LTA Joyce Lim from the HQ 2nd CD Division.

It was camaraderie and team-building at its best when some 140 ORNSmen from the 22 Rescue Battalion (RBn) slugged it out on the well-waxed Star Bowl lanes of HomeTeamNS Bukit Batok Clubhouse on 22 May this year.

The stakes were certainly high. It was not just pride and ten-pin bowling glory on the line but a significant chunk of 'prize money' as well, with Battalion Commander, LTC (NS) Kwek Swee Huat contributing nearly a thousand dollars worth of prizes (courtesy of his company, Pumps Asia Pte Ltd) to sweeten the bowling game.

With adrenaline rushing, a total of three teams - namely 'A' Company, 'B' Company and HQ Service Support Platoon - crossed swords over two exciting rounds of contest before 'A' Company finally emerged as the overall champion to walk away with a handsome chunk of the prizes.

Riding on the crest of thrills and laughter, the bowling event marked an eventful conclusion to the Unit Cohesion Programme, which 2nd CD Division had organised for the first time, to forge closer friendships and working

relationships within the unit. Judging from the response of the men, the objectives were truly well achieved!

As one of the Company Commanders who participated in the event, I must testify that the SCDF has provided a good opportunity and platform for ORNSmen like us from the same unit to come together and build cohesion.

Of course, it was not all just fun and play. The day started with a talk on retirement planning by Mr Shannon Wong from the Financial Planning Association of Singapore (FSPA). This provided the men with some tips on useful and practical financial management strategies that they could apply even in their daily lives. The talk garnered such intense interest that following his presentation and throughout the tea-break, Mr Wong continued to be inundated with questions.

Indeed, it seemed our men never once lost interest in the array of programmes arranged for them. The excitement level continued to rise, eventually culminating in our little 'bowling competition'. I think everyone really appreciated the efforts to build up the unit's bonding. Many of us are already looking forward to our next unit function, and this sense of team spirit and togetherness certainly bodes very well for 22 RBn.

GST Credits for National Servicemen

The Government has provided Goods and Services Tax (GST) Credits, to be disbursed over four years from 2007, to eligible Singapore citizens to help individuals cope with the increase in GST from 5% to 7%. National Servicemen were given an additional once-off \$100 of GST Credits in recognition of their contributions to Total Defence.

