

SINGAPORE

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RED CROSS

NEWS

ISSUE TWO 2010



CELEBRATING THE
**GIFT OF
LIFE**

BLOOD DONOR TREE

EDITORIAL

Recently, the newspapers have reported that blood stocks were dipping in the month of June. It occurred to us that notwithstanding the school holidays or heavy downpour, the demand for blood will always be there.

Rapid hospital utilization due to surgeries, emergencies or blood transfusion needs will quickly deplete the supply of blood. In such instances, several lives are at stake.

To thank the many blood donors and blood mobile organisers

for giving generously to save lives, we celebrated World Blood Donor Day (WBDD) on 12 June amidst much fanfare and pomp! More than 1,500 blood donors turned up at Clifford Pier for the fun-filled carnival where we launched the "Someone in my family is a blood donor" and "Blood Donor Tree Project" campaigns and presented awards to individuals.

In conjunction with WBDD, our theme for this issue of the newsletter is 'Blood for Life'. We hope to inspire more to donate blood to save lives and to create

a culture that embraces the practice of donating blood, for life.

Apart from our coverage of WBDD, this issue will also highlight the message delivered by our Chairman, Mr Tee Tua Ba on YouTube for World Red Cross Day and the relocation of our Red Cross Home for the Disabled (RCHD) to Family Link @ Lengkok Bahru. Besides these, we also featured a series of activities organised by Red Cross Youth, Fund Raising and International Services Divisions.

As we aspire to be a nation of givers, we are glad to see volunteers going their way to serve humanity and save lives.

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Reliving the 'Kampung Spirit'

By ABDUL HADI,
Assistant Youth Officer
(Red Cross Youth)



If there was one word to sum up the whole experience, it would be "mind-blowing"!

I was one of those who represented Singapore Red Cross Youth at the recent Batam Youth Friendship Camp 2010, held from the 22-26 June. There were a total of 58 cadets, three Volunteer Instructors (VI) and nine officers representing Singapore Red Cross Youth at the camp.

When we first got to Batam, getting used to the lifestyle of the Indonesians was not difficult, thanks to our trio of liaison officers who were always there to guide us through the camp. Sleeping in tents, washing our cutlery in pails and breathing in the breeze of the sea were some of the simple things that really made us appreciate more of the things around us.

There were various activities planned for us. Many of us enjoyed the batik sessions, and the leadership workshops. The Souvenir-making workshops were also a hit, despite the time and patience required to make dolls and woven corns. Besides the cultural exposure, we also had time to play beach volleyball and soccer.

What really made the evenings worthwhile were the cultural nights and performances, staged by the various contingents which attended the camp. We too contributed our fair share by performing a traditional Malay dance and an Indian dance, choreographed by our very own cadets!

One event that will definitely be ingrained in our memories would be the mass dance that we conducted for the entire camp. With the language barrier, it was no easy task to teach

the 700 plus campers the dance. Nevertheless, seeing everyone successfully dancing together despite cultural and language barriers certainly attests that strengthening the ties of friendship amongst people all over the world is not an impossible dream.

If there was something that the Batam Youth Friendship Camp taught us, it was 'The Kampung Spirit'. We were touched by the ever-smiling campers who were always there to lend a hand when we were building our refugee tents. We were warmed by the camaraderie that everyone shared.

It is this very 'Kampung Spirit' - sparing a thought for others, reaching out to those in need, and showing care and concern to everyone in the community - that all of us back in Singapore should start thinking about.



Celebrating the Gift of Life @ Clifford Pier

By SHEENA CONCEICAO,
Corporate Communications



The familiar red fluid in the body that contains white and red blood cells, proteins, platelets and plasma, has more to it than meets the eye. As blood is the medium that transports oxygen and nutrients to the tissues, removes waste products and ensures the smooth flow of hormones to the target tissues, it is truly the river of life.

World Blood Donor Day (WBDD) was held on 12 June 2010 in honour of those everyday heroes who do not think twice about giving something so very precious to those in need of blood.



Clifford Pier was transformed into a vibrant playground with celebrations that included a fun-filled carnival and a special run of the Fullerton Heritage Quest. More than 1,500 awards were conferred to committed individuals and groups for their acts of kindness and continuous support of the National Blood Programme. There were three separate recognition ceremonies that day. Minister of State Mr Heng Chee How, Mr Matthias Yeo, Mayor for Southeast CDC and Ms Indranee Rajah, Deputy Speaker of Parliament were the Guests-Of-Honour who graced the first, second and third ceremonies respectively.

It was indeed a significant milestone in blood donations, as it was the very first time very dedicated individuals were awarded "Medals for life", "Champion of Champion" and "Diamond Awards". The basis for an adequate supply of safe blood is a pool of healthy voluntary donors, and the recipients of the awards all serve as shining examples to inspire more to follow in their footsteps.



This year, SRC's Blood Donor Recruitment Programme and Health Sciences Authority have jointly unveiled a new campaign entitled "Someone in my family is a blood donor". This campaign is aimed at encouraging individuals to donate blood as a family to extend the cross-generational tradition of touching the lives of the various patients and their families.

Minister of State, Mr Heng Chee How was there on-hand at the ceremony to launch this and its key activity, the "Blood Donor Tree Project". This project aims to find the largest family of blood donors in Singapore. Blood donors are encouraged to log on to www.blooddonortree.sg where they can plant their own family tree. The competition will run online till 30 September 2010. The top three largest donor families will be announced on 30 October 2010 at a grand event to celebrate these inspiring families.

With the moving testimonials given by the beneficiaries turned donors or blood mobile organisers, we hope that this may inspire the spirit of donating blood, now or in the future. We aspire to be a nation of givers, so this is the perfect moment to start.

PANDIYAN
KARUPPAYYA

Yours has been a
gift of life and we
thank you.



Medal for Life

200 units of blood (male), 150 (female)

Champion of Champions

150 units of blood (male), 125 (female)

Diamond

125 units of blood (male), 100 (female)



“Knowing that my blood is extending someone’s life and giving hope to his or her family members is rewarding. Being able to donate now is a blessing as I know I am healthy.”

*Mr Augustus Chan,
Medal for Life Recipient*



“Knowing that my blood helps leukaemia patients and that one unit of blood can save three lives, is indeed very heart-warming. I want to continue to do good for others.”

*Angie Al Johary, 53,
Diamond Award Recipient*



“I get uncomfortable when I miss my date with the blood bank, so much so my wife wonders if there is a pretty nurse whom I am visiting once a month.”

