



SINGAPORE

MICA (P) 186/12/2010

RED CROSS

NEWS

ISSUE ONE 2011



**FIND THE
VOLUNTEER
INSIDE
YOU!**

EDITORIAL

2011 is the International Federation of Red Cross and Red Crescent (IFRC) International Year of the Volunteers. The theme for this year is to "Find the Volunteer Inside You". This issue of the newsletter has been inspired by this theme. In our cover story, we urge people to find the volunteer inside each of us, to touch the lives of the less fortunate and less privileged. People can volunteer in many different areas, in different capacities at the Singapore Red Cross.

Along with this theme of "Finding the Volunteer Inside You", we would like to thank all the volunteers, donors and employees who have contributed in one way or another, through their time, effort, money, planning and executing

projects, activities, or events to raise funds for the survivors of the Japan tsunami and earthquake. Through these, we witnessed the power of mobilising people and organisations together to serve humanity.

In line with the focus on volunteering, IFRC also launched a report on the economic value of our volunteers. There are about 13.1 million Red Cross volunteers worldwide. Active Red Cross and Red Crescent volunteers donated nearly US\$6 billion worth of volunteer services in 2009 worldwide.

That is not all – besides the focus on volunteers, Red Cross also celebrated Christmas and

Chinese New Year at the Red Cross Home for the Disabled. These would not have been possible without the help of volunteers who volunteered their time to practice and perform for us.

Going forward, it is going to be busy! We are calling upon volunteers to contribute their photos, badges and other memorabilia to our heritage. We are also celebrating World Red Cross Day on 8 May by launching a photo exhibition to showcase volunteering in action. Read more in the newsletter!

Editorial Committee *Singapore Red Cross News*

publications committee

Assoc Prof Phua Kai Hong

Eleanor Slade

Leong Kaiyan

Paul Ho

Saravanan Govindan

Tang Chun Tuck

editorial team

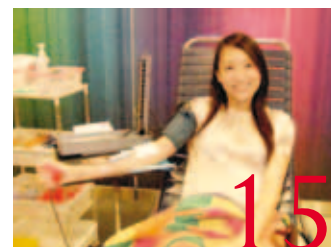
Carol Teo

Sondra Foo

Kartini Saat

a **SNAP!** creative

MICA (P) 186/12/2010



Cover story

4 FIND THE VOLUNTEER INSIDE YOU Learn about the various ways you can volunteer with us at Singapore Red Cross!

Events

7 JOIN US FOR SRC FLAG DAY 2011 ON 7 MAY! Volunteer with us on Flag Day 2011 on 7 May!

8 CELEBRATING FESTIVITIES AT RCHD Celebrating Christmas last year and Chinese New Year this year were different as they were held at the new premise of Red Cross Home for the Disabled.

9 TO OUR ELDERLY, WITH GRATITUDE The Adult Volunteer Division brought cheer to the elderly at the Chinese New Year Food Drop.

10 SRC BENEFIT GALA DINNER 2011 It was a night of glitz and glamour, where donors, sponsors, supporters and organising committee raised funds for the local humanitarian efforts of Singapore Red Cross.

12 WARMING THE HEARTS OF THE ELDERLY The 14th Project Red Cross Love brought joy to the less privileged senior citizens in Singapore.

13 CREATING AWARENESS OF IHL THROUGH DEBATE Victory could go to either side at the Finals of the Third Inter-School Debate Series on International Law, read more about the school that won the Challenge Shield.

Feature Story

16 SINGAPORE TURF CLUB ADVOCATES BLOOD DONATION Singapore Turf Club offers the use of its premises for a worthy cause.

SRC and the Movement

17 THE HEART OF THE RED CROSS COMMUNITY Volunteers share their thoughts and experiences volunteering with Singapore Red Cross when Mr Tadateru Konoe, President of IFRC visited SRC.

Japan Disaster 2011

A tsunami and massive earthquake of magnitude 9.0 struck North Eastern Japan on 11 March 2011 and caused major devastation and destruction. Entire houses and cars were all swept away by the gushing tide like toys. Only the macabre trail of destruction was left behind.

According to the Japanese National Police Agency, 13,013 people were confirmed dead and another 14,608 were missing as of 11 April.

Efforts by Japanese Red Cross

Within one hour of the disaster, the Japanese Red Cross (JRCs) was mobilized to provide the much needed rescue and relief efforts. Eighty-six medical teams, comprising 400 doctors, nurses and support staff were deployed to go onsite to the affected areas. Volunteers provided assistance through mobile medical clinics, assessed the damage and needs of the communities affected through its disaster response

teams, psychosocial support and distributed supplies to the victims.

As of 10 April, more than 192,500 blankets and 183,000 pieces of clothing were handed out to evacuees. Japanese Red Cross Society plans to hand over appliance packages comprising refrigerator, washing machine, rice cooker, microwave, kettle and television to 70,000 families, thereby benefiting more than 280,000 people. As of 10 April, 26,000 emergency relief kits and 11,000 sleeping kits have been handed out to evacuees

How did Singapore Red Cross Help?

Singapore Red Cross (SRC) was appointed by the Ministry of Foreign Affairs on 15 March, as the Leading Agency to coordinate Singapore's relief efforts to Japan.

Launched an Appeal

SRC launched a public appeal to help the survivors of the disaster. Titled the "Japan Disaster 2011", the fund will go towards the overall emergency relief, rehabilitation and reconstruction of Japan. Various channels like cash, cheque, SMS, AXS stations, banks (DBS, OCBC, UOB) were immediately made available to the public to donate.

Restoring Family Links

Apart from the various donation channels, the SRC also made available our "Restoring Family Links" service to help Singaporeans and Japanese trace immediate family members affected by the disaster. The hotline numbers are 6334 9152 / 6334 9153 / 6334 9154. As of 6 April, there

were 26 requests to find their family members in Japan, of which, 24 have been found.

Sent Relief Items to Sendai

On 19 March, SRC sent its consignment of relief items to Sendai, Miyagi Prefecture. They have since arrived and reached the distribution centres in Sendai. The items included 30 pallets of 10,000 bottles of water (500 ml), 1,200 blankets and 200 mattresses. On 21 April, SRC sent the second consignment of 500 collapsible water containers for distribution in Ishinomaki, Miyagi Prefecture, as requested by the Japanese Government.

