

# redcross<sup>+</sup>

MCI (P) 018/03/2015 | ISSUE **THREE** 2015

A newsletter by the Singapore Red Cross

## Bridging our youth and pioneers



SG  
50

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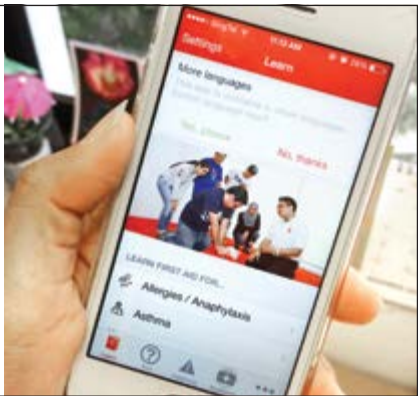
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Share your Red Cross story

Cover photo credit:  
**Daniel Siew**, Volunteer



Download the 'First Aid by Singapore Red Cross', featuring simple and easy advice on 20 everyday scenarios. The app is available on both iOS and Android platforms. Share the app with your friends and family! Together, we can help save lives!

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# Sec Gen's note

Happy National Day! As we commemorate Singapore's Golden Jubilee, we are proud to have grown with and served our nation over the past 65 years, particularly following independence 50 years ago.

In the face of a dynamic social service landscape, we must continually review our programmes and reinvent ourselves to address the changing needs of society. Singapore Red Cross (SRC) is committed to doing more and doing it better, in our service to the most vulnerable locally and abroad. Our heritage as part of the larger Red Cross family, and shared experiences over the years, stand us in good stead.

In the past few months, we have taken proactive steps to enhance community resilience through the Community-Led Action for REsilience (CLARE). Already, the programme is making an impact and we share how the collective efforts of our partners and volunteers have been translated to a positive impact in the life of our beneficiary on page 20.

Today, less than 1 in 50 residents donate blood in Singapore - that means 1.8 percent of the residential population is carrying the burden of the country's transfusion needs. The rapidly aging population, the growing health sector, and the increasingly challenging social and security environment pose an urgent challenge to increase the blood donor pool, and in particular the youth donors. We should strive to have 3 percent of the resident population, (closer to the norm in developed countries), as regularly contributing blood donors. Be inspired by our blood donors on pages 8 to 10.

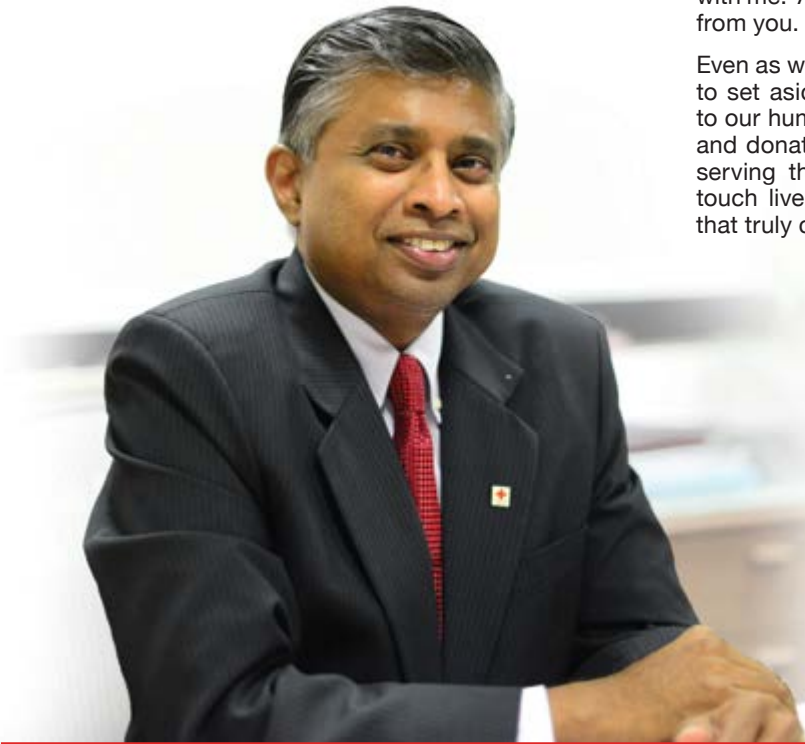
This year, our Red Cross Youth organised Project R.I.C.E+, where they collected 13,273 hampers and distributed 9,302 food hampers to 1,285 families from 27 June to 4 July. The remaining hampers will be distributed in the coming weeks. This is a meaningful extension of the iconic Project R.I.C.E, where Red Cross Youth rally the community to contribute "rice aid" to disadvantaged households. See page 14 for more.

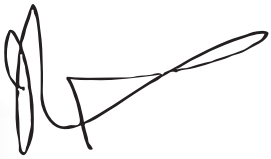
In line with our belief that one is never too young to get involved in social work, we introduced a twist to the Linkamania Camp 2015 (page 11). Our Red Cross Youth Links from primary schools bonded with our pioneers to learn from their experiences in life and in turn share their youthful enthusiasm with the seniors. I am very proud of our Red Cross Youth for reaching out to our seniors.

Over the last few months, SRC has also been called upon to respond to the Nepal Earthquake and more recently, to the floods in Myanmar (page 6). Looking ahead, SRC hopes to play a part in the recovery and rebuilding of those communities affected by these disasters. SRC is very proud of the staff and volunteers deployed on the ground for carrying out their tasks with distinction and those serving in HQ, who did so quietly, effectively and selflessly.

