

# REDCROSS

**PG 7**

**HAMPERS FOR  
VULNERABLE FAMILIES**

**PG 9**

**HOME IS WHERE  
SECURITY IS**

**PG 11**

**WALK DOWN MEMORY LANE  
WITH OUR VETERANS**

**ISSUE 03 2019**  
**A MAGAZINE BY SINGAPORE RED CROSS**



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## WHY I VOLUNTEER

Red Cross News



A fascinating look at Singapore Red Cross' history from the start of the Red Cross Movement to today.

Be moved by inspiring stories, enthralled by tales from yesteryears, and awed by a dazzling display of Red Cross stamps from around the world. Discover our humanitarian operations and participate in meaningful activities at our travelling exhibition and roadshow.

**JUNCTION**

**Raffles City**

**THE STAR VISTA**

**HEARTBEAT @ BEDOK**

1 to 6 Oct 2019

7 to 13 Oct 2019

14 to 20 Oct 2019

21 Oct to 3 Nov 2019

Visit [myredcross.sg](http://myredcross.sg) to view a digital collection of Red Cross memories.

Browse milestones and stories to discover what our veterans did during post-war Singapore. Share your Red Cross story with us!

Supported by:



Recently, we showcased our humanitarian efforts at a bicentennial celebration, 'Celebrating Our Culture of Care,' organised by the Ministry of Culture, Community and Youth (MCCY) SG Cares. Our veteran volunteers, Tang Chun Tuck and Wan Fook Kum, regaled the community with their experiences from the 1960s, recounting memories of their response to the Hotel New World collapse. The event honoured pioneers for laying the foundation of today's social service sector.

As a homegrown humanitarian organisation for 70 years, we have had the privilege of working with many giants who have shaped the Singapore Red Cross of today. Over the past months, we've invited veterans, key appointment holders and celebrity ambassadors to share their Red Cross memories. Adding colour and life to our historical milestones, these interview highlights are now hosted on our heritage microsite, [myredcross.sg](http://myredcross.sg). Take a walk down memory lane, and share your Red Cross story with us.

To commemorate our 70<sup>th</sup> Anniversary, we will bring a commemorative exhibition to four shopping malls in the month of October (details on facing page). We have worked hard to present not just the history of the Singapore Red Cross, but also the International Red Cross Movement - through inspiring real-life stories, heritage artefacts, and interesting anecdotes from yesteryears.

I am delighted to add a further dimension to this exhibition, through my personal collection of Red Cross-themed postage stamps. The Red Cross and philately can be traced back to 1889 when the first stamp honouring the Red Cross was issued by Portugal. The issuance of Red Cross stamps became more widespread during the World Wars where sales proceeds from stamps aided war victims. A number of rare stamps will be displayed - the aforementioned oldest one; the rarest one, issued in Thailand in 1920s; and the first Red Cross stamps issued during British Colonial rule in Singapore and Malaysia. I would love for you to join us at our exhibition and roadshow.

Finally, we are pleased to launch our limited-edition Singapore Red Cross 70<sup>th</sup> Anniversary timepieces. These beautiful numbered watches are a meaningful way to show your support for, or affiliation to, our homegrown humanitarian organisation, and the worldwide humanitarian movement. There are four designs, with only 70 pieces per design. Write [pd@redcross.sg](mailto:pd@redcross.sg) to reserve yours today.

Benjamin William  
Secretary General and CEO



## Contents

<b>Community Outreach</b>	4
<b>What's New</b>	5
<b>Power of You</b>	6
<b>Youth on the Move</b>	7
<b>Stories from the Heart</b>	9
• Home is where security is	
• A single mum's juggling act	
<b>Chat</b>	
• #70YearsChallenge: Then and Now	10
• Walk down memory lane with our veterans	11

### EDITORIAL COMMITTEE

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Cover and feature photos by July De Leon,  
Membership and Volunteer Development

# Community ENGAGEMENT

Photos by Robert Luk, Volunteer, July De Leon, Membership and Volunteer Development



CPR & AED awareness workshop at Red Cross House on 31 May



Veteran volunteers Wan Fook Kum and Tang Chun Tuck shared their experiences at SG Cares' bicentennial celebration, 'Celebrating Our Culture of Care' on 13 July



Bringing the elderly of Jamiyah Nursing Home to Geylang Serai on 1 June

Engaging the community on our Day Activity Centre for the Disabled on 26 May



First aid coverage at Pulau Ubin for 'West Coast on Wheels' on 16 June



'Last Mile Assistance' - accompanying a foreign worker home on 17 May



Engaging residents at an outreach at Health Carnival @ West Coast on 14 July

# WHAT'S *New*

Photos by Vivien Cai, Corporate Communications; Muhamad Haikel Bin Mohamed, Singapore Red Cross Academy



Singapore Red Cross Academy introduced Psychological First Aid at a Masterclass on "Safety in reporting from hostile environment" organised by the International Committee of the Red Cross (ICRC). Eleven media executives and journalists from five countries attended the Masterclass, which was part of the 2019 Publish Asia and Newsroom Summit Asia.

