

**DONATE** ♥

[Click here to donate!](#)

**Find us on Facebook**

[Find us on Facebook!](#)

## WELCOME NEW MEMBERS (April 2014)

ABU Haniffa S/O Jainual  
Abidin  
CHENG Boon  
FOO Pan Kheng Serene  
GIAM Seng Thung Raymond  
KAMIS Bin Ahmad  
Lee Seow Noi Shereen  
LEE Shock Hiang  
NG Lay Cheng Laurel  
ONG Hong Chuan Reuben  
ONG Sew Kiok Helen  
SEET Siew Loon  
SHANTA Sabramaniam  
SUKIRAN Binte Hassan  
TAN Soo Chuang William  
UMA Rani D/O Singaram  
Samidurai  
WONG Peng Weng Peter

## DOCTOR IN THE HOUSE

Do send in your troubling health problems in a short question to us at [general@rsvp.org.sg](mailto:general@rsvp.org.sg). We will try to get a doctor/specialist to answer it.

## President's Message

In my earlier messages, I have been encouraging members to come forward to serve our community as volunteers.

I am pleased that members are responding well to this call. Some, however, have approached me and mentioned the lack of programmes to cater to those among us who are more comfortable speaking in Mandarin, local Chinese dialects, Malay or even Tamil.

It is true that many of RSVP programmes use English as the medium of communication. This is so as in our society English is widely used in business, in government and in social interactions. But members who are not comfortable speaking in English should not feel excluded. In fact, on the ground, when speaking to our beneficiaries, dialects, Malay and Tamil are very important. This helps us to reach out to as many beneficiaries as possible.

Taking a step further, if a member feels that there is a need to develop a voluntary programme in Mandarin or Malay, we will welcome this initiative whole-heartedly. Let's work together on this. It can be done if we have a strong desire to do so. In RSVP, we strive to be inclusive and I will embrace any initiative by members which can help us widen our community outreach efforts.

Yours sincerely,  
Koh Juay Meng

较早前在我向各位发表的谈话中，我曾不断地鼓励大家积极参加我们社区义工服务。会员们对我所作的呼吁反应良好，我感到十分欣慰。其中有些会员主动和我见面，并提及在我们主办的活动项目中较少使用华语、本地方言、马来语和淡米尔语进行讲授和交谈。无可否认，不少 RSVP 的活动项目是用英语来沟通的。其实今天的社群当中，英语在商业活动、政府部门以及社交生活中，正被广泛使用。不过，那些不惯运用英语的 RSVP 会员们不必因此认为自己受到排斥。实际上，在和我们的受惠对象沟通时，使用方言、马来语和淡米尔语，也显得同样重要。这将会有助于更多受惠者得益。让我们从正面去思考，如果我们的会员感到有必要去设立一些义工活动项目，我们也乐于全心全意去讨论开办的可能性。只要齐心协力去进行，凭着我们坚强的信念，成功不是问题。RSVP 的朋友们请一起努力来建立彼此的认同感，我将借社区共同努力而扩大的外展力量，进行研讨由各位主导的倡议。

此致，  
许悦明

## Over \$381,000 raised during RSVP Charity Golf 2014 RSVP 高尔夫球慈善赛筹得超过\$381,000



Thanks to our loyal donors, sponsors and valued friends, this was the highest amount raised so far for an RSVP charity golf event. Despite the hour plus hold-up due to heavy rain, the event at Singapore Island Country Club, New Course, on 7 May 2014 started and ended well with 123 players, including our guest-of-honour Mr Lim Boon Heng, Chairman, Temasek Holdings. Players went home with a bagful of goodies including lucky draw prizes for some. As a special treat,

**FEATURE ARTICLE**

**Pearls of Wisdom**

*Contributed by Mdm Janet Siah Gek Quee, RSVP volunteer*

The wise look beyond the ordinary for the invisible vision in the recesses of the mind. We can gain wisdom in various ways and from various sources. One particular teaching, however, rings a resounding bell. Our yoga teacher, Sakina, told us about the word “ahimsa” meaning “non-harming” -- non-harming in our thought, in what we say to others and non-harming in our behaviour towards others.

