

SINGAPORE

MICA (P) 211/02/2012



# RED CROSS

NEWS

ISSUE ONE 2012



*Red Cross Youth*  
*Celebrating the Red Cross Spirit*

# EDITORIAL

Last year, Singapore Red Cross (SRC) launched a year-long campaign 'Find the Volunteer Inside You' to inspire, encourage, facilitate and promote at all times all forms of humanitarian activities by National Societies as well as individuals like you and I.

This year, our theme is to 'Start Your Day Saving Lives'. As we begin afresh in 2012, we hope to inspire you to start your day saving lives through the people featured in these articles who have donated blood, learnt first aid, engaged in community first aid programmes, organised blood drives or touched the lives of survivors affected by natural disasters.

Besides this, we want to bring the attention of the readers to the fact that we are celebrating the 60<sup>th</sup> anniversary of Red Cross Youth (RCY) this year. RCY has come a long way to where it is today since its humble beginnings in 1952. In the first of a three

part series, we document the key milestones that have been achieved by RCY from 1952 to 1979. The other two parts will follow in subsequent editions of our newsletter.

The Red Cross Flag Day was held on 11 February involving more than 6,000 students island-wide, 150 volunteers and 50 staff. We would like to thank all who have volunteered to help us with our Flag Day!

Also, Mr Christopher Chua left SRC after seven years with us. We wish him all the best for his future endeavours. Mr Benjamin Jeyaraj William assumes the position of Secretary General of SRC.

Read more in the newsletter!

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a **SNAP!** creative

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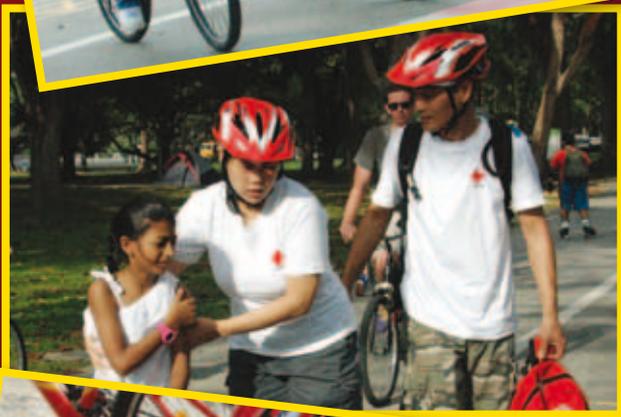
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# Join Our Community First Aid Programme

## First Aider on Wheels

Article and photos by KAREN LIEW, Volunteer, Singapore Red Cross



**A**s part of our initiative to urge people to 'Start Your Day Saving Lives', Singapore Red Cross (SRC) has kicked off a community first aid project to encourage volunteers to save lives by rendering first aid in our community.

The first of such projects was held on 4 February (Saturday) at East Coast Park. One of our volunteer photographers, Ms Karen Liew interviewed a volunteer, Ms Sambhrama SomaShekha, aged 20, who was involved in this community first aid project.

### Her thoughts on volunteering in this community first aid project

It is exciting to be part of this project! It is also a way of giving back to the community. I like nature too.

### Whether she felt it was meaningful

For first aid, what you learn in the books is nothing compared to experiencing it on the field. It feels like a weekend well spent. Otherwise, I will be home watching TV. Here, I feel that I am doing some good.

### Her thoughts on helping someone that day

It feels good to help. It is empowering - I do not want to watch someone get injured and feel helpless because I cannot do anything about it.

If you are a certified first aider, you can also join our community first aid programme! Our community first aid programme is held every Saturday from Saturdays from 2.30pm to 7pm and Sundays and public holidays from 10am to 2.30pm or 2.30pm to 7pm. Please call Margaret at 6664 0553 or email her at Margaret.wee@redcross.org.sg if you would like to join this worthy cause!



## Thank you, Mr Chua

by SONDRA FOO, Corporate Communications & Marketing  
Photos by KARTINI SAAT, Corporate Communications & Marketing

**F**or the two years since I joined the Singapore Red Cross (SRC), I always felt that our then Secretary General, Mr Christopher Chua is a man of few words – quietly confident, capable, quick-thinking, observant and disciplined.

Yet, beneath his steely exterior, he is much like any of us. He acknowledged that when he first joined as the Senior Manager (Operations) of SRC in December 2005 to run the Asia Pacific Red Cross and Red Crescent Societies conference in 2006, he had no idea about the work of SRC.

As he got to know the Red Cross better, he started believing in the work of the Red Cross. "I believe in serving humanity - in helping fellow men and in impartiality - in helping the vulnerable regardless of race, language or religion," he affirmed.

His passion to serve humanity must have shone through in his initial two years with the SRC. In 2007, he was promoted to be the Secretary General of SRC after the previous Secretary General, Ms Geri Lau left. "It was a great honour for me. It was a challenge that I was not mentally prepared for. I did not intend to stay that long," disclosed Mr Chua.

"As I did not know enough about SRC, I had to pick things up quickly. It was a steep learning curve. I learnt about the workings, challenges and best practices of the various National Societies and committees", he shared.

His objective as the Secretary General of SRC then was to improve our response to disasters in our neighbouring countries. "We are in a region where most disasters take place. With the funds raised from generous donors, we can provide assistance to the affected people, and we must ensure that we do not let our donors down," explained Mr Chua.

As we look back over the years since he took the helm, we can say with pride how far SRC has come in responding to disasters overseas. "We have gained recognition for our work in the region. By going to the country affected by the disaster and finding out what they actually need, we let them know that we are there genuinely to help and we gained the confidence and trust of the National Societies," he shared.

Besides building a rapport with the National Societies, Mr Chua also strove to be visible, transparent and accountable to the public. "We let people know that the funds we

collect are well spent and will reach the victims," Mr Chua added.

After seven years serving humanity, Mr Chua left the SRC – a place close to his heart – on 1 March. "Even as I look forward to a new chapter in my life, I feel sad about leaving an organisation that I have been with for seven years. I would like to thank all volunteers, donors, supporters and staff for your support. I wish Singapore Red Cross greater success. I am confident that the new team will be able to do better and play a bigger role in the international arena," said Mr Chua in an interview.

Even as he leaves the Red Cross walls, he is not leaving SRC for good. Mr Chua will join the ranks of other volunteers and supporters of SRC. He fondly recalled working round the clock with staff and volunteers to sell the survivor kits to raise funds for SRC at the first Formula One held in Singapore back in 2008! In fact, we will probably see him and his family at our International Bazaar later this year!

As we bid a fond farewell to Mr Chua, we want to let him know that as much as it was an honour for him to be our Secretary General, the honour is ours to have him lead us for the past few years.



From left Former SRC Secretary General Mr Christopher Chua, Chairman Mr Tee Tua Ba and Mr Benjamin Jeyaraj William. Mr William assumed the position of the Secretary General of the SRC on 1 March 2012.

to the needy, care for the residents of the Red Cross Home for the Disabled and the beneficiaries utilising our Red Cross Non-Emergency Ambulance Service. This ties in with the challenge that the Singapore Government faces with the growing number of elderly in our population," he explained.

