

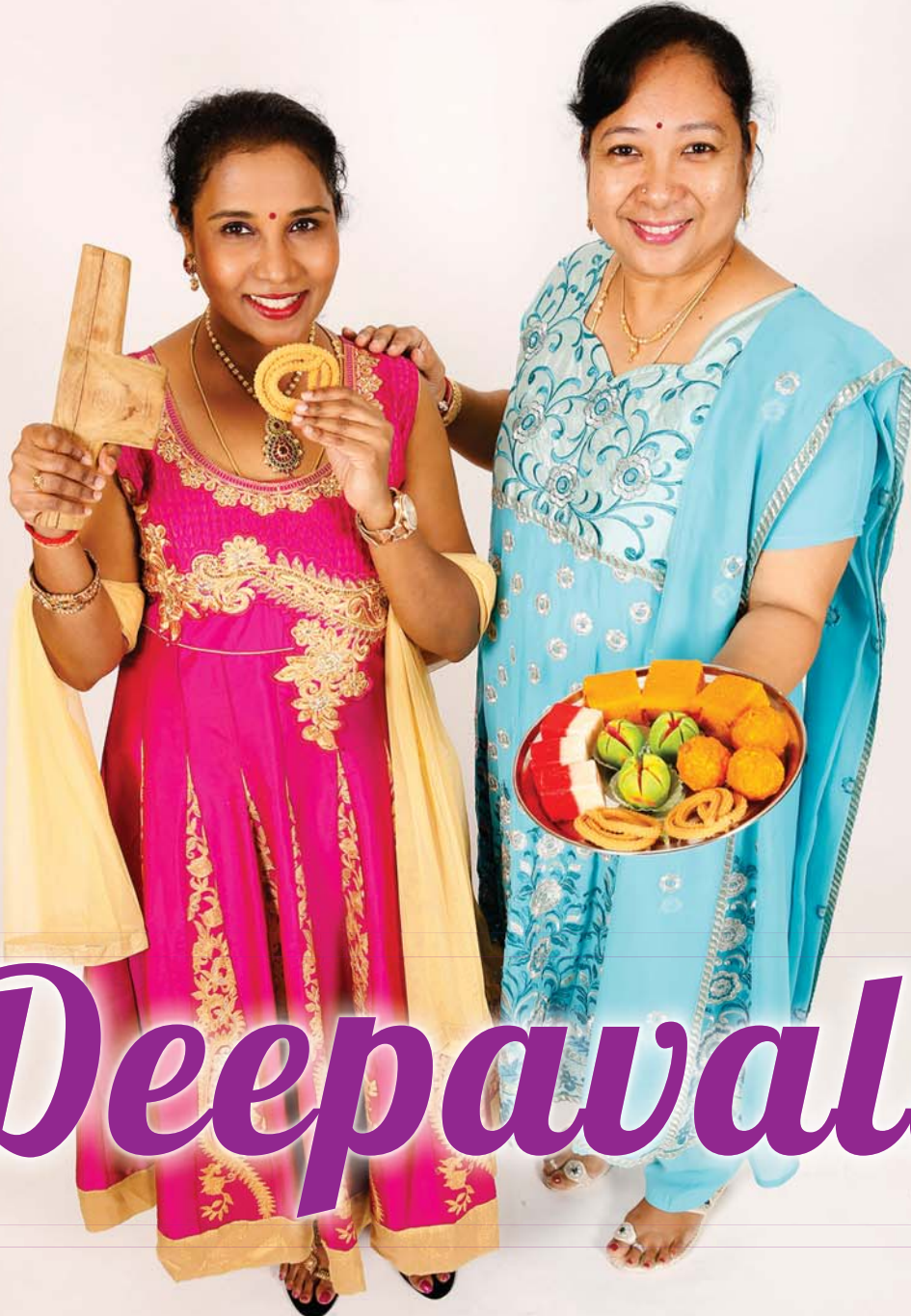
RESCUE

995



ISSN NO: 0129-2098

THE SINGAPORE CIVIL DEFENCE FORCE MAGAZINE



Deepavali



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LTC (Dr) Shalini D/O Arulanandam
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MAJ Revathi Veerasamy

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GET IN TOUCH

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▲ Left to Right: LTC Thanalachumi, Michelle Lim (Editor, Rescue 995) and LTC Sakhubai.

