

redcross+

MCI (P) 019/10/2014 | ISSUE **FOUR** 2014

A newsletter by the Singapore Red Cross



contents



SNAPSHOTS

- 4 happy 65th: thanks for partying with us!
Red Cross volunteer wins state-level accolade advocating for blood donation education
- 5 RCY shooters in NPCC inter-area .38 revolver shooting competition 2014
ready for deployment for civil emergencies
RSAF soars for humanity
thank you, Covidien

LOOKING BACK

- 6 preparing youths for disasters
- 7 'love on stage'
- together for humanity

TALK OF THE TOWN

- 8 happy 65th birthday, Singapore Red Cross
- 10 Singapore Red Cross launches Singapore's first multilingual first aid mobile app
- 11 first aid by Singapore Red Cross
- 13 2004 Great Indian Ocean tsunami - a decade on

WELLNESS

- 12 chronic diseases prevention and early detection

CLOSE TO HEART

- 14 thank you for the gift of TransportAid
- 15 make a sustained difference with regular contributions

- 16 put to the test
- 17 virtuous circle
dreams can come true

LIVE THE LIFE

- 18 an ode to our first aiders
- 19 young humanitarians
- 20 What's On
Like & Share

sec gen's note

As the year draws to an end, we have arrived at the season of giving and of reflections. It is also a time to contemplate our new year resolutions.

I thank each and every one of you for your continued support and contributions to the Singapore Red Cross (SRC) this past year. Without you, we could not have achieved what we did; and we did achieve much!

2014 has been an enriching year for the SRC. We launched the Humanitarian Lecture Series in March with a first session on the evolving global humanitarian diplomacy agenda. In November, we will be hosting the second lecture - this time on humanitarian action in a volatile world, by Mr Yves Daccord, Director General of the International Committee of the Red Cross (ICRC) (see Page 20 to register).

This year also marks an important milestone for the SRC as we turned 65! With support from the National Heritage Board, we reached out to the community with a roving heritage museum and a digital history book (my.redcross.sg). Over the month of October, we connected with thousands of people all over the island, especially in the heartlands; and school children and youth. It was about sharing nostalgia and fun facts about our life-saving mission, and hopefully inspiring a new generation of humanitarian volunteers (see Pages 8-9). We were heartened by the enthusiastic response and generosity of the community.

The anniversary celebrations culminated with our inaugural Mandarin charity concert 'Love on Stage', which raised awareness of our work in the Chinese community and over \$390,000 for humanity (see Page 7). We thank everyone who made the fundraiser a success, and for giving our beneficiaries the best birthday gift we could ever ask for.

Nothing is possible without our volunteers, and on the occasion of International Volunteer Day, we intend to manifest the spirit of volunteerism while celebrating your immense efforts. Find out more details on www.redcross.sg and join us on Friday, 5 December for an evening dedicated to you!

The year-end holiday season is upon us, and many of us will be showering our loved ones with gifts to show them how much they mean to us. Perhaps we can also pause a moment and spare a thought for the vulnerable amongst us. Consider giving gifts that bring hope! We have some ideas for you here. Whatever you are able to give will be multiplied many times because of the hope and love that is brought into the lives of our many beneficiaries and their loved ones. In your own way, you will make a difference in their lives.

I wish you and your loved ones a blessed, joyous holiday season!



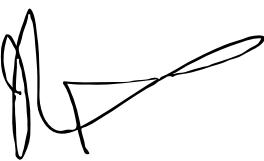
Tips for a meaningful festive celebration

1. Visit any of the three blood banks ahead of your vacation and make a blood donation to save lives!
2. Make a donation to our local humanitarian services in honour of your friend. Imagine his/her surprise when we send a Thank You!
3. Post-Christmas, re-gift to Shop@RedCross thrift shop! Let the gift raise money to fuel our cause.
4. Start 2015 right by pledging regular donations and blessing a less privileged family with FoodAid.
5. Make volunteerism your new year resolution!

editorial committee
Eleanor Slade
Tang Chun Tuck
Doreen Tan
Eileen Cher
Hsu Nan-Ting

Sumalatha T. Navanesan
Sondra Foo
Kartini Saat
Chloe Tan

On Page 23 of the last issue, 'A New Life Thanks to the Red Cross', it was reported that Peter Koh had developed his current condition from birth. This is incorrect. He had a high fever when he was two and was diagnosed by the doctor to be suffering from encephalitis. We are sorry for the error.


BENJAMIN WILLIAM
Secretary General & CEO

HIGHLIGHTS IN THIS ISSUE:
Pioneers recognised at Singapore Red Cross Awards on Page 8
Launch of 'First Aid by Singapore Red Cross' mobile app on Page 10
Young Humanitarians on Pages 16 and 19

happy 65th: thanks for partying with us!

Our 65th Anniversary roving heritage museum travelled places, bringing fun and nostalgia to shoppers at Big Splash, Bugis Junction, Courts Megastore (Tampines), Rivervale Plaza, Toa Payoh HDB Hub Mall, VivoCity; parkgoers at West Coast Park; and students at Evergreen Secondary School, ITE College East, ITE College West, Nanyang Technological University (NTU), National Institute of Education (NIE), Ngee Ann Polytechnic, Singapore Polytechnic from 27 September to 26 October.

If you'd stopped by for a chat or dropped us a donation, we thank you from the bottom of our hearts! If you'd volunteered with us to spread joy, thank you and please tag yourselves to the photo montages at [facebook.com/scredcross](https://www.facebook.com/scredcross)!

If you've missed our roadshows, it's not too late to indulge in our heritage! Check out our commemorative website my.redcross.sg today!



