

SINGAPORE

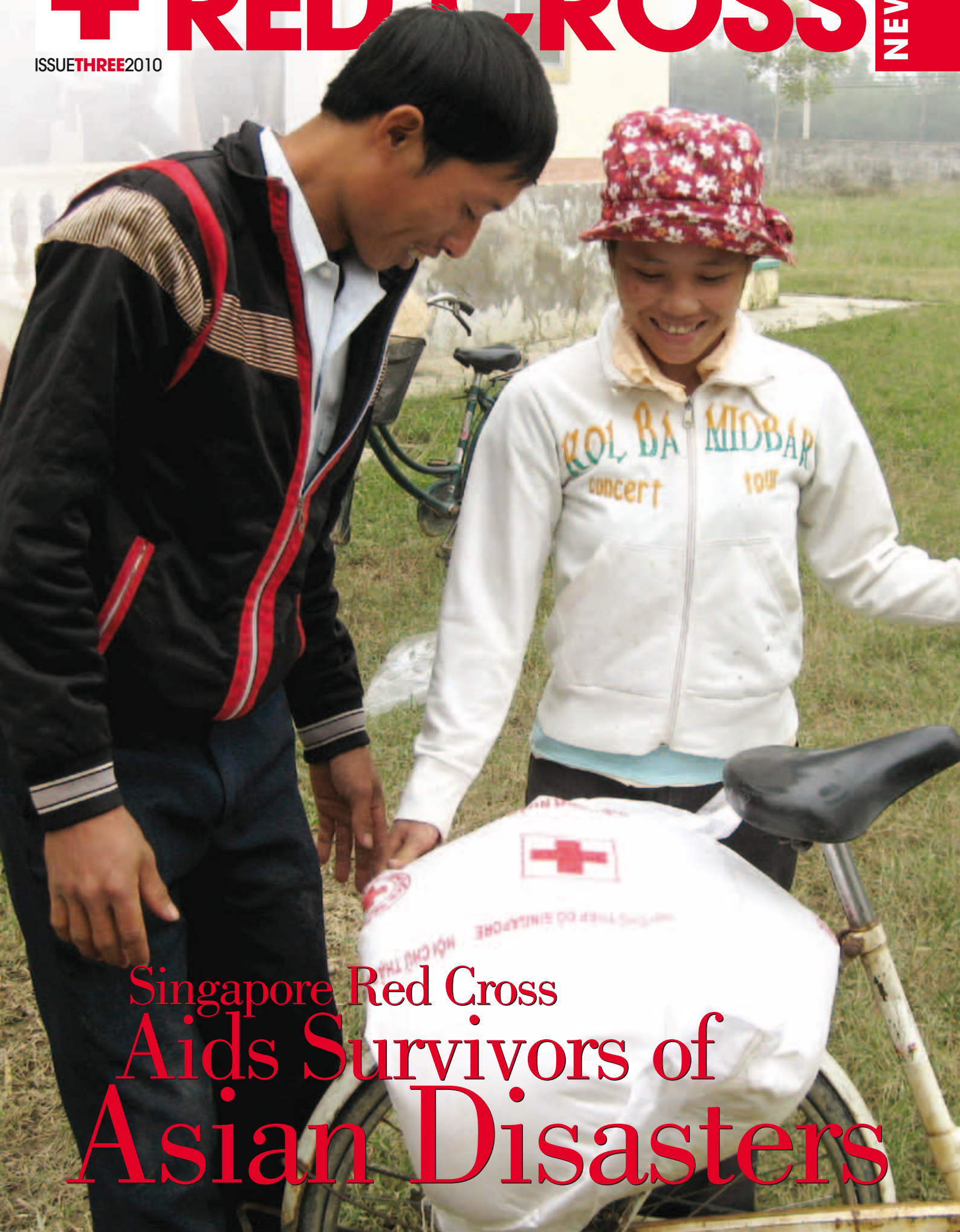
MICA (P) 212/12/2009



RED CROSS

NEWS

ISSUE THREE 2010



Singapore Red Cross
Aids Survivors of
Asian Disasters

EDITORIAL

As we wrap up 2010 with our third issue of the newsletter, we take stock of the events that have occurred over the year.

The Singapore Red Cross Society's (SRC) Tidal Waves Asia Fund was brought to a close five years after the 2004 Asian Tsunami with the handover of the Meulaboh General Hospital in Indonesia and the Singapore-Sri Lanka Friendship College in Sri Lanka. In total, the S\$88 million raised by the Tidal Waves Asia Fund provided immediate relief and facilitated the completion of 69 rehabilitation and reconstruction projects in Indonesia, Maldives and Sri Lanka.

Elsewhere in the region, 2010 saw several countries plagued by typhoons and floods. The SRC rendered aid to survivors in Pakistan, Philippines, Myanmar, Vietnam, Cambodia and Indonesia. Your generous donations have enabled us to provide relief items, food and temporary shelters to survivors. Rehabilitation and reconstruction plans are underway.

Closer to home, the SRC organised several activities such as the World First Aid Day Carnival on 11 September, the "Someone in My Family is a Blood Donor" campaign, and the recognition of our adult volunteers. In this issue, we

also included inspiring stories of volunteers who participated in the Youth Olympic Games, National Day and Formula One.

As we welcome 2011, we would like to take this opportunity to invite you to participate in our newsletter survey to enable us to bring you more exciting and inspiring stories going forward.

Finally, we would like to extend our deepest appreciation to all our volunteers and supporters who have continued to go the extra mile to serve humanity and save lives together with the SRC.

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MICA (P) 212/12/2009



Across our shores

3 THE TWIN DISASTERS THAT STRUCK INDONESIA Singapore Red Cross renders aid to survivors of Mentawai tsunami and Mount Merapi eruptions

6 EMERGENCY RELIEF IN PAKISTAN Learn what we contributed to survivors of the Pakistan floods

7 TOUCHING LIVES WITH GRAINS Singapore Red Cross donates rice grains to Vietnamese survivors affected by the floods

Cover story

10 WORLD FIRST AID DAY Find out more about how we celebrated World First Aid Day this year

12 BRINGING LIGHT TO URBAN LEGENDS Julie Khabir shares first-aid myths

Events

13 DANCING THE NIGHT AWAY Red Cross Youth plays host to less privileged children from Millnar Primary, a beneficiary of Australian Red Cross, visits when they visited Singapore

15 UNVEILING SINGAPORE'S LARGEST BLOOD DONOR FAMILIES Find out who they are!

16 SWINGING THE CLUB OF PHILANTHROPY The Red Cross Charity Golf 2010 raised a record S\$402,063 for our local humanitarian efforts

Feature Story

17 WHEN FIRST AID TRAINING BECOMES PERSONAL Read about how first aid knowledge saved the life of a pillion rider

Special report

19 BLAZING THE TRAIL OF OF VOLUNTEERISM First aiders and fund raisers rev up 2010 Formula 1 SingTel Singapore Grand Prix

SRC and the Movement

21 AGENTS OF CHANGE Zaidi of Red Cross Youth shares about his experience at Ajloun, Jordan Asia Pacific Youth Summit 2010

The Twin Disasters that struck Indonesia



October 2010 was a nightmare that many Indonesians wished never happened. But the nightmare materialised into reality, very much against their will. The scene of bloodshed and loss of lives would chill the hearts of all who witnessed the Indonesia's twin disasters—tsunami at Mentawai Islands and eruption of Mount Merapi. These disasters struck barely a day apart from each other.

Fear permeated through every pore as people scrambled in panic, attempting to escape. Whilst we remember those who lost their lives in the twin disasters, we would like to pay tribute to those who went in aid of the survivors.



Mentawai Islands

On 25 October, an earthquake measuring a magnitude of 7.7 on the Richter Scale, hit on the western coast of Sumatra, Indonesia. It resulted in a substantial localised tsunami that struck the Mentawai Islands. A week after the tsunami, 431 people were confirmed dead and 88 were missing.