We look set to be meaningfully busy in the last quarter, with the upcoming Flag Day and Humanitarian Week (September), SRC Awards (October) and International Volunteer Day (December). Behind the scenes, much work will also be going on as we develop the work plan for 2016, as well as the strategic directions for the next five years, i.e. 2016-2020. If you have any thoughts, please do not hesitate to get in touch with me. As always, I look forward to meeting you and hearing from you.

Even as we juggle our busy schedules, I hope you will be able to set aside some time or resources to volunteer or donate to our humanitarian causes. I am confident that as you serve and donate, you will find tremendous satisfaction and joy in serving the disadvantaged amongst us. Together, we can touch lives, influence others and create a gracious society that truly cares.



  
**BENJAMIN WILLIAM**  
Secretary General & CEO

## HIGHLIGHTS IN THIS ISSUE

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## Annual General Meeting



Held at Red Cross House on 29 June, the Singapore Red Cross (SRC) 41<sup>st</sup> Annual General Meeting highlighted the achievements in 2014 and SRC's strategic plans for the future.

We took the opportunity to thank Mr Chris Liew and Ms Rose Tan, who have stepped down from the Council, for their contributions and to welcome Prof (Dr) V Anantharaman, Mr Tan Chong Huat and Mr John Tang Tao Sen onboard.

## Overseas Humanitarian Programme



A group of 20 students shared tips on first aid, sanitation, tooth brushing and the importance of blood donation at the Overseas Humanitarian Programme in Central Java from 6 to 16 June. Besides that, they also participated in an evacuation drill and refurbished a room in a school.

## Sunday Sales



Crowds thronged our thrift shop for good bargains at the Sunday Sales at Red Cross House on 26 July.

## Sundown with love



A big thank you to Sundown with Love Ambassadors, Genevieve Wijaya and her fiancé, Shiva Raj for running at the OSIM Sundown Marathon to fundraise for Singapore Red Cross' rebuilding efforts in Nepal.

## Trained to lead



137 cadets from 42 Red Cross Youth (Red Cross Youth) units embarked on a leadership journey as part of the Unit Leader's Programme. The programme, centred around the theme 'Journey', included a contact session on 6 June 2015 and a four-day, three-night camp from 12 to 15 June, where they were equipped with the necessary skills and knowledge vital to lead, teach, mentor cadets and assist their teachers in the running of events to achieve the unit's Excellence Unit Award.

## Leaving footprints in our community



Community-Led Action for REsilience (CLARE) volunteers joined residents, grassroot members of Tampines RC and Tampines West Polyview RC in the delivery of the National Day Parade (NDP) Fun Pack on 26 July.

Also, CLARE volunteers shared first aid tips with 60 residents at a first aid talk held at Block 164 Tampines Green Residents Committee Party on 19 July.

## 'Home by Homes'



In conjunction with SG50 and our National Day, Starhub produced a music video, 'Home by Homes' which features our residents of the Red Cross Home for the Disabled, singing alongside others to celebrate Singapore's Golden Jubilee.

The video is shared on our facebook. Please share it with your social network. Scan the QR code to watch!

## Blood drive to mark 28<sup>th</sup> SEA GAMES



This year's Youth Favourites built on the hype of the 28<sup>th</sup> SEA Games with its concept, 'Ready, Set, Donate!'. It was held at Bloodbank@Woodlands and Bloodbank@Westgate Tower on 10 August 2015.



# Myanmar floods: Singapore Red Cross launches public appeal

Singapore Red Cross (SRC) has launched a month-long appeal for funds to aid communities affected by the floods in Myanmar, following needs assessment from its advance team, which was on ground from 6 to 8 August. The Singapore Government had pledged USD100,000 to kickstart the public appeal.

During the three-day mission, SRC's advance team distributed relief items, including sandbags, rice grains, cooking oil and drinking water to affected communities in Nyuang Tone Township, Ayeryawaddy Region, as well as temporary shelters in Tike Kyi Township, Yangon Region that also held patients from an affected hospital. Additionally, the team joined the Myanmar Red Cross on boat to evacuate villagers who were still stranded. Needs assessment from the team indicate that relief items such as hygiene packs, water and food in these shelters were in short supply due to the unforeseen influx of affected villagers.

"It is difficult to ascertain the exact number of people who are affected immediately, especially when many of the affected communities are in areas made inaccessible by the floods. What we can expect from the worsening flash flood situation is that the number of people affected will increase exponentially," said Mr Benjamin William, Singapore Red Cross' Secretary General/CEO, recounting the instance of a camp visited by the SRC advance team in Tike Kyi Township, which was providing refuge for 600 villagers when it had capacity for only 200.

SRC has plans to deploy medical relief to Myanmar in anticipation of the spike in medical needs of the local community.



"With villages inundated by flood waters, we foresee the need to provide medical attention as the incidence of waterborne diseases and medical conditions such as diarrhoea and fever are expected to rise." added Mr William.

The public appeal is on the back of an initial disbursement of USD100,000 by SRC to Myanmar Red Cross on 4 August, for relief supplies such as food, medicine, blankets, clean drinking water and hygiene kits. The Myanmar Red Cross has been focusing its efforts in the regions of Sagaing, Rakhine, Chin and Magway.