Red Cross volunteer wins state-level accolade



We congratulate Mr Tang Chun Tuck for receiving the prestigious President's Award for Volunteerism (Individual), at the annual President's Volunteerism & Philanthropy Awards on 15 October 2014 at the Parkroyal Beach Road. He was one of 10 champions honoured at the ceremony, for his impressive work with the SRC - 50 years of humanitarian service!



advocating blood donation education



Mr Heng Swee Keat, Minister for Education (centre) visited a blood drive organised by Darul Ghufuran Mosque, one of our active community bloodmobile organisers, on 13 September 2014. He met the blood donors and exchanged ideas on the importance of educating blood donation to young children studying in primary schools.

RCY shooters in NPCC inter-area .38 revolver shooting competition 2014

Red Cross Youth (RCY) won the second runner-up in the annual Inter-Area .38 Revolver Shooting Competition by National Police Cadet Corps (NPCC), on 13 September. It was thanks to the team's great efforts and high team spirit that they attained the highest points among the youth uniformed groups, apart from NPCC HQ and NPCC Alumni.



Congratulations to the RCY winning team (L-R): Mr Ambrose Lee (Team Leader), Mr Yan Wei Ben, Mr Muhammad Khairul Fahmi, Mr Tan Zhi Qi, Ms Bertha Kwok and Team Advisor Mr Kenneth Tan.

ready for deployment for civil emergencies



In September, a team of SRC staff and volunteers took part in an exercise, simulating an emergency situation involving a passenger plane. Upon treating the large number of casualties, the team gained valuable experience as civil emergency responders.

thank you, Covidien!

Singapore Red Cross would like to extend our appreciation to Covidien Private Limited for donating a pallet of alcohol swabs and US\$2,500 (S\$3,183.65) to our local humanitarian services, in conjunction with World Stroke Day on 29 October.



RSAF soars for humanity



The Republic of Singapore Air Force (RSAF) mobilised S\$5,000 in donations for the SRC at its 2014 Charity Drive. We received the donation from MG Hoo Cher Mou, Chief of Air Force, on 1 September at the RSAF Cohesion and Games Day. On behalf of our beneficiaries, we thank the RSAF for its enduring support!

preparing youths for disasters

By **Jas Wong**, Red Cross Youth - Cedar Girls' Secondary School



Red Cross Youth (RCY) cadets from various secondary schools gathered at St. Margaret's Secondary School on 22 March 2014 to participate in a Disaster Management (Bronze) workshop.

For a start, we were engaged in the overview theory of the Disaster Management modules, which included understanding the risks, mitigation, preparation and response during a disaster.

Through this module, cadets developed a greater understanding of how to prepare themselves before a disaster. For instance, we can stockpile non-perishable food and water supply which can aid us for survival.

Cadets can disseminate such techniques and information to the people around them, such as their families and school community, thereby enhancing resilience in an even larger setting.

The casualty transportation module, which included practical sessions and assessments, honed our skills and enabled us to enhance our efficiency and effectiveness in casualty transportation during peacetime and wartime emergencies.

To sum up this experience, our key-takeaways as first aiders are the in-depth empathy we have developed, valuable insights of protecting the well-being of everyone in this society, and the applicable knowledge of Disaster Management.



New Curriculum on Disaster Management within Red Cross Youth

Red Cross Youth added a new curriculum on Disaster Management as part of its core subjects to prepare our youths for disasters, thus giving them the exposure to join as Disaster Management responders when they are of age. There are three different levels in this curriculum; bronze, silver and gold.

While disasters are not an immediate concern for many Singaporeans, there is no knowing when an emergency may strike. Cadets are taught disaster preparedness at the bronze and silver levels to equip them with the knowledge that will enable them to help the community in such times. At the gold level, cadets learn what Singapore Red Cross does in a disaster zone both locally and regionally. Cadets also get to experience what Singapore Red Cross does in a local disaster through basic tabletop exercises.

RCY cadets can look out for the next disaster management workshop on 8 November at Hougang Secondary School



'love on stage' – together for humanity

Photos by **Mohamed Ali**, **Adelene Ng** and **Michael Mah**, Volunteers



Ms Terene Seow, who worked tirelessly for almost a year producing this 'Love on Stage' concert receives SRC's appreciation, delivered by Mr Lawrence Wong and Mr Tee Tua Ba from Minister.



Held on 18 October at the Singapore Conference Hall, the Singapore Red Cross (SRC) inaugural Mandarin charity concert, 'Love on Stage' (爱心心声) showcased a medley of Chinese drama, song and dance performances inspiring love, hope and volunteerism. Minister for Culture, Community and Youth, Mr Lawrence Wong, graced the event as the Guest-of-Honour.

"This charity concert is a good example of how the Singapore Red Cross continuously seeks ways, be it through its donors, partners or volunteers network, to help uplift the vulnerable in our community. I would like to thank all the strong supporters of the Singapore Red Cross for their unwavering commitment towards building a community that cares," Mr Lawrence Wong affirmed.

With overwhelming support from the community, *more than \$390,000* was raised through the concert, to sustain the local humanitarian services of the SRC.

"Your support enables the Singapore Red Cross to bring love and hope to the many beneficiaries of our humanitarian

services. More specifically, they are the residents of our Red Cross Home for the Disabled, clients of our Day Activity Centre, the elderly and disabled making use of Red Cross TransportAid services and families receiving our FoodAid. Beyond merely impacting the lives of our beneficiaries, these services give the peace of mind to family members and caregivers who are able to carry on with their jobs and daily chores, safe in the knowledge that their loved ones are well-cared for. That we believe, is a priceless gift," shared Mr Tee Tua Ba, SRC Chairman at the event.