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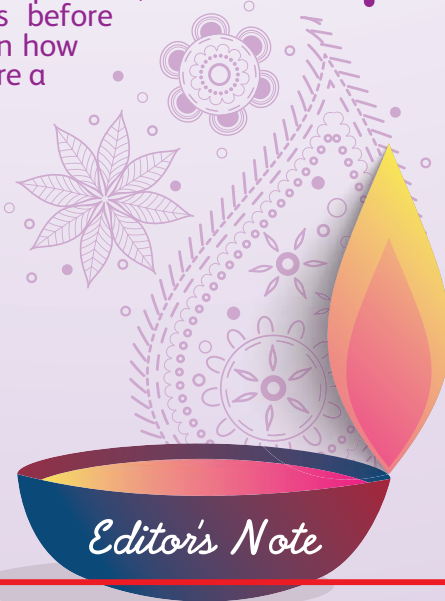
he murukku is a local favourite snack for Singaporeans of all races. Whether sweet or savoury, it is easy to get addicted to this crunchy snack. MAJ Revathi and MAJ Senthamarai shared with me that the process of making murukku from scratch is tedious. Apart from having to knead the dough to the correct consistency, it is also important to know how to use a murukku presser. If you are keen on making murukku in your own kitchen, you may be able to learn a trick or two from the both of them.

Other than learning about the Indian delicacies and confections, I also had the chance to wear a traditional saree. The pink saree, which I wore for the photoshoot, is one of the fifty pieces of sarees from LTC Thanalachumi's wardrobe. If you are a fashionista who thinks that owning 50 pieces of sarees is an adequate amount or even 'more than enough', you might be blown away by LTC Sakhubai's collection which comprises more than 200 pieces of sarees. To them, the saree is an everyday outfit that they wear outside of work and at special events. LTC Sakhubai said that she bought her first saree for her convocation ceremony that was held at the National University of Singapore. Years later, her daughters followed in her footsteps.

Siva, a volunteer firefighter, shared with me that a pavadai is another traditional Indian dress that is similar to a saree. The pavadai, typically worn by children, is usually sold out days before Deepavali. Siva, a mother of one, shared several tips on how to preserve the pavadai for more than one use. If you are a new mother, Siva's story might be insightful for you.

