

RESCUE 995

THE SINGAPORE CIVIL DEFENCE FORCE MAGAZINE



What's your
Hobby?

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Editor's Note



Picture: Michelle Lim, Editor of Rescue 995, is a qualified pet groomer who grooms dogs (including rescued dogs) on a voluntary basis.



Picture: LTC Leslie Williams, Chief Advisor of Rescue 995, was also known as the "Master of Teh Tarik" when he was serving with the Republic of Singapore Air Force and before joining the SCDF. This picture was taken in June 1989 at the Sembawang Airbase - 125 Squadron.

It has been almost four years since I took over as the Editor of Rescue 995 and I must say that every day has been a refreshing one. The editorial team is always on the lookout for stories that will inspire our readers. To date, we have completed a few themed editions but the journey of putting together this issue has been the most interesting one.

At work, our discussions and interactions with our colleagues typically revolve around projects, operations or new ideas that we have been working on. Hardly do we have the time to sit back and find the right opportunity to truly appreciate each other's hobbies. But when we do find time to chit chat, we find out more about what we enjoy doing during our free time.

One Saturday evening, the editorial team visited COL (Dr) Ng Yih Yng at his house to experience for ourselves his love for barbeque. When we first arrived, we were greeted by slabs of tender smoked beef brisket and an assortment of other sumptuous delicacies that had been grilled to perfection using his Komodo Kamado grill. If you are also a barbeque enthusiast, be sure to try out his 'Asian Beer Can Chicken' recipe.

We also visited CPT Clara Toh at her house to take a look at her collection of figurines, which included an assortment of SCDF themed vehicles, uniforms and models of emergency vehicles from foreign firefighting services. We were most impressed by the human figurines that were handcrafted to mirror the facial features of CPT Clara. The figurines are also dressed in the latest version of firefighting gear including the helmets, gloves and boots.

On top of all that, we were also treated to ondeh ondeh cakes baked by a loving father, home brewed coffee by a cat lover and not to forget, a melodious tune by SGT (NS)

