

# redcross<sup>+</sup>

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A newsletter by the Singapore Red Cross





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Singapore Red Cross Patron, President Tony Tan presents the first batch of medical supplies and equipment to Hospital Chief, Dr Rutchie Egos during his visit to the Basey District Hospital in Western Samar.

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# A note from the Sec Gen



We are thankful for the outpouring of support that has enabled the mobilisation of vast the humanitarian aid. However, it should be noted that the work of rebuilding communities is a commitment that stretches over years. For instance, hospital rehabilitation will only truly be completed after reconstructing the building, equipping it with equipment and supplies, and ensuring that the hospital can be sustained by the local community in the long run. There continues to be numerous communities that have to make do with make-shift shelters, health facilities and water and sanitation.

On the topic of aid, we are happy to share that the Red Cross Benefit Gala 2014 raised more than S\$600,000 for our local services (Page 7), and the Red Cross Flag Day raised S\$394,000 (Page 6). These achievements are testament to the immense dedication, passion and solidarity of SRC volunteers, as well as the kindness of generous donors and sponsors. Your enduring support

Looking back, the past three months have been very eventful for the Singapore Red Cross. We witnessed time and again, the sheer power of the community in action for humanity.

We hosted the 11th Annual South East Asia Red Cross Red Crescent Leadership Meeting 2014 where leaders from 11 National Societies gathered to collaborate in mitigating and confronting the humanitarian challenges faced by the countries in this region (Page 8).

Today, we face many challenges which require both humanitarian collaboration and humanitarian diplomacy. The Red Cross Red Crescent Movement, as the world's largest humanitarian organisation, has to depict the strength of unity and combined resolve to meet these challenges.

I am proud that the Singapore Red Cross Academy has launched the SRC Humanitarian Lecture Series, and hosted its first public lecture on the evolving global humanitarian diplomacy agenda, delivered by Mr Bekele Geleta, Secretary General of the International Federation of Red Cross and Red Crescent Societies (Page 9). A dream many years in the making, the series has been hailed by the Senior Minister of State of Ministry of Foreign Affairs Mr Masagos Zulkifli as helpful in "growing the knowledge and understanding of humanitarian law and humanitarian action in Singapore and the region."

On 4 April, Singapore Red Cross Patron, President Dr Tony Tan Keng Yam presented over S\$7 million in donations to SRC partners for a swathe of recovery and rebuilding projects across Typhoon Haiyan (Yolanda) affected areas to help rebuild some 1.5 million lives (Pages 19 to 21).

is critical to our continuous delivery of humanitarian aid to the vulnerable. Hear from our appreciative beneficiaries' on Pages 14 & 15.

Our youths also did us proud as the SRC Mooters bagged the best speaker and runner-up best speaker awards at the 12th Red Cross International Humanitarian Law Moot (Page 18). In Red Cross Youth, Cadets and Links pit their creativity and first aid skills against each other at the National First Aid Competition (Page 16). To these youth, and to all award recipients at the RCY Awards & Promotion Ceremony, I offer my hearty congrats! To the new cadets and links whom I met at the RCY Enrolment Ceremony, welcome to the big Red Cross family!

On 8 May - World Red Cross Day - we want to focus everyone back to their personal connection to the Red Cross. How did you first get involved? How is the Red Cross relevant to you? Together, we hope to start conversations that spread across multiple communities, cities and countries.

Almost everyone has a connection to the Red Cross; almost everyone has a Red Cross story. I encourage YOU to share your Red Cross story today (Page 17) and let it inspire others around the globe.

Benjamin William  
Secretary General & CEO

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Photo by Wong Leong Jeam, Volunteer

## Photo Exhibition

Produced by the Musée de l'Elysée, a photo exhibition 'War from the Victims' Perspectives' featuring the works of Jean Mohr, was co-presented by the Embassy of Switzerland and the Singapore Red Cross from 25 to 30 March at the International Involvement Hub.

The photo exhibition marks the 150 years of humanitarian action by the Red Cross Red Crescent Movement, the 150th Anniversary of the International Committee of the Red Cross and the signing of the First Geneva Convention.

## Bloodmobile Organiser Seminar

Fifty-five participants from 34 organisations learnt how saving lives is as easy as ABC at the Bloodmobile Organiser Seminar, held on 5 March at the Singapore Red Cross Academy @ Atrium.



Photos by Dilparinder Singh, Volunteer



## RCY: World Red Cross Day Celebration, Enrolment & Recognition Day

Themed 'Humanity is in our Hands', this year's World Red Cross Day Celebration, Enrolment & Recognition Day were held on 29 March at the NUS Multi-Purpose Sports Hall.

The event was organised to thank the graduating members for their contributions and to welcome the new members who have enrolled into Red Cross Youth. Forty people received the Director's Award for their outstanding effort and contributions to the respective units.



## Chinese New Year Celebration at the Home

Red Cross Youth – NTU Chapter members celebrated Chinese New Year with the residents of the Red Cross Home for the Disabled on 22 February, with a concert featuring exciting dance and song performances that tugged at the heartstrings of many.

Scan the QR code to read more about the event.



Photos by Stefan Smola, Volunteer



## Feature Journalism Masterclass

Features are the centrepiece of any newspaper or magazine - the stories given the most space to be deep and insightful, eye-catching and revelatory, absorbing and entertaining. More than 50 SRC volunteers and staff learnt the mechanics of feature journalism and how to pen insightful and memorable stories worthy of publication with this intensive two-hour masterclass, conducted by Mr Andre Yeo, Assistant Editor of The New Paper, on 20 February.