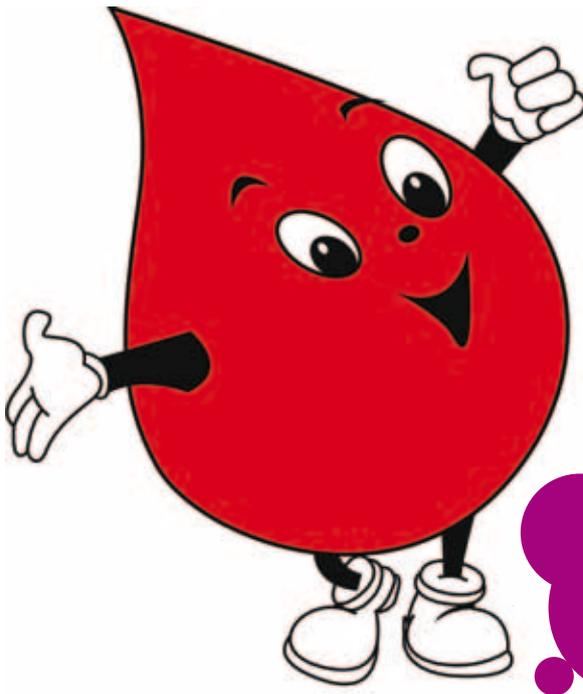
*Mr Chan Yew Kong,
Diamond Award Recipient*



“My blood is being used to save lives, and knowing this makes me very happy.”

*Mr Chang Him Kong, 50,
Diamond Award Recipient*

Inspired? You can be one of the Champion Donors too! Log onto <http://donorweb.org/singapore-pledge/> to pledge as a blood donor today! Check out the bloodmobile organisers near you at <http://donorweb.org/singapore-bloodmobiles/> or visit <http://donorweb.org/> to gather more information! If you are interested to be a bloodmobile organiser, please call 6220 0183.



Going the Extra Mile

Blood Mobile Organisers have played an instrumental role in organising blood drives that effectively reach out to the public and urge more to donate blood to save lives.

In this spread, we will highlight some of the efforts of our Bloodmobile organisers in organising blood drives over the past few months.

SRC and Amriteswari Society Launch the Bloodmobile Partnership

To much fanfare, the Chairman of the Singapore Red Cross Society (SRC), Mr Tee Tua Ba, presented a plaque to the Amriteswari Society on April 15 2010, to commemorate the partnership between the two Societies in encouraging blood donation within the Indian community.

Amriteswari Society has committed to set up fixed blood mobile sites at its premises

along Hindoo Road, ensuring that there are regular drives held every second Saturday of the month (except for months of June, September and December).

The partnership between SRC's Blood Donor Recruitment Programme and Amriteswari Society is significant, as statistics show that the Indian community has a higher incidence of negative blood types.

Sustained contributions will ensure sufficient stock of such rare blood types.

The presentation of the plaque was symbolic as it was blessed by Amma, the society's international humanitarian and spiritual leader.

SPH Red Apple Day Collected 228 Units of Blood from 332 Donors

The SPH Red Apple Day held on 1 April 2010 at the Singapore Press Holdings (SPH) attracted 332 donors and collected a total of 228 units of blood over six hours.

The annual blood donation drive was jointly organised with Singapore Red Cross Society and Beatty Secondary School. Donors included SPH staff members, students and members of public. In line with this year's theme of "Don't do it alone", many donors came with their families, friends and colleagues.

Mr Alan Chan, Chief Executive Officer of SPH, who has been donating blood

since the inception of this drive, said: "We are extremely pleased with the support of the donors, volunteers and sponsors in making SPH Red Apple Day a yearly success. As an active corporate citizen, SPH appreciates the opportunity to work with other community partners to share the gift of life with those in need."

The SPH Red Apple Day is also supported by Wyeth Consumer Healthcare, F&N Foods (S) Pte Ltd, Nestle Singapore Pte Ltd and Cerebos Pacific Limited.



SMRT Supports the National Blood Programme

"I was on my way back from a business meeting and decided to come by to donate blood when I saw the ongoing drive," quipped Mr Pierre Trembley, a 40 year old French Canadian. In his French accented English, he shared that he enjoyed being a regular donor, and found the donation location very convenient as he frequented CBD for business. He added that the arrangement by SMRT made it very easy for him to donate blood without a prior appointment.

SMRT, a long time service partner of the Singapore Red Cross Society (SRC) held its first drive of the year on the fourth day of the Lunar New Year this year. The bloodmobile saw more than 320 members of the public and staff of SMRT coming together at Raffles Place MRT Station, to give their 'Gift of Life'. The result of their enthusiastic effort was 221 units of blood, surpassing their original target of 200.

Vincent Tan, Vice President of Rail Operations and Chairperson for the SMRT Bloodmobile Drive, expressed his gratitude to donors and staff volunteers. "We are happy to see so many people coming forward to donate and would like to thank them for supporting our bloodmobile drive. With a daily ridership of more than 1.4 million, our SMRT train network enables our blood donation drives to reach

out to many commuters travelling in our system. This is especially important during festive seasons as the blood bank often faces a low in supply."

Since 2001, SMRT has been supporting the National Blood Programme and the programme is now an integral part of SMRT's corporate social responsibility efforts.

"The difference SMRT made is in holding their drives close to the major holidays such as Lunar New Year," said Ms Cecilia Tan, Director of the SRC Blood Donor Recruitment Programme (BDRP), "Raffles Place MRT station is a choice venue as it provides visibility and easy access for people to make a donation."

It was indeed heartwarming to see the public being supportive of the blood donation drive at the MRT Station. Most of the donors interviewed expressed their strong interest in returning to the station for future blood donation drives, mainly due to the proximity and convenience.

SRC BDRP looks forward to more years of partnership with SMRT, especially with a supportive management and a committed team of SMRT volunteers. SMRT's track record and years of experience in organising Blood Mobile drives go a long way to help the needy patients.



Canadian Mr Pierre Trembley, aged 40, a regular blood donor, commented that Raffles Place MRT is a convenient location for 'spontaneous donation'. To him,

blood donation is akin to a family tradition, as he is very grateful that his father received blood transfusion during his heart operation.

Blood Donation Drives @ Public Libraries

Through SRC's collaboration with the National Library Board (NLB), ten Public Libraries have allocated a day in a month for blood donation to take place in the multi-purpose rooms, meeting rooms and enclosed programme areas within the libraries.