Contributed US\$500,000 Towards Emergency Relief Efforts

SRC pledged US\$500,000 on 21 March to the Japanese Red Cross Society to help them in their immediate relief efforts.

The SRC will continue to monitor the situation closely with its sister National Society and is ready to offer any assistance required. For more information & updates, please visit our website at www.redcross.org.sg or call 6336 0269. The information is accurate as of printing.

SRC would like to thank all volunteers and donors for doing their part to contribute their time, effort and money for the survivors of the Japan disaster. Thank you for joining us in our effort to serve humanity and save lives.



Blankets were quickly transferred from stores of relief goods to trucks.



Find the Volunteer Inside You

By SONDRA FOO, Corporate Communications

This year is the Red Cross Red Crescent Year of Volunteering. The campaign is to "Find the Volunteer Inside You". Someone once said, "I don't aspire to be a famous person. I want to be a complete person. One hand is to provide for my family. The other hand, I want to help others. If you are a selfish person, you use both hands to receive things given by people."

Which kind of person are you?

Some people will conjure up excuses to avoid or put off doing volunteer work. They say they are so busy with family and work commitments or other interests and pursuits that they have no time for volunteer work, right?

Wrong! These are just excuses to make us feel better. That someone added, "Many people say I don't have the time to volunteer. The problem is because his heart is not there, it is not beating. If a young man courts a girl, he will say he has the time for it. Don't tell me he has no time."

So who shared these insights? Well, it was none other than Jet Li, Chinese-born martial arts expert and international movie star.

Indeed, it is the heart and attitude that makes all the difference. If the heart is not there, nothing can be accomplished. If volunteers put their hearts into volunteering for a cause they believe in and feel passionate about, they will touch lives.

When we look around us when we are healthy and well, we may discover that not everyone is this fortunate. There are people

"I have learnt that one need not be a millionaire to save lives. All you need is a pinch of love and a load of joy in giving."

Mrs Lalitha Pillai, Blood Recipient turned Blood Donor and Blood Mobile Organiser.

with physical disabilities, diabetes, or with kidney problems. Being healthy and well, we are in the position to touch the lives of the less fortunate.

You can be part of this campaign by volunteering with Singapore Red Cross in a number of ways. And you don't have to do it alone. You can bring your friends, family and loved ones to do volunteer work with you too. Here are some ways you can contribute.

Red Cross Home for the Disabled (Family Link @ Lengkok Bahru)

Enhance the lives of the residents by organising parties, recreational activities or outings for the more

mobile residents. Entertain residents by showcasing your talents and celebrating their birthdays with them. Call 6762 1029 for more information.

"Our residents may be disabled but they are content. They inspire me to make the most of my life and touch the lives of others. I must say, I have learnt to better appreciate

International celebrity Jet Li has been appointed as the first Goodwill Ambassador of the International Federation of Red Cross and Red Crescent (IFRC). His close brush with death during the tsunami in 2004 marked a turning point in his life. He has dedicated his time to volunteering.



life," said Mr Ong Wee Yeap, the avid volunteer has accompanied the residents on excursions to the circus, Sentosa and Fort Canning, and at barbecues and festive celebrations.

Blood Donor Recruitment Programme

You can donate blood. You can learn, promote and educate the public on the importance of blood donation, and even organise blood drives in the community or your company. Mr Selvarajoo S/O K, a blood recipient turned blood donor and Blood Mobile Organiser (BMO) has done just that.

"My parents told me a blood transfusion saved my life when I had an operation when I was a month old. That motivated me to donate blood to save the lives of others as they saved mine. I started donating blood at 18. I thought, why not organise blood drives to help save more lives?" Mr Selvarajoo is now the Organising Chairman for Blood Donation Drive of Yew Tee Zone 9 Residents Committee (RC). The RC has been organising blood donation drives since 2001. Call 6220 0183 if you are keen to organise a blood mobile drive.

First Aid / Training Coverage

After you are first aid trained and certified, you can provide first aid coverage at national and community events like National Day Parade and Formula 1 SingTel Singapore Grand Prix.

"I would like to think our team's service at the F1 provided assurance to the public. If anything was to happen, we would spring into action," Elias Ye, volunteer with Red Cross Humanitarian Network.

Disaster Management

If you are interested in responding to disasters, disaster management may be the area where you may like to volunteer in. What you need is a standard first aid certificate and a commitment to respond.

"Each time I was deployed, we helped restore some form of normalcy to their lives. They made me realise how lucky I am to have all the good things in life. When I see the gratitude in their eyes for the help we have given them, I realise they have given me so much more," Mr Jeffrey Tan Jin Fu, a volunteer with Disaster Management who has been on several missions with Red Cross for the past eight to 10 years.

Red Cross Youth (RCY)

You can enroll as a member of Red Cross Youth (RCY) unit if your primary or secondary school offers it as one of the co-curricular activities. By participating in activities like Red Cross Youth Challenge, Project Red Cross Love, National Foot Drill Competitions and Flag Day, you will have the opportunity to develop compassion, passion, professionalism, critical life saving skills, leadership skills and nurture the team spirit.

"Red Cross does a lot of good work. For some, volunteerism can be a life-long, enriching experience. Indeed, many Red Cross veterans have grown up with 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," Mr Tang Chun Tuck, 57 who joined Red Cross Youth as a 12 year old in Gan Eng Seng School.

+Cover story

He is now the Senior Advisor (RCY Alumni & Committee of Advisors).

"I had been with the Red Cross for four years since Secondary 1. I joined Red Cross because one of my relatives had a heart disease. I want to help people like my relative. I enjoy evacuation and casualty drills," shared Khoo Gien Teck, 16 Admiralty Secondary School.

Red Cross Humanitarian Network (RCHN)

If you are a tertiary student, you can join the Red Cross Chapter in your school. There are Red Cross Chapters in our local universities, junior colleges, polytechnics and the Institute of Technical Education (ITE). These RCHN Chapters organise blood drives and community projects both locally and overseas, e.g. Project R.I.C.E. and Project Kasih.

In May and June last year, the NTU Chapter of RCHN organised Project Kasih 2010, a trip to Pulau Nias to assist in the farming and construction work of the Farmers Training Centre (FTC), to educate the orphans and to refurbish of the playground at the New Community Home (NCH).

