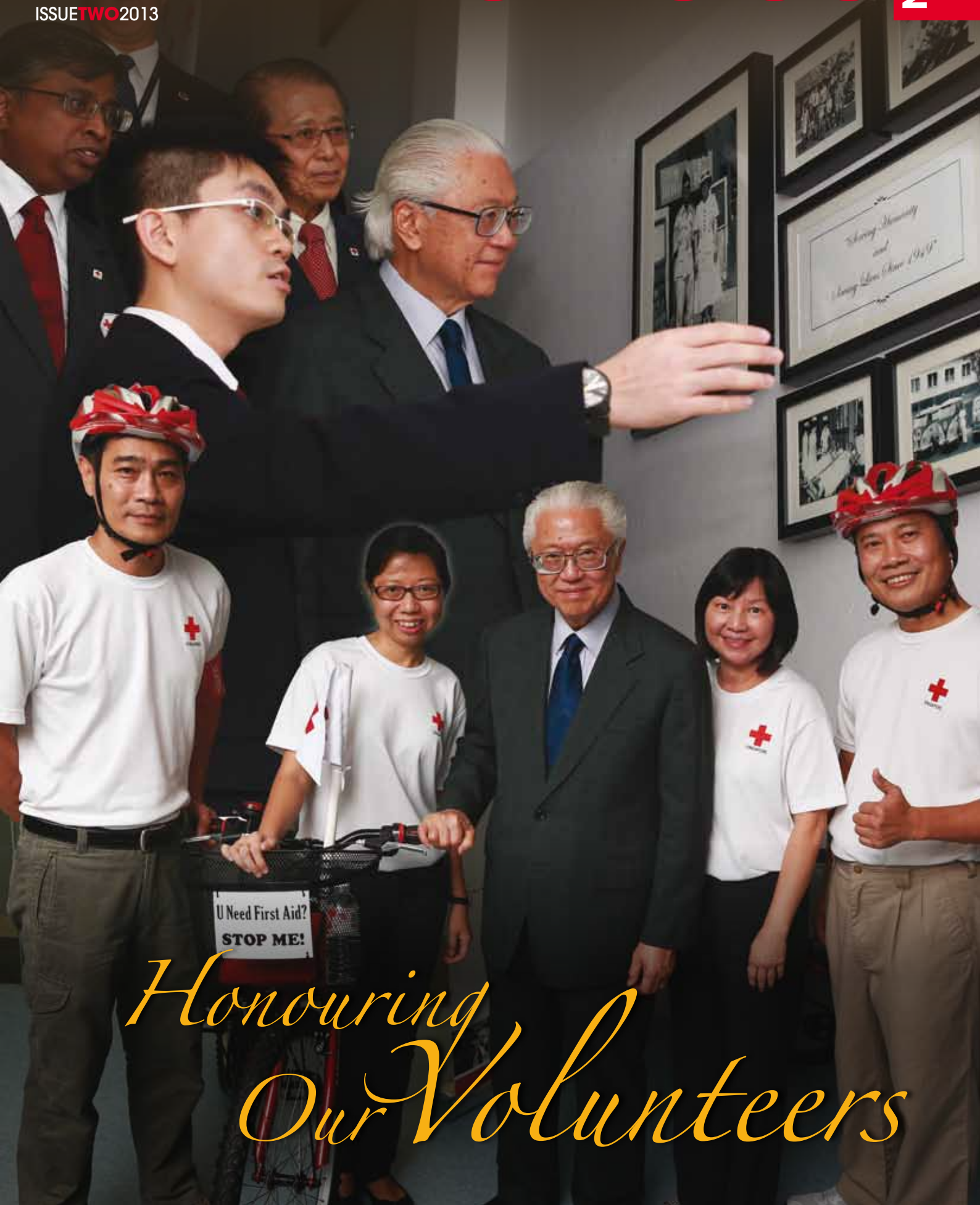




# RED CROSS

NEWS



*Honouring  
Our Volunteers*

# EDITORIAL

The highlight of the past quarter would definitely be the visit by President Tony Tan Keng Yam, our Patron, to the Singapore Red Cross on 22 May. He toured an experiential exhibition showcasing our services and also presented some of the inaugural Singapore Red Cross (SRC) Awards (Page 4 & 5), including the SRC President's Youth Award named in his honour (Page 6 & 7) to our outstanding volunteers. We held the SRC Awards Ceremony in commemoration of World Red Cross Day (Page 3).

We then celebrated World Blood Donor Day (Page 8 & 9) by recognising Champion blood

donors for their milestone blood donations and organisers of bloodmobiles for their contributions to the National Blood Programme. A record 15 people were awarded the Medal for Life for achieving 200 donations, showing that more people are giving the gift of life.

Beyond our shores, SRC also made a positive difference to lives in Japan (Opening the Shichigahama Toyama Nursery School on Page 15), Myanmar (Water for Life project on Page 16) and Sichuan, China (Page 17).

Other highlights include actress and Nominated Member of Parliament Ms Janice Koh dropping by Red Cross House in April to shop for a good cause

at our Weekend Sales, and the first-ever combined Red Cross Youth Enrolment Ceremony and Recognition Day. Find out what Ms Koh bought on Page 10, and see what the Youths were up to on Page 12!

As you can see, it has been a busy three months since we last said hello, which explains this bumper issue. We hope you'll enjoy this as much as we have putting it together. Do pass it along so more would be inspired to serve humanity and save lives!

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a **SNAP!** creative

MICA (P) 136/03/2013



## SRC & the Movement

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# Celebrating 150 years of humanitarian action



Upon his return to Geneva, Mr Dunant wrote a book, 'A Memory of Solferino', where he espoused the idea that a neutral organisation should exist to provide care to wounded soldiers regardless of their side of the conflict. The book, distributed to many leading political and military figures in Europe, led to the creation of the ICRC and the establishment of the 1864 Geneva Convention.

through programmes that Red Cross and Red Crescent Societies provide.

As we look to the future, there is a need to continually reinvent ourselves to stay relevant in a changing landscape. There are challenges; more natural disasters, health emergencies and difficulty in reaching out to people in need. To effectively deal with these challenges, Red Cross and Red Crescent volunteers and professionals work on the ground to understand the needs of the locals.

Half of the 13 million Red Cross Red Crescent volunteers worldwide are youths. As agents of positive change, youths promote a culture of non-violence and peace while leading meaningful lives. Many Red Cross and Red Crescent National Societies leverage impactful and innovative technologies to engage youths on matters related to disaster preparedness, first aid and emergency response.

Over the past 150 years, the Red Cross and Red Crescent Movement has made countless contributions to humanity. These contributions are made possible because of the staff, volunteers, partners, donors and supporters who have joined us in our efforts to serve humanity and save lives.

