

## **PRESS RELEASE**

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FOR IMMEDIATE RELEASE**

### **SENIOR VOLUNTEERS PRODUCE COOKBOOK WITH TREASURED RECIPES FOR FUTURE GENERATIONS**

*Singapore, 5 September 2017* – A group of seniors from a voluntary welfare organisation have come together to produce a cookbook which they hope to pass down to future generations.

The cookbook, entitled “The RSVP Cookbook... The Gift of Cooking with Love”, is a year-long project and is helmed largely by the volunteers of RSVP Singapore, a senior volunteer organisation started in 1998.

“The RSVP Cookbook is a manifestation of food prepared with love and care by the volunteers for their loved ones,” said Ms Marie Mattar, volunteer project leader of the cookbook. “The collection includes some time-tested recipes handed down by parents and grandparents, recipes that add contemporary touches to traditional cooking and recipes that blend the cuisines of East and West. Each recipe also carries with it the contributor’s love of cooking.”

The concept of publishing the cookbook was first proposed by Mr Koh Juay Meng, President of RSVP Singapore, who wanted to see the culinary skills and creativity of RSVP’s volunteers captured in print. Mr Koh explained, “Inheritance is something close to my heart, and I want our seniors to pass down their legacy and for the next generation to have something to remember their loved ones by. This cookbook is an ideal way to pass down such culinary treasures, and at the same time, illustrate the diverse talents that RSVP volunteers have.”

The cookbook has over 60 recipes from 30 contributors. Recipe contributors comprise volunteers from the organisation and certain VIPs. Notable contributors include Dr Amy Khor, the Danish Ambassador to Singapore and the spouses of the EU, Turkish, Chilean, and Angolan ambassador to Singapore.

“The volunteers accepted the challenge and worked together to bring this project to fruition. They have been selflessly involved in this long-haul book project – from conceptualising, writing, photographing to preparing the varied dishes for food tasting and for photography,” added Ms Mattar.

The cookbook will be launched at the opening ceremony of the National Senior Volunteer Month on Saturday 9 September 2017, at ITE College Central. The guest-of-honour is Mr Chan Chun Sing, Minister in Prime Minister’s office. The cookbook will be available for sale at The RSVP Cookbook booth. Food sampling of selected dishes will also be available on that day. It is priced at S\$20. All proceeds will go to RSVP Singapore to fund its services to empower its senior volunteers and benefit the less privileged in society.

Organisations who wish to support The RSVP Cookbook may contact the organisation at 6259 0802 or [general@rsvp.org.sg](mailto:general@rsvp.org.sg).

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### **About RSVP Singapore**

RSVP Singapore – The Organisation of Senior Volunteers is a non-profit organisation and an Institution of Public Character that was started in 1998. Since its inception, RSVP Singapore has been actively engaging seniors in purpose-driven volunteerism. Through impactful community service programmes, we serve more than 150,000 beneficiaries each year. These include the mentally disadvantaged, at-risk children from low income families and socially isolated seniors. Our programmes are designed to support and empower our members to embody our core values of lifelong learning, active ageing, integrity, sharing experience and service.

### **About The RSVP Cookbook**

The RSVP Cookbook, produced by RSVP Singapore - The Organisation of Senior Volunteers, is a collection of culinary treasures contributed by its volunteers, many of whom are from the Pioneer Generation, and invited guest contributors. There are 66 recipes from 31 contributors. The recipe contributors comprise volunteers from the organisation and certain VIPs. Notable contributors include Dr Amy Khor, the Danish Ambassador to Singapore and the spouses of the EU, Turkish, Chilean, and Angolan ambassador to Singapore.

These treasured recipes are put to print for posterity - to pass down to the next and future generations.

This Cookbook also represents the work of RSVP volunteers from conceptualising, writing, photographing through to the cooking of the varied dishes for photography. It is a manifestation of the many talents that RSVP volunteers have, irrespective of age.

The Cookbook will be launched during the opening ceremony of NSVM 2017, and will be on sale to the public at \$20 per book. All proceeds will go to RSVP Singapore to fund its services to empower its senior volunteers and benefit the less privileged in society.

## **About National Senior Volunteer Month**

RSVP is organising the third run of National Senior Volunteer Month (NSVM) on 9 September 2017. The objective of NSVM is to promote volunteerism among seniors nationwide and it will be a recruitment drive for RSVP as well as partnering VWOs and agencies.

NSVM 2017 will be its largest volunteer outreach at a single location for this year, targeting a turnout of 2,000 for the opening ceremony which will be open to the public. It will be collaborating with agencies and corporates to encourage their mature employees to attend and sign up as volunteers. It also hopes to inspire intergenerational volunteering, family volunteerism and staff volunteerism by adopting an all-inclusive approach – regardless of gender, age and nationality.

At least 30 unique volunteering opportunities will take place over three months from August to October. More than 1,500 volunteers will serve different beneficiary segments of the less privileged in the society.