"Although the aim of this mission was to give as much as we could to the community in Nias, we felt that we have received more than what we have given... We were

immeasurably touched by the appreciation shown by the orphans and the simple acts of kindness shown by the staff," shared Kai Lin, of the Publicity team of Project Kasih 2010.

Adult Volunteer Division (AVD)

You can volunteer at AVD. It is involved in first aid and public duty, visiting of residents at RCHD and community service for the needy.

"Humanitarian work to me is standing by rain or shine to help an injured sportsperson to the nearest medical facility, carrying an exhausted F1 spectator out from a crowd or distributing rations to our needy Senior Citizens. It's all worthwhile when everyone goes home with a smile upon their face," said Mr Vinay Ashok Desai, D7 Chairperson, Adult Volunteer Division.

Corporate Communications

If you have the skills in photography, writing, web design, graphic design, you can join the Corporate Communications department as a photographer, writer, web designer or graphic designer.

"Volunteering for SRC widens the scope of my photographic coverage. I started covering disasters, relief operations, reconstruction efforts, sufferings, staff and volunteers at work. This is something which I would have missed if I have not served with SRC... Memories are precious. It gives me great joy to see a satisfied and happy

beneficiary of my pictures," said Mr Wong Leong Jeam, volunteer photographer with Corporate Communications. He has covered photography in Meulaboh, Nias, flood in Moor, Yangon, Langkat, Cyclone Nargis, Medan and Myanmar.

As you can see, there are many ways to contribute. So what's stopping you? What matters is your willingness to touch the lives of the less fortunate in our midst. We strive to protect, promote and recognise our volunteers. By joining us, you are joining us in our effort to serve humanity and save lives!



Be part of the SRC Heritage

Singapore Red Cross has a rich heritage and history spanning more than 60 years. Along the way, we have achieved significant milestones in our role to serve humanity and save lives. We would like to establish a repository of memorabilia of our heritage that will be interwoven into the fabric of our cherished memories.

If you have some photographs or memorabilia (like uniforms, badges, membership cards etc) to share for a few years, we hope you can contact Kartini Saat or Sondra Foo at 6336 0269 or email to srcheritage@redcross.org.sg. Thank you!

So you think you can take a good photo?

By ELEANOR SLADE, Volunteer, Singapore Red Cross

As it is World Red Cross Day on 8 May, I'm sure you will be interested to hear that SRC is launching a special photo competition to capture volunteers in action.

SRC is supporting the International Federation of Red Cross and Red Crescent Societies' (IFRC) campaign to "Find the Volunteer Inside You". SRC wants to capture shots of volunteering in action, either through their mobile phones or cameras. Subsequently, a mosaic of photos will be created.

World Red Cross Day is our chance to urge volunteers to find the spirit of volunteerism and compassion in each of us to help the less fortunate. Are you inspired by the achievements of our founder, Henry Dunant?

Did you know he rallied civilians of Solferino together and organised spontaneous relief efforts for the wounded soldiers in the aftermath of the Battle of Solferino in 1859? He certainly changed things for the better.

The world has changed so much since then. We have so much amazing technology at our fingertips. We can rally our friends, family and colleagues in so many different ways - emails, facebook, SMS, phone calls and so on - to join in volunteer programmes with Singapore Red Cross (SRC) to help our community and save lives. We can make a positive impact and touch the lives of all



Find us on Facebook

around us, particularly the less fortunate. So find the volunteer inside you. You can do this by sending your photo entries to thevolunteerinside@redcross.org.sg by 1 November. Good Luck!

Celebrating Festivities at RCHD

By KARTINI SAAT, *Corporate Communications*
Photographs PHUA BOON PU, VO THANH TAI & WEST SHOOTERZ



Greater accessibility, bigger premises and enhanced facilities were some of the first things that came to mind for all who celebrated Christmas 2010 and Chinese New Year this year at the new premises of the Red Cross Home for the Disabled (RCHD).

residents will be able to enjoy greater comfort with better facilities and environment in our home."

Indeed, the new premises have brought about greater convenience for relatives, volunteers and staff alike to visit the residents of the Home. Situated at the fourth to eighth storeys of Family Link @ Lengkok Bahru, it takes only ten minutes to walk from Redhill MRT station. The old premise at Elizabeth Drive was more inaccessible by comparison. This was a point that the Guest of Honour, Chairman of Singapore Red Cross (SRC), Mr Tee Tua Ba made in his speech at this year's Chinese New Year celebrations at RCHD organised by the NTU Chapter of the Red Cross Humanitarian Network (RCHN).

Christmas 2010 celebration was made possible by our volunteers from Credit Suisse.

The Home provides long term residential and respite care for 96 residents (between eight to 62 years old) who are severely physically and intellectually disabled. The Home has the capacity for 100 adults and 30 children. A Day Activity Centre (DAC) is expected to be ready in 2011. Besides providing activities to clients to help them develop their cognitive, social and motor skills, the DAC also offers a form of respite for caregivers during their work hours.

Mr Tee started his speech by saying, "This will be the first time that we are celebrating Chinese New Year at this premise. I believe that our

On 1 and 2 February, Bloodbank@HSA was in a celebratory mood as I took part in the annual Chinese New Year (CNY) Celebrations for blood donors. A similar celebration was also held at Bloodbank@Woodlands on 2 February.

My CNY with a Difference

By DAWN WOO, *Youth Donor Club Volunteer*

It meant a lot to me to know that the blood collected during those two days will go a long way to save lives. It was also very heartening to see so many donors turn up to donate blood on the eve of Lunar New Year – as blood collections are usually lower during the festive periods. It was their cheerfulness, their warm smiles and the spirit of giving that really touched me.

We put up lots of decorations, like the Lunar New Year lanterns and rabbit themed posters. The Bloodbank staff were all dressed in red. Some were even decked out in traditional Chinese costumes. Everyone was in a celebratory mood.

To end, I was very glad I volunteered for this event. I hope that I will not only be able to provide my service in the future but also continue to donate blood as well. Because each festive period becomes much worthwhile if we give more than we receive.

Besides the decorations, all donors who donated blood during the two days, were given a pack of "Auspicious Apples" to symbolising prosperity and well being. I myself received a pack of apples after my blood donation while volunteering that day.





