



## President's Message

Happy New Year to All!!!

Club Singapura starts the new decade with a *membership special* to encourage past members to return, to attract new members and to show appreciation for current members. Membership for 2010 is ONLY **\$10**. We want everyone to renew by Jan 31, 2010 so that we can have the membership directory ready by Chinese New Year. That will save on postage and it will be a great advertising tool for those who remember to submit their business cards for the yellow pages.

The major attraction for the year is around the corner – CHINESE NEW YEAR DINNER/DANCE!!! This year, the chairperson is Doreen Tan. It will be held at a NEW location. We have fun plans in the works for our main event; we are bringing back some active participation aspects to the festivities, and of course, we have the wonderful airline tickets. We also look forward to meeting the scholarship recipients. Invitations will be out soon.

This is also our election year. All the directors currently serving would have given TWO years or more.....much much more of their time to the club. We encourage you to step up and volunteer, inject some new blood into the club. All elected directors get free membership, free food tasting dinner (for the Chinese New Year party), attend Chinese New Year dinner/dance free. Join us and let's think of new ways to make it fun.



### Happy Lunar New Year

The Year of The Tiger begins on February 14th 2010. Drama, intensity, change and travel will be the keywords for 2010. Unfortunately, world conflicts and disasters tend to feature during Tiger years also, so it won't be a dull 12 months for anyone. The Year of the Tiger will bring far reaching changes for everyone. New inventions and incredible technological advances have a good chance of occurring. For all of the Chinese horoscope signs, this year is one to be active – seizing opportunities and making the most of our personal and very individual talents. Everything happens quickly and dramatically in a Tiger year – blink and you could miss an important chance of a lifetime!

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### Board of Directors

#### President /Membership

Caroline Tsaw (805) 494-0500

#### Vice President/Historian

Mabel Kwan (714) 838-0182

#### Secretary

Josephine Yeow (562) 431-0296

#### Treasurer

Vivienne Woon/Richard Woon  
(626)456-2049

#### Directors

Kinney Yong (714) 731-3371

Sin Hock Gaw (323) 665-6030

Eddie Young (714)531-5316

Doreen Tan (626) 963-1679

Whee Chin Lee (626) 571-1007

#### Webmaster

Kinney Yong

#### Straits Lines Editor

Willie Yeo wilyeo@gmail.com

### CLUB SINGAPURA INC.

1100 Irvine Boulevard #433

Tustin, CA 92780-3534

#### Write to us at:

web@clubsingapura.com

# Bulletin Board

Go *paperless* with Club Singapura,  
update your email address to [clubsingapura@gmail.com](mailto:clubsingapura@gmail.com)

## Member Birthdays



Happy Birthday to:

- Carol Chua 1/5
- Mimi Lioe 1/8
- Bing Ng 1/13
- Joe Fong 1/15
- Mary Lee 1/24
- Peter Kwan 1/26
- Lailene Leong 1/26
- Roland Chua 1/29
- Alex Fong 1/30

## Introducing our newest members:

Jeanne & James Ong  
3137 W. 134th Place  
Hawthorne, CA 90250  
(310)679-0089

Winston Tan  
3700 Torino Drive  
Santa Babara, CA 93105  
(805) 570-0557



## 2010

### Chinese New Year Dinner Gala

Club Singapura will be  
welcoming the  
Year of the Tiger  
earlier in 2010.

Reserve February 27th, 2010  
on your calendar.

Send in response now.  
Do not procrastinate!

Don't miss out the chances of  
winning some wonderful  
prizes!

## Membership Renewal

It is the time of the year to renew  
your membership. If you have  
not done so, please contact Caro-  
line.

## 2010 Calendar of Events

Date	Events
Feb 27	Chinese New Year Dinner
Apr 4	Gourmet Night
May 29-31	Camping at Zion
Jun 27	Beach Camp Fire
Aug 8	National Day Celebration
Sep 5	Hari Raya Puasa
Oct 16	AGM/Elections
Nov 20	Thanksgiving Dinner