The Indonesian Red Cross (Palang Merah Indonesia or PMI) quickly moved in with its pool of volunteers and staff to provide immediate emergency and relief efforts. Two helicopters were deployed to ferry casualties out of the Mentawai Islands to Muko Muko town in Bengkulu province. Relief and medical assistance were also provided to isolated areas in 16 districts. Military helicopters were also mobilised to bring relief items to various villages around the islands that were not easily accessible due to its choppy seas and storms that surrounded the island.

Aid reached most if not all the survivors. Secretary General of Singapore Red Cross



Society (SRC), Mr Christopher Chua visited the PMI from 31 October to 2 November to understand relief efforts and distribution.

The SRC donated US\$100,000 for the purchase of family kits, hygiene kits and medical supplies. In addition, SRC has also pledged support for the reconstruction of 500 houses as part of the next phase of the relief efforts. Mr Jusuff Kalla, Chairman of PMI expressed his appreciation to SRC for its kind donations.

Mount Merapi

On 26 October, Mount Merapi was ferociously spewing lava, visible flame and pyroclastic hot air flows. Searing gas clouds with a height of 1.5km emerged from the summit of Mount Merapi. Hot clouds of ash flowed down the slopes of the mountain. Soldiers and police who were posted in the

vicinity of the volcano were seen fleeing alongside hundreds of residents amidst roads clogged with cars and motorcycles.

As of 22 November, the death toll had risen to 304. Many were hospitalised for burns, respiratory problems and other injuries.

The International Federation of Red Cross and Red Crescent Societies (IFRC) assisted PMI in providing health services, psychological and social support, water and sanitation facilities, interim shelter, relief food and non-food items to survivors. PMI also mobilised 400 volunteers to assist thousands of displaced people near Mount Merapi, providing them with food, clean water, blankets as well as operating mobile clinics and field kitchens.

Director of Operations and Head of

International Services of SRC, Mr Lim Theam Poh visited the PMI 14 to 16 November to understand relief efforts and distribution.

SRC freighted 1 million pieces of face masks to PMI for distribution to survivors and relief workers of the recent Mount Merapi eruptions. The three-ply face mask protects against bacteria, dust, air-borne diseases and viruses. "The face mask was identified as a crucial need as Indonesians, including the relief workers were falling ill just breathing in the air," said Mr Chua.

Other Efforts

Separately, SRC was part of Project HOPE, the second humanitarian special organised by MediaCorp on 19 November 2010. Aired over Suria and ChannelNewsAsia, Project Hope raised S\$641,000 for survivors of Mentawai tsunamis and Mount Merapi volcanic eruption.





Emergency Relief in Pakistan

By SONDR FOO, *Corporate Communications*

Dubbed as one of the worst calamities in the country's history, the torrential monsoon rains that ravaged Pakistan in July to early August 2010 had affected an area equivalent to the size of UK – more than 70 percent of Pakistan.

Based on government figures, as of 11 November 2010, more than 20.1 million people were injured or made homeless by the deluge – surpassing the combined total number of individuals affected by the 2004 Asian tsunamis, the 2005 Kashmir earthquake and the 2010 Haiti earthquake. The Pakistan floods that hit the provinces of Khyber Pakhtunkhwa, Punjab, Sindh and North Western Frontier obliterated more than 1.9 million homes. The torrents also pummeled more than 3.7 million acres of crops in Sindh and Punjab provinces and claimed the lives of 1,963 people.

Following Pakistan's call for international help, the Red Cross Red Crescent Movement, consisting of International Committee of Red Cross (ICRC), International Federation of Red Cross Red Crescent Societies (IFRC)

and 37 National Societies quickly mobilised resources to provide emergency aid to survivors. The Red Cross Red Crescent Movement, working through Pakistan Red Crescent Society (PRCS), reached more than two million people with food items and close to one million people with non food items.

On behalf of PRCS, IFRC launched appeals to raise CHF 17 million in early August 2010 in aid of 25,000 families, CHF 75.8 million (US\$72.5 million) on 19 August 2010 to help 910,000 people over the next 18 months and a revised appeal of CHF 130.7 million (US\$133.9 million) on 11 November 2010 to render aid to one million people over the next two years. The funds will provide survivors with immediate relief items such as food, non-food items, clean drinking water, shelter, medical assistance.

Closer to home, Singapore Red Cross Society (SRC) contributed US\$100,000 (S\$130,000) for emergency relief on 2 August 2010. On 10 August 2010, SRC launched a month-long appeal to raise money for relief and recovery efforts for the Pakistan floods. The appeal was extended for another month.

A team from SRC, comprising Secretary General of SRC, Mr Christopher Chua and Director of Operations and Head of International Services, Mr Lim Theam Poh visited Pakistan Red Crescent from 17 to 20 September 2010 to assess the situation. SRC also handed over 2,000 Family Food Packs worth S\$266,000 and 8,000 tarpaulin sheets worth S\$147,700 to the survivors. Each family food pack, consisting of wheat flour, rice, lentil, cooking oil / ghee, sugar, tea and salt, will suffice to feed a family of seven for a month. The high quality tarpaulin will be used as temporary shelters for the many survivors whose homes have been washed away by the torrents.

While much has been done by the Movement and SRC thus far, we should not rest on our laurels. Malnutrition, waterborne diseases, respiratory ailments, diarrhoea and food shortage remain real challenges that survivors and rescue teams will have to contend with, particularly as winter approaches. Even as the flood waters recede and residents begin to return to their communities, more has to be done to ensure shelter, clean water, food and emergency health care are provided to the survivors.



Touching Lives with Grains

By SONDRRA FOO, *Corporate Communications*

Every year, in the months of September to October, the Vietnamese live in fear as the monsoon season approaches. This year, from 1 October 2010, heavy rains submerged tens of thousands of houses in five provinces from Nghe An to Thua Thien-Hue, south of Hanoi and stretching south based on government reports.

On 20 October 2010, the pounding rains in Ta Tinh province in North Central Vietnam claimed the lives of at least 46 people and left 21 missing, according to Vietnamese government officials and cited by United

Press International. More than 200,000 houses were inundated in four North-Central provinces and at least 119 homes caved announced Vietnamese officials. Several trains and buses were left stranded as many sections of the track and parts of Highway One, Vietnam's main north south artery were washed away.

Both poultry and agricultural farmers were badly hit. Thousands of cows and buffaloes and 74,000 chickens were killed in the deluge. Over 71,000 tonnes of food stocks and seed were lost following heavy rains in Vietnam since 14 October 2010.

Red Cross Head of Mission in Vietnam, Bhupinder Tomar said, "A lot of food has been destroyed, both stored and crops... a substantive number." Those with nowhere to go were housed in Red Cross donated tents.

Singapore Red Cross Society (SRC) has also played a role in Vietnam. In response to the urgent shortfall of rice, SRC donated US\$30,000 to purchase rice grains for the survivors of the floods. Mr Lim Theam Poh, Director of Operations & Head of International Services of SRC, visited the Viet Nam Red Cross between 3 to 5 November to handover some 50 tonnes of rice for the Vietnamese affected by the floods.

Cyclone Giri

The Singapore Red Cross Society donated US\$50,000 for emergency relief efforts in the aftermath of the Cyclone Giri, which hit the coast of Myanmar's Rakhine state on 22 October 2010. The Myanmar Red Cross has taken a lead role in the response, with local branches providing food, water and shelter.





One Year On

By SHEENA CONCEICAO, *Corporate Communications*
Photograph KEN KOBAYASHI, *Japanese Red Cross Society*

A year on, life has returned to normal for these children. They play outside their new homes at a relocation site in Tabuk, Kalinga – a landlocked mountainous province 480 kilometres north of the capital, Manila.

Philippines, Vietnam and Indonesia were reeling from the impact of consecutive disasters that struck for a period of more than a week in September 2009. One year on, the same communities rebuild their lives, with the help of International Federation of Red Cross and Red Crescent Societies (IFRC).