This is part of SRC BDRP's efforts to reach out to members of the public to donate blood and to ensure that Singapore has a sufficient national blood supply with support from its community partners.

NLB employees are involved in coordinating and participating in the blood donation drives, which commenced in January 2010 at ten public libraries. 875 donors have participated in this initiative, which saw about 614 units of blood collected.

"NLB's support toward this initiative is to position Public Libraries as strong partners in the community to carry out meaningful Corporate Volunteerism Programme," commented Mrs Kiang-Koh Lai Lin, Chair of Corporate Volunteerism Programme of NLB.

"This is the start of a good collaboration towards bringing together the community to do a charitable act whilst enjoying the benefit of reading to enrich one's knowledge and mind... We look forward to building and cultivating together a nation of readers and blood donors," enthused Mr Christopher Chua, SRC Secretary General.



Achieving Success through Sharing

By TEE WEI IN, *Adult Volunteer Division*



Neighbourhood schools like Compassvale Secondary School (CVSS) and Peiying Primary were amongst those that have attained the Five Years Sustainable Achievement Awards. This is the first time that the award has been conferred in recognition of schools that have consistently achieved the Excellent Unit Award (EUA) Gold and the Community Service Award (CSA) Award over the past five years.

“While it is difficult to attain the EUA Gold and the CSA Gold, it is an achievable

target,” affirmed Mr Vincent Toh, teacher-in-charge of the Red Cross Youth (RCY) unit of Compassvale Secondary School (CVSS).

For both schools, collaborating and learning the best practices of other schools, garnering the support of Youth Officers (YOs), Volunteer Instructors (VIs), alumni and teachers were the ingredients to their success.

“Our unit would not be where it is today had it not been for the support of the YOs, VIs and past batches of CVSS cadets,” shared Ng Ying Xin, 15 of CVSS.

Over at Peiying Primary, teachers and YOs continuously monitored, reviewed and improved their activities. The more experienced would also mentor new teachers on managing the unit. “Cadets gained much by spreading the joy and laughter of learning more about Red Cross and basic first aid knowledge to their peers,” cited Ms Valerie Tan, teacher-in-charge of the Red Cross Link unit of Peiying Primary.

Check, One, Bang!

By TAY SHWU YUEH, *Red Cross Youth*

Left, right, left right left... With every beat of the music, a turn was executed so swiftly you could hardly observe any hesitation.

It wasn't just any Saturday on March 6, 2010. It was a day packed with excitement, challenges, and not forgetting, the scorching weather. A total of 598 cadets from 32 secondary schools participated in the National Foot Drill Competition (NFC) 2010 held at Raffles Institution.

Spearheaded by the Assistant Youth Officer (AYO) Ms Evonne Chua, the organising

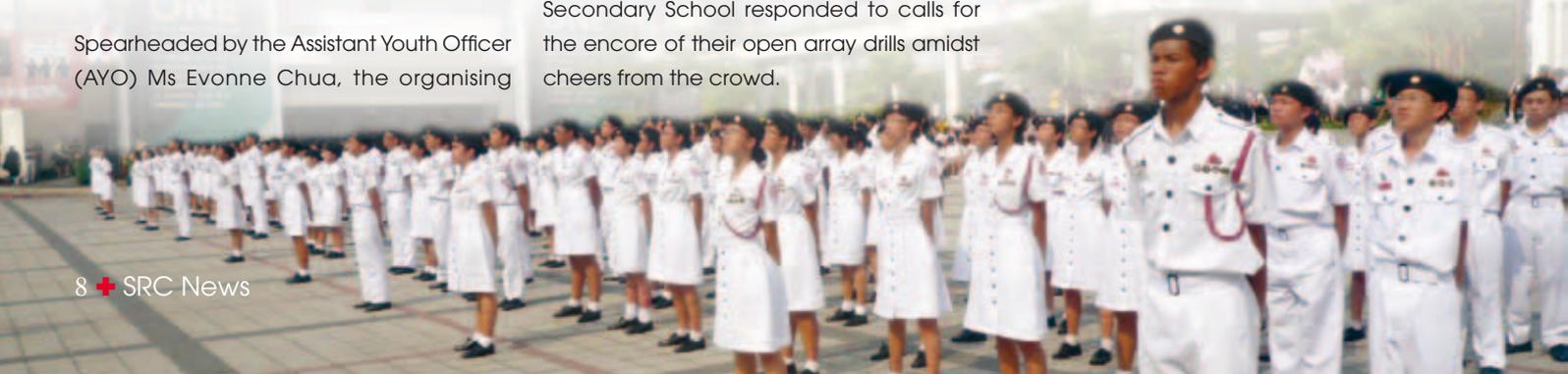
committee and approximately 70 Red Cross Youth volunteer instructors began their day at Raffles Institution as early as 7am, to ensure that all was set before the start of the much awaited event.

The competitors stood unflinchingly in the sweltering heat with their foot-work all synchronised, raising the standard of the entire Foot Drill.

The climax of the NFC 2010 took place as the champion squad of the event, Cedar Girls' Secondary School responded to calls for the encore of their open array drills amidst cheers from the crowd.

As the curtains were drawn and the last photo was taken, the Guest of Honour, Deputy Director Mr Stephen Quick took his leave. The organising committee applauded as the event concluded on a successful note. Even as the annual event drew to a close, all that occurred some nine hours before were impressions no one can forget.

Indeed, just as the accompanying tagline of the organising committee suggested, the event had been “one dream, one team, one NFC 2010”.





Flag Day 2010 Comprehensive Character Development Programme

By SONDRA FOO, Corporate Communications

For the two schools that have emerged tops in the Red Cross Flag Day fund raising this year, one of the keys to their success was to perceive community service as a holistic character development programme.

CHIJ St Theresa's Convent has once again emerged tops in the Red Cross Flag Day fund raising efforts amongst secondary schools garnering a laudable S\$32,424.06 in donations this year. It has secured this top spot for five consecutive years. According to Ms Loke Pui San, teacher-in-charge of Red Cross at CHIJ St Theresa's Convent, "When students internalise this programme as one that will shape and mould their character, they are more motivated and inspired to do their best in the community programme. They no longer perceive it to be merely an activity to accumulate Community Involvement Programme (CIP) hours," underscored Ms Loke.