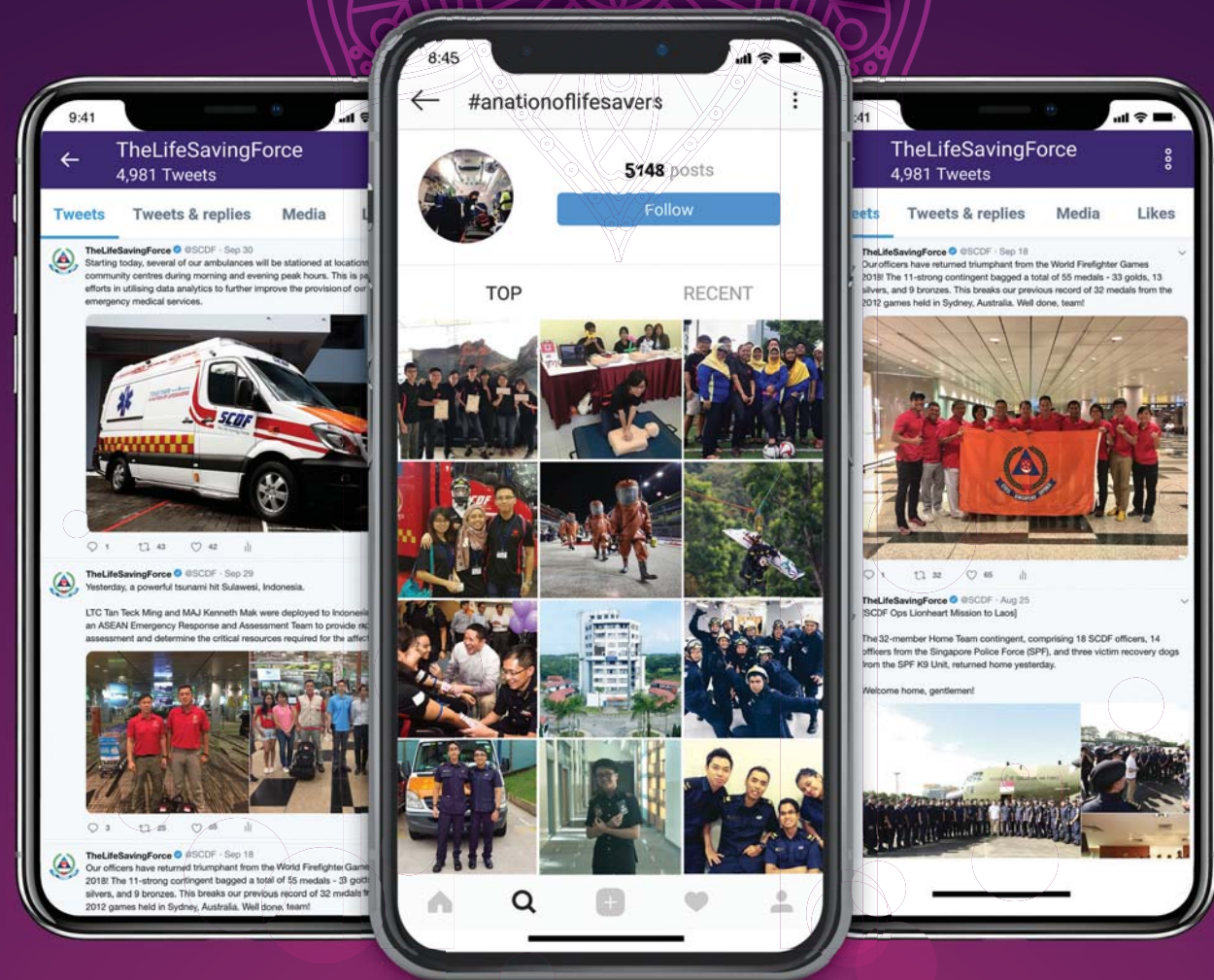
Deepavali is the celebration of light over darkness, knowledge over ignorance, and the triumph of good over evil. It is also a festival which family and friends come together for an annual reunion over gifts, food and sweets. On behalf of the editorial team, I would like to wish all our readers a Happy Deepavali! 🚒

Michelle Lim
Rescue 995, Editor
November 2018



Editor's Note

Tech Bites



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MAILROOM

VOICES FROM THE HEARTS



On behalf of my team, I would like to express my gratitude to the Civil Defence Academy instructors for organising the International Urban Search and Rescue Course. They conducted themselves professionally. The facilities were also well organised and of a high standard.

Our instructors, CPT Faizal and WO Veeramani, are qualified and very knowledgeable in their craft. They were enthusiastic in sharing with us their knowledge and experience and always ready to assist with any administrative tasks. Every one of us enjoyed the course experience.

♥ David Bremers

Please convey my appreciation to the medical team that conveyed my dad to the hospital. They were very calm and professional when treating my father of his condition.

♥ Abe

We enjoyed our visit at Clementi Fire Station. We learned so much about the equipment and appliances that firemen use. LCP Manimarran answered all our questions with great enthusiasm. The rest of the emergency first responders were also very friendly and approachable. We also took many pictures with them!

I would like to convey my heartfelt gratitude to LCP Manimarran and the team at Clementi Fire Station. Keep up the passion!

♥ Mike and Vivian

My 6-month old son fell from a table when we were at a shopping centre. I was in distress when I saw him turn pale and became unresponsive to my voice. The ambulance crew arrived swiftly minutes after I called 995.

When we arrived at the hospital, the paramedic assisted us in some paperwork and provided the doctors and nurses with more information on this case. He went beyond his duty and walked the extra mile. The ambulance crew was very caring to us and they displayed a great sense of professionalism throughout the whole ordeal.

Thank you for your good work in saving and protecting lives.

♥ Zanthé

Some years back, my family and I attended a Community Safety and Security Programme to learn CPR and first-aid skills. CPT Lee Chui Leng imparted her lifesaving knowledge and skills to my son. The lessons were put to good use when he saved a life during his National Service with the Singapore Armed Forces.

On behalf of my family, I would like to thank the SCDF for your hard work in teaching members of the public important lifesaving skills.

MAJULAH SINGAPURA!