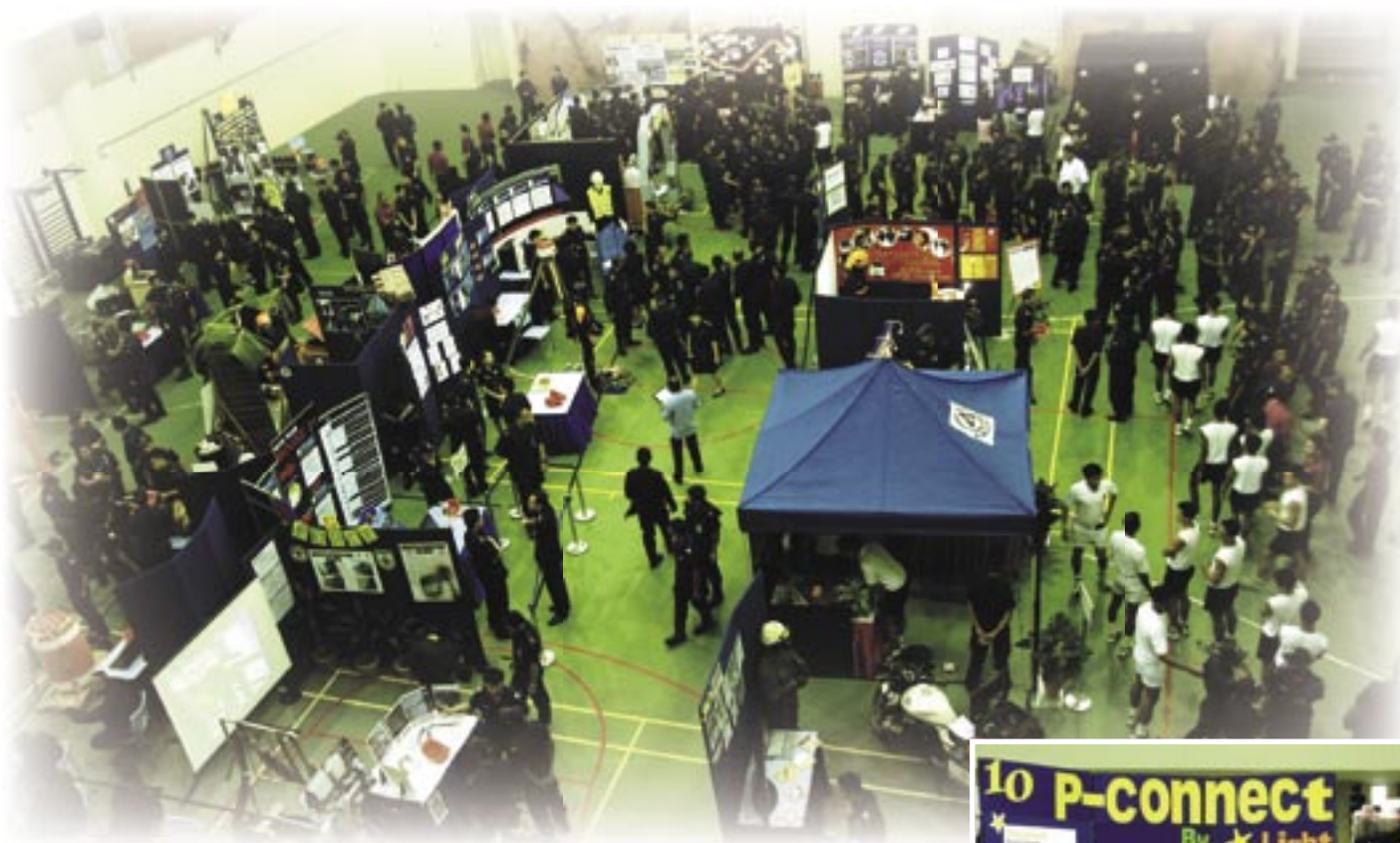
Eligible National Servicemen who were 21 years old and above as at 30 Apr 2007, and who had signed up for the GST Offset Package via ATM or Internet by 25 Jun 2007, would have received the additional \$100 GST Credits together with the rest of the GST Credits on 1 Jul 07.

For eligible National Servicemen who were below 21 years old as at 30 Apr 2007, the \$100 GST Credits would have been credited directly into their bank accounts in Jul 2007.

More information on the GST Offset Package can be found at the website: www.gstoffset.gov.sg.

More innovations come to light

■ CPT Pandi Karuppiah, SO PS21, Service Quality Department



Best 3I Team Award

The SCDF Innovation Convention is an annual event that recognises the efforts and contributions of the various Units' 3I teams in promoting the values, policies and programmes to build a culture of innovation, service excellence and productivity in the Force. A total of 32 teams participated in this year's event, held on 5 Jul 2007 at the Basic Rescue Training Centre's Multi-Purpose Hall.

The teams were given a free hand to unleash their imagination, creativity and ingenuity to 'show and sell' their projects in the form of an exhibition. This allowed the visitors to 'touch and feel' the exhibits and to interact with the teams, thereby enhancing their learning experiences from the creative ideas showcased. In addition to the completed projects, those that were in the making were showcased as 'Works in Progress'. Scorings for the teams comprised 80% by the judges, with

the remaining 20% based on visitors' votes.

Team *Starlight* from HQ SCDF with the project 'P-Connect' emerged the champion, followed by Team *Spice* from the Civil Defence Academy with a project, titled 'Insufficient Rescue Dummies as Casualty Simulators'. Team *Sky Flyer* from the 4th CD Division won the third prize with 'The Loop Holes'.

