

ISSUE TWO 2018

redcross⁺

A MAGAZINE BY SINGAPORE RED CROSS

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OF COURAGE AND CHANGE

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INDOMITABLE SPIRIT

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"WOMEN OF STRENGTH - HEROINES AMONG US"

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RED CROSS YOUTH PRESENTS

Voices of Youth

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8 JULY 2018 (SUN), 6:00PM
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* All proceeds of this concert will go towards supporting Singapore Red Cross' local humanitarian services.

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On the cover
From left: Jutta Smola, Faiszah Binte Abdul Hamid, Aisah Nachyia d/o Anwardeen and Puah Ping Hui
Photo by Wong Leong Jeam, Volunteer

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Wives of diplomats visit Red Cross Home for the Disabled

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Youth leaders launch first aid fiestas



Each year, millions of Red Cross and Red Crescent volunteers and members around the world reach more than 170 million vulnerable people, through a diverse and innovative range of services.

Every 8th of May, on World Red Cross Day, we recognise their incredible contribution and achievements, as our volunteers and staff help fulfill our commitment to humanity every day.

Here in Singapore, our volunteers and staff serve on the academy, blood donor mobilisation, home and day activity centre for the disabled, transport aid, food aid, elder aid and community first aid. Beyond our shores, we mobilise and translate contributions from Singaporeans to relief, recovery, and rebuilding efforts, helping communities devastated by disasters.

We can all be very proud to be a part of this family, and I thank all our volunteers, staff, donors and partners for their tireless efforts. With your support, we will continue

the work of uplifting lives of vulnerable persons and enhancing community resilience - 24/7.

In celebration of International Women's Day (8 March), we bring you stories of four capable and dynamic women who have steadfastly dedicated themselves to our cause. The ladies on our cover - Aisah, Faiszah, Ping Hui and Jutta - inspire us all with their passion and zest for life and to serve humanity. (Pages 20 and 21)

We are also glad to bring you the previously untold story of Safri, who overcame tremendous health challenges to walk and talk again. Our volunteers bring him and his family monthly FoodAid, and are constantly in awe of his quiet strength and fighting spirit. (Pages 12 and 13)

As you read this, we would have launched or about to launch a number of key initiatives which we hope will become iconic programmes of SRC over time such as:

- Red Cross Junior Club for pre-schoolers and early primary schoolers (5-8years);

- The inaugural Singapore Red Cross Diplomatic Evening (22 May);
- A Red Cross Red Crescent public seminar: A Resilient Southeast Asia (24 April)
- Singapore Red Cross Academy's public courses in humanitarian studies (July)

In June, we will be commemorating World Blood Donor Day, where we recognise the life-saving gift of our blood donors. I also look forward to meeting you all at the Annual General Meeting. You will be able to read more about all of these in the next edition. Red Cross News is issued quarterly. If you prefer to hear from us more regularly, head on to redcross.sg to subscribe to monthly e-news.

Happy World Red Cross Day, everyone!

Benjamin William
Secretary General / CEO

ELDERAID HIGHLIGHTS

Photos by ElderAid Volunteers



RCY - NUS Chapter, ElderAid, FoodAid, and TransportAid volunteers from the Northeast District engaged elderly beneficiaries in a monthly kitchen engagement at Our Tampines Hub on 27 January. They learnt how to cook Pasta Ala Singapore

and Korean pancake the nutritious way. Subsequently, the RCY - NUS Chapter members shared first aid skills with the elderly. Thirteen beneficiaries learnt to cook healthy chicken rice, egg salad and egg tart on 24 March.



Congratulations to our Red Cross Youth - NUS Chapter members for winning two NUS Student Achievement Awards in the Community Service category; silver award for Project R.I.C.E+ and bronze award for CLARE (ElderAid).



Our ElderAid volunteers were invited to the North East Community Development Council Volunteer Appreciation Lunch on 11 March, in recognition of their service.



In collaboration with Tampines West Community Club, Red Cross Youth - NUS Chapter (ElderAid), ElderAid and TransportAid volunteers from the Northeast District brought the elderly from Jamiyah Home for Aged to Jurong Bird Park on 10 February. Together with Tampines West Community Club, our ElderAid volunteers brought 13 elderly to Marina Bay Sands Skypark and lunch at Nandos in Plaza Singapura on 17 March.

Five Red Cross Youth - NUS Chapter (ElderAid) befrienders spent a meaningful Saturday spring cleaning a beneficiary's house on 13 January to enable the family to usher in the Lunar New Year in a healthier environment. More recently, ElderAid (South East District) volunteer-befrienders helped a senior clean her home after she sustained a fall and was unable to perform chores or cook at home. Kai Lin, John and Terence even arranged a series of cleaning sessions to tackle different parts of her home, bonding over their shared times.



In commemoration of Total Defence Day, Red Cross Youth and Singapore Red Cross Academy organised roadshows in four schools.

We thank our volunteers for spending their weekends in **community first aid service** at iconic events such as; the Chingay Parade 2018 in the weeks running up to 23 and 24 February; Tampines Central Community Club Lunar Dog Run held at Punggol Waterway on 25 February; the Gold and Bold Frisbee and Easter Picnic @ The Park at West Coast Park Grand Lawn on 24 March.



Photo by Patricia Ler, Corporate Communications and Marketing



Photos by Karine Tan, Community Resilience

17 volunteers participated in simulation exercises, in preparation for civil emergency as part of the **Emergency Response Team training** at the Red Cross Training Campsite on 27 January.