This concert was the brainchild of Ms Terene Seow, 'Love on Stage' executive producer and staunch longtime SRC volunteer. Showcasing the immense power of humanity, the concert brought together many talented performers such as Mr Lin You Fa (林允發), Ms Wong Li (黃鵬), Mr Jack Ye (葉鉦汶), Dance Ensemble Singapore, SAF Music & Drama Company as well as veteran Red Cross Youth members. The radiance of Ms Teo Ser Lee, the concert host, added sparkles to a refreshing Saturday's evening.

happy 65th birthday, Singapore Red Cross

Photos by Adelene Ng, Mohamed Ali, Linus Long and Chia Pak Yuan, Volunteers

Singapore Red Cross (SRC) was established on 30 September 1949, and this year marks the 65th anniversary of the humanitarian organisation. While we embark on the journey to further our mission, we look back and take a walk down memory lane in commemoration of our 65 years of serving humanity and saving lives.

Month-long celebration in the heartlands

President Tony Tan Keng Yam, Patron of the SRC, launched SRC's 65th anniversary commemoration in the presence of our volunteers, supporters and members of public at HDB Hub, Toa Payoh, on 27 September 2014. In this month-long celebration, a roving heritage museum, which showcases SRC's rich heritage and more than 65 powerful stories of people whose lives have been moved by SRC, travelled around Singapore to inspire more people to join our lifesaving mission.

"The Singapore Red Cross (SRC) has over the past 65 years since its establishment in 1949, remained steadfast in serving the most vulnerable among us. SRC also rallies our people in humanitarian work and relief efforts in times of disasters and emergencies in Singapore and the region. I congratulate SRC on its 65th anniversary and wish SRC continued success in its mission," President Tony Tan in his message.

"Singapore Red Cross (SRC), a homegrown humanitarian organisation, has a significant place in Singapore's history. From running a home for crippled children and hospital car in the aftermath of World War II to a well-established organisation today that serves groups who fall between the gaps in the social safety nets, SRC's mission has been clear – to serve humanity and save lives," noted Mr Tee Tua Ba, Chairman of SRC.



An e-history book of SRC

To reach those on-the-go as well as Singaporeans living overseas, SRC has created an interactive microsite (my.redcross.sg) which hosts enriching Red Cross stories and significant milestones over the years. The dedicated microsite also calls for public submissions of Red Cross memories. Both the roving and digital museums are supported by grants from the National Heritage Board.

Every story is special. Just as the people your efforts have helped! Tell us your Red Cross story, my.redcross.sg.



Watch the highlights of our fun and engaging celebrations with the community. For those who were there with us, a big **THANK YOU** and hope you had a great time!

Recognising pioneers' contributions

The anniversary launch was held in conjunction with the 2014 SRC Awards ceremony, during which President Tony Tan presented Awards to recipients.

A total of 34 winners of the Awards, ranging from the youth to members of the pioneer generation, individual to organisations, was recognised for their priceless contribution of time, expertise and resources to further SRC's humanitarian mission.

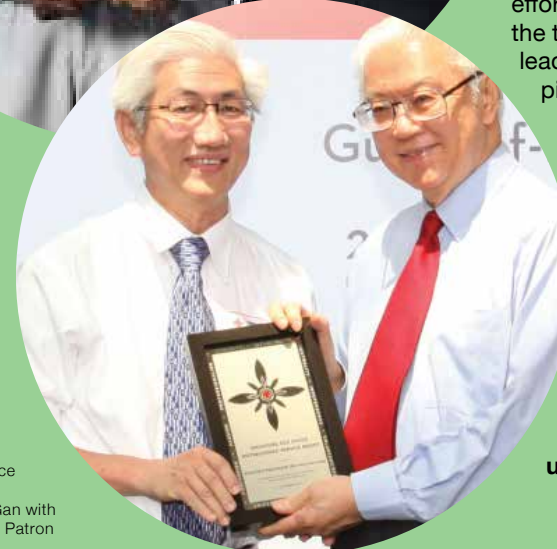
Chairman Mr Tee Tua Ba recognised the invaluable contributions of the Award recipients, "Our humanitarian efforts over the past 65 years were only possible because of the tireless and selfless contributions of many – our veterans, leaders, volunteers, partners and donors. These are truly the pillars of the SRC in our mission to serve humanity. They are the centre of the wheel that keeps us moving."

Many winners of this year's Awards are Pioneer Generation seniors whose contributions since the early days have unequivocally shaped today's SRC. (See photo)

"I would like to congratulate and thank all the award recipients. They have been an ardent and consistent supporter of our mission and the award is just a small token of appreciation for their generous contributions. We hope that it will motivate them and many others to continue or join us in our mission," said Mr Tee.



▲ SRC Humanitarian Award winner Dr W.R. Rasanayagam with President Tony Tan, SRC Patron



► SRC Distinguished Service Award winner Associate Professor (Dr) Goh Lee Gan with President Tony Tan, SRC Patron

Congratulations to all Award Recipients!