### To donate

#### Walk-in cash donations

Please visit the Singapore Red Cross at Red Cross House, 15 Penang Lane, Singapore 238486, from 9am to 6pm on Mondays to Fridays.

#### Cheque

Please make your cheque payable to 'Singapore Red Cross Society'. On the back of the cheque, kindly indicate 'Myanmar Flood 2015', donor's name, contact number and address, and post it to the above address.

For enquiries, please call the Singapore Red Cross hotline at 6664 0500 from 9am to 6pm on Mondays to Fridays. You can also email us at [enquiry@redcross.sg](mailto:enquiry@redcross.sg).

Visit our website at [www.redcross.sg](http://www.redcross.sg) for more information and more donation channels.

#### Singapore Red Cross efforts to date:

- Contribution of USD100,000 worth of relief items
- Launched a public appeal for the humanitarian relief efforts in Myanmar
- Launched the Restoring Family Links (RFL) service to help Myanmar people in Singapore get back in touch with their loved ones who were affected by the disaster



# Youth attuned to humanitarian concerns

By Aparna Menon, Volunteer  
Photos by Michael Ozaki and Rhea Barrios

The youth of today have proven that they are not apathetic to global humanitarian concerns that commonly plague the adults.

This was demonstrated at the 7<sup>th</sup> Inter-School Debate on International Humanitarian Law where youth pitted their wits and minds against one another on humanitarian issues. The event was jointly organised by the Singapore Red Cross and Debate Association Singapore at TÜV SÜD PSB, on 27 July.

The Junior Division took the stage by battling over whether the House should abolish detention without trial for suspected terrorists. The proposition team from Hwa Chong Institute highlighted that the growing threats of terrorism worldwide necessitates due diligence, citing the Guantanamo Bay. The opposition team from Raffles Institution zealously questioned the practice of detaining a terrorist without trial citing the objectiveness of internal bodies such as the International Criminal Court.

The Senior Division's final debate questioned whether the House should ratify the convention on cluster munitions in Singapore. The proposition team from Raffles Institution underscored morality issues as well as regional and diplomatic relations with ASEAN and international countries. The opposition team from Victoria Junior College accentuated Singapore's need for protection as well as highlighting that cluster munition is not a violation of international law.

The youth impressed the audience with their conviction, clarity, structure and knowledge. Yet, their competence was best evaluated by the panel of judges. For the Junior Division, three key points were brought to light by the panellists.

Firstly, very different legal systems were cited, US or Singapore. While the proposition focused on issues of discrimination towards minority groups, they used thin circumstantial evidence to substantiate their point. Speakers from the opposition had fully dwelt on the harm inflicted but did not delve into whether harm was inflicted on individuals or civilians. In the end, the deciding factor was the side best able to adjudicate the quality of harm done versus quantity of harm done.

Secondly, the teams were evaluated on applicability and benefits of these systems of law to the individuals and society. The proposition argued that individuals had the right to defend themselves using the systems of criminal law. The opposition, however, felt that this should be done through the process of check and balances and that those on trial should not be referred to as criminals but as enemy combatants. Lastly, the judges questioned whether civilians will be captured and taken to trial?

For the Senior Division, the judges noted that the proposition team highlighted the concept of moral imperatives and cited the use of some strategic spaces in Singapore. For the opposition team, though its argument of self-interest and the importance of cluster munition to the Singapore Armed Forces was convincing, it did not fully engage in the technical arguments from the proposition on whether and how cluster munition was beneficial. However, the judges pointed out that debaters should also consider the wider strategic context of the Singapore government. In addition, the judges highlighted that the rationale for signing the treaty in the first place should have been a core perspective warranting attention from both sides.

Hwa Chong Institute and Raffles Institution emerged the champions in the Junior and Senior Divisions respectively.

To conclude, the finals brought about a greater appreciation and understanding of International Humanitarian Law amongst the youth. This is pertinent in today's context, where the threats of terrorism and cluster munitions loom large.







# Honouring our blood donors

Photos by Rommel Jopet Palacio, Robert Luk, Valerie Oon, Volunteers

As Singapore celebrates its Jubilee Year, Singapore Red Cross (SRC) and the Health Sciences Authority (HSA) are calling on more youth to succeed the current generation to become future life-long donors.

Graced by Minister for Health, Mr Gan Kim Yong, the 12<sup>th</sup> World Blood Donor Day held at the Singapore Discovery Centre on 6 June honoured 1,554 Champion Donors and 262 bloodmobile organisers. Mr David Ong, Member of Parliament for Jurong GRC presented awards to Silver and Bronze award recipients that afternoon.

Currently, Singapore needs 316 units of blood every day. Over 120,000 units of blood is required for the year. With an ageing population, the demand for blood will continue to rise. It is estimated that the number of blood donations have to be expanded by almost two-fold by 2030 to meet future blood demand. While the number of youth donors has grown from 16,091 on 2001 to 20,452 in 2014, more has to be done to inspire people to take the first step to donate blood.

**“Blood is a precious healthcare resource that only selfless and altruistic people can provide. We hope that our youth will be inspired by the actions of the previous and current generations and come forward to donate blood,”**

Mr Tee Tua Ba, Chairman, Singapore Red Cross

## INSPIRED TO TAKE THE FIRST STEP

Taking the first step to donate blood usually involves a certain element of courage. Yet, it will only be meaningful if it comes from the heart.