Photo by Wong Leong Jeam, volunteer

On 10 and 11 February, our Community Resilience, and Partnerships & Development teams engaged those at **Singapore Airshow 2018** in volunteering and fundraising opportunities whilst our International Services team shared their experiences on disaster missions.



Photo by Anthony Poh, Singapore Red Cross Academy

Singapore Red Cross Academy's first aid trainers demonstrated CPR and engaged the public in basic bandaging skills at the **National Life Saving Day**, at Singapore Sports Hub on 4 February.



Photo by Adrian Lim, Partnerships and Development

Wives of diplomats from 11 countries interacted with **residents of the Red Cross Home for the Disabled (RCHD)** on 22 March.

Mrs Idil Lutem, 48, wife of Turkish Ambassador Murat Lutem said, "I am so happy to see so many smiles today. I am glad we could add something different to their day. We saw how volunteering and the Red Cross Home for the Disabled works to improve the lives of the disabled. If many hands come together, things could really change."



Photo by Rachel Heng, Singapore Red Cross Academy

In the third installation of the **Brown Bag Series (BBS) lunch talk** by Singapore Red Cross Academy, Sahari Ani, SRC Director of Services, shared his personal experiences at post-disaster relief missions, in an enlightening talk at Red Cross House on 31 January.



Photos by Boey Kae-Rene Volunteer

Grand Copthorne Waterfront Hotel employees spent a day painting with the residents of **Red Cross Home for the Disabled** on 14 March. The masterpieces will be auctioned to raise funds for our local humanitarian causes.



Photo by Adrian Lim, Partnerships and Development



Photo by Eileen Cher, Corporate Communications and Marketing

Volunteer Chew Lip Heng shared his volunteering experiences, both locally and overseas, at the fourth installation of the Brown Bag series Lunch Talk held on 18 April. Learn more about his volunteering experiences by scanning the QR code below.



Nanyang Technological University's Red Cross Youth Chapter and student volunteers organised the **Lunar New Year celebrations for the residents** and caregivers of the Red Cross Home for the Disabled on 10 February 2018



Photo by Kenneth Ng, Red Cross Home for the Disabled

Ten residents of the Red Cross Home for the Disabled, along with staff and volunteers got up close and personal with the horses at the Singapore Polo Club on 23 March. Though it was such first interaction, the residents enjoyed feeding the horses and felt at home with the lush greenery. We would like to thank the Singapore Polo Club for hosting our residents.



Photo by Zheng Wei, Volunteer

Shoppers thronged the recent **Sunday Sales** at Red Cross House on 25 March, raising \$5,416 for Singapore Red Cross' local humanitarian services. Check out our thrift shops for good bargains! (See back page for details).



Photo by Prakash Menon, Community Resilience

Our **TransportAid** team was mobilised for its **first cross-border case** on 21 February - transferring a patient from a local hospital to one in Johor Bahru, Malaysia. Apart from helping the elderly and disabled from low-income homes get to and from their healthcare, we also run a social enterprise, where TransportAid fares fuel the rest of our humanitarian services. Check out at redcross.sg



YOUTH LEADERS LAUNCH SERIES OF **FIRST AID FIESTAS**

Photos by Billy Wong Sun Keong and Tai Thanh Vo, Volunteers

As part of our ongoing efforts to demonstrate the importance of first aid in building community resilience, the Singapore Red Cross (SRC) debuted our First Aid Fiesta, at the Ang Mo Kio Central Stage on 10 March. Graced by Amrin Amin, Parliamentary Secretary of the Ministry of Home Affairs & Health, the opening event in the central district was the first in a series of such outreach Fiestas slated to take place across the rest of the districts throughout the year.

Spearheaded by members of Red Cross Youth (RCY), the Fiesta engaged secondary schools students and residents of central CDC on the importance of first aid skills, and urged them to be better equipped and prepared for emergencies, at home, in schools or within the community. The students and residents engaged in array of first aid-centric activities, interactive game booths, stage quizzes, as well as a First Aid showcase by Red Cross Youth volunteers.

Launch of GO Bags

At the event, Amrin Amin unveiled the GO Bag, a specially-curated emergency preparedness kit launched by Red Cross Youth. Also known as grab bag or ready bag, these portable kits are meant to help families to be better prepared during emergencies, such as house fire and blackouts.

Each kit will be accompanied by a GO Bag Preparation Guide, developed entirely by Red Cross Youth leaders. It consists of a comprehensive checklist of essential items (including quantities) to pack, and recommendations on additional items to build a complete GO Bag tailored specifically to the family's requirements.

As part of the initiative, a set of GO Bag and guide will be distributed to all schools with RCY units across Singapore. The Youth cadets will also lead emergency preparedness efforts in their respective schools by developing their own Go Bags as a

What's a GO Bag?

Designed to be fully-customisable, the GO Bag includes basic essential survival equipment, such as torchlight, whistle, notebook, multipurpose tool, water bottle, batteries, a first aid kit, personal and hygiene items.



"The GO Bag project was conceptualised and initiated entirely by our youth leaders and we are very heartened by their efforts and dedication. Through the Red Cross Youth network, we hope our members will continue to lead by example and continue supporting one another in our pursuit of being a more prepared nation."

Sahari Ani,
Director of Red Cross Youth

sample and conducting advocacy activities amongst their peers. Through this initiative, Red Cross Youth leaders aim to empower the younger cadets and their peers, and enable them to help their families and communities to be more well-prepared for emergencies.



PUTTING **FIRST AID** SKILLS TO THE TEST

Red Cross Youth Hiroshi Lim takes us behind the scenes of the First Aid Championships

Previously known as the National First Aid Competition, the annual Singapore Red Cross Youth First Aid Championships have been running for more than 50 years.