## A Boost to Our Local Services

The Republic of Singapore Air Force (RSAF) donated S\$10,000 to SRC local humanitarian services. Chief of Air Force, Major-General Hoo Cher Mou, presented the cheque to SRC Fund Raising Head, Mr Chris Tan, at the RSAF 45th Anniversary Family Day on 8 February.





# You've Made a Difference!

Photos by Karen Liew, P.Y. Chia and Phua Boon Pu, Volunteers

Held on 15 February, a day after Valentine's Day, the Red Cross Flag Day 2014 raised more than S\$394,000 for our local humanitarian services. These include the Red Cross Home for the Disabled, Day Activity Centre, TransportAid and FoodAid. A total of 5,053 tin bearers (including 40 couples), 100 general volunteers, 81 Red Cross Youth volunteer instructors and 83 staff were mobilised at the island-wide event - a powerful showcase of solidarity. The tin bearers included 40 couples who decided to make their lives more meaningful by volunteering, a day after Valentine's Day.

We would like to say a big thank you to every volunteer and donor for taking part. Your efforts have made a difference!



## Red Cross Benefit Gala 2014

Photos by Linus Long and Wong Leong Jeam, Volunteers



### Organising Committee Members

Front Row (from left): Ms Venus Teo, Mrs Grace Yeh, Mrs Lotus Soh, Mrs Genevieve (Peggy) Jeffs, President Tony Tan, Mrs Mary Tan, SRC Chairman Mr Tee Tua Ba, Mrs Adelene Tee, Mrs Roxanne Davies  
Back Row (from left): Mr Gilbert Cheah, Mrs Dora Chan, Ms Belinda Chua, Mrs Serene Liok, Mrs Jane Luhur-Soon, Mrs Janet Stride, Mrs Linda Soo-Tan, SRC Secretary General Mr Benjamin William

It was a night of glitz and glamour, with a touch of red. Ladies were decked in resplendent gowns that dazzled in their splendor. Gentlemen were at their very best in their immaculate tuxedos.

Held on 1 March at the Shangri-La Hotel, the Red Cross Benefit Gala 2014 raised more than S\$600,000 for the local humanitarian services of the Singapore Red Cross (SRC), surpassing the target of S\$500,000.

Attended by more than 500 guests, the Red Cross Benefit Gala 2014 raised funds for Singapore Red Cross' TransportAid, FoodAid, the Red Cross Home for the Disabled and Day Activity Centre. SRC Patron, President Tony Tan and Mrs Mary Tan graced the event as the Guests-of-Honour.

In his speech, SRC Chairman, Mr Tee Tua Ba made a salient point that many people hold the misconception that Singapore Red Cross is 'flushed with funds' because of the millions raised for disasters overseas. He corrected this

wrong impression. "Money donated by Singaporeans to Singapore Red Cross for a specific natural disaster, following a public appeal, can only be utilised to help victims of that specific disaster. We cannot use these funds raised for specific disaster for other disasters or any other charitable projects initiated by the Singapore Red Cross to help the vulnerable and the disadvantaged in our own local community."

Mr Tee also underscored that partners, volunteers, donors, and supporters play an important role in bringing joy and dignity to the vulnerable, enhancing their lives and bringing hope for a better tomorrow.

"Amongst our passionate supporters are special people such as the members of the Benefit Gala Organising committee and Mrs Genevieve (Peggy) Jeffs, the Chairperson of the committee. They worked tirelessly to ensure the success of this Gala event. Collectively, they devoted many months of hard work in order to raise much needed funds for

the Singapore Red Cross. I would also like to thank all donors and sponsors of the Benefit Gala, for their generosity and for partnering us in our service to humanity," acknowledged Mr Tee.

Guests were treated to a night full of stupendous entertainment; featuring talented and renowned performers such as Wen Zhang, Hossan Leong, Rob Collins and Flamenco Sin Fronteras, as well as the charismatic Tan Kheng Hua and Glen Goei as Masters of Ceremony.

The guests also took part in the auction and raffle draw with exquisite prizes sponsored by donors. Auction items included a Butterfly Necklace with Diamond and Mixed Sapphires, Petrus 2000 wine, Breitling Cockpit Gent's watch, Ruby Diamond Brooch and a Diamond and Yellow Sapphire Ring. Other auction items included the 'One World. One Dream.' stainless steel sculpture by Dr Elsie Yu and a short stay at Yangon and Pagan.





# Collaborating for Humanity

Photos by Wong Leong Jeam, Volunteer



Singapore Red Cross (SRC) hosted the 11th Annual South-East Asia Red Cross Red Crescent Leadership Meeting 2014 from 24 to 26 March 2014 at Rendezvous Hotel Singapore where leaders discussion collaboration in mitigating and overcoming the many humanitarian challenges faced by countries in this region.

Guest of Honour, Senior Minister of State, Ministry of Foreign Affairs, Mr Masagos Zulkifli, graced the opening ceremony

and launched the SRC Humanitarian Lecture Series. It was the first time that Singapore Red Cross was given the opportunity to host this event.

The delegates also took the opportunity to tour Bloodbank@HSA and Red Cross House where Chairman and Anne Leclerc, Head of Southeast Asia Office at the International Federation of Red Cross and Red Crescent Societies, opened the Red Cross Shop.



# Humanitarian Diplomacy in Action

By Sondra Foo, Corporate Communications and Marketing  
Photo by Wong Leong Jeam, Volunteer

At first glance, Humanitarian Diplomacy appears to be a complex and abstract concept.

That said, Humanitarian Diplomacy is essentially persuading decision makers and opinion leaders to act at all times in the interests of the vulnerable and with full respect for fundamental humanitarian principles (of humanity, impartiality, neutrality, independence, voluntary service, unity and universality). This was highlighted by Secretary General of the International Federation of Red Cross and Red Crescent Societies, Mr Bekele Geleta at the first public lecture on the evolving global humanitarian diplomacy agenda on 24 March at Rendezvous Hotel.

