

RESCUE

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SCDF's *Fantastic 5*
selected as
Honorary Aides-de-Camp
to President!



SCDF
The Life Saving Force

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SCDF's *Fantastic 5* selected as Honorary Aides-de-Camp to President!

■ PTE Ahmad Khan Surattee, Public Affairs Department



Five officers create history as they become the SCDF's pioneer batch of Honorary Aides-de-Camp to the President of Singapore.

Meet MAJ Gobiselven s/o Govindasamy, CPT Eric Chua Swee Leong, CPT Iskandar Mirza Bin Zulkarnain, CPT Keith Ting Yin Yih and CPT Wong Foong Yin - the first female officer representing the SCDF too!

On 21 May 2007, these five officers were appointed as Honorary Aides-de-Camp (ADCs) to the President of

Singapore at the State Room, Istana during the annual appointment ceremony, joining 59 Singapore Armed Forces (SAF) and 33 Singapore Police Force (SPF) officers as personal representatives of the President.

Aide-de-what??

The term, 'Aide-de-Camp' means 'camp or field assistant' in French. Introduced as early as the 19th Century, these assistants conveyed orders and administered operations in the name of their commander, and even exercised delegated authority on occasions.

From 1 Jun this year, these five deserving SCDF officers will get a three-year stint performing a multitude of tasks and duties for the President. These tasks range from receiving and ushering dignitaries and guests at Presidential State functions to escorting visiting foreign Heads of State, as well as accompanying Heads of State during their official visits to Singapore. In addition, the officers are required to co-ordinate members of the press, socialise, manage large functions, as well as welcome and introduce Cabinet Ministers. For a start, our officers will take on ushering

and static duties, before progressing to more challenging duties in future.

Not just the first time, it's about time

With SCDF officers appointed as Honorary ADCs for the first time, it reflects the recognition given by the President's Office for the SCDF's exemplary achievements in many local and international disaster relief missions over the recent years.

No walk in the park

While it is easy to see how becoming an ADC brims with prestige and honour, a lot of hard work and sacrifice are actually mandatory to

fulfil an esteemed responsibility.

For one, 11 SCDF officers were handpicked to go through a gruelling interview session, conducted by two full-time ADCs - MAJ Errol Stalhamm and MAJ Poh Li San from the SAF, the SCDF's Director of Manpower, LTC Lian Wee Teck and the Principal Private Secretary to the President, Mr Tan Eng Beng. Apart from, well, looking presentable and meeting the height requirements, the interview tested whether these officers had exceptional social skills, good bearing, intelligence and commitment, all of which are prerequisites for being an ADC. The selected five were then required to

attend a two-day course in March to prepare them as ADCs.

Of aiguillettes and tassels...

While on duty, ADCs are identified by their aiguillettes and tassels. Aiguillettes are thick, distinctive cords worn across the right shoulder. Tassels, on the other hand, are SCDF ceremonial swords, which have been crafted specially for our ADCs.

So, after familiarising with the basic directives of being an ADC, let us turn the spotlight on these five officers and get to know their thoughts on being the SCDF's first ADCs.

CPT Wong Foong Yin

Appointment : Staff Officer, Mental Resilience (Manpower Department)

Age : 29

How significant is it being the only female ADC representing the SCDF?

It's no big deal really. I'm just like my fellow SCDF colleagues. That doesn't mean they are less capable. The only difference is that I'm actually given the opportunity to do something new.

Do you think you are at any loss being the only, well, rose among the thorns?

I don't see it as a competition with the guys. I know we'll work well together, and I really hope they won't see me differently or less capable. Honestly, I do hope there will be more female ADCs in the near future. I don't really want much attention on myself nor be in



the limelight. I just want to do my duty well!

Why do you think you were selected to be an ADC?

I think it's because of my two years' experience in counselling as it involves a lot of communication with people. I believe this is essential to being an ADC. I also think that I'm an open-minded person as I am willing to accept opinions readily.

To what extent are social skills important as compared to, say, intelligence?

These days, we emphasise a lot on EQ, managing our own emotions while discharging our duties. Intelligence, on the other hand, is like the beginning, or catalyst to do basic jobs which require fundamental skills...

MAJ Gobiselven s/o Govindasamy**Appointment : Senior Staff Officer, Ops Plans (Operations Department)****Age : 35****On the kinds of challenges to be faced**

"I'm definitely concerned with juggling ADC duties with my responsibilities in my new posting. But I know that we were chosen for a reason; even if it means I won't have as much time to pursue my hobbies or to spend with my wife and son. My wife is very supportive actually. She understands this privilege doesn't come along every day and is, in fact, very proud of me!"

**CPT Keith Ting****Appointment : Staff Officer, Special Installation (Fire Safety & Shelter Department)****Age : 28****On whether good looks is a prerequisite for being an ADC**

"I don't really agree, because if it's true, then they would have become models! It's the individual's ability that matters, though it's important to look presentable at least."

CPT Iskandar Mirza**Appointment : Senior Staff Officer, Public Education (Public Affairs Department)****Age : 29****On whether social skills or intelligence are more important**

"Social skills are harder to develop and acquire. Being an ADC, we are expected to be involved in a lot of interaction and we have to speak up very well. Therefore, I believe that would have an edge over intelligence."

**CPT Eric Chua****Appointment : Staff Officer, Media Relations (Public Affairs Department)****Age : 28****On why he thinks he was selected to be an ADC**

"Not for looks definitely! I have a mild gift of the gab. I also have had experience dealing with the local media, due to my job as a Media Relations Officer."

Promotions galore in 2007

■ MX Lau Suat Hong, SO Appraisal & Career Mgt (Civ), Manpower Department
CPT Lee Shin Jiau, SSO NS Relations, NS Personnel Department

This year's Home Team promotion exercise saw a total of 291 SCDF regular officers - 117 Senior Officers, 150 Emergency Response Specialists and 24 Civilian Officers - duly rewarded for their excellent past performance and the ability to shoulder greater responsibilities.

2007 also registers 16 regular officers promoted to the rank of Lieutenant-Colonel, the highest figure in the history of the SCDF. Separately, three NS officers have also been promoted to the same rank.

Three promotion ceremonies were held to celebrate this joyous occasion, with the joint Home Team Promotion Ceremonies being held at the Suntec Singapore International Convention & Exhibition Centre on 28 and 29 May. Amongst the promotees receiving the honours on 28 May include nine NS officers promoted to the rank of Major, and 22 to the rank of Captain.

Guest-of-Honour, Deputy Prime Minister and Minister for Home Affairs, Mr Wong Kan Seng, in his speech during the ceremony on 28 May, reiterated the importance of the concept of Home Team Plus officer - someone who is an all-rounder and is



DPM and Minister for Home Affairs, Mr Wong Kan Seng (extreme right) mingling with SCDF promotees (from extreme left) LTC Abdul Razak and MAJ (NS) Syed Abdul Malik during the pre-ceremony cocktail reception on 28 May 2007.

equipped with skills to operate across functional departments in addition to the immediate professional domain. In the light of the new security climate where the threat of terrorism looms, this Home Team Plus approach

"I shared my personal experience during the overseas search & rescue mission (Pakistan Earthquake in 2005) with my NS mates during our ICT. After the sharing, it dawned on them that their roles are real and that our state of preparedness is no longer a matter of choice but a duty. This was the highlight of my NS experience."