Documented as one of the deadliest typhoons in 2009, Typhoon Ketsana took the lives of 747 people and destroyed 300,000 houses in the Philippines.

The Philippines Red Cross disaster response team was quickly mobilised to respond to the disaster. It rescued approximately 4,000 people. In the weeks and months that followed, it provided food parcels for 725,000 people and distributed household items such as blankets, mosquito nets, jerry-cans and sleeping mats. Shelter was a key priority in the aftermath of Typhoon Ketsana. Over the past year, 5,000 households received shelter kits to repair their damaged homes.

As part of the relief efforts in the Philippines, Singapore Red Cross Society (SRC) launched a public appeal for the survivors of the devastation and sent 3,200 water purification units to the Philippines National Red Cross. The units were used to treat and convert river, pond and lake water into clean drinking water.

The trail of destruction continued as Ketsana left the Philippines and cut across 13 provinces in central Vietnam on 29 September

2010. 293 people were killed and 23,500 homes were destroyed. Vietnam Red Cross deployed a water treatment unit to provide more than 118,000 litres of fresh water to 5,500 homes. Shelter was also a main concern. By the end of September 2010, 650 families received newly-built storm and flood resistant houses in the local communities that were affected.

On 30 September and 1 October 2009, two major earthquakes struck West Sumatra, Indonesia killing more than 1,000 people and damaging 250,000 homes. Over 4,000 people were displaced due to the wreckage caused by the aftershocks. The Indonesian Red Cross, other Red Cross partners and IFRC were actively engaged in reconstruction efforts. One year on, 12,745 transitional shelters were completed across four of the worst-affected districts.

As this article was written, Typhoon Megi had just struck and left Philippines beleaguered. Though it is unfortunate given that the country was just making its baby steps on the path of recovery from Typhoon Ketsana just a year ago, we have no doubt that the community will rebuild their lives if National Societies of the Red Cross work together to make it happen.

Together, Red Cross societies across the region can make a huge difference in the lives of those affected. Together, we can share about the best ways to donate, volunteer and rally the people around the world to give through their generosity and kindness, to help survivors of disasters heal.



A New Learning Chapter

By SHEENA CONCEICAO, Corporate Communications
Photographs IRVIN TAN, Volunteer, Singapore Red Cross

From its verdant rainforests, remarkable diversity of its wildlife to its coastal plains, it is clear that the natural heritage of Sri Lanka runs deep. Yet, it is intriguing how it preserves its natural beauty despite the pace of modernisation. Beneath its shroud of tranquillity, who would have thought that the deadly Asian tsunami had wiped out towns and claimed lives of many in the country, just six years back?

The 2004 Asian tsunami, recorded as one of the deadliest natural disasters in history, assailed Hambantota, the southern gateway of Sri Lanka and left thousands dead.

Following the news, Singapore Red Cross Society (SRC) established the Tidal Waves Asia Fund to provide immediate relief and long term rehabilitation for the survivors. The fund was targeted at restoring the lives of the locals and rebuilding their communities, in terms of providing healthcare, housing and education.

Education plays a crucial part in every Sri Lankan individual's life – from childhood till to college. SRC was honoured to play a role in Sri Lanka's education with the handover of the S\$3 million (LKR 245.5 million) Sri Lanka-Singapore Friendship College on 25 July 2010. This wrapped up the final

The opening of the Sri Lanka - Singapore Friendship College on 25 July 2010 marked the beginning of a new chapter not only for the 1,200 female students but also Hambantota.

reconstruction project in Sri Lanka by the SRC and Singapore Sinhala Association Sri, funded by the Tidal Waves Asia Fund.

Relocated on an elevated site and with its exclusive capacity of 1,200 female students in the district of Hambantota, the Sri Lanka -Singapore Friendship College strives to develop talent and to equip the children with useful skills for their future. The school will also play home to a dental clinic within the district to serve about 10,000 children and youths.

"I am very excited about the new features in the school because this will help my classmates and I study better," said Chaturika Kumar, a 13-year old student from the school when asked about her sentiments towards the new school.

The school will have enhanced facilities such as 24 classrooms, 2 libraries and 4 laboratories, which have all been outfitted with copper LAN for e-learning capabilities. With greater space, the students can take part in co-curricular activities like traditional dances or choir.

Ms Rashmila Kavidu, a teacher in the school who specializes in English and also a traditional Sri Lankan dance known as the "Kulu Natuma", otherwise known as the Harvest dance, says "It is very touching to know that the people of Singapore have done so much to help my people and make sure that the children of Sri Lanka are given a proper education."

The completion of the Sri Lanka-Singapore Friendship College signals that the country is well on its way to restore normalcy into the lives of many Sri Lankans.

Several major development projects are underway in Hambantota as the city is envisioned to be an economic hub. With the education these young ladies will receive, they will definitely play a big part in defining the success of the second capital of Sri Lanka.

As John F. Kennedy once said "Let us think of education as the means of developing our greatest abilities, because in each of us there is a private hope and dream which, fulfilled, can be translated into benefit for everyone and greater strength for a nation."



World First Aid Day

By VIVIEN LE, and LEE YAN SONG, *Volunteers, Singapore Red Cross*
Photographs ADELENE NG, ASHRAFUL ISLAM MAHMUD, PATRICK CHAN and TEO WEI KEONG

First aid is the vital immediate care given to a person who has been injured or suddenly taken ill. It includes self-help and home care if medical assistance is not available or is delayed.

The International Federation of Red Cross and Red Crescent Societies (IFRC) introduced World First Aid Day (WFAD) in 2000. Each year, more than 100 Red Cross and Red Crescent Societies around the world organise events and ceremonies to raise public awareness of the importance of first aid.

The Singapore Red Cross Society (SRC) organised a fun-filled carnival with interactive talks, demonstrations and exhibitions on World First Aid Day, 11 September, at the Plaza of the National Library Building, to the theme "First Aid Begins at Home."

First Aid Begins at Home

In his opening address, Associate Professor Goh Lee Gan, Chairman of the National First Aid Council and of the Medical Commission

of SRC shared the importance of first aid in saving lives in everyday and crisis situations. While some Singaporeans choose to stand aside and not proactively help people in need, Prof Goh asserted that this usually stems from a lack of confidence when one is not first aid trained. He urged each family to have at least one first-aid trained member at home.

Participants received useful tips on building a safe home, ensuring fire safety, and treating common childhood illnesses through talks by experts, and demonstrations by trainers of the Red Cross Training Centre (RCTC).

Dr Daryl Lim, an Associate Consultant at KK Women's and Children's Hospital, spoke about how to make our homes safer for children. While homes have traditionally been perceived to be a safe haven, 54% of children's accidents happen at home. Homes can be made child-proof when we try to look from a child's perspective to see what can go wrong, to know the items in the home's first aid kit, and to be first aid trained.



"I was spurred to sign up for the Standard First Aid course after hearing the talk on childhood injuries as the talk really drove home the importance of first aid to me," Dinh Vinh Thuc Uyen, 19, shared.

Dr Lee Khai Pin, also an Associate Consultant at KK Women's and Children's Hospital, spoke about effectively treating common childhood illnesses e.g. coughs, asthma and fever, while Mr Thomas Ng, Assistant Honorary Secretary of Fire Safety Managers' Association covered the topic of fire safety. A whopping 75% of fire accidents in Singapore were residential. He shared the common causes and reminded everyone to switch off appliances when not in use and not leave wirings exposed.

Not only does RCTC provide courses on first aid and CPR, it also conducts infant and child first aid courses for parents and caregivers. According to Mr Lawrence Ng, a first aid instructor who has been working with SRC for over 45 years, one should not apply too much force while doing CPR for children and infants as it may damage their ribs.

Mr Ng strongly encouraged all homemakers to learn first aid.