Blood donors are driven by different motivations; some were inspired by their family members who are blood donors; some made their first blood donations in the army; some donated blood because blood drives were held in school; some had family members who were blood recipients; a handful were blood recipients turned blood donors.

An inspiring story of a blood recipient turned blood donor is Mr Ang Lian Seng. He was involved in a near fatal accident in 1975 which resulted in a severely fractured hip.

**“I am alive today because I received blood at the right time. Without sufficient blood stocks in the hospital I would have met a different fate. Now that I am healthy, donating blood is my way of giving back to society.”**

Mr Ang Lian Seng, 58, who received the Medal for Life award for donating blood 206 times. Mr Ang had also encouraged his 27 and 35 year old sons to donate blood



## A CARNIVAL FOR THE FAMILY

It was the first time that the World Blood Donor Day was held at the Singapore Discovery Centre. Though it is situated at the far end of Singapore, at Upper Jurong Road specifically, thousands of blood donors thronged the event with their families. The experience was an eye-opener for many as the Singapore Discovery Centre commanded a picturesque view of the lake, exuding an air of tranquility. Along the way, interesting ‘Did You Know?’ facts about Singapore dotted the landscape.

There was a carnival which included an exhibition gallery, army museum, movie screenings, bus tours and games stalls. Fringe activities included the animal ride, bouncing castle, El Paso Train, photo taking opportunities with Blood Buddies and Star Wars. Blood donors and their families enjoyed the carnival and fringe activities.





# Why do you give **blood**?

Blood can save lives and can be replenished quickly. To me, blood is like a treasure I have that I can share with humanity.

Elma Teodoro Egoia, 44, a blood donor who donated blood five times

Our population is small. If we do not donate blood, how else can people who need blood, get it? I believe that what goes around, comes around. Who knows if you may suddenly need blood one day?

Lim Chin Han, 35, a blood donor

I was admitted into hospital for a high fever in 1983 and was in coma for 10 days. I was told I had undergone two blood transfusions. The nurse suggested that I donate blood when I get well. I first donated blood at 37 years old in May 1995. I felt very good after my first donation and decided to continue donating blood to save the lives of others, as others had saved mine.

Ms Janet Tan, 57, a blood recipient turned blood donor who received the Silver award for donating 38 times

Blood donation ensures that in times of emergencies and crises, we have a stable supply of blood to fall on to help the victims.

Poh Jee Seng, 22, a Bronze award recipient

It is a privilege to donate blood. I may be saving the life of someone out there. It has become a routine for me to donate blood.

Mr Jeswant Singh S/O JS, 52, a Ruby award recipient who donates blood four times a year

I believe that we, as the future of this nation, owe it to ourselves and each other to give back to society. A steady pool of donors will ensure that we have an adequate blood stock readily available for those who need it the most.

Mr Benjamin Ang, 21, a Bronze award recipient whose father is a champion donor and older brother is achieving a Bronze Award

Blood donation is important because there are many people who need help. I donate blood because I want to help more people

Irene Theng Oi Leng, 46, a Bronze award recipient



## Bridging our youth and pioneers

By Dhachayini Bala, Volunteer Instructor, Red Cross Youth  
Photos by Daniel Siew, Volunteer

Year after year, Red Cross Youth (RCY) has been organising Linkamania, an event to assimilate the youngest members of Red Cross into the Red Cross family. Through this annual event, RCY Links (members who are in primary school) foster new friendships and learn more about the organisation they are part of, while having fun. This year, as we celebrate SG50, Linkamania weaved historical elements of both Singapore and Singapore Red Cross into the skits and games at the two-day / one-night camp held on 30 and 31 May.

Through Linkamania, Links learnt about the humble beginnings of Singapore and the Singapore Red Cross. Everyone travelled back in time and broke the ice with old fashioned games such as pick-up sticks and five stones, reminiscent of Singapore's heritage. One of the mentors, Red Cross Youth - Chapter Member, Jihan Fahira said, "It was a truly enjoyable, eye-opening journey to learn about Singapore's history with the kids."

Performance Night depicted how Singapore has grown and prospered since the war to the modern cosmopolitan and global city it is now. Links learnt about what our pioneers experienced at the major milestones of Singapore's history; World War II, racial riots and the bombing of MacDonald House.

Early the next day, everyone gathered at Tampines to welcome 200 elderly beneficiaries. The morning was filled with exciting performances, health screenings and carnival

games all for the elderly to enjoy. The Guest-of-Honour, Mr Heng Swee Keat who is also the Minister for Education and Adviser to the Tampines GROs gave an inspiring speech on the contributions of our pioneers and how youth can learn from their values and experiences. Subsequently, the guests tested for cataract, assessed their blood pressure and risk of falls at the various booths.

After the health screening, the elderly and Links sat down to play games and chit-chat. Everyone enjoyed themselves despite the gaps in experience and age. One of our Volunteer Instructors Ng Zheng Wei said, "I'm so pleased to see the Links grow as they stepped out of their comfort zone to interact with the elderly whom they did not know beforehand."

