



SINGAPORE

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RED CROSS

NEWS



**HONOURING OUR HEROES
FOR THEIR GIFT
OF LIFE**

EDITORIAL

The past few months had been very exciting!

First, we celebrated World Red Cross Day (WRCD) on 19 May at East Coast Park with the launch of the 'Rapid Rescue' mobile application. Available on iPhones for now, this location-based software connects registered users with first aiders trained and certified by Red Cross Training Centre. We also showcased the First Aider on Wheels programme in line with the WRCD theme this year, 'Youth on the Move'.

On 16 June, blood donors were recognised for their contributions at World Blood Donor Day 2012

(WBDD), held at the Singapore Flyer. This year's theme for WBDD

is 'Every blood donor, a hero'. Truly, in the eyes of the blood recipients, the blood donors are indeed their heroes who have given them the gift of life. As only about a third of blood donors are females, we will share inspiring stories of our female blood donors to motivate more women to come and donate blood.

As we celebrate Red Cross Youth's 60th anniversary this year, we highlight uplifting stories of how the Red Cross spirit has been passed down through the generations in some families. We also share a story of a President's Scholar who was a former Red Cross Youth cadet.

We celebrate our partnership with Barclays with the makeover of the children's ward at the Red Cross Home for the Disabled. Also, read more about our relief and rebuilding efforts for the Japanese survivors of the Great East Japan earthquake and tsunami 2011 and how we helped to fulfill the dreams of some children in Myanmar.

Thank you for reading our newsletter and passing it along. If you have stories or ideas for features, please get in touch with us at Sondra.foo@redcross.org.sg. We look forward to hearing from you.

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Pass It On to Save Lives

Photos and article by RED CROSS YOUTH – NTU CHAPTER

“We have created the awareness of the need for blood donation among our volunteers, donors and the public. This awareness is invaluable.”

Ms Vivilya Salim, Chairperson of Vibrant Blood

On 19-20 May, Orchard Road again witnessed a successful blood donation drive, Vibrant Blood 2012, organised by the students from Red Cross Youth – Nanyang Technological University (NTU) Chapter.

Conceived in 2004 by a group of young aspiring students from NTU, Vibrant Blood is an annual blood drive held at downtown areas to encourage young people to come forward to donate blood and to raise awareness of blood donation among the Singapore population. Vibrant Blood has grown from strength to strength over the years.

Vibrant Blood is supported by the Singapore Red Cross Blood Donor Recruitment Programme (BDRP). As the National Blood Donor Recruiter, BDRP together with the Blood Services Group, Health Sciences Authority (HSA) ensures an adequate supply of blood.

This year's theme for Vibrant Blood was, 'Pass it on!', and the slogan chosen by the

students was 'Blood is meant to circulate. Pass it on!'. The event was aimed at recruiting 100 first time youth donors and training 200 youth donor recruiters.

Preparation for Vibrant Blood started back in October 2011. Held at Orchard Central, this year, Vibrant Blood took place over two consecutive weekends on 11-13 May and 19 – 20 May. The first weekend helped to create awareness for the actual blood donation drive. During the awareness week, the organising committee members and volunteers were stationed along the Orchard Road and at crowded areas like Plaza Singapura, 313@Somerset, Ngee Ann City and ION Orchard to inform the public of the significance of blood donation. More than 200 volunteers from different institutions and junior colleges were involved.

The organising committee came up with various ideas to effectively promote their message. For example, passers-by were invited to take a photo with the blood buddy mascot. Photos were then uploaded to event's Facebook account. The group of

volunteers, with the blood buddy at the front, marched along Orchard Road, wearing sandwich boards, holding stick boards, and shouting slogans to publicise blood donation. Our passionate volunteers were also well trained to share with the public the basic knowledge of blood donation and clear common misconceptions.

The actual drive held the following weekend was conducted smoothly. Some volunteers had the chance to help out at the blood donation area. A signature board was also set up beside the donation area for donors to write personal messages to other potential donors. A total of 289 units of blood were collected in the two-day drive. The Chairperson of the event, Ms Vivilya Salim concluded the event, "The number of units of blood is important, but I think the more important thing is that we have created the awareness of the need for blood donation among our volunteers, donors and the public. This awareness is invaluable."



Honouring Our Heroes For their Gift of Life

By EMMA GATEHOUSE

Photos by MICHAEL MAH, TEO WEI KEONG, FOO CE WEI,
Volunteers, Singapore Red Cross

World Blood Donor Day is about recognising people who give their time to help save the lives of others. On Saturday 16 June, Singapore Red Cross (SRC) hosted a special honorary event, World Blood Donor Day (WBDD) 2012, at the Singapore Flyer. The theme for this year's WBDD is 'Every Blood Donor ... a Hero'. The highlights of the event were the unmasking of the heroes and the unveiling of the new Blood Buddies, sponsored by Coca-Cola Singapore. Organised by the SRC Blood Donor Recruitment Programme, the event

had three ceremonies which paid tribute to a gathering of extraordinary individuals. A carnival at the foot of the Singapore Flyer afforded donors and their guests fun-filled activities, games and lunch.

Mr Tee Tua Ba, Chairman of the SRC said to our special guests "You are all sterling role models to our community, inspiring us all to be heroes – to make a difference and touch lives."

An ageing population, and an increase in sophisticated medical procedures requiring blood support are challenges that the

National Blood Programme faces. With just under 2% of Singapore's residential population pledging their support and donating blood, the guests present were truly a gathering of 'unsung heroes'.