**T**his is a significant year for the Red Cross and Red Crescent Movement as it marks the 150th anniversary of the International Committee of the Red Cross (ICRC) and the 150th anniversary of the Red Cross and Red Crescent Movement which held its first meeting on 17 February 1863 and international conference on 29 October 1863. It was there that the emblem and the concept of National Societies was formalised. Later, National Societies around the world sprouted.

As we celebrate World Red Cross Day on 8 May, we remember our Founder, Mr Jean Henri Dunant. He rallied the civilian population to provide assistance to wounded soldiers without discrimination as to their warring factions in the aftermath of the Battle of Solferino, back in 1859.

Mr Dunant's beliefs and ideas are encapsulated in the Seven Fundamental Principles of the Red Cross and Red Crescent Movement - humanity, impartiality, neutrality, independence, voluntary service, unity and universality. Embraced by all volunteers and staff of the Red Cross and Red Crescent Movement, these Fundamental Principles guide us in our service to the vulnerable and in providing aid regardless of race, nationality, gender, religious beliefs, class or political opinions.

To date, the Red Cross and Red Crescent Movement remains the world's largest humanitarian network with 187 Red Cross and Red Crescent National Societies worldwide. Over the past decade, Red Cross Red Crescent volunteers and staff have supported more than 160 million people in emergency response and more than 150 million people benefit annually

Check out the photos, audio clips and videos excerpts covering the history of the International Committee of the Red Cross by scanning the following QR Codes:



PHOTOS



AUDIO CLIPS



VIDEO EXCERPTS



# Singapore Red Cross

## Humanitarian veterans and youth amongst winners at inaugural Singapore Red Cross Awards 2013

**S**ingapore Red Cross (SRC) Patron, President Tony Tan Keng Yam graced the inaugural SRC Awards Ceremony on 22 May held at the Red Cross House to recognise outstanding volunteers and partners of the SRC. Held as part of World Red Cross Day, a total of 29 awards – 24 awards to individuals and five awards to organisations – were presented this year.

Of particular significance in the awards line-up this year is the SRC President's Youth Award, which is an inaugural award and is named in the President's honour. This award is given to the most outstanding cadets in recognition of their exemplary contributions and achievements in their service with the Red Cross Movement. They are carefully chosen from a hundred nominees based on wide-ranging criteria that included leadership qualities, global perspectives, excellence in academics and service to Red Cross Youth.

At the SRC Awards ceremony, Tan Peng Sheng, 16, was the youngest award winner while the oldest was Mr Kek Siew Kok, 76, who is also SRC's oldest volunteer. Mr Kek was involved in several high-profile disaster relief operations such as the Hotel New World collapse. Organisations such as the Lee Foundation and Barclays were also recognised for their significant support for the work of the SRC.

In his speech, Mr Tee Tua Ba, SRC Chairman, highlighted the significant role the SRC has played in Singapore over the decades, including in major disasters, such as the Bukit Ho Swee fire, Potong Pasir floods, Spyros Tanker explosion, cable car accident and the Hotel New World collapse. At the same time, he highlighted key priorities for the SRC going forward – which include building volunteer and management capacities, as well as adapting its services to meet the changing needs of society.

He also highlighted ongoing efforts such as educating a younger generation of Singaporeans on the importance of blood donation, and championing the drive to have "a first aider in every home" in Singapore. The Singapore Red Cross Academy is also repositioning itself to conduct training to equip volunteers with relevant skills – water and sanitation, emergency medical response and psychosocial support – to play a useful part in any emergency or disaster management situation, whether at home or overseas.

## Award Recipients

### **SINGAPORE RED CROSS HUMANITARIAN AWARD**

Lt Gen (Retd) Winston Choo  
Lee Foundation

### **SINGAPORE RED CROSS DISTINGUISHED SERVICE AWARD**

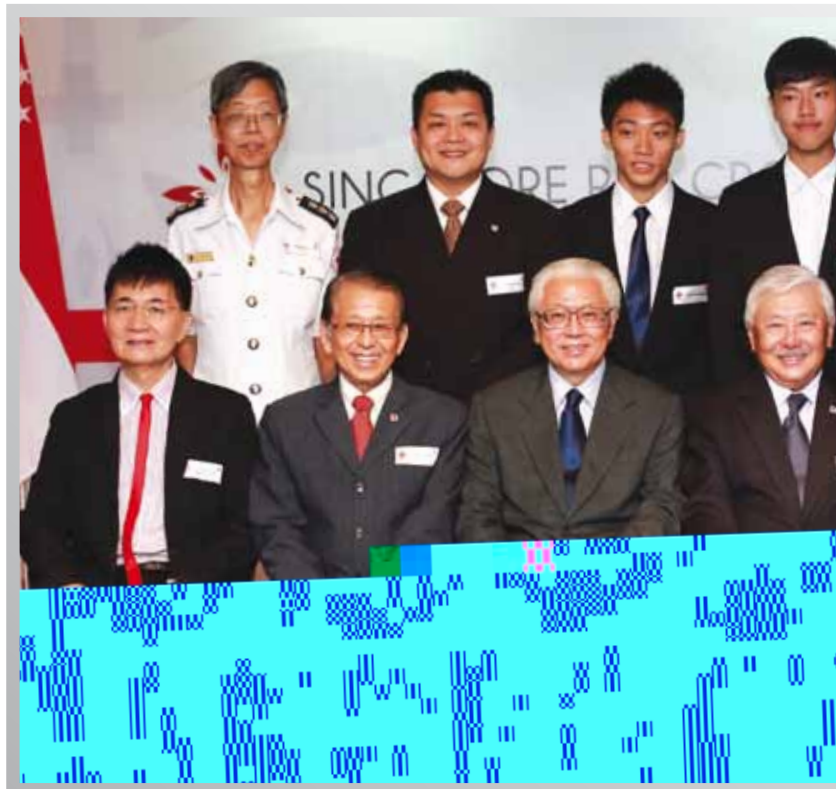
Mr Jeffrey Chan  
MG (Retd) Lim Neo Chian

### **SINGAPORE RED CROSS PRESIDENT'S YOUTH AWARD**

Mr Jo Jun Yeup  
Ms Ezra Cheyne Sereneo  
Mr Tan Peng Sheng

### **SINGAPORE RED CROSS OUTSTANDING SERVICE AWARD**

Mr Lau Hock Soon  
Mr Walter Lee  
Mr Tang Chun Tuck



# Cross Awards 2013

By TIMOTHY LIN, *Volunteer, Singapore Red Cross*  
 Photos by STANLEY OH YAM SHUN and NUR NAZURAH JAMADI, *Volunteers, Singapore Red Cross*

## President Tony Tan lauds Singapore Red Cross' mission, urges all in Singapore to volunteer and donate

President Tony Tan toured an experiential exhibition which showcased the various community services the Singapore Red Cross (SRC) offers. During his maiden visit, President Tan spoke with volunteers and beneficiaries of SRC's local services, such as the Red Cross Home for the Disabled, Singapore's only residential home for the severely disabled and 'Meals with Love', a newly-launched FoodAid programme that provides food rations to disadvantaged

families to help them meet their nutritional needs.