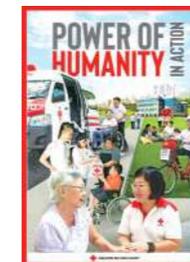


We held our 45<sup>th</sup> Annual General Meeting at Red Cross House on 24 June. SRC Chairman, Tee Tua Ba welcomed new Council Members Dr Mohammad Zaidi Bin Ariffin, Koh Yat Chung and Dr Yap Kwong Weng. He also thanked outgoing members Dr Mark Hon, Chris Liew and Dr Chan Soon Keng for their invaluable contributions to the work of the Council.



We mobilised a team of ten volunteers to Nepal in May on a medical mission to help provide basic healthcare screening in medical camps and healthcare education in schools. Over the course of two weeks, the team visited Chitwan, Dhading and Makwanpur, conducting psychosocial support games, providing health education on hand hygiene, dental hygiene, first aid burns, cuts, sprains, fire rescue, and offering medical health screenings at secondary schools.

Scan the QR code to read our 2018 Impact Report.



We signed a Memorandum of Intent with Singapore Civil Defence Force (SCDF) on 8 May 2019 to provide Civil Defence (CD) Lionheaters with opportunities to engage in humanitarian relief work. As part of the partnership, Singapore Red Cross (SRC) will arrange for overseas humanitarian rebuilding trips for the CD Lionheaters and involve SCDF in the teaching of civil defence related modules for SRC's humanitarian causes. SCDF will also facilitate the training of SRC volunteers in emergency preparedness knowledge and lifesaving skills through its Community Emergency Preparedness Programme (CEPP).

We conducted our quarterly induction programme on 21 June for 150 volunteers who were interested in joining the Disaster Surveillance Team (DST). DST volunteers will support us by monitoring disasters or extreme weather conditions and help prevent delay in deployment during disasters, promote constant and active monitoring of incidents in the global context, and secure credible information to assist staff in preparing for deployment.



**DS Vickram, Community First Aid Volunteer**

*"Volunteering opportunities such as community first aid events provide the platform to serve and connect with fellow volunteers on-the-ground. They have so much warmth, and we are all one big family! These friendships bring the Red Cross community closer - working towards a common goal with humanity at the heart."*



**Johannah Lau, Volunteer, Red Cross Young Hearts Initiative and World Blood Donor Day**

*"My urge to help people motivates me to volunteer for the World Blood Donor Day and the Red Cross Young Hearts Initiative. Often, I bump into old friends at Red Cross events and that is a great plus point for me."*

# Power OF YOU

Photos by Adrian Lim, Partnerships and Development; Billy Wong, Volunteer; Jacinth Toh, Intern



RHT Rajan Menon Foundation organised a Charity Golf tournament at Sentosa Golf Club on 27 May, with Singapore Red Cross as one of its adopted charities. The event raised S\$150,000 for SRC's local humanitarian services.



The Embassy of United Arab Emirates Singapore sponsored an iftar dinner event at Our Tampines Hub on 24 May, spreading cheer to 120 SRC ElderAid and Family LifeAid beneficiaries. The Ambassador, H.E. Dr Mohamed Omar Abdulla Balfaqqeh graced the reception.



## World Blood Donor Day

The Singapore Red Cross (SRC) and the Health Sciences Authority (HSA) honoured the achievements of 1,690 blood donors and community partners at the 16<sup>th</sup> World Blood Donor Day and Champion Blood Donor Recognition Ceremony on 29 June.

Held at Downtown East, the annual appreciation event saw Guest-of-Honour Dr Amy Khor, Senior Minister of State, Ministry of the Environment and Water Resources & Ministry of Health, presenting awards to donors who made their 51<sup>st</sup> to 200<sup>th</sup> blood donations last year. Special guest, Ms Cheng Li Hui, Member of Parliament for Tampines GRC, presented awards to donors who had made between 25 and 50 blood donations in a ceremony in the afternoon.



