



# RESCUE 995

THE SINGAPORE CIVIL DEFENCE FORCE MAGAZINE



## UNIQUE SPORTS



# CONTENTS



## TECH BITES

### 4 SCDF Social Media Outreach



## VOICES FROM THE HEART



Personnel from Jurong Fire Station who attended to the fire and Mary Ng's family.

### 6 "Keep up the good work!"

## GET IN TOUCH

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### 8 Snippets of SCDF Events and Activities

## UNIQUE SPORTS

10 Brazilian Jiu Jitsu

12 Handball

16 Pole Vault

24 Mountain Biking

28 Ice Hockey

32 Pakour & Freerunning



18



SCDF NSF of the Year Award recipients - (from left to right) LTA (NS) Farees Choudhury, SGT (NS) Danial Matin Bin Zaini, SGT (NS) Jack Lin, SGT (NS) Abdul Hadi Bin Shajahan and LTA (NS) Jeremy Tan.

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## EDITOR'S NOTE

"In 2014, the editorial team decided to deviate from our past practice of merely reporting news and events that have taken place in the SCDF. Apart from keeping our readers updated on the latest news, we also wanted to bring focus to our SCDF personnel. The editorial team took a leap of faith and launched our first themed edition on the same year.

Unlike the previous practice of featuring SCDF personnel donned in their uniform on the front cover, the first themed edition featured LTC Lim Han Chee in his triathlon outfit instead. To be honest, it felt risky for us at the beginning. Thankfully, we received numerous positive comments from our readers and that encouraged us to be more adventurous over the years.

As we reminisce this special milestone, the editorial team decided to take up the challenge of doing a spin-off of our first themed edition but with a different twist. Instead of regular sports such as rugby and tennis which we have featured in the first themed issue, this issue is focused on unique sports.

We commenced the preparation of this issue with an interview with LCP Zaki who frequently participates in Pakour and Freerunning competitions around the world. The daredevil revealed that he had two ambitions as a child. He wanted to be a ninja and a superhero. It may sound wild but LCP Zaki never lost sight of his childhood dreams while growing up. He took up Pakour at age 14 as he made an observation that the movements mirrored that of the ninjas. His other dream of becoming a superhero was shelved until he was enlisted to the SCDF as a firefighter to save lives and property. Read his personal story in this issue to find out more about how he fulfilled his other dream of becoming a superhero.

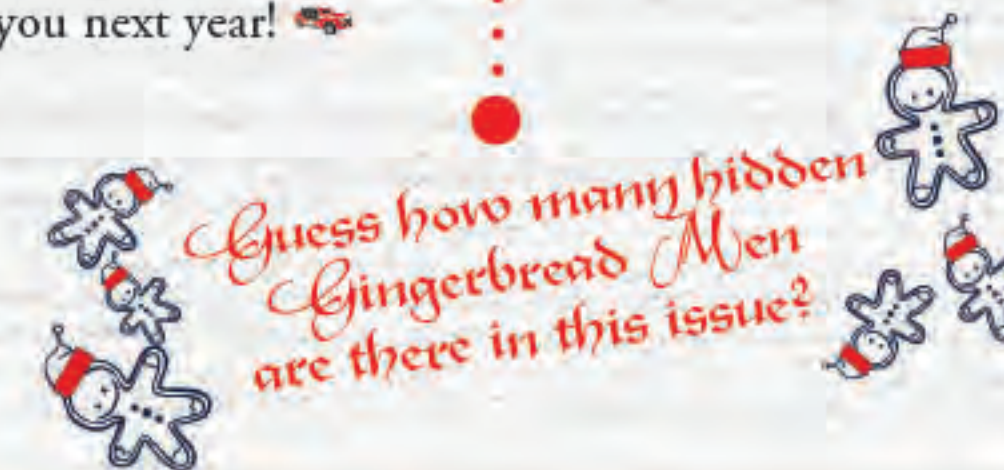
Like LCP Zaki, SGT Dylan is another example of a fearless SCDF full-time national serviceman. SGT Dylan picked up pole vaulting when he was studying at the Singapore Sports School. SGT Dylan who trained six times a week as student said that a typical 24-hour shift at the fire station already leaves him in need of dire rest.

No doubt, it is only intuitive to expect our SCDF personnel like SGT Dylan and LCP Zaki to be acclimatized to high temperatures. In fact, some of the more seasoned firefighters might even proudly exclaim that they are already accustomed to immense heat. Then we met SSG Ming Zhe who plays ice hockey. As a Section Commander, SSG Ming Zhe has a wealth of experience under his belt. The only exception between him and his fellow colleagues is that he finds it difficult to choose between low and high temperatures as SSG Ming Zhe feels most comfortable in both extreme temperatures. If you are keen on picking up this sport, read his story to learn more about the gear that ice hockey players wear. In fact, it is almost similar to that of the bunker gear.

Apart from such unique sports which our SCDF personnel play, this issue also features a story on the Home Team NS50 Reception. The event, which was held at Istana on 3 November, capped the yearlong NS50 celebrations.

As the year comes to a close and in the celebratory spirit of Christmas, the editorial team has also inserted a few gingerbread men in some of the pages in this issue. See if you can spot them!