Other services showcased were the Blood Donor Recruitment Programme, which reflects SRC's role as the national blood donor recruiter; First Aider on Wheels, the unique SRC programme where volunteers patrol a stretch of East Coast Park to provide first aid to park visitors who have hurt themselves; and TransportAid, a service that brings the elderly and underprivileged to their life-sustaining medical appointments.

*"I am happy to see that SRC has redefined its humanitarian services to provide a greater focus on serving the needs of our local community. This allows SRC to stay relevant to the evolving needs in Singapore, and provides more avenues for Singaporeans to participate in its mission and make an impact on our community through volunteering, donations and partnerships."*

President Tony Tan



President Tony Tan interacts with the residents of the Red Cross Home for the Disabled

### SINGAPORE RED CROSS COMMENDATION AWARD

Dr Chan Soon Keng  
 Mr Chew Lip Heng  
 Mr Vinay Ashok Desai  
 Mrs Genevieve Peggy Jeffs  
 Mr Kek Siew Kok  
 Mr Kwan Kwok Wah  
 Ms Pat Jeanisa Ng  
 Mr Andrew Ong  
 Dr S.P.T Krishnan  
 Dr Patrick Tan  
 Mrs Tan Sin Yen  
 Ms Esther Tay  
 Mr Elisha Teo  
 Mr Wan Fook Kum  
 Mr Wong Leong Jeam

### FRIEND OF SINGAPORE RED CROSS AWARD

Barclays  
 Kwan Im Thong Hood Cho Temple  
 San Wang Wu Ti Religious Society  
 Singapore Totalisator Board







# Singapore Red Cross

## People who made a Difference

By JACQUELYN WOO & TIMOTHY LIN, *Volunteers, Singapore Red Cross*  
Photos by STANLEY OH YAM SHUN

In this article, we profile the contributions of some of the SRC Award winners.

### LT GENERAL (RETD) WINSTON CHOO

"My role is to make it happen," said Lt General (Retd) Winston Choo, former Chairman of the Singapore Red Cross (SRC) from 1997 to 2008. The present Ambassador (Non-Resident) to Israel was conferred the Singapore Red Cross Humanitarian Award at the inaugural SRC Awards Ceremony in honour of his 12 years of service. The pinnacle award is conferred to an individual, group or organisation that has consistently demonstrated exceptional leadership or service in furthering the cause of the SRC, over a span of eight years or more.

When he first took over the helm, he found that Singaporeans knew little about SRC. "The general perception of SRC was of young school boys and girls in white standing around and waiting for people to faint at the school sports events," he quipped.

Under his leadership, he raised the profile and awareness of SRC, both locally and internationally. The first disaster he encountered at SRC was the 'triple whammy' of the Asian Financial Crisis droughts and floods in Central Java, Indonesia in 1997. He spearheaded the large-scale humanitarian relief operations to send more than S\$5 million worth of food to aid the survivors. "At that time, Singaporeans were involved in it. School children and various organisations helped to pack family boxes that consisted of rice, cooking oil and milk powder," he recollected.

He also ensured that there was financial accountability, in that the donations contributed by the government and people of Singapore were properly spent and accounted for in meaningful and tangible ways. One example was the 1999 Izmit earthquake in Turkey, where SRC funded the construction for a new wing of a hospital.

Notable milestones under his belt included strengthening collaborations with the then Blood Transfusion Services under the Ministry of Health, which resulted in SRC's appointment as the National Blood Donor Recruiter in 2001. He also successfully organised the 7th Asia-Pacific Regional Conference of the Red Cross and Red Crescent Movement in 2006 where delegates from North Korea and South Korea sang in chorus on stage for the first time. He also engaged Magan David Adom (Israel) and the Red Crescent Societies from the Middle East in a dialogue for the common good of humanity.

A Lieutenant General with 34 years of military service prior to becoming the chairman,

he does not expect formal recognition for his contributions but gains fulfillment from helping the disadvantaged.

### MR TANG CHUN TUCK

A rare breed of those who grew up with the Singapore Red Cross (SRC), Mr Tang Chun Tuck progressed through the ranks from being a former Red Cross Youth (RCY) cadet, to the Head of the Open Unit, RCY for eight to nine years. He then became RCY's Honorary Secretary and he is now its Senior Advisor. He was conferred the Singapore Red Cross Outstanding Service Award which may be awarded to an individual who has demonstrated exemplary service to the Singapore Red Cross, over a period of four years or more at the inaugural Singapore Red Cross Awards Ceremony.

Initially, it was the Red Cross uniform which attracted him. Inspired by some Red Cross Youth (formerly known as Junior Red Cross) cadets who did a first aid demonstration, he joined the Red Cross as a cadet in Gan Eng Seng School back in 1966 primarily to learn first aid.

While still in his school, he rose to become its only Cadet Officer. As the rank had to be endorsed by the headquarters then, it was an important source of motivation to him and his peers. "The outstanding cadets of today don uniform with prestigious lanyards, incentive badges and ranks, the cadets of those days wore ranks only," he recalls.

One of Mr Tang's fondest memories was initially being disappointed about not being



# ross Awards 2013

## ce



selected as part of the marching contingent in both the Youth Festival and National Day Parade. However, he proved himself and eventually marched on the National Day Parade in 1968.

Some of Mr Tang's notable contributions included organising programmes from 1976 to 1979 to befriend Vietnamese refugees who were in transit in Singapore after the fall of Vietnam in 1975. He was also a volunteer who provided psychosocial support to the survivors of the Hotel New World collapse in 1986. In addition, the proper historical records of the Red Cross Youth could be attributed to Mr Tang who decided that there was a need to put them in place in the 1990s.

A man who would prefer to shy away from the limelight, he opts to focus on tasks on hand and credits success to those whom he feels has made a bigger difference.

### EZRA CHEYNE SERENEO

A young and compassionate youth, Ezra Cheyne Sereneo, 17, was amongst the first recipients of the SRC President's Youth Award at the Inaugural Singapore Red Cross Awards Ceremony on 22 May 2013. This award, named after SRC Patron President Tony Tan Keng Yam, is given to the most outstanding cadets in recognition of their



exemplary contributions and achievements in their service with the Red Cross Movement. It is also only given to a maximum of three cadets in a year, carefully chosen from over a hundred nominees based on wide-ranging criteria that included leadership qualities, global perspectives, excellence in academics and service to Red Cross Youth.

The cheery Filipina from Fairfield Methodist Secondary School excelled in balancing both her RCY responsibilities and school work, getting promoted from the Normal Technical stream in Secondary 1 to the Normal Academic stream in Secondary 2 and becoming a leader in her school's unit. In Secondary 2, she participated in all Headquarters competitions such as the National First Aid Competition and even came in second for the RCY Arts Festival.