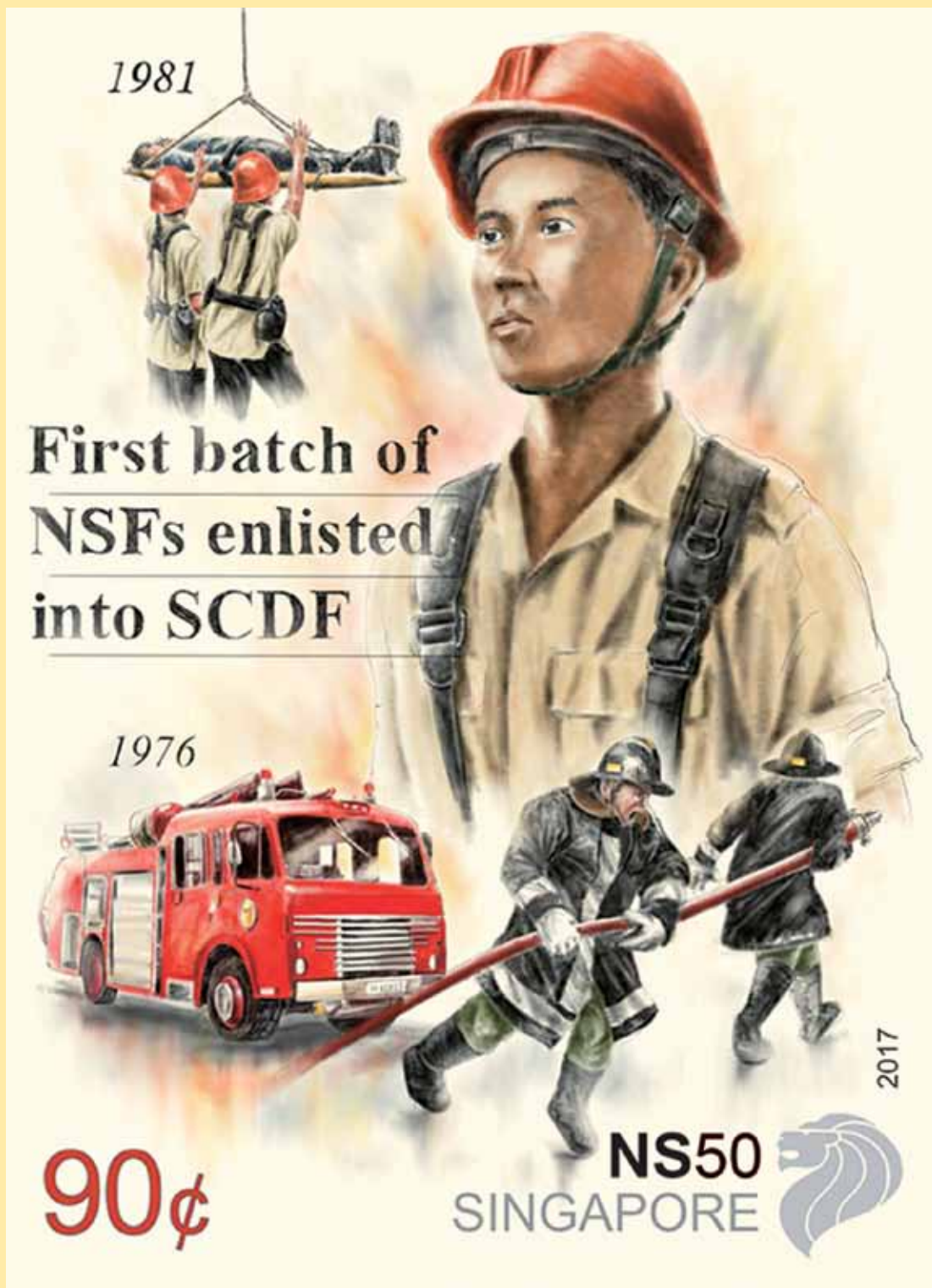
Faridzuan Faris Bin Noordin who is also our Operationally Ready National Serviceman. Oh! We were even given some balloon sculptures and witnessed a Harley Davison being overhauled at some point.

Since this issue is designed for our readers to get to know a different side of our emergency responders, it also makes a good opportunity for you to get more personal with our editorial team. LTC Leslie Williams, Editorial Advisor of Rescue 995, enjoys making a hot cup of Teh Tarik for friends and colleagues. Unlike the 3-in-1 sachets that will make you a cup of The Tarik with just a splash of piping hot water, LTC Leslie prefers to make it from scratch. Of course, it is never complete until the man himself pours and pulls the Teh Tarik from one metal cup to another!

As for myself, I spend my weekends grooming dogs on a voluntary basis. Not only is it a physically tiring activity, I do occasionally meet with ferocious dogs. I have learned from experience that as long as we assure the dog through our actions (such as patting and treating it gently) that we are not there to harm it, it would eventually learn to trust the groomer. I must say that it is the greatest satisfaction of every groomer to know that their 'client' is happy with the services rendered.

This is definitely a light-hearted issue and we hope you will enjoy reading it!

Michelle Lim
Editor, Rescue 995
March 2017
Public Affairs Department



SGSECURE

STAY ALERT • STAY UNITED • STAY STRONG

IMPROVISED FIRST AID SKILLS (IFAS)

"STOPPING THE BLEED" CAN SAVE LIVES

In the rare event of a **FIREARMS** or **WEAPONS** attack;

- ▲ If you are at the scene, you should hide from the source of danger; and
- ▲ While hiding, if you encounter any casualty who is bleeding profusely, you should carry out **IFAS** by using commonly available items to stop the bleeding, without drawing any attention to yourself.

IFAS: PRESS » TIE » TELL



PRESS directly on the wound to stop the bleeding using items such as a handkerchief or cloth.



TIE above the wound using items such as a neck tie, belt or sling of a bag to stop any excessive bleeding.