Creative Idea Award

LTA Seah Chee Teck from HQ 3rd CD Division won the Creative Idea Award for suggesting an initiative that resulted in a substantial cost-saving of about \$100,000 with the sharing of In-Camp Training resources amongst the SCDF and Police.

Most Outstanding Unit in 3I Award

The Basic Rescue Training Centre won the Most Outstanding Unit in 3I Award for garnering the highest participation,



Team *Starlight* bags the Best 3I Team Award with their project, 'P-Connect'.

contribution and implementation ratio in the Staff Suggestion Scheme, 3I projects and Innovation Projects. For this, BRTC became the first custodian of the newly-introduced Challenge Shield, which will subsequently be passed on to the next winning Unit.

2007 has continued to harness many innovation projects, so let your creative juice flows within the Force and work towards another bumper crop in 2008!



Buzz.....ar!



■ CPT Susan Queh, Chief Innovation Officer, Service Quality Department

To bring together groups of personnel to brainstorm for innovative ideas that could improve the SCDF's organisational and service excellence, which forum could be better than the *Buzzar* that was held at the HomeTeamNS @ Pasir Ris on 7 Jun this year?

The name, *Buzzar* is derived from two words - *Buzz* and *Bazaar*. *Buzz* signifies the eager exchange of ideas while *Bazaar* is the 'market place' for our people to gather and share ideas. Now, what were in it for the teams? Bet they had enjoyed themselves at the *Buzzar*...Here are the evidence...



1 Team Bonding



Thinkaton

2



We played hard and worked hard too. A list of 1,046 ideas had been harvested from the 30-minute blinking bulb session, known as Thinkaton.

3

Sharing Time: We learn, we share



Winners

4

Most Well-Knitted Family – 4th CD Division



Most Creative Presentation – CDA Team 2, for proposing to introduce the seven deadly sins to bring life to Innoventure Land



Most Impactful Innovative Idea – 4th CD Division, for proposing new programmes with educational objectives to better engage the community, especially the youths

Most Creative Family – HQ Team 2

Most Wild Innovative Idea – CDA Team, for proposing the ruin area to be built with many cube blocks (with different settings) so that the layout of the ruin area can be changed constantly



Curious about the ideas generated and the projects presented? Log on to *InnoventureSPACE* now!



Children of SCDF staff get 'performance bonus'!

■ LCP Jimson Zheng, Manpower Department

This year's SCDF Children Education Award saw the introduction of a new category to reward students who have shown dedication and achieved impressive results and recognition in the National/Regional/International Competition that they have participated as part of their co-curriculum activities. Termed the *Special Award*, it was given to two recipients, Ng Chun Kiat Albert, son of MAJ Ng Thiam Chan, and Ng Guo You, son of CPT Ng Buang Hoo, who both have rebutted the common myth that indulgence in co-curriculum activities leads to deterioration in academic grades.

Guo You had participated in the International Schools CyberFair, a prestigious website-designing competition with participating teams from educational institutions worldwide. Besides achieving second placing in the competition, Guo You also attained good results in his GCE 'O' level examination in 2006. He was thus presented with the *Achievement Award*.

Albert, on the other hand, had participated as a violinist at the Gothenburg Music Competition 2006 held in Sweden. He achieved first placing in the open category.

The annual Children Education Award Presentation Ceremony was held at the HQ SCDF Auditorium on Thursday, 21 Jun this year. A total of 84 applicants qualified for the awards.



Ng Guo You, son of CPT Ng Buang Hoo, is a proud recipient of the SCDF Children Education Award – *Achievement Award and Special Award*.

THE AWARDS AT A GLANCE

Achievement Award: For applicants who have attained excellent results in their GCE 'A' level, GCE 'O' level, or PSLE examinations. Recipients receive \$600, \$500, and \$400 respectively.

Study Award: A bursary given to applicants who not only performed reasonably well academically, but also meet the income criteria of not more than \$900 per capita. Recipients from the Junior College/Polytechnic, Secondary and Primary School categories get to pocket \$400, \$300 and \$200, respectively.