Scan for more



**Serene Lee**, received 15 bags of blood products during her heart transplant surgery in 2015

"While waiting for a heart transplant, I was part of a patient support group... Today, I am able to walk the wards and take care of my fellow patients. This has only been made possible with the precious gift of life that my organ and blood donors have given to me. Thanks to them, I will continue to walk the wards for as long as my heart beats."



**Suppaieh Susilla**, Gold Award Recipient, 70 blood donations

"I see accidents frequently, whenever I am on the road. The victims usually suffer massive blood loss. I donate because I can save lives and I know that one day, someone's donation will save mine as well."



**Mohd Azhad**, Champion of Champion Award, 158 blood donations

"Knowing that I am directly or indirectly helping a person in need makes me happy! As the saying goes, when helping others, expect nothing in return."



**Alfred Tan Oon Teik**, Community First Aider and Medical Chaperone

"I am passionate about helping people, and I hope to save lives. I strongly believe that it is better to give than to receive. Being blessed in life, I feel that it's my responsibility to give back to society."

# Youth ON THE MOVE

Photos by Tan Jian Jie, Volunteer



152 Links from 24 Red Cross Youth units engaged in fun and engaging activities as part of the annual Linkamania on 25 May. Themed Zootopia, this year's Linkamania imparted important values such as teamwork, resilience, care and excellence among the Links.



Youth-led initiative Project R.I.C.E+ has raised a whopping 37,185 parcels for vulnerable families and migrant-worker community, surpassing its initial target of raising 21,000 hampers. This is thanks to the proactive and strong support of Sheng Siong Supermarket, the Red Cross Youth volunteers who were deployed to the 37 outlets during the supermarket phase and the generous contributions of the donors and corporate partners.

## Did you know?

- Project R.I.C.E+ has veered from the previous year's format as beneficiaries are now empowered with the choice of a hamper that best suits their needs. Donors and shoppers, on the other hand, are also informed of beneficiaries' needs.
- The strong support from the public has been nothing short of gratifying. After witnessing a Project R.I.C.E+ promotion at a supermarket, a corporate donor called in the morning to confirm the project details, and sent a cheque for 1,500 parcels in less than three hours at Red Cross House.
- It takes one person to inspire another. Read the perspectives of the Project Director, Brendan Ong who is the younger brother of last year's Project Director.

Scan the QR code to read more.



On the first weekend of June, 64 cadets took part in a three-day, two-night Warrant Officers' Programme (WOP) at Red Cross Training Campsite. Together with fellow Non-Commissioned Officers, Chairpersons and Vice-chairpersons from various Red Cross Youth units learnt to conduct training to inspire their cadets to serve humanity and save lives.



Recently, Global Indian International School joined the Red Cross Youth family. Students aged 9-13 years old and their teachers visited the campsite to experience our RCY Safe Steps Awareness station. Senior Director of Red Cross Youth, Sahari Ani met the youth members and presented a plaque to the school.



**Nurliyana Abubakar**, Volunteer with the Bloodbank

"Through the Red Cross, I learnt that a simple bag of blood can make a big difference in people's lives. The joy I derive from helping others is what keeps me going!"

## YOU HAVE THE POWER TO TRANSFORM LIVES.

You are invited to uplift the lives of the vulnerable through a life-changing gift. The tremendous satisfaction you will gain by bringing joy and making someone's life better is beyond compare.

Make your gift online at [redcross.give.asia](http://redcross.give.asia) or fill up this form today. The sooner we hear from you, the sooner we can put your gift to work - and buy diapers for a severely disabled person, keep another child fed or schooled, and befriend an isolated elderly.



**YOUR GIFT OF**  
**\$20**  
Buys 1 week of  
diapers for a severely  
**DISABLED** beneficiary



**YOUR GIFT OF**  
**\$48**  
Supports an isolated  
**ELDERLY** with HoME+  
monitoring for  
1 month



**YOUR GIFT OF**  
**\$100**  
Sponsors 1  
educational kit for a  
**CHILD's** reading and  
tuition programme



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**\$250**  
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**4 for 1 WHOLE**  
**MONTH**

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15 Penang Lane, Red Cross House  
Singapore 238486

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Singapore only

### Yes! I want to make a life-changing gift today.

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(Please do NOT tick for one time donation)

Credit/Debit Card Bank: \_\_\_\_\_ Expiry Date: \_\_\_\_\_  
Card No. (VISA/Master Card/Diners) \_\_\_\_\_ CVV: \_\_\_\_\_

Cheque (payable to "Singapore Red Cross Society") Bank: \_\_\_\_\_ Cheque No.: \_\_\_\_\_