TELL the SCDF Emergency Responders about the injury and the time when you tied the wound.

**NS
50**

Towards A Nation Of Lifesavers

A Community Outreach By:  **SCDF**
The Life Saving Force

Figurines Collector

“She used to always request for figurines of Mighty Morphin Power Rangers. It was the ‘in-thing’ for kids then...and Clara admired all the characters. My daughter has always been a fan of figurines”, said Mrs Koh Chew Tai, CPT Clara Toh’s mother.

CPT Clara, Commander of Banyan Fire Station, always envisioned herself as a ‘superhero’. Hence, it came as no surprise to Mrs Koh when CPT Clara decided to pursue a career with The Life Saving Force after completing her undergraduate studies and Public Service Internship programme with SCDF.

Picture: CPT Clara Toh, Commander of Banyan Fire Station, is an avid collector of SCDF-themed figurines and models of firefighting and rescue vehicles.





Picture (top right): The figurines and replicas of SCDF vehicles are built in the same paint and design works so as to mirror the actual operational vehicles.

Picture (left): The newest addition to CPT Clara's collection is a limited edition antique fire truck which she purchased from Rotterdam. With only 1,000 pieces of the antique fire truck figurines available worldwide, each owner is presented a certificate of authenticity upon purchase.



Today, CPT Clara collects only hand-made or limited edition figurines. She is bemused by how the most intricate details can be mirrored onto a miniature figurine. In an attempt to provide examples of such "intricate details", CPT Clara showcased the 14 figurines in her collection that were meticulously hand crafted to imitate her facial features, body proportions and skin tone.



Picture (above): Each time the SCDF introduces a new vehicle, CPT Clara would make plans to include the replica version in her collection.

In addition to the other 22 SCDF vehicle models that she currently has, she is also a proud owner of a limited edition antique fire truck from Rotterdam. With only 1,000 pieces of the antique fire truck available worldwide, each owner is also presented a certificate of authenticity upon purchase.

CPT Clara spoke with good humour that she is accustomed to being surrounded by firefighting vehicles. In fact, CPT Clara thinks that it makes

it more homely for her.

CPT Clara describes SCDF personnel as akin to power rangers that morph into superheroes in colour coded suits and helmets with opaque visors.

"When suited up in our protective gear to fight fire or rescue casualties, it makes it

hard for members of the public to identify us and that is what I like most about my job", CPT Clara revealed.

Like how Power Rangers would never disclose their identities to their beneficiaries, CPT Clara believes in helping others without the need for any recognition.

CPT Clara, who graduated from the National University of Singapore with an Honours Degree in Chemistry, said that "Chemistry is never a dead subject because the molecular structures and chemical bonds allow for infinite permutations."

Having made her first step into

the working world, CPT Clara no longer asks her mother to buy her Mighty Morphin Power Rangers figurines. While she has outgrown it, her love for figurines remains her passion.

CPT Clara became a proud owner of a SCDF themed figurine within her first year

of work and it is a 1:32 scale SCDF Pump Ladder (fire engine) replica.

The figurine shopaholic and enthusiast did not stop at her maiden purchase. In fact, her quest to increase her collection grew over the years.

Picture: WO Hamid skilfully sculpting a ninja turtle.

Balloon Sculpting

“My children would tag along with my wife (who was then expecting with our fourth child) to the hospital for her regular check-ups. Sometimes, the nurses would hand out balloon sculptures and my children loved it. After some time, my children started requesting for balloon sculptures and that’s how I picked up this hobby”, said WO Abdul Hamid Bin Mohamed Gaus, Deputy ROTA Commander of Bishan Fire Station.

WO Hamid was browsing through the internet one day when he chanced upon an online deal on balloon sculpting. For just six dollars, he signed up!

Today, Nuwair Rizqin, his youngest child, has also become a fan of the balloon sculptures made by his father.

“It has been many years but my children continue to ask me to make balloon ‘toys’ for them. Their current favourites include the sword and gun. It warms my heart especially when I see them fall asleep with these ‘toys’ held closely”, said WO Hamid.