Likewise, the runner up for this year's Flag Day donations, Commonwealth Secondary School which has raised \$14,235.38 in donations this year, also perceives that The Flag Day, as with other Red Cross activities, "helps students to build their character and care for the community," pointed out Ms Achary

Gopalan Shiyamala, teacher-in-charge of Commonwealth Secondary School.

Besides these, both schools have incorporated pre-event and post evaluations as their tactical initiatives.

At CHIJ St Theresa's Convent, the school embraces a mentoring programme and pre-event and post-event evaluation sessions for the students. In the mentoring programme, the upper secondary students serve as mentors to the lower secondary school students to teach them amongst others how they could overcome their initial fears, instill in them the courage to approach people and the way to thank people. In the post-evaluation phase, students will reflect on their experiences and brainstorm ways to improve their efforts in the future. Similarly, Commonwealth Secondary School also briefs students of the expectations pre-event and carries out reflection exercises post-event.

In a nutshell, perceiving community service as a comprehensive character-molding programme and conducting pre-and post event evaluations were keys to the successful fund-raising efforts of both schools.



Flag Day Top Performers

Rank	School	Donations Garnered
1	CHIJ St. Theresa's Convent	\$32,424.06
2	Commonwealth Secondary School	\$14,235.38
3	CHIJ Secondary (Toa Payoh)	\$12,020.15

Incidentally, Ms Loke is herself a testament that joining Red Cross Activities will mould the character of a person. She had been in the Red Cross NTU Chapter back in her varsity days in 1996. It is heartening to know that she is imparting her knowledge and passion for the Red Cross to the next generation.

The Flag Day held on 27 February 2010

- Raised more than \$224,000 for SRC's local humanitarian effort, surpassing the target.

Flag Day Appreciation Ceremony 2010

- Held at Bendemeer Secondary School on 9 April.
- Awarded the Certificates of Appreciation to 25 participating schools and volunteers
- Awards were conferred to the top 15 schools.

"Every time I secure a donation when I participate in Flag Day, I feel happy as I know there are people out there who are willing to do their parts for the people in need," said Tan Yi Zi, a secondary three student of CHIJ St Theresa's Convent.

http://www.my.blogspot/ Google

home about me photos friends

An Experience I'll Never Forget

By MUHAMMAD ZAIDI BIN ARIFFIN, *Red Cross Youth*

It was truly inspiring to see a room of eager and precocious 11-year-olds all geared up to learn about Singapore Red Cross Society (SRC).

We were at United World College (SEA) on 23 May 2010 (Friday) to share our insights on the SRC and to equip students with the basics of first aid. Not only were the students attentive during the sharing session, they were also proactively asking questions.

The students enquired on the role of the SRC, the way it is run, how the SRC is able to sustain itself throughout the years and how non-governmental organisations work. It was heart-warming to know that they are concerned for the vulnerable.

Apart from sharing with them about the SRC, we also took this opportunity to show them a video on the Red Cross Home for the Disabled (RCHD) – which had recently moved to the new premises. This broadened their horizons about the services offered by SRC. Like the volunteers, the students can dedicate their time to putting a smile on the faces of those who may not be as fortunate as them.

After completing my presentation, Mr Stephen De Souza from the Red Cross Training Centre gave a short but lively Basic First Aid talk cum demonstration. The students got excited as he involved them hands-on with simple bandaging. He also pointed out the importance of first aid and how first aid can save the lives of our loved ones!

I am very grateful and privileged to be given this opportunity to present the work of the SRC to the students of United World College. I sincerely hope that this session will inspire them to help the community and join the Red Cross Red Crescent movement as a volunteer!






TRAINED TO SERVE



By VICKY RATNAM, *Ngee Ann Polytechnic*

In March 2010, Ngee Ann Polytechnic was invited to attend a National Disaster Response Team Training organised by Singapore Red Cross Society.

Conducted over the span of two days on 15-16 March 2010, the course covered topics such as 'Introduction to Disaster Response' and 'Introduction to the Singapore Red Cross Disaster Management'.

Besides these, other topics like, 'Preparation for deployment' and 'IT: Communication and reporting' also equipped us with the skills to respond effectively during an emergency.

The skills acquired will make us better nurses when we lead Youth Expedition Programmes and cooperate with SRC to render First Aid coverage at any major national events, like the Formula One. We are now equipped to respond effectively – be it dressing hand

wounds of an injured person to mass casualty incidents that could plausibly occur.

The friendships forged throughout the course will enable us to work effectively as a team, if activated to serve the nation in times of need.

On behalf of my colleagues, I would like to thank you for this training opportunity.



Shop for a Cause @ Low Cost



By FARIDAH BTE TENGKU ARRIFIN, Fund Raising & Volunteer Development

The Shop@REDCROSS Sunday Bazaar was held at Jalan Khairuddin on 25 April 2010. The purpose of the bazaar was to collect funds for the SRC's local humanitarian services through the sale of new and second hand goods. This bazaar was the effort of volunteers who dedicated their time and effort for a worthy cause.

Although the goods sold at the bazaar were low cost and attractive, what stood out at the bazaar were the capabilities of the volunteers. Running the bazaar was not an easy task. Preparations for the bazaar had to start two weeks before the actual event. This included the distribution of flyers, labeling, sorting of the donated items, packaging

and pricing of the goods sold. On the day itself, the volunteers came early to ensure that everything was in order and do the final touch ups.

The bazaar was itself an excellent showcase of Singapore life. People from many walks of life took time to enjoy a bristling Sunday afternoon. For some, this was an opportunity to get together with old friends. For others it was a time to come together with family. Grandparents took time to buy trinkets for the grandchildren. The staff involved took time to get to know each other beyond the confines of work.

All in all, the bazaar was a testament to the efficiency and the heart of the volunteers.

However, the bazaar was not just a sales event where goods and money exchanged hands. The bazaar was also a space for rich and diverse human interactions, where people were friendly and familiar with each other. There was a very congenial family atmosphere. People might have come to shop for bargains, but they stayed for the company of each other, mingling and talking long after the goods had been bought. In this sense the bazaar is a place where the Red Cross Society becomes more than just a functional humanitarian organisation, but something meaningful to their everyday lives.

The next Shop@REDCROSS Sunday Bazaar will be held on 15 August 2010.



The moment we saw the Iranian team rushing over to congratulate a winning Israeli team, we knew we had embarked on something very special. None of us could have imagined at the beginning of the year, that by the end of the academic year we would embrace an experience so fulfilling that our faces light up whenever the words 'Concours Jean-Pictet' are uttered.

