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WELCOME NEW MEMBERS

(May 2014)

CHENG Jit Moey
CHEONG Chee Hong, Edward
CHUA Yoke Lin
KOH Bee Yong, Jessie
Priscilla
LEE Kam Wah
LEE Siew Hong
LIOW Poh Meng, Jon
MAH Yuke Cheng
NEO Cheng Huat Agatha
Sellam Prabhakar NAIR
TAN Lei Peng
TAN Peng Guan
WONG Kwai Yeng
GOH Hay Noi, Florence
LOW Hong Siam
WAN Pak Chee

DOCTOR IN THE HOUSE

Do send in your troubling health problems in a short question to us at general@rsvp.org.sg

We will try to get a doctor/specialist to answer it.

President's Message

As an organisation, RSVP is 15 years old. The service of our volunteers for the good of the community is increasingly acknowledged by the government, corporations and other institutions. As President for the last year and a half, I have sought to build on our strong foundation to further improve RSVP's services and fulfil its mission to the fullest extent possible.

As a start I brought in new faces to RSVP's Board. The Board gave itself the task to bring forth fresh programmes and initiatives, translating these into meaningful opportunities for you to partake. We have organised very successful fund-raising and major public events such as the Charity Gala dinner and Senior Volunteer Week last year, the recent Charity Golf event and a new form of Volunteer Appreciation Night. These achievements were the result of your great teamwork and your trust in the board of directors.

It should be no surprise to members that RSVP has enjoyed greater exposure in the public arena with more coverage in the press and social media. We were even able to arrange for the popular radio channel 95.8 FM to adopt us for a year. Top management of our key partners such as the National Council of Social Services (NCSS) and the Council for Third Age honoured us with a visit to our office a few months ago.

To keep RSVP vibrant and relevant, I have also kept a dialogue going with members, to hear first-hand your views on how RSVP can be a better organisation for you and the clients we serve. Your messages have been invaluable. With your support, I will introduce my team of Board members at our next AGM. They will continue to work tirelessly for RSVP. We will create new, diverse and interesting programmes to foster more active membership. At the same time, our cornerstone of success will be how we acknowledge and appreciate members.

Finally, members who feel they have more to contribute are encouraged to step forward and be considered for leadership positions in RSVP. Don't hesitate! Let's work together to ensure we have an RSVP we can all be proud of.

Yours sincerely,
Koh Juay Meng

RSVP 新加坡乐龄义工组织自 1998 年成立至今已成为一个拥有 15 年历史的社团。我们为社区提供了种种义工服务的好处正不断获得政府部门、企业界和不同组织的认同。在我就任 RSVP 会长的过去一年半里，我曾尝试去建立我们稳固的基础，进而改善 RSVP 的各项义工服务，并竭尽所能，全力达成我们的宗旨。

好的开始就等于成功的一半；其间我引进了一些新面孔加入 RSVP 的委员会，而委员会从而得到一些新义工项目的构思，也吸引了会员们参与这些引伸成为富有意义的机遇。我们也举办了相当成功的筹募基金活动，和大型的公众聚会，例如慈善晚宴，和一个前所未有的义工答谢晚会等等。这一切的成果正反映出你们对委员们的信任，而各位付出的努力也得到回报。凭着传播界和社会媒体的报导，RSVP 的名声在广大群众的印象中日益响亮，相信各位会员也不会感到惊讶。我们甚至得到广受欢迎的 95.8FM 电台频道的采用，为期一年。更令我们感到兴奋的事情是，数月前很荣幸地得到我们的主要伙伴国家福利理事会和活跃乐龄理事会到访我们在碧山的处所。

要保持 RSVP 活力不断，运作不息，我经常和会员们进行对话，并以第一时间探讨你们对于要如何改造 RSVP 成为更理想的义工组织，以及改善我们所服务的对象的有关意见。你们的意见非常宝贵，也十分重要。

有了你们各位的支持，我将在下一次的会员常年大会中介绍我的一众委员给大家认识。他们将会永不言休地为 RSVP 作出贡献。我们也会不断创新，寻求与众不同而别具心思的活动项目，以争取更多的新会员。与此同时，我们服务的基本方针还是在于如何认同和感激我们的会员们。

最后我要说，为所有的会员们着想，我要鼓励那些自觉有才干可以胜任 RSVP 领导层次的会员们，别再犹疑了，请你们站出来，让我们齐心协力，一同打拼，缔造一个我们大家都引以为荣的 RSVP!