"We will reach out and engage the heartlanders. We wish to encourage them to learn first aid at the Red Cross Training Centre and get them involved in our community first aid programmes. This is in line with our goal of having a first aider in every home. SRC will also be in the forefront of the drive by the Ministry of Health (MOH) in its 'First Responder' initiative. All in all, we want to ensure the SRC is a significant and relevant player in meeting the needs of the vulnerable in our community," said Mr William.

Apart from working with partners and engaging the heartlanders, he also rallies the support of volunteers, donors, supporters and staff. "Each volunteer, donor, supporter and staff of SRC is our partner," he underscored.

"As SRC is a volunteer based organisation, we believe in the passion and support of our volunteers. We want to recognise them for their contributions. We hope they will see themselves as our partners," accentuated Mr William.

To donors and supporters, "we want to build closer relationships with individuals and corporations not only financially, but in terms of contributing time and effort to our local humanitarian services. In that way, they can identify with what we do," he highlighted.

He also urges the staff to see their jobs as being more than just a job, but as a higher calling to serve humanity.

Indeed, together, we can achieve our vision of bringing together people and institutions in aid of the vulnerable. Together, we can touch lives.

## Carrying on the Legacy

**"M**r Christopher Chua has done a great job as the Secretary General of the Singapore Red Cross (SRC). Under his leadership, he oversaw the growing role of the Red Cross both regionally and locally. He has achieved much in the short term. When I step into his position, I have big shoes to fill," explained Mr Benjamin Jeyaraj William who assumed the position of Secretary General of SRC on 1 March.

What struck me was the humility of this man who had an illustrious career spanning 30 years in the Ministry of Foreign Affairs where he held the positions of Director General, ASEAN Singapore in 2002 - 2004 and was formerly Singapore's Ambassador to the Lao People's Democratic Republic from October 2007 to January 2011.

Given his distinguished career in international relations, one may wonder, why then did he decide to make a career switch to join the SRC as the Director of Special Duties in April 2011? According to him, he has the passion to work with people who are not as advantaged. "I appreciate their needs and I have been informally helping others all

along. I have worked in the civil service for 30 years. I want to contribute more directly back to our society. I truly believe in the calling and the passion," he shared.

In January 2012, he was promoted to Deputy Secretary General. Recently, he assumed the position of Secretary General of SRC. "I hope that my background in international relations, the contacts I have built up internationally and my experience in dealing with people and difficult situations as a diplomat, will help bring the SRC forward and overcome any challenges faced," affirmed Mr William.

Indeed, with his background in foreign affairs, we have no doubt that Mr William will continue Mr Chua's legacy of developing partnerships with Red Cross and Red Crescent National Societies overseas, the government, and other Non-Governmental Organisations and the Voluntary Welfare Organisations locally and overseas.

Besides working with partners, Mr William hopes that SRC will respond to the needs of the disadvantaged in our community. "We will build on our domestic programmes to enhance our outreach to the vulnerable. We will care for the elderly, provide rations

# RCY Celebrates

## 1950s

**T**his year, 2012, marks another milestone for Red Cross Youth (RCY) as it celebrates its 60<sup>th</sup> anniversary. RCY has come a long way to where it is today since it started out in February 1952. Along the way, it has shaped the characters of countless individuals – honed their leadership abilities and imparted in them the importance of teamwork. The activities organised by RCY also imbued in the cadets and links qualities like compassion, passion, discipline, perseverance and resilience that stand them in good stead as they grow older and emerge as the pillars of our society.

In the first of a three part series, we highlight the milestones of RCY from 1952 to 1979.

### Directors

1959 – Mr S Y Han

1970 – Mrs J Q Fok

1976 – Mr Looi Sik Cheong

### In the Beginning

Since **February 1952**, talks on Junior Red Cross (JRC) activities were conducted in several schools in Singapore. Soon cadet units began to mushroom.

In **1959**, Mr S Y Han was appointed as Director.

In **1963**, the JRC took part in the Combined Rally with the Detachments in the former Raffles Institution grounds (now Raffles City Shopping Centre), where President Yusof Bin Ishak took the salute at the Centenary Celebration of our Movement.

Red Cross Training and Holiday Camp at Tanah Merah was officially opened on **8 May 1966** by Inche Rahim Ishak, former Minister of State for Education.

The first Red Cross International Seminar –



South East Asia Disaster Relief Seminar was held in Singapore from **2 to 10 May 1966**.

The JRC showed an increase from 2,608 cadets in **1966** to 5,250 in **1967**.

In **1967**, the Training Department was formed.

In **1967**, a monthly news-sheet called Junior Red Cross Bulletin was started. It proved to be very popular. Every month, 500 copies were distributed to the various Junior Red Cross Units informing them of the activities taking place.

In **1968**, first aid and footdrill competition for links were initiated.

In **1968**, the Open Unit – for out-of-school youth was formed and the first intake was in **1969**.

The fourth Inter-Unit Quiz was held on **9 June 1968**, organised by Raffles Institution Cadet Unit. The quiz witnessed a tough tussle among the six participating units to compete for the coveted Dr A.W.S.

Thevathason Challenge Trophy.

In **1969**, a total of 316 cadets volunteered for the service as nursing auxiliaries in the Thomson Road General Hospital (later re-named as Toa Payoh Hospital) and Outram Road General Hospital (now Singapore General Hospital).

In **1970**, Mrs J Q Fok was appointed as Director and she held the post until **1975**.

In **1971**, the Chinese Orchestra was formed. It had made numerous public appearances in 1973. In 1975, the Orchestra also gave performances over TV / Radio.

The Public Duty Department in the Junior Red Cross was formed in **1971** to train the members for ambulance services and outdoor duties. Familiarisation programmes on driving ambulances were introduced to personnel with valid driving licenses.

In **1972**, the JRC was re-named the Red Cross Youth (RCY).

Through the International Exchange

# 60<sup>th</sup> Anniversary

## 1960s



Programme, gift parcels containing paintings, handicrafts, albums, dolls and stamps were sent to 105 National Societies in **1973**.

In **1973**, the Public Duty Department conducted a training camp that resulted in the standardization of RCY's Casualty Evacuation syllabus.



As part of the World Red Cross Day Celebrations, a combined concert (with Voluntary Aid Detachment) was held at the former National Theatre on **11 May 1973**.

As at **30 June 1975**, there were 44 cadet units and 93 link units formed and the total membership in RCY was 10,135.

In **1975**, the Red Cross Library was set up at the Singapore General Hospital and manned by the cadets of Cedar Girls' Secondary School.

## 1970s



Mr Looi Sik Cheong was appointed Director of RCY in December **1976**.