See you next year! 🍪



Michelle Lim  
Editor, Rescue 995  
December 2017



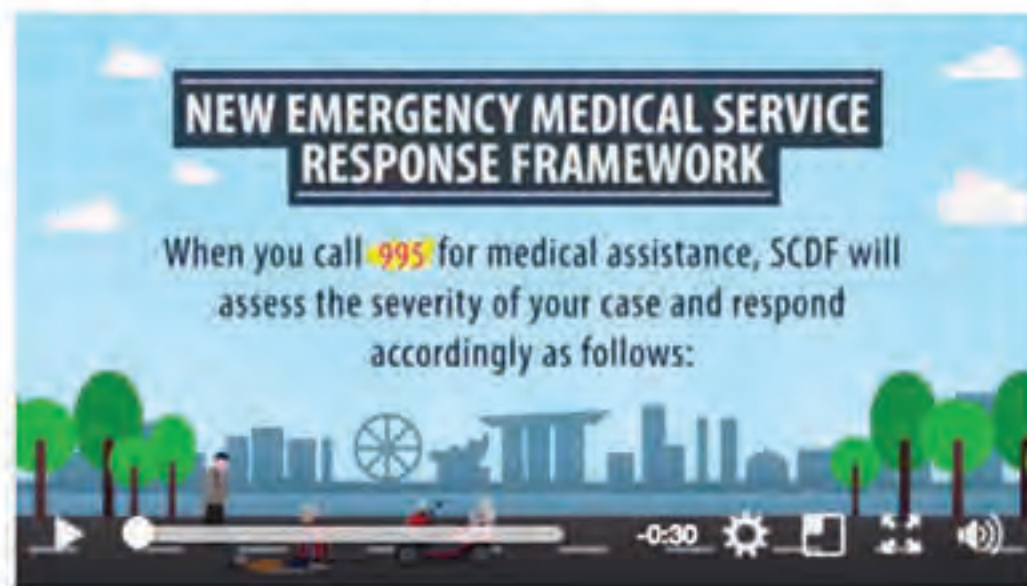


**Singapore Civil Defence Force**

103,718 likes

SCDF Singapore Civil Defence Force  
1 November at 10:21

SCDF's new Emergency Medical Service response framework provides faster and enhanced assistance to those who need it. When you call 995 for medical assistance, SCDF will respond according to the severity of your case.



48k Views  
Like Comment Share  
360 Chronological

SCDF Singapore Civil Defence Force  
28 September

It takes incredible passion to risk one's life to save others. To lift the fallen, restore the broken and soothe the wounded. At times, this passion drives us to go over and above our call of duty to help someone we've never met before... We do it simply because we care.

Join us and be a part of the Life Saving Force. Visit [bit.ly/2ljzXQc](http://bit.ly/2ljzXQc) to learn more about being a paramedic.

#ANationofLifesavers



18k Views  
Like Comment Share  
200 Chronological

SCDF Singapore Civil Defence Force  
28 October at 16:24

Exercise Northstar 10 (Phase 2) was conducted earlier this morning at Home Team Tactical Centre. Here's a recap of the key highlights!



18k Views  
Like Comment Share  
442 Chronological

SCDF Singapore Civil Defence Force  
9 August

SCDF Commissioner Eric Yap and members of the SCDF Senior Management dropped by for a chat with the SCDF and NCDCC parade participants before the commencement of NDP 2017. They are all raring to go!

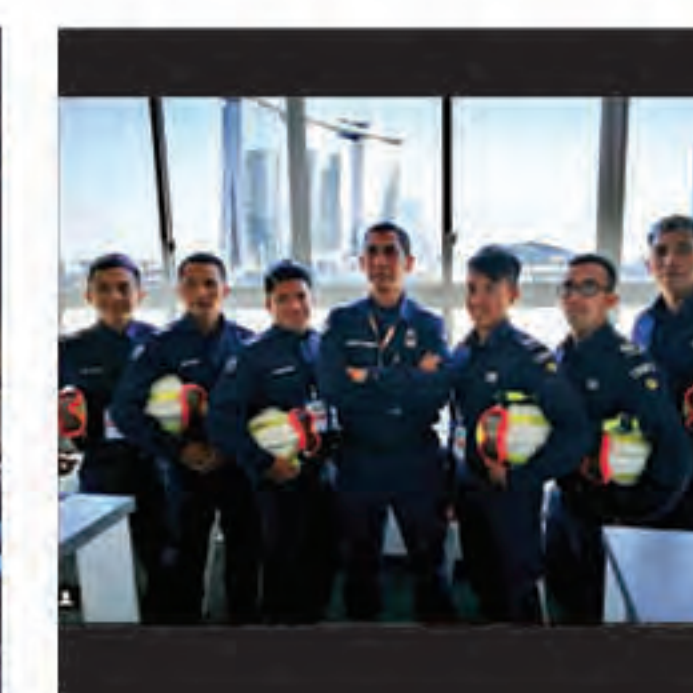
#ANationofLifesavers #NDP2017



508 Chronological

Instagram

#ANATIONOFLIFESAVERS





# VOICES FROM THE HEART



Personnel from Jurong Fire Station who attended to the fire and Mary Ng's family.



My 13-year-old son and elderly mother were at home when they discovered huge plumes of smoke entering the living room. Shortly after my son has dialled for 995, they rushed out of the flat. Unfortunately, my mother sprained her knee while trying to escape from the fire.

By the time they reached the staircase landing, my mother was unable to walk any further. Thankfully, a firefighter came up just in time and piggybacked my mother from 11th to 9th level.

As he was suited up in his protection gear, we were unable to identify the hero. On behalf of my family, I would like to thank this courageous man and his team from Jurong fire station for putting out the fire and lending a helping hand to the distress. Keep up the good work!

Mary Ng

David Wong

My kitchen caught fire as a result of an unattended stove. The emergency responders from Yishun fire station arrived and put out the fire in quick time. From this experience, I learned that the dangers and risks of unattended cooking is real.

We appreciate SCDF for its professionalism and efficiency.

Juremah Ahmad

My family dialled for 995 upon hearing my father complain about his breathlessness. He was subsequently attended to by your professional ambulance crew from Bishan fire station. Please convey my appreciation to your caring and dedicated emergency responders.