Family Fest @ The Plaza of the National Library

Around the venue, students from Chong Boon Secondary School role-played as casualties of various accidents. They engaged passersby by telling them about their 'injuries,' and advised them on first aid remedies.

Children learnt first aid through the first aid treasure hunt, quizzes and puppet show. A magic show, coupled with carnival and sale booths, further injected the element of fun to the event.

As the one-of-its-kind first aid puppet show came to a close, Rachel, 11, Bertram, 6, and Raiko, 6, clapped their hands and chorused "Come and learn first aid!" when asked what they learnt from it.

A highlight of the event, the First Aid Treasure Hunt, attracted five teams of three to five each. They vied to be the first to assemble a first aid kit correctly. The blue team emerged

victorious, and tokens were awarded by Mr Edmund Chen, celebrity ambassador of the SRC. He also took time to share some first aid treatments that he has practised at home, and gave tips on preventive measures.

Mr Chen enthused, "A large part of our lives are spent at home. Hence, it should be a place of love. Being equipped with first aid knowledge and skills is the first step to show your love to your family members".

In conjunction with World First Aid Day, Red Cross Youth held its RCY First Aid Competition 2010 on 4 September 2010 at St Margaret's Secondary School.

Top 3 National Finalists

Singapore Chinese Girls' School (Champion)

Ang Mo Kio secondary School (1st Runner-up)

St Margaret's' Secondary School (2nd Runner-up)

Bringing Light to Urban Legends

By SHEENA CONCEICAO, *Corporate Communications*

When an accident happens, your first reaction can do more harm than good – if you believe and follow through with an inaccurate first-aid myth, that is.

According to Ms Julie Khabir, who has over 10 years experience as a first aid instructor, and is currently with the Red Cross Training Centre, slobbering butter over a burn isn't exactly the ideal way to the road of recovery. Indeed this does prove that food and first aid just do not mix.

A commonly favoured myth that most of us believe in is that using medicated oil will help revive a person who has fainted. Yet, in actual fact, the most crucial thing to do would be to lay the person down, ensure that their legs are elevated and loosening tight clothing to make sure they breathe properly.

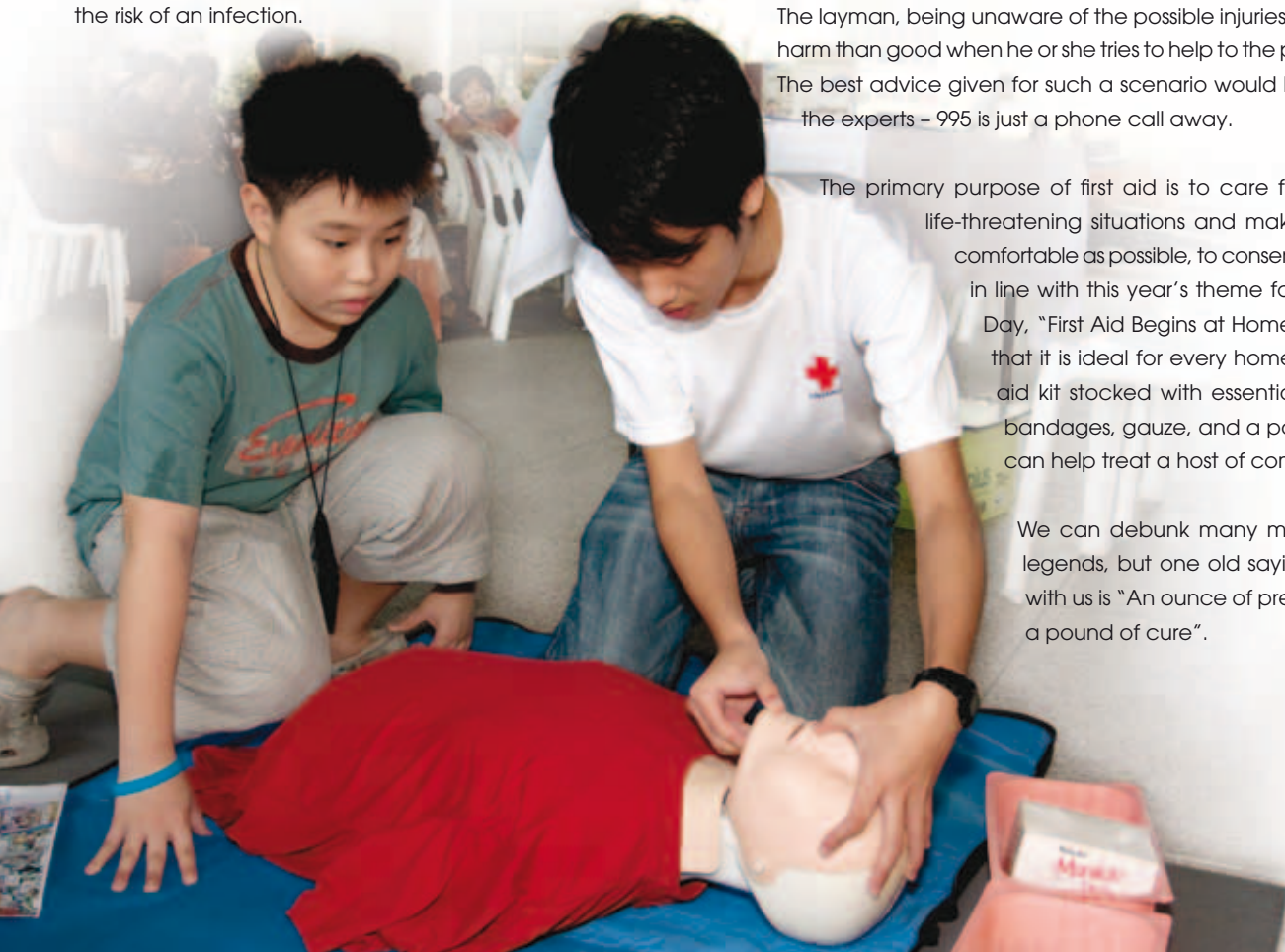
In places such as the home where accidents are most likely to happen, cuts and scrapes should never be left open. Instead, the wound should be cleaned with an antiseptic solution and gauze. Subsequently, a plaster can be used to cover the wound, to minimise the risk of an infection.



Julie, who was also a former paramedic with the Singapore Civil Defence Force has seen it all – from minor to drastic emergency cases. She reminisced about the times when she had to render assistance at traffic accidents and saw how gruesome some of them could be. Sometimes by-standers are more than willing to come forth to help out in such emergencies, but she emphasised that one should never move the body of a victim in an accident. The layman, being unaware of the possible injuries, could do more harm than good when he or she tries to help to the person in distress. The best advice given for such a scenario would be to leave it to the experts – 995 is just a phone call away.

The primary purpose of first aid is to care for the victim in life-threatening situations and make the victim as comfortable as possible, to conserve strength. And in line with this year's theme for World First Aid Day, "First Aid Begins at Home", Julie advised that it is ideal for every home to keep a first-aid kit stocked with essential items such as bandages, gauze, and a pair of tweezers that can help treat a host of common injuries.

We can debunk many myths and urban legends, but one old saying that will stay with us is "An ounce of prevention is worth a pound of cure".



Dancing The Night Away

By LEE YAN SONG,
Volunteer, Singapore Red Cross



On the evening of 27 August, a group of Red Cross Youth (RCY) volunteers and organisers from Hougang Secondary School paced anxiously outside the Red Cross House, awaiting the arrival of their Australian guests.

Close to 7pm, a group of children flanked by their teachers, all dressed in maroon shirts, appeared. The Australians then gathered for a group photo with the volunteers and organisers.

Our Australian guests were underprivileged children from Millner Primary School, a beneficiary of the Australian Red Cross.

Before going to Red Cross House, they had earlier visited Chinatown, Singapore River and Geylang Serai, amongst others.

Our volunteers ushered the visitors to the auditorium, where displays and games stations were set up for the students. Each student was given an origami flower made from paper napkins, with their names written on it.