The First Aid Championships have always been a highlight for Links, Cadet and Chapter Members as it provides a platform for participants to put their first aid knowledge and skills to test, and hones their time management, leadership and teamwork.

Held at Boon Lay Community Centre in the Southwest District on 17 March, this year's First Aid Championships was themed "Saving in Progress". This connotes saving lives through first aid, as well as participants "saving" memories and experiences through their many days of training.

In an effort to make the simulations more realistic, a new rule was added this year to this year's championships - "Delayed

Deployment". The rule entails the participants moving into the competition ground in waves instead of all at once. This emulates real-life scenarios where it is more likely that a few first aiders arrive on the scene before more help arrives. With better reflection of reality, our youths would be more prepared to respond in the case of an emergency.

We also invited the Indonesian Red Cross Society, Batam Chapter to participate in the Championships and added an Open category for the public. With these groups joining the Championships, we hope that our youths would benefit and learn from the exchange of first aid knowledge and skills.

Raffles Girls emerged the overall champion at the First Aid Championships, for the second year running.

This year also saw the introduction of First Aid Fiestas across all



five districts in Singapore. The Fiesta for the Southwest District was held in conjunction with this year's Championships. It featured a carnival with booths run by Singapore Red Cross, SingHealth and SGSecure. There were also booths which taught simple first aid treatment and skills that participants could take home and apply in their daily lives.

No one can predict when accidents will happen in real life. Through the First Aid Championships, we prepare the youth, as well as the general public, to be equipped to respond with speed, steadiness and confidence. By honing our first aid skills, we can collectively respond better in times of emergencies.



YOUTH FUNDRAISE FOR A GOOD CAUSE

Photo by Hiroshi Lim, Volunteer

It was an evening like no other. Youth with diverse talents came together for "Concert Spectra" to fundraise for Singapore Red Cross' (SRC's) local humanitarian services.

Held at Raffles Institution on 24 March, the Red Cross Youth Charity Night 2018 saw youth lending their vocals, dance moves, and exhibiting their musical flair playing on the ukulele, guitar, or keyboard.

Enterprising youth also sold

snack packs, hand-designed notebooks and pre-loved items at bazaar that evening. RCY Cadets well-acquainted with Red Cross knowledge shared about SRC's local humanitarian services and disaster management to generate awareness of SRC's work.

Kudos to Raffles Institution (Secondary)'s Red Cross Youth unit for organising the fundraiser, which collected \$1,020 that evening. A big thank you to National Youth



Council, Global Asia Printings Pte Ltd and Nam Hup Table Chair Hire for donating generously to the cause, bringing the total amount raised to more than \$5,600.

FOSTERING LEADERSHIP AND RESILIENT ENDEAVOURS

Photo by Robert Luk, Volunteer



Red Cross Youth's Fostering Leadership and Resilient Endeavours (FLARE) Conference was officially kicked off by Guest-of-Honour Associate Professor Muhammad Faishal Ibrahim, Parliamentary Secretary for the Ministries of Education, and Social and Family Development at Victoria School on 3 February.

FLARE provided a platform for youth from 38 schools to come together, share and learn from one another's experiences while unleashing their creativity to enhance their Service Learning Projects going forward. These include home visits, first aid duties, awareness campaigns about SRC services and fundraising projects.

Keynote speakers Kee Jin Wen and Chian Yuan Hao (National Youth Council volunteers); Jason Chia and Sarah Ang (RCY Volunteer Instructors) shared their service experiences.

In the Trailblazers Championships, RCY cadets and delegates from National Societies like Malaysia (Johor Chapter), Indonesia (Batam Chapter), Myanmar and Cambodia challenged to reflect on their service

learning projects, and propose ideas to enhance the impact of these projects in the coming years.

At the Ambassadors of Blood Donation Competition, Secondary 3 cadets shared awareness of blood donation to encourage people to step forward as blood donors.

As part of the Disaster Risk Reduction Championships, Secondary 3 cadets exercised their Disaster Management knowledge and skills to identify, analyse and propose a solution regarding a potential risk in their community.

Facilitated by our freshly-minted Volunteer Instructors, Secondary 4 cadets reflected upon their four-year journey leading their respective RCY units in the Leadership Breakout Session.

FIRST AID TRAINING - A WORTHY INVESTMENT



As Singapore continues to take strides in improving workplace safety and health, employers are more first aid conscious.

Close to 80 organisations had their employees trained at Singapore Red Cross Academy in 2017, and many are getting more employees trained – above and beyond the Workplace Safety and Health (WSH) Act's compliance ratio of one appointed first-aider for every 100 employees.

Take Raffles Country Club for instance – first aiders make 20 percent of its staff strength.

"Accidents can happen anytime. The golf course is very big. If something happens, we make sure that most of our marshals and golf stewards are able to respond. There were instances where golfers suffered heart attacks, sustained falls or were hit by golf balls. We provided them with first aid by performing CPR, cleaning and bandaging their wound. This ensured the safety of the golfers," shared Tey Yee Han, HR and Admin Executive, Raffles Country Club.

Positive Intentions Pte Ltd, a local training and development company, also believes in equipping staff with Standard First Aid skills.

"In the course of our work, we conduct many team building programmes and youth engagement projects for the youth and even elderly. Sprained ankles, cuts, and blisters are common injuries we face on a daily basis. Equipped with first aid training, we can attend to the injured party, and manage the situation in the most appropriate way. Our staff are confident in handling such cases. First aid is a useful skill to have. You never know when you are required to respond to an injury and it's always good to be prepared," explained Ethen Ong Yongsan, Managing Director, Positive Intentions.