GIRO (please send me a GIRO form)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Donor Particulars

Full Name: (Dr/Mr/Mrs/Ms/Company) \_\_\_\_\_

NRIC No./FIN No./UEN No.: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Mobile: \_\_\_\_\_ Tel: \_\_\_\_\_

### I wish to...

- be a Member of the Singapore Red Cross (SRC) — send me the sign up form & register me for voluntary service.
- allow my personal data to be collected and used for future correspondence through voice call, SMS text and/or email by SRC for the purpose of fundraising.  
(For withdrawal of consent, access and correction of your personal data or further inquiries, please contact the Partnerships and Development department at 6664 0500 or [fundraising@redcross.sg](mailto:fundraising@redcross.sg))

# Stories FROM THE HEART

## Home is where security is

By Jacinth Toh, Intern, Corporate Communications  
Photo by Rachel Heng, Marketing

Diagnosed with Retinitis Pigmentosa when he was seven, Zamry Bin Abdul Karim suffered from partial vision.

Despite his condition, Zamry became a sports specialist and was involved in active sports. Though he lost his vision at 27, he continued cycling and rock climbing, albeit with a partner.

Unfortunately, Zamry's active life came crashing down when he was involved in an accident with a taxi in June 2017. As a result, he suffered from a broken leg, and had to undergo four operations. Zamry went through a gruelling four months' rehabilitation to learn to walk again. After his discharge from the hospital, Zamry, now aged 50, lived in a new home.

A power outage that hit several parts of Singapore served as a wakeup call for him to get an alert system for home safety, particularly as he was living alone with

impaired vision. The Singapore Red Cross (SRC) recommended that he install the Home Monitoring and Eldercare (HoME+) system.

The HoME+ is a monitoring and alert system service launched by SRC in 2017 to help seniors living on their own. HoME+ tracks movements in the house through infrared and alerts responders on duty when the system detects unusual movements.

"It makes me feel better. I know that there will always be someone looking out for me and helping me," he shared, with gladness.



## A single mum's juggling act

Story and photo by Jae-Eryana Fitri Jamaludin, Diploma in Mass Communications, Republic Polytechnic



husband was involved in drugs, while the second marriage caused a rift in her family. Neither husband gives maintenance fees to her or her children. Every month, she spends \$300 on utilities and groceries. Now she has to worry about medical bills too, leaving little to none for savings. Financial concerns are always on her mind.

The silver lining behind the cloud is her mother, who helps take care of her children, aged 13 to 24, when she goes to work.

Since being enrolled in the Singapore Red Cross FoodAid programme, Shirin receives FoodAid vouchers, which offer a welcome relief.

"I use the vouchers to buy fresh foods such as fish and red meat, as they're usually pricier," she shared.

Explaining how the vouchers have lightened her burden, she said, "Thanks to the vouchers, I have extra cash for my children's needs such as visiting the doctor."

At the break of dawn, 46-year-old Shirin bte Kamarudin prepares for her morning shift at a hospital. After work, she visits her dementia-stricken father who is hospitalised due to a fall before returning home late in the evening. At home, she tends to her four children, three of whom are still in school.

Shirin feels worn out in her role as the sole breadwinner of her family following two divorces. Both marriages did not work out as the first ex-

# #70YearsChallenge:

## THEN AND NOW



The Singapore Red Cross has come a long way. Yet, it remains steadfast to its mission of protecting human lives and dignity, relieving human suffering, and responding to emergencies. Enjoy this feature with interesting stories from our veterans as we commemorate 70 years of humanitarian action.



We can't tell the full story without you. Share your photo at [myredcross.sg](http://myredcross.sg).

## Walk down memory lane WITH OUR VETERANS

Photos by Johnny Tang, Corporate Communications



"We ran the **Red Cross Hospital Library** service across three hospitals, and I had personally guided young members at the wards to read stories, interact with patients and bring cheer. I recall the nurses would always assign me to interact with the terminally-ill children. It was really meaningful. Following the Vietnam War, many **Vietnamese refugees** were displaced to various parts of South-East Asia, including Singapore. While they were in Singapore, we organised many activities for them, bringing them to parks and places of interest."

**Tang Chun Tuck**, Honorary Officer, Red Cross Youth, from 1966 to Present



"A team of twenty Voluntary Aid Detachment (VAD) members, led by our Director, Fok Fok Choon would go to Bukit Panjang every Sunday morning to help clear drains and clean an old folks home, as part of the **Gotong-Royong** project. The project was completed in a few months. In June 1965, the VAD organised a **variety show** at the former National Theatre to raise funds for the Singapore Red Cross. Artistes included the late Wang Sa and Ye Fong. I had approached Wang Sa and was very touched that he offered to perform gratis."