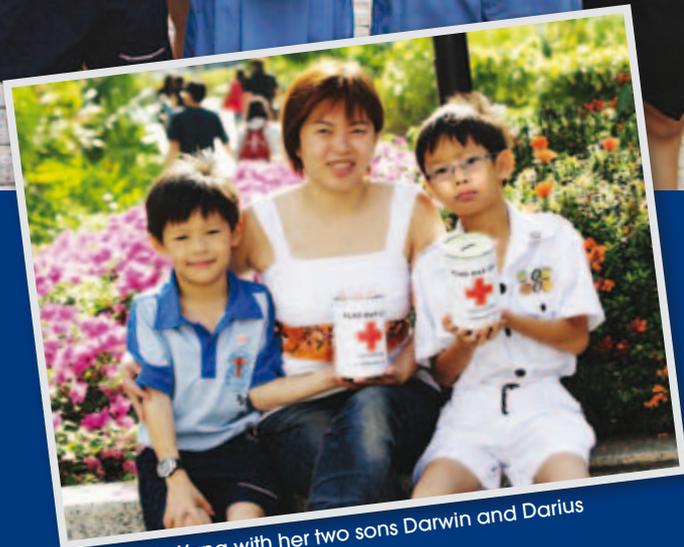
A full-time Executive Secretary for RCY was appointed in **1978**.

In **1979**, several units visited Hawkins Road Refugee Camp. Members distributed food, toiletries, clothes and toys. Programmes were organised for these refugees.



# The Gift of Time

Article and photos by KARTINI SAAT,  
Corporate Communications & Marketing



Mrs Cecilia Yang with her two sons Darwin and Darius

**R**ed Cross Flag Day 2012 was held on 11 February. Involving more than 6,000 students, 150 volunteers, 50 staff, the Flag Day raised more than S\$400,000 from street collections and pledge cards. Some parents brought their young children along to give them a taste of what it was like volunteering for our Flag Day. Kartini Saat of SRC spoke to them.

## Soh Sharyuen, 15, a volunteer from Tanjong Katong Girls' School

### **How did you feel about volunteering for Red Cross Flag Day?**

I felt excited to be volunteering and I felt a sense of satisfaction knowing that the money will help someone.

### **What challenges did you face when collecting donations for Flag Day?**

Many times, they were in a rush and it could be inconvenient for them. At the same time, there were many others collecting donations as well so that is a difficulty.

### **How did you overcome the challenges?**

I smiled and asked politely. I wished them a nice day even when they did not donate.

### **What were the things that gave you the greatest satisfaction?**

The fact that many people are willing to donate gave me the greatest satisfaction. This is going to benefit someone out there. When they donate, my heart just leapt!

### **Would you want to volunteer for this again?**

Yes, I would! This is a meaningful event, and it gives me a sense of satisfaction as well!

## Mrs Cecilia Yang who volunteered with her two sons Darius (11), Darwin (8), of Holy Innocents Primary School

### **How did you feel about volunteering for Red Cross Flag Day with your children?**

Mrs Yang: It was an opportunity to do volunteer work. Darwin actually volunteered to participate. Darius is a Link member. I brought Darwin along to participate because he actually volunteered to participate.

**How did you feel volunteering for Flag Day will help to inculcate compassion in your children?**

Mrs Yang: It would enable them to experience what it is like asking for money to help the needy. So, they will learn it is not easy.

**How important do you think it is to inspire your children and to teach them values like compassion, loving kindness and generosity?**

Mrs Yang: It is important to inculcate in my children the desire to help others, so that it becomes a natural thing that they do.

**Will you encourage your children to continue the spirit of volunteering when they grow older?**

Mrs Yang: Yes, in helping others, one can also find happiness.

**How did you feel about volunteering for Red Cross Flag Day?**

Darwin: I felt happy to help people or to ask people to donate money to give to the needy.

**What challenges did you face when collecting donations for Flag Day?**

Darius: Some of the people did not want to donate.

**How did you overcome the challenges?**

Both: When they walked away, we just smiled and said thank you.

**What were the things that gave you the greatest satisfaction?**

Both: We felt glad because we helped people!

**Would you want to volunteer for this again?**

Both: Yes!

**Mr William Chan who brought his daughter Judith Chan (12) of Holy Innocents and niece Matilda Low (14) of St Nicholas to volunteer**

**How do you feel about volunteering for Red Cross Flag Day with your daughter and niece?**

Mr Chan: It is good for parents to come along as it is an opportunity for bonding while doing good.

**How did you feel volunteering for Flag Day will help to inculcate compassion in your daughter?**

Mr Chan: I was surprised that Judith can do it as she is rather shy, so it is good to help build her confidence.

**How important do you think it is to inspire your daughter to teach them values like compassion, loving kindness and generosity?**

Mr Chan: It is very important. At least, Judith understands the objectives of giving and the need to give; that it is not necessary to receive in return.

**How did you feel about volunteering for Red Cross Flag Day?**

Judith: I felt nice to help people in need.

Matilda: Although it was hot, I could contribute to the society and could see if Singaporeans were compassionate enough to donate.

**What challenges did you face when collecting donations for Flag Day?**

Judith: Some people said they donated already or they did not want to donate.

Matilda: Some people just walked away and did not acknowledge our presence.

**How did you overcome the challenges?**

Judith: I just smiled and said it is ok.

Matilda: I did not force, I just moved on to the next person.

**What were the things that gave you the greatest satisfaction?**

Judith: I was happy that people were willing to come and donate. Some people donated twice. They had the heart. It was very touching

Matilda: People came to us even when they did not know us.

**Mr Colin Tan, Mdm Ng Siew Yen and their children Tan Wei Ling (10) and Tan Xue Qing (9) of Holy Innocents Primary**

**How did you come about volunteering for our Flag Day?**

Mr Tan: The children encouraged us to do it. We spent the Saturday together though we had to wake up early.



Soh Sharyuen interacting with SRC Director of Operations, Ms Cecilia Tan



Mr William Chan with his daughter Judith Chan and niece Matilda Low



Mr Colin Tan, Mdm Ng Siew Yen and their children Tan Wei Ling and Tan Xue Qing



# What Are You Waiting For?



People spend a large amount of time in their lives waiting for something or someone. This could be as trivial as the arrival of a bus or a milestone event such as the delivery of a new born child. Waiting can be anxious, helpless, frustrating or even exciting.

For the residents of our Red Cross Home for the Disabled (RCHD), they are waiting for people to visit, play and interact with them. The families of these residents are waiting for people to come forth to donate generously so that their loved ones can continue to get subsidised long-term residential care at our Home.

The RCHD is Singapore's only residential home for the severely disabled. Our home provides long term residence to 93 individuals from the ages of nine to sixty three with severe intellectual and physical

*"I wanted to reach out to people waiting for help with this project."*

disabilities. The newly opened Day Activity Centre offers a form of cognitive respite for caregivers during their working hours and develops the cognitive, social and motor skills of the residents.