此致，
许悦明

RSVP Volunteers Help in Bollywood Veggies Field Trip



On 2 and 3 June, the Tan Chin Tuan Foundation (TCTF) and its partner Acts of Life conducted a field trip to Bollywood Veggies Farm for kindergarten children and children from low-income

UPCOMING ACTIVITIES



Talk on "Nutritional Immunology and Disease Prevention" (in English)

Date: Wed, 25 Jun 2014

Time: 3pm - 5pm

Venue: RSVP Level 8 MPH

Registration is FREE!

Click [here](#) for more details

FEATURE ARTICLE

My 600 Chickens:

The Agony & The Ecstasy

Contributed by Mr Raymon Huang, RSVP volunteer

Chickens? And 600 of them! What on earth have they got to do with RSVP? We are not a chicken farm. (Although I did ask in jest, if we were one at the last AGM which I emceed, after all present, including the President and Board Members, performed en masse two rounds of the "Chicken Dance"!)...

Click [here](#) to read more

families as part of its English Speech and Drama curriculum. Eight RSVP members volunteered to assist in this event.

On those two days, the Bollywood Veggies Farm bustled with activities, laughter and songs. Ten stations were set up at the Farm, and at every station each RSVP volunteer was paired up with a teacher to assist him or her.

Upon the children's arrival, the teachers sang songs with lots of physical action to welcome them. The children were then taken to different stations where the Drama teachers told them stories based on the "Peter Rabbit Series". Our volunteers helped to gather the young children round the teacher before the storytelling and carried placards to facilitate the storytelling.

Interacting with so many young children was a great learning experience for all senior volunteers.

Nancy Tan, volunteer

JTI celebrates Dragon Boat Festival with less privileged seniors



Together with 11 RSVP volunteers from the Enriching Lives of Seniors Programme (ELSP), nine JTI staff volunteers celebrated the Dragon Boat Festival with 45 less privileged seniors at the Care Corner (Toa Payoh) Senior Activity Centre.

It was a fun-filled day, packed with activities. Our volunteers started the session with a sing-along and Chicken Dance. With the seniors warmed up, the JTI volunteers took over the lead and conducted various games.

At the end of the session, all seniors were given goodie bags. The JTI volunteers also kindly helped some frail seniors carry the heavy goodie bags back to their homes.

Our corporate partner had nothing but compliments for the event. They said, "We really enjoyed spending the afternoon with the elderly residents at Toa Payoh. The afternoon's event was well organized by RSVP as always, and we look forward to our next collaboration together!"

We would like to thank JTI for supporting the ELSP and being part of the event.



Jesslyn Wu, Executive

Photography Thematic Workshop at Singapore Botanic Gardens for WINGS

Ten participants joined this Photography Thematic Workshop jointly organised by RSVP Singapore and WINGS on 24 May 2014.

Before setting off, the participants were given some photography tips from our volunteer trainer, Mr KC Chan. The participants then made their way to the Singapore Botanic Gardens by taking the MRT train via the Circle Line. Along the way, they took photographs of the interesting wall murals at the Singapore Botanic Gardens station.





At the Singapore Botanic Gardens, the participants were given 45 minutes to take photographs of the surroundings, and they all had fun taking photographs of birds, flowers and trees. After returning to RSVP for lunch, they attended a 2-hour Digital Photo Management workshop at our IT Centre to learn basic photo editing skills to help them improve on their recently taken photographs.