"To ensure there is adequate blood supply to match increasing population growth, there is a need to increase the pool of donors to 2 to 3% of our residential population in the coming years," said Mr Tee. SRC Chairman went on to urge attendees to inspire their friends and family to come on board, and make regular blood donations a part of their lifestyles.

This year, the efforts of 1,646 Champion donors were recognised, inclusive of our Blood Mobile Organisers (BMO), made up of corporates, educational institutions, religious groups, grassroots organisations, who are our SRC community partners in saving lives. They received their milestone awards from Dr. Amy Khor, Minister of State, Ministry of Health and Mayor, South West District; Dr Teo Ho Pin, Mayor, North West District; Associate Professor Fatimah Lateef, Member



of Parliament for Marine Parade GRC in three separate ceremonies. With an increase of 10% of milestone awards presented from 2011, the recipients included 42 outstanding Champion of Champions donors and nine extraordinary Medal for Life awardees.

Ms Angie Al-Johary has donated blood 130 times and was the only female recipient in the Champion of Champions awards category. As a passionate ambassador of the National Blood Donor Recruiter, she spends her time actively supporting other women through the donation process.

Ms Al-Johary is convinced that educating women on a simple diet required to maintain good iron levels is a necessary step in persuading more females to come forward and meet the rising demand for blood. Women only make up about one third of blood donors in Singapore so it is an important area to focus on in the future.

Ms Jayamani is an active promoter of the benefits of blood donation in her community. She encourages people with her generous spirit, and her 36 years experience in helping to save lives. "You are very healthy and young," she regularly tells her friends and neighbours, "if anything happens to your loved ones, you would pray for somebody to donate blood to save them." Ms Jayamani says that each donation leaves her feeling more healthy

and energetic, relaxed and happy. Truly dedicated to the cause, Ms Jayamani has over 210 hours of volunteer service since 2007. She is passionate in promoting the campaign to inspire people with the confidence to step forward and donate.

As a nurse who coordinates bloodmobile drives, Ms Devaghi has been responsible for 17 drives, held every three months, for the past four years. She was one of 36 Blood Mobile Organisers (BMO) receiving an award. Due to medical reasons she is sadly unable to donate blood herself. But she wanted to find a way to give back to the community so she organised a local blood drive. "Since I cannot donate, I can still do a little bit this way," she said. The community asked her to return, soon after her first drive. "The venue and the timing were conducive, and they asked me to come back every three months.

"You are all sterling role models to our community, inspiring us all to be heroes – to make a difference and touch lives."

*Mr Tee Tua Ba,
Chairman of Singapore Red Cross*

So I did." And in doing so, Ms. Devaghi has facilitated the supply of 372 units of blood. When speaking with her further about voluntary blood donation in the community, I asked, "Is it heroic?" "Yes, it is," she said. "And I salute them all."

While the presentation continued, a soft-spoken Silver award winner spoke to me of her own personal motivation, to give so generously to

the community. "The next person that needs blood could be someone you love. If I can spare it, I will give it," she said.

In Singapore, more than 350 units of blood a day are collected to meet the rising demand of patients in need of blood transfusions. This is equivalent to an average of 15 units of blood every hour. Among the afternoon attendees was Leukemia survivor and blood recipient, Ms Phuy Boon, who is an active member and ambassador for Children's Cancer Foundation. She expressed her gratitude to donors for their selfless and life saving contribution, personally thanking 'her heroes for the special gift of life.'

Having donated blood 157 times since 1978, Mr Velaisamy was very much a hero of the day. "I'm just doing my part," he told me. "I am happy knowing that the blood is going to somebody who needs it." Mr Velaisamy came forward 34 years ago after the Jurong shipyard accident, when a tanker exploded, heeding a national call for donors. Also among this exceptional group of loyal supporters is Mr Daniel Chang, another Champion of Champions recipient. He recalled the disaster in 1978; however, he was too young at the time to give blood. Overcoming his initial fear of needles, Mr Chang began donating as a Commissioned Officer in the army and has routinely done so ever since. "It's a great honour to attend today," he said. He then added thoughtfully, "you know, one unit of blood can save three lives. I am happy to be able to help."

As a closing song marked the end of the ceremony, the winners and their guests made their way down to the waterfront in eager anticipation of re-joining the carnival. I walked down together with a group of five 'Champion of Champions' for a photo opportunity. "We all have heroes inside each of us," counselled one gentleman, "but most of us don't do anything about it." Only moments before, he had humbly accepted his award from Dr Amy Khor. Ms Al-Johary reflected upon what had just been said and agreed, but offered a slightly more gung-ho approach to any aspiring heroes out there: "Just do it," she smiled.



First Aid on the



By LEE YAN SONG, *Volunteer, Singapore Red Cross*. Photos by ADELENE NG, ALVIN GAY,
KAREN LIEW, *Volunteers, Singapore Red Cross*

Every year, World Red Cross Day (WRCD) celebrates Henry Dunant's founding of the Red Cross Movement. It is one of the highlights of every Red Cross National Society around the world.

This year, 57 Singapore Red Cross (SRC) volunteers, 353 students from 23 secondary schools and four organisations braved the morning heat to come down for the celebrations at Playtrium@Big Splash at East Coast Park on 19 May.

As this year's theme for WRCD was 'Youth on the Move', we focused on our youth's contributions and encouraged them to make a personal stand to learn and contribute their first aid skills to society.

This special day was chosen by the SRC to showcase the First Aider on Wheels, an innovative programme where first aid certified cyclists and roller-bladers provide first aid treatments to those in need around East Coast Park during the weekends. That was not all – to further help the public and cycling volunteers, the SRC also launched a mobile application for the iPhone!