Every contribution from any individual or organisation is equally valued by the Singapore Red Cross. We are always encouraged when our volunteers are inspired to make personal contributions despite a hectic work schedule. Ms Emily Haw is one such exemplary individual. A former Red Cross Youth cadet, she was working on a personal project when it inspired her to raise funds for the Red Cross Home for the Disabled.

What started as a song written by Emily in 2009 eventually morphed into a meaningful fund-raising community project titled "WAITING", which features a 10-episode photo-audio mini series and a photo exhibition with a theme based on the emotion of waiting. "I wanted to reach out to people waiting for help with this project," underscored Emily.

This photo-audio mini series and two theme songs have been compiled into a limited edition DVD available for sale. Fifty percent of the proceeds from the sale of the DVDs will benefit the Red Cross Home for the Disabled. The S\$30 DVD is available for sale on the project's official website <http://www.iamwaiting.sg/purchase.asp>

## About "WAITING"

A whopping 5,257 photos were taken over seven days during the production of the photo-audio mini series, inspiring a moving tale involving four main characters.

1. Xiao Le (Esther Low): An aspiring singer who is waiting for a chance to release her album and perform for an audience.
2. Zhi Feng (Aydan Ang): Xiao Le's boyfriend who patiently waits for her whenever she is late and waits with her for her dream to come true.
3. Wei Jie (Peng Chi Sheng): Songwriter, producer and mentor to Xiao Le. He suffers from cancer and is waiting for his own death. He does not want his wife to suffer with him and requests for a divorce.
4. Yi Wen (Sharlyn Lim): Wei Jie's wife who thinks her husband has a change of heart and is waiting for her straying husband to come back to her.

# Drumming Up The Festive Mood

by MAY LIM MEI LING, *Volunteer, Singapore Red Cross*  
 Photos by QUEK SEOW BOON and RED CROSS YOUTH - NTU CHAPTER

**P**roudly organised by Red Cross Youth (NTU Chapter), this year's Chinese New Year Celebration at Red Cross Home for the Disabled (RCHD) concluded with a roaring success yet again!

Before sunrise, 71 volunteers from Nanyang Technological University (NTU), National University of Singapore (NUS) and Institute of Technical Education (ITE) gathered at RCHD; all raring to go! The day commenced with much preparatory work, including the handling of the logistics, programme run-throughs and final briefings, all of which had been ongoing for months leading up to 4 February 2012.

Gracing the event were distinguished guests, families of the residents, volunteers, staff, sponsors and the Guest-of-Honor, Vice Chairman of Singapore Red Cross, Mr. Axel Chan. Mr Chan shook the hands of each resident and people seated along the aisles, wishing them well for the New Year ahead. He then delivered the opening speech for the day.

This was followed by a Lo Hei session, where the hall resounded with well-wishes of fortune and prosperity, emulating the mighty spirit of the dragon year. With everyone assimilating to the festive mood, we swiftly launched our string of exhilarating performances.

*“More importantly, it gave us an indescribable source of gratification to see that our humble efforts brought immense joy to the residents of RCHD.”*



Highlights for this segment included a hot and sensual performance of Rumba and Cha Cha by the NTU Dance & Sports Club which drew thunderous applause from the audience. There was also a captivating medley of festive songs by the Chinese Orchestra from Raffles Institution, as well as a robust Wushu (a form of Chinese Martial Arts) showcase by the NTU Wushu Club. Also stealing the limelight were eye-opening performances by the residents and nurses of RCHD.

Not forgetting our auspicious symbol for Chinese New Year, a volunteer donned the God of Fortune costume and paraded around to bless everyone present with wealth and luck. To add to the festivities, a volunteer who dressed up as a lady back in the era of ancient China, went around wishing everyone 'Gong xi fa cai! (a prosperous year)'.

Amidst all the audio and visual treats, everyone was treated to a delectable buffet

lunch that kept the hunger pangs at bay. The buffet lunch also served to thank all volunteer helpers and performers for their indispensable contribution to the celebration.

Next up, one of the residents of our Home sang a touching rendition of '月亮代表我的心' translated into English, 'The Moon Represents My Heart' which pulled the heartstrings of everyone. This unforgettable morning ended off with a short play put together by the organising committee from NTU to enact the significance of this jovial occasion.

The celebration provided a valuable platform to forge and strengthen ties amongst volunteers and to hone our communication abilities. More importantly, it gave us an indescribable source of gratification to see that our humble efforts brought immense joy to the residents of RCHD.



# Apples for Well-Being & Prosperity

by EDWARD LIN, Red Cross Blood Donor Recruitment Programme

**S**weetened lips to greet the elders. Colourful and dazzling decorations. Red packets (Ang Pows). The reunion of families. The exchange of tangerines.

These are some of the Chinese New Year (CNY) traditions that many of us have grown up and become familiar with. For 15 days each year, many countries around the world celebrate the importance of family unity, joy and the hope for prosperity.

Likewise, the Bloodbank@HSA and Woodlands was filled with this vibrant and joyful atmosphere, and the act of saving lives was celebrated – with apples.

The tradition of giving apples to blood donors first began in 2008, where a pair of apples was given to blood donors as a clever substitute to tangerines. Since then, two days before the start of each Lunar New Year, the Blood Donor Recruitment Programme would arrange for each blood donor to receive a pair of apples as an appreciation for saving the lives of others during the festive season.

*“Each unit of blood is a symbolic red packet of zero monetary value, yet it could mean everything for someone who needs it to live.”*

This year, the CNY event was celebrated under the theme “富贵平安 Fù Guì Píng Ān” – the Chinese phrase connotes prosperity and well being. Apples were used as a symbol of 平安 (well-being). Each apple carries the symbolic gesture of wishing each blood donor prosperity and well-being. A unique box-carrier was also designed to enhance the branding of the tradition. The word “平 Ping” was also deliberately misspelled on the packaging as “苹 Píng (Chinese for Apple)” as the same tonality of the words could be used as a clever reference to its contents within.

“It was a clever idea to infuse the new year greetings with the apples and the unique packaging,” reflected Mr Dennis Quek, a 37 year old blood donor, at the event.

Blood collection is typically lower during seasons of festivities, as blood donors are

more occupied in the festive preparations and are less keen to make a blood donation. Yet, more than 800 blood donors came forth to donate blood during the weekend before CNY this year. This signals an increasing awareness amongst blood donors for the need for blood during CNY. Their contributions have enabled those who are in need of blood to also celebrate the Lunar New Year.

This is where the theme of Fù Guì Píng Ān comes full circle. Each unit of blood is a symbolic red packet of zero monetary value, yet it could mean everything for someone who needs it to live. This simple humanitarian act of donating blood connotes the wish for wellness and prosperity, not just to ourselves, but rather to the patients in need.

富贵平安 to all.