Her achievements included being awarded gold for her Red Cross knowledge, foot-drill, casualty evacuation and outdoor activities and silver for Red Cross Service. Her proficiency and global perspective was demonstrated during the 2010 RCY Current Affairs Competition where she and three other teammates designed and presented a board game in the preliminaries. In the finals, they presented how the International Committee of the Red Cross helped during war times. Her team achieved second nation-wide and first in South Zone.

Ezra was the leader of the squad participating in the National Foot-drill Competition (NFC) in Secondary 3. Working together with SRC Volunteer Instructors, she planned training

sessions to maximise the potential and boost the morale of the participants. Her efforts paid off when the team eventually emerged the Champions in the NFC 2011.

A disciplined and approachable individual, Ezra motivates herself to be like her seniors, a role model to whom present and future RCY cadets can look up to and learn from.

### JO JUN YEUP

Jo Jun Yeup, 17 is a native Korean who served as the Chairman of the Red Cross Youth Unit in Yio Chu Kang Secondary School from 2011 to 2012. His strong leadership, passion and tireless contributions are some of the factors that led the unit to achieve double gold for the year of assessment 2011. His sense of responsibility and commitment can be gleaned from how he planned to prepare cadets for the foot-drill competition beforehand notwithstanding his hectic school demands.

Mr Francis Ng, a Head of Department (PE & CCA) at Yio Chu Kang Secondary School, was pleased with the school's engagement with the SRC. He said, "Our involvement with the SRC is in line with the school's vision to develop influential leaders. Through the Red Cross Youth Unit, students have the opportunity to work with and support the activities of our community partners, such as the One Community Walk and develop their leadership potential."

# World Blood Donor Day 2013

# The Gift that Conn

Photos by ELIJAH MATTHEW, NICOLE TAN, VAIBHAV NARAYAN, KAREN LIEW, BRIAN MILNER, Volunteers, and KARTINI SAAT, Corporate Communications and Marketing, Singapore Red Cross

**O**n 8 June, 1,473 individuals and 32 corporate and community Bloodmobile Organisers (BMOs) were recognised for blood donation at the 10th World Blood Donor Day at Downtown East. This year, 15 Medal for Life<sup>1</sup> awards were conferred, up from nine winners in 2012, surpassing previous records.

Over the last ten years, blood donation in Singapore has increased by almost 80 percent from 66,000 units to more than 118,000 units, inclusive of apheresis<sup>2</sup> donations, in 2012.

The National Blood Programme aims to collect 126,000 units of blood – 114,000 units of whole blood and 12,000 units of apheresis this year to meet the transfusion needs of patients in Singapore.

## Youth outreach: Release the hero within you

Youth donors (aged 25 and below) constitute 32 per cent of the blood donor pool in Singapore in 2012. The aim is to increase this to 35 per cent by 2014. To empower and

encourage more youths to donate blood, the Singapore Red Cross (SRC) launched the 'Release the Hero Within You' campaign.

'Starblaze', the first hero of eight specially designed characters, was unveiled by the Guest of Honour, Minister of State, Ministry of Trade and Industry, and Mayor North-East District, Mr Teo Ser Luck, and Singapore Red Cross' Chairman, Mr Tee Tua Ba.

"All good habits should be cultivated from a young age, and there is no deed more heroic than regular blood donation" said Mr Teo, "Every unit of blood could potentially save three lives, and everyone who can donate should do so on a regular basis and pass on this gift of life. We are after all connected by blood."

## Digital outreach: Red Cross Connection

To encourage more youths to make blood donation a part of their lives, the SRC

launched the *Red Cross Connection* microsite (<http://connect.redcross.sg>). The site makes blood donation more convenient as it comprises real time updates, information on the blood bank's blood stock requirements, needs for specific blood types, a calendar of upcoming blood drives, closest blood bank locations and information about the blood donation process.

"With *Red Cross Connection*, tech-savvy youths are empowered with information at their fingertips, to motivate them to make blood donation part of their lifestyle and to share their lifesaving act with their social networks as agents of positive change," said Mr Benjamin William, SRC Secretary General.

<sup>1</sup> Medal for Life – Males donating more than 200 units of blood; females donating more than 150 units of blood.

<sup>2</sup> Apheresis donations – individual blood components such as platelets or plasma are extracted.





# ects Lives

By JACQUELYN WOO, Volunteer, Singapore Red Cross

## What spurred them to donate blood?

Donating blood is an inner calling that comes from the heart. It cannot be coerced. It emanates from the altruistic motivation of saving lives. Some blood donors were inspired to overcome their fear of needles to donate blood when their loved ones required blood transfusion to save or sustain their lives. Others were motivated by other reasons. Notwithstanding their reasons, they remain lifelong advocates of blood donation.

In this issue, we share what motivated some blood donors to take the first step in donating blood.

### When their loved ones required blood transfusion

For some blood donors, the helplessness and anxiety of seeing their loved ones requiring blood have spurred them to donate blood.

Ms Chen Hui Xin, 26, Ms Liew Mei Wa, 25, Mr Daryl Bay, 23 and Ms Faith Hong, 30 were motivated to donate blood when their grandmother, mother, grandfather and cousin respectively required blood / platelets transfusion.

"My family would tell me to donate blood since I have the ability to do so," shared Ms Chen. She has donated blood 25 times and was conferred the Bronze Award.

"I do not want to see others fall in the same predicament as my mother," Ms Liew said. She donated blood 26 times and was conferred the Bronze Award.

"Knowing that I can save lives with just a blood donation motivates me to keep on donating," she affirmed. Ms Hong has been conferred the Silver Award for donating blood 36 times.

"I understood the anxiety of getting a platelets transfer in an emergency," Mr Bay expressed. An active platelets donor, Mr Bay received the Bronze award, having donated blood 26 times.

### When their loved ones donate blood

For some blood donors, they were inspired to donate blood because a family member is/was an active blood donor. Mr Bay and Mr Muhammad Syafiq, 24, were motivated to donate blood by their father and grandfather respectively. "My late grandfather was an active donor. I wanted to follow in his footsteps," shared Mr Syafiq.

### It was a novelty

Some donate blood for other reasons.

Mr Yam Wai Hong, 66, a Medal for Life winner, started donating blood in 1966 at the tender age of 18 because "it was something new".

He was at the National Institute of Education (former the teacher's training college). Blood vans were mobilised then.

It was a television (TV) commercial that inspired Mr Mohamed Isa, 42, to start donating blood. "The TV commercial had a Hall of Fame where the number of blood donations and the names of blood donors were featured. Even in the 1970s and 1980s, some donors had already donated blood 100 times or more. That inspired me to donate as I also wanted to see my name on the Hall of Fame," said Mr Mohamed Isa. That dream came true, when he became one of the Champion of Champions who donated blood 153 times.