But Humanitarian Diplomacy is not always easy or straightforward. As Mr Geleta underscored, "National Societies of the Red Cross and Red Crescent Movement have to work in close partnership with governments, donors, private sector, civil society, different interest groups and the public at the national, regional and international levels to create and implement laws or regulations that protect beneficiaries, volunteers and the vulnerable. The onus is on the National Societies to save lives, restore livelihoods in the most difficult and dangerous circumstances, reach out to the most vulnerable and marginalised people in places where no other organisations work."

Over the years, National Red Cross and Red Crescent Societies have been the only organisations operating in many countries, such as Afghanistan, Somalia, Sudan, Iraq and Myanmar. Mr Geleta called upon the Movement and its partners to continue ensuring that all parties to conflicts to understand the role of Red Cross and Red Crescent volunteers as independent, neutral and impartial humanitarian actors.

Closer to home, the President of the Myanmar Red Cross, Professor Tha Hla Shwe met with newly-appointed officials in Myanmar for constructive talks in May 2013 that have led to greater understanding and respect for the National Society's volunteers and resulted in more substantial support. Cambodian Red Cross established their first official Facebook account in July 2013 to enhance public awareness of the work the society does. They successfully profiled their relief efforts during the floods that started in September last year.

Notwithstanding the strides made by the Red Cross Movement in humanitarian diplomacy, National Societies cannot be complacent as many gaps remain. Countless people are affected by silent disasters every year, like the floods in

Laos and the repeated disasters in Vietnam. Mr Geleta said, "These crises can go unnoticed by donors, governments and sometimes the humanitarian sector. It is a challenge that must be addressed with more forceful and targeted humanitarian diplomacy. In addition, an estimated one billion people worldwide cannot use health services because those services are either unavailable or unaffordable. National Societies can call upon governments, donors, the private sector and civil society to fund and promote leadership in this area."

Indeed, as Mr Geleta affirmed, National Societies have a responsibility and role to play in building community resilience. This can be done by advocating the adoption of laws that



facilitate effective response to disasters and emergencies, participating in humanitarian and development decisions, expanding the use of modern technology for knowledge, information systems, greater sharing of data and resources, establishing close ties with the local communities and national authorities, respecting people's autonomy and decisions and advocating greater investment in disaster risk reduction and resilience. Together, we can create a better world for all.

'Humanitarian Diplomacy in Action' is part of the inaugural SRC Humanitarian Lecture Series, which was conceived to promote public interest and understanding in humanitarian activities, locally and abroad. The lectures would be co-developed by the Singapore Red Cross Academy and its partners, as part of our enduring efforts in humanitarian diplomacy. To receive further information on future sessions, please email [academy@redcross.org.sg](mailto:academy@redcross.org.sg) with your contact details.



# How your donated blood is used

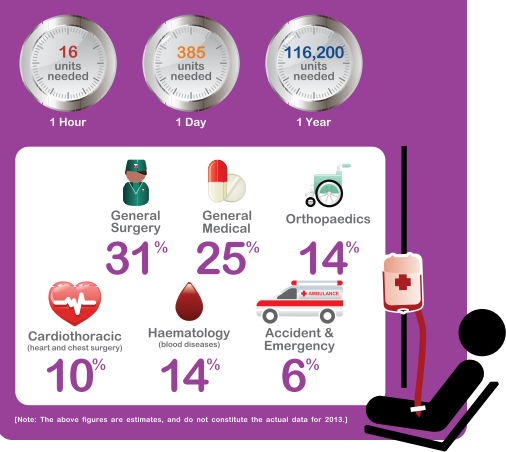
## Life-Saving Components of Blood

Medical Condition	Average Number of Units Needed Per Patient
Dengue Haemorrhagic Fever	4 to 6 units of platelets and/or 2 units of fresh frozen plasma
Thalasemia	2 to 3 units of blood monthly
Heart Surgery	2 to 10 units of blood, and possibly platelet and fresh frozen plasma transfusions
Cancer Treatment (Chemotherapy)	5 to 7 units of blood weekly 20 units of platelets weekly
Burns	8 to 40 units of blood and platelets
Serious Traffic/ Industrial Accident	20 to 50 units of red blood cells
Bone Marrow Transplant	Up to 120 units of platelets 20 units of red blood cells
Heart or Liver Transplant	10 to 40 units of blood (heart transplants may use less) 10 to 30 units of platelets 20 bags of cryo-precipitate 10 to 25 units of fresh frozen plasma

[Note: The above figures are the total estimated needs by a single patient, and do not constitute the actual data for 2013]

Source: Health Sciences Authority

## Rate of Blood Needed in Singapore



TAKE THE QUIZ

JOIN THE LIFE FORCE

WHICH HERO ARE YOU?

STAR BLAZE

flora

Scarlett

Finn

RUFFAEL

Breez

Cameo

Cobalt

Join the Life Force by taking this quick personality quiz and find out which Life Force Superhero you resemble the most! Log on to [bit.ly/heropersonalityquiz](http://bit.ly/heropersonalityquiz) or access the quiz via the Singapore Red Cross Facebook page.

Release THE HERO WITHIN YOU.

GIVE BLOOD. SAVE LIVES.

SINGAPORE

# Build a Healthy Food Foundation

Adapted from the Health Promotion Board

You probably eat three, four times each day. Sometimes you eat when you are hungry, and at other times just because you feel like it! Before you start on your next meal or snack, stop to think what your food choices will do to you.

Singapore Red Cross offers FoodAid service to support those who may have fallen through the cracks of social services, such as skipped-generation families (grandparent-headed households), working poor and single parent families. Meals with Love, one of the FoodAid projects, provide monthly rations of nutritious food to the disadvantaged in our society.