Singapore Red Cross Academy's Occupational First Aid fulfils the first aid certification requirement under the WSH Act. The course is accredited by the Ministry of Manpower in compliance with ISO29990:2010 for Learning Service Providers, and each certificate is valid for two years.

Recognising that first aid know-how

is of paramount importance in the aviation industry, Jetstar Airways has sent more than 600 employees through training with SRC Academy.

"As flight crew, first aid knowledge is essential to attend to any emergencies onboard as a medical doctor may not be present. Hence, it is mandatory for all our crew to have basic first aid knowledge before they commence their flying duties. There were instances where our crew members performed first aid to passengers who fainted, or were suffering from nosebleeds, burns or breathlessness. First aid knowledge can save someone's life," said Tan Liren, Jermaine, Star Development Manager (SDM), Jetstar Airways / Valuair Ltd.

First aid can prevent conditions from worsening, therefore curtailing medical expenses and averting further loss of productivity.

Investing in first aid training sends the signal that the organisation ensures a safe and healthy environment for its customers and employees.

Engaging SRC Academy for first aid training is advantageous, on the basis that social procurement is a simple way in transitioning towards a sustainable economy.

As a social enterprise, SRC Academy's revenue gets channeled to humanitarian services for the most vulnerable in Singapore. That means organisations can easily leverage corporate spend to improve their social footprint.

Did you know? Supporting non-profit organisations and social enterprises is a powerful and cost-effective way to be a responsible business.

Email academy@redcross.sg to find out more about corporate rates/packages.



INDOMITABLE SPIRIT

Photo by Poh Jun Ming, Republic Polytechnic

Singapore Red Cross' FoodAid beneficiary Safri Bin Salleh, 43, shares his life story with Red Cross News with the hope of inspiring others facing challenging times.

"I used to be an avid weightlifter, often taking supplements to gain body weight. I was also actively involved in contact sports like soccer, rock-climbing, skydiving and touch rugby. My life changed drastically after two falls, and a diagnosis of bone marrow cancer.

In 2003, I fell 21 steps at a cinema and hit the door. A laceration resulted in a swelling the size of a boiled egg, which would burst with pus and blood. I went through a six-hour long operation at Tan Tock Seng Hospital to remove the pus it and I lost a lot of blood then. I had problems walking. Though I was

promoted to a security supervisor that year, the accident compelled me to stop working. From 2003 to 2008, I visited the hospital frequently.

In 2009, I started working as a security supervisor. I fell down a slope but I did not report this incident. A doctor gave me a nerve relaxant for the ruptured wound. I developed a similar blood boil on my left leg that affected my right leg earlier. The blood boil grew, burst and dried repeatedly for close to a year.

In April 2013, I dozed off after returning from my night shift. My

"The monthly gift of \$250 in vouchers from the Singapore Red Cross benefit me and my family a lot. It enables me to have fresh food products, so I can heal, and my children can grow up healthily."

wife woke me up, and I couldn't move and was paralysed from below my neck. My body was red like a ripe tomato. A slight touch was very painful, like someone was peeling my skin. My wife called for the ambulance. I was in SGH for two weeks. The doctors diagnosed me with Multiple Myeloma Cancer Stage 3 (Bone marrow cancer).

My bad cells destroyed my immunity. All my organs gave way. I had liver cirrhosis (scarring of the liver), heart ameroid, diabetes, high blood pressure, acute kidney injury, and chronic gout where my joints were inflamed and swollen, and the pain was excruciating. I had to go for dialysis and was bedridden. My doctor said if I did not go for any treatment, I only had six months to live.

I told my wife about the diagnosis. She was very worried. I told her not to worry as I was determined to go for treatment.

I went through chemotherapy from May to June 2013. While I used to be active, I had difficulty walking. While I could think and speak quickly before, I took time to process my thoughts. My speech became slurred, and my memory faltered.

I went through occupational therapy, physiotherapy and speech therapy. I had to relearn how to speak and walk using crutches. Five months

after chemotherapy, I could finally get out of bed.

I was discharged from SGH at the end of 2013. I was happy I could finally walk and talk. While I did not care about what I ate before, now

I take better care of my diet."


Everyone has problems. It is important to have a positive attitude. I see problems as challenges. Whenever there is a problem, there is always a solution. No matter how big your

problem is, face the problem. I faced my problems one at a time; be it for my debt, or my medical condition. You can't solve all the problems yourself. Ask for help. The world is not a bad place, good people come to help. Just as Red Cross did."

MAKE A DIFFERENCE. START HELPING TODAY.

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Your gift will uplift the lives of the vulnerable.

 A GIFT OF \$20	 A GIFT OF \$50	 A GIFT OF \$90	 A GIFT OF \$200
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Feeds a FAMILY of 4 for 2 DAYS	Feeds a FAMILY of 4 for 5 DAYS	Feeds a FAMILY of 4 for 10 DAYS	

All donations towards local services are entitled to 250 percent tax deduction.

Yes! I want to make the difference.

Mail this form along with a cheque (if applicable) to Singapore Red Cross, 15 Penang Lane, Singapore 238486. Call us at 6664 0500 for more information. By filling up this donation form, it is deemed that you have consented for Singapore Red Cross to use your personal information for verification, IRAS submission, mailing list. I am aware that I can withdraw this consent by emailing to fundraising@redcross.sg

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<input type="checkbox"/> Cheque (payable to "Singapore Red Cross Society") Bank: _____				Cheque No.: _____	
<input type="checkbox"/> GIRO (please send me a GIRO form)					

Signature: _____ Date: _____

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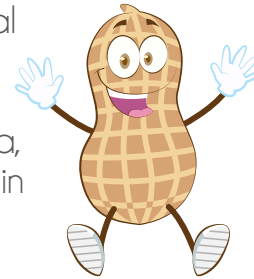
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(For withdrawal of consent, access and correction of your personal data or further inquiries, please contact the Fundraising department at 6664 0500 or fundraising@redcross.sg)

For more information, please visit redcross.sg or connect with us at facebook.com/sgredcross.