Jointly organised by Singapore Red Cross (SRC) and the Debates Association (Singapore), the 2012 International Humanitarian Law Inter-school debate was held on 18 February at Jurong Junior College. The Guest of Honour, Senior Parliamentary Secretary of the Ministry of Law and Ministry of Education, Ms Sim Ann gave a speech and presented the prizes to the champion, Anglo Chinese Junior College and the runner-up of the competition, Hwa Chong Institute.

Photos by VESELINA KERTIKOVA

# Why Learn IHL?

By MEGAN CHIA

**I**nternational Humanitarian Law (IHL), or the law of war, is a set of rules within international law which applies during an armed conflict. IHL is not concerned with whether a state has the right to use force. What it is concerned with is how war is conducted by a party to the conflict. The fundamental tenet of IHL is to protect and limit the effects of war on those who are particularly vulnerable (e.g. civilians and the wounded and sick). A core value and principle that resonates through IHL is that of humanity.

As an area of law, IHL has been evolving since the late 19th century. However it may be observed that the development of IHL was jumpstarted after the Second World War with the drafting of the four Geneva Conventions of 1949 (GCs) and the subsequent two Additional Protocols (APs) in 1977. This was chiefly motivated by the effects of the Second World War on civilian populations. These four GCs and the two APs form the fundamental core of IHL. The four GCs are also one of the most widely ratified international law instruments to date, with some 194 states parties.

Essentially, the four GCs seek to confer protection on persons who are not participating in an armed conflict or are no longer participating in the hostilities (i.e. the sick and wounded, shipwrecked, prisoners

**Ms Megan Chia, a lawyer, shares about IHL's relevance in our society. Ms Chia was the team coach for NUS Jean Pictet International Humanitarian Law Competition 2012 and the SMU-NUS Hong Kong Red Cross International Humanitarian Law Moot Competition 2012.**

of war and civilians). The persons which fall within the classifications set out in the 4GCs are known as "protected persons".

IHL also seeks to restrict the means and methods of warfare employed by parties to an armed conflict. For example, under Article 51 (4) of the First Additional Protocol, it is a fundamental principle that indiscriminate attacks are prohibited under IHL. Indiscriminate attacks are attacks which are not directed at a specific military objective, which employ a method or means of combat which cannot be directed at a specific military objective or which employ a method or means of combat which effects cannot be limited. It may thus be said for example, that the use of nuclear weapons, deployed over civilian populations in Hiroshima and Nagasaki during the Second World War violates the principle of discrimination.

At this juncture, one may ask, why is there a need to study IHL, especially since we are not

at war. In my view, one can never be too far removed from violence and armed conflict.

Armed conflict is a constant facet of the human condition. An interesting observation is that the 4 GCs were drafted in the wake of the Second World War, notwithstanding that it was touted at that time as the "war to end all wars". Since then, history has been marred by the bitter wars of national liberation, genocide, the war on terrorism, and most recently the civil wars and unrest in Syria and Egypt.

Closer to home now, the Extraordinary Chambers in the Courts of Cambodia (also known as the "Khmer Rouge Tribunal" is now working to try former Khmer Rouge members for serious violations of IHL, crimes against humanity and genocide. As part of the global community, we have the responsibility to be aware. More importantly, it is my view that there are valuable lessons to be imparted from IHL which is that of the respect for dignity.

# Preparing Youths for Life

By AMBROSE LEE, Volunteer, Singapore Red Cross



*“It was great to see the cadets working together as one. It was also satisfying to see the participants develop their leadership and sportsmanship qualities as they motivated each another to persevere and overcome challenges...”*

The fifth Red Cross Youth Challenge (RCYC) 2011, held on 15-18 December 2011 at the Red Cross Training Campsite, involved more than 180 cadets from different schools.

Also known as Camp Unity, it was adapted from RCYC 2006. Camp Unity was derived from the words “U aNd I, The Youth of the Red Cross”. The camp’s slogan was to ‘Challenge Oneself to Achieve!’

In many ways, RCYC 2011 – Camp Unity did indeed challenge the youths to interact with their peers, hone their leadership skills, build their team spirit, think out of the box and gain through experiential learning from the diverse range of activities in the programme.

The activities included Inter-Division War Games, preparations for the Community Outreach for the Pack-to-School package, the Dragon Boat Challenge, a Games Carnival and the Night Heritage Trail Challenge, which was organised for the first time. Also in the itinerary was the pitching of the 10-men A-frame relief tents

which enabled participants to develop a better understanding of the role of the Red Cross and Disaster Management in our community.

All these activities for the 180 participants would not have been carried out if they were confined at the Red Cross Training Campsite. The activities spanned across different locations in Singapore, from the Central Business District, Kallang Water Sports Centre, all the way to offshore island Pulau Ubin.

It was great to see the cadets working together as one. It was also satisfying to see the participants develop their leadership and sportsmanship qualities as they motivated each another to persevere and overcome challenges in the Outdoor Activities and as they displayed their Casualty Evacuation skills in the natural habitat of Pulau Ubin.

On the third night of the camp, participants, parents and school teachers gathered at the RCYC Campfire. The Campfire truly brought forth the spirit of unity and

friendship. Participants showcased the RCYC 2011 Mass Dance which they learnt within two days! The efforts put in by both Volunteer Instructors and the participants were truly commendable!

RCYC 2011 united individuals as one, demonstrating the synergy in diversity. It also helped forged ties amongst its participants; each person had his or her own memories of new-found friendships and many stories to tell. It was indeed a fantastic and gratifying adventure for everyone.

Red Cross Youth Challenge 2011 ended with many teary goodbyes. Many participants asked, “When is the next RCYC?” The RCYC is set to return this coming December 2012! The five-day, four-night Camp will be a whole new experience for the Cadets and our neighbouring Red Cross and Red Crescent friends!

Meanwhile, kudos to the RCYC 2011 Organising Committee and volunteers! Memories can be found <http://www.dtwdramas.com/rcyc2011/>.

# Safety First



*Start your day saving lives!*

If you do not have a first aid kit, you can buy one at Singapore Red Cross Training Centre! The mini first aid kit for travel costs S\$10.



## A Chat with a First Aider

Personal trainer, Mr Mohammad Azhar bin Kamarudin, 23, learnt first aid as a job requirement three years ago in February 2009. For him then, he felt that if anything happens at the gym, he can help a person.

He did put his first aid skills to use – not at a gym but at a platform station at Sentosa in May or June 2011. “A lady was walking down the escalator when she fell. Blood was oozing out from the wound, at the base of her foot. The staff from Sentosa brought a first aid kit. I helped the lady to bandage her wound,” said Mr Azhar.

“I feel glad that I have been equipped with first aid skills to help someone. If I were not equipped with first aid skills, I will just be an on-looker or bystander,” acknowledged Mr Azhar.