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

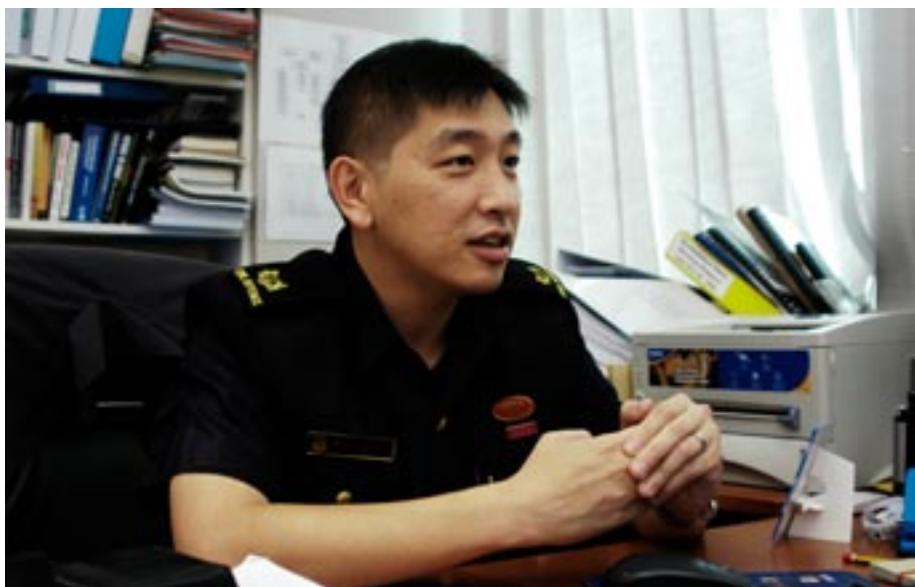
will allow our officers to respond collectively, swiftly and effectively when faced with amorphous threats and crises. He also noted that national servicemen, as integral members of the Home Team, have taken on key operational tasks to help maintain Singapore's high level of readiness and response.

The third promotion ceremony was held at the Civil Defence Academy on 1 Jun. Graced by Commissioner SCDF, this year's event saw for the first time 15 NS officers promoted to the rank of Warrant Officer 2 and above receive their promotion certificates together with the regulars.



RETURNED WITH A MISSION: Meet the new Director HazMat

■ MX Michelle Tey, SO Publications, Public Affairs Department



His childhood ambition might never have been to be a fireman, until a scholarship offer in 1992 brought a twist of events that were to come. With his younger siblings still schooling then, and himself poised to set foot into university, the Home Team Uniformed Services Scholarship could not have come at a better time to ease the financial burden on his parents. Now, 15 years on, LTC Teong How Hwa not only fights fires, but more importantly, he is the man entrusted with the awesome task of overseeing all hazardous materials (HazMat) matters in Singapore.

Having LTC Teong to helm the HazMat Department is worth hardly any debate. With his academic qualifications in chemical, as well as fire and explosion engineering, grooming stints as officer commanding of Tuas Fire Station – a HazMat station – and Assistant Director of the then HazMat Branch, he is one of the most qualified candidates to assume the post. *"There's always a time for everything. I happened to be*

around to contribute to the development of our HazMat capabilities all these years. That, perhaps, is why I was selected for the job, to see through the full development of our HazMat capabilities and to chart our future directions," LTC Teong says. Although glad to be given the trust to head the department, the 35-year-old recognises the gargantuan responsibility that comes along with it.

Yet, with a career path that makes many green with envy, it is hard to fathom how the man could at one point of his career tender his resignation. *"I felt then that the amount of stress I got from work didn't commensurate with the remuneration given to me. It was also a good time for me to exit - I had completed my bond with the SCDF and had received several job offers from the private sector."* But after much consideration, he opted for another challenge posed to him by the senior management - to stay on and contribute to the safety and security of Singapore.

Lest you think that scholars are guaranteed a bed of roses in the SCDF, LTC Teong is quick to clarify, *"I always tell our younger scholars that we should view extra work given to us as opportunities to prove our mettle. Always do our best and find new angles to approach a problem at work."* Such is the mentality that he has dearly clung on to all these years.

2007 seems to be a year of blessings for LTC Teong. Beyond his achievements at work, which include his recent promotion in June this year, wedding bells are set to ring at year-end. Having solemnised his marriage in 2002, plans for his customary wedding ceremony in 2003 were shelved when he was sent by the Force to pursue a Masters degree in UK. Now, he just wants to do justice – to his wife, that is. *"I want to be fair to my wife and put her into a wedding gown. We'll hold a simple wedding celebration, with the presence of our families, relatives and close friends."*

From 2 Apr this year, the SCDF's HazMat Branch, formerly under the purview of its Operations Department, has evolved into a full-fledged HazMat Department at HQ SCDF. With the specialist department, the SCDF is now better able to provide dedicated attention to the control and mitigation of HazMat issues in Singapore. The department also serves as a single point of contact for industries that deal with the SCDF in HazMat-related subjects.

Mission accomplished!

■ MX Samantha Tan, SO Development (ERS), Manpower Department

It is truly not an easy task but our guys have done it! After three years of sheer determination and hard work, our first group of six Fire Rescue Specialists (FRS) has successfully completed the three-year part-time course, Diploma in Technology (Chemical) by Temasek Polytechnic!

Sponsored by the Force to build up our pool of FRS with chemical expertise, these officers are now equipped with knowledge in process engineering, chemistry, occupational safety and health to contribute more effectively in the regulation, control and mitigation of hazardous materials (HazMat) incidents.

The SCDF is committed to grooming more talents in HazMat management. Selection of FRS for this diploma programme is done annually in February. Currently, 18 of them are pursuing the course.



The SCDF's pioneer batch of Diploma in Technology (Chemical) graduates at the graduation ceremony held at Temasek Polytechnic on 21 May 2007: (from left) SSG Mohammad Hilmi Bin Nasrom, SSG Vasu Devan A/L G Asokan, SSG Mohammad Noor Irzan Bin Sa'ad, SSG Hanapi Bin Ninsawi, and SSG Gozali Bin Mohamad Tahir. SGT Mohammad Khafiz Bin Salamat is not in the picture.

What are some of the valuable lessons you've gained these three years?

SSG Gozali: Nothing is impossible. During the course of my studies, I realised that I was able to overcome a lot of obstacles at home, at work and in school, through concentration and good time management. Peer encouragement and not hesitating to seek clarification will help in attaining your

goals. Also, never look down on someone younger than you. They could be the trump card or the missing link towards your goals.

What were some of the difficulties you'd faced during the course?

SSG Vasu: Support from family and supervisors were vital. My RC and DRC gave me encouragement and really understood

the difficulty of juggling work, family and studies.

What advice would you give to the rest who are currently on the course?

SSG Gozali: Group study and tutorials are very important. Do approach the lecturers as they are very helpful.