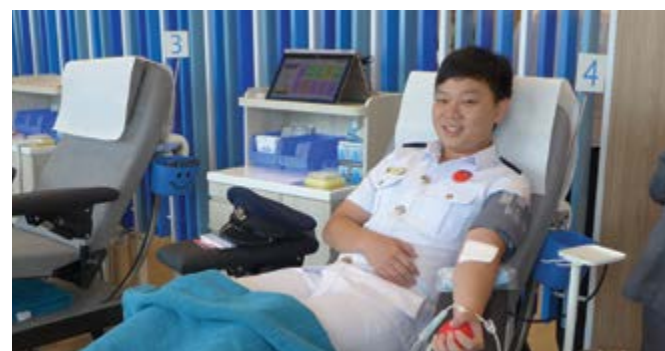
Indeed, when we inculcate values of empathy and care from a young age, it will stay with the youth as they grow. We aim to create an inclusive society; where people of all ages and different walks of life can live together in harmony. We hope that when the Links learnt about the lives of our pioneers on day one and interacted with them on day two, they gained more insights and understanding about the elderly. It was just a two-day camp, but let us hope that it is the start of a caring and compassionate movement.

**"The radiant smiles after I checked their blood pressure was something that kept me going,"**

Emvlyn Ong, Red Cross Youth







## New! Bloodbank @Westgate Tower

Blood donors staying or working in the western side of Singapore can now donate blood at a bloodbank near their homes.

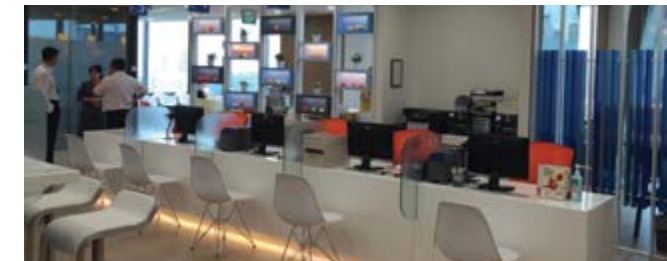
The new Bloodbank@Westgate Tower, the nation's third satellite blood collection centre, was officially opened by Deputy Prime Minister and Minister for Finance, Mr Tharman Shanmugaratnam on 23 June.

Strategically located at the intersection of two major MRT train lines and a bus interchange, Bloodbank@Westgate Tower is a convenient and accessible place for residents, workers and shoppers in Boon Lay, Choa Chu Kang, Clementi, Jurong East and Jurong West to donate blood. Currently, there are about 18,000 blood donors living in these estates. The growing working and residential populations in the western part of Singapore are encouraged to become regular blood donors.

Managed by Health Sciences Authority (HSA), in partnership with Singapore Red Cross (SRC), Bloodbank@Westgate Tower has the capacity to collect 100 units of blood daily to help meet national blood demand. Blood usage is expected to increase at a rate of between 3 percent and 5 percent annually, from the 120,000 units currently. With Singapore's ageing population and more elderly developing age-related medical conditions that can cause anaemia, more than 220,000 units of blood would be required every year by 2030.

The new bloodbank is a critical part of both HSA and the Singapore Red Cross' (SRC) proactive efforts to meet the current and future blood needs of patients in Singapore. The newly opened blood bank is also part of HSA's broader strategy of decentralisation to bring blood donation centres closer to donors and the communities. The first satellite blood bank was opened at Woodlands in 2011, followed by a second one at Dhoby Ghaut in 2012. Together, they collected about one third of the national blood supply last year.

"The new blood bank is a critical part of our proactive effort to meet the blood transfusion needs of patients in Singapore... We hope that the residents in Jurong will rally together to adopt the Bloodbank@Westgate Tower as their own," said Mr Benjamin William, Secretary General of the Singapore Red Cross.



**"By locating the third satellite blood donation site right at the heart of the Jurong Lake District, we aim to ride on the accessibility of the area and the high human traffic to engage more in the Jurong community to donate,"**

Mr Tharman Shanmugaratnam, Deputy Prime Minister and Minister for Finance

**"The new centre is more convenient as it is just four MRT stops away from my home at Yew Tee,"**

Mr Aldwin Teo, 46, who had been donating blood close to 50 times since his National Service days

**"The new bloodbank will enable me to donate more since my company has two offices - on Jurong Island and in Pioneer. It's nearer and more convenient,"**

Mr Chow Yong Foo, 32, a four-time blood donor who is a first-line supervisor with ExxonMobil Singapore

**BLOODBANK@HSA**  
(Opposite Outram Park MRT Station)  
Health Sciences Authority  
11 Outram Road  
Singapore 169078

**BLOODBANK@DHOBY GHAUT**  
(Near Exit B)  
Dhoby Xchange  
11 Orchard Road  
#B1-05 to 09  
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(Opposite Causeway Point)  
Woodlands Civic Centre  
900 South Woodlands Drive  
#05-07  
Singapore 730900

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**WE ARE HERE**  
Level 10

**3 to 5 minute walk**

Call **6220 0183** to make an appointment now! Visit **www.redcross.sg** for more information.





# Project R.I.C.E+

By **Chloe Tan**, Corporate Communications and Marketing  
Photo by **Lim Wei Jie**

Since its debut in 2008, Project R.I.C.E. has earned its reputation as the annual nation-wide rice collection initiative that touches the lives of thousands of beneficiaries. In the last two years alone, this youth-led initiative has collected more than 200,000kg of rice and benefited about 50,000 beneficiaries, thanks to the tireless contributions of the project teams and strong support from sponsors, partners and donors.