“One of the most unforgettable and meaningful balloon sculptures my husband made is a balloon wearable. Hamid made Nabil, our third child, a pair of wings for his ‘show and tell’ in school”, said Marliana Rustamaji.

At the same ‘show and tell’ session, Nabil proudly shared with his classmates WO Hamid’s profession as a Fireman.

As a father of four, WO Hamid is no stranger to children behaviour. Speaking from his role as a father and fireman, he said that it is only common that children mirror the reactions of their parents in an emergency situation.



As such, parents need to be mindful to remain calm and composed even in the toughest situations.

Years ago, WO Hamid attended to a boy who injured himself after falling off a bicycle. A sharp object had also pierced through the boy's leg. Upon SCDF's arrival at scene, the boy's parents were frantic and in turn, caused the boy to be stricken with fear. While the emergency responders attended to the boy, WO Hamid proceeded to calm the parents down with the hope of instilling a stronger sense of resilience and confidence in the boy.

“As parents, we must always be a pillar of support to our children. No matter how anxious we may be on the inside, we must never fail to be reassuring, especially in a crisis”, WO Hamid said.

WO Hamid joined The Life Saving Force slightly more than a decade ago. He has since served at Ang Mo Kio Fire Station and Alexandra Fire Station. 🚒

Picture (top): WO Hamid's rendition of the SCDF's Red Rhino.