Click [here](#) to read more

Sugalight ice-cream was served on the golf course and during dinner. Congratulations to the following winners:

<b>“A” Division</b>	<b>“B” Division</b>
Champion: Cheong Jin-Yu	Champion: Chong Choon Lin
1st runner up: Tan Siam Weng	1st runner up: Albert Tan
2nd runner up: Robert Choy	2nd runner up: Lee Keng Lock

Once again we would like to acknowledge and appreciate our donors and sponsors....[click here for full listings.](#)

感谢我们忠实的捐助者、赞助者与可贵的朋友，这是我们 RSVP 高尔夫球慈善赛有史以来筹得最高款数的一次。此赛于 2014 年 5 月 7 日在新加坡岛屿乡村俱乐部新球场举行。包括了荣誉嘉宾，淡马锡集团主席林文兴先生，共有 123 球员参与。球员们也满载礼物包而归，有些还有幸运抽奖礼物。作为特别招待，在高尔夫球场里和晚餐都能享受到 Sugalight 雪糕。恭喜以下高尔夫球慈善赛优胜者：

<b>A 组</b>	<b>B 组</b>
冠军: Cheong Jin-Yu	冠军: Chong Choon Lin
亚军: Tan Siam Weng	亚军: Albert Tan
季军: Robert Choy	季军: Lee Keng Lock

再次我们要答谢感激我们的捐赠、赞助者... [点击此以看所列。](#)



For more photos, visit our Facebook—click [here](#).

**Aluminium Offshore engages in corporate social responsibility**



On 9 April 2014, 42 staff members, including the Managing Director Mr Neelesh Uppal, from Aluminium Offshore Pte Ltd took time off their busy work schedule for a day of bonding and sharing with disadvantaged school children from our four Mentoring schools - Marsiling, MacPherson, Lakeside and Teck Ghee. A total of 52 students, accompanied by our 34 volunteers in the Mentoring Programme and staff from Aluminium Offshore, went on a learning journey to Marina Barrage.

The afternoon started with a brief tour of the Marina Barrage Gallery where the children learnt about Singapore’s water history. Next was the highlight of the day – kite making! The volunteers taught the students to make mini-kites. Then the students and volunteers made their way to the roof garden of Marina Barrage and flew their kites. It was a good learning and bonding experience for all. “It was definitely an eye opening experience for many of us. We are so glad that we can do something, even small, for the community that we live in,” commented Ms Jane Neo, Senior Product Engineer from Aluminium Offshore.

We would like to thank Aluminium Offshore for sponsoring the event.





## RSVP Ukelele Activity Circle (UAC) performs at Heritage Carnival



On 26 April 2014, 30 volunteers from the Ukelele Activity Circle (UAC) performed at Bright Vision Hospital Heritage Carnival 2014 held at Hougang Central Hub. With “TREASURE” as its theme, the carnival was aimed at celebrating the contributions of the seniors in the community, as well as offering them an opportunity to share values with the young.

Our UAC volunteers performed oldies from the 50s and 60s such as “Massachusetts”, “Fraulein”, “Tian Mi Mi” and medleys of Malay and English songs. On hearing the familiar tunes, the audience, including the Guest-of-Honour, Senior Minister of State for Ministry of Health Dr Amy Khor, clapped along.

Our UAC volunteers had fun performing and were glad to offer seniors an opportunity to reminisce and help the hospital build awareness of the healthcare needs of the disadvantaged in the community.

For more photos, visit our Facebook—click [here](#).

## Bonding for Facilitators of Senior Volunteer Training Centre(SVTC)



Thirteen volunteer facilitators came together for a bonding session at RSVP premises on 16 April 2014.

Mr Sunny Chan, SVTC Chairman, shared with the facilitators the milestones achieved since its inception, particularly the training of 199 volunteers within three months as one of the training vendors for the President’s Challenge Volunteer Drive 2013. He gave special thanks for the effort and time put in by the facilitators.

With the dedication of the facilitators and members of the SVTC committee, we hope to engage and train more volunteers this year.