Nuts about Humanity

Red Cross Youth is fundraising to support the local vulnerable with the sale of healthy snack packs.

For the first time, three flavours - Acai Berry Granola, Bearylicious, Peri Peri Lime Soya crisps will be sold in upsized packs and three new snack mixes will be launched - inspired by Red Cross causes!



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Ya Hui with the beneficiaries, volunteers and staff from the Singapore Red Cross.

YA HUI WHIPS UP WANTON NOODLES FOR CHARITY

Photos by The Celebrity Agency, Wei Liang, and Alina Tee

Singapore Red Cross celebrity ambassador and MediaCorp artiste Ya Hui reprised her role as the iconic "wanton noodles princess" Hong Jin Zhi in popular drama series 118, to raise funds for our local causes.

In a very special fundraiser at Wong Kee Wanton Noodles at Timbre+ on Saturday, 3 February 2018, Ya Hui cooked and served up plate after plate of wanton noodles. The cookout drew an overwhelming response, with some patrons waiting in snaking queues that lasted more than two hours.

"I'm extremely thankful and so overwhelmed by the turnout," she enthused. "I was worried at first that no one would turn up.

But by noon, the whole place was crowded. I was elated! Thank you for supporting me and the people who need our help."

Over three hours, Ya Hui whipped up 200 odd plates of wanton noodles to raise \$3,681 for Singapore Red Cross!

The wanton noodles were fully sponsored by Wong Kee Wanton Noodles, with all proceeds going to Singapore Red Cross to help the disabled, elderly and vulnerable in the community.



Scan the QR Code
to watch the video
of Ya Hui in action.



Ya Hui was so committed she even underwent a one-day WSQ Food Hygiene Course amid her packed filming schedule. This event fulfils her wish of cooking wanton noodles for charity, a dream she has harboured ever since playing Jin Zhi in 2014.

GRATEFUL HEARTS DAY

Photos by Vivien Cai, Patricia Ler, Ace Woo, Zheng Wei



It was early on Sunday morning, and the sun was just rising from the horizons. With grateful hearts, some 1,300 volunteers gathered to collect their donation tins for a day of fundraising.

Coined the 'Grateful Hearts Day', we had envisaged a day on 4 March where we share our full hearts with all those in need. Indeed, our fundraiser mobilised over \$142,000 from generous donors,



to sustain vital services that uplift and transform lives every day. We thank everyone who made this possible. Here are the highlights of a great day to be grateful.



DIFFERENT PEOPLE, ONE LIFE-SAVING MISSION

By Loh Lee Lin, Blood Donor Recruitment Programme



"No one is too young to give the gift of life," 15-year-old Jaydon Lim Ray believes. And he truly walks the talk.

Though he is still a year shy of being eligible to give blood, he is already familiar with the blood donation process.

He was among some 40 students from Broadrick Secondary School who volunteered at a blood drive organised by the Red Cross Youth unit of Broadrick Secondary School at One KM Mall on 24 February.

During the drive, Jaydon registered and explained the blood donation process to interested donors. Last year, he took part in a similar blood drive dressing up as a mascot and serving as a blood donation advocate.



For the past decade, Maria Wong Yoke Sia has led her team in organising bi-annual blood donation drives at the Church of the Immaculate Heart of Mary.

Typically organised in March and September yearly to support the National Blood Programme during its lull periods, each drive collects about 120 units of blood. The recent blood drive on 18 March collected 150 units of blood.

In recognition of her steadfast efforts, she received the National

Council of Social Service Long Service Award this year.

Maria is a passionate blood donor, having donated 100 units of blood. She will receive her Diamond award at this year's World Blood Donor Day.

Through her unwavering commitment to save lives, Maria is a source of inspiration in her community.



Student Najmus Sehar, 16, donated blood for the first time at the blood drive. She shared that her parents were unable to donate blood due to health reasons but had instilled in her the importance of giving blood. Najmus said that the pain of blood donation was akin to "an ant's bite" and she is motivated to continue as a regular blood donor.



AN IRON-RICH RECIPE FOR BLOOD DONORS

Having healthy iron levels help prevent you from getting iron deficiency anaemia and improves the success rates of your blood donation. Maintaining a well-balanced iron-rich diet that includes

plenty of iron-rich foods and is high in Vitamin C, brings you a step closer to saving many lives.

Boost your iron with these easy-to-prepare iron-rich recipes, curated

specially for you by Chef Ben Kirk of The Carbon Chef, in collaboration with the Department of Nutrition & Dietetics, Khoo Teck Puat Hospital. Find out more at redcross.sg/boostyouriron

Miso Clam Soup with Sea Moss

Difficulty: Easy

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients:

200g Clams
1 small piece Dried Kelp (Kombu)
500ml Water
1 tablespoon Sea Moss (Fa Cai)
1 tablespoon Miso paste
2 tablespoons Mirin (Japanese Rice Wine)
1 tablespoon Spring Onion, chopped

Method:

- 1) In a small pot, add the kelp to the water and slowly bring to the boil
- 2) Meanwhile, soak the sea moss in cold water and let it soften
- 3) Wash the clams and remove any dirt or sand
- 4) When the stock starts to boil, remove the kelp and add in the clams
- 5) Boil the clams until they have opened. Turn down the heat to a simmer and add the miso paste, mirin and sea moss
- 6) Garnish with some chopped spring onions and serve.