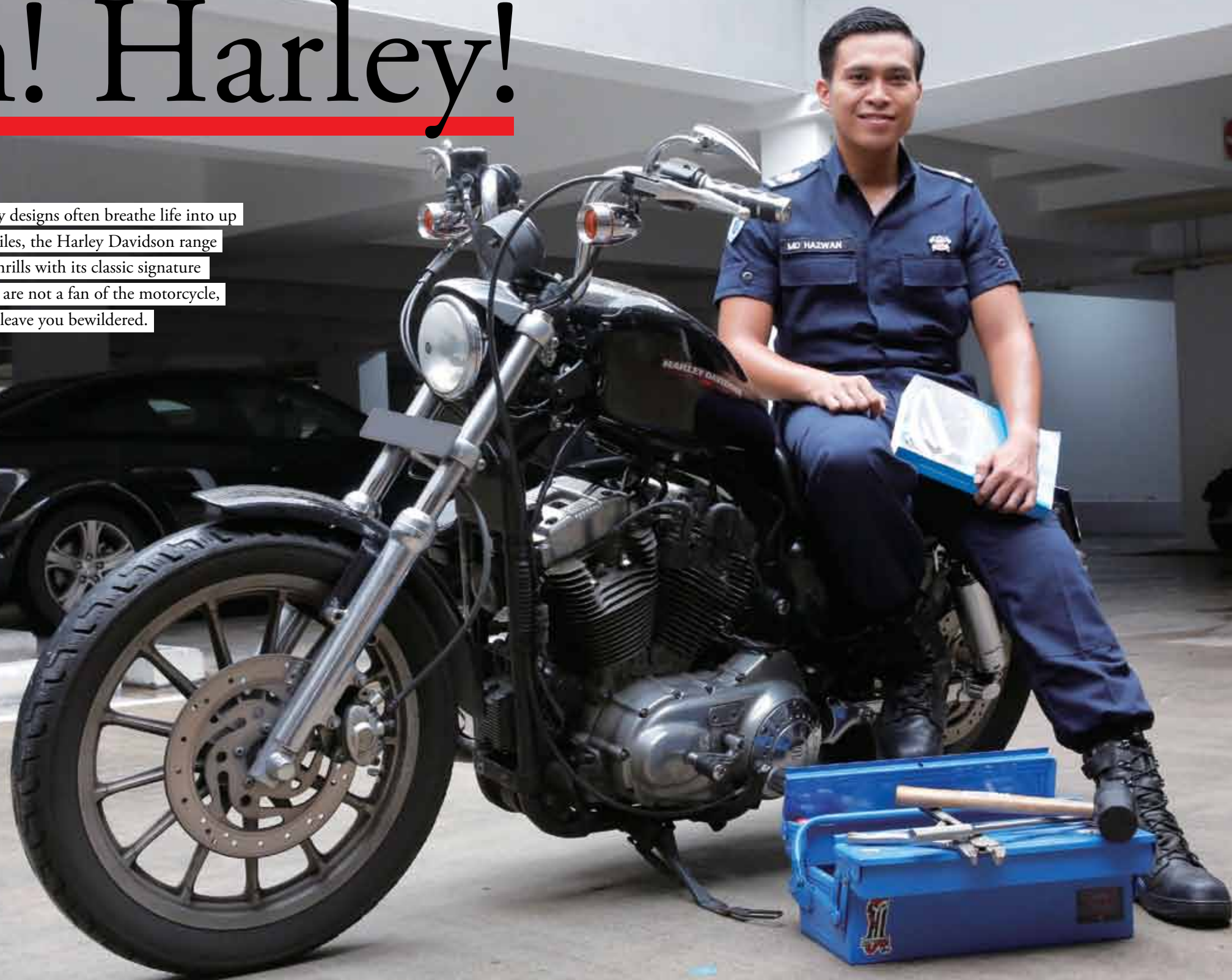


Picture (right): WO Hamid and Nuwair Rizqin, his youngest child.

Oh! Harley!

While new and trendy designs often breathe life into up and coming automobiles, the Harley Davidson range continues to deliver thrills with its classic signature vintage design. If you are not a fan of the motorcycle, its rich history might leave you bewildered.

Picture: SSG Hazwan who personally overhauled his Harley Davidson Sportster, advises fellow enthusiasts to arm themselves with a service manual before they kick start a similar project. Knowledge is power.





Picture (top left): SSG Hazwan, who dismantled the engine components in his Harley Davidson Sportster, said that the Do-It-Yourself experience helped him appreciate the engineering process that went into the making of this motorcycle.

Between 1917 and 1918 during World War I, one third of Harley Davidson's production was channelled into supporting the US military in its wartime efforts such as providing courier and dispatch services. And one day after the Armistice was signed, Corporal Roy Holtz became the first American to enter Germany on a Harley Davidson.

SSG Muhammad Hazwan B Istamar, Section Commander at Central Fire Station, is a Harley Davidson enthusiast. In 2013, he became a proud owner of a second-hand Harley Davidson Sportster.

Since young, SSG Hazwan has always been a fan of cruisers

and more specifically, Harley Davidson cruisers. To him, they are a class of their own because of their design, such as the teardrop-shaped gas tanks, curves on the front and rear fenders, stance of the motorcycle and most importantly, the 'thump-thump-thump' sound of the rumbling engine.

SSG Hazwan revealed that the Sportster he owns is already more

than 10 years old and it needed an overhaul. At first, he had plans to send the motorcycle to a workshop. After giving it some thought, he took up the challenge to do it himself. "My Sportster means a lot to me. Getting hands-on with it definitely helped me

appreciate the engineering process that went behind the making of this motorcycle", SSG Hazwan said.

While he has had years of experience in handling road traffic accidents which, at times, involved cutting up

vehicles to rescue trapped casualties, overhauling a Harley Davidson was an art on a whole new level.

Armed with the service manual, a comprehensive toolbox and the knowledge that he acquired from online forums, SSG Hazwan carefully stripped down the components of his Sportster. He revealed humbly that it was to his surprise that he managed to accomplish the mission in a relatively short time.

SSG Hazwan explained that he had to first mentally decipher the parts to be replaced before he embarked on the project. This was possible because of his extensive riding experience and from paying attention to the sounds produced by the Sportster.

Just cranking up the engine after the overhaul and listening to the new "thump-thump-thump" made it all worth the time and effort. 🏍️



Picture (middle): The engine components and seat that were removed as part of the overhaul process.