Stewart Kiong

Marcus and Uma from the SCDF Customer Service Centre were very helpful when assisting us in our formal submission of architecture drawings and plans. Not only have they provided us with the relevant guidance throughout the process, they were also very patient and understanding with our queries.

Family of the late Mdm Lim Hen Kiaw

On behalf of all our family, I would like to express my heartfelt appreciation to the SCDF's team of emergency responders that attended to my mother before she passed on. The paramedics and medics who attended to her at site and the 995 phone operator who guided and assured her through the phone have done their utmost best at the most critical hour. This is definitely a meaningful career.



## INCIDENT WATCH



### Road Traffic Accident

On 30 October, two lorries transporting foreign workers collided at Tuas South Avenue 5. Two casualties, who were trapped in one of the lorries, were rescued by firefighters. All the affected workers were also conveyed to the hospital on the SCDF ambulance.



# SNIPPETS OF SCDF EVENTS AND ACTIVITIES



Deputy Prime Minister Teo Chee Hean giving a pat on the back of a SCDF ORNSman who took part in Phase 2 of Exercise Northstar.



SCDF ORNSmen working alongside the elite DART at the aftermath of an attack involving 'Vehicle-Borne Improvised Explosive Devices'.

## Phase 2 of Exercise Northstar

Phase 2 of Exercise Northstar, a multi-agency counter-terrorism exercise, was conducted at the Home Team Tactical Centre on 28 October 2017. Led by the SCDF, this exercise put to test and validate multi-agency emergency response to possible terror attacks in Singapore. It involved about 500 personnel from SCDF, Singapore Police Force (SPF), People's Association, PUB - Singapore's National Water Agency, Ministry of Social and Family Development, Energy Market Authority, Info-Communications Media Development Authority, Health Sciences Authority, Singapore Armed Forces and Housing & Development Board. These agencies worked hand-in-hand to respond to a simulated attack involving 'Vehicle-Borne Improvised Explosive Devices', which resulted in collapsed structures and mass casualties.

This exercise also saw the inaugural participation of a SCDF Rescue Battalion in a Northstar exercise. About 200 ORNSmen from the 51 Rescue Battalion worked alongside SCDF's elite Disaster Assistance and Rescue Team in rescue operations in the aftermath of the attack.

Volunteers from People's Association, Civil Defence Lionhearter Clubs and National Civil Defence Cadet Corps assisted with the treatment of casualties alongside the 51 Rescue Battalion Medical Platoon.

Deputy Prime Minister Teo Chee Hean, Minister K Shanmugam and Second Minister Josephine Teo observed the exercise.

## MRT Civil Defence Shelter at Downtown Line 3

Members of the public who visited the Downtown Line 3 Open House on 16 October 2017 had the opportunity to tour the Civil Defence shelter and learn lifesaving skills such as CPR, how to use an AED and how to apply the Improved First Aid Skills of 'Press, Tie and Tell'. Led by Operationally-Ready National Servicemen from SCDF's Public Shelter and Resilience Unit, visitors had a glimpse of the various features of an MRT Civil Defence shelter such as the entrance blast door, decontamination facility and ventilation system.

## ASEAN Strategic Policy Dialogue On Disaster Management 2017

The third ASEAN Strategic Policy Dialogue on Disaster Management was held in conjunction with World Humanitarian Day. The event held at the Mandarin Oriental Hotel was graced by Mr K Shanmugam, Minister for Home Affairs and Minister for Law.

The SPDDM is an annual signature event of ASEAN held annually in Singapore to sharpen ASEAN's strategic engagements and thought leadership in disaster management. The event was jointly organised by the ASEAN Secretariat, the SCDF and the ASEAN Coordinating Centre for Humanitarian Assistance on disaster management.

The theme of this year's event is "Collaboration between ASEAN and the United Nations in Disaster Management: Lessons as the Basis for Future Policy and Operational Engagement".

At the event, Mr Vongthep Arthakaivaree, ASEAN Deputy Secretary-General, and Ms Ursula Mueller, UN OCHA Assistant Secretary-General, also exchanged copies of the interoperability brief to highlight the growing cooperation, collaboration and interoperability between ASEAN and the UN on disaster management.

The SPDDM was attended by about 150 participants including officials from ASEAN focal points, ambassadors, ASEAN partners, high-level representatives from the UN, the private sector and non-governmental organisations.





# BRAZILIAN JIU JITSU



The samurai, arguably the most iconic and fashionable military soldiers in the history of Asia, is often remembered for their unique sense of fashion and sword fighting skills. A fact less known about the samurais is their art of self-defence.



Jujusu, an ancient Japanese martial art, was executed by samurai warriors to counter strikes from their adversary when the sword is not within reach. The evolution and westernization of the Jujusu practice over the centuries have also gave rise to the romanization of its pronunciation and standard spelling. In today's context, Jujusu is also Jiu Jitsu, deviating slightly from its original Japanese pronunciation as well as its intention of self-defense. In fact, Jiu Jitsu is now practiced as a sport or hobby instead of a technique used against an aggressor.



*Ahmad and his good friend Dave Louey never fails to practice Brazilian Jiu Jitsu several times a week at a local gym.*



*Ahmad is a Info-Communications full-time national serviceman with the 2nd SCDF Division Headquarters.*



*Ahmad (in black robe) attempting the 'Triangle Choke' move on his opponent.*

With the ever-growing popularity of this sport in Europe, America and Asia, this martial art has also been adapted to other types of martial arts practiced around the world. Brazilian Jiu Jitsu, a prime example, is practiced by people across different nationalities and cultures such as Disney star Devi Lovato.