The Jean-Pictet International Humanitarian Law Competition is a worldwide competition where participants pit their legal knowledge in simulated events and role-playing based on fictitious scenarios of armed conflict. The competition, currently entering its 22nd session, was held at the Quebec Province of Canada from 20-27 March 2010. More than 50 teams participated in the event, divided into English and French sections. Depending on the requirements of each scenario, it can range from a brief two minutes to a lengthy two hours. Participants may have as little as 15 minutes to prepare, with the content of the problem likely to change seconds before the actual competition.

The competition was inaugurated by an opening ceremony and an international dinner, in which each team brought some of the most favourable dishes from their native lands.

The hard-work began on Sunday with a formal training session and practice round, to prepare us for the strict regime and role-play scenarios, that we hoped wouldn't be too mentally exhausting over the next five days...They were!

Out of the five days, the most memorable was the 'The Long Day', a challenge that had

Transcending Oral Rivalry to Forge Friendships

By MARCUS FOO, BENEDICT EOON & OLIVER NARBETT
NUS Jean Pictet Team 2010

not been experienced in the competition for the last 10 years! We were confined to our room from 8am to 6pm tackling a series of role-play scenarios.

Though these role-play scenarios were exhausting and challenging, they were also thoroughly enjoyable - at times we found ourselves trying hard to hold back on our laughter.

However, one of the best things about the Jean-Pictet competition is the social atmosphere and long-lasting friendships forged during the competition. It is particularly amazing considering the circumstances one was in. Everyone desperately wanted to win, and everyone held different opinions and cultural values. Yet come 6pm, when the assessments were completed for the day, the events of the day are forgotten. It doesn't matter who exhibited particularly good knowledge, or who looked like a candidate to win, one would find that people came together, laughed and enjoyed the moment.

Sadly, we were only able to make it to the semi-finals, before being eliminated by the Israeli team, which emerged the champion

of the competition. Our team member, Benedict Eoon was rightly awarded 'Best Speaker', following a series of excellent performances, most notably when he played the role of a rebel leader. We can therefore hold our heads high, and look back with a lot of great memories.

That said, one of the great things about the competition is that one would come to realise at the end of the day, that winning or losing is irrelevant. Before the competition, it was all about striving to succeed and win. As the friendships were fostered and the outlook on armed conflict changed, one would realise that the Pictet is so much more than merely a competition.

We genuinely feel that this experience has helped us to mature not just as lawyers, but people. Of course, we were devastated at first to get knocked out but we gained several friends from all over the world.

We would all like to thank everybody who has helped us along the way, particularly Eleanor Wong, Megan Chia, Charis Tan, Jon Mah, and everybody at the Singapore Red Cross Society.

Remembering the Battle of Solferino

By SARAVANAN GOVINDAN,
Volunteer, Corporate Communications

Paul recounted Solferino 2009 as part of his continuing journey in volunteerism and the Red Cross. He joined RCHN as part of the SMU Chapter in 2004 as a blood donation volunteer. He later became President of the Chapter. Paul is presently a Council Member of the society.

For most of us, Italy conjures up vivid images of quaint pebbled streets, walkways lined with shops selling mouth-watering delicacies and ornately intricate architectural works of cathedrals and buildings, reminiscent of the Italian Renaissance. For Paul Ho, however, Italy evokes memories of Solferino 150 with its huge tents, double bunk beds and hour-long queues for food.

Back in June 2009, Paul was part of a three member team that represented the Singapore Red Cross at the 150th anniversary of the 1859 Battle of Solferino. It was the battle that spurred our founder, Henry Dunant to establish a voluntary relief organisation that would later become the International Federation of Red Cross and Red Crescent Societies. Held from 23 June 2009 to 28 June 2009, the 150th anniversary brought together over 700 delegates from various Societies across the world with the objective of remembering the past and envisioning the future of the IFRC. While Paul was from the Red Cross Humanitarian Network (RCHN)

– Singapore Management University (SMU) Chapter, the other members of the team were Ling Khoon Chow and Muhammad Zaidi Bin Ariffin of Red Cross Youth.

One of the highlights of the trip was the Fiaccolata 2009, held on the last night of the week long event. Inaugurated in May 1992, the Fiaccolata is an annual candle-light procession along an 8-kilometer road from Solferino to Castiglione. The torch procession is significant as it symbolises the journey made by wounded soldiers as they made the weary march from the battlefield to the church where Dunant cared for them.

During the course of the event, about 30 seminars and workshops were held. Paul and his teammates attended different seminars – one seminar per day, for the entire day. The seminars covered topics like blood donation, psycho social support, AIDS Awareness and Club 21 amongst others. Participants had to draft statements on how to empower youths, leverage social media and design programmes that will continually interest and engage their peers.

These seminars and workshops literally drove home the concepts and principles of the Red Cross Movement. Speaking on behalf of his team members, Paul shared, "Solferino was a whole learning journey for us. It totally drove home the things we only read in brochures about the Red Cross. Though we learnt about Red Cross in schools, we didn't really appreciate it until we were there."

The trip also enabled Paul and his team members to appreciate the magnitude and scope of the Red Cross Movement. "Getting to see the big picture makes all the difference. Seeing how big the movement is, made us realise that some of our local activities could be done better," he added.

Besides gaining the inspiration and motivation to carry on Red Cross work, the trip to Solferino also enabled Paul and his teammates to forge friendships with fellow counterparts from other national societies of the Red Cross. Many of these friends are now on his Facebook page!

On the whole, the experience and insights Paul and his teammates gained have been valuable not only to themselves but also to other volunteers they work with at the Singapore Red Cross.

"I went for trip with a certain expectation and it totally blew me away. It was far beyond my expectation. It was very rewarding. I hope that SRC can get to send one or two promising volunteers there every year. These are the people who will come back with the flame to influence and motivate their peers," underscored Paul.

Indeed, may this trip set the precedent for more of such trips to follow to inspire and motivate more to join the Red Cross Movement.