The mobile application, 'Rapid Rescue' developed pro-bono by global marketing



firm JWT, leverages smart phone technology and location based software to deliver assistance when and where it is needed most. During an emergency, registered users of the app can send out an SOS alert to trained first aiders within a two kilometre range. These volunteer first aiders can choose to respond if available. The app will map out the shortest route to the victim so the trained and certified first aiders can assist before the ambulance arrives. Available to iPhones for now, this 'Rapid Rescue' application can be downloaded via the Singapore iTunes Store. The application will also be made available to other smart-phone users in the future. *Refer to Pg 8 to download.*

"With the Rapid Rescue app, we can deliver first aid faster to the community. This can make a difference between life and death for victims in an emergency," said Mr Tee.

The Guest of Honour, Madam Halimah Yacob, Minister of State for MCYS, spoke about this year's theme of inspiring students to contribute to the community. She challenged mainstream assumptions that voluntary work is boring, using the First Aider on Wheels programme as an excellent example of an initiative that can be fun and rewarding at the same time. Madam Halimah Yacob, Mr Tee and Mr Angus Fraser, Managing Director of JWT then launched the app on an iPhone. Soon after, roller-bladers and cyclists raced from the back of the audience to the front all decked out in their protective gear and first aid kits to pose for pictures with the VIPs.

The highlight of the day was the Amazing Race for the students. The goal of the race was to go around East Coast Park to treat mock casualties. With the loud blare of blow horns, the participants raced off into the park looking for casualties to help.

While the rest of the students waited for the race to finish, they were treated to a first aid demonstration on how to use a triangular bandage and the Heimlich Manoeuvre.



World Red Cross Day is commemorated by Red Cross and Red Crescent National Societies around the world on 8 May, which coincides with the birthday of our founder, Jean Henri Dunant. He witnessed a battle in Solferino back in June 1859 that left 38,000 wounded, dying and dead on the battlefield. Henry Dunant mobilised the civilian population to provide assistance to the casualties regardless of their warring factions.

Let us take a peek at how some National Societies celebrated World Red Cross Day this year.

American Red Cross

Focused on programmes and activities that provide a healthy and safe environment for the children around the world

Australian Red Cross

Recognised the contribution of staff, members and volunteers and promotes volunteerism

Thai Red Cross

Shared the Fundamental Principles of the Red Cross Movement, recognised the Red Cross Youth (RCY) and strengthened the capacity of RCY in first aid training, elderly care and International Humanitarian Law

Indonesian Red Crescent Society

Carried lanterns bearing the symbol of the Red Cross at a lantern parade

Although some students had already learnt how to use the triangular bandage in school, Chan Jing Rui from ZhengHua Secondary School felt that the demonstration was a good refresher for all of them. "The Heimlich Manoeuvre will be extremely useful in the future," he said.

The demonstrations were followed by a competition between students called up on stage to perform the two first aid acts. It was exhilarating to watch as their peers ran up to the bottom of the stage to shout tips and rally support for their peers.

There were also booths set up by the many departments of the Singapore Red Cross like the Red Cross Home for the Disabled and Red Cross International Services to garner support or recruit new volunteers.

With so many activities happening in and around the area, it was not long before the participants of the Amazing Race began streaming back one by one.

The champions of the Amazing Race were Dylan Chang and Samuel Lee from



Commonwealth Secondary School. They were asked what the most difficult challenge was for them. "It was definitely the last station" exclaimed Dylan, "it involved the casualty having a deep cut along his arm and a fractured finger". Despite the complex task, both of them approached the situation with level heads by cleaning and bandaging the wound on the casualty's arm and stabilising the casualty's finger.

Despite the heat, both of them found the Amazing Race fun and educational. "I am already looking forward to next year's World Red Cross Day!" said Samuel with a big smile.



Bridging Bonds between the Young & Old

By JAMIE LIM, Volunteer, Singapore Red Cross

As part of Red Cross Youth's enrolment and community service day on the 21 April 2012, 567 seniors from different Senior Activity Centres were invited to CHIJ Secondary (Toa Payoh) to participate in a community service project.

The objectives of this community service project were to allow the students to learn the importance of extending love and care to help the older generation, and promote inter-generational bonding amongst the seniors and 852 Red Cross Youth members from primary and secondary schools.

Interactive games promoted interaction between the students and the seniors. Goodie bags of daily necessities were generously donated by Red Cross Youth Units. The guests were happy to see youths

getting involved in such events and hoped the youths will bring this spirit of love and compassion well into their adulthood.

Red Cross Youth members felt a sense of fulfillment participating in this event. "I believe in doing things from the heart, with great love. We may not have reached out to every vulnerable senior out there in the community. But to every single one we have reached out to, we did it with our hearts and our passion to serve," said Ms Esther Ker, 23, a RCY volunteer.

The event was graced by Mr Tee Tua Ba, Chairman of the Singapore Red Cross. Both Mr Tee and Mr Benjamin William, Secretary-General of the Singapore Red Cross, joined the seniors for a sumptuous lunch while commemorating the Red Cross Youth's 60th Anniversary with a simple cake cutting ceremony.



WHEN IN NEED
OF FIRST AID
REACH INSIDE
YOUR POCKET



Rapid Rescue





Download the 'Rapid Rescue' iPhone App and get connected to a first aider, instantly. Refer to Pg 6 for details.