Silver Award winner Ms Mary Lim, 65, decided to start donating blood at the age of 50 "because I am blessed with good health to do so. I will continue to donate blood as long as I am healthy," she explained. The silver award winner who has donated blood 35 times serves as a classic example that it is never too late to donate blood.

Blood donation is a calling that comes from the heart. There are many reasons that might propel a person to donate blood. Whatever their reasons, these donors have remained strong advocates and ambassadors of blood donation, encouraging others to follow in their footsteps to save lives.



<http://connect.redcross.sg>

From left Ms Liew Mei Wa, Mr Muhamed Isa, Ms Mary Lim, Mr Muhammad Syafiq and Daryl Bay



# Retail therapy for a cause

By SONDRA FOO,  
Corporate Communications and Marketing  
Photos by TAI THANH VO, Volunteer, Singapore  
Red Cross

**F**or Nominated Member of Parliament (NMP), Ms Janice Koh supporting the Singapore Red Cross is not something new. Amidst her hectic schedule as a stage and television actress and an NMP, she has been shopping at and donating items to Shop@RedCross at Jalan Khairuddin for years. One of her relatives volunteers at the

Shop@RedCross. So when the opportunity arose for a shopping feature at the Weekend Sale at Red Cross House on 27 April 2013, she readily agreed.

Upon reaching Red Cross House, Ms Koh struck the writer as someone who is friendly, sociable, down to earth and very sincere. She cuts a petite figure; in her coffee coloured

dress, she looked very sweet and attractive. One could not tell that she is already the mother of two boys, Lucas and Max, aged seven and nine respectively.

In this feature, she shares her favourite finds at the Weekend Sale:



▲ **GREEN DRESS** This is so simple and sweet – a perfect weekend dress. It is my size and it's brand new, at just S\$25!



▲ **RED SHOES** These are my favourite of the whole lot! I love Melissa jelly shoes, and I love that these suede ones are a delicious deep red. A real steal for only S\$8!



▲ **BLUE AND RED JERSEYS** These hoodies are for my sons, Lucas, aged seven and Max, aged nine. They'd be great for travelling. It costs only S\$5 each!



▲ **RED AND BROWN HANGERS** These are very practical and cheap. I'm usually hard pressed to find hangers for delicate clothing, so the red hangers are ideal. It costs merely 50 cents for a set. I bought two sets of red hangers and one set of brown hangers.



▲ **CHOCOLATE CANDIES** These yummy chocolate candies which cost S\$15 are for my cast and crew. I'm performing in 'Rabbit Hole' by Pandemonium at the moment, and will be going into the theatre later in the afternoon.

▲ **RED NECKLACE** A girl's wardrobe is not complete without a bright, kitschy necklace! Only S\$2! Matches my new sandals too!

**TWO BOOKS** I recently watched 'The Importance of Being Earnest' by Oscar Wilde, staged by Wild Rice and I was just thinking of reading some of Wilde's other writings, so 'The Picture of Dorian Gray' is perfect at only S\$1. The book by Lewis Carroll was just S\$2, and Max would like that. He's a bookworm and loves fantasy.

**BOWLS** I'm a big fan of retro, vintage crockery. I usually find a few good pieces at the Red Cross shops. It only costs S\$3 for four bowls! They'll look great on my shelf.

**BOX OF PENCILS** You can never have too many pencils in the house when you have school-going kids. This box is for my boys, and it costs just S\$1!

**Total Cost: S\$68.50**

The  
upcoming  
**Weekend Sale**  
will be held at our  
**SHOP@REDCROSS**  
at 62 Jalan Khairuddin  
Singapore 457524  
from **10am to 3pm** on  
**6 & 7 JULY 2013.**  
See you there!





# Home to call His own

By SITI MARIAM BINTE SAIFUL HAIREEN, Red Cross Home for the Disabled  
Photo by KARTINI SAAT, Corporate Communications and Marketing, Singapore Red Cross

**A**n only child, Mohamed Nasir was born with cerebral palsy, mental retardation and epilepsy. His father passed away when he was young. Shortly after, his stepmother was diagnosed with a psychiatric illness and was institutionalised. A distant relative of his stepmother stepped in to care for him before he was admitted to Ren Ci Hospital in 1994 for long term care.

In 2002, Nasir was referred by a social worker to the Red Cross Home for the Disabled (RCHD). Nasir has been receiving professional care, in the form of physical, mental, social

and emotional support from RCHD for over 11 years.

He enjoys watching television and chatting with both volunteers and friends in the Home. He is also able to feed himself and often shares about how he enjoys certain meals such as chicken rice and beef rendang. One of the endearing quirks about Nasir is that he will often look at his wrist watch and remind the nurses that meal time is approaching and if his meal is not served promptly, he will go "Eh, lambat lah, lambat, lapar!" (Translated to English, it means "... late lah, late, hungry!")

Nasir, now 42 years old, is an avid collector of toy cars. When he sits on his wheelchair, he will often imitate the noise of a race car, complete with honking! He also has a soft spot for Winnie the Pooh plush toys. He has built – by his bedside – a collection of toys, generously donated by friends who drop by to visit.

*The Red Cross Home for the Disabled focuses on enhancing the physical, mental, social and emotional well-being of more than 100 residents like Nasir. Your contribution will go a long way to touch the lives of our residents and clients. Please give generously.*

## Yes! I want to make a difference! 我愿意伸出援助之手!

Please accept my gift of 请接受我以:

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☐ Other Amount 其它款额 S\$ (please specify)

☐ A one-time donation 次捐款 (cash/cheque/credit card\*)  
☐ Monthly donations via Credit Card/GIRO\* 每月定期捐款(通过信用卡/财路)

\*Please delete where applicable. For GIRO donations, a GIRO form will be sent to you. 请选一样。我们将给您一张财路申请表。

I would like to 我愿意:

☐ Be a volunteer 提供我的义务服务  
Please send me a Volunteer Application Form 请将表格给我

**Note:** Donations to the Singapore Red Cross are eligible for a tax deduction. Donors do not need to claim for tax deductions as the donation details will be given to IRAS automatically. Donors' particulars will not be acknowledged in any corporate collaterals or publications unless otherwise requested or stated. Thank you for your support.  
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# The Circle of Life

By BERNICE SEOW JIA YUN, *Red Cross Youth*

Photos by JASON AND MEIDA, *Volunteers, Singapore Red Cross*

On 6 April 2013, the Singapore Chinese Girls' School (SCGS) was inundated with two extreme emotions - sounds of laughter and tears of sadness.

It was the first time the Red Cross Youth (RCY) Enrolment Ceremony was held in conjunction with the Recognition Day Ceremony. This had also set a meaningful precedent of bringing Links, Cadets and Chapter members together. We were bidding farewell to the graduating Links, Cadets and Chapter members and, at the same time, welcoming the newcomers to our Red Cross family - the Primary Three Links, the Secondary One Cadets and the Year One Chapter members.