WOMEN OF STRENGTH: HEROINES AMONG US

Story by Sarah Cai and photos by Wong Leong Jeam, volunteers

As we celebrate International Women's Day, let us look at the gems amongst us, who inspire others through the stories of their life experiences.

Able to give, to save lives



For Pua Ping Hui, being "able to give" is what drives her on. Two weeks before the big day each time, Ping Hui's diet would consist of seaweed and supplements. Also indispensable are iron, Vitamin C, and dietary fibre if she wishes to succeed in doing a good deed. Ping Hui laughs about it. Qualifying to give blood makes her efforts well-worth it. Today, she gives blood once every three months.

Under her influence, her son has made his first successful donation and her daughter is likely to follow in their footsteps. When both parents make regular visits to the blood bank, it is a natural step for the children to do likewise. Ping Hui appreciates that her children join in. Looking back when she first started, it took an illness that struck her father to convince her mother that there was a real need of blood, that giving blood was not a pointless hobby.

These days, she is involved in a host of activities. Juggling her full-time work, her role in the family, blood donation and other volunteer activities, Ping Hui says that the ideal would be to work part-time and volunteer full-time.

Come along and bring your smiles!



"Come along!" Jutta Smola encourages, with a welcoming smile and a glitter in her eyes.

It is an invitation that is hard to resist, and it was certainly so for Jutta's family and friends. Every week for the past 18 years, the family spends a morning at the Red Cross Home for the Disabled, accompanied every so often by friends they have invited. Each trip there is akin to visiting friends. It is not that she is supposed to be there; she wants to be there. The nurses know her and her family, the patients look forward to their visit too, with their radiant smiles catching Jutta's attention from across the room.

Jutta spends a special moment with Agnes, whom she has known since her first day at RCHD. She also recounts many she has watched grow up in her years of volunteering. There are times when words fail, when a smile and comforting presence speak much stronger. Jutta admits that it is not always easy to guess what each person is saying. There is much trial and error, especially when she first started, but what is more important is the compassion behind and the willingness to understand. Not all patients can speak, but appreciation comes in various forms.

The routine is similar each week but the time shared is less than routine. Jutta speaks fondly of bringing the residents for lunch and social activity - a little outing that patients look forward to (and surely the volunteers too). "Maybe we'll see you next time?" The invitation stands open.

Nurture lasting values that build resilience



"Nurture, not teach" is Faiszah Binte Abdul Hamid's guiding principle in life. Faiszah has never really left her teaching job; she has only switched her focus from helping students pass exams to nurturing lasting values through the Red Cross programmes she plans and delivers. Heading the Singapore Red Cross Academy, she is indefatigable, her bubbly spirit and enthusiasm showing even at the end of the day.

There is still something to do, she feels, and until the day when her inspiration runs dry, Monday blues is just a foreign concept. And Faiszah has ambitious plans. She was instrumental in pioneering psychosocial first aid courses in Singapore after consulting specialists around the world, and she aims to make the Singapore Red Cross Academy a regional centre of excellence in the full spectrum of humanitarian studies.

But to do all that, she shares her vision enthusiastically and collaborates widely. Courses and activities have to be adapted to contemporary situations in the world and remain relevant to the local context. Hence Faiszah speaks of building resilience and nurturing lasting values. And when leaders among us step up to encourage others, to nurture others; that we can all grow as a community.

Doing more than normal - helping the elderly



Aisah Nachyia d/o Anwardeen believes in being "more than just a 'normal' human being". From the time Aisah joined the Red Cross as a CCA in her polytechnic days, she has been roped into activities and planning committees, brainstorming and participating whenever she has a moment between her studies. Volunteering is her passion.

Today, Aisah volunteers with SRC's ElderAid visiting seniors living alone, ensuring they take their medication and taking their blood pressure. As someone close to her grandmother, she finds it easier to relate to the elderly in general. Spending time with them is akin to visiting her own grandparents, and these experiences help her grow closer to her own grandparents as well.

Aisah believes that life and struggles would all be worth it if she can impact society.

"Do more than normal. Try new experiences for yourself to know your strengths and limits, to know what causes you can relate to and what situations you simply cannot bear. Be inquisitive, ask and communicate. The rat race and paper chase can only mean so much. And life begins proper outside all of that," she says wistfully.

Four faces, four lives, four stories. Each woman lives her life to the best of her ability, not necessarily conscious of the contributions she makes through and with the Red Cross Movement.



PROVIDING **FIRST RESPONSE**

Singapore Red Cross' Membership and Development Executive Michael Lim and volunteers Debbie Liew and Jeremy Tan, received the Community First Responder Award from the Singapore Civil Defence Force (SCDF) on 1 February 2018. They responded to a MyResponder call and provided CPR to a cardiac arrest patient. Michael recounts the incident.

"We were hosting the Northeast Community First Aiders at my residence on Saturday, 2 September. After which, I left for a meeting at Kaki Bukit Community Centre.

Halfway through, I received a MyResponder alert that there was a cardiac arrest case at the block just opposite the Community Centre. I promptly ran over and arrived first-at-scene at the unit within minutes.

When I was shown to the room, I found an elderly lady who was motionless with her eyes opened. She was unresponsive and not breathing.

Jeremy arrived shortly after, and we carried the lady down. Jeremy immediately commenced CPR while I spoke to the casualty's brother and advised him to prepare her identification documents.