CPL Ahmad Syahyi Bin Mohd Amin, an Info-Communications full-time national serviceman with the 2nd SCDF Division Headquarters, is a fan of Brazilian Jiu Jitsu. About five years back, CPL Ahmad picked up the sport after watching a series of matches by the Ultimate Fighting Championship on television in 2011. He was intrigued by the way the contestants took down their opponents to submission through calm, careful and subtle movements.

CPL Ahmad explained that the weekly training and sparring sessions that he attends at a local gym have helped him learn the importance of a disciplined lifestyle. Since being enlisted to the SCDF about one and a half years ago, CPL Ahmad has also been promoted from a White Belt to a Blue Belt. "Weekly Brazilian Jiu Jitsu sessions help me keep fit even as I serve as my National Service (NS) in the SCDF. It feels great to go back to basics especially after a long day of work involving technological gadgets and equipment", he adds.

As an Info-Communication officer, CPL Ahmad ensures that the service support for the front line operations remain robust and reliable at all times. "The computer systems have to be maintained in tip-top condition at all times or we will risk not just the efficiency and results of frontline operations but the lives of my fellow NS officers who risk their lives daily to fight fire and rescue those in distress", CPL Ahmad says.

His most memorable NS experience is his deployment to the National Day parade in 2016 when his division provided the essential service support for the SCDF emergency responders who were on stand-by. 2016 was also the year he achieved his Blue Belt.



LTA Ce-Yi picked up handball as a sport during his university days. He has since represented Singapore in numerous competitions worldwide.

**“I** was pursuing my degree in Mechanical Engineering with the National University of Singapore when I had the chance to watch my first handball match. It would describe it as a love at first sight because I was hooked to the game immediately. Then, I went on to join the university’s handball team”, LTA Foo Ce-Yi says.

LTA Ce-Yi described handball as a combination of three sports as they comprise skills and game rules of basketball, soccer and rugby. In a handball game, players are required to pass the ball using their hands and score a goal through the goalkeeper. Like rugby, the game is also played with a certain degree of rough contact such as brushing against opponents when the need arises.

LTA Ce-Yi was enthralled by the rapid pace and high versatility of the game. He explained that a well-trained handball player is one who is able to manoeuvre himself around the court to strategize a goal whether or not if he has the ball with him at any point of the game. LTA Ce-Yi also revealed that each time he tries to study the game strategy of renowned handball teams from around the world, he would never fail to replay the videos several times before he can get a good grasp of how the goal was scored.

# HANDBALL





*LTA Ce-Yi joined the SCDF as a career officer after completing his Mechanical Engineering degree with the National University of Singapore.*

One handball player whom LTA Ce-Yi idolise is Mikkel Hansen from Denmark. To LTA Ce-Yi, Mikkel is cool because of his rugged look “which makes him perfect for a contact sport”. Apart from physical looks, LTA Ce-Yi said that Mikkel is also a well-achived handball player decorated with awards ranging from ‘Top Goal Scorers’ to ‘World Player of the Year’. In the 2008 Olympics, it was recorded that Mikkel is able to shoot at speeds over 130km/h completely stationary and without jumping.

To put things into perspective, LTA Ce-Yi jovially elaborated on the point that Mikkel’s speed is also faster than the average driving speed in Singapore except that Mikkel makes it happen with full throttle while relying on his body strength.

“The dynamics of a handball game is almost exactly the same as responding to an emergency with my ROTA from Yishun fire station. An incident can be extremely fast-paced and unique. In addition, we are also cognizant that there are many ways to mitigate with one incident. As such, we need to be able think on the spot to come up with the best solution in the quickest time possible. After the incident, we must rethink how we can learn from our prior experience in order for us to apply the valuable learning lessons to future incidents that may be similar but larger in scale. Needless to say, physical and mental finesse are as crucial”, LTA Ce-Yi explains.

LTA Ce-Yi stressed that every team player comes with his or her own sets of strengths and weaknesses.

At a handball game, each team will comprise seven players. For every penalty received during the game, the headcount of the team may be reduced due to the suspension of individual players. As handball is inherently a fast-paced game, one less player could also mean a few easy goals for the opposing team.

Speaking from experience, LTA Ce-Yi said that a resilient mentality is an attitude required of a handball player and ROTA Commander. Whenever there is a situation of a “one man down”, it is crucial for the rest of the team to fill that empty spot and persist on as it there was parity despite the penalty. To achieve that, his advice is to maximise the resources available at any point of the game or an emergency and continue to provide support to everyone in the team through thick and thin.

With this attitude, LTA Ce-Yi LTA has clinched numerous awards at the handball competitions that he had participated in from around the world. Till date, he has travelled to countries including American, Uzbekistan, Denmark, Italy, Taiwan, Japan and Hong Kong, etc, for competitions and friendlies.