*“Our Theme ‘Dare to Give’ aimed to encourage more people to overcome their fears, step out of their comfort zones and be daring enough to donate blood to save lives.”*

# Dare to Give

By PRISCILLA TAN, Volunteer,  
Singapore Red Cross



**A** Truly Magical Christmas 2011 took place from 9 to 11 December 2011 at GRID New Media Studios located at \*SCAPE, Level 4. Recognising that only 1% of Singapore’s population are regular blood donors, our theme ‘Dare to Give’ aimed to encourage more people to overcome their fears, step out of their comfort zones and be daring enough to donate blood to save lives.

A week before the actual blood donation drive, our volunteers were stationed at various locations around Singapore to raise public’s awareness of the importance of blood donation, to recruit pre-registered donors for our blood drive and to clear any misconceptions that the public may have of blood donation.

In collaboration with GRID MMS, our venue sponsor, we created a promotional video to achieve our objectives.

Though it was not easy to secure potential donors as many were in a rush and did not bother to stop to listen to us, our volunteers pressed on and managed to get 410 pre-registered donors in total.

Holistic marketing was implemented for the publicity of our blood donation event by our marketing team. We publicised our blood donation drive vigorously through creatively designed flyers, ZO cards, posters, event tee-shirts, the Blood Buddy, SMU Facebook account, promotional video and posts on star bloggers’ blogs, thereby reaching out to the mass public.

Our sponsorship team also managed to secure a total of 20 sponsors. The blood donors were all full of smiles and appreciation after receiving goodie bags filled with sponsored vouchers and products after their blood donation!

We were very fortunate to be able to hold our blood donation drive at GRID New Media Studios as this venue was equipped with a stage and sound system. Our blood donors were entertained with performances by singers, dancers and even a string quartet while they were donating blood. Besides the performances, there were magazines to keep our donors occupied, thus ensuring that their experience was a pleasant one.

This event would not have been a success without the help of our energetic and

enthusiastic volunteers and supporting parties: \*SCAPE, GRID MMS, Singapore Red Cross and many other sponsors, who lent us their utmost support.

At the end of the three days, we managed to collect a total of 465 units of blood. This was encouraging considering the adverse weather conditions throughout the three days, which greatly reduced the human traffic along Orchard Road. In line with our theme, we could certainly say that many have dared to give this Christmas.

The volunteers who participated in this event felt that they had given their best and enjoyed themselves tremendously during the entire event. The bags of blood collected gave us a huge sense of satisfaction and accomplishment that our hard work had paid off as the blood will save many lives. It has definitely been a Truly Magical Christmas for all us. At the end of the day, the brightest smiles came from the donors, who knew that they dared to give!



# Joining their Idols in Saving Lives

On a wet Sunday morning on 26 November, the SNSD Fan Club, a Korean Pop group fan club, marched proudly into the Bloodbank@HSA for their appointment to donate blood. Each of them came forth ardently, braving the rain and eager to help save lives. You would not have guessed that some of them were a little wet; from the big smiles on their faces.

More than 50 SNSD Fan Club members took part in this blood donation. The atmosphere was 'electrifying' as members cheered each other on and supported first time donors. Songs by SNSD were aired and videos

shown in the waiting room. A lot of fun was created, and members took pictures of each other donating blood and posing with the banner. In addition, this event created a chance for members to mingle and get to know each face-to-face as most of them were only communicating with each other via the online forum previously. Most of all, they had fun as they participated in a good cause through a simple act of donating blood.

We look forward to having them back next year; and we welcome the participation of different interest groups. It is simple - just log on to the Singapore Red Cross Facebook and Start Your Day Saving Lives!

## Start Your Day Saving Lives by Donating Blood

*"The beautiful act of donating blood is always close to my heart. It is a gift and a privilege that only a healthy person can give to another human. It is very rewarding to know that each unit of donated blood can help to save three lives. The smiles of the patients and their families gave me a sense of contentment and inspired me to continue this simple act of saving lives. So start your day saving lives too!"*

*After listening to a SRC personnel advocate blood donation in my school when I was 17 years old, I was intrigued that one unit of blood can actually save three lives. I was resolved to save lives. From then on, there was no looking back. I have donated eight times since 2007."*

*Goh Min Hui, 22 years old*



# An Opportunity to Bond

by VISHAL RAJESH LAKHIANI  
Photos by ARIEF SULISTIO

**W**hen I landed at the Singapore Airport on 23 December, my mind was filled with fresh recollections of the entire trip. I wanted to relive those moments once again - the farms, the cool breeze, the mountains, the sparkling water and the scenic beauty.

About a week before the actual expedition, Project Quan Tam (caring in Vietnamese), there was a two-day training camp which gave the 14 of us an idea of the living conditions in Vietnam to prepare us for the trip.

Finally, on 12 December, we excitedly embarked on a three-hour journey to Hanoi. We were greeted by the local officials. Two officers and one volunteer from Vietnam Red Cross accompanied us during the trip. They were very friendly and bonded with us well during the entire journey. We reached Tuyen Quang that evening and were greeted by Red Cross Tuyen Quang officials, the school staff and the People's Community.

We felt privileged, and motivated to work toward the betterment of their town, to

teach the students, and to live in it like it was our own. We started work that very evening itself. We had a debrief every day, where everyone discussed the concerns they had about the lighting, water, cooking, teaching ideas, modifications in the plan et cetera.

Initially, it was a challenge for us to bond as we were from eight different countries. However, as we got to know each other better, all of us got closer to our group members. We slept in the same hall, we cooked, ate, worked and played together. Most of us found fun and interesting ways to bond, by playing soccer, enjoying the sunrise from the beautiful hills, cooking, washing dishes or cleaning our hall, etc.

It was not easy to teach English to Vietnamese students of Thai Long School who had very little prior knowledge in the English language. But it gave us much satisfaction when the students could finally understand and follow some words and sentences.

Besides teaching the students English, we also cleaned the school grounds, built furniture for the different classes, played soccer and taught them the basics of healthcare. We

also taught them some geography. As our team members hail from eight different countries, some of us briefly introduced the country we live in.

On 22 December, the last day of our trip, the school students put up a dance performance to express their gratitude. Our team leaders then presented the school students with a set of colour pencils, notebooks, and stationery set each. We also gave the school a set of library books for each grade and a set of reference books for the teachers. The school thanked us in their own way. The students were so enthusiastic about meeting us that they came to visit our hall early on weekend mornings. It was a delight having them over at our place though it meant having to teach them during the weekends.

Alas, the time came for us to go back. Towards the end, I realised I made so many new friends in Vietnam - a country I had never been to before. I had all these memories fresh in my mind on the way back to Singapore. I wish I could enjoy living in the open farms once more.

*“The tragedy brought pain and loss in their lives. Yet, their smiles never left their faces.”*

## Drown the People but Not Their Smiles

by NUR HIDAYAH, Volunteer, Singapore Red Cross  
Photos by WONG LEONG JEAM

The effects of Storm Washi – also known as Typhoon Sendong to the Filipinos – struck me so hard.

I did some reading up about the typhoon before the mission. Contrary to the popular quote, “a picture is worth a thousand words”, it did not bear much impact on me. Not until the day I saw how lives were affected by the typhoon through my own eyes.