To Our Elderly with Gratitude

By NEO SOEK YING, *Volunteer, Singapore Red Cross*
Photographs TEO WEI KEONG

While residents went about their daily routine at Mei Ling Street in the morning of 29 January (Saturday), volunteers from Adult Volunteer Division gathered, bursting with enthusiasm, all raring to start the Chinese New Year Ration Food Drop!

As the shutters of the Lion BeFriends Service Association (LBSA) for the Elderly opened, volunteers dressed in red and white cheered.

Waving and greeting the elderly volunteers inside, SRC volunteers brought boxes containing instant coffee mix, Kueh Bahlu, rice packets, marshmallows, chilli sauce, dried orange peel, and mandarin oranges ("kam"). Following a briefing session on the way to organise and present the gifts, everyone sprang into action.

By 10.05am, all 120 bags had been packed. Volunteers were randomly assigned to four teams to distribute the goods. I was in Team 4 where we were accompanied by Aunty Mei, a volunteer in her 70s from the Lion BeFriends. Aunty Mei has been volunteering for over 20 years. She was so amazingly happy. She spends at least one day a week visiting the residents.

Together with Aunty Mei, our team then made our way to Blk 156. Starting at the top, we worked our way down. For some of us, it was our first time participating in this ration food drop. Yet it felt as though we already knew the residents. The first resident we visited just happened to be outside his flat. We greeted him and wished him "新年快乐" (Happy Lunar New Year) with two mandarin oranges. He gladly gave us his coupon and listened to us while we showed him what was in the bag. He was clearly

delighted and couldn't stop smiling. He was so pleased he offered to treat us to a drink at the coffee shop downstairs. We were touched by his warmth and I promised to join him another time. As the team consisted of members from diverse ethnic backgrounds, we were able to interact with the elderly in different dialects (Cantonese, Hokkien) and languages (English, Mandarin, Malay).

The residents were all clearly delighted and welcomed us warmly. By 11am, our team had visited all 24 homes assigned to us. It was a great job well done. We left feeling fulfilled and touched by the gentle kindness of each resident we met.

We were all inspired by the great rapport we had forged with the residents and other SRC volunteers. It was heartening to know that 120 households would now enjoy a great Lunar New Year.

Mr Kek Siew Kok

Long time volunteer of Singapore Red Cross (SRC), Mr Kek represented SRC at the Chingay parade on 11 February. In a ceremony that set a precedent for future Chingay parades, senior citizens who made significant contributions in our community passed on the baton to the younger generation. This was momentous as it symbolised the imparting of wisdom and skills to the next generation.

Now 74 years old, Mr Kek began his love affair with the Red Cross as a volunteer ambulance driver and first aid giver, at 17 years old. Mr Kek was part of the Red Cross teams that helped at local disasters like the explosion of Spyros tanker in a shipyard and the Hotel New World Collapse in 1986. It was a great honour for the SRC to have Mr Kek pass on the baton to the younger generation of volunteers.



Mr Kek Siew Kok

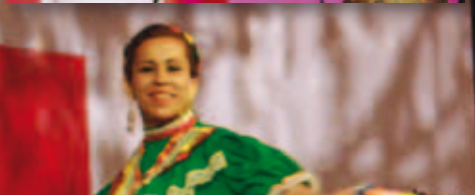
SRC Benefit Gala 2011

A Night to Behold

Photographs WEST SHOOTERZ

The Singapore Red Cross (SRC) Benefit Gala 2011 was a night of glitz, glamour, camera, lights, action and music. Held on 26 March at the Island Ballroom of Shangri-La Hotel, the Benefit Gala was graced by the presence of Patron of the SRC, President Nathan and Mrs Nathan. The Benefit Gala, attended by 620 guests, had raised S\$600,000 for the local humanitarian efforts of the Singapore Red Cross. The Benefit Gala 2011 has been made possible by donors, sponsors, volunteers, supporters and the Benefit Gala Organising Committee, headed by Mrs Genevieve (Peggy) Jeffs.

It was a night where the gentlemen donned their black suits and graceful ladies dressed up in their beautiful elegant gowns, all with a touch of red. Singapore's well-loved local artiste and celebrity, Hossan Leong, was the Master of Ceremony for the dinner.



There were performances by Hong Kong singing artiste, Camy Tang Rui Xia, piano and violin child prodigies from Nanyang Academy of Fine Arts and a dance quartet from Mexico Lindo Folkloric Dance Group.



Get Them While They Are Young!

By PREMA GOPAL, Volunteer, Singapore Red Cross
Photograph HADY LIANG

“These students now have a better understanding of the importance of doing volunteer work...these visits create more awareness and less fear, which is useful.”

Ms Prema

Following the presentation was a hands-on session on bandaging, Cardiopulmonary Resuscitation (CPR) and transporting immobilised patients to the non-emergency ambulances. SRC volunteers and staff explained to students how the equipment should be used. Not only were the little girls eager to participate in the role play, they were also keen to get their hands on the SRC equipment. Through these, the little girls also gained a better understanding of these facilities. One of the children, Hayden, learnt something about the ambulance that SRC has, “It is pretty cool that the ambulance it is not just for moving patients but there are features in it that help patients to breathe and keep track of how they are feeling.”

Within the group, there were students who had done volunteer work and others who had not. The children then shared their past experiences of doing volunteer work with each other. This sparked interest and reduced the fear of volunteering. As one of the students shared with her friends, “when I first went to help out at the old folks home, I was frightened and thought the old people would look scary. But after I started, I saw it was alright. They just left us to do our work and they were also happy that we were there,” said Isabelle.

The benefits of creating greater awareness and imparting the value of volunteer work in young students were best summed up by one of the teachers, Ms Prema. “These students now have a better understanding of the importance of doing volunteer work. Currently, some may not be ready because of school work. But as they see their classmates involved in and are able to manage their school work better as they grow older, there will be more interest. These visits create more awareness and less fear, which is useful,” Ms Prema commented.

Most people expect children at eight to 10 years of age to just watch television, surf the internet or go for music and dance classes or tuition after school. So it was refreshing and heart-warming to see a group of young children visiting Singapore Red Cross (SRC) and learn about community service with such enthusiasm and open minds.