Enamour

your heart, their dreams

A step forward towards serving people in need

By RED CROSS YOUTH, NTU Chapter



The Red Cross Youth – NTU Chapter organised one of the biggest fundraising concerts of all time in Nanyang Technological University (NTU) on 15 March 2012. More than 500 tickets were sold for this event and RCY – NTU Chapter managed to raise more than S\$8,800 for the residents of the Red Cross Home for the Disabled (RCHD)! Held at the Lee Kong Chian Lecture Theatre, the evening began with a splendid performance of the Lion Dance and Dragon Dance Group of NTU. The event was chaired by Professor Er Meng Hwa, Vice President (International Affairs), President's Office. The crowd enthusiastically welcomed him as he joined the show.

Ms Kan Jia Min, President of Red Cross Youth – NTU Chapter talked briefly about the beneficiaries of RCHD and the welfare activities of NTU Rotaract Club. The audience was then entertained by NTU Piano Ensemble, Diabolo performance from NTU Chinese Society, NTU Symphonic Band, NTU Vietnamese Society, NTU Karate Club, The Millennial Orchestra, NTU Modern Jazz, Solo Guitar, and NTU Chinese Drums.

These were followed by a violin gig accompanied by a slide show on RCHD that tugged the heartstrings of many. Next on stage came the percussion band Strikeforce which lightened up the mood of the crowd with their lively performance and interaction with the crowd. More variety followed, courtesy of Electrical and Electronic Engineering Department's Got Talent, Millennial Orchestra, MJ Hip Hop Dance, Diabolo performance and Chinese Drums.

The event was supported by the NTU Rotaract Club and Piano Ensemble Club of NTU with highly impressive staff and student participation.

The success of the event can be attributed to the great efforts put in by the Red Cross Youth – NTU Chapter with the guidance of the 18th management committee, a special project committee of 23 members, 25



volunteers. The event reflected a great deal of compassion, passion and professionalism of the organising committee.

Selling at S\$10 and S\$40 each, all proceeds from the sale of the tickets go to the RCHD and to the welfare services of the Rotaract Club. During the event some informative slides about RCHD were shown to remind everyone about the objective of this concert and of course to raise donations for RCHD. Along with the NTU community, the major donors were Alumni Affairs Office (AAO) and Lee Foundation. Red Cross Youth – NTU Chapter thanks everyone for their support. Their contribution to the Home will go a long way to touch the lives of the residents of RCHD.

Celebrating the Red Cross Spirit

By TRACY LAM, Volunteer, Singapore Red Cross and SONDRRA FOO, Corporate Communications and Marketing



Mr Tang Chun Tuck, one of the passionate veterans who grew up with Red Cross Youth

As Red Cross Youth (RCY) celebrates its 60th anniversary this year, we pay a special tribute to the dedicated volunteers who have put in much effort and sacrificed their time to whole-heartedly support the cause of the Singapore Red Cross (SRC) over several decades. Some have even passed down the Red Cross spirit to the younger generations.

Growing up with Red Cross Youth

One dedicated volunteer, Mr Tang Chun Tuck, 58, literally grew up with RCY. He joined RCY as a 12 year old in Gan Eng Seng School back in 1966. "Red Cross does a lot of good work. One of the primary objectives of the RCY activities is to add value and service to our beneficiaries. It is relevant and meaningful to many people in so many ways," he shared.

"For some, volunteering can be a life-long, enriching experience. Many Red Cross veterans grew up with the RCY. We are doing more to tap on the collective experience and mentoring of this core group to inspire more to join RCY. We should, in time see some fruitful results," said Mr Tang.

One of these veterans is Mrs Tan Sin Yen, now 59. She joined RCY when she was 13, a Secondary One student in Tanjong Katong Girls' School (TKGS) in 1966. "I always had a

passion for RCY. I am motivated to help the cadets and links by organising events for them. I also guided them on budgeting and prudence when I was a Treasurer in RCY."

Another veteran is Mr Andrew Ong, 53. Joining RCY as a Secondary One student of Beatty Secondary School opened doors for Mr Ong in a way he could never have imagined.

"I could have been an ordinary guy living an insignificant existence. Fortunately, just months after joining Red Cross, I was identified as a cadet with leadership potential and was groomed to be a Foot-drill Instructor. The recognition and the opportunity to hold an appointment of responsibility spurred me to improve myself, especially for the sake of my fellow cadets," recounted Mr Ong.

RCY imparted skills that prepared him for life. "At RCY, I was given opportunities to organise projects. That developed my organisational, budgeting and interpersonal skills. These traits helped me in my career as a

Financial Futures Floor Trader. I also caught the attention of a General Manager who noticed that a junior clerk was organising the games in the bank's Family Day Carnival," he shared.

"Having been involved in community service in RCY, I feel for the less fortunate in our midst and I help them in my own quiet way," Mr Ong acknowledged.

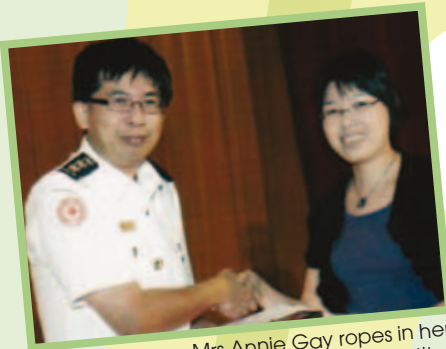
Passing Down the Red Cross Spirit through the Generations

Besides growing up with Red Cross, there are many volunteers who have been passionate Red Cross advocates in school and in their homes. Mr Ong is one of them. He involved his daughter, Crystal in Red Cross activities even during her childhood. Crystal later joined RCY in school.