Picture (bottom right): SSG Hazwan overhauling his Harley.

DOCTOR BBQ



COL (Dr) Ng Yih Yng, SCDF's Chief Medical Officer, plays the role of an 'auditor' to keep our emergency medical services ahead of the curve. COL (Dr) Ng explained that the medical needs of our citizens are constantly changing and it is important that SCDF and his dynamic team visualise the possible changes and have plans in place ready to address those challenges.

COL (Dr) Yih Yng, a father to three daughters, also makes it a point to share similar interests with his children. Other than watching funky videos on YouTube and catching pokémon, he is also a fan of tapping incessantly on his mobile phone screen. But instead of Candy Crushing, COL (Dr) Yih Yng spends a great deal of his time playing with mobile applications that send users cardiac arrest alerts and the list of AEDs nearby the vicinity as well as mobile applications that coach users on how to do CPR using the accelerometer.

The nights he spent tapping on the brightly lit mobile phone screen also inspired him to create a crowdsourcing geospatial mobile application to "fill the possible gaps". After months of idea pitching and sheer determination, the myResponder mobile application was launched in 2015. This idea has since been operationalised and has on numerous occasions, saved lives.

Picture: COL (Dr) Ng Yih Yng, SCDF's Chief Medical Officer.



Picture: COL (Dr) Yih Yng emphasised that there is a difference between barbequing and grilling.

COL (Dr) Yih Yng casually revealed that he thoroughly enjoys his work and on weekends when he is not required in the office, he will be marinating an assortment of meats and cooking up a storm in his kitchen.

“When we first got married, we lived in a tiny apartment. Even though we lacked space and furniture, Yih Yng never failed to ensure that our kitchen was always stocked up with food supplies”, Ho Whei Chern, COL (Dr) Yih Yng’s wife said.

Whei Chern also revealed that when they finally moved into a bigger apartment, COL (Dr) Yih Yng had an idea to build a kiln in the house as he wanted to bake pizza doughs.

“I nearly fainted but I told Yih Yng to go ahead with his idea because I know how in love he is with cooking and his fascination with cooking instruments and gadgets”, Whei Chern said jokingly.

Over the past 14 years, he has been a proud owner of three

charcoal grills and three gas grills.

He bought his first portable charcoal grill when he was studying in America, which he also hand-carried all the way back to Singapore after graduation. It was definitely worth the hassle as it served him well for over a decade even though COL (Dr) Yih Yng had to constantly get it repaired due to wear and tear.

Years later, COL (Dr) Yih Yng convinced his friend who

works in Chicago to help ship a portable gas grill to Singapore. He described the grill as a transformer-sort which folds into a smaller sized equipment that can also roll on wheels and fit into a car boot easily.

His most prized possession currently is the Komodo Kamado grill in which he imported from Bali. Whei Chern chuckled as she recalled how the delivery company had to use a fork lift to bring the grill from the lorry to the house. 🚚



Picture: COL (Dr) Yih Yng prized possession – the Komodo Kamado grill in which he imported from Bali.

Yummy!

ASIAN BEER CAN CHICKEN RECIPE



- Step 1** Wash and clean a full-sized chicken
- Step 2** Pat dry and rub some dark soy sauce and sesame oil on the chicken including the inner cavity
- Step 3** Let the excess drip off if required
- Step 4** Season the chicken skin with five spice powder
- Step 5** Marinate for at least one hour before cooking or if possible, half a day or one day ahead of time
- Step 6** Open 1 can of beer (or coke as a substitute)
- Step 7** Fit the chicken over the can of beer that is one-third filled
- Step 8** Cook for approximately 1 hour over indirect heat in a covered grill
- Step 9** Drippings and leftover beer can be boiled down and thickened with corn starch mixed with water to form a thick gravy
- Step 10** Cheers!



Baker Dad

Picture (left to right): Munawar Bin Zainudin enjoys bonding with his family members through his baking adventures.