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

Treasa Ho, Programme Executive

A busy month for Silver IT Care volunteers



SITC volunteers conducting IT Talk at
Bukit Timah CC
SITC 义工在武吉知马联络所举办资讯
科技演讲

The month of May was a busy period for our volunteers with the Silver IT Care (SITC) programme. SITC organised three IT Talk cum IT Clinic sessions for various organizations such as Rivervale Community Centre, Bukit Timah Community Centre and Singapore Cancer Society.

A total of 57 participants attended these sessions. The seniors were very enthusiastic about IT, especially when using tablets through Wi-Fi connections. Some even brought along their faulty laptops for our Silver IT Care volunteers to repair.

SITC will continue to collaborate with these organisations to offer their members more SITC services and Cyberguide courses.

刚过去的五月份对银发电脑资讯服务(SITC)项目的义工们来说是一个忙碌的月份。SITC 为滨河联络所、武吉知马联络所及新加坡防癌协会共举办了三个资讯科技讲座和电脑资讯服务站。共有 57 名乐龄人士出席了资讯科技讲座和电脑资讯服务站。他们对资讯科技尤其是平板电脑与 Wi-Fi 联接的操作深感兴趣。有些还把他们的损坏的笔记本电脑让我们的 SITC 义工诊断和修理。

Treasa Ho, Programme Executive

Training for Singapore HeritageFest 2014

On 28 May, 18 volunteers were briefed on an exhibition titled “The Balik Pulau Exhibition”. It highlights the role of Singapore’s southern islands in guiding sailors from India and China to a long-lost trading port. This exhibition is part of Singapore HeritageFest 2014 scheduled for 18 -27 July 2014.

These volunteers will first undergo training at the National Museum of Singapore on 11 June before making their debut as heritage guides. These trained volunteers will then add their personal touch to the visitors’ experience as they bring them on a tour through the many interesting exhibits on show.

Members who are interested in volunteering for the HeritageFest 2014 can email Ms Neo Hong Hong at honghongneo@rsvp.org.sg, or call us at 62590802.

Neo Hong Hong, Assistant Manager (Programmes)

Celebrating Mother’s Day with GAC

美食活动圈欢庆母亲节

To celebrate “Mother’s Day”, our Gourmet Activity Circle (GAC) prepared a delicious spread of home-cooked food. Led by Ms Nancy Quek and her cheerful band of GAC members, all who attended had the chance to savour chicken curry, special fried bee hoon and a shepherd’s pie that would make any British chef proud. As if the main dishes weren’t enough, the GAC also laid out mouth-watering desserts such as nonya cakes and red bean soup.

GAC’s objective is to share recipes with fellow RSVP members and to foster team spirit and friendship. What better way to do so than to gather over meals and chit chat on occasions such as “Mother’s Day”. GAC – keep it up!

为欢庆母亲节，我们的美食活动圈(GAC)预备了一系列的美味家庭烹调食品。由 Nancy Quek



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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.

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女士领导及她一队兴致勃勃的会员们，让出席者都有机会品尝到咖喱鸡，特别风味的炒米粉和英式的肉馅马铃薯饼。他们也为主食再加多了令人垂涎的甜品如娘惹糕和红豆汤。

GAC 的目标是让 RSVP 会员伙伴们分享美味食谱从而建立起团队精神和友谊。要达到目标，还有什么能比欢庆母亲节时的餐食闲谈更好的呢？GAC 加油！

Simon de Cruz, volunteer, Board Member

Training volunteers to manage conflicts



Often, we hear of volunteers having to handle disagreements, be it among clients or between volunteers. To be an effective volunteer it has thus become essential to be trained to manage these situations.

Our Senior Volunteer Training Centre recently launched a new half-day “Conflict Management” module. The first class on 27 May was well-attended by 18 volunteers, including RSVP President, Mr Koh Juay Meng.

Members who would like to attend the new “Conflict Management” workshop can email us at general@rsvp.org.sg.

Neo Hong Hong, Assistant Manager (Programmes)