After two short speeches, the famished Australians and volunteers were treated to a buffet dinner. One of the Australian students, Lam Binh Minh, 11, was seen relishing the Ketayap, a Malay kueh and declared that it was his favorite snack of the buffet.

Subsequently, RCY members from Raffles Institution and Hougang Secondary School performed a hip-hop dance and acapella song respectively.

The Millner students and their teacher then surprised everyone by taking to the stage to perform an unscheduled dance while showing off all their cool clubbing moves.

As the night wore on, some visitors helped themselves to second servings while others played games at the games stations. But most of them returned to the stage, bringing their newfound Singaporean friends, and together danced the night away.

Celebrating & Empowering Youths

By MIZAE POH,
Volunteer Instructor, Red Cross Youth

The mood of apprehension permeated our every pore as we waited in anticipation for the arrival of our Japanese friends at Changi Airport Terminal 3 on 16 August.

Shortly after, a delegation from Kinki District commonly known as Kansai Region of Japan arrived. Comprising six teachers and 11 Junior Red Cross Youth (RCY) members, they came to Singapore for a bilateral exchange visit from 16 August to 21 August.

On the first day, the contingent learnt about the religion of Islam through its visit to Kampong Glam and the mosque.

The delegates visited our Red Cross Home for the Disabled and BloodBank@HSA Building on the second day. The group was then treated to a heartwarming angklung orchestral performance at Crescent Girls' School, a welcome dinner and lively dance performances by RCY members at Red Cross House. In return, the delegation then performed a traditional dance that originated from Hokkaido. The night was truly a celebration of the exuberance of the youth.

Subsequently, our Japanese friends visited Johor for a two-day homestay programme with members of Malaysian Red Crescent. Upon their return on the morning of 21



August, the delegates visited our iconic Merlion and shopped along Bugis and Orchard Road.

It was hard to say goodbye on the last day as we enjoyed a fruitful week together. Their visit taught us, amongst other things, how youths like us – regardless of nationalities – are empowered to learn, make an impact in our community and forge lasting friendships.



Recognition & Appreciation

By EDDIE FOO, Adult Volunteer Division,
Detachment 4 (Acting Chairperson)

This year's mid-autumn festival was a special one as it coincided with Adult Volunteer Division's (AVD) Promotion and National Day Parade (NDP) Appreciation ceremony. The event, held on 18 September at the Red Cross House, was to recognise every member's contribution towards AVD. The aim was to appreciate and recognise the efforts of those who have volunteered for the NDP, with certificates presented by the NDP organising committee.

The event kicked off at 5.30pm with Mr Walter Lee, Director of AVD giving a welcome address. Our Guest-of-Honour, Mr Tee Tua Ba, Chairman of Singapore Red Cross Society (SRC) followed with an inspiring and motivational speech that incorporated a brief on SRC's plan on continuity.

Mr Walter Lee also gave away Letters of Appreciation to six past key appointment holders who had demonstrated leadership skills and contributed greatly to the organisation. Besides honouring our past leaders, the event also marked a new wave of leaders with 92 members being honoured with a promotion in rank by Mr Tee.



Following the dinner which included the "xiao zhu" and delectable moon cakes that are not-to-be-missed, the highlight of the night shifted to the games. Cheered on by the emcee that night, the audience joined in the fun of riddle solving and pomelo peeling competitions. Without a doubt, everyone had an enjoyable evening that night.



Unveiling Singapore's Largest Blood Donor Families

The National Blood Programme's search for the largest blood donor family in Singapore culminated on 30 October 2010 with the announcement of the top three families.

Ms Joanna Chang and family clinched the top prize with a family of 11 donors comprising her father, siblings and cousins who have together donated 385 units over the years. Four of her family members are also champion donors, having donated blood more than 25 times each. On average, each unit of blood can save up to three people.

Her father, 141-time donor Mr Daniel Chang enthused, "I get great personal satisfaction from donating blood and helping save lives. I am also proud of my children who, on their own accord, are self-motivated to donate blood regularly. My wife and I feel gratified that our kids have developed a lifestyle of donating blood."

The demand for blood in Singapore has increased from 60,000 units in year 2000, to 100,000 units in 2010. Ms Cecilia Tan, Director of the Blood Donor Recruitment Programme, Singapore Red Cross Society explained, "With the increasing and aging population, more blood is needed everyday for medical transfusions such as bleeding disorders, anemia and cancers. Therefore, blood donation should not be a one-off event. We are depending on the donors to continue donating blood regularly and we hope that they can inspire and influence their families and friends to donate blood as well."

The second largest donor family was Mr Kamaroli Abdullah's family of six active blood donors. His family, comprising his wife and children, and his brother, has donated 280 units of blood to date. Mr Kamaroli's wife saw the silent hero in him as early as their courtship days when the bachelor gamely donated blood and showed his deep care for others. Now the whole family is inspired to donate, with the children voluntarily picking up the habit and going individually to the blood bank when busy work schedules prevent them from donating together as a family.

Miss Tay Mulan's family came in a close third, with six female donors in her family. The family comprises mainly new youth donors who have collectively donated 27 times since they started three years ago. 22 year-old Miss Tay shared, "We started donating blood because we wanted to do our bit to help. Since then, blood donation has become a regular part of our lives. We intend to continue to donate as long as we're able, till we are old and grey."

"Someone in My Family is a Blood Donor" Campaign was launched by the National Blood Programme on World Blood Donor Day in June 2010. Its key activity, 'Blood Donor Tree Project', the first of its kind here, involved a four-month long search for the largest blood donor family in Singapore. The project aimed to reach out to the community to track blood donors in their family, to celebrate their legacies in helping to save lives.

Swinging the Club for Humanity

Interviewed by ETHAN LOU,
Volunteer, Singapore Red Cross

Amidst undulating verdant plains and cool weather, golfers were swinging their golf clubs in the name of charity. The golfers were participating in the Singapore Red Cross Society (SRC) Charity Golf 2010 held on 27 October 2010, at the Sime Course of Singapore Island Country Club (Bukit Location).

SRC Charity Golf 2010 raked in an unprecedented sum of S\$402,063. The nett surplus of S\$360,000 this year was registered as a four-fold

increase over Charity Golf 2009 and it also exceeded the aggregate surpluses of the past three Charity Golf events (2007, 2008, 2009).

The Organising Committee played a key role in making this possible. Apart from digging deep into their own pockets, they had also expended much time and effort and rallied their friends to join the cause. The funds raised will go toward SRC's local humanitarian services.

"We are so fortunate in this world – we have our family and friends. We have to think of the less fortunate. It doesn't matter if its small, a lot will benefit from just a little contribution. Do the best you can, not just in terms of money, but also effort. It takes both time and effort. No matter big or small, it is for a good cause." Mr Jaacky See, a Committee Member who donated S\$10,000 and a limited edition John Lennon Montblanc for the charity auction

The top donor was Mr Chang Meng Kiat who donated S\$50,000 to the Charity Golf 2010. MediaCorp artistes like Zheng Geping, Hong Huifang and Calvin Soh also participated in the golf event.

"If you want to help, do whatever, you can. Donate money if you have and donate your time if you cannot. The road to charity is not easy and sometimes, is wrought with adversity, but you have to persevere and give what you can."

Ms Adeline Tang

Key Auctioneer for the Charity Golf who raised over \$25,000 during the dinner

"The Red Cross is a very worthy organisation. It is one of the most reliable world-wide organisations. I think in this world, no matter how rich we are, there are always people who require help and we need people to be there to help them. Help yourself, make yourself strong. Before you help others, you need to help yourself first."