We share some useful diet information for school-going children and the elderly.

### Healthy Diet Pyramid

The Healthy Diet Pyramid serves as a guide to help you plan a healthy diet. Follow it and you will achieve a well-balanced diet that provides the nutrients you need, in the right amounts, each day.



#### For the Elderly

- Eat more fruit, vegetables, calcium-rich foods like milk, cheese, yoghurt
- Replace white rice and white bread with brown rice and whole grains like oats, wholemeal bread, brown rice, wholegrain noodles and pasta
- Replace deep fried meat, lemak dishes and fatty meat, with lean poultry, fish, beans
- Try to have plain water or unsweetened drinks instead of soft drinks, kopi, the or other sugar-sweetened drinks
- Eat sweet desserts and snacks less often
- Use less salt and sauces and cut down on salt-preserved foods

#### For School Children

- Eat some whole grain foods like oats, wholemeal bread, brown rice, wholegrain noodles and pasta
- If you want a sweet drink, choose drinks with Healthier Choice Symbol logo
- Limit deep fried food and preserved food (deep-fried chicken nuggets, sausages, preserved vegetables)
- Drink low fat milk, low fat evaporated milk, low-fat yoghurt, low-fat cheese, low-fat mayonnaise and low fat cream)
- Choose skinless poultry and lean meat
- Eat two servings of fruit and two servings of vegetables every day

#### For a Healthy Diet

- Minimise consumption of salty foods and sugar-sweetened drinks and desserts
- Eat some protein-rich foods like meat, fish, poultry, eggs, milk, yoghurt, cheese, lentils, legumes, nuts and seeds
- Eat calcium-fortified foods like milk, yoghurt and cheese, small fish with edible bones, green leafy vegetables, bread, biscuits
- Eat two servings of fruit and two servings of vegetables every day
- Eat whole grain foods like oats, wholemeal bread, brown rice, wholegrain noodles and pasta

# First Aider on **Wheels**

Design by Madzlan Bin Endut

Singapore Red Cross' First Aider on Wheels programme provides first aid coverage to park-goers in need at East Coast Park during weekends and public holidays. In this issue, we share some tips on dealing with different emergencies at the beach.

## USEFUL FIRST AID TIPS!

### **KNOCKS**

Place an ice pack on the bump to reduce swelling due to bleeding of the small blood vessels under the skin.

### **SPRAIN**

For a fresh sprain injury, it is advisable to apply a cold compress to reduce swelling under the tissues.

### **FAINTING**

Lay the person down and elevate the legs to increase blood and oxygen flow to the brain and other vital organs.

Loosen any tight clothing so the person can breathe properly.

### **FITS**

Do not put anything in the person's mouth as the object can block the airway. Despite popular belief, it is very rare for someone to bite their own tongue during a seizure.

While waiting for the paramedics to arrive, place the person on his side with the head sideways to clear the airway or in the recovery position to maintain a clear airway.

### **SCALDING**

Gradually cool the affected area by running tap water over it.

Do not prick blisters if they arise.

Cover the scaled area with a loose dressing and see a doctor if it is extensive.

### **CUTS / SCRAPES**

Control bleeding with direct pressure.

Clean the wound with water or gauze with antiseptic solution, then cover it with a plaster to minimise the risk of an infection.

### **NOSEBLEED**

Tell the casualty to sit down and tilt his head forward to allow the blood to drain from the nostrils. Ask him to breathe through his mouth (this will also have a calming effect) and to pinch the soft part of his nose for up to 10 minutes. Reassure and help him if necessary. If a nosebleed lasts for more than 15 minutes, occurs following a serious injury, or is accompanied by severe blood loss, you should call your doctor or go to the emergency room.

### **BEE STINGS**

Pull out the sting swiftly with a pair of tweezers or scrape the stinger out with the edge of a credit card. When using a pair of tweezers, be careful not to squeeze on the barb of the stinger.

### **JELLYFISH STINGS**

Do not touch tentacles with bare hands. Use forces or objects like credit card to remove/brush off jellyfish tentacles from skin gently. Pour copious amounts of sea water or vinegar over the area of the injury. Avoid using fresh water. Call 995 for emergency help.

### **DROWNING**

The first few minutes are critical. Ask passerby to call 995. If the casualty is unconscious, open the airway and check breathing. If the casualty is not breathing give FIVE initial rescue breaths before you start chest compression (refer to Heart Attack: Unconscious on CPR).

### **HEART ATTACK**

#### **Conscious**

Make the casualty as comfortable as possible to ease the strain on his heart. Call 995 immediately.

#### **Unconscious**

Call 995. Perform Cardio Pulmonary Resuscitation (CPR), CPR which includes rescue breaths and chest compression, helps to keep the key organs alive until the ambulance arrives. With adults, you should give 30 chest compression followed by two rescue breaths. Continue until the ambulance arrives or the person shows obvious signs of recovery. The procedure is different for babies and children.





# More than FoodAid

By Sumalatha Navanesan, Kartini Saat (photo), Corporate Communications and Marketing

Even as Singaporeans become more affluent, there are still people struggling to get by, with minimal or no family or community support.

The Singapore Red Cross (SRC) has identified about 200 families who can benefit from a sustainable programme that puts food on their table. FoodAid provides monthly rations of nutritious food to the disadvantaged in our society. Through the programme, our volunteer befrienders also offer a listening ear, a helping hand and practical advice to the disadvantaged families.

## A LISTENING EAR

Volunteers Anna Lyn B. Perido and Cherry B. Ambion were assigned to Madam Tan (not her real name), a single parent who is undergoing cancer treatment. She has two school-going teenage sons; one of whom is working part-time in an effort to support the family.