♥ Andy Wee

SNIPPETS OF SCDF EVENTS



MASS FIRE EVACUATION DRILL

▲ Mr Alan Loh, Chairman of the National Fire and Emergency Preparedness Council (front row, second from left), Ms Yen Tan, Chief Operating Officer of Khoo Teck Puat Hospital (front row, third from left), and AC Daniel Seet, Director Operations, SCDF (front row, third from right) with selected representatives of the premises who participated in the mass fire evacuation drill (back row).



▲ The Company Emergency Response Team assisting evacuees to evacuate from the building safely.



▲ Civil Defence Lionhearters attending to evacuees who 'injured' themselves.

The Mass Fire Evacuation Drill is an annual event organised by the National Fire and Emergency Preparedness Council (NFEC) throughout the month of September. Through this month long campaign, the NFEC aims to promote fire safety and emergency preparedness in commercial and industrial buildings, community centres and educational institutions.

On 26 September 2018, a mass fire evacuation drill was held at Khoo Teck Puat Hospital. The Company Emergency Response Team sprang into action to extinguish a simulated fire that broke out in a pump room. The Civil Defence Lionhearters also participated in this drill and assisted with first-aid for those who sustained 'injuries' during the evacuation.

This is also the first time a hospital participated in this drill.



A NEW RECORD!

▲ Members of Team SCDF who participated in the 13th World Firefighters Games 2018.

A

team of eleven SCDF officers won a total of 55 medals (33 Gold, 13 Silver and 9 Bronze) at the 13th World Firefighter Games 2018.

The games were held in Chungju, South Korea, from 9 to 17 September 2018. 🏆

Participants	Events
CPT Cheong Wei Ming	Badminton, Swimming, Stair Run, Rock Climbing, Track & Field, Marathon
CPT Amelia Lim	Track & Field, Swimming, Marathon
CPT Gan Chea Hui	Cycling (MTB), Water Rescue, Cross Country, Orienteering, Track & Field
CPT Serene Leong	Climbing, Marathon, Squash, Track & Field
WO1 Tan Woon Te	Marathon, Table Tennis, Track & Field, Basketball, Badminton, Paintball
SSG Francis Tan Sung Moh	Cross Country, Cycling, Swimming, Triathlon, Open water swim, Marathon, Track & Field
SSG Muhd Zahid Bin Rosli	Badminton, Paintball, Track & Field
SSG Andrew Lee Pau Ping	Bowling, Billiards (Pocket), Poker
SSG Mohd Firdhaus Bin Ahmad	Bowling, Basketball, Badminton, Track & Field, Poker
SSG Muhd Nurul Saifuddin Bin Suprat	Track & Field, Kayak, Rowing (Indoor), Toughest Firefighter Alive, Paintball
SGT Mohd Azlan Bin Mohamed	Track & Field, Rock Climbing, Badminton

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▲ Siva Raynjini (right) and her daughter Jerusha.

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A Mother's Perspective

Are customers always right?

“I speak from experience that customers show their frustration when they do not have the full picture of the matter at hand or even for simple reasons like having a bad day. I make it a point to go the extra mile for every customer I meet, whether he or she is demanding, right or wrong, because I strive to meet his or her needs in every way possible. Well, that is my job,” says Siva Raynjini D/O Manogaran, a SCDF Customer Service Officer since 2016.

Once, Siva attended to a customer who greeted her unpleasantly at the counter. He threw his identification card at her. The customer seemed displeased with the need to pay a fine and when the payment process was completed, he left hastily.

“As the customer hurried away from the counter, I called out to him as he had left his credit card behind. He returned and snatched the card away from me before storming off,” says Siva.

The same customer returned months later to request for building plans and coincidentally, Siva served him again. This time round, he greeted Siva with a smile on his face and said “Oh. It’s you! Have you had your lunch yet?”.

“I smiled at him. I take it that he had a bad day when we first met. I mean, who would be happy to pay a fine right,” says Siva.

Her positive attitude towards her work has earned her a compliment letter from another customer whom she patiently assisted over a duration of two hours.

Apart from attending to walk-in customers, Siva also works with SCDF uniform officers on fire safety enquiries and building plans requests.

“It was through my personal encounters with the uniform officers that I became fascinated by their firefighting experience. This is why I signed up with the Civil Defence Auxiliary Unit as a volunteer firefighter”.

Her colleagues, who served National Service as firefighters, advised her to take her training seriously as all the knowledge and skillsets that she was to acquire will be applicable at fire and rescue operations.