Mr Jimmy Koh

Project Advisor to the Red Cross Charity Golf 2010 Organising Committee, donated S\$15,000



When First Aid Training Becomes Personal

By ELEANOR SLADE, Volunteer, Singapore Red Cross

Zainudin (Din) Ismail, a volunteer turned staff of Singapore Red Cross Society (SRC), was on a holiday in January 2008 when his quick thinking and first aid training saved the life of one of his friends. A group of Singaporean bikers set off on an exciting road trip to Malaysia, Thailand and Laos. Six days into the trip in the Laotian province of Thakek, one of the riders suddenly lost control of his bike and crashed. The accident occurred in a remote area – there were no houses or villages, and no passing vehicles to flag down – they were on their own.

Din explained "Isham's bike suddenly flipped over. He and his wife, Yani who was riding pillion were thrown into the air. They both came crashing down in a cloud of dust and rubble. The bike was totally wrecked with bits and pieces strewn everywhere. Isham was badly shaken but ok – his only injury was to his left middle finger. Yani was not so lucky – she had a bone protruding with blood trickling from her right upper arm and fractured. Her left boot was nowhere in sight and her left ankle was dislocated."

"I knew I had to remain calm. I quickly started administering first aid by using saline and cotton wool to clean the wound on her ankle. To try and stop the bleeding, I used some gauze with a crepe bandage to wrap around it. The fracture needed immobilizing but I didn't have a splint so I took one of the pannier bars and placed it beside the fracture and used bandages to secure it. I then turned my attention to the fracture on Yani's arm. Her riding jacket was too thick for my surgical scissors to cut, so I secured another pannier bar to her right upper arm with bandages. By then, help finally arrived. One of my friends managed to stop a passing truck. With Yani's arm and leg firmly secured, we slowly lifted her onto the truck. Although



Din

she was in great pain, she put on a brave face and that made things easier for us".

The group made their way to hospital and Yani was evacuated the following morning to Bangkok for surgery. Only at the hospital did they realise that Yani had a punctured lung and ruptured spleen and her condition was life threatening! It also became clear that Din's first aid probably sustained her life for the critical surgeries ahead.

And as for Yani, she affirmed, "It will be great if everyone has basic first aid knowledge as no one would panic then". She explained, "My road to recovery was okay, my family and friends made my healing journey easier. I still have a few aches and pains but otherwise I'm good – in fact, we have just returned from a riding trip to Hatyai, Thailand. My husband and I are very thankful to Din and the others who were with us". Din best summed it up when he said, "I've learnt how first aid can save lives and it's important to be prepared. You've got nothing to lose but everything to gain by learning first aid. You may be saving someone's life one day."

Yani and Isham at a recent biking trip to Hatyai, Thailand





Carrying the Torch of Honour

By JOE TAN, Volunteer Instructor,
Red Cross Youth
Photos F&N COCA COLA



Through the tireless days of preparation, passing a replica of the torch to one another, the moment of glory finally arrived. It was the last day of the relay and only the final few laps towards the opening ceremony at the Float @ Marina.

When the torch was finally passed to me, there was this indescribable adrenaline rush that propelled my whole body forward. I felt the pace of my heartbeat increasing with every step I took. It was a moment when time seemingly stood still.

A moment of pride for Joe Tan Hong Zhou (above) and Clement Loh Chien Chiam (bottom) of Red Cross Youth

Sometime in June this year, I received an email from the Secretariat with the subject header, "Coca-Cola Journey of the Youth Olympic Flame VWO Torchbearer Programme".

As I read the details of the email, it dawned on me that Singapore Red Cross Society (SRC) will be participating in the historic inauguration of the Youth Olympic Games (YOG) to be held in Singapore from 14 August to 26 August 2010. SRC was looking for young volunteers keen to participate in the six-day torch relay. The relay will kick off with pre-Games celebrations leading up to the official opening of the Games.

My heart pulsated with excitement as I envisioned myself running the relay with the torch in my hand. It would be history in the making as it would be the first YOG to be held.

Since young, I was taught that opportunities do not come by often and people should seize opportunities as they come. This was an opportunity of a lifetime. I signed up for the event without a moment's hesitation.

Three briefings were conducted by the Organising Committee to prepare for the actual relay. It was then that I learnt what a privilege it was to be given the opportunity to carry the prestigious Olympic flame. In addition, there were various exercises and activities lined up for all participants to hype all of us up for the actual day.

Initially, I could not figure out the strong sentiment I felt. It was when I watched the talented athletes who represented Singapore in the Games that I understood how I actually felt. It was momentous to witness how much Singapore has grown as a country – from a mere fishing village to a thriving city. Singapore has also evolved from being merely a participant of the Games to a host of an event of an international scale. It was definitely a proud moment for me, a Singaporean.

Like the athletes who represented Singapore in the YOG, I am greatly honoured and humbled to be part of this significant event. This feeling was shared by my fellow Red Cross Youth volunteer and co-relay representative, Clement Loh. He affirmed, "It was definitely a rewarding experience. For one thing, I consider myself truly lucky as I was representing not only the youths of Red Cross, but I was also representing the youths of the Singapore." And indeed he was.

The International Federation of Red Cross and Red Crescent Societies (IFRC) and Singapore Red Cross Society (SRC) were proud to be part of the Singapore 2010 Youth Olympic Games from 13-26 August. Under the Culture & Education Programme, IFRC promoted humanitarian principles and values and SRC conducted first aid demonstrations to youth athletes and team officials. More than 200 volunteers, staff and partners of SRC provided over 4,000 man-hours of first aid coverage at 20 out of the 31 events held.

Michael Lim



Blazing the Trail of Volunteerism

By SARAVANAN GOVINDAN, *Volunteer, Singapore Red Cross*

The dates of 24-26 September 2010 meant many things to many people. To Ferrari's Fernando Alonso, it meant his 25th Grand Prix win. To Formula 1 fans, it meant a breathtaking third edition of the night race. To music fans, it meant scintillating performances by Mariah Carey, Missy Elliot and many more.

However, behind the excitement on the track and the glamour on the stage, volunteers and staff of Singapore Red Cross Society (SRC) worked tirelessly behind the scenes at three of the five F1 zones to provide part of the first aid support, medical logistics and the sale of survivor kits to thousands of spectators at the event. In all, over 3,190 man hours of spectator first aid coverage were provided by more than 120 volunteers and staff at all nine races over the three days.

SRC has been involved in the Formula 1 SingTel Singapore Grand Prix from the debut race in 2008. Annually, more than 200 SRC volunteers have provided first aid and medical logistics coverage to spectators, corporate guests and race team members. Volunteers also sold survivor kits comprising a

pair of ear plugs and a poncho to raise funds in aid of SRC's local humanitarian services.

Through all these Singapore staged F1 events, each volunteer and staff had sacrificed their time or contributed their knowledge of first aid and emergency preparedness to ensure the events run smoothly and safely. Michael Lim and Elias Ye were some of the dedicated volunteers who made personal sacrifices to participate in F1.

Michael, the assistant team leader of the Paddock Zone, had to take leave from work to attend F1 though he had just started on a new job. For Michael, this was not the first time that he participated in the Singapore staged F1 event. He had volunteered in F1 previously but in a different capacity. "Though I had covered first aid in the past, this is the first time that I have been given a leadership role. It is a new experience," shared Michael.

Elias, on the other hand, had to rush from his Basic Military Training camp and head straight to his post at the Marina Bay street circuit for the F1 race. His philosophy was to continue his personal tradition as he had participated in the Singapore staged F1

for the past few years. "I would like to think that our team's service at the F1 provided assurance to the public. If anything was to happen, we would spring into action," said Elias.

The dedication of volunteers such as Michael and Elias is even more admirable considering the difficulties they faced in their roles. Space constraints, human traffic congestions and limited coverage from their walkie-talkies due to location were just some of the things that volunteers had to overcome to ensure the event ran smoothly. As Elias said, "It is not easy to ask a casualty to relax when you have to shout in order to be heard over the rumbling engines!"

Like Michael and Elias, many SRC volunteers embody the spirit of volunteerism that the Red Cross represents. Through the sacrifices they made in F1, volunteers bring their sense of duty and responsibility to the many spectators and participants of the Singapore Grand Prix. Their enthusiasm for community service inspires others to follow in their footsteps. Their commitment to the community ensured that everyone at the September weekend went home safely and as Elias aptly puts it "not in ambulances."