SRC Humanitarian Award
Dr W.R. Rasanayagam
Oxley Holdings Limited

SRC Distinguished Service Award
Associate Professor (Dr) Goh Lee Gan
Associate Professor (Dr) Phua Kai Hong
The Late BG (Ret) Dr Lim Meng Kin

SRC Outstanding Service Award
Mr Goh Chee Kong
Mr Ling Khoon Chow
Mr N Sreenivasan

SRC Commendation Award
Dr Alex Ooi
Mr Andy Yeo
Ms Angelia Al Johary
Mrs Dora Chan
Ms Doreen Tan
Mr Fred Wong Poo Yen
Mrs Gaw Kian Lay
Mr James Law Gie Hoy
Ms Jane Tan Gek Lan
Mr Jimmy Koh
Dr K. Gunaratana



Mr Khoo Chai Huat, Thomas
Mrs Lim Li Hoon
Mrs Mary Narayanan
Mr Sendhil Annamalai
Mr Stefan Smola
Ms Vicky Vignaswari Ratnam
Ms Vivian Dubos

SRC President's Youth Award
Assistant Cadet Officer Pang Yu Sze
Senior Warrant Officer Sy Hildy Lynn
Senior Warrant Officer Ye Jingxuan

Friend of Singapore Red Cross Award
Comfort Transportation Pte Ltd (Comfort Delgro)
Keppel FELS Limited
Ngee Ann Polytechnic
NTUC FairPrice Foundation Ltd
Portcullis TrustNet (Singapore) Pte Ltd

Singapore Red Cross launches Singapore's first multi-lingual first aid mobile app

By Dilparinder Singh, Volunteer
Photos by Adelene Ng, Volunteer and Kartini Saat, Corporate Communications and Marketing

Since its inception in 1949, Singapore Red Cross (SRC) has been dedicated to building community resilience, relieving human suffering, protecting lives and responding to emergencies. It has constantly evolved its programmes to remain relevant in the face of changing needs in our society.

These were exemplified on 28 September 2014 when the Singapore Red Cross (SRC) commemorated World First-Aid Day with the launch of a multilingual first aid mobile app and a first aid booklet, the latter in partnership with 3M Nexcare™.

Set against the backdrop of a meaningful community outreach event at Tampines West Community Club comprising a series of free health talks and exhibition, the event was graced by Guest-of-Honour Mr Masagos Zulkifli, Senior Minister of State, Ministries of Home and Foreign Affairs, and Member of Parliament, Tampines GRC.



"I am glad that the Singapore Red Cross (SRC) is working actively with the community to build resilience, especially for and amongst the elderly. Facing an ageing population, it is important for us to work together in empowering caregivers, elderly and the community at large with the skills to build a healthy, vigorous and resilient society. I also applaud SRC for making first aid even more accessible with the launch of the mobile app," said Mr Masagos.

In his speech, SRC Chairman Mr Tee Tua Ba highlighted, "The importance of learning first aid cannot be emphasised enough... Learning first aid is a critical element to reducing vulnerability and fostering community resilience."

"We remain steadfast in achieving our goal of having a first aider in every home. Not only have we introduced a range of customised first aid courses to cater to specific groups,



we have also launched a First Aid app that targets the technologically savvy. With this app, people can now easily access critical advice when faced with a medical emergency."

First Aid by Singapore Red Cross (available on both iOS and Android platforms) is a free app that features simple, easy advice on the everyday first-aid scenarios in four languages – English, Mandarin, Malay and Tamil. It also features videos, interactive quizzes and important helpline contacts – all in one place.

As part of SRC's strategic partnership with 3M Nexcare™ all participants of the event received free first aid booklets comprising basic first aid tips and simple steps to treat common injuries. These booklets also contained a complimentary pack of bandages from 3M Nexcare™. Jointly produced by 3M and SRC, the first aid booklets feature beautiful illustrations and comprehensive tips, making first aid fun and easy for all ages.



Ms Renee Chua, General Manager of 3M Consumer Business Group, said, "At Nexcare, we believe that every wound is serious and deserves the best care. We are proud to extend Nexcare's reach to the local community through a meaningful partnership with Red Cross to develop 5,000 first aid booklets to equip homeowners with basic first aid knowledge and wound care supplies."

At the event, there were multiple exhibits and booths set-up by Singapore Red Cross Academy, Red Cross Youth, SRC's Community and International Services, People's Association (PA) and 3M Nexcare™. Singapore Red Cross Academy also conducted live CPR and AED demonstrations. 3M Nexcare™ encouraged participants to dedicate their appreciation for someone whom they know contributes to the community and also encouraged participants to pledge their contributions for a better society.

In addition, there was a series of health and wellness talks presented by SRC and Eastern Health Alliance covering dementia caregiving, prevention and early detection of chronic diseases, and injury prevention and safe home for elders.

Learn some of the tips shared in the 'Wellness' section, page 12.

first aid by Singapore Red Cross

If a friend or family member is having a heart attack or is choking, would you know how to help them? The free app features simple, easy advice on 20 everyday first aid scenarios, in four languages – English, Mandarin, Malay and Tamil.

With videos, interactive quizzes and simple step-by-step advice, it's never been easier to learn first aid.

The information you need is hosted on the app itself, meaning no internet connection is needed, making it fast and easy to access. Best of all, it's free.

Get this essential app on your smartphone now.



Download the app

To download the app, visit the Apple App Store or the Google Play Store: First Aid by Singapore Red Cross.

Share the app

By sharing this app, you can help save lives. Show it off to all your friends and family and get them to download it too.

chronic diseases prevention and early detection

Talk by **Dr Saiful Nizam**, MBBS (Singapore), G.Dip (Occ Medicine)
Notes by **John J. Dunne**, Volunteer

What are Chronic Diseases?

Chronic diseases are long-term medical conditions that are generally progressive. These conditions can be controlled but not cured over time. In fact, if not properly managed, these conditions often lead to more serious complications. Many patients begin treatment late and only when severe complications arise. They end up going to multiple specialists for treatment of their many problems, and they may have to be hospitalised. Not only do they suffer significant pain, high medical costs may be incurred as well. Some examples of chronic diseases include heart disease, diabetes, stroke, and chronic respiratory problems (e.g. OPD).