Welcoming the New, Farewell to the Old

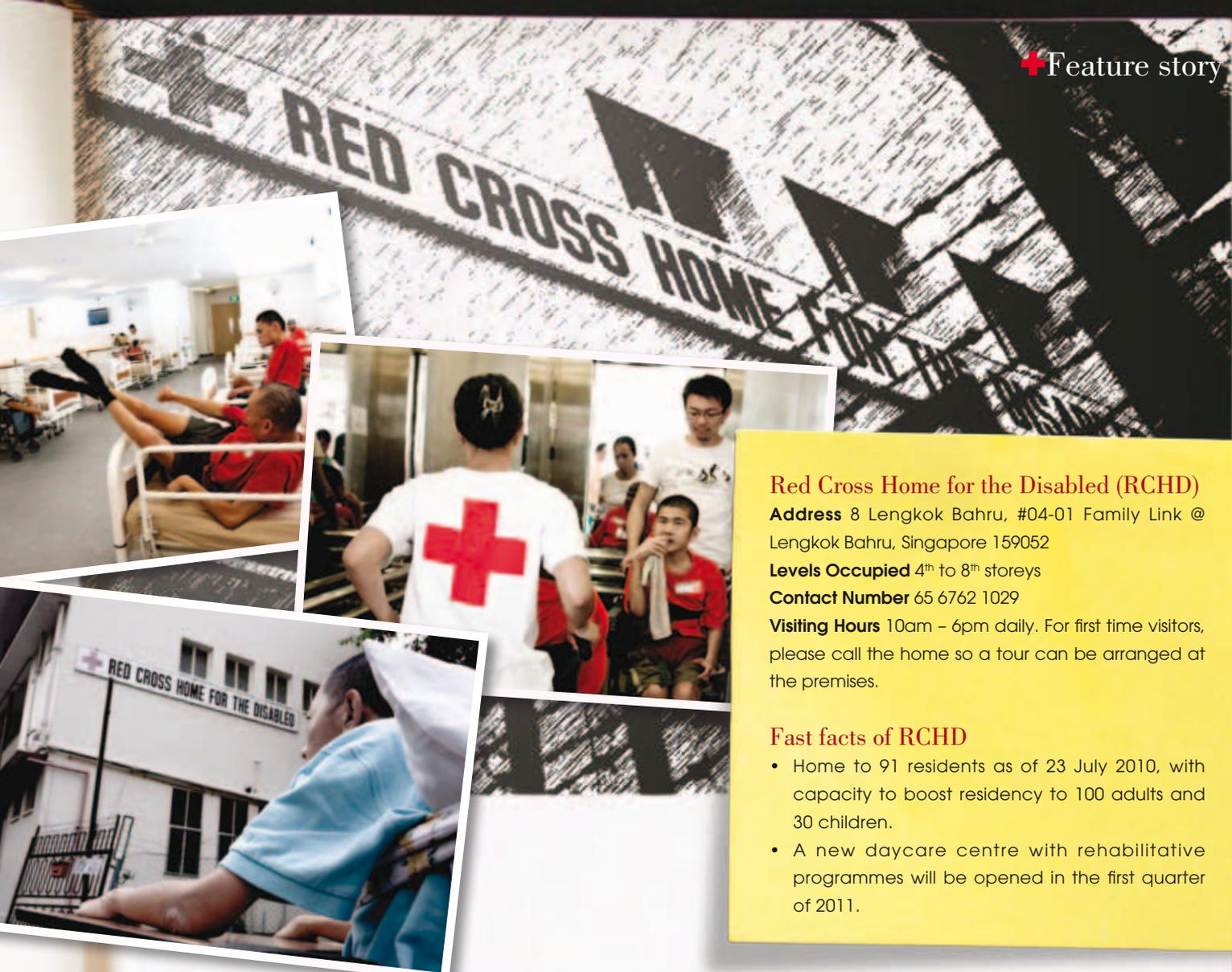
By XING BEI BEI, Volunteer, *Adult Volunteer Division Detachment 2*

On the Saturday of 27 March 2010, volunteers from various detachments of the Red Cross Adult Volunteer Division gathered at Family Link at Lengkok Bahru, the new and larger premises of the Red Cross Home for the Disabled (RCHD). Our objective was to facilitate the relocation of the residents to the new home, by cleaning up the premises and feeding the residents. Though several volunteers had prior community services experiences, for some others however, this was their maiden foray into community projects. The Singapore Red Cross Society is proud to be their platform.

As of March 2010, the home provides long-term residential services and short-term respite care to 84 severely disabled residents between the ages of 8 to 61 years. The relocation to the newer premises serves to meet burgeoning demand and provide enhanced facilities to the residents.

Shortly after arriving at the new home, we were assigned to prepare the premises for the arrival of the residents. We assisted staff in moving the residents to their beds, helping them adapt to the new environment and preparing food in the kitchen for the residents.

Thanks to the care and concern rendered by the staff as well as volunteers, most of the residents were relatively well-adapted to the spacious and well-equipped new home almost immediately. While some residents fidgeted around, curious of their new environment, volunteers helped by lifting their beds for a better view. The volunteers also talked to the residents to ensure that they were feeling comfortable.



Red Cross Home for the Disabled (RCHD)

Address 8 Lengkok Bahru, #04-01 Family Link @ Lengkok Bahru, Singapore 159052

Levels Occupied 4th to 8th storeys

Contact Number 65 6762 1029

Visiting Hours 10am – 6pm daily. For first time visitors, please call the home so a tour can be arranged at the premises.

Fast facts of RCHD

- Home to 91 residents as of 23 July 2010, with capacity to boost residency to 100 adults and 30 children.
- A new daycare centre with rehabilitative programmes will be opened in the first quarter of 2011.

Lending a hand to help was Mr. Christopher Chua, Secretary General of the Singapore Red Cross Society. Mr. Chua, who was doing his rounds to check on the residents, patiently spoke to an upset resident who had problems adapting to the new environment, to try to understand his needs and concerns. When the resident demonstrated his intent to go into the open, Mr. Chua offered to bring him on to the roof terrace for some fresh air, in the hope that it would calm him down. Though the stroll failed to calm the resident, I was impressed by Mr Chua's kind heart and patience in taking time off his hectic schedule to attend to the needs of a single resident.

As many residents were not able to eat properly and required special feeding arrangements, the most challenging work of the day for the volunteers was the feeding of the residents. The nurses kindly assigned volunteers to those residents who were easier to feed. It was then that we understood the invaluable contribution of the nurses. All volunteers expressed admiration and saluted the effort, devotion and patience of the staff to serving humanity.

The day ended with all volunteers hoping we could do more to help. And we definitely can with the regular visit to the home arranged by the Adult Volunteer Division. Even as we were leaving the premises, we were already looking forward to visiting it again. The radiant smiles on the faces of the residents tell us that our efforts were well-worth it.