On 9 February, staff at SRC welcomed their eager, young visitors and teachers. The main purpose of the event, jointly organised by SRC and Haig Girls School, was intended

for the pupils to learn about the work and services of the SRC.

Kevin Yeo, Volunteer Development Executive, shared about SRC’s services and the value of volunteer work. There was general consensus among the children that social work is needed in our society “to help people.” The children also asked specific questions on the scope of volunteer work, recipients of such aid and the usage of the non-emergency ambulance service. Such curiosity generated greater awareness among these students the value of helping others who are not as fortunate.

Warming the Hearts of the Elderly

By SHEA SHEN LE, *Volunteer, Singapore Red Cross*

Photographs PATRICK TAY

The 14th Project Red Cross Love brought some precious smiles to some of the less privileged senior citizens in Singapore.

Held on the 18 December 2010, 200 senior citizens of different ethnicities from Bukit Merah View, Mei Ling Street, Bendemeer and Ang Mo Kio Centers were invited to an enjoyable day out at the Health Promotion Board. The aim of the event was to show the elderly that they can achieve a better quality of life by exercising and maintaining a healthy lifestyle.

The afternoon started with a tour of the Health Promotion Board. Then the guests proceeded to the auditorium, where they actively participated in quizzes and won prizes sponsored by corporate donors. They also received goodie bags of basic necessities donated by 25 Red Cross Youth (RCY) schools.

Following the speech by Guest of Honour, Chairman of Singapore Red Cross, Mr Tee Tua Ba, the Project Red Cross Love committee shared documentary videos of past Project Red Cross Love events with the audience.

Next up, was a chair aerobics session that not only enhanced blood circulation, strengthened muscles, improved postures and lubricated joints but also, hyped up the senior citizens. While seated on a chair, everyone earnestly followed the enthusiastic instructor, Jenny and her five student assistants to "pull apples", "run in the chair", and stretch their body parts!

This was followed by an Indian Dance performed by three students from Rivervale Primary School, games and a lucky draw. A well deserved tea reception then followed. People, both young and old, organisers, guests and even the Guest of Honour all enjoyed the event.

An elderly couple, Ali Hussain and Nafsiah Kidah, was all smiles. "We are very happy and satisfied with today's event, it was really enjoyable," Mr. Hussain said heartily. "Volunteers did such a great job serving us, even helped us to the washroom," added Mrs. Kidah.

"This is my second time participating in this event," said youth cadet Zhang Ruoxi, 15 years old, a Secondary 3 student from Raffles Girl School, "It's very meaningful and fun to interact with the elderly. I would love to do it again."

"It's a good gesture to have the under-privileged elderly who stay in one-room flats come over and enjoy a fun day out while learning the importance of exercises," complimented Mr. Tee.

"It's a noble effort to give the elderly such a fun day, I enjoyed the chair aerobics," guest Stanley Tan chuckled, "It's heart-warming to see the youth care for the elderly this way." Since 1997 the Project Red Cross Love Committee has involved link units and cadets in this annual project. This year, 80 students were involved in the pre-event preparations 50 students and 30 volunteers were stationed on site to serve the elderly. The lucky draw prizes and logistics support were sponsored by corporate partners.

Looking around, truly, young students were serving the elderly food and drinks, helping them get seated, escorting them to the elevators, pressing the elevator buttons and holding the elevator doors. Project Red Cross Love 2010 has indeed warmed the hearts of senior citizens, touched lives and inspired the youth.



Creating Awareness of IHL Through Debate

By JONATHAN NG, LEE YAN SONG,
Volunteers, Singapore Red Cross
Photograph Teo Wei Keong

On 26 February 2011, Singapore's finest student debaters converged at Anglo-Chinese Junior College for the Finals of the Third Inter-School Debate Series on International Humanitarian Law (IHL).

Organised jointly by the Singapore Red Cross (SRC), Debate Association (Singapore) and University of Michigan Alumni Singapore, the debate was designed to create greater awareness of International Humanitarian Law (IHL), which has not really registered with Singaporean students to date. The event was open to all junior colleges and pre-university institutions.

After lunch, Victoria Junior College (VJC) and Anglo-Chinese School Independent (ACS Independent) were announced as the finalists of the debate.

As the finalists prepared for their debate, the audience listened to a short talk on "IHL and the Edge of Humanity" by the guest speakers Ms Charis Tan and Ms Megan Chia, both practicing lawyers. Guest-of-Honour, Mr. Tee Tua Ba, Chairman of SRC, gave a short speech about how IHL relates to the Red Cross.

The finalists then began their debate. The topic was "This house believes that soldiers should not be prosecuted for war crimes

ordered by their superiors". VJC and ACS Independent were the proposition and opposition respectively.

VJC went first, offering insightful arguments and making their case for the overly-conditioned soldier. But the ACS Independent team responded well with keen rhetoric and indefatigable zeal.

Initially, it seemed victory could go to either side. Speakers on both sides presented interesting concepts to substantiate their stance and questioned the opponent's arguments with precision and clarity.

However, it became clear that the opposition had gained a slight edge. They had rebutted with arguments backed up by real-life examples, such as Ugandan Child Soldiers and recent Bangladeshi war crimes. Eventually, the judges unanimously agreed that the team from ACS Independent was the champion, with their debater Avery Yew clinching the Best Speaker award as well.

The 'quality of argument and depth of thought was commendable', declared Mr. Mark Gabriel, Chief Adjudicator of the debate and Director of Julia Gabriel Center for Learning.

Along with the Challenge Shield, ACS Independent team also won a five days, four nights' trip to the Philippines to visit

Philippines Red Cross and the International Committee of Red Cross to witness the humanitarian work and implementation of IHL by Red Cross first hand.

Team leader Ryan Leow, said: "It's been quite a whirlwind; but I am overjoyed to have won."

Runners-up VJC won a three days, two nights trip to Hong Kong to visit the University of Michigan Alumni office. Despite the loss, Victoria Junior College's team leader, Joanne Low, felt that her team performed better than expected as they had initially personally disagreed with the topic.

International Humanitarian Law (IHL)

- Restricts the use of weapons and methods of warfare
- Protects people who are not, or no longer, participating in hostilities
- Aims to protect human dignity and to limit suffering during times of war
- Is also known as the law of war or the law of armed conflict

SRC and International Committee of the Red Cross (ICRC) also organised Exploring Humanitarian Law (EHL) Workshop for Trainers from 6-8 December 2010. An upcoming EHL camp will be held in May for Red Cross Youth cadets.