Anna and Cherry have been visiting Madam Tan and her family for six months now. They have been making visits to drop food items such as rice and other household necessities.

“Madam Tan is home most of the time. She rarely goes out because of her health concerns. Sometimes she just needs someone to talk to. There were times when both Cherry and I were in a rush due to other plans, but we would put aside that extra time and spend it with Madam Tan just to keep her company,” Anna shared.

## A SCHOOL TO GO TO

Grandma Lim (not her real name), also a FoodAid beneficiary, stays home to care for her seven grandchildren. Her husband, a security guard, is the sole breadwinner of the family. Though the children’s parents were recently released from prison, they have yet to secure stable jobs. Hence, the family was dependent on the grandfather’s income.

A team of four volunteers from the FoodAid service visit their home twice a month to deliver food items and to provide tuition for the children. It was at one of these visits that they noticed the English scores of the youngest child, Sophie were gradually deteriorating. The volunteers realised that this was because Grandma Lim took Sophie out of school a few months ago as she was unable to travel long distances due to old age and frail knees.

In 2013, Grandma Lim requested the Family Service Centre to source a kindergarten for Sophie, closer to home. However, that request proved futile. In February 2014, our FoodAid volunteers stepped in to seek out PCF kindergartens within the area. They even plotted out the routes and directions so that Grandma Lim could fetch Sophie to school without travelling far. Our SRC staff member and volunteers then guided Grandma Lim on the route to the nearest kindergarten. Eventually, little Sophie was successfully enrolled into K2!

Asked how they felt about the success, Mr Liauw Kee Meng, shared, “The grandmother thanked us profusely. She was very appreciative of our help and efforts. The family is always happy and receptive to our visits. The one thing that brought warm smiles to all of us was when we learnt that Sophie was coping well and happy to be back in school!”

Indeed, it always gives volunteers great satisfaction to know that they have made a positive difference in someone’s life. Their volunteering experience is enriched as they go the extra mile to provide more than just the gift of food aid, but friendship, hope and confidence to the disadvantaged families.

**Inspired? Be a member of the Singapore Red Cross, visit <http://www.redcross.sg/articles/volunteer>**



# Breaking Down Barriers, Enabling Lives

By Tracy Lam, Volunteer and Ong Xiu Hui,  
Red Cross Home for the Disabled  
Photo by Kartini Saat, Corporate Communications and Marketing



For more than two decades since 1988, the Red Cross Home for the Disabled (RCHD) has been providing a stable environment where individuals with physical impairments and functional limitations can engage in activities that enhance their physical, mental, social and emotional well-being as they interact and become a part of the community. A Day Activity Centre (DAC) was established in 2011 within RCHD to offer a form of respite for caregivers during working hours and give the family members the assurance that their loved ones are well cared for, to enable them to go about their livelihoods.

One of the clients of the DAC is Lee Xiao Ping (not her real name). The 19 year-old suffers from microcephaly with cerebral palsy, epilepsy and delayed development. Xiao Ping is the older child in the family of four. Xiao Ping’s mother, Mrs Lee (not her real name), a homemaker, has been taking care of Xiao Ping’s needs. Her husband, Mr Lee (not his real name) recounted in Mandarin, “I have been working at a local factory as the sole breadwinner of the family. But things took a turn when I was diagnosed with kidney failure in 2005. I was then forced to give up my job at a local factory where I had been working for more than 38 years. To make ends meet, I found a job as a cleaner at a hawker centre. But I draw less than a third of what I used to earn.”

The substantial loss in income meant tougher times for the Lee family. Mrs Lee envisaged in Mandarin, “I may need to look for a job to help supplement the income. However, I don’t have a special skill, so the prospect of employment appears bleak. I have been a homemaker almost all my life, it will not be easy for me to re-enter the workforce. I am also worried that there is no one to look after Xiao Ping if I go out to work.”

On the other hand, Mr Lee kept his good spirits up and pressed on as bravely as he could, accepting the state of his health and his lower salary with the strong will to keep his family going.

Xiao Ping graduated from Rainbow Centre School in 2012 and enrolled into RCHD’s Day Activity Centre last year where she could continue her social engagement. Being at the DAC and staying engaged has done wonders to many disabled individuals like Xiao Ping in their emotional and mental well-being.

For many of us who have more opportunities in our lives, the trials undergone by the Lee family are challenging, to say the least. Though we are not masters of our fate, the story of the Lee family illustrates that we are in a position to help such families. Mrs Lee said, “I am very grateful for this service. Under DAC’s care, Xiao Ping is more mentally and physically agile. I can also get my household chores done. My husband can go to work assured in the knowledge that Xiao Ping is spending her time meaningfully.”

The DAC has certainly brought some degree of normalcy back to the lives of the Lee family. Though there may still be tough times ahead, the road is much smoother now for the Lee family with Xiao Ping in the good hands of the staff, therapists and volunteers of the DAC.

**Please help sustain our work by making a donation, visit <http://www.redcross.sg/articles/donate>**



# Everyone is a First Aider

By Lim Wei Liang, Volunteer  
Photos by Daniel Siew and Leonard Lim,  
Red Cross Youth Volunteers

It was a day of fun for all the participants at the different booths. It was also a good day to learn about first aid.

Held at Ngee Ann Polytechnic, the Red Cross Youth (RCY) National First Aid Competition (NFAC) was held on 1 March (Preliminary Round) and 15 (Finals) March 2014. The event was graced by Mr Benjamin William, Secretary General of the Singapore Red Cross.