Debbie arrived shortly with the Fire Biker who brought an AED machine with him. Debbie assisted with pasting the AED patch on the elderly lady and delivering shocks.

I then went down to assist in directing the SCDF ambulance crew to the unit. Once they arrived, I explained the situation to the ambulance crew and filled them in on our response.

While we may not have been able to revive the lady, there were still important learning points that I personally took away from this MyResponder case.

I learnt that it is one thing to learn first aid, another to stay competent but most importantly, to remain calm amidst the chaos.

In attending to a MyResponder incident, as a trained layman first aider, we do what we are trained to do. However, there is only so much we can do. We have to leave the rest to the professionals. Death is inevitable, we never know when someone dear to us will leave us. We should treasure the times with our loved ones."

Know what to do if someone collapses? Learn first aid with Singapore Red Cross. Visit redcross.sg.

RED CROSS YOUTH CELEBRATES **WORLD RED CROSS DAY**

Photos by Foo Wei Heng and Kennice Setiadi, Volunteers



On 14 April 2018, Red Cross Youth (RCY) celebrated its achievements and contributions at its World Red Cross Day 2018 at Dunman Secondary School. WRCD 2018 also welcomed a new cohort of Links, Cadets and Chapter members. Themed "Making Waves a Step at a Time", Red Cross Youth promoted the idea that each small action by a youth will have a ripple effect on the people around them; from their unit mates, to the communities they belong to.

"Our Red Cross Youth are encouraged to step out of their comfort zones to experience greater growth. Some ways include learning a new skill or trying a new activity, like befriending someone who may be lonely. These little actions are important stepping stones to inspire change in ourselves and in our community."

Tee Tua Ba, Singapore Red Cross Chairman
World Red Cross Day Message to students



Every year, Red Cross and Red Crescent National Societies around the world commemorate World Red Cross Day on 8 May - the birthday of our Founder, Henry Dunant.

Through the global theme **"Everywhere for everyone"** we will celebrate the strength and reach of our global network, and the contribution of our staff and around 14 million volunteers.

Harnessing the power of the universal symbol, a smile, we celebrate the dedication and impact of our volunteers and staff.

In this feature, Red Crossers share what makes them smile.



Speaking to beneficiaries of Myanmar Floods.



#throwback to the days when my SFA certificate was still valid and I was patrolling event premises to render First Aid if required. This was taken during the Changi Airport Terminal 4 Public Open House.



Welcoming our disaster response team when they returned to Singapore from the Philippines following Typhoon Haima.



This was at Kent Ridge Hall on 29 March. It was a good day because we collected 79 bags of blood! Featuring our brave donor here with her friend. Though she is a NUS Geography Major, she wants to work in the aviation industry when she graduates. She also said that she will continue her life saving journey after she graduates too! Hopefully she is able to fulfill her dream.



We had been through thick and thin. Posing with batchmates who went through leadership programmes together.



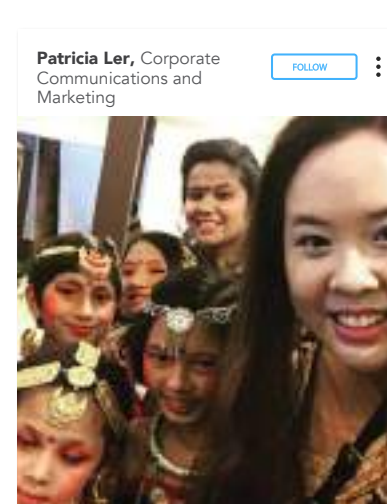
For consecutive years, we have been providing first aid coverage at National Day Parades.



These juniors (and many more!) make the Red Cross Youth journey worth it!



We arrived in Kathmandu, Nepal on 16 May 2015, as part of Singapore Red Cross' Nepal Medical Mission Team 3.



These kids in Nepal were getting ready for their performance for donors and they were superbly happy!



Another corporate class ended. Glad that I was able to manage different types of groups and I feel my facilitation has improved.



International Bazaar was a wrap! It was so fun interacting with performers, schools and embassies who took part. Kudos to everyone!

Now take to Facebook and Instagram to tag a volunteer or colleague who has made you smile, or share a smile and tell us how we have made you smile! Remember to hashtag #Everywhere4Everyone :)

OF COURAGE AND CHANGE

After an illustrious record in public service, Tee Tua Ba took on Chairmanship of the Singapore Red Cross in 2008. Over the past decade, he has and will continue to lead the homegrown humanitarian organisation with distinction. Red Cross News brings you quoteworthy anecdotes from Chairman Tee.

His Chairmanship

"Then President Nathan invited my wife and I to lunch at the Istana after my stint as Singapore's Ambassador to Egypt. He said I could not be doing nothing after my retirement. When former Chairman, Lieutenant General (Retired) Winston Choo called me up afterwards to take on the Chairmanship of the Singapore Red Cross (SRC), I realised what the President had in mind for me, and it was to help the disadvantaged and the vulnerable, which I found hard to decline. As SRC was new to me, I was not prepared to assume

the chairmanship immediately and wanted time to learn more about the organisation and see whether I could add value to it. I joined the SRC Council in January 2007. In December 2008, I took on the role of SRC's Chairman."

His proudest moment

"My proudest moment was when we were awarded the Charity Governance Award in 2013. This was the culmination and recognition of the various successful changes brought about in the major review of our Constitution and the reorganisation of the Council, the restructuring of the management, the setting up of oversight Committees and the incorporation of Corporate Governance principles and practices. The Award says a lot about the SRC and the way we manage ourselves."