Be Prepared for Disasters & Emergencies

By SONDRA FOO, Corporate Communications
Photographs KENNETH TAN

With Asia becoming one of the most disaster prone regions in the world, disaster preparedness is becoming an important part of every organisation's planning strategy. The tsunami that occurred in Japan in March this year serves as a stark reminder of how important disaster preparedness is. When disasters strike, the need for water sanitation, hygiene, food, shelter and the need to cope with challenges like malnutrition, epidemics, diseases, safety, security issues and loss of lives may quickly develop.

To ensure they are ready for these challenges, volunteers and staff must be equipped with knowledge and skills on how to deal with emergency health situations. To achieve this, Singapore Red Cross (SRC) organised talks, as well as accredited training on topics such as disaster management, emergency health and many more.

From 8-13 November 2010, SRC hosted the Regional Asia Pacific Emergency Health Training course organised by the International Federation of Red Cross and Red Crescent Societies (IFRC), for health professionals regionally.

The course covered topics like emergency health services, epidemic prevention and

controls, diseases and communicable diseases in emergencies through a series of seminars and practical sessions. There was a simulation exercise designed specifically to apply the knowledge that they had gained during the six day course. Participants of the training found the course informative and extremely applicable to the conditions that many were faced in real-life disasters.

"Throughout the camp, I learnt about emergency health objectives, technical inputs and management perspectives that benefited me when I had to support the Cyclone Giri Operation in the training of the volunteers, developing plans of action and reports," shared Dr Kaung Myat Than, from the International Federation of Red Cross and Red Crescent Societies (IFRC), Myanmar.

Another participant, Cong Apeng, a rescue member of China Red Cross, echoed similar sentiments, she recounted, "I am glad to have attended the course; I learnt the emergency health systems that can facilitate our processes in our future rescue missions."

"We have a long way to go to enhance the team rescue system. I would like more people to learn the course and to share the course on special emergency health," added Cong Apeng when asked on how

effective she felt the course was.

"I will inspire others to take up this course. It is a very good learning platform for public health professionals to equip themselves with up-to-date knowledge of dealing with health emergencies given that disasters are happening more frequently," Dr Syed Jamal Shah, Health Coordinator, IFRC, Pakistan.

Though the course was targeted at health professionals, some SRC volunteers were called upon to participate in a role play for the simulation exercise. "It was awesome... The role play was exciting, and very relevant, we learnt something outside the norm," said Mr Poh Chee Tiong, a volunteer with Services.

Besides the regional training course, SRC also organised local workshops and talks. The National Disaster Response Level 2 Training Programme held from 15-16 January, equipped volunteers with knowledge on topics such as safety and security as well as trauma and wound management. It also included some outdoor survival skills that would prepare volunteers to be adept in operating in overseas deployments.

The SRC also organised the Disaster Preparedness (DIPAR) talk on 28 February, to provide volunteers with some basic knowledge of Disaster Preparedness. The next DIPAR talk will be held on the 28 May 2011. Sign up and learn more about how you can be part of SRC's Disaster Preparedness program!



Facebook Buddies Reach Out To New Friends for the Blood Drives

By CINDY POH & TAY SZE LING, Volunteer, Singapore Red Cross



Social media is becoming the norm rather than the exception. Publicity efforts for blood donation drives have evolved from merely word of mouth and posters to using social media like Facebook to create awareness.

The Singapore Management University (SMU) Chapter of the Red Cross Humanitarian Network (RCHN) did just that. The students organised the annual blood drive 'A Truly Magical Christmas 2010' on 12 December 2010 at *SCAPE for the first time. Two months before the event, the students of the Chapter set up a Facebook Group, "Blood Buddy SMU".

"The whole pre-event publicity effort was to create awareness and educate the public about the importance of blood donation," said Cindy Poh, from the SMU Chapter of RCHN.

"Apart from informing people about the date and venue, we posted photos of the Blood Buddy, uploaded videos we made ourselves and used fascinating facts on blood donation to generate interest. We



"We overcame so many challenges to make this event a success. We coped with the fact it was in a different venue, we were using untested tools to raise awareness as well as securing vital sponsorship of food, shopping vouchers and print materials."

Tay Sze Ling of SMU Chapter of RCHN



Recruited donors, volunteers on the streets by getting them to pre-register, one week before the blood drive.



A total of 453 bags of blood were collected from donors who came from all walks of life.

went about inviting people and updated the site constantly to maintain the excitement, and after the event we made sure we thanked every one for supporting the cause and posted fresh photos", explained Cindy.

"We used Facebook because it was easier to maintain and track the awareness levels. We saw people tagging themselves and their friends on the Facebook page, posting comments there. We did not use Twitter as there was nothing you could track and no images to show," pointed out Cindy.

Sze Ling added, "Despite the hard work, everyone was still smiling. Knowing that we have made a difference makes all the hard work worthwhile. I was really touched by the enthusiasm, hard work of the volunteers. Though we found it challenging to get people to listen to us, everyone remained optimistic and continuously spurred each other on. We would like to sincerely thank all volunteers, donors, Blood Buddy, performers and sponsors for supporting our cause."



The Singapore Turf Club Advocates Blood Donation

Interviewed by SARAVANAN GOVINDAN,
Volunteer, Singapore Red Cross

AIM FOR THE GOAL
BOOK A DATE
COMMIT A COMMITTEE
DATE THE DONORS

The Singapore Racecourse and its Off-Course Betting Centres have frequently been converted as blood donating venues – and it's all for a worthy cause.

Since 2008, the Singapore Turf Club (STC) has enabled the use of its premises to host over 20 bloodmobile sessions per year, providing convenience for blood donors to donate blood during the work week. Organised together with the Singapore Red Cross, this joint programme sees more than 700 units of blood being tapped at the sessions annually.

Much of the programme's success lies with the considerable effort put in by the Club to generate publicity in encouraging staff and the public to take part in the blood donation drives regularly. By offering monthly use of its Off-Course Betting Centres in the Central Business District, the Singapore Turf Club enables blood donors working in the area to donate blood during their meal breaks. This has proven to be a winning formula as everyone wins with blood donation; especially the patients who are in need of blood.