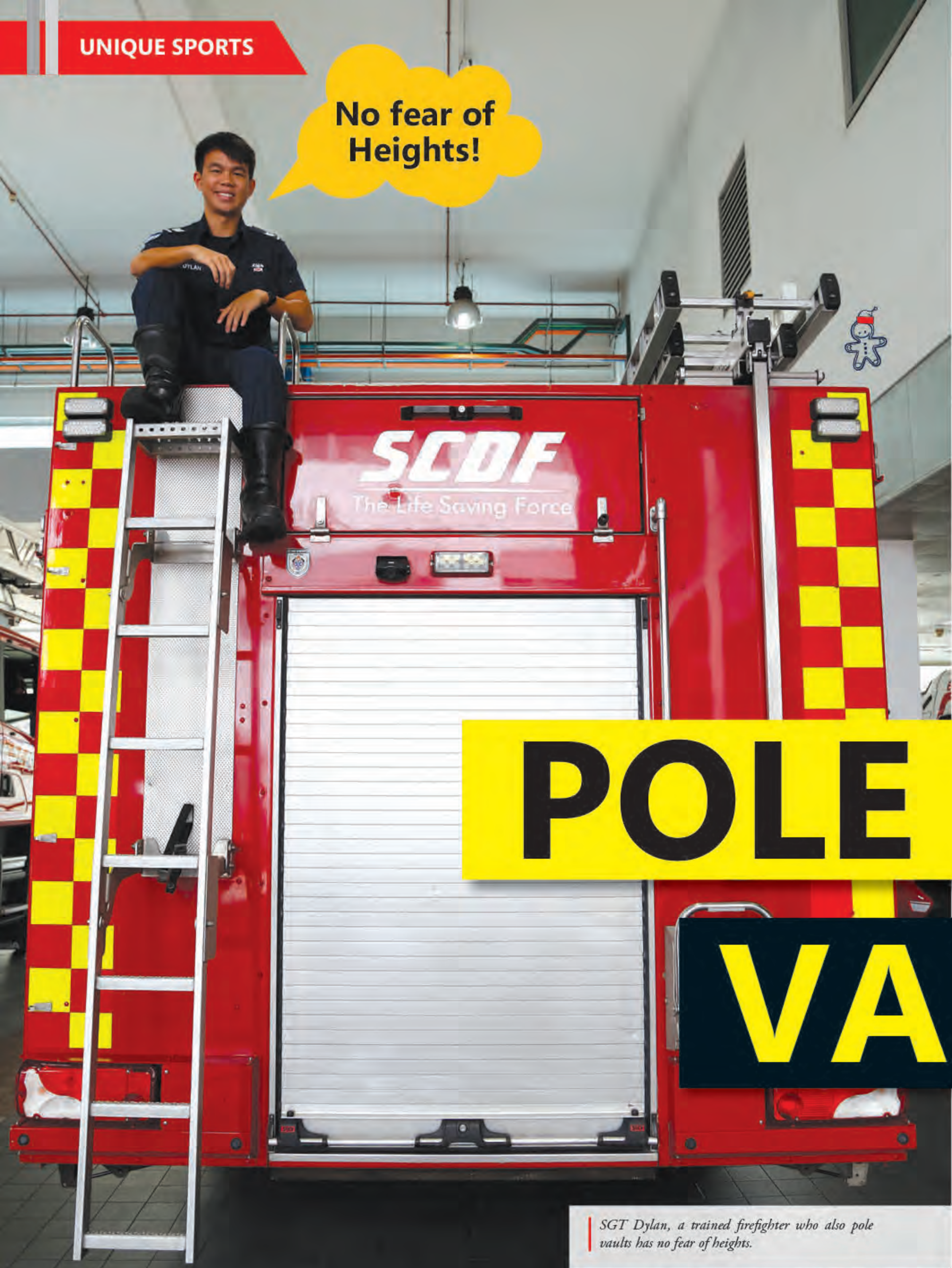
Whether if it is scoring a goal at a handball game or lending a hand to someone in need, LTA Ce-Yi is definitely on top of his game. 🏆



*LTA Ce-Yi explained that handball is a high-intensity game.*



No fear of Heights!



# POLE

# VAULT

SGT Dylan, a trained firefighter who also pole vaults has no fear of heights.



“The element of fear is an obstacle that is present in both pole vaulting and firefighting. Be it the fear of landing outside the cushioned pit, onto the hard concrete ground, or entering a smoke logged room, I had to act in spite of my fears to get the job done anyway”, says SGT Dylan Huan Jun Kai, a Full-Time National Serviceman Section Commander at Bishan fire station.

At 15 years old, SGT Dylan picked up pole vaulting when he was studying at the Singapore Sports School. Armed with his first pair of running spike shoes and a pole made of carbon fibre, he practised his techniques

religiously for at least 6 times a week. In between his sessions at the pole vault pit, he also practised a fair amount of gymnastics, calisthenics and weightlifting to build functional strength.

His hard work paid off when he was first enrolled in inter-school competitions such as the National Schools Championships and Singapore Youth and Junior Athletic Championships.

The experience catapulted him to venture into uncharted waters. He began taking part in international competitions such as the Thailand Sports School Games and Taiwan Nantou International Pole Vault Championship where he was pitched against the best from various countries.

“Every competition was a learning experience for me. It made me realised my strengths and weaknesses and of course, my opponents”, says SGT Dylan.

At the Taiwan Nantou International Pole Vault Championships, SGT Dylan achieved his personal best standard of 4.38m and emerged 6th out of the 41 athletes whom he competed against. This breakthrough also earned him a prized opportunity to represent Singapore as the Asian Area Qualifications for the Youth Olympic Games.

Since being enlisted to SCDF for NS, SGT Dylan has been training less. He explained that there is a time and season for everything and thus, his priority now is to focus on excelling in his role as a Section Commander.

When asked to describe his daily routine at the fire station, SGT Dylan said that a typical 24-hour shift is not all about firefighting and rescue work. While those are indeed the bread and butter of an emergency responder, every shift also includes a string of other responsibilities such as drills and lectures that are conducted to ensure that all emergency responders are kept abreast of the skills and knowledge required for operations of different nature.



“The combination of brain work and hands-on work usually leave me drained and in need of sleep after every 24-hour shift”, says SGT Dylan.





SCDF NSF of the Year Award recipients - (from left to right)  
LTA (NS) Farees Choudhury, SGT (NS) Danial Matin  
Bin Zaini, SGT (NS) Jack Lin, SGT (NS) Abdul Hadi Bin  
Shajahan and LTA (NS) Jeremy Tan.





# NS50

FROM MY GENERATION TO YOURS

On 22 January 1976, Singapore Fire Brigade (SFB) enlisted its first batch of 50 full-time national servicemen (NSFs). Back in those days, the enlistees were each assigned with a number which they wore as number tags on their uniform. The first registration number issued to an enlistee was 500.