How Do We Prevent Chronic Diseases?

Excessive Eating and an Unhealthy Diet: Men should limit themselves to 2,500 kilocalories per day, and women to 2,000. One way is to eat enough whole-grain foods, to include fruits and vegetables in the diet, and to get a sufficient amount of proteins and calcium. Also, the daily intake of cholesterol should not exceed 300 mg.

Physical inactivity: Research has proven that exercise, at the correct intensity and duration, not only improves the quality of life, it also decreases the incidence of disease, chronic health conditions, and obesity. All adults should get a minimum of 150 minutes of exercise per week.

Tobacco Usage, Including Smoking: In a word, don't. About seven Singaporeans die prematurely from smoking-related diseases each day.

Drinking Alcohol: While it would be better not to drink, experts recommend that the amount of alcohol consumed on any given day should not exceed two standard drinks for men and no more than one standard drink (330ml of beer, 100ml of wine, 30ml of hard liquor) for women.

How Can We Detect Chronic Diseases Early?

Chronic diseases can frequently be detected through various screening tests. Health screening enables you to find out if you have a particular disease or condition, even if you do not have any symptoms and/or signs of disease. Early detection, followed by treatment and good control of the condition, can result in better outcomes. While there are some types of screening tests that may or may not be recommended, the following tests are considered to be beneficial:

For individuals 18 years and older:

- Body Mass Index (BMI)/Waist Circumference - Screens for obesity; should be done at least once per year.
- Blood Pressure - Screens for hypertension (high blood pressure). Should be done once every two years, or more frequently as advised by your doctor.

For individuals 40 years and older:

- Fasting blood glucose test which checks for diabetes mellitus should be done at least once every three years.
- Fasting lipids test which checks for high blood cholesterol should be done at least once every three years.

For individuals 50 years and older:

- A faecal immunochemical test which checks for colorectal cancer should be done once per year.
- A colonoscopy test which checks for colorectal cancer should be done once every ten years.

For women, two additional tests are recommended:

- For women aged 25-69 years, who have had sexual intercourse, a Pap smear, which tests for cervical cancer, should be done once every three years.
- For women aged 50-69, a mammogram should be done once every two years to check for breast cancer.

For more information, see:



Health Promotion Board: What are Chronic Diseases?



Ministry of Health: Chronic Diseases



Health Promotion Board: Build a Healthy Food Foundation



2004 Great Indian Ocean tsunami - a decade on



Ten years ago on 26 December 2004, a deadly tsunami inundated coastal communities in Asia with waves up to 30 metres high, leaving a trail of destruction so massive that devastated nations and destroyed families. Recorded as the single worst tsunami in history, homes, schools and property were damaged and livelihoods were disrupted across 14 countries.

The Singapore Red Cross (SRC) established the Tidal Waves Asia Fund, to which the government and people of Singapore contributed close to S\$89 million. The funds were managed by the Tsunami Reconstruction Facilitation Committee (TRFC), chaired by the Chairman of the Singapore Red Cross.

In collaboration with the Singapore Government, other Singapore NGOs, various religious institutions and clan associations, the SRC successfully implemented 69 projects spanning healthcare, education, housing and

community, economic recovery and livelihoods, across Indonesia, Sri Lanka and the Maldives - with a special focus on long-term sustainability.

To commemorate the 10th anniversary of the Asian tsunami, the SRC will present a photo exhibition that documents the impact of rebuilding efforts a decade later. In so doing it will showcase how the contributions from the donor community have translated to meaningful projects that brought hope to those affected by the tsunami. Visit www.redcross.sg in December for more details.

If you'd like to be part of the team to paint this canvas of how people from the world over can unite to make resilient communities a reality, be sure to drop us a message on Facebook at facebook.com/scredcross. We'd love to have you onboard.



thank you for the gift of TransportAid

By Eileen Cher, Corporate Communications and Marketing
Photo by Kartini Saat, Corporate Communications and Marketing

Smiling, Ms Choo Peck See beckons them in. Upon seeing the ‘men-in-white,’ Mdm Teo Choon Kim’s eyes twinkle and she flashes a toothy welcome from her wheelchair. It is a once-in-three-month reunion.

Eight years of journeying to and from their home and hospitals using the Singapore Red Cross’ TransportAid service has developed warm ties between the mother-daughter pair and the responders and drivers.

While Mdm Teo and Peck See do not know their names, they remember every reassuring smile and friendly joke.

The TransportAid team of responders know that it is not just transportation they provide, but the priceless gift of friendship. Laughter alleviates pain, and conversations help take the beneficiaries’ minds off their worries. The team treats every patient with respect and good humour, be it for a 30-minute ride or a 5-minute interaction at the door.

At 16, when Peck See and her classmates were busy preparing for their ‘O’ levels, Mdm Teo came down with a stroke. Overnight, Peck See and her father became Mdm Teo’s caregivers.

Unfortunately, within a year, Peck See herself was diagnosed with kidney failure. Dialysis took its toll, and after a renal transplant in 1992, the anti-rejection medication slowed down Peck See’s ability to heal after minor knocks and cuts, resulting in large bruises on her limbs. At the age of 28, the only child lost her father. In April 2014, Peck See learnt from the doctor that her kidney collapsed after 22 years. She is undergoing kidney dialysis once more.

Today, Mdm Teo, 65, has diabetes and SLE and is recovering from a stroke. She relies upon Peck See, 45, as her only caregiver. They do not have an income, but rely solely on gifts from their relatives. The maid who tends to their household chores is paid for by their relatives.