The whole mission had been a life-changing experience. It brought forth a whole new perspective on how we should appreciate our lives in Singapore more.

For the survivors affected by the floods in the Philippines, life is not merely about finishing up homework on time or meeting project deadlines. What the people had to go through day-to-day in the Philippines after

the floods was worse than what we have to deal with locally.

We, the children in Singapore, love to stay out; often disregarding the fact that we have a home to go to. We do not appreciate having our family around; sometimes quarrelling with them over the most trivial matters. Not only do the people affected by the floods in the Philippines grapple with living conditions, they will do anything to keep their family members alive.

In Singapore, rarely do we see anyone being happy over a loaf of bread that feeds the entire family here. But after the floods in the Philippines, I could see overjoyed mothers clapping so hard, happy to have food to survive another day.

It got me thinking, who are we to complain over the simplest things, like not having

sufficient pocket money? Why are we not grateful for what we already have?

As our bus moved along the affected areas to get to the evacuation centres, some who were busy cleaning their houses held out their hands, begging us to stop and help. At that point in time, I felt so helpless. Help was so near, yet so far.

It was heart-wrenching to see the innocent children, some as young as a year old or younger, losing their loved ones in a matter of hours of the tragedy. As I spent a few hours at each evacuation centre, the faces I saw were all the same; they were just glad that help has arrived. Language was not a barrier. Spending time with them was enough to make them feel appreciated. It was just that simple.

Little toys, balloons and gingerbread cookies were some of the simple things that could easily bring a bigger smile on their faces. I could not help but smile, seeing the children sharing the toys that they receive with everybody. There was certainly no selfishness in them.

If there is something all of us should learn from them, it is not to give up on life no matter how hard it is. The tragedy brought pain and loss in their lives. Yet, their smiles never left their faces.

So, stop worrying, stop complaining, appreciate and smile!



In the aftermath of Typhoon Washi which struck Southern Mindanao on 17 December, we despatched two teams to the Philippines on 21 and 29 December respectively to assist with Philippines National Red Cross' disaster response.



# Counting our Blessings

Article and Photo by WEE NGAI SHEN

*“These living conditions did not deter them from expressing their smiles of gratitude. They continued to strive and focus their energies to do their best.”*

**T**he trip to Pulau Nias proved to be a trip where our innate senses, our inner emotions and compassion for people were aroused and channelled to the inhabitants of the island. We were truly drawn by the inhabitants’ optimism, strength and determination to live, through the glitter in their eyes.

There was a lot of planning done within our team of five to fine tune the objectives, the procedures to elicit information from the locals, pre-empt the possible outcomes and overcome any difficulties that we may encounter along the way.

## Self discovery of capabilities

Throughout the trip, there were a lot of questions posed to the locals: How were they affected by the 2004 tsunami and 2005 earthquake? How did they survive? How did Singapore Red Cross help them? How did they maintain their livelihood after that? We wanted to determine the role of the Singapore Red Cross in the reconstruction efforts in Pulau Nias and explore the possible short term or long term opportunities that we could embark on. We communicated

with the locals, children and the people in charge of the existing key projects so far. I helped with the diagnosis and maintenance of the computers used in a better-off local orphanage and compiled insights of the current situation in Pulau Nias into a video. However, is that all we could do?

## Self discovery of limitations

With the adverse living conditions, we realised that there was only so much we could do. Electricity and water were only available during certain periods of the day. The inhabitants were plagued by real-life pressing issues like the maintenance of local medical equipment, availability and sustainability of the local medical team, sanitation and water filtration system. How could we educate them in a way that could be sustainable in the long term?

## Self discovery of the innate strengths and survival instincts

What would be a good gauge of the locals’ survival instincts? I could clearly see the growing success of the reconstruction efforts and the optimism among the locals. However, I could also sense that the poor were actually getting poorer due to the

rising living costs. A bicycle, which could be used to cycle ten kilometres to school every morning, would easily cost S\$80. A motorcycle which could be used to transport crops to the nearest town could set a family back by S\$2,500. Children were still studying with a chalkboard which seemed ready to split any moment. These living conditions did not deter them from expressing their smiles of gratitude. They continued to strive and focus their energies to do their best. Education in the rural villages was still not the paramount priority, but the villagers were at least sure of an area in which they could succeed in – agriculture.

This trip left us to ponder the type of long and short term projects that we can embark on and the plans following that. The problems we face in Singapore, when compared to the locals who were fighting for their survival and livelihood, appear to be embarrassingly trivial. Let us discover more about what we can do to serve our humanity better.

Wee Ngai Shen, a teacher-in-charge of the Red Cross Youth in Woodgrove Secondary School, was part of a five member team that went to Pulau Nias on 1- 5 December 2011.



# A World Without Strangers

By JANE LIM, Volunteer, Singapore Red Cross  
Photos by KARTINI SAAT

**O**n 15 December 2011, 24 volunteers and two staff from Singapore Red Cross embarked on a four-day mission trip – Operasi Bhakti Sosial 2011 (Operation Social Devotion) – to the villages of Tembilahan, Riau Islands, Indonesia.

When we first arrived at Tembilahan, the eagerness and friendliness of Indonesian Red Cross (Palang Merah Indonesia or PMI) and the sincerity and appreciation of the locals made us feel like we were at home.

Our first stop was Sekolah Dasar Negeri 006, an elementary school in Sungei Buluh. With the help of a local dentist we engaged, we educated approximately 277 young children on basic oral hygiene. It was heartening to see their wide grins and radiant smiles when we handed them their personal toothbrushes and toothpaste. We also distributed toys, gifts, stationeries, textbooks, packet food and beautiful balloon sculptures which our volunteers diligently learnt and made for them. Their overflowing enthusiasm and deafening laughter really warmed my heart.

We then split into five different groups to distribute food rations to 1,000 families in Tembilahan. When my group arrived at

*“I was really touched by the beneficiaries as they held onto my hands tightly when I handed them the food supplies. I wish I could do much more for them.”*

our designated location, many locals were already waiting eagerly and patiently under the scorching sun. The distribution went smoothly with the help of the PMI and the local officials handling crowd control. I was really touched by the beneficiaries as they held onto my hands tightly when I handed them the food supplies. I wish I could do much more for them.

Even so, I feel that this Tembilahan project was a huge success. The perspiration and muscle aches, even the occasional complaints by some locals, were all part of the team’s service learning and imbued us with immense fulfillment.

I felt really proud of the resilience and dedication of our volunteers as they overcame the language barrier and successfully achieved what they set out to do. I had also learnt much about passion, sincerity, compassion and teamwork in this trip.

The PMI and the locals made adapting to the Indonesian culture and lifestyle easier. We were also very honoured and

fortunate to have our Secretary General, Mr Christopher Chua and Mdm HJ Syafni Zuryanti Indra, Chairman of PMI Indragiri Hilir District grace our trip.