New boss for Tampines Fire Station

■ SSG Benjamin Low, Section Commander, Tampines Fire Station

"Baris Akan Memberi Tiga Sorakan Untuk CPT Alan Chow! Baris Buka Topi! Hip Hip, Hooray! Hip Hip, Hooray! Hip Hip, Hooray!"

These deafening cheers could be heard throughout Tampines Fire Station's premises on a Wednesday morning on 11 Apr 2007. The station personnel had congregated to witness the official handing-over of the command baton by MAJ Alan Chow (who has been promoted to Major from 1 Jun 2007) to his successor, CPT Goh Boon Han, previously a senior instructor from Command & Staff Training Wing, CDA. The Change of Command Parade was officiated by Commander of 2nd CD Division, LTC Anwar Abdullah.

As the pioneer Officer Commanding of Tampines Fire Station, MAJ Alan had made sure that the station kicked off to a flying start. Under his stewardship, his team garnered numerous Minister's Awards for Operational Excellence and Service Excellence Awards.

The personnel of Tampines Fire Station wishes MAJ Alan all the best in his new role as Assistant Director, Ops Management in the Ministry of Home Affairs. While he will be deeply missed, they are certain that CPT Goh will lead them in their continuous pursuit of operational and service excellence and to greater heights.

"I believe operational excellence and proficiency should take precedence over everything else in a fire station. I'd expect my men to be unconditionally efficient at all times or simply... Kilat!"

- CPT Goh Boon Han



MAJ Alan Chow (left) hands the command baton to CPT Goh Boon Han (right) in the presence of LTC Anwar Abdullah (centre), Commander of 2nd CD Division on 11 Apr 2007.

SCDF in *reel* life

■ SGT Eddie Ho, Section Commander, Bishan Fire Station

Fire on the sixth storey... a man threatening to jump... SCDF to the rescue!

Do not worry - this was all showbiz and that was the plot for the night shoot on the film set of *Life Line 2* on 19 Mar this year. The professional firefighters from Bishan Fire Station demonstrated how it was done. Together with the celebrated cast of Gurmit Singh, Michelle Chia, Timothy Nga and Cheryl Miles, several scenes of life-saving operations were acted out within MediaCorp grounds.

In one of the scenes, Gurmit Singh, in his role as the Officer Commanding (OC) of the fire station, instructed Rota Commander (RC) LTA Seetoh, played by Timothy Nga, to deploy the Lifepack

as part of the suicide rescue while another extended the Combined Platform Ladder in an attempt to bring the subject down. For this shoot, Bishan Fire Station deployed a Pump Ladder, Light Fire Attack Vehicle, Rescue Tender, as well as the Combined Platform Ladder where filming went on from 6pm till 4am the next day.

Between scenes, long breaks were somewhat dreaded but inevitable, as the director visualised the next shot and the production crew set up the lighting equipment and prepared the actors. But when it was showtime, everybody put their shoulders to the



wheel and performed enthusiastically before the camera. And I was the only lucky one amongst us to even have a line, even though it might be just a "Sir, yes Sir!"

Filming is certainly not an easy feat, but it has given us an enriching experience to be able to work alongside our very own local TV talents. To see us in reel life, catch *Life Line 2* at 8pm on Channel 5 every Tuesday until 7 Aug 2007.

Winners of the SCDF Service Excellence Award (Jan to Mar 2007)

HQ SCDF

MX Teo Hua Ling
WO Mohd Rosly Hussain

MHQ

LCP Oi Seng Wee

1st CD Division

CPT Shaiful Herman
WO Azmi Bin Hasan
SGT Lawrence Neo
CPL Ng Kai Mun, Benson
CPL Saravanan S/O Kalieperumal
LCP Ahmed Mashaleem Masnum
LCP Kenji Sakano
LCP Terren Chua
LCP Tay Hongwei
LCP Nazim Gafoor
LCP Jonathan Teo
PTE Mohammad Nur'adzmi
PTE Saharudin Juhari
PTE Derek Chua
CSO Lim Swee Noi, Doris

2nd CD Division

WO Mohd Noh Zaini
WO Mathialagan S/O Subramaniam
SSG Chris Ng Meng Kiat
SSG Zaidi B. Ahmad
SSG Tan Sing Yee, Casey

SSG Juhari Jamil

SGT Nurhidayah Bte Bujang
SGT Eugene Wang Zhenfu
SGT Maswandi Ali
SGT Khalid Md Sarip
SGT Md Faizal Rahman
SGT Latif B. Abdul Majid
CPL Raymond Ng
CPL Manoj Ashok
CPL Fakhrudin B. Md Hanapi
LCP Jasnie Abd Aziz
LCP Khalil Rushdi Hidayatullah
LCP Quah Teck Lim
PTE Aw Kai Sheng

3rd CD Division

SSG Adnan B Ibrahim
SSG Fazly Bin Jumaad
SSG Md Affan Md Noor
SGT Ong Chee Seng
SGT Mohamed Shafeer Maricar

4th CD Division

WO Angeline, Seah Siew Cheng
SSG Hassan Jumari
SGT Mahendran Arumugam
SGT Anwar Khan
SGT Md Rozaini Bin Abd Rahman
SGT Gerald Goh Cho Yaw
PTE Muhammad Suhaimi Bin Mahadi

CDA

WO Mohd Fadzillah B Hamidon
SGT Suhaini B Jalal
LCP Eng Qi Jing, Brydon
LCP Ian Cheong
LCP Md Hafiz

BRTC

CPT Subari Akob
CPT Segar G
LTA Md Danial Abd Rahman
WO John Curren
WO Onn Md Lasim
SSG Md Mukhlis
LCP Norisham Osman
LCP Benson Tan Jun Jiang
LCP Firrdaus Yusoff
LCP Mohamed Salahudin
LCP Kelvin Teo Meng Hwee
LCP Mohd Faisal B. Jaman
LCP Md Imran B Iskandar
LCP Faizal B Abd Rahim
LCP Azhar B Sairudin
LCP Kelvin Teo Meng Hwee
LCP Leong Chee Hung
LCP Hidayat
LCP Ng Jun Rong
PTE Md Shairul Nizam Abd Latiff

FIREMANSHIP SKILL COMPETITION: A challenge of both wits and brawns

■ WO Vincent Goh, Instructor, Civil Defence Academy

On 30 Mar 2007, the Civil Defence Academy (CDA) held its 5th Firemanship Skill Competition (FSC) with trainees from the 38th Basic Officer Course (BOC), 24th Emergency Response Specialist Course (ERSC) and 28th Fire Fighting Course (FFC) as participants. The aim of this competition is to allow the

various course trainees to pit their acquired firefighting skills against one another.

The competition comprises six events. The teams are awarded scores ranging from one to four points, depending on their positions during the various events. The team that scores the highest is the champion for the whole game.