For three days a week, Siva trained at the Civil Defence Academy. The mother of one said that the training was physically challenging at the start but “nothing can be tougher than child birth!”.

At her commissioning parade, tears welled up in her eyes when her husband and daughter helped pin the fire badge on her uniform.

“I will always remember the look in my daughter’s eyes when she shouted with pride “Wow Mummy! You are a firefighter!””. I was very touched by the support from my family. The journey has changed me as person. I am definitely stronger than before,” says Siva.

Since then, her daughter has been requesting for miniature ambulance and fire truck toys. Each time she sees a SCDF appliance on the road, she will also exclaim in excitement “Firefighter, mummy!”.

There has been many ‘firsts’ for Siva’s three-year-old, Jerusha D/O Narenthiran.

In 2016, Siva bought Jerusha her first readymade pavadai for Deepavali. Siva explained that the pavadai “is a two-piece suit that comes with a saree that looks like a full-length skirt”.

As it is commonly worn by children during special occasions, it often goes out of stock one or two weeks before Deepavali. Siva advised for parents to start their Deepavali shopping as early as three weeks before the festive period.

As children grow up quickly, the pavadai may become too small for them within just a span of a few months. To ensure that your purchase is worth your penny, consider buying a piece that is one or two sizes bigger than your child’s usual garment size. Thereafter, stitch up the necessary areas so that it fits your child nicely.

Siva learned this handy tip from her mother.



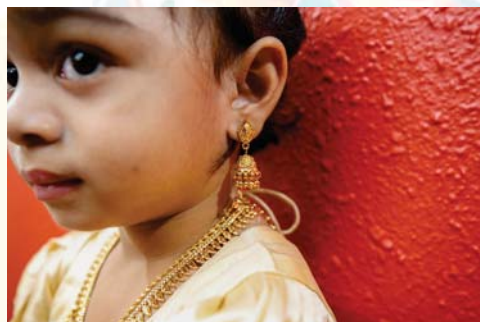
Jerusha shouted with pride “Wow Mummy! You are a firefighter!” at Siva’s Volunteer Firefighter Course commissioning parade.

Deepavali Tips for Mothers

Start shopping for new clothes three weeks before Deepavali as sizes for children run out quickly.

If you are unable to find a design that you or your child fancy, purchase a saree and request for a tailor to sew it into a pavadai instead.

Deepavali is also a time for children to play with their cousins and friends when they meet at visits. For safety reasons, use a clip-on Jimmiki Kammal (earrings).



Purchase a necklace with an extension chain so they you can still use it when your child grows taller.



Opt for instant henna as it only takes 10 minutes to dry as compared to the natural henna which takes up to 30 minutes. Instant henna can last up to three days. 🚗



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3 seconds to appreciate a hug from him.

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Sarees



▲ LTC Thanalachumi and LTC Sakhubai are avid saree collectors.

LTC Sakhubai D/O Ramanathan finds chemical reactions fascinating. "I always feel captivated by the colours of chemical agents. Each time a reaction happens, something new is produced. Sometimes, we even get a new chemical agent in a different colour. I always found Chemistry a charming subject," says LTC Sakhubai who studied Chemistry at the National University of Singapore (NUS).

LTC Sakhubai joined the SCDF after graduating from university in 1989. Her knowledge in Chemistry was put into good use when she was posted to the Toxic Materials section of the Operations Department. She was part of a team which helped build up the HazMat capabilities in the SCDF.

Since then, LTC Sakhubai has taken many other portfolios in her SCDF career.

LTC Thanalachumi D/O Kanniah studied Mathematics and Economics at NUS and like LTC Sakhubai, she joined the SCDF after graduating from university.

"Mathematics is about solving problems. The same principle applies for our work in the SCDF. As The Life Saving Force, we help others resolve an emergency that he or she is in, locally and internationally. There may already be a formula in place



▲ LTC Sakhubai, a Chemistry graduate, was posted to the Toxic Materials section of the Operations Department to build up the HazMat capabilities in the SCDF during the early 1990s.



▼ The little girl (in picture), a local in Taiwan, became very attached to CPT Thanalachumi when she was deployed there to provide humanitarian assistance.