Special Award: For applicants who have shown dedication and achieved impressive results and recognition in the National/Regional/International Competition that they have participated as part of their co-curriculum activities. Recipients receive \$500.

A walk in the park

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

On a clear Friday afternoon of 18 May 2007, the 4th CD Division and Home Team Western Sector organised a Walk-A-Jog event at Jurong Lake Park. Guest-of-Honour, LTC Yazid Abdullah, Director of Training Department at

HQ SCDF flagged off the event at 4.45pm.

In addition to the Walk-A-Jog, the programme for the day included a five-a-side tug-a-war competition between eight teams, Frisbee-throwing



Manage stress before it manages you!

■ WO Zakariah Aspin, Paramedic, Medical Department

Ms Ho Yi Fei of Dayspring Corporate Wellness Pte Ltd shared on Stress Management during a Health Talk at HQ SCDF Auditorium on Thursday, 26 Apr 2007. Music was brought in during the lesson with the audience actively engaged in stretching exercises to learn some relaxation techniques. Many enjoyed the session and if you have missed it, here are some tips that may just come in handy:



Ms Ho Yi Fei demonstrates one of the stress-relieving techniques during the Health Talk at HQ SCDF Auditorium.

SOURCES OF STRESS

- **External sources** – Job stress, personal/family issues, financial concerns, unexpected news, daily hassles, etc
- **Internal sources** – Unrealistic expectations, negative self-talk, thinking styles, social skills, personality, etc

EFFECTS OF CHRONIC STRESS

- **Physical effects** – Headache, fatigue, muscle aches, impair immune system, gastrointestinal disorders, hypertension, allergies, etc
- **Mental effects** – Drop in concentration and memory, indecisiveness, mind racing or going blank, confusion
- **Emotional effects** – Anxiety, depression, anger, fear, short-tempered, apprehension, loss in humour, etc
- **Behavioural effects** – Restlessness, change in eating habits, smoking, drinking, insomnia, nervous breakdown
- **Economical effects** – Absenteeism, decrease in performance

4 WAYS TO CONTROL OVER STRESS

- **Know yourself well**
 - ✦ What are the areas in life that makes you stressed. Note the importance/worth of each area
 - ✦ What are your emotional and physical reactions to stress

- **Have the right mentality**
 - ✦ What and how you think about a situation shapes your response to it
 - ✦ Learn to accept what you cannot change
 - ✦ Be flexible to spontaneous change
- **Have practical anti-stress strategies**
 - ✦ What are the things that make you stressed
 - ✦ Rank these stressors in terms of importance/priority
- **Good time management**
 - ✦ Create timeline against your priority listing
 - ✦ Set realistic and manageable goals
 - ✦ Have decision-making techniques
 - ✦ Know when to seek external help
 - ✦ Tackle one thing at a time; stay focused
 - ✦ Spread out changes in life

MANAGE STRESS THROUGH 3 ASPECTS

- **Physical aspect**
 - ✦ Physical relaxation techniques (deep breathing and stretching)
 - ✦ Listen to your body
 - ✦ Avoid nicotine, alcohol, drugs and junk food
 - ✦ Exercise
- **Social aspect**
 - ✦ Have a supportive network of family and friends
 - ✦ Learn to argue with others at times
 - ✦ Learn how to say 'NO'
 - ✦ Avoid interpersonal conflicts
- **Spiritual aspect**
 - ✦ Know your sense of direction and purpose in life
 - ✦ Know when to listen to your heart
 - ✦ Know your set of beliefs and principles
 - ✦ Know your expectations, goals and what gives you a sense of satisfaction/achievement



games, as well as free medical health screening where blood pressure and blood glucose level of the participants were scanned by our paramedics.

During the Walk-A-Jog, participants also took part in a lucky draw puzzle, where they gathered clues along the 3km Walk-A-Jog route and jotted down their answers to submit for the lucky draw. Twenty participants walked away with a first-aid kit as prizes.