As part of the regimentation of National Service (NS), the instructors also addressed the NSFs by their registration numbers. It became such a common practice in SFB that the NSFs also addressed each other by these numbers instead of their own names.

As SCDF joins the celebration of 50 years of NS (NS50) in Singapore, the pioneer NSFs from the SFB had the chance to meet again at various NS50 events that were held in 2017 and of course, continue to address each other with their registration numbers.

One of such events which also paved the way for both senior and junior SCDF NS officers to mingle and exchange their NS stories include the recent Home Team NS50 Reception that was held at Istana on 3rd November.

*Minister K Shanmugam presented the "Everyday Guardians" commemorative book to Prime Minister Lee at the Home Team NS50 Reception.*





*Pioneer SCDF pioneer NS officers who attended the NS50 Reception include Mr Tan Kim Teck (middle), a SCDF NSmen who made history when he received a field promotion at the incident site of Lian Yak Building (commonly known as Hotel New World) after it collapsed.*

Singapore Police Force were presented with the NSF of the Year Awards by Prime Minister Lee

“I’m very happy and proud to receive this award. It is heartening that the SCDF recognises and appreciates NSFs for their contributions. NSFs work very hard to serve the public and serve Singapore.”, says SGT (NS) Danial Matin Bin Zaini, one of the five SCDF NSF of the Year award recipients.

“Our Home Team National Servicemen have made many sacrifices to keep Singapore safe and secure. They play an integral role in the Home Team, serving alongside our regular officers. Over the past year, the Home Team organised a series of events to pay tribute to the contributions of our National Servicemen. The NS50 reception marks the culmination of our year-long celebrations of NS50, and is a fitting occasion to thank our National Servicemen for their dedication and service to the nation.”, says Mr K Shanmugam, Minister for Home Affairs and Minister for Law. 🇸🇬

Whether if it is about the blast from their NS past such as pioneer SCDF NSFs addressing each other with their registration numbers or the future in which the present generation of NS officers had a hand in moulding, these heartfelt stories told by our men in blue are chronicled in the Home Team NS50 commemorative book titled “Everyday Guardians”.

Written by Koh Buck Song, the book traces the history and evolution of NS in the Home Team as well as a few personal stories told by our Home Team NS officers.

Centred around three broad themes of “Duty”, “Devotion” and “Daring”, the book pays tribute to the sacrifices and dedication of generations of Home Team NSmen in keeping Singapore safe and secure.

It also seeks to inspire the next generation of Home Team NSmen to continue the legacy.

Launched by Prime Minister Lee Hsieng Loong at the Home Team NS50 Reception, this book will be distributed to all serving Home Team NSFs, schools and public libraries.

At the same event, 10 NSFs from SCDF and



# MOUNTAIN BIKING

SWO Ahmad Faizal Bin Abdul Hanan picked up mountain biking as a sport one year before he was enlisted to the SCDF to serve national service.

“I was so thrilled about being enlisted to the firefighter vocation then. In fact, I started enquiring about a career opportunity with the SCDF from the onset,” says SWO Ahmad.

Five years into his career, SWO Ahmad qualified for the elite Disaster Assistance and Rescue Team (DART). Between 2004 and 2005, SWO Mohamed Affino Bin Mohd Amin and SSG Muhd Fadly Bin Ismail became colleagues with SWO Ahmad in DART.

These avid risk-takers, who have each completed the vigorous DART selection course, picked up mountain biking as a sport after learning from SWO Ahmad his electrifying adventures.



From left to right: SWO Affino and SWO Ahmad meet up at least once a week for leisure rides at the Chestnut Park.





*From left to right: SWO Affino, SWO Ahmad and SSG Fadly are not just ordinary colleagues but they also share a common interest in mountain biking.*



SWO Affino recalls his first training session with SWO Ahmad to be a demoralising one.

“I could hardly keep up with the rest but I knew there and then that Ahmad saw a potential in me to one day be as skilful and fit as him”, SWO Affino chuckled in his attempt to tease Ahmad.

As for SSG Fadly, his maiden ride was as physically challenging or if not, worst. SSG Fadly joined SWO Ahmad and his family and friends at Pengerang, Malaysia for a mountain biking expedition without much preparation prior to the trip.

“It was so tough! In fact, I recall Ahmad’s wife cycling past me so many times. I was so frustrated about not being able keep up with anyone. It hurt my ego!”, SSG Fadly said jokingly.

Despite the unnerving experience, SWO Affino and SSG Fadly pushed through with their never-say-die attitude.

After months of training at the now defunct mountain bike trail at Tampines, SWO Affino and SSG Fadly managed to catch up with SWO Ahmad’s pace and stamina. The gradual improvements made in speed and techniques also gave them the courage to sign up for competitions as a team.

Till date, the trio has won numerous awards at races held both locally and internationally.

Some of their recent races include the Singapore Mountain Bike Carnival 2015 and Downhill National Championship 2016 where they came in first place for different categories.

They have also travelled together to countries like Australia, Indonesia, China, Philippines, Vietnam and America to take part in both competitive and leisure races.

Their solidarity they have as a team at mountain biking races is also shown in their work as DART colleagues.

There had been numerous instances where the trio worked hand-in-hand to resolve complicated and tedious rescue operations.

Once, they responded to an incident of a lorry that was submerged in the sea. While en-route to the incident site, they were informed by the SCDF Operations Centre that a casualty was trapped within the submerged lorry.