To gear up a notch for Singapore's Golden Jubilee, the Project R.I.C.E+ 2015 team conceived Project R.I.C.E+ to augment the outreach and impact of the initiative. This year's project aims to reach out to beneficiaries with more than just rice. The range of food and commodities was expanded to better cater to the specific needs of the beneficiaries. Beneficiaries were given the choice to pick from a combination of items ranging from food, beverage to household items that is most suited to their needs.

Volunteers from Project R.I.C.E+ 2015 team comprising Red Cross Youth (RCY) - Chapter members from the Singapore Management University (SMU), National University of Singapore (NUS) and Nanyang Technological University (NTU) and RCY Volunteer Instructors, were involved in the conception, implementation, publicity and distribution of the hampers to the beneficiaries.

Publicity drives were held at Sheng Siong supermarkets on 23 & 24 May and 30 & 31 May. Singapore Red Cross celebrity Ambassador, Mr Edmund Chen was at the Sheng Siong outlet at Bedok on 24 May to lend his support for the initiative.

13,273 hampers were obtained from the sales. A total of 9,302 hampers were distributed to 1,285 families from 27 June to 4 July.

**"We do not have children. My husband is suffering from a stroke. As I am looking after him, I am not able to go to work. As both of us are not working, we can only rely on the compassion and assistance of others. The hampers really help. I am very happy to receive this hamper. Thank you, volunteers,"**

Mdm Chan Siew Yoon, a beneficiary of Project R.I.C.E+

To donate or to support such projects, please contact [fundraising@redcross.sg](mailto:fundraising@redcross.sg).

## THE BEGINNINGS

Project R.I.C.E. first began on a smaller scale in 2008. At that time, student volunteers from Children At-Risk Empowerment (CARE) organisation and Singapore Management University (SMU) helped. See Hoy Chan (1988) Pte Ltd then matched the rice collection. A total of 1,460 kg of rice was collected in 2008, more than double the 600kg target. Following the overwhelming response from the public and media publicity in Channel 8 news and Lianhe Wanbao, Project R.I.C.E. developed into larger scale project in 2009. In 2009, 40,715 kg of rice was collected, far exceeding the targeted amount of 30,000kg.

Subsequently, Project R.I.C.E. has been organised by Red Cross Youth - Chapters in partnership with Sheng Siong Supermarket Pte Ltd for many years. In 2014, Project R.I.C.E. collected 97,155 kg of rice for 25,900 beneficiaries during the Lunar New Year period, surpassing its original target of 30,000kg of rice.



**Cherrie Chong** (Far Right) - Staff

It's definitely a new experience for me. Learning first aid in class and practising first aid on human beings is different from what I have imagined.

Despite the hot weather, I enjoy the parade, the company, more importantly the experience of a first aider



**Claire Karamkar** - RCY Cadet

I feel that it was a very good experience that gave me a better idea of doing first aid duty at a national level. It also enabled me to appreciate volunteers at events more as I realised that as a volunteer, you have to put in a lot of hard work and effort.



**Ong Nan Hwa** - Volunteer

It is time that Singaporeans can come together for such a wonderful jubilant celebration. At the Padang, I enjoyed the celebration while on duty as a first aider. At the sametime, my thoughts were with the Pioneers.

Forward lah Singapore.



**Syaina** (Left) - RCY VI

It was a memorable and unforgettable experience in NDP 2015. The gratitude that the public has thank us for our hard work, spending our Saturdays for duty, is an indeed a heartwarming appreciation!



**Johannes Liew** (Right) - RCY - NUS Chapter member

I felt honored to be part of the nation's 50<sup>th</sup> birthday celebration. I feel it was time well spent, especially with the audience thanking us as they were leaving the event.



**Debbie Chng** - Volunteer

It is a great privilege for me to participate in the celebration of SG50 Golden Jubilee in the capacity as a Red Cross first aider. This is truly a memorable lifetime experience for me and I salute our late founding father Mr Lee Kuan Yew for molding and leading and transforming Singapore into a cosmopolitan city despite being only a little Red Dot on the world map. Hopefully, the next generation will also do Singapore proud in our next SG100 celebration.

# Volunteering at our nation's celebrations

By **Celesta Chee**, Community Services

As the nation celebrated its golden jubilee, the volunteers and staff of the Singapore Red Cross were there at the Padang to provide disaster management and first aid coverage to the spectators. Our Red Cross Youth was part of the marching contingent. A big thank you to all volunteers and colleagues on duty for protecting our community! We find out how our first aiders felt volunteering at the SG50 celebrations!



**Laura Goh** - RCY Cadet

I had truly enjoyed the NDP first aid and managed to meet new people. Although it ended very late, but I still looked forward to attending every parade.



**Warren Lau** - Volunteer

I felt nostalgia and pride, coupled by a tinge of loss. I can sense of our togetherness as a Nation. It renewed my Singaporean-ness.



**Peter Tung** - Staff

It's an honor to be invited to participate in this year's NDP. Despite donning different uniforms, we work side by side with great cohesiveness.

It is heart warming to see a "sea of red" as we celebrate this golden jubilee together, especially when we paid tribute to Mr Lee. Many of us teared.