The theme for this year's competition is 'Everyone a First Aider', highlighting the fact that First Aid could be done by anyone, anywhere. The competition was open to Red Cross Youth members from Primary (Links) and Secondary (Cadets) schools. Both Primary and Secondary school teams were assessed on their First Aid proficiency through scenario management (management category). Secondary school teams were tasked with an additional challenge of building a game booth that resonates with the theme (awareness category).

Of these, eight shortlisted teams showcased their creative and innovative game booths at the finals on 15 March 2014. The public joined the free event, to learn first aid through the youths' adaptations of classic card and board games as well as fun physical activities.

Chen Qi Jia from Singapore Chinese Girls' School explained the considerations that her team had in designing the booth. She said, "Unlike conventional board games where the board lies flat on the table, our board game has a vertical board. This enables as many people to play the game as possible."



Link participants were tested on their first aid competence in the Management categories, as they competed in a relay consisting of five stations. Each station presented a different first aid situation and participants had to respond accordingly.

The Cadet Management Category tested the Teams' ability to manage a situation that they could encounter in everyday life. In a bid to create a scenario that is as real to life as possible, Cadet Teams in the Finals were despatched to the scene at staggered timings. This tested the Team Leaders' ability to make use of available resources and manpower to help until the rest of their Team arrived.

The maiden collaboration with MOH Holdings was very fruitful. The booths - set up by its Healthcare Clusters (Singapore General Hospital and Jurong General Hospital) - to promote Nursing and Allied Health professions caught the keen eyes of the youthful captive audience. Its scholarship booth - to encourage students to consider taking up scholarships for studies in the healthcare sector - was a boon to the many keen minds as well.

The RCY would like to thank the MOH Holdings and Ngee Ann Polytechnic for their sponsorship and support for the competition.

	Awareness (Cadets) Category	Management (Cadets) Category	Management (Links) Category
Champion	Singapore Chinese Girls' School	Crescent Girls' School	Coral Primary School
1st Runner Up	Serangoon Secondary School	Ang Mo Kio Secondary School	Rivervale Primary School
2nd Runner Up	Cedar Girls' Secondary School	Raffles Girls' School (Secondary)	Chongfu School

# World Red Cross Day

By Jeremy Cheong, Volunteer, SRC

World Red Cross Day is commemorated on 8 May each year. It marks the anniversary of the birth of Mr Henri Dunant (born on 8 May 1828), founder of the Red Cross Movement. Besides commemorating the Red Cross Movement, World Red Cross Day serves to honour those who have made contributions to relieve suffering and protect the human dignity of the vulnerable.

In his World Red Cross Day message to volunteers, Singapore Red Cross Chairman, Mr Tee Tua Ba urged each one "to champion a cause, to serve the vulnerable in our community."



One can choose to learn first aid, donate blood, visit the Red Cross Home for the Disabled, participate in our First Aider on Wheels programme, provide first aid coverage at national and community events and even befriend the beneficiaries of our TransportAid, FoodAid."

This year as we commemorate the Singapore Red Cross' 65 years of humanitarian action, we will showcase our heritage and share our stories. We encourage you to share your Red Cross story with us, by connecting with us digitally at <http://ifrc.tumblr.com/submit>. Let your story inspire others. United, we can bring the world together for humanity.



Mr Henri Dunant, Founder of the Red Cross Movement



Scan to find out more

# Young & Outstanding

Photo by Khew Siying, Red Cross Youth Volunteer

Youth volunteers and teacher-officers were recognised for their outstanding contributions at the annual Red Cross Youth Awards and Promotion Ceremony held at Compassvale Secondary School on 4 April.

Two units were conferred the Sustained Achievement Award; 71 were awarded the Excellent Unit Award and 64 received the Community Service award. A total of 211 teacher-officers and volunteers were promoted.

In his address, Singapore Red Cross (SRC) Chairman, Mr Tee Tua Ba called upon youths to be more actively involved with the humanitarian services of Singapore Red Cross. These include TransportAid, FoodAid and Community FirstAid services.

"As youth, you are the leaders of tomorrow. The more engaged you are with society, the better a future we can build. That is why Red Cross Youth learn about the importance of blood donation to save lives, get trained to give first aid to the injured, help the less privileged meet their needs and explore how international humanitarian law is relevant in today's world. It is because we believe YOU can change the world we will live in," affirmed Mr Tee.





# Pitting Wits against the Very Best

By Hilda Foo Mei Lin and Ms Chia Yaru

**Hilda Foo Mei Lin and Chia Yaru, members of Team Singapore share their experience at the 12th Red Cross International Humanitarian Law Moot.**

The 12th Red Cross International Humanitarian Law (IHL) Moot took place in Hong Kong from 13 to 15 March 2014. Our joint Singapore team comprised Chia Yaru (mooter) from National University of Singapore, Sui Yi Siong (mooter) and Hilda Foo (researcher) from Singapore Management University. We were coached by Ms Megan Chia and Ms Emily Choo.

Twenty-four teams from 18 Asia-Pacific countries gathered for this year's international rounds, following a series of national rounds. Our team did Singapore proud during the preliminary knockout rounds when we achieved the highest scores for the combined written and oral submissions. We conquered the quarter-finals after a challenging bench and we went on to meet the team from University of Adelaide at the semi-finals. This took place in the grand setting of the High Court of Hong Kong Special Administrative Region and the presiding judges were the Honourable Madam Justice Carlye Chu (Justice of Appeal of the Hong Kong Court of Appeal), Mr Chris Harland (Regional Legal Adviser, International Committee of the Red Cross, KL), and Mr Clive Grossman (Senior Counsel).

Tensions in the atmosphere were palpable, and the whole courtroom was filled with spectator teams. After an extremely close and intense round at the semi-finals, we lost to the Australian team that eventually went on to win the competition. It was a battle well fought, and we were privileged to have been able to pit our wits against the very best.