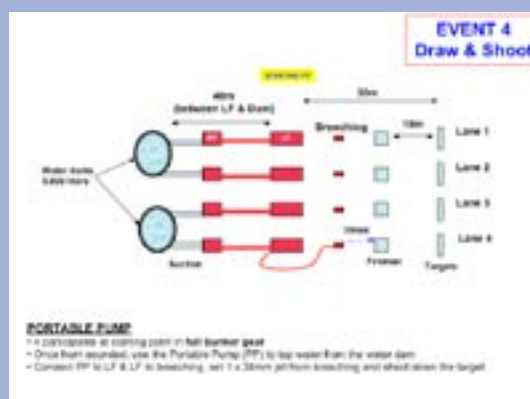
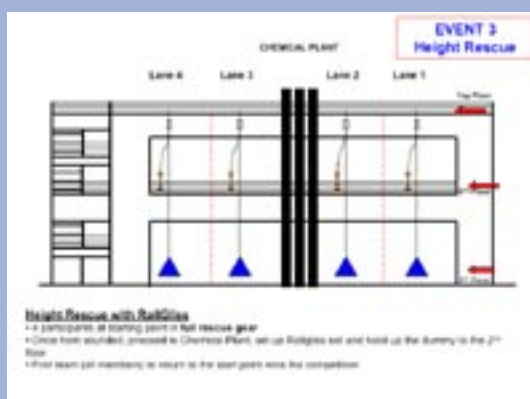
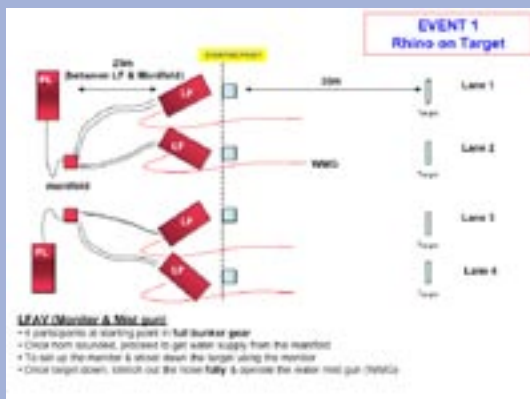
During the 5th FSC, 38th BOC emerged as the champion after a fiercely-fought competition. Since Mar 2006, CDA has been organising this event on a quarterly basis before the graduation of the FFC. Past deserving winners include the 36th BOC, 25th FFC, 37th BOC & 23rd ERSC. The 6th FSC would be held on 6 Jul 2007.



A dummy being hoisted up to the second floor of the Chemical plant during 'Height Rescue'.



BOC participants cutting the wire mesh with the hydraulic cutter during 'Power Cut'.



Bishan Fire Station offers first NCDCC shelter awareness programme

■ SGT Eddie Ho, Section Commander, Bishan Fire Station
LTA (NCDCC) Tan Kok Khiang, OC Serangoon Secondary School NCDCC

The NCDCC cadets attended their first ever shelter awareness programme at Block 253, Bishan St 23 on 31 Mar 2007. Led by Bishan Fire Station, the programme, as part of their efforts to further engage the cadets, allowed both the NCDCC officers and cadets of Serangoon Secondary School to witness how CD shelters in the housing estates look like and to experience the procedures to be taken within a shelter.

Before visiting the shelter, the cadets were taught how to don the Breathing Apparatus at Bishan Fire Station. They also went through proper techniques in using the water jets, shuffling within a dark room with obstacles, etc. Through this practical approach, they received valuable hands-on experience and better understood the operational capabilities of the SCDF firefighters.

In the afternoon, the cadets were brought on a tour of the shelter, where the station personnel explained the various shelter procedures to them. Through this, the cadets learnt to open the various types of shelter doors and switch on the electrical supply. They were also familiarised with the roles of CD Shelter officers and CD Volunteers in the event of sheltering.

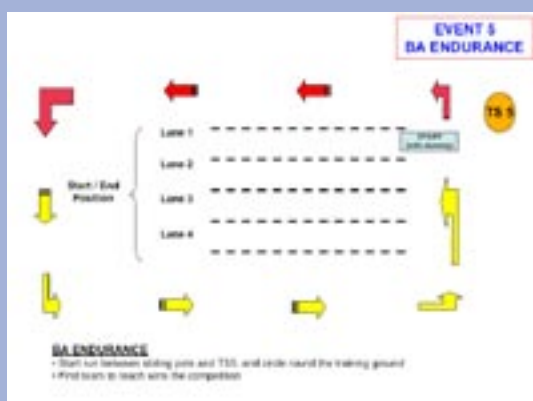


The guys at Bishan Fire Station that made the shelter awareness programme for NCDCC possible.

To make the shelter occupation more realistic, the station personnel acted as ordinary citizens who came in and expected guidance and assistance. One kept complaining and even required the First Aid Post to be activated! But this was all done in the name of fun, bringing the whole experience to another level. Nevertheless, the role-playing created an entirely realistic environment that facilitated the cadets' learning experience, helping them to better appreciate the activities that would take place during sheltering.



NCDCC cadets reorganising the shelter at Blk 253, Bishan St 23.



The fires that rocked the island

■ SGT Nur Nadiah, Section Commander, Jurong Island Fire Station
SSG Md Reza Hashim, HazMat Specialist, Jurong Island Fire Station



Wednesday, 18 Apr 2007

It was just another day for personnel of Jurong Island Fire Station when the impulsive shouting and rapid footsteps down the staircases put a halt to my activities. Initially skeptical, the sudden state of excitement proved me wrong. It was for real! Wednesday, 18 Apr 2007, marked Rota 2's turnout for a fire case. Two Pump Ladders and one Foam Tender were deployed to Teijin Polycarbonate Singapore Pte Ltd at 111 Sakra Avenue.

With the fire extinguished within minutes, a thorough search was conducted on the two-storey building and the adjacent segments of the storeroom. Post-incident investigations revealed that the fire was caused by an accidental electrical short-circuit of the fluorescent lighting. It was truly an experience to cherish, at least for us

at Jurong Island Fire Station.

Rota Commander, Lta Tan Eng Chew, Section Commanders, SSG Mohd Rapi B Omar and SGT Md Shahfiq B Md Yusof, as well as firefighter, CPL Muhammad Hanafie share their experiences in this incident.

First thoughts upon arrival. . .

LTA Tan: I thought it was only a drill as there were many people at the guardhouse and some were taking photos. Upon arrival at the incident site, I saw thick, black smoke emerging and the company's ERT (Emergency Response Team) was manning jets outside the storeroom. The company's FSM (Fire Safety Manager) immediately updated me on the situation. I was relieved when they told me no casualty and flammable or toxic substance was involved. By then,

my crew were all ready for action.

SGT Shahfiq: I was wondering if the fire was big. Normally, people associate Jurong Island with big fire.

Challenges faced...

LTA Tan: The seat of fire could not be identified during the initial stages.

SGT Shahfiq: The highly smoke-logged condition hampered our search operations.

SSG Rapi: Communication was difficult due to the noisy environment at the processing plant.

Lessons learnt. . .

LTA Tan: It was fortunate that water supply was not an issue at such premises. Lesson learnt is to ventilate the premises as soon as possible to



reduce the smoke-logged condition and cool the room to prevent re-ignition.

SGT Shahfiq: Low number of fire calls doesn't mean no fire call. Fires at Jurong Island cannot be taken for granted.

CPL Hanafie: I've always told myself not to be complacent as Jurong Island is a high-risk area with sensitive installations. I've learnt a lot from my DRC and RC through endless scenario drills and I'm glad to be able to put my learnings into action.