Upon their arrival at the incident scene, SSG Fadly dived in to the waters and to locate the lorry. Once he identified the location underwater, he quickly ascended to the surface and shared with SWO Ahmad and SWO Affino the pertinent information. SWO Ahmad and SWO Affino then took over the baton and continued with the rescue mission. With the information on hand, they managed to free the trapped casualty from the damaged lorry swiftly.

SWO Ahmad, SWO Affino and SSG Fadly have also been deployed for Operation Lionheart humanitarian missions together such as to Christchurch, New Zealand in 2011.

When asked if they were training for anymore upcoming competitions, the trio revealed that they share the common dream of participating in the mountain biking category at the World Firefighters Games that will in 2018.







**S**SG Siah Ming Zhe, a fireman and ice hockey player, is undecided when asked if he prefers the extremely cold or hot temperatures.

Now a Section Commander and HazMat Specialist at the Alexandra Fire Station, SSG Ming Zhe joined the SCDF upon completing his national service as an Emergency Response Specialist.

“The thought of being trained to save lives never crossed my mind until I was enlisted to the SCDF. I went on to join as a career officer for the simple reason of wanting to continue with this meaningful mission”, SSG Ming Zhe recalls.

SSG Ming Zhe revealed that another perk of his job is that it allows him to maintain his level of physical fitness and this has also indirectly benefited him as an ice hockey player.

SSG Ming Zhe picked up ice hockey during his polytechnic school days and said that he enjoys the adrenaline of the game.

Ice Hockey, a contact sport which is known for being fast paced lasts up to 60 minutes for every game. Players are required to keep a calm composure throughout the entire game and with the goal of maintaining their stamina throughout.

Played in a rink, two opposing teams of skaters would leverage the use of their hockey sticks and strategise for the vulcanised rubber puck to enter into their opponent’s net.

SSG Ming Zhe is not only familiar with the rules of the game but he is also a qualified referee who is empowered to issue penalties when necessary.



# ICE HOCKEY



“Firefighting and ice hockey are similar in a way that...despite a continuous effort to find the right balance, whether if it is about the need to maintain sturdiness while manoeuvring around the rink in my skates or responding to an emergency, we are bound to face obstacles along the way and from time to time.

I would be lying if I said everything goes on smoothly all the time. To me, the bigger mission is always to ensure that we defeat these unexpected obstacles while bearing in mind our ultimate goal to win the game or save lives.”, SSG Ming Zhe explains when asked if there are any similarities between firefighting and ice hockey.





“Of course, our ‘uniforms’ are also pretty similar in the sense that it requires a lot of training and acclimatisation before an individual can start to feel comfortable in it...hmm...except that one is about feeling physically comfortable in extremely high temperatures and the other, in extremely cold temperatures”, Ming Zhe adds.

Till date, SSG Ming Zhe has travelled to numerous countries to compete in this sport. His destination list includes Kyrgyzstan where he won his first medal at an International Ice Hockey Competition, Japan and Thailand, etc.

Throughout this journey, he has also competed against players from Taiwan, Macau, Malaysia, United Arab Emirates, Mongolia, Thailand, Philippines and India, etc.

Just like firefighting training, the training required of an ice hockey player is as tedious. Apart from practicing moves in the rink, a ice hockey player also spends a good amount of time in the gym building muscles and stamina. As there is hardly any time for recovery during a game, SSG Ming Zhe advised that a good hockey player must be able to withstand hard hits the comes with the ice and when smashed by an

opponent skating at high speed.

“Whether if it is ice hockey or firefighting, I am a true believer of good training.”, SSG Ming Zhe stressed. His experience at a fire incident that occurred at the Central Business District in 2011 was a prime example of his beliefs. He described the raging fire to have left a deep mark in his life as the training that he was put through since his national service days were all put to the test.

The fire which engulfed three levels of offices required SSG Ming Zhe and his team to strategise in quick time how they can efficiently put out the fire and rescue the trapped casualties concurrently. Unlike the opaque ice in a rink that reflects light, the burning office felt which felt like a furnace was smoke logged.

“There was zero visibility in the pitch darkness and all that I could do was rely on my intuition as my team and I skilfully shuffled our feet to find our way around the building.”, SSG Ming Zhe recalls.

“After that incident, I was craving to be in the rink! It was so hot and I felt I needed some ice on my feet!”, SSG Ming Zhe exclaims.

# A BREAKDOWN OF A TYPICAL ICE HOCKEY GEAR







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## AKOUR & FREERUNNING

LCP Zaki Zakwan Bin Abdul Wahab's childhood dream was to be a superhero. Some days, he also wished that he could move around inconspicuously and skilfully like a ninja. LCP Zaki was inspired not just by the fictitious superpowers but the magnanimity of these characters.