DART charms with spirit in Perth

■ SSG Ismail Latiff, Rescuer, DART



The SCDF's DART participants, (front from left) SSG Ahmad Fadzlin, SSG Andrew Tai, SSG Ismail Latiff; (2nd row from left) SSG Hanapi Ninsawi, CPT Jason Chua and SSG Shurawardi Hussain with their Aussie counterparts from State Emergency Services.



DART members extricating a 'casualty' during the *Entrapment Rescue* scenario.



The panel of assessors keeping a close eye on the DART members during the competition.

For two weeks, we braved the hot sun to train at the Mandai Training Village, all for the Australasian Road Rescue Challenge. But even before the competition began, we had to overcome another challenge – the cold weather in Perth, which we needed to adapt to.

The annual Australasian Road Rescue Challenge was hosted by the Fire & Emergency Services Authority of Western Australia (FESA), and, apart from the SCDF, counted emergency authorities from Australia, New Zealand and Hong Kong amongst the list of participants.

Held at the Perth Convention Exhibition Centre, the four-day event comprised a learning symposium and three challenges from 28 Jun to 1 Jul. The learning symposium programme discussed the current initiatives related to best practices in road

crash management, including innovations in patient care, as well as the impact of road design and new vehicle technology on the safety of road users. It also shared on the significant impact of vehicle manufacturing technologies on rescue techniques and the tools required for conducting efficient and effective rescues.

The competition started with 20 teams competing in three different scenarios. During the *Entrapped Rescue* scenario, each team had to release an entrapped limb, perform casualty packaging and removal within 25min; *Controlled Rescue* scenario required teams to demonstrate the basic approach of rescue under normal circumstances within 20min; while the teams had to demonstrate greater efficiency in their performance with a time critical

casualty within 15min during the *Immediate Rescue* scenario.

The event presented a conducive learning environment, as we were able to watch how other international rescue teams performed during the different scenarios. We also managed to exchange knowledge on different techniques, tactics and equipment with one another. Our visit to Perth Fire Station to learn about their daily routine, appliances and equipment was another informative experience.

Due to our willingness to learn and the sense of urgency that we portrayed during the three scenarios, we were presented with the 'Spirit of the Challenge' award during the presentation dinner on the final day, much to our astonishment.

Team SCDF excels with teamwork at Singapore Adventure Race

■ SSG Gozali Md Tahir, Section Commander, DART



Doing the SCDF proud are: (from left) CPT Kelvin Tan, LTA Sukaimi Ali, SGT Md Himmi and SSG Ahmad Faizal.

On Saturday, 16 Jun, Team SCDF did us proud by clinching the top two placings in the Uniformed Group Category of the Singapore Adventure Race 2007. Besides the SCDF, the Uniformed Group Category attracted the participation of teams from the SAF.

Organised by the Singapore Sports Council, this annual event saw close to 300 adventure racers compete in either a route course of 50km (OPEN) or 30km (SPRINT) based on several race disciplines - running, swimming, cycling, kayaking, abseiling, rope ascending, rock climbing, navigation, team challenge and mystery tests such as firing live rounds at target board using a revolver. The event started at Upper Seletar Reservoir (OPEN) and Upper Pierce Reservoir (SPRINT),

respectively, in the wee hours of the Saturday morning, ending right at the heart of Orchard Road: Ngee Ann City.

The champion duo comprises LTA Sukaimi Ali and CPT Kelvin Tan, who completed the Race in just 5hr 45min! While LTA Sukaimi is a seasoned participant in the Race, for CPT Kelvin, completing his maiden race was certainly no easy feat. With excellent teamwork and mutual support for each other, they finally managed to claim victory. The first runner-up spot was also taken by the other SCDF team – SGT Md Himmi and SSG Ahmad Faizal completed the race in just eight minutes later.

Kudos to our teams from the SCDF Multi-Sports Club!



CPT Kelvin Tan (circled) at the start of the event.