# To Nepal, with love

By **Stephanie Gascon**, Volunteer  
Photo by **Ashley Tan**, Volunteer & **Suzie Sarkis**, Australian Red Cross

Red Cross News caught up with Mr Carlo Heathcote and Dr Tan Chi Chiu on their personal experiences in Nepal, where they were deployed to, following the Nepal earthquake that struck on 25 April.



**Mr Carlo Heathcote**

**Designation:** Programme Executive, International Services of the Singapore Red Cross.

**Role:** He returned from a Regional Disaster Response Team (RDRT) month-long secondment to the International Federation of Red Cross and Red Crescent Societies (IFRC) in Nepal as a delegate specialising in Water, Sanitation and Hygiene (WASH).

**What were your responsibilities in Nepal?**

In Nepal, my colleagues and I were responsible for the provision of clean water for over 18,000 people. After locating springs and streams, we transported the water in 5,000-litre tanks by truck, then treated it with chlorine. Our first response usually relies on the use of simple technology to deliver water on a large-scale. I was also a specialist logistician for the IFRC headquarters in Kathmandu, where I managed to procure ‘WASH items’ such as water pump components.

WASH items can get neglected because you need specialists. I would help source the items locally when possible, and internationally if not.

**How did you feel about the RDRT mission?**

I am more than satisfied by my experience professionally as it was my first time officially putting my water, sanitation, and hygiene promotion, training into practice. Personally, I was running high on adrenalin. The beneficiaries were often extremely gracious, respectful, and demonstrated genuine appreciation. It is a privilege to be a conduit for humanitarian aid. It is humbling, yet empowering.

I feel like I’m making a difference, and making a difference feels good. It gives me clarity of who I am as a person, and my place in society. I couldn’t do it every day if I didn’t enjoy it most of the time.



**What was most unforgettable?**

The second earthquake struck on 12 May during lunchtime. We were only three metres from the door out to the carpark. We thought when we got outside the building, it would be relatively safe.

But when we ran out, everyone else was also running out of the hotels and businesses. Many Nepalese, who had obviously survived the earthquake 20 days earlier, were jumping onto motorbikes and into cars, not to get away, but to get home to their friends and families. You might get hit, it was more dangerous than just the earthquake. There was a five-storey building swaying. If it fell, the glass would have rained on all of us. Bricks bounced on the floor. The carpark was still in the danger zone, we just felt safe because we were naïve.



**Dr Tan Chi Chiu**

**Designation:** Consultant Gastroenterologist & Physician, Gleneagles Medical Centre

**Role:** He was deployed to Nepal on a medical relief mission from 1 to 8 May, just six months after the birth of his younger daughter. This would not have been possible without the strong support of his wife, Dr Wee Li Ann, a general practitioner.

**What was your wife’s reaction when you told her you would like to participate on the medical relief mission to Nepal?**

My wife was supportive. Before we got married, my wife was deployed in a medical relief mission that I led to Sri Lanka, in 2005. This was organised by the Parkway Group Healthcare. From her own experience in Sri Lanka, she knew what we would do on the ground, but of course she was still concerned. When our younger daughter was six-month old, we had the same discussions. Again, she said, ‘Go, this is what you do.’ She knows that this was the way I contributed to the world. She understood that I could take care of myself.

My wife’s support sets an example to our children that life is not to be lived cosseted. If one has the capabilities to serve humanity, one should do so even at the cost of personal comfort and some risk.

If she had stopped me, my six-year old elder daughter would feel that her father did not want to help in a disaster area because of the lack of security at home.

**What in your opinion, makes good disaster relief programmes?**

My clear conviction is that good disaster relief programmes are done in collaboration with local organisations. The Red Cross Movement has a marvelous advantage because the Singapore Red Cross (SRC) collaborates with the International Federation of Red Cross and Red Crescent Societies (IFRC) and a local National Society to carry out the relief efforts.

Nepal was an example of how this can go well. My team was not very well equipped logistically. On the other hand, the Qatari Red Crescent came with field hospital tents and enough supplies to last for three months. However, they had only 12 people with them. It was fortuitous that through good communications and coordination with the IFRC and Nepal Red Cross, our teams collaborated successfully.

Not only were there very good people in the management team, but also on the board. They all have their hearts at the right places. The Red Cross has acquired a lot of experience in both disaster and non-disaster situations over many decades. I’m encouraged by that potential and would love to continue working with SRC to do even better.

**What are your aspirations for your daughters?**

I want my daughters to do humanitarian work when they grow up because it will develop them in life, in terms of character and leadership skills.









# Finding strength & friendship in adversity

By Echo Xu, Corporate Communications and Marketing  
Photo by Fara Roslan, Community Services



Mr Muhammad Noor was born a healthy baby boy 69 years ago, with robust limbs and a pure smile. His family felt so blessed to have a most perfect baby. Six months later, a high fever changed everything.

The sequel of high fever affected Mr Muhammad Noor's nervous system. His legs were no longer functional and both his hands were also affected.

As he grew up day by day, Mr Muhammad Noor found out that more diseases struck him without mercy, making him and his family fragile. He now suffers from diabetes, liver dysfunction, and has kidney stones and gall stones.

Yet, when we met him for the first time, we saw a smiling man. In spite of his illnesses, Mr Muhammad Noor maintains a positive attitude. "Do not let emotions control you. Be strong willed. Have faith," he said that after sharing with us his medical conditions.