One of the highlights of the ceremony was that the graduating members pinned the enrolment badges onto the collars of the newcomers. It was a heartwarming sight to behold as it symbolised renewal; the passing of the baton of responsibility from the graduating Links, Cadets and Chapter members to the newcomers.

Graduating members shared how Red Cross has transformed their lives. "The people in Red Cross changed my perceptions and views. That made me learn more about how society and systems work," shared David Wang, 16.

Indeed, graduation does not mean letting go; the journey does not end here. Our graduating members will always be a part of our RCY family - the relationships built throughout their years in RCY are the ones that will last a lifetime. "It's always a joy to see the graduating cadets being so attached to Red Cross. Many have joined the Headquarters as Volunteer Instructors (VIs)," affirmed Mrs Lily Lee, Youth Officer, Serangoon Secondary School.

For those who have just joined Red Cross Youth, the event marks the dawn of another chapter in their lives. Parents whose children have just recently joined Red Cross Youth were also excited about the skills their children will pick up. "Joining RCY will enable my child to learn how to love, share and care for others. These are not easy tasks but these are worthy skills to pick up," explained Mrs Jane Ng.

Can our recruits rise to the occasion? Only time will tell. For in a few years' time, these budding members will, in turn, be the ones pinning badges to the collars of their juniors.

Besides the pinning of the badges on our recruits, another highlight of the event was a large-scale banner activity where existing members shared their experiences in RCY



through messages and photos. A drawing of a Link, a Cadet, a Volunteer Instructor and a Chapter member standing together in harmony stood out. It epitomised the sense of belonging to the Singapore Red Cross family, working together for the good of humanity. It also exemplifies the pathway of progression as Links advance to RCY cadets, subsequently to Chapter members or general volunteers after graduation. The concept of the drawing was aligned to the recruitment booths set up by staff of SRC, Singapore Polytechnic (Chapters representatives) and Volunteer Instructors.

It all comes a full circle. RCY's very first combined Enrolment cum Recognition Day Ceremony heralds the joyous start of the Red Cross journeys of many and the valedictory paths of others. Indeed, the bifunctional and tripartite RCY event has been etched in our youthful minds as another milestone!





# RCY Awards & Promotion Ceremony 2013

Photos by CHEE YONG, JIAN JIE AND MEIDA,  
Volunteers, Singapore Red Cross

**H**eld on 12 April at Victoria School, the annual Red Cross Youth Awards & Promotion Ceremony 2013 recognised Red Cross Youth members and school units for their efforts and contributions over the past year.

The Guest of Honour, Mr Tee Tua Ba, Chairman of Singapore Red Cross presented 73 school units with the Excellent Unit Award and 69 school units with the Community Service Award. A total of 119 Teacher Officers and volunteers were promoted at the event.



**Above** Director of Red Cross Youth, Mr Ling Khoon Chow presents the award to one of the award recipients



# The Vibrant Blood Journey

By LEE CHENG SHU AND KEWAL SANGHVI,  
Chairperson and Vice-Chairperson,  
Vibrant Blood 2013

The organisers of Vibrant Blood share about their experiences in blog entries.

25 September 2012

## A team was teeming

This day marked our very first official commitment as leaders of Vibrant Blood 2013. We conducted two interview sessions on 24-25 September. We had a long night discussing about the candidates to select for our committee. Though the discussions went on past midnight, we were very excited to handpick this team of talents.



4 October 2012

## Hello Team!

It was the first committee meeting, and we were excited to start our Vibrant Blood journey together on the right foot. We began with some ice breakers. Following that, we gave them a preview to the entire project; setting the expectations of each portfolio and sharing photos, insights and experiences of past events. Through these, we hope to motivate and inspire the team.

25 October 2012

## Blood, the Energiser

At the second meeting, we brainstormed themes and slogans for our event. Numerous creative and interesting ideas surfaced, but we could only settle for one. After discussions within the team, we finally decided on 'Blood, the Energiser: Power up Lives with Your Blood!' We really liked this slogan because it is short, sweet, fun and impactful as well.

24 January 2013

## Getting Things Moving

Over the past few meetings, creative ideas on novel marketing techniques to attention-grabbing publicity stunts were generated, debated and revised. By our sixth meeting, we were glad to witness some tangible results. Our volunteer recruiters confirmed 31 volunteers to that date, while our business managers received positive responses from a couple of sponsors. We were all geared up to face the challenges ahead!

3 February 2013

## Recce to Blood Bank

We headed down to our event location - the newly-opened Bloodbank@DhobyGhaut - for a recce. For many of us, it was our maiden visit there. We were awed by the modern design and advanced technologies. With its convenient location just above Dhoby Ghaut MRT station, we were confident that it would boost our blood collections.

4 April 2013

## More Reasons to Smile

Our eighth meeting was another celebration! We were overjoyed that our meals and flyers secured sponsorship and most of our publicity designs looked impressive! It was really satisfying to witness the project unfolding over months of hard work and effort.

Though disappointments had hit us occasionally, we found solace in our achievements and relied on our dedicated team for encouragement and support through the good and bad times.

16 May 2013

## The Fruit at the End is in Sight

In the blink of an eye, we have reached the last committee meeting before our event this weekend. With about 300 youth volunteers recruited from various schools, 20,000 flyers printed, 300 sponsored lunch packs sourced and more than S\$9,500 worth of collaterals produced, we were indeed proud of our team's achievements thus far.

24-25 May 2013

## A Successful Blood Drive

A total of 361 units of blood were collected at Vibrant Blood 2013, almost 30 percent more than the blood usually collected at the same location over two consecutive weekends! The credit goes to everyone participating in this event. To sum up, it is an honour to be given the opportunity to lead, learn from and befriend the team members. We will definitely miss the times we shared; the camaraderie, team spirit and the working together towards a common goal.





# A New Spring Blooms

Photos by LIM PEI SHAN, Fund Raising,  
Singapore Red Cross

**T**he Singapore Red Cross – represented by Council Member Mr Chew Hai Chwee, Secretary General Mr Benjamin William and fund raising executive Ms Lim Peishan – together with representatives from the Ministry of Foreign Affairs and local Shichigahama officials opened the Shichigahama Toyama Nursery School on 2 May 2013, marking a major milestone in the rebuilding efforts following the 2011 Great East Japan Earthquake and Tsunami.

Established in 1975, the Shichigahama Toyama Nursery School was badly damaged in the disaster and was rebuilt at a cost of S\$5 million. The new nursery school has the capacity for 90 children, more than half the number

of children in the town, and draws from the lessons of the past to be better prepared for the future. For example, it is constructed on elevated ground so that it can serve as an evacuation centre for future emergencies.