"Moving forward, the Club plans to invite speakers from Singapore Red Cross to conduct lunch talks to further educate staff on the benefits of blood donation. Plans

are also underway to increase publicity at the various off-course betting centres and certain office buildings which houses the centres, in order to encourage the public to step forward and take part in these meaningful events," said a STC spokesperson.

The Singapore Turf Club is a strong supporter and advocate of voluntary blood donation, and is a service partner of the Singapore Red Cross Blood Donor Recruitment Programme. If you think you or your organisation can help save more lives, please call the Singapore Red Cross Blood Donor Recruitment at 6220 0183.

The Heart of the Red Cross Community

By ANTHONY ANGELA, *Volunteer, Singapore Red Cross*
Photographs KARTINI SAAT and WONG LEONG JEAM

“Red Cross faces more opportunities and challenges in the new year,” says Mr Tadateru Konoe, President of the International Federation of Red Cross and Red Crescent Societies (IFRC), when thanking volunteers for their continued support and contribution to the Red Cross during a short visit to the Singapore head office. “This year, we mark the 10th anniversary of the international year of the volunteer, by highlighting the significant contributions that volunteers make every day.”

Mr Konoe, who was in Singapore for the World Volunteer Conference, reaffirmed the importance of volunteers. “Everyone here today makes a significant contribution to save lives and change lives,” said Mr Konoe, “Behind statistics are individuals, literally millions of lives, stories and experiences, but we remain a Community based organisation at heart.” He estimated there are about 13 million Red Cross volunteers worldwide, making contributions in eldercare, special needs requirements and disaster relief.

Ms Cheng Ee Wan joined Singapore Red Cross in 2006. Four years on, she is now a part of Detachment 2 of Adult Volunteer Division (AVD). “There were less than 10 of us three years ago. Now there are 30 members.” This is an encouraging sight for Ee Wan as AVD organises community service activities for working adults to contribute in meaningful ways.

One such activity was the visit to the Red Cross Home of the Disabled. Ee Wan shared her touching experience, “The residents actually respond to you. You can see them tapping your shoulder because they can’t really express themselves. To me, I learn to communicate with different kinds of people - like how to take care of them.”



Such enthusiasm is mirrored by Singapore Polytechnic students, Ms Eileen Lau and Ms Ning Ning. They dreamt of going on an overseas community service mission. “I would like to go overseas and get a chance to help those who don’t have access to eye check-ups.” Ning Ning, a first year student in optometry.

Similar sentiments were also shared by Eileen who had joined the Red Cross to learn some first aid. “The club is not very popular in my school. And not many people appreciate the Red Cross” Said Eileen, “But, I would like to promote the Red Cross Movement to my school. I would like to organise more activities.” This brought back memories for Mohammad Zaidi bin Ariffin who has been with the Red Cross for six years since secondary school. Now a Council Member, he represents the youth at a higher level. “I want to represent the youth in things they feel for and develop myself as a volunteer.” said Zaidi. Having been a student volunteer, he aims to bridge the generation gap within the Red Cross. “I would like to give an alternative view of what’s happening up there at the management and bring it down to the youth and tell them what is happening and get their feedback.”

Singapore Red Cross firmly supports the vision of being a community based organisation. As Mr Jeffery Chan, Vice Chairman of the Singapore Red Cross, summarized, “The IFRC speaks in many voices, in a sense that there are many interests. There are some interests that we have difficulty in sharing but we have no difficulty in sharing Mr Konoe’s vision for the IFRC, and through the IFRC, for all of us.”

Carol Teo, Head of SRC Corporate Communications and
Shane O'Connor, Programme Advisor of FedEx Global
Citizenship, USA at the IAVE Conference

Taking Stock of Volunteering Trends

By SONDRA FOO, Corporate Communications
Photograph KARTINI SAAT

Singapore Red Cross is part of the largest humanitarian organisation worldwide. With 186 Red Cross and Red Crescent societies worldwide, if we were to try and put a monetary value contributed by Red Cross volunteers worldwide, what do you think it could be? How many Red Cross and Red Crescent volunteers do you think there are? Where was the greatest proportion of their volunteer value?

The answers to these intriguing questions can be found in the IFRC's report on the Economic and Social Value of Red Cross and Red Crescent Volunteers. The report was launched at the 21st International Association for Volunteer Effort (IAVE) World Volunteer Conference, held at Resorts World Sentosa, in January this year, in conjunction with the 10th anniversary of the UN International Year of Volunteers and IAVE's 40th anniversary.

The report was based on a rigorous methodology aligned with the International Labour Organisation (ILO) and the Johns Hopkins University Centre for Civil Society Studies volunteer management project. It is based on surveys sent to National Societies and includes case studies of volunteer activities.

Here are some of the findings of the Report



13.1 million
Red Cross volunteers
world wide

The greatest proportion of volunteer value was related to health promotion, treatment and services, followed by disaster preparedness, response and recovery and then general support services.



Active Red Cross and Red Crescent volunteers
donated nearly

US\$6 billion
worth of volunteer services in 2009



20 VOLUNTEERS

The median average to every paid member of staff. The regions with the highest ratio of volunteers to staff are sub-Saharan Africa, South East Asia and East Asia.

The employees of IFRC and SRC were amongst the speakers and moderators at the conference. There was a series of conference sessions, forums and workshops organised to share best practice, learn from the mistakes made, and improve volunteer management to make a positive and sustainable impact on communities.

Do You Know?

Welfare organisations and volunteers alike are contending to get a slice of the action in overseas rescue missions or relief efforts. What exactly had sparked this trend?

If management is doing things right, what is leadership about?

What does the power of one mean to blood mobile organisers of Singapore Red Cross' Blood Donor Recruitment Programme (BDRP)?

What are the secrets of success of the partnership between FedEx and American Red Cross?