World Red Cross Celebration

Together for Humanity @ Raffles Institution

By DENNIS CHEW, RCHN Raffles Chapter

In celebration of World Red Cross Day (WRCD) 2010, Red Cross Humanitarian Network (RCHN) – Raffles Chapter organised a week of activities from May 2010 at Raffles Institution. The theme for this year's WRCD Celebrations at Raffles Institution was "Together for Humanity". The key objective was to foster a safe and healthy environment for all students while emphasising the need for active community involvement – especially in confronting the growing humanitarian challenges worldwide.

This year's WRCD Celebrations were special as students were encouraged to look beyond their comfort zones and to be aware of the humanitarian challenges facing the world today. Through the celebrations, we strove to imbue in the students the significance of serving humanity with a heart, by exposing them to a range of different humanitarian causes.

The celebrations included a whole series of outreach activities, such as a humanitarian fair, which included talks by humanitarian experts, and a photo exhibition. The Photo Exhibition showcased the activities and events that the Singapore Red Cross Society had organised and had been involved in over the past 60 years. This enabled the students to learn more about the history

of the society and the role it plays today. Background information and a quiz were also provided on the worldwide Red Cross movement, to engage the students.

Raffles Chapter also established an engaging and interactive booth during the week-long celebrations to promote humanitarian values and to inculcate awareness of the importance of First Aid amongst the student body. Short first aid practical sessions were also conducted at the booth - where students were introduced basic first aid items and taught how to treat minor injuries. Students were also given the opportunity to pose for photographs with the Blood Buddy, which proved to be a hit amongst the student population!

For an entire Wednesday afternoon, the canteen was transformed into a buzzing

Humanitarian Fair, which included outreach and publicity booths set up by various humanitarian organisations such as the Health Promotion Board and, BloodBank@Health Sciences Authority. Through this fair, students were exposed to the various social and humanitarian causes in our society, encouraging a sense of empathy and care amongst the student body.

To round off the celebrations, Raffles Chapter was honoured to have Mr. Elisha Teo, Vice-Chairman of the Disaster Management Working Group of the SRC, give a talk to students on Disaster Management. A highly engaging speaker, he enthralled students with his experiences in aid relief efforts worldwide.

RCHN Raffles Chapter hopes that through the World Red Cross Day Celebrations, students will gain the inspiration to stand united towards serving mankind.



ross Day ns 2010

Social Media Promotes

By SHEENA CONCEICAO & SONDRÁ FOO, *Corporate Communications*

As we commemorate World Red Cross Day on 8 May 2010, we are once again reminded of the spirit of compassion and selfless-giving of our founder, Henry Dunant. Through his experience at the battle of Solferino, the Swiss businessman advocated the humane treatment of the wounded and the sick during times of war. His birth day has now been selected as the date for the founding

of the International Red Cross and Red Crescent movement.

In the World Red Cross Day 2010 message by our Chairman, Mr Tee Tua Ba, he called upon all dedicated individuals and organisations to get together to celebrate the spirit of generosity to keep this spirit alive. He also encouraged all to embark on some activities to help the poor, the vulnerable and those in need.



“Little acts of kindness go a long way. It will make a difference to the world if everyone of us is devoted to the work of helping the poor and the vulnerable,” Mr Tee underscored. Indeed, every little contribution counts.

The Chairman’s message is accessible at <http://www.youtube.com/user/SgRedCross>

In 1922, after the bloodshed and chaos of World War I, the fervent yearning for peace was palpable. In an effort to promote peace, the National Society of Czechoslovakia proclaimed a three-day ‘Red Cross Truce’ at Easter.

“Our Red Cross wants to prevent disease so that it will not be obliged to give care; it also wants to encourage our society to prevent wars rather than having to bear the serious consequences involved. We all know the importance of the moral potential it brings into being and extends to all sections of the community. If its annual action could take hold in the whole world, this would certainly be a major contribution to peace,” summed up then eminent government leader on the aspirations of the initiative.

This was an intimation of what was to become World Red Cross and Red Crescent Day.

Though the truce left a huge impact on the public, it met with some degree of skepticism amongst National Society leaders.

Hence, an International Commission was established by the 14th International Conference of the Red Cross to study the Red Cross Truce. Its report was presented to the 15th International Conference in Tokyo in 1934. The report stated that it approved the principle of the Truce. The report also considered it advisable that its application be made more general, from the point of view of methodology, taking into account the psychology characteristic of different regions. It was only after World War II, in 1946,

that the Tokyo proposal was put into effect.

During the XIVth Session, the General Assembly of the International Federation of Red Cross Societies – formerly known as the Board of Governors of the League of Red Cross Societies – was requested to study the possibility of adopting an International Red Cross Day, to be celebrated on the same date by all National Societies.

In 1948, following the approval by the Federation’s Executive Committee, Red Cross Day was celebrated for the first time throughout the world on 8 May, in commemoration of the birthday of Henry Dunant, our founder.



Links that Heal

By SONDRA FOO,
Corporate Communications

When Cyclone Nargis struck on 2 May 2008, it left a trail of death and annihilation. It claimed the lives of 85,000 and left another 54,000 still missing.

For the relatives and friends of those 54,000 people who are still missing or unaccounted for, the plight, pain, anguish, sense of loss, fear and anxiety can be indescribable. The only solace comes when they obtain news on their loved ones – whether they are dead or alive. Only then, will there be a closure in their lives. Only then, can they reunite with their loved ones if they have managed to survive the ordeal or truly move on if their loved ones are dead.

Globally, approximately 700 disasters strike yearly. With 71% of these disasters occurring in Asia, it is imperative that Asian National Societies are equipped with a means to help people trace their loved ones in times

of catastrophe. While Singapore remains relatively sheltered from natural disasters, Restoring Family Links (RFL) will play a role in times of terrorism attacks and where there are migrants or illegal migrants.

To enable people to gather news on their loved ones in a disaster, the International Committee of the Red Cross (ICRC) has developed a Handbook on Assessing RFL for National Societies and the ICRC.

While the RFL was originally conceived to assist families in tracing their loved ones in times of war, the RFL network has increasingly been leveraged in the aftermath of natural disasters like the tsunami, cyclones, earthquakes and hurricanes.

The objectives of the RFL are to prevent separation, restore contact and clarify the fate of the missing. An RFL Specialist Pool comprising approximately 60 employees with varied skills, background and languages

from the ICRC and National Societies, was established to respond rapidly to natural and man-made disasters and to provide specialist input including assessment of RFL needs in disasters.