He truly appreciates the volunteers who visit him as part of the Singapore Red Cross' (SRC) Community Led Action for REsilience (CLARE) programme. He said, "I am very happy and grateful that someone is thinking of me and doing something to help."

SRC launched the CLARE programme in January 2015 to equip volunteers with knowledge and technical skills, to provide first aid, elder care, befriending, and community service to the vulnerable. The CLARE programme is aimed at enhancing community resilience; to harness available resources to respond to, withstand and recover from adversity. It also opens the door for the less privileged to access signature Red Cross services such as Community FirstAid, TransportAid and FoodAid, thereby providing neighbourhoods with a 'one-stop' support framework.

For Mr Muhammad Noor, SRC's CLARE programme opens the gateway for him to access the TransportAid service.

"It is difficult for me to go out for my medical appointments. The London Cab is extremely expensive. I often have to depend on my friends and my brother-in-law to bring me around," he said. While talking about this, Mr Muhammad Noor said, "I do not want to leech on others, they have their own life to lead."

"The volunteers are really helpful. I enjoy interacting and chatting with them as they bring the gift of friendship and joy into my life," said Mr Muhammad Noor.

Now, he hopes that one day, he can take some freelance jobs at home to contribute back to the society.

# What's in your shopping bag?

By Joyce Tan, Corporate Communications and Marketing



Shopping can be a joy, especially when you unravel things that you or your family members may like. We asked some shoppers what they bought from our Shop@RedCross.

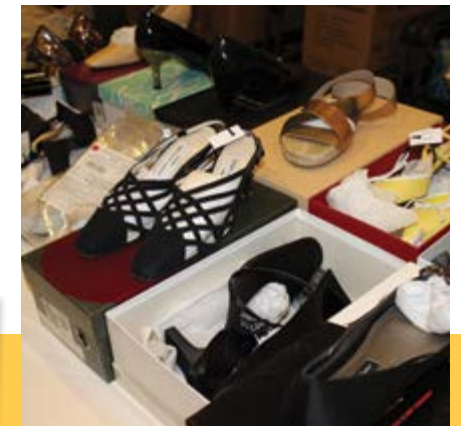


▲ I'm a regular shopper at the Red Cross Shop. I make the trip to Red Cross House once every 2 weeks on average. Today, I managed to find two good buys at a steal: a vase at \$8 and a belt at \$1! I usually enjoy hunting for hidden treasures such as vintage clothes and bags.

Linda Shoon, 57,  
a retiree

◀ It's actually my first time here today. I bought mostly things for children: puzzle blocks, educational toys, clothes and shoes. I also found great shirts and bermudas for myself.

John Bucayu, 40,  
a Sales Executive



▲ I try to visit the Shop every week when I'm in town. I don't buy the items for myself, but for others who don't earn a very high wage and are more in need of them, such as nurses and foreign workers from Myanmar, the Philippines and Indonesia. I buy clothes and shoes in bulk for them to choose what they want. Shopping here is a good deal, because for \$100 I can get things for 50 people, whereas in a shopping mall, the same amount would only be enough for 1 person.

Lim Sam, 70,  
an investor



# When a **child** chokes...

Singapore Red Cross Academy's Training Instructor, Ms Julie Bte Kabir demonstrates how caregivers can tend to choking infants.



## ◀ STEP 1

### ASSESSMENT

- Infant is conscious and coughing
- If the choking worsens, immediately remove the airway obstruction. You will notice at least one of the following:
  - Loss of voice.
  - Increased breathing.
  - The infant's face may turn blue.



## STEP 2 ▶

### BACK BLOWS AND CHEST TRUSTS TECHNIQUE

- Carry and position the infant with head on your palm and the body on your forearm
- "Sandwich" the infant with your other hand by: Supporting the infant's jaw with your thumb on one side and the rest of your fingers on the other side. Place your forearm on the infant's chest



## STEP 3 ▶

### BACK BLOWS AND CHEST TRUSTS TECHNIQUE

- Supporting the infant's head and body as a unit.
- Straddle the infant's face down with the head lower than the body.
- Place the infant's head downwards with the forearm, with is supporting the infant's chest onto your thigh to support the infant.

## STEP 4 ▶

### BACK BLOWS AND CHEST TRUSTS TECHNIQUE

- Deliver 5 back blows forcefully between the shoulder blades with the heel of your other hand.



## STEP 5 ▲

### BACK BLOWS AND CHEST TRUSTS TECHNIQUE

- Place your free hand on the infant's back and head to resume the "sandwich" position.
- Turn the infant over with head lower than the body.
- Rest your forearm supporting the infant's back onto your thigh (on the same side) to support the infant.
- Draw an imaginary line between the nipples with the ring (fourth) finger.
- At the breastbone (sternum), place your middle and index fingers (third and second) next to your ring (fourth) finger



## STEP 6 ▲

### BACK BLOWS AND CHEST TRUSTS TECHNIQUE

- Lift up your ring finger and deliver 5 chest thrusts over the lower half of the sternum (breastbone) using the same location and technique as chest compressions in CPR
- Check the infant's mouth, remove any visible foreign body.
- Repeat Steps 2 - 6 until foreign body is expelled or infant becomes unconscious.