"Having spent many Saturdays of my childhood at various RCY events, finally joining RCY as a cadet in my first year at Raffles Girls' School (RGS) felt like the most natural thing to do," recalled Crystal, now 18.

“For some, volunteering can be a life-long, enriching experience. Many Red Cross veterans grew up with the RCY. We are doing more to tap on the collective experience and mentoring of this core group to inspire more to join RCY”

Mr Tang Chun Tuck, one of the veterans of RCY



Mrs Annie Gay ropes in her daughter to Red Cross activities to develop compassion in her



Mrs Tan Sin Yen and her daughter were former Red Cross Youth cadets



Mrs Betty Chan set up the Red Cross Youth unit in De LaSalle School and Holy Innocents Primary School



Mrs Betty Chan on a relief mission in Bali in 1993

Crystal found it meaningful to actively help out at various events like Project Red Cross Love and Flag Day. "These events made me appreciate the hard work of volunteers and gave me the chance to talk to the beneficiaries personally. The resilience of the beneficiaries in the face of hardship inspired me and strengthened my resolve to help them as much as possible. My four years in RGS - RCY was a priceless experience for me; one that I would not trade for anything in the world," she affirmed.

Mrs Annie Gay joined Red Cross Youth as a rookie teacher back in 2003. Mrs Gay has been roping in her older daughter, Joey, now seven, to meetings and events at Red Cross in the hope that she will grow to be a compassionate and capable individual who can give back to society. Despite her young age, the child has grasped what Red Cross does. She tells her friends, "My mummy helps many people, because she is in the Red Cross."

Mrs Tan was inspired to join RCY because her aunt was in RCY in the 1960s. Mrs Tan's daughter, now a doctor, was also a member of RCY. Both Mrs Tan and her daughter were formerly the Chairman of TKGS RCY from 1970 - 1971 and 2000 - 2001 respectively. Another volunteer, Mrs Betty Chan, 64, is a passionate advocate of Red Cross. The enthusiastic teacher set up the RCY unit in

De La Salle School, a boys' school in the 1970s and in Holy Innocents Primary School in 1997. "We instilled in the RCY members the importance of helping others. Quite a few of them became doctors or nurses, inspired by the love of helping others," said Mrs Chan with pride.

Besides inculcating compassion and love in the youths, RCY also instills other values through its activities. "RCY members learn to respect people's opinions, races, culture, language and religion. They also learn about integrity, self-discipline, tactfulness, graciousness, teamwork and camaraderie which are useful skills that will bring them through life," explained Mrs Chan.

Mrs Chan encourages more people to join Red Cross. "The community needs us. We should help whenever and wherever we can. It is always nice to see the smiles on the beneficiaries' faces. The smile really melts your heart. The little help we give is always appreciated, though we may not know it."

Just as Mr Tang hopes to tap on the collective experience of former RCY members, one of Mrs Chan's pupils, a lawyer in his 40s, hoped to inspire present RCY members. "At an RCY meeting in Holy Innocents Primary School, he proudly showed his Red Cross badges to the present members," quipped a smiling Mrs Chan.

Over many years, Mrs Chan has played an instrumental role leading and mentoring RCY Link Unit officers. Mrs Betty Chan sat on various committees like the RCY Steering Committee and Flag Day Organising Committee. Mrs Chan shares her best practices and experiences with her seniors, peers and juniors. She also believes in soliciting support from both parents and children for Flag Day, thereby promoting bonding and opportunities for character development. Concurring with Mr Tang, Mrs Chan said, "When parents inspire, their children aspire."

When asked what has kept her going passionately all these years, Mrs Chan said, "I inspire the RCY members to believe in themselves and to do their best to care for others. Through the care I give, I have touched their lives. I am glad to have made a difference through my 42 years as an officer."



Scan to watch the RCY 60th Anniversary video!



Taking Responsibility Redefined

by AMBROSE LEE, *Volunteer, Singapore Red Cross*
Photos by ABDUL HADI, *Volunteer, Singapore Red Cross*

First aid duties are part and parcel of Red Cross Youth (RCY) service to the community. Some cadets and Volunteer Instructors (VI) had an enriching and memorable experience participating in the National Police Cadet Corps (NPCC) Annual Parade First Aid Duty.

This was a big commitment for our volunteers as they had to spend three consecutive Saturdays from 17 March 2012 to 31 March 2012, reporting as early as 8am and only reaching home at around 10pm in order to prepare for the parade.

Through this first aid duty, volunteers learnt that every leadership role entails different responsibilities. Leadership is not just a position but a disposition for taking action. Our RCY volunteers have gleaned better knowledge of not just first aid, but also the management of a first aid duty.

Low Yu Ping, a third year VI, appointed the Duty In-Charge for the Preview and Actual day parade shared, "Initially, I was rather nervous about being assigned the Duty IC this year as I had no idea what to do and

what to expect. With the guidance of my seniors, I am pleased to say I learnt so much. I had to handle administrative issues, liaise with the NPCC personnel, interact and work with the cadets, VIs and Officers, make decisions and give instructions to facilitate the management of the duty."

Chng Chee Jean, a first year VI recalled, "I have been involved in three NPCC Annual Parades; twice as a Cadet, so this was my first time as a VI. Each year has been very different. As a Cadet, I had to listen and follow instructions. But as a VI, I was the one who had to give clear instructions to the Cadets working with me in the Stretcher Squad. At the same time, I was expected to interact and motivate them. Communicating with fellow RCY VIs and NPCC Cadet Inspectors on duty was very important to ensure a smooth casualty evacuation during the parade."