SSG Rapi: It's important to ensure that damping down is done properly especially when it involves a chemical plant, as the possibility of re-ignition is high.



Thursday, 3 May 2007

Besides the anticipation surrounding the Champions League semi-finals between Manchester United and AC Milan, the night of 3 May 2007 seemed like any other at Jurong Island Fire Station until the fire coding sounded at 1.34am. PL (Pump Ladder) 141, PL 142 and FT (Foam Tender) 141 were dispatched to ExxonMobil Asia Pacific Pte Ltd at Pulau Ayer Chawan for a case of process plant on fire.

The fire at the fourth storey of the process plant was well alight when PL 141 crew arrived. Upon further investigations, the seat of fire was identified - the overhead heat exchanger of a distillation column. PL 141 crew, led by SGT Ngian Pik Khai, encountered a casualty at the ground floor of the plant and brought him out with the help of the Company Emergency Response Team (CERT).

Besides the four fixed monitors set up by the CERT, two more monitors were positioned by the SCDF to control the fire. The greatest challenge posed to the firefighters during this incident was the laying of hoses to obtain water supply in the shortest time. A total of seven lines and six lengths of hoses, amounting to some 800m were used!

The fire was effectively put under control within 30 minutes, but it had resulted in a total of four casualties. As the pumpers returned to base, the personnel involved realised that the match had long been over. However, they did not feel the slightest regret at missing the match, for they had answered their call of duty courageously and responsibly!

'Snack Attack' and 'Fresh Treats'

■ PTE Jimson Zheng, Manpower Department

With eating as the national pastime of Singaporeans, it is important that you watch what you eat! A healthy diet reduces the risk of chronic diseases like coronary heart disease, stroke, diabetes, obesity and certain forms of cancers, etc.

To raise the awareness of healthy eating amongst our staff, 'Snack Attack' & 'Fresh Treats', a healthy snack-making session was organised at the HQ SCDF Central Mess on 11 May. With only 40 seats up for grabs, the event drew overwhelming response, especially from mothers who enjoyed priority booking.

A healthy sandwich-making session marked the start of the event, before nutritionist, Jerrine Seetoh discussed issues such as weight control and

nutrition balance, with the attendees sharing their own experiences.

Snacking does not necessarily lead to fattening, nor will it spoil your appetite for meals. If done in a healthy and nutritious manner, snacking could instead be beneficial to our body system. Snacks consumed should preferably contain a variety of food



Ms Jerrine Seetoh demonstrating the making of sushi at the HQ SCDF Central Mess on 11 May 2007.

with fibre contents in the diet and not exceed 300 calories per serving.

Ms Seetoh also shared some valuable pointers, such as chewing food slowly for about 20 times to prolong the time we take to eat our food. She explained that our body encodes a message to the brain that we are eating but it actually takes quite some time for the brain to decipher the message. By prolonging the chewing time, the brain will then have ample time to decode the message and not prompt the body for the next intake of food that soon.

The much-awaited moment came when it was time for sushi-making. Ms Seetoh verbally coached and demonstrated the making of a sushi. Following that, our staff, who by then had already eagerly gathered around, tried their hands at making their own sushi. With just a few minutes, one could whip up a couple of mouth-watering yet healthy snacks.

Healthy eating is neither dieting nor deprivation. It involves a gradual lifestyle change for a healthier you! Small changes made to food choices can go a long way towards improving your overall diet, especially if the changes are maintained over time.

HEALTHY EATING TIPS

- Eat lesser as day goes by
- Eat slowly
- Only eat when hungry
3 main meals or 6 small meals
- Eat moderate portions
Reduce, not deprive
- Don't skip meals

HEALTHY SNACKING

- Keep snacks portions small
- Have snacks at regular time
- Space meals and snacks 3 to 4 hours apart
- Avoid high sugared, fatty and salty snacks
- Provide fibre, vitamins or minerals

Item	Serving Size	Energy (Kcal)	Carbohydrate (g)	Protein (p)	Fat (g)	Fibre (g)	Cholesterol (mg)
Bread - White	2 slices	151	29.0	5.7	1.2	1.3	0
Bread - Whole meal	2 slices	145	28.8	7.4	1.4	3.6	0
Mayonnaise	1 tbsp	100	1	<1	11	0	5
Margarine	1 tsp	33	<1	<1	3.8	0	0.2
Cheese	1 piece	61	0.9	3.6	4.7	-	8.8
Chicken Ham	1 piece	30.7	0.4	3.8	1.5	0	9.6
Tomato	2 slices	4	0.6	0.3	0	0.2	0
Cucumber	4 slices	5.4	1.1	0.2	0	0.2	0
Apple	1 whole	49	12.3	0.3	0	2.0	0
Total for this Meal							
Recommended Daily Intake	For Girls	2150	296	66	60	22	300
	For Boys	2650	364	74	74	27	300

[Source taken from Dayspring Medical]

Medical insurance, do you have it?

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

What every officer on the MEDISAVE-CUM-SUBSIDISED TREATMENT SCHEME (MSO) should know...

All officers who have joined service after Jan 1994 are on the MSO scheme. As an officer on this scheme, you receive \$350 per year for outpatient subsidy and an additional Medisave contribution of 1% of your salary (on top of the statutory CPF contributions) in lieu of hospitalisation benefits. This additional 1% Medisave contribution can be used to pay hospital bills, and/or buy additional medical insurance approved under the Medisave regulations, i.e. Basic Medishield or the Medisave-approved Integrated Plans, for yourself and your family.

What is medical insurance?

Medical insurance is designed to help you and/or your dependants meet the medical expenses from major or prolonged illnesses. Basic Medishield is one of such insurance available and it provides adequate coverage for hospitalisation at Class B2 wards and below. As a CPF member, you are automatically covered under Basic Medishield unless you have opted out. If you wish to stay at the higher ward classes, or private hospitals, you should consider the Medisave-approved Private Integrated Plans.

Why medical insurance?

With the increasing medical costs, the additional 1% Medisave contribution is insufficient to cover one's medical expenses in the long run. A major illness requiring medical treatment could prove to be a huge financial burden, especially if you have dependants to support at the same time. A prolonged stay in hospital could easily wipe out the hard-earned

savings you have accumulated over the years. This is where medical insurance can help you.

How can I sign up for medical insurance?

There are currently five Medisave-approved Private Integrated plans in the market: AIA HealthShield Gold/Prestige; Great Eastern Supremehealth; NTUC IncomeShield/Enhanced IncomeShield; Aviva MyShield; and Prudential PruShield.