Nevertheless, our efforts did pay off. The Singapore team swept the top oralist prizes: Sui Yi Siong was the Best Mooter, whilst Chia Yaru was the runner-up Best Mooter. As for our written submissions, our Defence memo received a Second Runner-Up prize.

We are grateful to the various practice panels before whom we tested our arguments: the IHL Alumni teams, Professors Chen Si Yuan and Eleanor Wong, and our coaches. We are also privileged that the Singapore Red Cross has sponsored and supported our participation in this eye-opening competition and experience.



(From left): Foo Mei Lin Hilda, Chia Yaru, Sui Yi Siong with their accolades from the IHL Moot

Having gained a wealth of knowledge from months of intense preparation, we now appreciate and better understand the legal issues that arise during civil and international armed conflicts. This experience has greatly enhanced our awareness of humanitarian issues which are very relevant and pertinent in the globalised world of today.

Finally, we feel excited for the future IHL teams, for they will be in for a very exciting and rewarding experience.



## SRC to help restore 1.5 million lives

By Lu Jiaquan, Volunteer

**Five months after Typhoon Haiyan's devastation of the Philippines, rebuilding projects are gathering pace in efforts to restore the lives of the survivors.**

With more than S\$11.45 million raised by the People of Singapore during the local public appeal, Singapore Red Cross (SRC) is now channelling resources to the recovery and rebuilding projects as part of the next phase of the plan.

More than S\$7 million worth of recovery and rebuilding projects across Typhoon Haiyan (Yolanda) affected areas like Bantayan Island, Busuanga Island, Leyte, Ormoc, Panay Island, Samar and the Visayas are in the pipeline. These recovery projects will have a positive impact on the lives of some 1.5 million people. In these recovery projects, SRC will focus on essential needs of affected communities by providing emergency shelters, water and sanitation facilities and the rehabilitation of schools and healthcare facilities.

President Dr Tony Tan Keng Yam, Patron of the Singapore Red Cross (SRC), presented over S\$7 million (P231 million) in donations to SRC

partners on 4 April for the rebuilding projects (pictured above).

"I am glad that the Singapore Red Cross has chosen to work with trusted partners on the ground to implement projects that directly help the most vulnerable communities in the outlying regions of the Philippines. I hope that our contributions, which are but a small gesture of friendship and solidarity with the Filipino people, will make a difference in the lives of the communities affected by Typhoon Haiyan," said President Tony Tan Keng Yam. President Tan also noted that the Singapore Red Cross had raised S\$11.45 million (PHP377.85 million) through its Typhoon Haiyan public appeal.

Apart from witnessing the signing of three agreements between the Singapore Red Cross and its Red Cross Movement Partners: Philippine Red Cross; International Federation of Red Cross and Red Crescent Societies; and International Committee of the Red Cross; President also presented the contributions from the people of Singapore to the people of the Philippines at the ceremony, through disbursements to Anglican Crisis Relief Outreach and Support, Singapore (ACROSS); Life Community

Development (LCD); WYNASEAN; Humanitarian Assistance Network For Disaster (HAND); and Assisi Development Foundation, for various rebuilding projects.

"We have seen for ourselves the widespread damage inflicted by Typhoon Haiyan to homes, schools, hospitals and livelihoods. We will focus our efforts to help rehabilitate this infrastructure and hence restore the delivery of critical services to the affected communities," said Mr Benjamin William, Secretary General of Singapore Red Cross.

The President also travelled to Basey, Western Samar, on 5 April, to visit the Basey District Hospital - a joint rehabilitation project between the Singapore Red Cross, the Philippine Red Cross and the International Committee of the Red Cross. During his visit, he presented the first batch of medical supplies and equipment to the Chief of the Basey District Hospital, Dr Rutchie Egos.

Accompanied by the Governor of Western Samar Province Ms Sharee Ann Tan, Mayor of Basey Municipality Mr Igmedio "Junjie" Ponferrada, President met with the hospital administration, patients as well as two Singapore Red Cross volunteer-doctors who were deployed to Samar earlier this year.



# TYPHOON HAIYAN REBUILDING

CONTRIBUTIONS FROM THE PEOPLE OF SINGAPORE

**Busuanga Island, Palawan**  
Cost: S\$800,000 (P28.36 million)  
Partners: Life! Community Development (LCD)

- Rehabilitation of three schools in two municipalities
- Repairs of one maternity health and three Rural Health Stations
- One land ambulance and one sea ambulance
- Community water and irrigation systems in three barangays
- Farmers' Rice Cooperative to provide training in organic farming

**BUSUANGA ISLAND, PALAWAN**



**Bantayan Island, Cebu**  
Cost: S\$553,000 (P19.60 million)  
Partners: Anglican Crisis Relief Outreach and Support, Singapore (ACROSS)

- Relief distribution across all three municipalities
- Shelter kits for 6,800 most needy households
- Six heavy-duty water filtration systems and one year operational costs
- 15,000 jerry cans

**Aklan & Capiz Municipalities**  
Cost: S\$1.58 million (P56.04 million)  
Partner: Philippine Red Cross (PRC)

- Repair and rehabilitation of seven health facilities and 31 classrooms
- Providing water and sanitation facilities in schools

**AKLAN**



**BANTAYAN ISLAND, CEBU**



**CAPIZ**



**PASTRANA**



**Southern Districts, Samar**  
Cost: S\$1.25 million (P44.32 million)  
Partner: International Committee of the Red Cross (ICRC)

- Rehabilitation of Basey District Hospital, Balangiga District Hospital, Balangiga Rural Health Unit and 27 Barangay Health Stations/ Centres
- Repair of existing water schemes, installation of hand pumps and slow sand filters in 43 barangays in four municipalities