Yew Ci Wei, 16, a Cadet First Aider from Raffles Girls' School said, "Being the Base IC is not about how well you can lead your team. It is about team management; how well you can take command and control in any given situation. Delegation and the

maximising of manpower in various aspects such as administrative work and first aid are also of paramount importance. From the start, we had delegated a specific and important role to everyone in the base, planned our course of action and believed in the infallibility of our plans."

RCY strongly believes in supporting our fellow Uniformed Group partners. "We learnt not to undermine the disparity in standards and differing viewpoints of everyone. Instead, everyone should work together to increase efficiency. This event has clearly shown that different Uniformed Groups can offer services and work together cohesively at various events," explained Ci Wei.

RCY conducts First Aid Duty Planning Workshops annually for RCY Cadets and Volunteer Instructors. Duty planning, manpower deployment and map planning are taught to enable better coverage and understanding of behind-the-scenes work. "I have learnt more from the practical experience of being a Duty IC than I would have gleaned from being taught leadership in class," said Yu Ping.

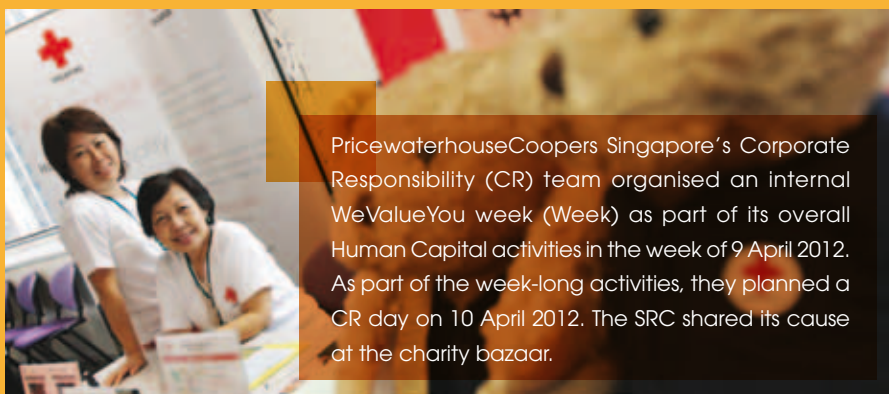
Reaching out to the Local Community

Singapore Red Cross (SRC) showcased our immediate relief and water sanitation efforts in disaster affected countries through a photo exhibition at Public Utilities Board's World Water Day on 24 March at the Marina Barrage. This included Project Dawn, a water sanitation initiative undertaken by Red Cross Youth – NUS Chapter. The students were there to demonstrate the water filtering process and share their experiences.



As part of Punggol East's Emergency Preparedness Day, SRC advocated the importance of donating blood and learning first aid on 8 July at Rivervale Drive, Sengkang.

Volunteering for the SRC roadshows involves manning the SRC booth, promoting the humanitarian services of Singapore Red Cross, advocating blood donation and first aid and signing up volunteers. To volunteer, email Jessica Ong at jessica.ong@redcross.org.sg or Kartini Saat at Kartini.saat@redcross.org.sg



PricewaterhouseCoopers Singapore's Corporate Responsibility (CR) team organised an internal WeValueYou week (Week) as part of its overall Human Capital activities in the week of 9 April 2012. As part of the week-long activities, they planned a CR day on 10 April 2012. The SRC shared its cause at the charity bazaar.



The Red Cross International Bazaar is Singapore Red Cross' signature fundraising event to raise funds for our local humanitarian programmes to help the disabled, elderly, youth and the less fortunate in Singapore. The bazaar brings together diplomatic missions and local enterprises in a dazzling 100-stall showcase with 100% of sales proceeds to the society. Please join us by sponsoring and/or setting up a stall and give the local community the opportunity to experience and appreciate your country's culture. Support us by buying a ticket and join us at the bazaar! See you there!



NOW YOU CAN DO YOUR BIT FOR THE NEEDY ON THE GO

Have you always wanted to make a donation but weren't sure how to go about doing so?

Now you can do your bit for the needy wherever you are headed.

Singapore Red Cross has partnered with iNETS to enable donors to make donations anytime, anywhere via iNETS Kiosk islandwide.

iNETS Kiosks are conveniently located at MRT stations, Bus Interchanges, Petrol stations and Shopping Centres.

For more information, please visit www.redcross.org.sg



For list of kiosk locations and other details, please visit www.nets.com.sg/inets



SINGAPORE

“While you focus on having fun and making friends in RCY, you also end up learning useful life-skills and developing yourself along the way.”
Edwin Chua

Living His Dream

by SHEENA CONCEICAO,
Volunteer, Singapore Red Cross

Edwin Chua will never forget his first year as a Secondary One boy at Raffles Institution. Finding himself in new surroundings and faces, he wanted to find a place where he felt he could belong.

Now a captain in the Singapore Armed Forces (SAF), Edwin, 24, talked openly about being torn between choosing something sporty or Red Cross Youth (RCY) as a CCA when he was 13 years old. With the support of his parents, he chose the latter and has never regretted his decision.

After graduating from Raffles Institution, he became a Volunteer Instructor and returned to his alma mater to assist in the RCY unit. Though Edwin managed to prioritise his time to study, he also let his passion lead the way within the RCY unit of his school.