**Chua Ee Kwang**, Volunteer, Voluntary Aid Detachment, from 1956 to 1976



"The **Red Cross Home for Crippled Children** was built at Nicoll Drive, along the coastline of Changi beach. In those days, we ran a school with two classes; one for upper primary students and another for lower primary. There were about 20 students from different levels in each class. There were two teachers in the school, Seah Peng Kui taught the senior class while I taught the lower primary students Malay and English. We organised an annual sports day with races on crutches, wheelchair, track and field. We also organised a concert at the Red Cross Home."

**Nelson Koh**, Teacher, Red Cross Home for Crippled Children, from 1960 to 1980s



"Back then, there were not sufficient ambulances to cope with the national demand. Singapore Red Cross was deployed for the **Night Ambulance Service** where VAD volunteers would be on standby from 7pm to 7am nightly. I drove the ambulance in aid of the following the local disasters; Bukit Ho Swee fire, Spyros explosion, and the cable car accident. I recall that following the Spyros explosion, I drove a lady who sustained severe burns and was unconscious to Alexandra Hospital. Subsequently, I went back to the scene on standby to ferry other casualties."

**Kek Siew Kok**, Volunteer, Voluntary Aid Detachment / Adult Volunteer Division, from 1953 to present



"I, with friends from the Malaysian Red Crescent, helped form the first Malay **Voluntary Aid Detachment 23**. Located at Sembawang, the majority of our members were from the nearby villages and workers from the naval base. Our members would put on the songkok instead of the beret, and the officers would wear a gold band to differentiate themselves from the rest of the detachment. We took part in first aid, foot drill and community work."

**Pungot Sulo**, Voluntary Aid Detachment / Adult Volunteer Division from 1963 to present

# Join Us

## BLUE STAR 19 CHARITY WALK

Join the 'Blue Star 19 Charity Walk' organised by a group of ex-NPCC Cadet Inspectors and old friends, to raise funds for the Red Cross Home for the Disabled.

Date: 7 September 2019 (Saturday)

Time: 7am to 12pm

Venue: Red Cross Home for the Disabled, 8 Lengkok Bahru, Singapore 159052

Register: <http://bit.ly/2019bluestar>

Information: [fundraising@redcross.sg](mailto:fundraising@redcross.sg)

## COMMEMORATIVE SEMINAR ON THE 70<sup>TH</sup> ANNIVERSARY OF THE 1949 GENEVA CONVENTIONS

A timely review of the relevance of our international rules-based system to ensure that armed conflicts are conducted in a humane manner.

Date: 25 September 2019

Time: 8.30am - 1.00pm

Venue: The POD, National Library Building

Information: [andrew@redcross.sg](mailto:andrew@redcross.sg)

## SOIREE CINEMATICS MOVIE FUNDRAISER

Now you can do your part for charity by watching a movie once a month!

Date: Angry Bird Movie 2 (September), Terminator: Dark Fate or Maleficent: Mistress of Evil (October), Frozen 2 (November), Star Wars: Episode IX (December)

Time: 2pm

Venue: WE Clementi @ 321 Clementi Ave 3, Singapore 129905

Refer to our website for more details.

## SINGAPORE RED CROSS BENEFIT GALA

Enjoy a night of fine dining and enthralling performances at the Singapore Red Cross Benefit Gala, aimed at raising funds for local humanitarian services and commemorating Singapore Red Cross' 70<sup>th</sup> anniversary this year.

Date: 19 October 2019

Time: 6.30pm

Venue: Shangri-la Hotel Singapore, Island Ballroom

Reserve a table: [pd@redcross.sg](mailto:pd@redcross.sg)

**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

## DAY ACTIVITY CENTRE FOR THE DISABLED

Blk 536 Jurong West Street 52, #01-497, Singapore 640536

## 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

## BLOOD COLLECTION CENTRES

Bloodbank@HSA - Health Sciences Authority 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

## SHOP+

15 Penang Lane, Singapore 238486

Opens every Wednesday, 11am to 4pm

62 Jalan Khairuddin, Singapore 457524

Opens every Monday, 11am to 4pm



## RED CROSS HOUSE

15 Penang Lane, Red Cross House  
Singapore 238486

Tel: 6664 0500

Email: [enquiry@redcross.sg](mailto:enquiry@redcross.sg)

Website: [redcross.sg](http://redcross.sg)