Singapore Red Cross at the Red Cross and Red Crescent Asia Pacific Regional Conference

The 8th Asia Pacific Conference of the International Federation of Red Cross and Red Crescent Societies was held in Jordan from 17 to 20 Oct 2010.

Hosted by the Jordanian Red Crescent Society, the four day conference brought together National Red Cross and Red Crescent Societies from 50 countries across the Middle East, Asia and the Pacific, all of whom are providing humanitarian assistance in a region that represents more than half of the world's population.

The Singapore Red Cross was represented by its Chairman Mr Tee Tua Ba, Vice Chairman, Mr Axel Chan, Secretary General Mr Christopher Chua and a Red Cross Youth Mr Mohammad Zaidi Bin Ariffin.

The conference discussed three themes for sustainable, long term solutions:

Effective Preparedness – Saving Lives

Of the global population affected by disasters during 2009, almost 80 per cent were people in the Middle East, Asia or the Pacific. 5.6 million of this population was reached by Red Cross Red Crescent emergency response operations. National Societies shared experiences and set future agendas in areas including disaster risk reduction, health and pandemics.

Humanitarian Diplomacy – Changing Minds

While National Societies act as auxiliaries to state authorities in humanitarian response, the Red Cross Red Crescent Movement has a responsibility to speak on behalf of the most vulnerable communities. During the conference, National Societies identified shared objectives towards engaging in advocacy with decision makers around humanitarian legislation as well as migration and internally displaced people.

Culture of Volunteering and Greater Youth Participation

Volunteers are the foundation of the Red Cross Red Crescent. Around two thirds of all Red Cross and Red Crescent volunteers are based in Asia, the Pacific and the Middle East. The conference served as an opportunity to focus on developing strategies to promote greater engagement of volunteers, in particular young people.

The conference ended with the Jordan Commitment of all participating National Societies to further the work of the Movement with the objective of "Saving Lives, Changing Minds".



SRC Chairman, Mr Tee Tua Ba with Dr Mohammad Al-Hadid, President of Jordan Red Crescent Society

Agents of Change

By MOHAMMAD ZAIDI BIN ARIFFIN, *Head RCY Ops Team 5, Co-Chairperson SRDC Task Force 4 Coordinator Committee Member (South East Asia) RCRC Asia Pacific Youth Network*

From 9 - 17 October 2010, I was given a great opportunity to represent Singapore Red Cross Society (SRC) in the Ajloun, Jordan Asia Pacific Youth Summit 2010. Personally, it was my best overseas experience as the spirit of Red Cross Red Crescent was embodied in me, despite living in a humanitarian refugee setting.

There were intensive five days' training on Youth as Agents of Behavioral Change (YABC) and peer educator training. The Youth Summit was held on the last two days. YABC is a non-cognitive approach to engage youths to discuss humanitarian topics, relating it to the Red Cross principles. Through active discussion and participation in activities and games, peer educators like me facilitated discussion and sparked that positive change in the mindsets of youths. We understood that by changing our own mindsets, we can then inspire to change the mindsets of others.

The Youth Summit was organised to bring in youth leaders from all the National Societies in Asia Pacific to discuss the creation of the Asia Pacific Youth Network (APYN) and the election of its members in the Steering and Coordinators committee. I was elected as one of the members of the Coordination Committee (South East Asia).

With the creation of APYN, youths in Asia Pacific National Societies are able to share best practices and combine efforts to bring the voice of youths in the Red Cross Red Crescent Movement. Not only that, we also drafted the Ajloun commitments which is a follow-up to the Solferino 2009 Declaration. This commitment is a call to all

youths to empower themselves to do more, do better and reach further. Since I am a member of the APYN, my commitment is to create positive changes in Red Cross Youth (RCY) & Red Cross Humanitarian Network (RCHN) and hopefully to be a role model to the youths of SRC.

Apart from the official part of the programme, new friendships were forged with delegates from New Zealand, Hong Kong and Sri Lanka, just to name a few. Not only that, I met up with old friends from my Solferino trip and my APYN Kuala Lumpur trip (prior to this event) whom I regard as my international brothers and sisters. Almost every conversation was on Red Cross Red Crescent and how our respective National Societies operates, especially for the youth divisions.

Though many National Societies have clubs or chapters at the tertiary levels, they do not have strong youth divisions and unique uniform groups for the cadets and links age group (from primary 3 to 6). This is something that RCY should be proud of! It is quite interesting to note that the definition of youths by the International Federation of Red Cross and Red Crescent Societies (IFRC) is between 18 - 30 years of age, which is in the category of RCHN rather than RCY in SRC!

To end, I hope and urge all my peers and juniors to read the Solferino Declaration and understand it. Remember we are the agents of change that we want to see and be! Be the 'mini' humanitarian leader and the role model to all your other peers and share with them the values and principles of the Red Cross Red Crescent Movement!

Congratulations!

Singapore Red Cross Society would like to congratulate Mr Ling Khoon Chow, Director of Red Cross Youth who was conferred the Commendation Medal (Pingat Kepujian) for the National Day Awards 2010. The award, which will be presented by President S.R. Nathan, commends individuals who have distinguished themselves through commendable performance and conduct, or significant efficiency, competence and devotion to duty.

Thank you!

Singapore Red Cross Society will not be where it is today without volunteers, donors and corporate partners who have generously supported our cause. As we usher in 2011, we would like to thank all our donors and supporters who have made monetary and in-kind contributions towards our local humanitarian efforts.

7th Network, Acsil Industries Pte Ltd, Addicon Logistics Mgt (S) Pte Ltd, Aik Seng Photo, Airport Police Division Team Delta, Allen & Overy LLP, Alumni Affairs Office, Andersen Shipping Company Pte Ltd, Anglo Chinese School Junior, Antara Koh (I) Pte Ltd, Antara Koh Pte Ltd, Aranda Investments Pte Ltd, Arup Singapore Pte Ltd, Asian Lift Pte Ltd, Attorneys Inc. LLC, Beng Hui Marine Electrical Pte Ltd, BNP, Bok Seng Logistics Pte Ltd, Brosea Pte Ltd, Cargotec Chs Asia Pacific Pte Ltd – Kalmar, Chong Cheong Foundry Works Pte Ltd, Chua Chu Kang Community Club Y E C, City Gas Pte Ltd, Clarins Pte Ltd, Clydesbuilt Capital Pte Ltd, Coca Cola Far East Limited, Conrad Centennial Singapore, Continental Steel Pte Ltd, Courts (Singapore) Pte Ltd, Credit Suisse AG, Davis Langdon & Seah Singapore Pte Ltd, DBS Bank Limited, Diana Engineering Enterprise, Donaldson & Burkinshaw, Duratec Equipment Pte Ltd, E&B Furniture, Eater Palace Food Management Pte Ltd, Eaton Industries Pte Ltd, Eaton Industries Pte Ltd, ECT Enterprise, ELS Defence Equipment Pte Ltd, Epiland Properties LLP, Equipe Services & Technology Pte Ltd, Evershine Services Pte Ltd, Exbrite Stones Pte Ltd, Excel Generators Pvt. Ltd, India, Far East Packaging Industrial Pte Ltd, Fico Renovation Contractor, Flower Diamond Boutique Pte Ltd, Fourways Pte Ltd, Frest Wood Furniture, Galaxy Insurance Consultants Pte Ltd, Georgie Desalon, Golden Season Pte Ltd, Goldman Sacho (S) Pte Ltd, GOODYEAR Orient Company (Pte) Ltd, Google Matching Gifts Program, Grand Ocean Development Pte Ltd, Greenearth Landscape Designers & Planners, Hatim Capital Pte Ltd, Hillgrove Secondary School, HLC Enterprise Pte Ltd, Hoe Kee Hardware Pte Ltd, Home Medical Furnishings (S) Pte Ltd, Hong Leong Foundation, HSBC Institutional Trust Services, Hussmann Tempcool (Singapore) Pte Ltd, IDBox (S) Pte Ltd, Ideal House ID Co, Incorr Engineering & Trading, Investment Global Pte Ltd, IPS Group Pte Ltd, J.Ray MaDermott Asia Pacific Pte Ltd, Jerry Co. Engineering Services Pte Ltd, Jie Sheng Housing Agency, Jin Loong Properties Pte Ltd, Keppel FELS Limited, Kian Soon Hock Co, Koufu Pte Ltd, KTL Offshore Pte Ltd, Kuan Im Tng Temple (Joo Chiat), Kwan Im Thong Hood Cho Temple, Kwang Tta Electrical Services, L H Corporate Services Pte Ltd, Lam Ming Kai Jewellery Design Pte Ltd, Laren Enterprise Pte Ltd, Laren Management Services Pte Ltd, Lee Foundation, Lep Pte Ltd, LexisNexis, LH Corporate Services Pte Ltd, Lian Hong Design Renovation Contractor, Lim & Lim Advocates & Solicitors, Lim Meng Hwa Trading, Lion City Hash House Harriers, LKK Auto Consultants Pte Ltd, Lokit Polymer Pte Ltd, LSI Corporation,