Picture: Munawar takes the opportunity to impart his baking knowledge and skills to his children whenever he can.

Munawar Bin Zainudin spent his childhood working as a kitchen helper at his parents' nasi padang food stall. Since the age of 7, he learned through his personal experience the importance of hard work and of course, acquired a liking for good food.

Even though his parents have always wished for him to take over the family business, Munawar was adamant in carving out something different for himself.

In 2001, he joined SCDF under the civilian scheme. In the fifteen years he has been with SCDF, he has taken on a myriad of job scopes including customer service, technological advancements and internal communications. As a customer service officer, one of his many responsibilities included attending to fire safety related enquires from members of the public.

"Well, I learned the importance of being honest and accountable from my parents. Whether I was helping them at their nasi padang stall or working with The Life Saving Force, these are valuable attributes that anyone should have", said Munawar.

"Every day was a busy day at the nasi padang food stall as customers will be streaming in and out without fail on both weekdays and weekends. It was only during the lull periods that I had the opportunity to spend quality time with my mother, otherwise known as the 'executive chef' of the food stall", Munawar said.

Three decades have passed but Munawar can still fondly remember the times when he and his mother indulged in traditional malay kuehs at the food stall. He has a sweet tooth and for this reason, he went on to learn baking.



Picture: Together with his youngest brother (left), Munawar (right) has also participated in a cooking challenge variety show on Suria that was hosted by TV personality Chef Bob (middle).



Picture: Munawar baked a Pavlova, a meringue-based dessert, for his eldest son to celebrate his 9th birthday.



Picture: Ondeh Ondeh cake that was baked by Munawar and with the help of his family members.



"I used to spend a lot of money buying cakes and pastries. One day, I decided that it will be more cost-friendly for me to buy the ingredients and make the goodies myself", Munawar said.

After his first few attempts at relying on free online recipes, he was motivated to acquire more in-depth knowledge and skills. That was when he took up baking classes.

His enthusiasm did not only whet his children's appetite to pick up the same hobby but he has also won their hearts many times. A'zizy Mui'zzuddin Bin Munawar, Munawar's eldest son said that his "favourite food in the world is the Pavlova(!)"

that his dad baked to celebrate his 9th birthday.

"Whenever I tell my children that Munawar is going to stay at home, they never fail to ask if dad is going to bake for them. They love his baking and in fact, they will always join him when he bakes. Such family bonding activities really warm my heart", Siti Norazimah Bte Salim, Munawar's wife said.

Siti revealed that Munawar baked a three layer cake with chocolate, custard and fruit jelly fillings for her on their first date. The sweet romantic did not only score himself with subsequent dates but took her hand in marriage years after. 🚗

Coffee Connoisseur

Ten years ago, CPT Shafi Bin Rafie received a French Press (also called the cafetiere or coffee press) as a gift in which he used to brew his first cup of coffee. While it did not taste terrific to him, he noticed that it tasted markedly better than the coffee that chain cafes were selling then.

There were hardly any specialty coffee cafes in Singapore then.

He was a Full-Time National Serviceman with the SCDF when he visited a cafe located near the Singapore General Hospital, which he believes to be the

pioneer of the speciality coffee scene in Singapore.

CPT Shafi, a Communications and New Media graduate from the National University of Singapore, is currently a Media Relations Officer with the SCDF Public Affairs Department.

On a day to day basis, he works closely with the rest of his team in liaising with media representatives and counter-parts from other organisations on communication, publicity and media matters.

Picture: CPT Shafi Bin Rafie, Media Relations Officer, Public Affairs Department



Picture: CPT Shafi's most prized possession is the spring lever espresso machine which he ordered from Italy.

No doubt, his work requires him to always be on call and even pull an 'all-nighter' when required. For these reasons, it is a must for CPT Shafi to first enjoy a cuppa before leaving home for work each day.

"For my morning coffee routines, I would usually pull a 22 grams double shot from my espresso machine and steam some milk for a small cup of latte. On days when I feel extra sleepy, I gulp down a double shot of espresso instead and viola(!)", CPT Shafi said.