Edwin, who is also a President's Scholar and SAF Overseas Scholar, strongly believes in leading by example. This is something he has carried forward into his adult working life in the military. He acknowledged that RCY helped him develop his interpersonal skills and broaden his horizons. This, in turn he felt, has made him a better person. He lives by the motto "Work Hard, Play hard."

His advice for the current RCY members and those interested to be a part of it?

"While you focus on having fun and making friends in RCY, you also end up learning useful life-skills and developing yourself along the way. RCY encourages cadets to collaborate with other cadets from different schools or backgrounds rather than compete or try to out-do them. This is such a useful skill to develop – so make the most of it while you can!"



Painting for the Children



The children residents of our Red Cross Home for the Disabled (RCHD) now have a cheery and homely dormitory on the seventh level, thanks to Barclays.

Previously, our children residents were sharing the ward with the female residents on the sixth level. A team of Barclays' employees including Mr Tony Padgett, Vice President, Corporate Real Estate Services of Barclays drew up a proposal to spruce up the children's ward. Over several weekends starting from 15 June, Barclays' employees and family members contributed time, creativity and resources to paint, cut and paste the murals of white picket fences, flowers, rainbows and animals to create a cheerful, joyful and homely environment for our children residents. The paint and painting materials were supplied by Barclays' vendor, Shimizu. Curtains and decals were put in place during the last week of June.

With the handover of the children's ward from Barclays to RCHD on 3 July, we have no doubt the vibrant splash of colours will inject joy in the little hearts of our children residents.

"We hope that the work we did will be enjoyed for years to come. Our team was truly happy and eager to support the Red Cross in such a significant project which can help brighten the day of the residents."

Tony Padgett, Vice President, Corporate Real Estate Services, Barclays

Flying to the Rescue

If a passenger suddenly develops seizures mid-air, what happens if there are no medical professionals onboard? The passenger could be at serious risk!

Indeed, the reality of not having medical professionals onboard to cope with emergencies exists. "If the cabin crew and pilots are first aid trained, they can help to handle emergencies as and when our passengers or peers need help," said Ms Angie Leow, Cabin Crew Manager of Jetstar Asia Airways Pte Ltd.

To equip the cabin crew and pilots with essential first aid skills, Jetstar Asia has made

it compulsory for about 500 regional cabin crew and pilots to learn Standard First Aid from the Red Cross Training Centre (RCTC). All of them have completed the course.

Ms Nuruljannah Binti Kamaludin, 19, a flight attendant from Jetstar (Singapore) said, "This course was an eye-opener for me. It is also very educational. We cannot always wait for the ambulance to arrive. This is useful in the customer service line as we can give people the help they might need. It provides practical tips on how to handle real life situations and we learn how to save lives."

Sharing the same sentiments, Ms Yuya Kazami 27, a flight attendant who flew in



from Japan to attend the Standard First Aid course at RCTC agreed, "I have learnt how to do CPR, bandaging and so on. This is a very useful skill that will enable me to provide help to those in need. If someone falls down, I know I can do first aid."

First aid training has already made a difference to Jetstar customers, as some crew members have already provided first aid treatments to passengers with cuts, burns or breathing difficulties.



Building Hope for the Future

By SONDRA FOO, Corporate Communications and Marketing

In the village of Auk Ma Au Tone, Mawlamyinegyun Township in Myanmar, people earn their living as farmers, fishermen or by operating small businesses like carpentry or trading. Yet, in their hearts they hope that their children will have a chance to break out of this poverty cycle. Their hopes for their children's future lies in the Auk Ma Au Tone School and Shelter that Singapore Red Cross and Myanmar Red Cross Society helped to build.

“Now, whenever I look at the completed school building, I see the generosity and kind contribution of the Singapore Red Cross. This is something that will stay in my mind and heart for a long time.”

Myo Min Htut, village administrator

For the children, the newly completed school represents a symbol of hope for a different future. A total of 760 students from Grade 1 to 10 will benefit by studying at this school and are a step closer to fulfil their long-held aspirations to be engineers,

doctors or teachers. The radiant smiles of pride on the faces of these students speak a thousand words.

Not only are the lives of the children and parents touched by the school, the teachers also provided positive feedback. There are 13 teachers and four employees in the school. The School Headmistress, Ms San San Htay, expressed her heartfelt appreciation, “In my 32 years of teaching, I have never dreamt of such a nice building.”

people remember Cyclone Nargis and they whispered that if they had such a building before Cyclone Nargis, there may have been fewer casualties.

The village administrator, Mr Myo Min Htut, was deeply appreciative that the school

The school will not only serve the students and teachers, it will also act as a cyclone shelter for evacuation purposes in times of emergencies. Some



Main President of Myanmar Red Cross Society, village leaders and teachers looking around the school

Above President of Myanmar Red Cross Society, cordially greeting students at Auk Ma Au Tone School

building has been completed during his term of office. “Singapore is one of the Asian Tigers where Myanmar citizens go in search of jobs. Now, whenever I look at the completed school building, I see the generosity and kind contribution of the Singapore Red Cross. This is something that will stay in my mind and heart for a long time,” said the village administrator.

The International Services department of the Singapore Red Cross played an important role in this project. The Auk Ma Au Tone School Shelter is just one of three projects that SRC has undertaken with Myanmar Red Cross during this period. The other school that has been completed is the AyeYar School in Bogalay Township. The third school, still in the planning stages, is the Aima School in Poe Laung Village, Labutta Township. Plans are in the pipeline to build a teachers' quarters, a septic water tank, and road access as well as to purchase student kits for each school.