▲ Former Commissioner James Tan showing his appreciation to CPT Thanalachumi for her contributions at the Taiwan Earthquake in 1999.

but different situations require different formulas and I love that it is challenging that way," says LTC Thanalachumi.

In 1999, LTC Thanalachumi was deployed alongside the Operation Lionheart contingent to Taiwan to provide humanitarian assistance to the locals affected by the aftermath of an earthquake.

While LTC Sakhubai and LTC Thanalachumi take pride in donning the SCDF uniform, they are also proud to wear the traditional saree outside of work.

LTC Thanalachumi has over 50 sarees and LTC Sakhubai has collected about 200 over pieces.

Sarees come in a myriad of designs that are woven with different quality of cloths. They are priced from \$10 to a few thousand dollars. For example, sarees made of silk are usually pricier as the material is softer.



▼ LTC Sakhubai introduced traditional clothing to her daughters at a young age.



▲ LTC Sakhubai and Dhakshayini D/O KC Morgan, her eldest daughter. Like LTC Sakhubai, her two daughters also wore a saree to their university graduation ceremony.

LTC Sakhubai revealed that she spent \$15 for her first saree.

“It was a yellow saree which I bought for my convocation ceremony. I paired it with a black blouse which cost about \$7 or \$8 then. That was all that I could afford as an undergraduate. While I have added more quality pieces into my collection over the years, the yellow saree continues to have a special place in my heart,” says LTC Sakhubai.

When her two daughters graduated from University, they followed LTC Sakhubai’s footsteps and wore a saree to their convocation ceremony.



▲ LTC Sakhubai (far left) at her university graduation ceremony.






▲ Accessories are also worn to pair with sarees.

NEW EMERGENCY MEDICAL SERVICE RESPONSE FRAMEWORK

SCDF's new Emergency Medical Service (EMS) response framework provides faster and enhanced assistance to those who need it.

When you call 995 for medical assistance, SCDF will assess the severity of your case and respond accordingly as follows:

CATEGORY OF CASES	EXAMPLES	RESPONSE
LIFE-THREATENING EMERGENCIES	Cardiac arrest, unconsciousness, breathlessness, active seizure, major trauma and stroke	Highest priority Fastest response Extra resources deployed 
EMERGENCIES	Severe allergy, emergency labour, head injury, bone fracture, asthma, elderly with chronic medical conditions and sick children	High priority Fast response 
MINOR EMERGENCIES	Cut with bleeding, accident with bruising, swelling, mild injury and persistent fever	Lower priority Slower response <i>In 2016, SCDF attended to 42,579 minor emergency cases (23.9% of total ambulance calls).</i> 
NON-EMERGENCIES	Constipation, chronic cough, diarrhoea and skin rash	Emergency medical assistance not required Seek treatment at clinics or call 1777 for non-emergency ambulances <i>In 2016, SCDF attended to 11,154 non-emergency cases (6.3% of total ambulance calls).</i>

SCDF officers at the 995 Call Centre are supported by paramedics and staff nurses who are trained to prioritise your cases, deploy the appropriate resources and provide medical advice.



▼ LTC Sakhubai and Pooranee D/O KC Morgan, her youngest daughter.



LTC Thanalachumi also has a saree that means a lot to her. It is a pink and purple sequined saree which her late sister gifted to her.

“My late sister personally selected this piece for me. It was one of the last few gifts that I have received from her before she passed away. This pastel-colour saree always reminds me of her sweet and caring nature. She was like a second mother to me because she was always looking out for me,” says LTC Thanalachumi.

LTC Thanalachumi explained that she no longer wears this piece of saree as she does not want to risk the cloth from being stained or destroyed. If possible, she would like to preserve this piece for as long as she can. 🚗



Love
in every

Murukku



“When I first joined the SCDF, we relied heavily on courier services instead of emails. We had dispatch drivers who helped deliver memos to other SCDF Divisions and the conventional mailing system to deliver letters to National Servicemen. Those were the times...” says MAJ Revathi Veerasamy.

MAJ Revathi and MAJ Senthamarai D/O Sinnathambi joined the SCDF in the early 1990s.

In the early years, MAJ Senthamarai worked with SCDF National Servicemen at the former 1st SCDF Division Headquarters, located at Kim Keat Camp. Since then, she has also taken appointments at the Manpower Department, Training Department, 2nd SCDF Division as well as the Ministry of Home Affairs’ Human Resource Department.