Amid the visits to the hospital or eye centre for routine check-ups and blood tests, they maintain an optimistic outlook and are grateful for all they have received.

In fact, so spirited and feisty is Mdm Teo that, on her trips to the hospital, she will stop her wheelchair in front of the stairs to climb them on her own. Only when she feels tired will she allow the ambulance responder and driver to hoist her, together with her wheelchair, up and down the flight of stairs. While this is all in a day’s work for the ambulance team, the ladies are deeply appreciative.

Peck See shared, “Singapore Red Cross is known for its disaster relief, but its impact is much closer to home for us. The TransportAid service enables my mother to get to her medical appointments largely subsidised. I hope Singaporeans will continue to give generously to local causes.”

And, as if on cue, the mother-daughter pair chorused “Thank you!” - Mdm Teo, with a big thumbs-up.

Mdm Teo Choon Kim and Ms Choo Peck See will be featured at the President’s Star Charity 2014, on 2 November from 7.30pm to 10pm on MediaCorp’s Channel 5!

make a sustained difference with regular contributions



EVERY MONTH, groups of underprivileged families and aged grandparents welcome Red Cross volunteers at their doorsteps, happy to receive nutritious food and warm company.



EVERY DAY, a wheelchair-bound patient is looking forward to the Red Cross TransportAid ride to his or her medical appointment.



EVERY HOUR, someone receives blood that the Red Cross rallies the community to donate.



EVERY MINUTE, some 100 disabled adults and children are receiving professional care at the Red Cross Home for the Disabled.



EVERY SECOND, a first aider is out there saving lives in an emergency. And chances are, they were trained by the Red Cross.

**Please help us
help more people!**

Your donation can change lives.
Make a monthly gift of any
amount through GIRO
- it is automatic and safe.

Simply fill up the form below and post it to us at
15 Penang Lane, Red Cross House, Singapore 238486.

**On behalf of our beneficiaries,
hearty thanks and big hugs!**

Yes! I want to make a difference! 我愿意伸出援助之手!

Please accept my gift of 请接受我以:

- ☐ S\$30 ☐ S\$50 ☐ S\$100 ☐ S\$500 ☐ S\$1,000
☐ Other Amount 其它款额

☐ A one-time donation 次款额 (cheque/credit card*)

☐ Monthly donations via Credit Card/GIRO*
每月定期捐款 (通过信用卡/财路)

*Please delete where applicable. For GIRO donations, a GIRO form will be sent to you.
请选一样，我们将给您一张财路申请表。

I would like to 我愿意:

- ☐ Be a volunteer 提供我的义务服务
Please send me a Volunteer Application Form 请将表格给我

Note: Donations to the Singapore Red Cross are eligible for a tax deduction. Donors do not need to claim for tax deductions as the donation details will be given to IRAS automatically. Donors' particulars will not be acknowledged in any corporate collaterals or publications unless otherwise requested or stated. Thank you for your support.
附注：给予新加坡红十字会的捐款可获得所得税折扣。我们将会向税务局呈报所有捐款资料，所以你不需忧将这捐款写在报税表格上。捐献者的个人资料将不会在任何触要出版的刊物出现，除非事先议定。谢谢您的支持。

Please mail the completed form to Singapore Red Cross,
15 Penang Lane Singapore 238486

Name (as per NRIC) 依据身份证
Dr/Mr/Mrs/Ms or Company Name 姓名博士/先生/小姐/公司名称

NRIC/FIN/UEN 居民证号码/公司注册号码

Address 地址

Office No. 办公室电话

Home No. 住家电话

Handphone No. 手机号码

Email 电邮

Occupation 职业

Company/Organisation/School Name 公司/机构/学校

Credit Card Donation

Credit Card Number 行用卡号码

Name of Bank

CVV

Visa/Master

Expiry Date 失效期

Signature 签名

Cheque Donation

Bank/ Cheque No. 银行/支票号码

(Please make the cheque payable to 请将支票付至: Singapore Red Cross Society)

youths with the passion to serve

by John J. Dunne, Volunteer
Photos by Chng Chee Jean and Khew Siying, Volunteers

In this feature, we share inspiring stories of Red Cross Youth who have graduated and are still actively involved in the Red Cross Movement.

put to the test

As a child, Amos Kow was a shy, quiet boy with an interest in first aid and lifesaving. As he went into secondary school life, he was searching for an avenue to learn first aid and life-saving skills. When he was in Raffles Institution, one of his subject teachers, Mr Andrew Lim, encouraged him to join the Red Cross Youth (RCY).

Joining as a cadet in secondary 1, Amos advanced through the unit learning various life-saving skills and was given leadership opportunities. He graduated as a Senior Warrant Officer and Director's awardee in secondary 4 as an Exco member. More importantly, Amos's experiences in the Red Cross Youth helped him to grow as a person. "Joining the Red Cross Youth totally changed my life," he said. "It gave me confidence, and built my character to learn and understand others better."

Amos's first aid training would soon be tested as he continued serving in RCY Chapter - Raffles Institution (JC).

Going home after a first aid duty coverage one day, Amos came across an accident in the street where a man was bleeding from face to thigh. Shocked by what he saw, Amos flagged down a passing bus, knowing that all buses are equipped with a first aid kit. With the help of some passers-by, the victim's bleeding was stopped and the man survived, thanks in part to Amos's quick thinking. From this incident, Amos became a even stronger advocate for first aid training, and has gotten more involved in teaching first aid to students at several schools.