Operasi Bhakti Sosial 2011 had given me countless opportunities to see and experience things in a way that I could never have imagined otherwise. The entire journey was empowering, meaningful and rewarding.

No matter how tiring and taxing it was, as long as I had touched at least one person’s life during the four-day trip, it was definitely worth it. This trip made me realise that service learning is a cultural and social learning exchange. I have truly learnt more about the life of the villagers in Tembilahan.

There is still so much more that we can give and so much more that we can learn. Perhaps the only bad thing about this mission trip was that it had to come to an end after just four days.

# Bringing on the Cheer

*“We hope that the donation from the Singapore people will go some way to helping this recovery process and bring some cheer to the communities”*

**S**ingapore Red Cross donated US\$100,000 (S\$124,148) on 11 January 2012 to aid survivors affected by the floods caused by Typhoons Haima and Nockten in Laos. Besides the loss of lives, the floods resulted in widespread damage to transportation, agriculture and irrigation systems. The floods also wiped out much of the crops, including the rice harvest, in the affected areas. The donation will be used by the Lao Red Cross to provide food and essential supplies to the farmers and others affected by the floods in the Southern province of Champasak.

The donation was presented by Mr Benjamin Jeyaraj William, Deputy Secretary General of the Singapore Red Cross to Dr Snivourast Sramany, the President of the Lao Red Cross, and Dr Keedaeng Thammalangsy, the Secretary General. The ceremony was held at the Lao Red Cross headquarters in Vientiane on 11 January 2012 and was witnessed by Singapore Ambassador to the Lao People's Democratic Republic, Mr Dileep Nair.

“The impact of the flood caused a great damage to the many farming communities in the various provinces worst hit by the two typhoons. The recovery period for these communities will be a long one, as they seek to rebuild the irrigation and transportation systems and replant rice and other crops destroyed by the flooding. We hope that the donation from the Singapore people will go some way to helping this recovery process and bring some cheer to the communities”, said Mr William.

Mr William added; “the donation also reflects the warm relations that exist between the Red Cross Societies of Singapore and Laos, and between the Lao people and Singaporeans.”

During his visit to Laos, Mr William discussed with the Lao Red Cross officials on other areas of possible cooperation for the future.



# The Sasha in “U” & “I”

by Tan Ying Peng

*Tan Ying Peng was the winner of our Short Story Competition in January 2012. The requirements of the competition was to write a story using the words imagine, volunteer, world, desire, giving in less than 500 words.*

Sasha was a little bear who was afraid of needles. His mother would always encourage him to donate blood, but Sasha was simply too fearful that the needles would hurt. One day, Sasha witnessed a terrible accident. An old lady had been knocked down by a vehicle. Beside her was a little girl, who let out the most heart-wrenching sob, “Grandma, Grandma! Don’t leave me! Grandma, Grandma! I love you, please wake up! Grandma...!”

Sasha was terrified when he saw the old lady lying in a pool of blood. He ran straight home to Mummy bear, hugged her and cried, “Mummy, I love you, please don’t ever leave me!” Mummy bear calmed Sasha down and asked him what had happened.

After Sasha had nervously told her what he had seen, mummy bear gave a reassuring smile, “Don’t be afraid my son, Mummy will not leave you, but the old lady is injured and will leave her granddaughter if she doesn’t have enough blood. Just as you wish to save the old lady, do you want to save people who are injured?” Sasha hesitated for a while but he gathered courage and replied, “Yes Mummy! I cannot **imagine a world** without you by my side. I must save people.” Mummy bear was heartened by Sasha’s kindness and bravery, “Sasha my son, mummy is so proud of you! Come, let us go to the blood donation centre.”

Mummy and Sasha bear arrived at Bloodbank@HSA and Mummy bear registered Sasha at the counter, “Hi nurse, my boy would like to **volunteer in giving** his blood.” The nurse smiled and praised Sasha, “Hi little bear, you have such a kind heart! But you will only be able to donate when you grow older.”

Sasha imagined himself donating blood when he grows older, he felt a tinge of fear. “Hi sir, may I ask if the needle will hurt?” The doctor smiled and assured Sasha, “Not to worry young man, the needle will not hurt at all.” Sasha was relieved.

“How many lives can I save if I donate blood?” Sasha asked the doctor.

“Every blood donation will save three lives,” explained the doctor.

Sasha tugged at his Mummy, “Mummy, I want to donate blood when I grow older! I want to save lives!”

Mummy bear hugged Sasha and smiled, “My baby boy, you have kindness and courage beyond your years.” Sasha held Mummy bear closely and exclaimed,

“Mummy, I **desire a world** where all the Sashas can help to save lives, so that everyone can have blood when they need and no one will be heartbroken ever again!”

So... To all the Sashas out there, have you helped save a life in the last few months? If not, let us start today!



# Snapshots from the Heart



Last year, Singapore Red Cross organised a photo contest from 9 May to 25 November in conjunction with the campaign 'Find the Volunteer Inside You' as 2011 was the International Year of the volunteers. The idea was to get participants to submit photos of volunteering in action.

There were two phases in the competition. The first phase was held from May 2011 to August 2011. The second phase was held from September 2011 to November 2011. In the last issue of our newsletter, we announced the winners who submitted the top-voted entries of the first phase of the competition. In this issue, the top voted entries for the second phase of our photo contest are as follows:

## Hug is a Handshake from the Heart

By James Wong

*What inspired you to take the photo?*

The nurses cautioned us during that visit that a resident was throwing a tantrum and it might be safer if we just ignored him. I found it heartwarming when one of the volunteers approached him to interact with him. The resident started sobbing and crying out "Mama! Mama!" It was a teary moment when he reached over to hug the volunteer.



*What are your thoughts on volunteering?*

It is amazing when some residents recognise me despite their condition. It is always an achievement to make them smile and laugh. It is a gift to bring joy to others. Volunteering is about sharing and giving, a noble act that gives hope, happiness and support to others.

## Helping Another in Need

By Mrs Lily Lee

*What inspired you to take the photo?*

When a boy collapsed at the finishing point, my Red Cross cadets who were on first aid duty immediately rendered their help. The willingness to extend help to those in need inspired me to take the photo. I wanted to encourage my cadets to showcase acts of kindness through volunteerism.



*What are your thoughts on volunteering?*

Volunteering must come from the heart; the kindness and compassion to extend their help to the ones in need. The reward comes in the form of happiness that you have been kind to others and have done a good deed.

## Fund Raising

By Chng Chee Jean

*What inspired you to take the photo?*

I took this photo because I wanted to show my other Red Cross juniors how meaningful Flag Day is.



*What are your thoughts on volunteering?*

Volunteering made me a better person in life. It taught me how to cherish and care for the people around us. It also taught me not to judge people for what they have done.

# What's On

<http://www.facebook.com/scredcross?sk=wall>



May 8 World Red Cross Day

June 16 World Blood Donor Day