“My career with the SCDF is a colourful one because I have had the opportunity to learn different skillsets at these postings. It is also the reason why I find my work so meaningful,” says MAJ Senthamarai.

MAJ Senthamarai is currently a senior staff officer at SCDF’s Logistics Department while MAJ Revathi oversees both local and overseas visitors to the Civil Defence Academy.

“I take pride in wearing the SCDF uniform. Each time I share my work experience with others, they are amazed by the nature of my job,” says MAJ Revathi.

Outside of work, they enjoy experimenting with Indian culinary recipes and for special occasions, making Indian sweets to treat their friends and family.

“Indian confections are very sweet! We are more health conscious today but that does not mean that we will do without it. Instead of devouring a sweet dessert alone, we would usually share it with our friends and family. As the saying goes, ‘sharing is caring’. The act of sharing food with your loved ones also makes the experience more special,” says MAJ Senthamarai.



▲ The traditional murukku presser made from wood.

Some of their favourite Indian sweets include the laddoo, jalebi, kesari, halwa, atherosam and of course the spicy, sweet or savoury murukku.

Traditionally, Indian sweets are handmade and the recipes, which are handed down from family members, usually include basic ingredients like flour and milk.

For example, laddoos are made with chickpea flour and semolina.

“I love the process of making murukku from scratch...adding the flour, ghee, water and spices and finally, kneading the mixture into a perfect dough,” says MAJ Senthamarai.

These days, ready-made murukku can be purchased off-the-shelves at convenient stores or supermarkets.

However, MAJ Revathi revealed that this was not the case during her youth as she only got to enjoy murukku during Deepavali.

“The murukku which we had then was usually handmade at home by mum or grandma. Every family, including mine, had their own traditional recipe. Then, I would help my mum fry murukku while she presses the dough into the oil. I also had to use a spatula to fry the goodies quickly to prevent it from burning,” says MAJ Senthamarai.

To make murukku, one needs a murukku presser. The traditional presser is made from wood.

Both MAJ Revathi and MAJ Senthamarai said that the most challenging part of making murukku is the effort and concentration required when pressing the dough out from the presser and twirling the mixture straight into a wok of hot oil. As the murukkus are made individually, it is important that the chef applies consistent pressure when pressing the dough out to ensure that all the murukku is twirled in a similar shape and size. The murukku would then need to be fried at the right temperature to reach a golden-brown colour.

For this reason, MAJ Revathi said that “there is love in every murukku”.

▶ An assortment of traditional Indian confections.





◀ LTC Manoharan.

A Heart of Gold

LTC Manoharan S/O Suppiah is more than a lifesaver.

In his 16 years of service with the grassroots, he has forged many new friendships and became an all-rounded person.

LTC Manoharan was roped in to serve the grassroots by the late SAC Puniamoorthy Ramasamy when they met during a SCDF event in 2002 and there has been no turning back for him since. One of his maiden grassroots project was to bring together a group of young people to impart computer literacy skills to the older generation. He was enthusiastic about being able to bring on board the youth to serve the community as well as build a bridge for the old and young to interact and exchange knowledge and skills through such community platforms.

Over time, he became more involved in other community activities which include 'project love', a collaboration between the grassroots and neighbouring schools. Through this initiative, participants helped pack and hand deliver hampers to lower income residents during festive seasons and organised health awareness roadshows for the residents.

"I enjoy playing my part in bringing together residents of all ages and races at such community events. It is also through these events that we can reminisce the good old 'kampong spirit'," says LTC Manoharan.

In the past few years, he has also helped organise several Deepavali events at the Community Centre which he serves as a grassroots leader. In 2015, he

led a team of residents to organise a "Kampong Deepavali" themed event.

"Instead of organising the Deepavali celebrations at the Community Centre, we decided to organise it at the Community Plaza at West Coast estate and thus, we themed it as 'Kampong' Deepavali," says LTC Manoharan.

Through this event, many of the non-Indian residents learned that Deepavali is not a New Year but rather, the festival of lights which symbolises the spiritual victory of light over darkness, good over evil and knowledge over ignorance.

Instead, the New Year, known as Chithirai Thiruvizha, is celebrated during the Tamil month of April. The month long celebration is also one of the longest celebrated festivals in the world.