Speaking at the ceremony, Guest-of-Honour Mr Sam Tan, Senior Parliamentary Secretary for Foreign Affairs and Culture, Community and Youth, said, "Singapore and Singaporeans will continue to support Japan and the people of Japan in their time of need. Today is a happy occasion, and we stand with you to celebrate the joy of hope and renewal, our common desire to raise our children as beacons of the future, and the enduring friendship between the peoples of Singapore and Japan."

Our Secretary General remarked, "The completion of Shichigahama Toyama Nursery School heralds a new beginning for the children of Shichigahama town. We are glad to be here – in the third spring after the earthquake and tsunami – to present the young ones with a head start in life, to pave the way for a bright future."

The Shichigahama Toyama Nursery School is one of many rebuilding projects undertaken by SRC in the aftermath of the Great East Japan Earthquake and Tsunami in 2011. The Taro Support Centre in Miyako City, Iwate Prefecture, which provides the elderly with regular access to seminars, classes, rehabilitation facilities and equipment was completed in November 2011. It serves 1,700 residents monthly.

Other rebuilding projects that are still under construction are the multi-purpose community hall in Rikuzentakata City, Iwate Prefecture, and the Isobe Community Centre in Soma City, Fukushima Prefecture. The community hall in Rikuzentakata City will serve as a Disaster Relief Centre to be integrated with the city's fire and police departments. The Isobe Community Centre will provide the 2,000 residents with a disaster prevention centre and emergency holding area with emergency supplies. These projects are all funded by the generous donations of the people of Singapore.

"We have lost many things due to the Great Eastern Japan Earthquake. However, it has also given us a wonderful opportunity to meet with people from Singapore and create a new bond between Shichigahama and Singapore. This is an irreplaceable treasure which gives us strength. For this debt of gratitude, we will do our utmost to nurture children who are the bearers of the future of Shichigahama at this nursery and make Shichigahama a wonderful town."

**Mr Yoshio Watanabe**  
Mayor of Shichigahama Town





# Water for Life

Enhancing lives through clean water

While we get clean drinking water from taps in the comfort of our homes, some villagers in Myanmar can only hope that the water they drink from the river is clean. Thankfully, their lives are about to change with Singapore International Foundation's (SIF) Water for Life (Yangon) project.

The three-year project is aimed at improving the quality of life for more than 7,000 villagers in the townships of Kaw Hmu and Kungyangon in the Yangon region of Myanmar by providing them with access to clean drinking water. The project also addresses gaps in the water ecosystem of rural communities by reducing the incidence of water-borne diseases, improving hygiene and sanitation conditions, and enhancing livelihood opportunities, thereby improving the overall well-being of the community.

As part of this project, 36 tube wells will be installed in the above mentioned townships. Community education programmes on basic hygiene and nutrition will be conducted for villagers. Five rural health centres and two district hospitals will be refurbished. Medical staff at these healthcare facilities will also be trained to provide quality basic healthcare to the communities.

From 7 to 11 April 2013, a team of eight staff members and volunteers from Keppel Land and Singapore Red Cross (SRC) represented the SIF volunteers to carry out the SIF Water for Life (Yangon) project.

All these efforts are set to transform the lives of the villagers, an estimated 70 percent of whom currently reside in the rural areas with limited access to clean water sources and basic health facilities. The lack of access to clean water was compounded when Cyclone Nargis in May 2008 swept through the Ayeyarwady (Irrawaddy) Delta, where Kaw Hmu and Kungyangon townships are located.

The SIF Water for Life (Yangon) project is a joint collaboration with funders SRC, Keppel Land Limited (Keppel Land) and partner Mingalar Myanmar. The project was launched in a ceremony held in Zee Kone Village on 9 April, at Kaw Hmu Township in Myanmar. The ceremony was attended by Singapore Ambassador to Myanmar, His Excellency Robert Chua, SIF Chairman Ms Euleen Goh, Secretary General of SRC Mr Benjamin William, Director, Corporate Services and Keppel Land

*“Water for Life (Yangon) is a humanitarian project with lasting impact that exemplifies our mission to improve the lives of vulnerable people. This collaboration truly reflects the spirit of friendship between our countries and our shared hope for a better future.”*

*Mr Benjamin William  
Secretary General of Singapore Red Cross*

Mr Choo Chin Teck and Founder of Mingalar Myanmar Dr Phone Win and officials of the Yangon Regional Government.

Through this project, SRC remains true to its vision of working together with institutions to empower communities and bring aid to the vulnerable.

The SIF Water for Life (Yangon) project is just one of a few projects that SRC has undertaken in Myanmar. In March, SRC contributed US\$24,000 to the Myanmar Red Cross to build a first aid post complemented with two ambulances on a Myanmar highway that was notorious for the accidents and fatalities. The highway, connecting the two main cities of Yangon and Naypyidaw, saw over 140 accidents and about 20 fatalities from December 2011 to March 2013. In addition, a station hospital that SRC contributed to build was opened on 28 April in Myanmar.





Photos by PAUL POH, *International Services* and TAN JIAN QI, *Community Services*, Singapore Red Cross

## Singapore Red Cross extends S\$150,000 humanitarian aid to Sichuan earthquake survivors in China

**S**ichuan Province, China, was hit by an earthquake measuring 6.6 on the Richter scale on 20 April 2013. It brought back memories of the terrible events of May 2008, when a deadly earthquake measuring 7.9 magnitude hit the same area and claimed more than 69,000 lives.

As the death toll mounted and the casualty numbers rose, rescuers raced against time searching for signs of life amidst the mountains of debris. As of 22 April, there were 192 deaths, more than 11,000 injured and 23 people missing.

Yet, it is at these challenging times of tragedy that communities can really unite to help one another by bringing aid to those in need.

Indeed, compassion knows no boundaries. The Singapore Red Cross (SRC) sent relief supplies worth S\$150,000 to the survivors of the Sichuan earthquake in China. This first tranche of aid includes the Singapore government's contribution of S\$50,000.

Besides that, a team of three comprising SRC staff and volunteers distributed immediate relief items and further assessed the needs of survivors on a trip to Sichuan from 24 to 27 April. The team learnt that the Neo Magtron machine, part of the S\$2 million worth of medical

equipment SRC donated to Sichuan Orthopedic Hospital and three of its affiliated county hospitals in Tianquan, Kangding and Ziyang following the 2008 Sichuan Earthquake, is now used to treat survivors of the recent earthquake who are suffering from orthopaedic injuries. It was testimony that our contributions have come a full circle in making a lasting impact in the lives of the people of Sichuan.

"I am heartened to note our earlier contributions have come in handy in this disaster and that the survivors are benefiting from the donated equipment, which is a symbol of our connection to our friends in China," said Mr William.

The SRC extended its operating hours for the first two weeks after the disaster to receive donations for its public fundraising appeal. It also activated two hotlines for its 'Restoring Family Links' programme, to help those in Singapore trace their family members affected by the earthquake.