His belief in integrity and honesty

"I believe that integrity and honesty must be deeply embedded in the culture of the SRC in addition to adhering to the seven fundamental principles of our movement."

His management philosophy

"I am a firm advocate of empowerment and always support the courage to exercise initiative on the ground. My management philosophy is best encapsulated by "the turtle and how it moves" forward. Just watch how a turtle moves. The turtle can just retract and not move forward at all. If you do nothing, you will make no mistake. People fear to exercise initiative and act decisively primarily because of the fear of making mistakes. If the turtle wishes to take one step forward, it

will have to "risk its neck". Making major changes and advancing forward requires the courage to exercise initiative and take decisive action. I have always thrived in taking calculated risks, especially in empowering people to exercise initiatives and making decisions."

His hopes for Singapore Red Cross

"I hope to change the perception that SRC is a Western organisation that goes in aid of only countries hit by major disasters. SRC also provides voluntary aid for the elderly, the disadvantaged and vulnerable families. We also run the most severely disabled home in Singapore. I want to recruit more volunteers, and do more to reach out to the heartlands. I want to push the SRC to become a distinctive humanitarian organisation and hopefully top-of-mind when someone is thinking of volunteering or donating."

Need to stay relevant

"I would like to share with you the 'Boiling Frog Syndrome'. A frog was in a pot that was put to boil. As the temperature rose, the frog could have jumped out, but it didn't. When it reached boiling point, the frog died. Similarly, one has to be conscious of changes in one's environment. Likewise, Singapore Red Cross has to constantly review its services, for the purpose of maximising resources and focusing on services that had a lasting impact, and with the advantage of being sustainable."

"Mr Tee is a strong supporter of engaging and empowering young people. On numerous occasions during our Council Meetings, Mr Tee stressed the importance of encouraging the youth to be more proactive in our service to the community, apart from Red Cross Youth activities. During the 2017 General Assembly, he encouraged me to speak out and present an intervention during the plenary on volunteering. I remember his confidence in my ability to deliver it. He told me it was a job done well done! That spoke volumes about him as an approachable and youth-friendly leader."

Mohammad Zaidi Ariffin,
Red Cross Youth

"Mr Tee immersed himself into the mission and objectives of the Singapore Red Cross as a humanitarian organisation, especially regionally. He also built up its programmes and activities amongst its members and the public, to raise its profile locally."

Chris Liew, SRC Council Member

BE ECO-FRIENDLY

THE RED CROSS WAY

In the lead up to World Environment Day on 5 June, we share some eco-tips you can adopt with your friends and family.



Donate preloved but gently used clothes, books, and toys for sale at our thrift shops.



Donate savings from grocery shopping to help a family through Food Aid.



Ditch the car! Cycle with us to save lives. Be a First Aider on Wheels.



Bring your own shopping bag or reuse one when you shop at our thrift shops.



RED CROSS HOUSE

15 Penang Lane,
Singapore 238486
Tel: 6664 0500
Email: enquiry@redcross.sg
redcross.sg



JOIN US

YOUTH HUMANITARIAN LEADERSHIP CAMP



This three-day, two-night camp introduces youth to the world of humanitarian action and grooms them to become humanitarian leaders of tomorrow. Incorporating simulations, role plays, activities and discussions, the camp exposes them to various social issues that will challenge youths' mental and physical norms.

For: 15 - 17 years of age

Dates: 21 to 23 June 2018
(Thursday to Saturday)

Venue: Red Cross Campsite,
62 Jalan Khairuddin,
Singapore 457524

Camp Fees: S\$75 inclusive of accommodation, meals and camp tee-shirt

Sign up at redcross.sg

SUNDAY SALES



Check out new and pre-loved clothes, accessories and homeware while doing your part for charity. Proceeds will be channelled to Singapore Red Cross' local humanitarian services.

Date: 27 May (Sunday)

Time: 10.30am to 3.30pm

Venue: Red Cross Campsite,
62 Jalan Khairuddin,
Singapore 457524

NEED HELP OR KNOW OF SOMEONE WHO DOES? GET IN TOUCH AT THE LOCATIONS BELOW OR CALL 6664 0500.

RED CROSS HOME FOR THE DISABLED

8 Lengkok Bahru, Family Link @ Lengkok Bahru, #04-01, Singapore 159052

SHOP@REDCROSS THRIFT SHOPS

Shop@Red Cross Red Cross Training Campsite - 62 Jalan Khairuddin, Singapore 457524
(Opens every Friday, 10.30am to 3.30pm)

Shop@Red Cross Red Cross House - 15 Penang Lane, Singapore 238486
(Opens every Wednesday, 11am to 4pm)

BLOOD COLLECTION CENTRES

Bloodbank@HSA - Health Sciences Authority (opposite Outram Park MRT, Exit A and F)
11 Outram Road, Singapore 169078

Bloodbank@Dhoby Ghaut - Dhoby Xchange, 11 Orchard Road,
#B1-05 to 10, Singapore 238826

Bloodbank@Woodlands - Woodlands Civic Centre, 900 South Woodlands Drive, #05-07,
Singapore 730900

Bloodbank@Westgate Tower - Westgate Tower 1 Gateway Drive, #10-01 to 05, Singapore 608531

SINGAPORE RED CROSS ACADEMY

Singapore Red Cross Academy @ Red Cross House - 15 Penang Lane, Level 3,
Singapore 238486

Singapore Red Cross Academy @ Atrium - International Involvement Hub (I2Hub)
60A Orchard Road, Level 4M Tower 1, #04-02, Singapore 238890