"The best thing about organising such events in a multi-racial society is that residents of other races also get a chance to learn more about the Indian culture and tradition through such platforms," says LTC Manoharan.

These activities are not catered to Singaporeans only.

Once, his team introduced cricket to the residents. A group of Indian foreign workers who were observing the activity for a while voluntarily took over the demonstration to display their skills in the sport. They even imparted their knowledge and rules of the game to the residents.

"It really touched my heart when I saw them mingle together over a game of cricket. They put



◀ LTC Manoharan wearing the Kurta which was custom-made for his wedding.

aside their nationality, language, race and came forward to have fun and learn from each other. Just like my career as a Lifesaver in SCDF, I am motivated by things that makes a difference in the lives of others," says LTC Manoharan.

LTC Manoharan is not just proud of the Indian culture but also the traditional outfit. He said that the Indian outfits usually come in intricate designs and there will always be an endless variety to choose from. Besides the infinite numbers of colour charts and quality of fabrics, the outfits catered for men are also laced with elaborate designs with sequins and gemstones sewn onto the clothing.

His favourite piece is still the elaborate Kurta suit which he wore for his wedding. The straight cut Kurta is a top that is tailored to fall at the area below the knees. It is sewn using different fabrics and of different colours.

"It is always heartening to know that I can still fit into it after many years!" says LTC Manoharan jokingly.

I grew up in multi-racial Singapore and I appreciate the diversity we have in this country. There are no boundaries as to what we can or cannot wear during festive periods. In fact, I have also worn the traditional outfits of other races during their festivals too!" says LTC Manoharan. 🇸🇬

Dr Dancer



LTC (Dr) Shalini D/O Arulanandam spent most of her career with the Ministry of Defence before she was recently seconded to SCDF to take on the portfolio of Chief Medical Officer.

Outside her work as a uniform officer, LTC (Dr) Shalini is also an Ear, Nose and Throat Surgeon.

LTC (Dr) Shalini shared that she runs several times a week for some “me-time”.

“I enjoy running at public parks. I try to run about 20 kilometres a week if I have the time,” says LTC (Dr) Shalini.

When asked for her best IPPT timing, she revealed that she clocked her personal record of 8 minutes and 45 seconds when she was going through her Officer Cadet Course. As her most recent IPPT timing was 11 minutes and 30 seconds, she continues to wear the gold tab on her uniform sleeve.

Aside from running, LTC (Dr) Shalini is also an avid Indian classical dancer.

Her mother encouraged her to pick up dancing when she was six years old. At 18, she achieved her grade 8 certification but it was not until a few years after she got married that she completed her first three-hour solo dance debut.

“My husband and I visited India for the first time when we celebrated our one-year anniversary. It was during this trip that he bought me a yellow saree. It meant so much to me that I had it sewn into a costume for my solo dance debut,” says LTC (Dr) Shalini.

◀ LTC (Dr) Shalini was introduced to Indian Classical Dance by her mother at the age of six years old.

LTC (Dr) Shalini explained that solo dance debut is a test of a dancer's resilience and discipline. The whole process begins months before the actual performance. She went through several ritualistic practices such as going on a vegetarian diet. Aside from the long hours of practice, she also had to find ways to immerse herself in the various legendary characters that were being choreographed into the storyboard of her performance.

LTC (Dr) Shalini has since performed locally and internationally, including the streets of Hong Kong to commemorate an International Dance Festival as well as in India.

LTC (Dr) Shalini is also passionate about clinical medicine and public healthcare work.

"The work in SCDF allows me to impact the lives of the citizens. Our policies, such as the

New Emergency Medical Services Response Framework, have an influence over how emergencies are being handled on a day-to-day basis. My work gives me a great sense of satisfaction because it fills my heart," says LTC (Dr) Shalini.

Unlike the end of a good Indian classical dance performance that is usually lauded with a roaring ovation, there is no end for her work as Chief Medical Officer or surgeon.

"In order for us to bring the highest standards of healthcare or emergency medical services to the people we serve, we are always thinking of a business continuity plan to suit changing times and needs," says LTC (Dr) Shalini.

Scan the QR Code and find out more about LTC (Dr) Shalini's best IPPT timing.



▼ After 27 years, LTC (Dr) Shalini continues to practice this artistic expression. She has also introduced it to her daughter.



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TOGETHER 
A NATION OF LIFESAVERS