*"Disasters leave more than physical wounds. Through our assistance, we hope to bring some comfort to the same people who were hit by the 2008 quake."*

Mr Benjamin William,  
Secretary General of Singapore Red Cross



# First aid practice made perfect

“Learn first aid, you can save someone’s life one day.” It may sound far fetched, but it cannot be disputed that there is an element of truth to it. This was particularly the case for our first aid-trained volunteer, Ms Doreen Tan.

Many years ago, Ms Tan witnessed a road accident across the causeway where a pillion rider of a motorcycle was flung across three lanes to the middle of the road. No one offered assistance except for Ms Tan who stepped forward to see if the pillion rider was still conscious.

It was at that moment that her first aid training kicked in subconsciously. First, Ms Tan assessed the scene for danger. As they were in the middle of the road, she asked some passers-by to direct traffic away from the lane that the pillion rider was occupying.

“I then checked the casualty for response, airway, breathing and cardio pulmonary resuscitation (CPR). The casualty was conscious and sobbing in pain. I identified myself, did a quick cursory assessment and asked the casualty if she could stand. She could, with some help. I then got more passers-by to help carry her to the roadside. While she was being moved, another passers-by called the ambulance,” shared Ms Tan.

The casualty had very little bleeding though the skin at her knee was ripped from side to side. By that time, another motorcyclist, presumably the boyfriend, arrived. Ms Tan suggested that they take their belts off to splint the casualty’s legs together. As the ambulance did not arrive in 15 minutes, they got the casualty to the hospital in a taxi.

Ms Tan’s experience reinforced the importance of learning first aid to prepare for emergencies. So, what advice does Ms Tan have to give to first aid trained and certified people in times of emergencies?



She underscored the importance of putting theoretical knowledge into practice. “When you train and ingrain in yourself the knowledge that you gain through your theoretical learning, it becomes a part of you, so that when you are called to action, you will instinctively know what

to do, as I did that fateful day,” affirmed Ms Tan.

Besides that, it is important to be responsive and decisive. She urged first aiders to think quickly and act swiftly. “In emergencies, this could mean the difference between paralysis and mobility, and even life and death. These are indeed the key competencies that we want to nurture in our volunteers to prepare them for the challenges they will face in times of emergencies,” she said.

In addition, Ms Tan urges first aiders to make use of available resources. “Gather people and resources to help you get your work done. At the end of the day, in a real emergency, what is most important is to get the casualty attended to and stabilised before medical aid arrives,” explained Ms Tan.

Learn first aid. Like Ms Tan, you could save someone’s life one day. What are you waiting for?

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*The Singapore Red Cross Academy conducts first aid and disaster management training to prepare the community for emergencies. To find out more, visit [www.redcross.org.sg](http://www.redcross.org.sg)*

# First Aid Myths Debunked

## Myth 1: Burns

Treat a burn or a scald with butter, mayonnaise, toothpaste or ice.

**Expert advice** This is unhygienic as the chemicals in the food substances may increase pain and cause infection. Ice may cause a sudden drop of temperature and cause tissue damage.



**Solution** Cool the affected area gradually by running tap water over it.

## Myth 2: Bee Sting

If you are stung by a bee, you must squeeze out the sting.

**Expert advice** By squeezing the flesh, you are applying pressure to the sting. This may cause the toxins to flow into the bloodstream.



**Solution** With a pair of tweezers, pull out the sting swiftly to the part of the stinger that's exposed above the skin.

## Myth 3: Bruise

Rub a hard boiled egg over a bruise to ease blood circulation.

**Expert advice** This has no recorded medical benefit.



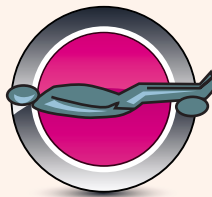
**Solution** Apply an ice pack over the bruise to reduce internal bleeding.

In emergencies, some of us embrace practices that have been handed down through the generations. Do these practices really help or harm people? We find out more in this feature in an interview with our Senior Training Instructor of the Singapore Red Cross Academy, Mr Stephen de Souza.

## Myth 4: Fainting

Place an onion or garlic under the nose to revive a person who has fainted.

**Expert advice** There is no recorded medical benefit for this.



**Solution** One usually faints because of insufficient blood flow to the brain. Lay the victim face up and raise his legs to increase blood flow to

the brain. Loosen any tight clothing so the person can breathe properly.

## Myth 5: Black eye

Slap a raw steak on a black eye.

**Expert advice** The only thing it may achieve is to cause the face to become bloody due to stains from the raw meat.



**Solution** Apply an ice pack on the eye to reduce swelling. Seek medical attention to check for any head injuries.

## Myth 6: Seizure

Insert a metal spoon into the mouth of someone having a seizure to prevent him from biting his tongue.

**Expert advice** There is no need to insert anything into the mouth. During a fit, the victim's teeth are usually clenched. It is very rare for someone to bite his own tongue during a seizure. The metal spoon may injure the palate, the teeth and the gums.



**Solution** Lay the person flat on the ground then turn his body sideways. This will prevent his tongue from blocking his airway.

## Myth 7: Bleach

If a child accidentally drinks bleach, insert a finger into his mouth to induce vomiting.

**Expert advice** This is not encouraged. The bleach is corrosive and may 'burn' the airway a second time during vomiting.



**Solution** It depends on how much of the bleach the child drank. If it's a small amount, drinking fluids may help. Observe the child. See a doctor immediately.

# What's On



<http://www.facebook.com/sgredcross>



## *July* **6-7** Weekend Sale

Check out our Weekend Sale open from 10am to 3pm, for great buys! There are clothes, accessories, toys and electronic devices at bargain prices! See you at Shop@RedCross at 62 Jalan Khairuddin Singapore 457524! Proceeds from the sale of the items will be channeled to the local humanitarian services of the Singapore Red Cross.

## *August* **8** First Aid Coverage for NDP/ Hari Raya Istana Open House

Put your first aid skills to good use by signing up to provide first aid coverage at the Istana Open House. To participate, email Mr Tan Jian Qi at [jianqi.tan@redcross.org.sg](mailto:jianqi.tan@redcross.org.sg) or call him at 6664 0570.

## *September* **10** World First Aid Day

Pick up a useful skill today by registering for our first aid talk at our Singapore Red Cross Academy @ Atrium! To register, email Ms Fara Roslan at [fara.roslan@redcross.org.sg](mailto:fara.roslan@redcross.org.sg) or call her at 6664 0562.

## *September* **28-29** Weekend Sale

Check out our Weekend Sale open from 10am to 3pm, for great buys! There are clothes, accessories, toys and electronic devices at bargain prices! See you at Shop@RedCross at 62 Jalan Khairuddin Singapore 457524! Proceeds from the sale of the items will be channeled to the local humanitarian services of the Singapore Red Cross.



Check out our latest annual report online by scanning the QR Code!