Learn more at <http://www.ourworld-yourmove.org>

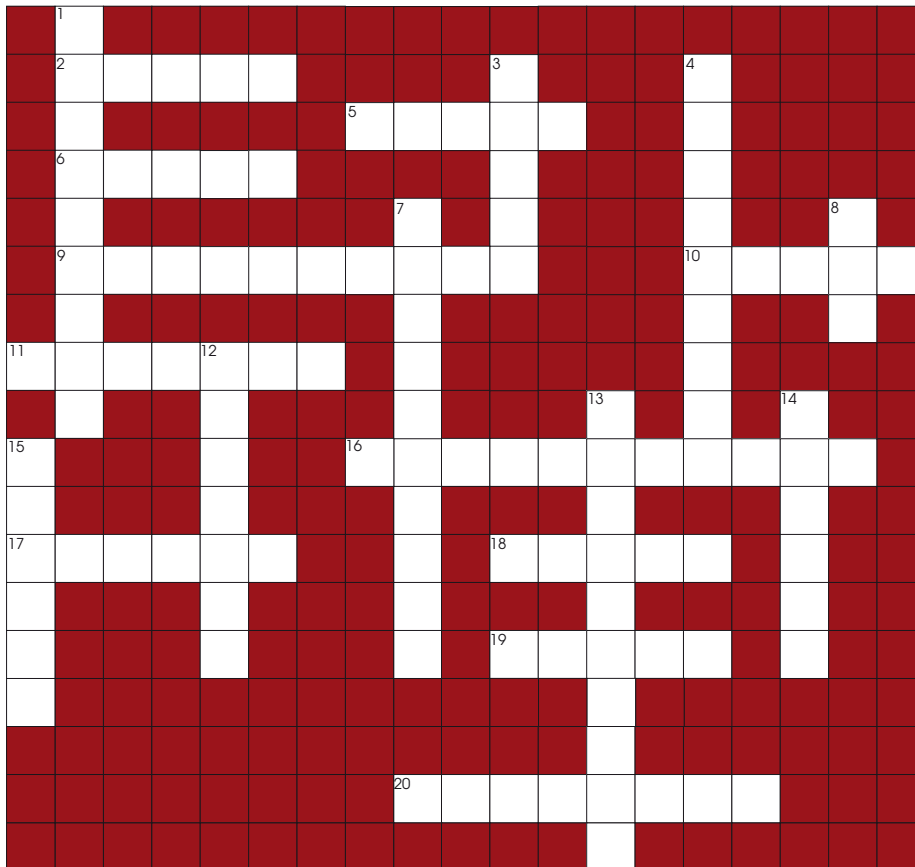
HERSHEY'S®



Win a free Hershey's bar each sponsored by Hershey's Chocolate World

Are you any good at Crosswords?

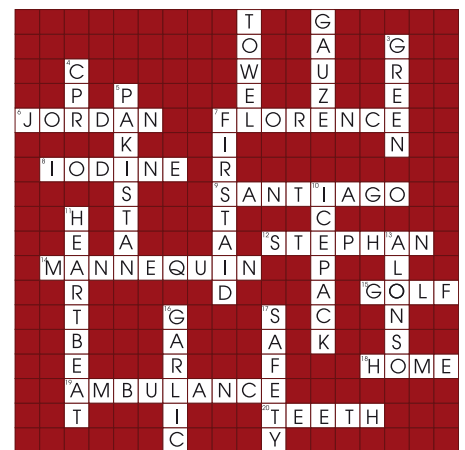
Participate in this Crossword Puzzle today and stand to win a FREE Hershey's bar sponsored by Hershey's Chocolate World! Limited to the first 19 correct entries.



Crossword puzzle compiled by SARAVANAN GOVINDAN, Volunteer, Singapore Red Cross



Shea Shen Le
Winner of Crossword Puzzle,
Issue Three 2010



Answers to previous puzzle

Across

2. iPod, iPhone, iPad company (5)
5. Head of One Foundation and superstar actor (3,2)
6. YOG mascots Lyo and _____ (5)
9. Country where "The Lord of the Rings" movies were filmed (3,7)
10. Channel 5's spoof of the news (5)
11. Capital of Sri Lanka (7)
16. Singapore's prime shopping street (7,4)
17. Red packets during Chinese New Year (3,3)
18. Rice + seaweed + fish = _____ (5)
19. Where Sichuan is located (5)
20. Singapore's horse racing location (4,4)

Down

1. Shuttle sport (9)
3. Red liquid that saves lives (5)
4. Find the _____ in you! (9)
7. MM Lee's new book (4,6)
8. Bloodbank @ _____ (3)
12. Season with heavy rains (7)
13. Latest lotus flower-shaped museum in Singapore (3,7)
14. From Year of Tiger to Year of _____ (6)
15. Rhymes with "wealth" and is much more valuable (6)

Name: _____ Contact No: _____
Email: _____

Sponsored by Hershey's Chocolate World
Resorts World Sentosa, 26 Sentosa
Gateway, #01--75/76/77
Singapore 098138

Hurry! Send in your answers via post, fax or email to
Sondra Foo, Corporate Communications Department
Singapore Red Cross Society, 15 Penang Lane Singapore 238486
Fax: 6339 0035 Email: sondra.foo@redcross.org.sg

What's On

Find us on
Facebook



May 8 World Red Cross Day

Take part in our photo contest this World Red Cross Day to capture images of volunteering in action by emailing the photos to thevolunteerinside@redcross.org.sg. A mosaic of photos will be created.

25 CPR Talk Cum Demo for Group of Senior Citizens

A CPR Talk Cum Demo will be conducted for Senior Citizens from Vintage Care Group. Volunteers trained and certified in CPR or First Aid are called upon to give the talk or demo from 2pm to 4pm.



Apart from the Bloodbank@HSA, there is a Bloodbank@Woodlands, launched recently in February.

900 South Woodlands Drive
#05-07 Woodlands Civic Centre
(Opposite Causeway Point)
Singapore 730900
Tel: 6766 0576

For Whole Blood Donations
Opening Hours
Monday, Wednesday to Friday 12 pm – 8 pm
Saturday 9 am – 5 pm
Sunday 9 am – 2 pm
Closed on Tuesdays & Public Holidays

June 4-5 Vibrant Blood Drive

Donate blood at the Vibrant Blood Drive, held at Orchard Central from 11am to 5pm. This is organised by the NTU Chapter of Red Cross Humanitarian Network.

11 World Blood Donors Day

World Blood Donors Day is to celebrate and recognise the contribution of our blood donors, who have generously given the gift of life. Volunteer as photographers or writers for the World Blood Donors Day event. Call Kartini or Soudra at 6336 0269 if you are interested to volunteer as photographers or writers.



SINGAPORE