SSG Ahmad Faizal (left) scaling a rockwall during the Race.

More about Adventure Race

A team usually comprises two to five members. The events to race vary, from shredding through a tight single track on a mountain bike, orienteering and hiking through a dense forest, to ripping down rapidly in a canoe, before abseiling off a 50m rock face, etc. Races usually last five hours or even several days, covering 20km to 100km or more. This Race is growing fast and popular in Singapore. This year, we saw several homegrown adventure races such as the Ace Adventure Challenge, Wilderness Adventure Race, and the return of Action Asia to Singapore earmarks us as a potential country for the growth of extreme and adventure sports in Asia.

"There's no place I'd rather be"

Fill in the grid so that each row, each column and each 3x3 box contains the letters "SINGAPORE".

			A				P	
P	O				S		G	A
					R	N	I	
E			P	O		S		
				S				
		O		R	E			G
	I	E	R					
R	P		G				S	E
	G				P			

HAPPY 42nd BIRTHDAY!!

Rank / Name: _____

Dept / Organisation: _____

NRIC No: _____

Contact No: _____

RESCUE 995 AUGUST 2007

Answers to the June 2007 Quiz

C4	C1	A1	B3
A2	D4	C2	B1
A4	A3	B4	D1
D2	B2	D3	C3

Please send in your entries to:

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

by **1 Oct 2007** and stand a chance to win the following prize:



Clock Radio

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 June 2007 Quiz

- 1) TSO Nurhadi Bin Eeban, CSB, HQ SCDF
- 2) CSO Lim Kim Gek, SSU, HQ SCDF
- 3) LCP Willie Yuen, Ops Dept, HQ SCDF
- 4) LCP Xiao Ming Hui, Ops Dept, HQ SCDF
- 5) Mdm Oong Ang Lah, Geylang Serai CDEC

Winners will be notified separately to collect their prizes (a Firefighter Bear).

Calling all extroverts! The Career Counsellors want you!

■ CPT Wesley Ho, SSO Manpower Plans, Manpower Department



SCDF Career Counsellors have been instrumental in promoting the SCDF as a choice employer and helping to provide a true and realistic employment situation to potential applicants. On 9 Jul 2007, 87 individuals were appointed as career counsellors at HQ SCDF. Of the 87, 44 were re-appointed, while 43 were new to career counselling.

Following their appointment, the Career Counsellors have been undergoing exciting and engaging training sessions to ensure that they are equipped with the right attitude and skills to actively engage potential applicants. After their training, they will be deployed at various career

fairs held throughout the year. This allows them to leverage on their skills acquired and sociable personality to encourage and attract people from all walks of life to find out more about the SCDF.

Since last year, our Career Counsellors also have had the chance to participate as role players to test potential candidates in simulated work scenarios. For example, they are trained to act as staff whose work have been adversely affected by their personal problems. The applicants will then take on the role of supervisors and find innovative ways to sift out and resolve the problems during the interview with

the 'subordinate' – the role player. Through these interactions, the career counsellors get to witness firsthand how fresh candidates with no working experience in the SCDF would handle different issues should they be put in that scenario. At times, the career counsellors may even learn a trick or two on how to tackle certain problems from the candidates' perspective.

If you are sociable and are interested in meeting and engaging people, do contact Careers Centre at Manpower Department to volunteer your service! As a Career Counsellor, you get to play a part in selecting and recruiting the people you work with! So join us now!

SPECIFICATIONS OF THE TRACKED FIREFIGHTING VEHICLE (TFV)

Total Weight: 7,020 kg

Performance:

Up-slope gradient: 45 deg

Side-slope gradient: 31 deg

Firefighting Features:

Firefox Electrical Monitor (mounted)

Fire Pump Capacity: 1,500 litres per min

Foam System to provide foaming operations

Foam Tank Capacity: 50 litres

High Pressure Water Mist Hose Reel

High Pressure Pump: 35 litres/min @ 200 bars