A multi-pronged strategy will be adopted to achieve the objectives. A detailed RFL assessment will be carried out. The information collected will be analysed, summarised, prioritised and reported.

The amount of time, energy and money expended going the extra mile for this cause are well worth it. In Issue 1 2010 of the Red Cross Red Crescent magazine, Andreana Tampubolon, head of RFL for Indonesia was quoted as saying, “When we are able to contact someone and connect them with family, it’s like being healed...They are being healed, so it’s also a healing for us.” Indeed, this RFL work is what sets Red Cross apart from other voluntary welfare organisations.

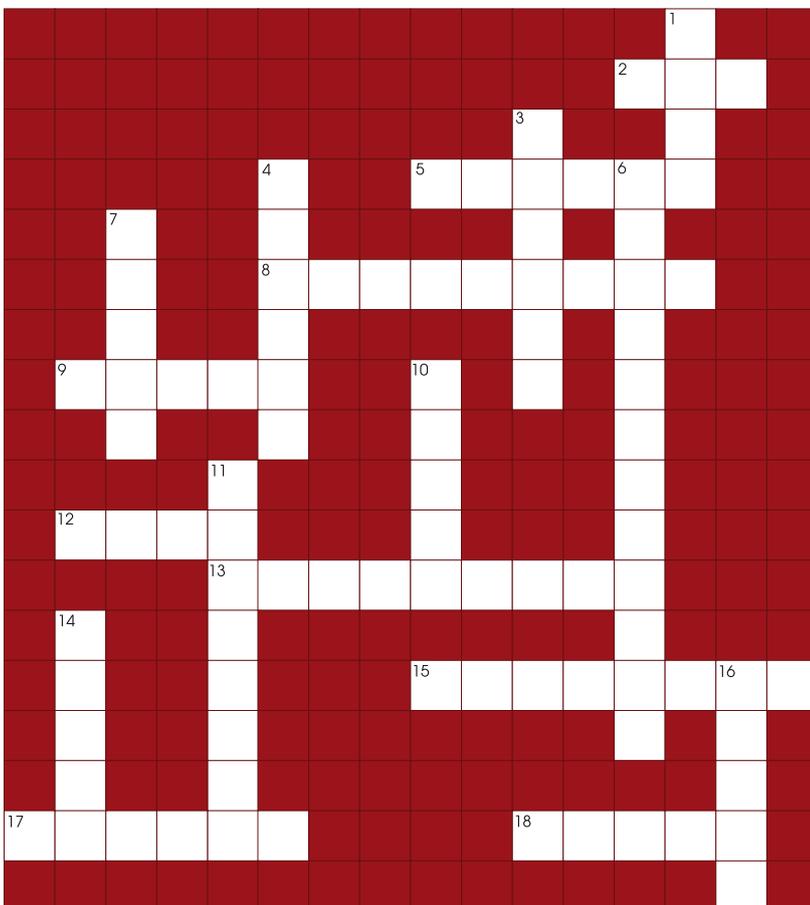


Sri Lanka-Singapore Friendship College

Chairman of the Singapore Red Cross Society, Mr Tee Tua Ba, handed over the S\$3 million (LKR 245.5 million) Sri Lanka-Singapore Friendship College to Sri Lankan President Mahinda Rajapaksa at a special ceremony on 25 July 2010 in the presence of 500 guests. This is the fifth milestone project between Singapore Red Cross and the Singapore Sinhala Association to help restore normalcy to the survivors in Hambantota affected by the Asian Tsunamis disaster in 2004.

Located in the district of Hambantota, the college now has the capacity to provide high school education for 1,200 female students from ages 13 to 18. The college now boasts 24 classrooms, four science laboratories and two libraries, all equipped with e-learning capabilities. The college is also home to a dental clinic which will serve about 10,000 children and youths in the district of Weeraketiya.

This wraps up the final reconstruction project funded by the Singapore Red Cross Society's Tidal Waves Asia Fund.



Across

2. Big event that will be held in Singapore after NDP
5. The new (round) MRT line
8. _____ Recognition Ceremony as held on World Blood Donor Day
9. Lyo's friend
12. I live, I _____
13. South American country bordered by Mexico
15. Blood donation website online
17. International Humanitarian Law Competition – Jean _____
18. Pulau Nias project by Red Cross Humanitarian Network – NTU Chapter

Down

1. What Obama and blood donor programme have in common
3. _____ of Love (Project R.I.C.E theme)
4. Guatemala's volcanic ash generator
6. Location of the new Red Cross Home for the Disabled
7. Our tweets are at www.twitter.com/ _____ Cross
10. Country that Santiago is in _____
11. Blood type can be positive or _____
14. Calamity in the Caribbean that occurred early this year
16. Date when Henry Dunant was born and the number of good fortune

Please refer to Page 20 for the answers.

What's On

August

6 Nurses Day Celebrations

We salute the efforts, dedication & commitment of our nurses. Nurses Day is held on August 1 in Singapore annually.

15 Shop@REDCROSS Sunday Bazaar

Shop for a cause to raise funds for SRC's local humanitarian efforts.

September

11 World First Aid Day

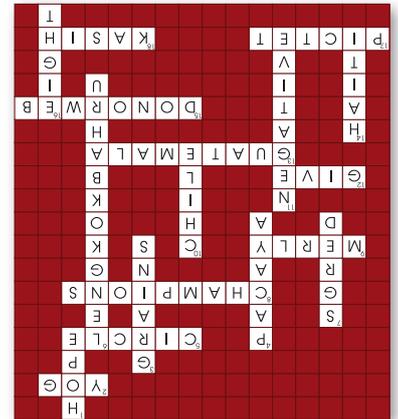
We strive to promote first aid to every household, organisation, school or company.

October

27 Red Cross Charity Golf

To raise funds for our humanitarian efforts to serve humanity and touch lives.

Answers for Page 19 Crossword Puzzle



Family Tree

If you have a family of blood donors, be part of our "Someone in My Family is a Blood Donor" Campaign by planting your own family tree at www.blooddonortree.sg today! This "Blood Donor Tree Project" encourages individuals to track blood donors in their family and celebrate their familial legacy of saving lives by building an online blood donor tree. The competition will run online till 30 September 2010, and the top three largest donor families will be announced on 30 October 2010 at a grand event to celebrate these inspiring families.



SINGAPORE