Amos has also been involved with other Red Cross programmes and is now currently serving as an Assistant Director (Chapters) and a member of the Steering committee in the Red Cross Youth. Touched by the gratitude and warmth of the delegates, Amos saw how the work of the Red Cross transcended international boundaries in building up better relations with people and furthering the Red Cross' humanitarian work. "I have learnt so much from the Singapore

Red Cross and other volunteers," he said, "that I would eternally be thankful."

"The Red Cross gave me platforms to learn to lead, understand myself, and hone my personal and interpersonal skills. It was really humbling to create experiences and share the joy of volunteerism,"
Amos Kow



dreams can come true

◀ Farhan Ismail's (left in photo) journey with the Red Cross began when he joined his secondary school's RCY unit, and he has always had an interest in humanitarian aid overseas.

When the December 2004 Indian Ocean earthquake and tsunami struck off the west coast of Sumatra, Farhan wanted to volunteer and help in the rescue efforts. He knew that the tsunami had killed several hundred thousand people across the various countries bordering the Indian Ocean, and that many of the survivors would be lacking the basic necessities of life. However, he was too young at the time, so he helped to collect funds for the victims instead.

It was not until 2013 that Farhan was offered the chance to take part in an overseas operation. In June 2013, he joined an Overseas Humanitarian Programme (OHP) to Chengdu, China, to look after residents of a nursing home that was built after the 2008 Sichuan earthquake.

This year, in 2014, Farhan took on the role of OHP Coordinator for RCY, and he also led a team to the Philippines in June. There, the team assisted in conducting medical check-ups, teaching first aid, and in helping to rebuild a restroom.

To Farhan, joining the Red Cross seems like it happened only yesterday, and that his dream of being able to help others in need overseas has come true.

"I hope to get our youth involved in not only local community work, but also those that are overseas. And I believe that the Singapore Red Cross is in a good stead to achieve this," Farhan Ismail



virtuous circle

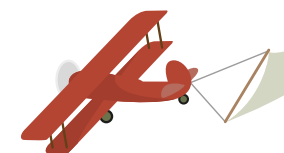
◀ Bertha Kwok (right in photo) first joined the Red Cross Youth in secondary 1 as one of her Co-Curricular Activities. As she gained knowledge and experience with the organisation, she decided to become a Volunteer Instructor in order to further serve her alma mater.

Rising to the level of Youth Officer, Bertha became involved with Society events and also worked at the headquarters level. Perhaps the activity Bertha liked the best was the Red Cross Youth Challenge, the annual camp held at year-end that encourages team building among the camp participants. While Bertha liked the camps that brought together RCY cadets, she particularly liked the camps in alternate years that included delegates from the sister National Societies within the Asia-Pacific region. These camps allowed the participants to interact and learn from others coming from different cultures and backgrounds.

Looking back at the 11 years of her Red Cross experiences, Bertha recognises that these experiences have helped to shape her, especially during her secondary school years. Indeed, Bertha recognises that the RCY improved upon her strengths, and turned her into the young woman she is today. The student who became a Volunteer Instructor was inspired by that experience and used it as the foundation for her current occupation today, that of a secondary school teacher. To those who aren't involved with the Red Cross, Bertha would encourage them to become volunteers as she believes the Red Cross is a meaningful organisation.

"There is nothing to fear when you volunteer. All you need is the heart to make it start," Bertha Kwok

Share your Red Cross story on my.redcross.sg



young humanitarians

Many of Singapore's young graduates choose dynamic career paths such as banking, IT, engineering and business as they step out of their universities and into the working world. However, a growing pool of compassion-driven passionate youth are now opting for professions with a purpose, while seeking personal fulfilment at the same time.

Some of these individuals, we are proud to say, have chosen to work with us, at Singapore Red Cross! We speak to some of our own budding and energetic young staff on what made them decide on the social service sector and the little things they encounter on their service to humanity.

an ode to our first aiders

Photos by **Peter Tung**, Volunteer and **Kartini Saat**, Corporate Communications and Marketing

First Aider on Wheels volunteers are out every weekend and public holiday giving treatments to East Coast Park-goers in need. We bring you the messages of appreciation from beneficiaries and friends.



Inspired? Scan the QR code for a video on our volunteers in action. Be part of the dynamic team today! www.redcross.sg

"I enjoy being able to render direct and indirect care for our beneficiaries. It's fulfilling when I'm able to see the impact of our programmes on the lives of the families we serve and is especially rewarding when they return to express their gratitude for the hard work that we do. I'm also heartened to have the opportunity to work with like-minded staff and volunteers who are equally passionate and determined to serve the vulnerable", Mr Muhamad Haikel Bin Mohamed, 26 (Executive, Community Services) on how serving beneficiaries on a daily basis has touched his own life.

Mr Muhamad Haikel Bin Mohamed, 26
(Executive, Community Services)

"Apart from the nature of the job, which is to enrich others on the knowledge and work of the Red Cross, connecting and building affiliations, it's the company of highly energetic colleagues which makes a fun environment!"

Ms Azhmeera Shasha Jan Binte Mohd Sabikon, 25
(Executive, Membership and Volunteer Development)

"As the media liaison, engaging people for stories in interest for media broadcasting, sniffing out news and crafting stories is exciting. Also what drives me is that its not for profit making – but fundraising to save lives."

Ms Chloe Tan, 26
(Executive, Corporate Communications and Marketing)

"As an Accounting & Finance student, I was curious how financial reporting for a non-profit organisation would differ from a profitable organisation. Hence, when I was given the opportunity to join Red Cross, there were no second thoughts."

Ms Seet Shu Yi, 24
(Executive, Finance)

"I started out as a volunteer and eventually joined as a full-time staff. The experiences and exposure I gained is priceless, I knew I was going to be enjoying this career path I chose!"