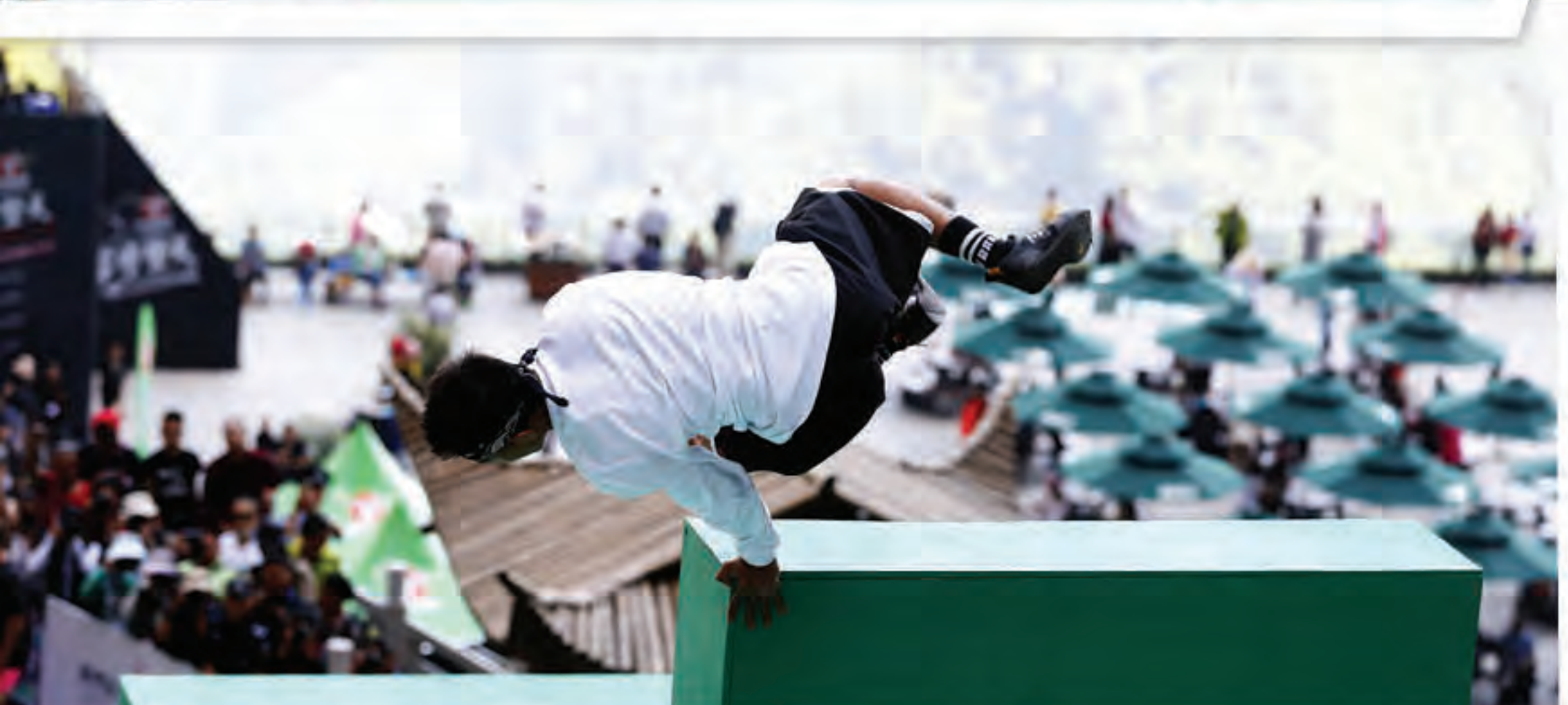
It was not until when he was growing up that he learned that the concept of superheros and ninjas may not be an imaginary one after all. LCP Zaki's started to live his dream as a 'ninja' when he was introduced to Pakour at the age of 14 years old.

Pakour is an activity which requires the individual to transverse around while negotiating obstacles by running, climbing or jumping over them. They simulate the rapid movements of ninjas except that they are predominantly practiced at urbanised areas and practitioners aim to physically move from one area to another rapidly without the use of any equipment or aid.

Aside from Pakour, LCP Zaki is also into Freerunning. He described the sport to be similar to Pakour except that it embodies more flamboyant movements such as fancy flips and stylistic acrobatics.







LCP Zaki taking part in a freerunning competition held in China.



LCP Zaki is currently serving his NS as a firefighter at Yishun fire station.

Till date, LCP Zaki has competed at various competitions held internationally. Earlier this year, he was crowned third place at the Australian Academy of Parkour, Exercise and Self Defence Jump Off competition. His other achievements include first place at the Parkour Festival held in Surabaya and first place at the Art of Extreme Movement Parkour Competition held in Malaysia.

Today, LCP Zaki continues to dream about taking part in the Redbull Art of Motion competition held at Santorini, Greece. In his opinion, that is the ultimate

goal of everyone in the parkour freerunning world. "I mean...you get to turn the whitewashed cliff-top streers of Santorini's Oia village into your very own personal playground! You will get to do all your fancy flips in one of the most beautiful countries in the world!", LCP Zaki exclaims.

The ambitious LCP Zaki has been pacing himself towards this ultimate goal. In recent years, he has been taking part in competitions which require higher level skillsets as he was pitched against the crème de la crème. LCP Zaki was challenged by leaps and bounds

when he participated in a Pakour Competition held in China recently. The length of the playing field was as long as the total area of three football fields put together. LCP Zaki had the opportunity to jump, run, flip and do a cartwheel in the air while traversing past the lush thick forest and a gigantic natural waterfall. Also due to the nature of the terrain, LCP Zaki cautioned that one wrong move could mean serious injuries for the participant.

When asked about his thoughts of being enlisted to the SCDF to serve National Service (NS), the daredevil said that he saw it as being able to fulfil his other childhood dream to become a superhero who is trained and empowered to help those in distress. He was also mentally well-prepared for dangerous encounters at the onset while bearing in mind that he would first have to undergo the proper training to become a firefighter. Despite having a high level of physical fitness as a result of the weekly pakour

and freerunning training which he undergoes prior to enlistment, LCP Zaki still found the firefighting course a challenging feat.

To ensure that firefighters are acclimatised to working in environments with high temperatures, LCP Zaki and his fellow recruits performed physical exercises and other strenuous activities while having the bunker gear on when training at the Civil Defence Academy. Apart from getting all sweaty, LCP Zaki also acquired a wealth of knowledge on mitigating a myriad of emergencies and medical cases.

When asked about the perk of this vocation, LCP Zaki explained that it is not merely the fact that he can save lives like that of a superhero but what really warms his heart the most is the experience he get in working hand-in-hand with our community first responders when serving NS.

If you look deep enough, there are actually many superheroes living amongst us.", LCP Zaki says.





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**A NATION OF LIFESAVERS**