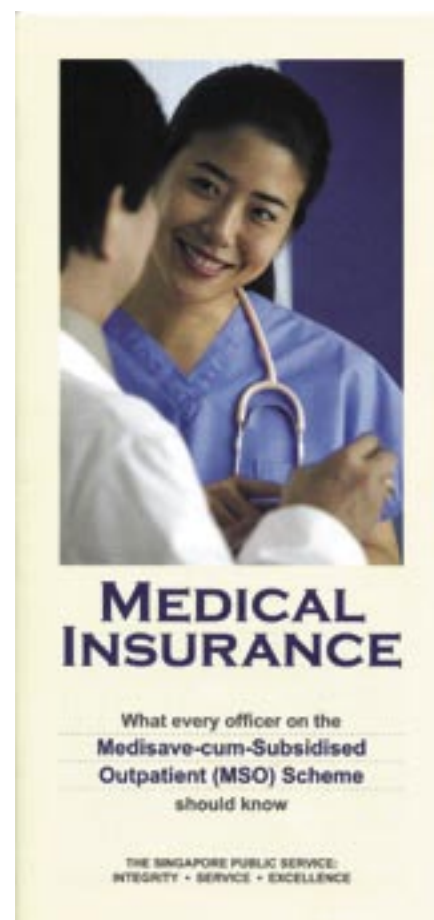
Corporate rates for plans by AIA, Aviva, Great Eastern and NTUC Income have been obtained for public officers. You can contact Manpower Department (Personnel Services Centre) for more details on the plans.

An example...

Mr A bought a Medisave-approved Private Integrated Plan. He had a heart attack, underwent heart surgery, and was hospitalised in a Class A ward for 14 days. The following table shows how much Mr A managed to claim from the insurer:

	Mr A Spends	Mr A Claims
Hospitalisation bill (including surgical)	\$ 34,270	\$ 34,270
Mr A's total medical bill	\$ 34,270	\$ 34,270
Less deductible* (on hospitalisation bill)		- \$ 3,000
Less co-insurance* (10% x \$34,270)		- \$ 3,127
Total claim payable by Insurer		\$ 28,143
Total payable by Mr A		\$ 6,127

* Deductible and co-insurance are the portions of your claims that are not covered by this plan (as a requirement by the Ministry of Health). However, claims made under the Out-Patient Hospital Benefit are not subject to deductibles.



So what are you waiting for?

Get yourself insured! Ensure you have adequate medical insurance coverage!

They came and went - validated!

■ MAJ Teo Chun Hian, Company Commander, Special Rescue Battalion

Fresh from receiving the Southwest Community Development Council Community Safety & Security Programme Gold Award, the Bukit Gombak Civil Defence Executive Committee (CDEC) spared no time in introducing the new Emergency Preparedness (EP) Validation Centre during the Bukit Gombak EP Day. This initiative came following the intent of the SCDF to validate the emergency preparedness skills of the public during the 72 EP Days organised annually.

First of a series of EP Days to incorporate the EP Validation Centre this year, the Bukit Gombak EP Day was held at the Hardcourt in front of Blk 503, Bukit Batok St 52 on 13 May 2007. Gracing the occasion was Mr Ang Mong Seng, MP for Hong Kah GRC & Adviser to Hong Kah GRC GROs.

In the preparation to drum up the residents' support for this EP day, house-to-house visits to about 15 HDB blocks within the vicinity of the EP Day site were conducted by the Bukit Gombak



CDEC and the SCDF and Civil Defence Auxiliary Unit.

The EP Validation Centre was set up in the formation of a series of learning booths, modelled after the Community Emergency Preparedness Programme (CEPP) modules. Amongst the 1,000 residents that turned up at the Bukit Gombak EP Day, some 180 keen residents visited the EP Validation Centre for assistance to verify their EP skills. Encouraging feedback was also received from some quarters of the community, requesting for comprehensive CEPP training to be conducted.

Residents get to validate their emergency preparedness skills at the EP Validation Centre during the Bukit Gombak EP Day on 13 May 2007.



Besides the EP Validation Centre, other highlights of the EP Day included the Car Bomb Exercise Demonstration, Vehicle Static Display and Exhibition by the SCDF and Police, 'Preparation of Ready Bag' Competition, etc.

'Tremor' and evacuation at Learning

■ CPT Alauddin Jaffar, Head Public Affairs Branch, HQ 2nd CD Division

The building was shaking violently and the teachers immediately ushered young pre-school students to seek shelter under the tables. Hurriedly, these cute little ones obeyed the instruction. Then, another whistle sounded and this time, the principal shouted, "Fire! Fire!" Again, the students were ushered out of the classrooms, in line and barefooted, to a safe location away from the centre.

That was the situation when Public Affairs officers from HQ 2nd CD Division conducted a series of fire safety and emergency preparedness awareness



The young participants at Learning Vision delightfully seeking shelter under the tables during the exercise.

programmes at the Learning Vision Centres in Temasek Polytechnic, Punggol Field Walk, Pasir Ris Drive

6 and Tampines St 34. These were all done as part of the SCDF's relentless efforts to raise awareness on emergency preparedness in our community, including pre-school students.

"A great big thanks from teachers, children and parents of LV @ Punggol! We had a most enjoyable and fulfilling

fire safety exercise and evacuation drill today. The children couldn't stop talking about it, even at nap time!

Help! Chemical attack at Jurong Point!

■ LTA Humphrey Chai, Community Involvement Officer, HQ 4th CD Division

Fortunately, this is only Pioneer Emergency Preparedness (EP) Day exercise at Jurong Point Shopping Centre.

Jurong Point Shopping Centre is perhaps the most popular shopping destination for residents in western Singapore. With both Boon Lay MRT Station and the bus interchange located next to it, thousands of people pass through the shopping centre everyday. Any terrorist attack on Jurong Point will have a devastating impact on the community. This thus led to the organisation of the Pioneer EP Day at Jurong Point on 8 Apr 2007, with Mr Cedric Foo, MP for West Coast GRC (Pioneer) as the guest-of-honour.

The climax of the event was the chemical incident exercise, which involved not only the tenants of the shopping centre but also residents who were there at that time. Two distinct features were observed during this EP Day. Unlike past emergency exercises



Participants of the emergency exercise evacuated from the Jurong Point Shopping Centre during the Pioneer EP Day on 8 Apr 2007.

at shopping centres which focused mostly on the management and security personnel, the shopkeepers and restaurant staff at Jurong Point also participated in this exercise. Days before, the participants had been taught emergency preparedness skills through the Community Emergency Preparedness Programme.

Another distinct feature is the involvement of students from nearby schools, who make up a significant proportion of the daily crowd at the shopping centre. It is therefore important to involve them in the exercise so that they would know

how to react appropriately during an emergency.

The Pioneer EP Day attracted close to three thousand people. It also saw the launch of the Jurong Point Shopping Centre Emergency Response Team, the second shopping centre with an emergency response team, after Westmall Shopping Centre.



SCDF responders to the rescue!

Vision Centres!

Kudos to the SCDF for reaching out to the community so that members of the public like us can learn valuable



FORGET THE SHOES, SAFETY FIRST: Teachers and children evacuating to safety frantically.

life-saving pointers to protect our loved ones and those around us," commented Ms Audrey Tan, Principal of LV @ Punggol Field Walk.

Following the evacuation drill, SCDF personnel also conducted hands-on sessions on the use of fire extinguishers for all students, teachers and parents. With emergency preparedness meant for everyone, the SCDF will continue to educate the public through its various Community Engagement Programmes.



LOOK WHO'S SQUEEZING: Kids too can learn to operate the fire extinguishers.