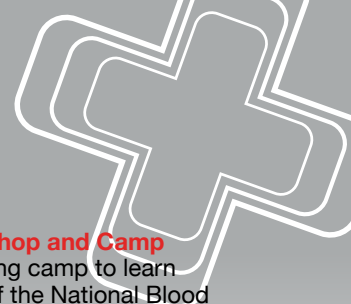
Mr Ambrose Lee, 27
(Executive/ Senior Instructor, Singapore Red Cross Academy)

"The warm family culture among staff in SRC paired with a flat management hierarchy encourages staff to be very open with feedback to reflect and trigger for positive change."

Ms Rachel Lim, 23
(Executive, Fund Raising)

It is heartening to see our own young employees embark with us on purposeful, humbling and respectful careers which have direct impact on many lives. We wish them all the very best in their careers and the humanitarian paths they have chosen. If you are keen in a career with the Singapore Red Cross, please visit our website at www.redcross.sg for available positions.

What's On...



Shop@RedCross Sunday Sales

Check out our thrift shop for great buys at bargain prices!

Date: 23 November, Sunday

Time: 11am to 4pm

Venue: Red Cross House

Humanitarian Lecture

Counting down to the second Humanitarian Lecture of the year. Don't miss the chance to learn about 'Humanitarian action in a volatile world - principles, communications and global impact' from Mr Yves Daccord, Director-General of the International Committee of the Red Cross (ICRC). Attendance is free; seats are limited so RSVP today!

Date: 28 November 2014, Friday

Time: 12.30 to 1.30pm

Venue: Parkroyal on Beach Road

Register: www.redcross.sg

International Volunteer Day

As we commemorate and celebrate the spirit of volunteerism in Singapore on 5 December, we would like to thank everyone who has, in one way or another, partnered us in serving the vulnerable and saving lives. Mark the date on your calendar and we will follow-up with an official invite for this year-end celebration.

For more details, visit www.redcross.sg

Launch of CLARE

Singapore Red Cross is launching the Community Led Action for Resilience - Elderly (CLARE) to bring various stakeholders together to address the needs of the vulnerable in our community, especially the elderly. They will be treated to lunch and performances at the launch. By invitation only.

Time: Lunch-time

(Please visit our website for more details.)

Venue: Tampines West Community Club

Like & Share



Red Cross Connection App

Locate the nearest Bloodbank and blood-mobile drives, get updates on blood stocks, track your blood donations and share alerts on your social network!

Download the multi-award-winning Red Cross Connection app connect.redcross.sg, and discover all about blood donation.



My Red Cross Story

If you haven't done so, do it now - share your Red Cross story or be inspired by others at our dedicated 65th anniversary microsite my.redcross.sg!



10th Youth Donor Club Training Workshop and Camp

Youth blood donors, join us at our training camp to learn how you can become an ambassador of the National Blood Programme through enjoyable and interactive activities! By invitation only.

Date: 19 - 22 December, Friday - Monday

Venue: Red Cross Campsite

Truly Magical Christmas

Give the gift of life and make your Christmas a truly magical one by donating blood and saving lives!

Date: 20 - 21 December, Saturday and Sunday

Time: 10am to 5pm

Venue: Bloodbank @ Dhoby Ghaut and
Bloodbank @ Woodlands

10th Anniversary Asian Tsunami

A decade on, we are presenting a photo exhibition that showcases the Red Cross impact on lives affected by the Asian tsunami. For more details, visit www.redcross.sg

International Bazaar 2015

Join us at the Red Cross International Bazaar at Ngee Ann City (Civic Plaza)! There will be a dazzling 100-stall showcase and you will be sure to find treasures! Tickets are on sale now at only S\$10 per ticket (booklets of 10 tickets are available). All proceeds will go towards our local humanitarian services to benefit the vulnerable in our community.

Date: 15 March 2015, Sunday

Time: 10am to 7pm

Venue: Civic Plaza, Ngee Ann City,
391 Orchard Rd, 238873

To get tickets: fundraising@redcross.sg

Red Cross Home for the Disabled, 8 Lengkok Bahru,
Family Link @ Lengkok Bahru, #04-01 Singapore 159052

Blood Collection Centres

Bloodbank @ HSA - Health Sciences Authority
(opposite Outram Park MRT, Exit A and F)
11 Outram Road, Singapore 169078

Bloodbank @ Dhoby Ghaut - Dhoby Xchange
11 Orchard Road, #B1-05 to 09, Singapore 238826

Bloodbank @ Woodlands - Woodlands Civic Centre (opposite Causeway Point)
900 South Woodlands Drive, #05-07, Singapore 730900

Shop@RedCross Thrift Shops

Shop@Red Cross - Red Cross Training Campsite
62 Jalan Khairuddin, Singapore 457524
Open on Fridays from 10.30am to 3.30pm.

Shop@Red Cross - Red Cross House
15 Penang Lane, Singapore 238486
Open on Wednesdays from 11am to 4pm.

Singapore Red Cross Academy @ Red Cross House

15 Penang Lane, Level 3 (near Park Mall / Dhoby Ghaut MRT, Exit B)
Singapore 238486

Singapore Red Cross Academy @ Atrium

International Involvement Hub (I2Hub)
60A Orchard Road, Level 4M Tower 1
#04-02 (near Plaza Singapura, Dhoby Ghaut MRT, Exit F)
Singapore 238890



Red Cross House

15 Penang Lane
Red Cross House
Singapore 238486
Tel: 6664 0500
Fax: 6337 4360
enquiry@redcross.sg
www.redcross.sg