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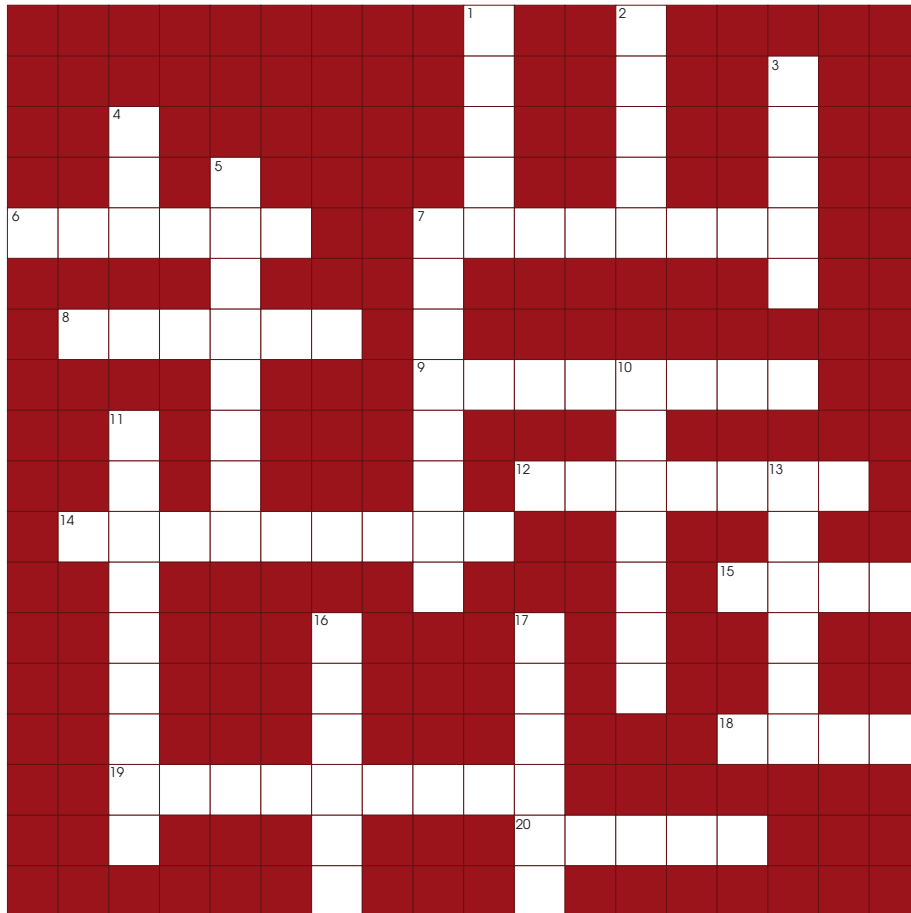
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Crossword puzzle compiled by SARAVANAN GOVINDRAN, Volunteer, Singapore Red Cross

Across

6. Kingdom near Saudi Arabia, Syria & Iraq
7. Name of celebrated English nurse, _____ Nightingale
8. Element 53 that is used as disinfectant
9. Capital of Chile
12. Guy who ran 100 laps for Red Cross Home for the Disabled, _____ Huang
14. CPR's practice partner
15. Red Cross Charity _____ 2010 held on Oct 27
18. Theme of World First Aid Day 2010 "First Aid Begins @ _____"
19. Vehicle for transporting the sick or injured
20. What toothpaste is good for (no, not burns!)

Down

1. Large replica of band-aid used at home
2. Small, clothed fishing net in First Aid Kit
3. Standard ISO colour for first aid box
4. 1 & 2 & 3 & 4 & 5 & ... reminds you of
5. Sindh province country
7. Theme of this crossword puzzle
10. Cold sac that helps with bruises
11. What an AED helps to restore
13. Singapore Grand Prix 2010 Champion
16. Mythical medicine to revive those who faint
17. Common phrase used, _____ First!

Name: _____ Contact No: _____

Email: _____

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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

Bask in the Joy of Giving – Do your part for Charity this Christmas!

Christmas Shopping!

Shop@REDCROSS+ at the Red Cross Campsite (62 Jalan Khairuddin) is a gem of a thrift shop thriving with gifts in great condition. You can find clothes, toys, books, DVDs, electrical appliances and electronics at a steal! It's guilt-free shopping when you shop for a cause – 100% of the proceeds go towards sustaining our local humanitarian services.



Donate your preloved or unused goodies!

Bring your goodies to us at Shop@REDCROSS+ (62 Jalan Khairuddin) on Tuesdays and Fridays (except Public Holidays) from 10.30am to 3.30pm or at

Red Cross House (15 Penang Lane) on weekdays (except Public Holidays) from 9am to 5.30pm. Please call Haikel at 6336 0269 for more details.

Blood – a Gift of Life

Give blood – Save lives. Head down to the Bloodbank@HSA from Tuesdays to Sundays (except public holidays) to make a blood donation. Check out <http://donorweb.org/> for opening hours and bloodmobiles near you.



'Tis the season for giving!

Can't decide what to get for a friend who seems to have everything? Make his day by making a donation in his name this Christmas! He will be heartened to know that the gift blesses the less privileged in our community.



Every S\$50 can transport a low-income patient to and from medical check-ups via the Red Cross Non-Emergency Ambulance Service, and finance the patient's hospital admission or discharge, whilst every S\$935 will provide food, nursing care, accommodation and physiotherapy and occupational therapy sessions, for a resident of the Red Cross Home for the Disabled, for a month.

Help the Singapore Red Cross help the vulnerable by making a cash or cheque donation at Red Cross House (15 Penang Lane) or online via www.sggives.org (credit card / internet banking). Please call the fundraising team at 6336 0269 if you wish to donate in honour of a friend or business associate.

Make a friend this Christmas!

The Red Cross Home for the Disabled provides long-term residential and respite care services to individuals with severe and multiple disabilities such as cerebral palsy, spastic quadriplegia and epilepsy. It is situated at Family Link @ Lengkok Bahru and is home to residents aged between nine to 60 years. Our residents enjoy company and will be delighted to share Christmas joy with you! Please call Yi Da at 6762 1029 to schedule a visit.



Learn first aid and be a blessing

Getting trained to protect your loved ones and to prepare for emergencies is one of the best gifts you can get yourself this Christmas. Here at the Red Cross Training Centre, we conduct first aid and Cardio-Pulmonary Resuscitation (CPR) training to groups and individuals. If you are first aid trained and wish to do your part for the community, join our adult volunteers and provide first aid coverage at community and national events. Visit www.redcross.org.sg to find out more.