**Visayas Region**  
Cost: S\$908,000 (P32.21 million)  
Partner: International Federation of Red Cross and Red Crescent Societies (IFRC)

- Reconstruction of five Rural Health Units and five Barangay Health Stations
- Provision of standard medical equipment and supplies for start-up phase

**Visayas Region**  
Cost: S\$200,000 (P7.09 million)  
No. of Volunteers: 100

- Overseas Humanitarian Projects that include School Promoting & Learning about Safety & Hygiene
- Psychosocial support
- Community health training
- Medical Mission

**PANAY**



**ORMOC**



**ALBUERA**




**Albuera, Leyte**  
Cost: S\$300,000 (P10.63 million)  
Partners: Julian Tan and Mayor of Albuera  
Vendor: WYNASEAN

- Construction of an entire new school and vocational training facility comprising 12 classrooms, three administrative rooms and common rooms

**DULAG**



**SOUTHERN DISTRICTS**



**TABON TABON**



**Pastrana & Tabon Tabon Municipalities, Leyte**  
Cost: S\$474,000 (P16.83 million)  
Partner: Assisi Foundation

- Repair of Municipal Health Centre in Pastrana
- Reconstruction of 33 classrooms in the elementary school in Pastrana
- Repair of three Barangay Health Stations in Tabon Tabon
- Repair of health centre and maternity delivery building in one barangay in Tabon Tabon

**Dulag Municipality, Leyte**  
Cost: S\$114,500 (P4.06 million)  
Partner: Humanitarian Assistance Network for Disaster (HAND)

- Shelter rehabilitation for 500 families in Dulag
- 1,000 solar powered lamps

 SHELTER

 WATER, SANITATION AND HYGIENE

 HEALTH

 EDUCATION

 LIVELIHOOD

**S\$11.45 million raised from the People of Singapore**  
**S\$0.75 million disbursed in Emergency Response**  
**S\$6.31 million committed for Recovery and Rebuilding**



SINGAPORE



By Sumalatha Navanesan, Kartini Saat (photos),  
Corporate Communications and Marketing

You can shop for a good cause at our thrift shops. In this issue, we unravel some great buys from our thrift shops. There is something for everyone!



We shall not keep our gentlemen in the shadows! Plenty of men's apparel, shoes and aviators for you to pick from while your dames are busy sniffing out their own fashion pieces!

Calling all our stylish ladies! With the summer season here, we have just the best to entice you at our Thrift Shop! Find high-end fashion labels we have at our store. Check out some of the exquisite finds we have picked out!

Indeed, we have something for the whole family! From babies to toddlers, you name it, we have it! Apparel, toys, books for all ages! Bring your little ones so they won't feel left out. Let them have their own pick!



**SHOP@RED CROSS –  
RED CROSS HOUSE**

**Address:** 15 Penang Lane  
Singapore 238486

**Open:** Every Wednesday from  
11am to 4pm

**How to Get There:** Alight from  
Dhoby Ghaut MRT station, walk  
past Fish & Co (Glass House)  
and Hotel Innotel till you come  
to Red Cross House.



## What's On...



### Red Cross Youth Change of Command

The ceremony marks the leadership transition of the Red Cross Youth. By invitation only.

Date: 28 May (Wednesday)

Time: 5.30pm

Venue: Chongfu School

### World Blood Donor Day 2014

World Blood Donor Day recognises champion blood donors and bloodmobile organisers for their commitment in the life-saving mission. Mr Gan Kim Yong, Minister for Health, will be the Guest-of-Honour for the first Champion Donor ceremony. By invitation only.

Date: 7 June 2014 (Saturday)

Venue: Palawan Beach, Sentosa Island, Port of Lost Wonder

### SRC 40<sup>th</sup> Annual General Meeting

All are welcome to the Annual General Meeting. Red Cross members will have voting rights. The event will be held on:

Date: 30 June 2014 (Monday)

Time: 5.30pm

Venue: 15 Penang Lane, Red Cross House, Singapore 238486, Haw Par Hall (Level 2)

### International Humanitarian Law Inter-School Debate

Watch students pit their wits as they debate on the issues associated with International Humanitarian Law. Register your interest at [academy@redcross.sg](mailto:academy@redcross.sg).

Date: 19 July (Preliminary) and 20 July (Finals)

Time: 9am to 6pm

Venue: Anglo-Chinese Junior College

### 65<sup>th</sup> Anniversary of Singapore Red Cross

Mark the date on your calendar! Singapore Red Cross is commemorating the 65th anniversary on 30 September!

### Charity Concert

Be inspired by a heartwarming Chinese music and dance performance, 'Love on Stage' that not only depicts a story of love, hope and volunteerism, but also offers a new perspective of life. Led by show producer, Ms Terene Seow, the performance will be supported by SAF Music & Drama Co. and Dance Ensemble Singapore.

Date: 18 October 2014 (Saturday)

Time: 7.30pm

Venue: Singapore Conference Hall

Tickets: S\$50, S\$100, S\$200 (available at Red Cross House)

Email [charity.concert@redcross.sg](mailto:charity.concert@redcross.sg) to purchase the tickets.

## Like & Share



### Did you know the rich history behind the Red Cross Home for the Disabled?

Scan the QR code to find out more in this video.



### Donate to Singapore Red Cross' local humanitarian services

Scan to donate on the go!



### Beneficiary Communications

Communities need and deserve to have information that affects their future, both before and after a disaster. Sharing useful information with affected populations in languages they understand, through media and technology they trust, can be a life-saving resource. A short, animated video has been created to show how effective communication helps communities and humanitarian organisations to improve service delivery and better understand the needs and concerns of people affected by disaster. Scan to watch the video.



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