Eveready to face any threats

■ LCP Gadaffi Noorzilan, Civil Defence Heritage Gallery

At 9.22am on 1 Aug 1951, Singapore's most devastating fire since the Second World War took place at Kampong Bugis. The scale of the fire was attributed to the tight clusters of unauthorised buildings that were erected during the Japanese Occupation. These buildings were constructed with timber and roofed with atap thatch, which facilitated the fire spread.

The strong wind fanned the fire in the direction of the City Gas Works, which was located away from the fire ground by the width of Kampong Bugis Road. Initially, six fire engines (pumpers) were deployed at various strategic locations to prevent the fire from spreading - one pumper was stationed adjacent to the gasholder on Kampong Bugis Road; three were positioned along the boundary of the gas works; and the remaining two were sited on Nam Lock Street. The situation later turned for the worse when the wind direction changed and the fire began spreading rapidly towards Sin Koh Street. More reinforcements had to be called in.

While firemen were battling the raging fires, a further change of wind direction caused the fire to spread in the direction of Mill Lane. Once again, additional assistance was summoned to combat the fire between Sin Koh Street and Mill Lane. Here, the firemen succeeded in saving much property, although a godown containing ship cargo was destroyed.

This incident saw the deployment of 150 firemen and 10 fire appliances. These firemen fought bravely to contain the fire by 3pm, but damping down operations continued for another 12 hours.



The fire at Kampong Bugis made the City Council swallow a bitter pill. The fire had grown out of proportion due to the many unauthorised buildings in the area, which also posed a serious threat to the authorised structures around them. Such devastation resulted in hundreds of people being made homeless. Many others also lost their livelihoods with the destruction of these buildings.

The fire had almost exhausted the Fire Brigade's resources. It deployed 10 out of its 15 appliances, as well as

150 of its 196 fire personnel at the scene. If another major incident were to happen, it would have rendered the Brigade impotent.

With threats to our safety and security such as industrial accidents and acts of terrorism constantly plaguing us, the SCDF must be prepared to handle a situation where multiple major emergencies erupt simultaneously. With adequate resources to deal with multiple emergencies, the loss of lives and property can be reduced.

The CD Provost

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



LCP (NSF) Oo Jun Hao (left) demonstrating a control and restraint technique that he has learnt during the provost course.

His is a classic story of “when there’s a will, there’s a way”. Once a playful boy, LCP (NSF) Oo Jun Hao flunked his ‘O’ levels and repeated a year in secondary school. Even then, he achieved less than the desired results.

“I went to register for a course at a Polytechnic. But my grades couldn’t get me in. That was a wake-up call for me,” LCP Oo recounted.

Not wanting to be disappointed again, he resolved then that “Whatever I do, I

shall give my best.” His determination saw him graduating top of his Higher NITEC (Mechatronics) course at the ITE two years later. He also won the Singapore Manufacturing Award, one of only two awards given annually by the Singapore Manufacturer’s Association to the top graduates.

Currently serving his national service as a CD provost in HQ SCDF, the 21-year-old lives by the very same motto which had helped to turn his life around, and the results speak for themselves – he won the Best Trainee

Award for his provost course last year.

During the three-week provost course, LCP Oo learnt the details of the Civil Defence Act and the various service offences. He was also given hands-on lessons on control and restraint techniques using his bare hands, hand-cuffs and the baton.

“I was a little uneasy at first when I was selected to attend the provost course. It meant that I’d be required to handle service offenders in future. However, I told myself to put my fears aside and focused on learning as much as I can instead. Being awarded the Best Trainee award is a great motivation for me to continue to give my best in whatever I do.”

A typical day for LCP Oo sees him performing security clearance for the visitors and vehicles which enter the complex. Besides performing other general duties on maintaining security and discipline in HQ SCDF, he also helps in administration work.

When asked about his most memorable experience as a NSF, LCP Oo’s face lights up as he describes his participation in this year’s National Day Parade. “Since young, I’ve always wanted to take part in the NDP. My favourite is the March-in segment, when all the uniformed contingents move in smartly. Now that I finally have a chance to be part of the Civil Defence marching contingent, I’ll definitely do my best on that day.”

Asked about his future plans after NS, LCP Oo lets on that he intends to pursue a Diploma in Aeronautical Engineering at the Singapore Polytechnic. With his spirit, he is sure on his way to fulfilling his dreams!

Rousing run at *Larian Bersama Bomba 2007*

■ LTA Ling Meng Hong, Rota Commander, Yishun Fire Station



Amongst the six SCDF runners are: (from left) LTA Leow Tian Soon, SSG Suhaimi Bin Ramli, SGT Sharom Bin Salleh, and SGT Aswadi Bin Asmawi.

Larian Bersama Bomba' - three words that first seemed so foreign to me and never had I expected myself to join my section commanders for this memorable event. Meaning 'National Fire Fighter Day Run', this event involved a 10km run through the streets of Kuala Lumpur.

I recall vividly the moment I first stepped into Pejabat Bomba Dan Penyelamat WP-KL (Headquarters of Fire Service) with LTA Leow Tian Soon and LTA Lee Soon Huat on 5 May. We were greeted warmly by the station officers and were brought on a tour of the HQ compound. As the sun began to set, we quickly registered for the run and set off for Holiday Villa where we spent the night, looking forward to the event next day.

At 6am the next day, heavy rain thundered against the walls of the hotel but we were all ready to set off for the run that we had travelled 300km for. As the section commanders and officers from Yishun Fire Station arrived

at Pejabat Bomba Dan Penyelamat, thousands of runners had already gathered there. Runners of different races and different nationalities from all over the world, including Kenya, Spain and the Philippines, had come together for this event with one thing in common – our profession as firefighters.

Try as I might not to be overwhelmed by the moment, I was filled with a sudden rush of emotion: so many of us from around the world, doing what it takes to protect and save lives and property. I wondered what it would be like in the fire stations back in their homelands. If there was a time for exchange of

information and to learn new tactics and share our own, this was it, but sadly, we had to start the run.

At 7.30am, it was still drizzling and gusts of cold wind continued to sweep through the crowd of runners as we stood before the starting line. The air-horn blasted and we began to sprint off along the street of Dataran Merdaka.

It dawned on me then that there was this bond amongst us from Yishun Fire Station, something we had not realised when we were in our normal working environment. All the time we had earlier spent together had made us grown to be like a family. It was a feeling which could not be described but felt from deep within.

Soon, we saw that the ending point was just a stone's throw away. We raced to cross the finishing line with a sense of satisfaction and achievement. We had done it! But that was not all to the event. At the ending point, we got to interact with some of the local firefighters and learn about their cultures and practices. We even shared with one another our experiences and were also taken on a tour to view their various emergency appliances, before heading back to Singapore that afternoon.



Sculling, anyone?

■ CPT Md Nazim, Deputy Company Commander, Special Rescue Battalion

"Catch a crab!"

No, we are not fishing, but rather, this is a term used when a rower's oars go too deep into the water and the rower just could not paddle - something that BRTC staff experienced when they first tried their hands on sculling recently. By the end of a six-session course, participants were able to row gracefully, gliding through Pandan Reservoir in a distinct, synchronised stroke.