Over the years, CPT Shafi experimented with different ways of brewing coffee. They include using a moka pot, which is a mainstay in many Italian households, Vietnamese 'phin' drip brewer and 'ibrik' to make Turkish coffee. His most prized possession is still the spring lever espresso machine which he ordered from Italy.

Apart from making coffee, he also enjoys the journey of discovering the history of coffee beans that originate from different parts of the world. CPT Shafi encourages consumers to first find out the origins of the coffee beans before making

any purchase. In doing so, it will help prevent the support of coffee products that were produced through unethical means.

Kopi Luwak remains the world's most expensive coffee today and it is produced from coffee beans digested by a certain breed of Indonesia cat-like animal called the civet cat. For this reason, it is also commonly known as the 'cat poop coffee' or 'civet cat coffee'.

As a cat lover himself, Kopi Luwak caught the attention of CPT Shafi when it first came into prominence in the coffee scene.

CPT Shafi researched and found out that the coffee cherries actually form a very small part of the civet cat's diet. As such, some producers of Kopi Luwak have gone to the extent of trapping the civet cats in narrow slats of crude bamboo cages and force feeding them with coffee cherries.

To him, a good cuppa is one that must be 'guilt-free' and he doesn't mean the calories. 🚗



Picture: As a owner of two cats, CPT Shafi discourages the consumption of Kopi Luwak that were produced unethically.



The Mysterious Man

Joseph (not his real name), often known for being quietly confident and pensive, also has a reputation for being mysterious. Joseph is not into making a loud and gregarious show or becoming the centre of attention at any event. Instead, he belongs to a genre of charm that is discreetly enthralling and at the same time, focused on bettering himself at every opportunity possible while staying away from the limelight.

Joseph has been a member of The Life Saving Force for a few decades now.

Thirty years ago, it was not uncommon to spot shop houses along the streets of Singapore. After Joseph ended his shift at the fire station, he would often 'window shop' at these shop houses to hunt for affordable and unique items.

One of his 'best buys' include a sugar bowl that came with a \$200 price tag. This was in the 1980s, which took up a large proportion of his salary.

Joseph fondly described this sugar bowl as "love at first sight".

Picture: Joseph (not his real name) has been collecting sugar bowls since the 1980s. This picture features only 1/8 of his entire collection.



Picture: Other than sugar bowls, Joseph also has a private collection of pewter and silver coated pots in varying designs and sizes. Joseph insists that these rare assortment of pots be housed only within a custom-made glass cabinet that he had a hand in designing.



Picture: Joseph would usually hunt for pewter pots at charity and garage sales. Even though some of the items may look old and dirty at the point of purchase, Joseph enjoys the process of restoring them with the expertise that he acquired over the years.



Picture: Apart from oriental designs (1st and 3rd sugar bowls), Joseph also appreciates the hand painted designs that reflect European history (sugar bowl in the centre).

The sugar bowl caught his eye when he was shopping along the streets of Chinatown. The shop was having a closing-down-sale and it sold specifically handmade sugar bowls. Joseph recounted his experience and said he squatted in front the rows of rattan baskets filled with sugar bowls in search of a needle in a haystack. He added that the shops then were also not air-conditioned.

After a long search, Joseph finally picked a handmade and hand-painted sugar bowl from the pre-war era. He fell in love with the intricacies of the artwork by the Chinese immigrants and made the transaction immediately.

Since then, Joseph has acquired sugar bowls from around the world including different parts of China and Europe. When asked

about his fascination with sugar bowls, Joseph said: "They are not just aesthetically pleasing but the designs carry a powerful message as well."

Other than sugar bowls, Joseph also has a private collection of pewter and silver coated pots of varying designs and sizes. Joseph insists that these rare assortment of pots must be housed only within a custom-made glass cabinet that he had a hand in designing. 🚗



SCDF
The Life Saving Force



TOGETHER 
A NATION OF LIFESAVERS