SRC Rebuilds Lives in Japan

Timeline of Relief Efforts by Singapore Red Cross (SRC) for Japan Earthquake and Tsunami in March 2011

Japan was hit by a tsunami and earthquake measuring 8.9 on the Richter Scale

11 March 2011

SRC initiated a dialogue with Japanese Red Cross to assess immediate needs

SRC established the Restoring Family Links service to help restore family links for Singaporeans and Japanese whom they had difficulty contacting

14 March 2011

The Ministry of Foreign Affairs appointed SRC as the lead agency to coordinate Singapore's relief efforts to Japan, and donated S\$500,000 to kick-start the procurement of relief items

15 March 2011

SRC sent the first of two consignments of relief supplies comprising 12,960 bottles of water, 1,440 blankets and 220 mattresses worth S\$250,000

18 March 2011



SRC launched a public appeal and made available internet and ATM banking channels for the public to make donations. SRC donated S\$1.25 million to the Japanese Red Cross Society for emergency relief efforts

SRC launched a public appeal and made available internet and ATM banking channels for the public to make donations. SRC donated

July 2012

Total Committed / Disbursed

As of 17 July 2012, the Singapore Red Cross (SRC) has received S\$35.7 million in collections from the people of Singapore. SRC has committed S\$30.1 million to various relief and recovery projects. The balance of S\$3.6 million has been set aside for contingencies to cover any escalation of costs and foreign exchange rate fluctuations during the construction period of the various projects. If there are any surplus monies upon the completion of the various projects, these will be channeled to collaborative projects for communities in the affected areas, and / or to equip the construction projects highlighted

SRC raised S\$35.7 million in donations. In July 2012, SRC has further committed S\$2 million to support the Japanese Red Cross Society in ongoing operations to support survivors

SRC commenced construction of the S\$2.1 million Isobe Community Centre cum Shelter in Soma City, Fukushima Prefecture. It is expected to be completed in October 2013

SRC started the construction of S\$5 million Shichigahama Toyama Nursery School at Miyagi Prefecture, Shichigahama Town, to be completed in mid 2013

SRC identified S\$9.0 million worth of projects to aid early recovery:

1. Construction of night-time medical centre
2. Refurbishment of nursing school
3. Other reconstruction projects
4. Purchase and distribution of 250 medical nursing beds to the affected municipalities
5. Procurement of 100 vehicles for various welfare institutions to facilitate transport for the elderly and the disabled and the provision of nursing care support
6. SRC funds the provision of S\$1 million worth of basic necessities to Japanese families placed in temporary housing

SRC sent the second consignment of relief items – 500 collapsible water containers in response to a request by Japanese Government for distribution in Ishinomaki City Miyagi Prefecture

21 April 2011

8 April 2011



SRC matched 26 families successfully through the Restoring Family Links tracing service

13 May 2011

9 May 2011

SRC met the Japanese Red Cross, National Societies of IFRC to discuss plans for early recovery and construction



SRC announced the launch of S\$0.3 million worth of recovery projects in the Tohoku region, in further aid to the survivors. This included 10 mini cars worth S\$0.2 million to be used by nursing staff to fetch aged patients to medical establishments in Iwate Prefecture for treatment. This was funded in collaboration with Life Community Development

4 Aug 2011



The S\$0.3 million worth of recovery projects included the purchase of two giant Taiko drums worth S\$0.1 million for Onagawa Shiosai Taiko Gokai & Jusan Hama, Ishinomaki City as a token of friendship between the two countries. This was funded in collaboration with Singapore Rotary Club



15 November 2011

SRC was the first to complete a reconstruction project in Japan. The S\$1.1 million Taro Support Centre is a temporary care centre to serve 1,700 residents monthly within the Taro Ward of Miyako City, Iwate Prefecture



END 2011

SRC raised S\$35.6 million in donations

17 March 2012

SRC embarked on the rebuilding of the S\$11.1 million Multi-Purpose Hall (below) in Rikuzentakata City. It will serve as a Disaster Relief Centre and will be completed by end 2013



Artist's impression: Tange Associates



What's On

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



Join us at the following events!

September

3-9 World First Aid Day Roadshows

Get some first aid tips at our World First Aid Day roadshows! These will be held at Orchard, Ang Mo Kio and Bishan MRT stations on 8-9 September from 11am to 7pm and at Tanjong Pagar MRT Station on 3-7 September from 11am to 2pm.

October

21 International Bazaar 2012

Join us at our Red Cross International Bazaar at *SCAPE! There will be a dazzling 100-stall showcase! Tickets can be purchased at S\$10. To purchase the tickets, email William.ng@redcross.org.sg. All proceeds will go towards SRC's local humanitarian services to benefit the disabled, elderly, youth and the less fortunate in Singapore.

November

1-3 SRC Roadshow at Tiong Bahru Plaza

Look out for the SRC roadshow that showcases some of our local humanitarian services!

Volunteers Needed

Tele-recruiters at Bloodbank@HSA - To volunteer as a tele-recruiter, register online at <http://go.donorweb.org/telegrecruit>.

Volunteers to maintain the volunteer booth and respond to queries by blood donors or potential donors at Bloodbank@Woodlands on weekdays except Tuesdays from 12pm to 4pm and 4pm to 8pm, Saturdays from 9am to 2pm and at Bloodbank@Dhoby Ghaut open daily end September from 12pm to 4pm and 4pm to 8pm. To register as a volunteer at Bloodbank@Woodlands, email angeline.yong@redcross.org.sg. To sign up as a volunteer at Bloodbank@Dhoby Ghaut, email Edward.lin@redcross.org.sg.



SINGAPORE