## RSVP Mentoring Programme adds one more school

Starting this month, we are happy to include the 5th school, Gongshang, as part of our Mentoring Programme. Four volunteers have been assigned to mentor the 20 school children from low income families identified by the school. As we are still recruiting mentors for this programme, please contact RSVP if you would like to be considered.

## A new database for Silver IT Care 银发电脑资讯服务的新资料库

RSVP Singapore is currently looking into a suitable database to track helpline calls and walk-in seniors who need help with their faulty computers. To extend this helpline service further, satellite stations will be set up outside RSVP’s premises. We will also help set up computer terminals at collaborating VWOs/self-help groups using refurbished computers donated to RSVP. Special thanks go to IDA Singapore for its support!

RSVP 目前正在物色一个恰当的新资料库，以便掌握义工们所接到有关电脑问题和谘询或求助的来电或上门。为求扩展目前所提供的服务，我们将在 RSVP 会所以外的地点设立卫星站。我们也打算和慈善组织或自助团体们协同设立，使用各界捐赠给 RSVP 后翻新过的电脑来建立电脑站。我们要特别感谢资讯发展局（IDA）的支持。



9 Bishan Place #09-03  
Junction 8 (Office Tower)  
Singapore 579837  
Tel: 6259 0802  
Fax: 6259 0805  
[general@rsvp.org.sg](mailto:general@rsvp.org.sg)

### Silver Infocomm Junction@RSVP Senior Volunteer Training Centre

9 Bishan Place #08-02  
Junction 8 (Office Tower)  
Tel: 6485 6111/ 6485 6113

## Meet our Telephone Buddies

### 与我们的电话伙伴相聚

Some of our members have been receiving calls from our volunteers for one reason or another. Recently, this group of telephone buddies called members to keep them informed of the happenings at RSVP. They were also encouraged to volunteer their time and experience if they had not already done so.

一直以来我们有些义工会来电查询某些有关的问题。最近这些电话伙伴们也拨电问及近日 RSVP 的讯息。如果有些义工从未参加过 RSVP 的义工服务，我们十分鼓励他们贡献自己能够付出的部分时间，和宝贵的经验，为贡献社会大众而善加利用。

Meet our telephone buddies –

会见我们的电话伙伴们 –



Sue Yin



Monica



May



Jenny



Irene

## Bringing IT to members of Char Yong (Dabu) Association

### 为茶阳(大埔)会馆会员带来了资讯科技



At the invitation of IDA, RSVP participated in an IT talk cum registration drive at Char Yong (Dabu) Association. The aim of this drive was to educate Association members, who were mainly seniors, on the benefits of IT and thus encourage them to sign up for IT-related courses. Our Cyberguide trainer, Mr Lam Tuck Choy, presented a talk on e-lifestyle to 50 members and demonstrated how IT could enhance their lives.

We hope to organise an IT Clinic for the members of the Association in the near future.

应资讯发展局的邀请，RSVP 在茶阳(大埔)会馆举行了一个资讯科技讲座加上报名的登记。这活动目的在于教育那里的乐龄会员资讯科技的好处，从而鼓励他们登记参加有关的资讯科技课程。我们的资讯指导师 Lam Tuck Choy 先生向 50 名会员讲解电子生活方式，还展示资讯科技如何能促进他们的生活。

我们希望不久的将来能为会馆会员建立一个电脑维修站。

### About RSVP Singapore

**RSVP Singapore** The Organisation of Senior Volunteers is a non-profit organisation launched by the then Prime Minister Goh Chok Tong in October 1998 and approved as an Institution of Public Character in 1999. Its mission is to provide opportunities for seniors to serve the community with their talent and experience through purpose-driven volunteerism. Its major programmes are Cyberguide, Mentally Disadvantaged Outreach, Mentoring, Changi Service Ambassadors, Active Ageing Seniors, Ageing-in-Place, Enriching Lives of Seniors, Learning Journey and Senior Guiding.

Follow us on [FACEBOOK](#) or visit our Website [www.rsvp.org.sg](http://www.rsvp.org.sg)