Have you ever noticed that almost every gym has at least one rowing machine? That is because rowing is one of the best aerobic, total-body exercises. It not only burns calories and improves cardiovascular function, it also tones all major muscle groups, including the legs, arms, back and stomach.

Rowing was first used as a means of transport in ancient Egypt, Greece and Rome, before developing into a sport apparently in Victorian England during the 17th and 18th centuries. It involves watercraft known as 'shells' (usually propelled with eight oars) and 'sculls' (propelled with two or four oars), which are raced mainly in inland rivers and lakes. Rowing requires the use of a single oar grasped in both hands, while sculling involves the use of two oars, one grasped in each hand.

The 60 metre-wide boats are made of carbon fibre and plastic, and designed to carry one, two, four or eight rowers. Each rower sits on a seat fitted with wheels which enable him or her to use the legs to propel the boat, making sculling a very different



Participants learning the art of sculling.

experience from traditional boat rowing. At about three metres long, the oars are hollow to minimise their weight and are attached to the boats by outriggers.

Sculling is a new sport that has been introduced to the SCDF in Mar 2007, drawing 20 enthusiasts to venture into the sport. Before heading down to the waters, participants were first shown a video on rowing, followed by some theory lessons conducted by qualified instructors from the Singapore Rowing

Association (SRA).

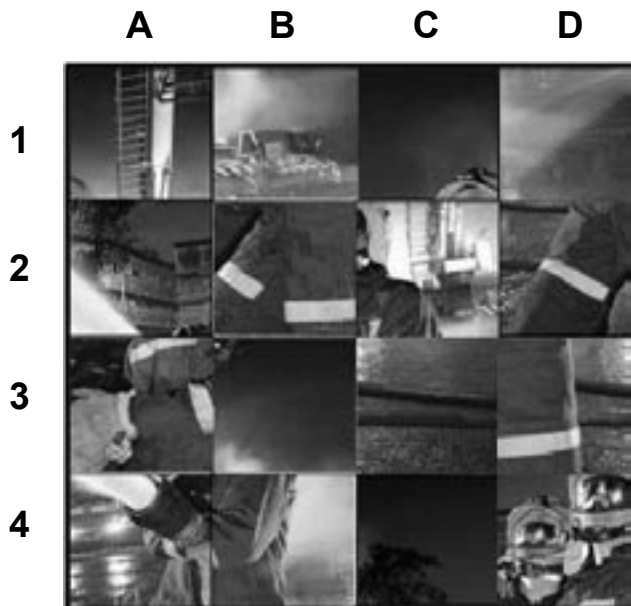
Participants who are keen to pick up this new sport are required to attend the six-session Basic Learn to Row Course conducted by SRA. Skills such as launching the boat, docking techniques, boat capsizing, balancing and rowing techniques are mastered before a certificate is issued to the participants. Interested parties may contact CPT Md Nazim at Md_NAZIM@scdf.gov.sg



An instructor from the Singapore Rowing Association briefing the participants on the fundamentals of sculling.

Picture puzzle

Unscramble the picture below by indicating the correct alphabet/number in the box provided. The first one has been done for you.



		A1	

=



Rank / Name: _____

Dept / Organisation: _____

NRIC No: _____

Contact No: _____

RESCUE 995 JUNE 2007

Please send in your entries to:

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

by **31 July 2007** and stand a chance to win the following prize:



Firefighter Bear

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 April 2007 Quiz

- 1) CPT Lim Boon Hsing,
HQ 1st Div, Pers Branch
- 2) WO Selamat Abd Jalil,
Ang Mo Kio FS
- 3) LCP Md Anwar,
SSU Provost, HQ SCDF
- 4) PTE Chen Jin Ping,
SSU Provost, HQ SCDF
- 5) PTE Md Saiful,
HQ 4th Div, Info-Comms

Winners will be notified separately to collect their prizes (a limited edition Pen Set).

Answers to the April 2007 Quiz

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

A STORY OF FINANCIAL HARDSHIP: Did Bernard have a choice?

■ CPT Wong Foong Yin, SO Mental Resilience, Manpower Department

PTE Bernard Ong (not his real name) had gone AWOL (Absence Without Authorised Leave) thrice ever since he completed his Basic Rescue Training at the Basic Rescue Training Centre. Is Bernard one of those malingerers who detests National Service and tries all means and ways to shirk his NS responsibility? Bernard refused to confide in his supervisor the reason for going AWOL, until one of the SCDF paracounsellors visited him at the Detention Barrack.

Bernard's father abandoned the family when he was nine years old. His mother worked as a cleaner and brought him and his two younger sisters up single-handedly. Due to financial hardship, Bernard had to quit school at 15 and take up several odd jobs to supplement the family income.

Bernard worked as a waiter, despatch rider and car washer before he was enlisted into National Service. During good times, he could earn up to \$1,200. A large proportion of his earnings would be used to pay for the family's expenses. After his enlistment, his income was reduced to



Paracounsellors Retreat 2007 was held at Costa Sands Resort on 2 Mar 2007.

a mere \$350 NS allowance. Recently, his mother contracted kidney failure and could no longer work. He said he had no choice but to go AWOL so that he could start working again to foot his mother's medical bills, utilities bills and his sisters' school fees.

Did Bernard really have no choice? The answer is a definite NO! With the help of a trained paracounsellor, Bernard learnt to weigh the long-term dire consequences of AWOL against the short-term financial gain. The paracounsellor also explored other alternatives with him to improve his family's financial situation. These include seeking financial aids and obtaining approval to take up part-time employment outside NS.



Paracounsellors brainstorming on the mission, vision and values for the SCDF Paracounsellors Scheme during the Retreat.

More about Paracounsellors

The ability to lend a listening ear and provide practical options to people in distress is the strength of the SCDF Paracounsellors. They have been trained at a five-day in-house Paracounsellor Preparatory Workshop and equipped with basic counselling skills to help the affected persons cope with their problems. From time to time, the paracounsellors are sent for external courses to acquire advanced counselling skills. A successful counselling session not only requires the paracounsellors to demonstrate skilful intervention, but also the ability to build a strong rapport with the clients and to empathise with their situation. Each counselling or interview session is a learning process for both the affected persons and the paracounsellors.

Mission, Vision, Values and Motto of the SCDF Paracounsellors Scheme

Mission: To care for the emotional needs of our people

Vision: To be a reliable emotional support group through effective counselling service

Values:

Patience - To calmly and willingly listen and attend to our people

Acceptance - To respect individuals' differences and uniqueness

Conscience - To assist our people sincerely and courageously

Empathy - To think and feel the issues our people face

Motto: We strive to walk the journey at the PACE of the Help Seeker with Patience, Acceptance, Conscience and Empathy.



RESCUE

JUNE 2022

995

The ARGO Avenger, aka Amphibious Vehicle is an eight-wheel drive amphibious off-road vehicle.

SPECIFICATIONS

Load Capacity: 521kg **Towing Capacity:** 818kg **Seating Capacity:** 6 people on land, 4 people on water
Speed: 22mph/35km/h on land, 2.5mph/4km/h in water **Shipping Weight:** 542kg



2025 WINSTAR
AWARD



2025 WINSTAR
AWARD



2025 WINSTAR
AWARD