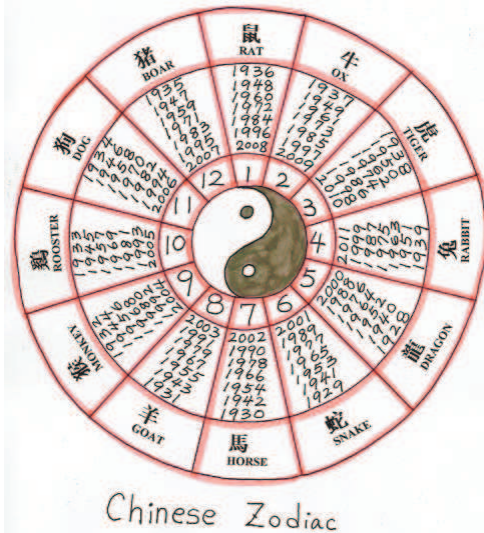
## Newsflash



## Speak Up!



If you have feedback or contribu-  
tions you would like to share,  
please contact Mabel Kwan at  
[mckwan@cox.net](mailto:mckwan@cox.net). Thank you!



## Chinese Zodiac Horoscope Forecast for 2010

### The Rat

The Rat may be feeling quite tired and deflated after 2009, which saw him keeping his head down, working and staying out of trouble. The Year of the Tiger is going to be fast-paced for the Rat, which in itself does tend to make them slightly uncomfortable. But it is essential that they go with the flow and seize opportunities and take adventures – this year is going to be important for them. A lot of Rats may have dreamt of travel in 2009 but were unable to take trips either due to financial or work commitments. This year will be so different! Travel will feature strongly for many and if there is dream destination in mind, it may become a reality during 2010. February and March can bring interesting work offers, while June to August and December will bring happy social occasions. Romantically, September and October bring tempting offers for single Rats, while those who are attached will find the summer most special. It is essential for all persons born under

this sign to be extra thoughtful and caring throughout the year – an inadvertent remark or gesture could lead to discord with loved ones.

### The Ox

The Ox loves methodical planning and everything working out in the correct time. The Year of the Tiger will throw all this to the wind with it's fast pace and unexpected developments! People born under this sign may find 2010 a challenge but in a good way. The Ox will have to adapt to new routines, delays and obstacles thrown in his way, but he will be well able for any task and may find new hidden talents and personal power he didn't know existed. Hobbies, relaxing pursuits and friendships will all be beautifully highlighted during the Year of the Tiger and will provide a welcome relief to any stresses he may face. Home improvements and redecorating plans will move forward smoothly with excellent results. Career opportunities will present themselves from April to June, while exciting, intense romantic encounters are likely in July, August and December. An important aspect for those under this sign in 2010 is to be mindful and caring of loved ones. It will be crucial to listen to them and also to accept any help they may offer during this changeable year.

### The Tiger

Being the Tiger's own year, 2010 holds great promise for those born under this sign, with exciting developments happening for them both personally and professionally. Some Tigers may be feeling disappointed and disheartened after 2009 and it will be important to leave the past behind and concentrate on the future, which is looking so bright! Financially, everything improves this year for those born under this sign and money-making thoughts and ideas should be fully explored and investigated. With the fast pace of this year for all signs, the Tiger needs to take extra care in planning and thinking all projects through – no rushing headlong into schemes during 2010! Tigers looking for romance will possibly see a friendship suddenly develop into something more personal with exciting consequences. August, December and January will see a very active and entertaining social calendar, but all of 2010 will see fun activities for the Tiger. The Spring months, March to May, will bring encouraging and interesting job opportunities, but the Tiger will still have to make sure he puts himself forward and gets noticed at work.

### The Rabbit

The focus will be on the Rabbit's career and job prospects during the Year of the Tiger, with unexpected promotions and recognition very likely. Travel is also highlighted, with short breaks and spontaneous, fun trips featuring during the late Spring and early Summer. Healthwise, the Rabbit could find the speed of the Tiger year ex-

## Red Beets

By Dr. Betty Gaw (bettycgaw@hotmail.com)

The botanical name of red beets is *Beta vulgaris*. It is my favorite root vegetable because of its vivid red-magenta color, sweet and mild flavor, and can be eaten raw or cooked. It is the Betanin and Betacyanin phytochemicals that endow it with the distinct color. It grows easily in full sun, is not fussy, and absorbs the sun's rays to produce a real power package of nutrients from root to stem and leaves. The latter contain more nutrients than the root.

### HEALTH BENEFITS OF RED BEETS

It reduces cholesterol by 30-40%, normalizes blood pressure by balancing sodium with its high potassium content, and also prevents varicose veins.

Having 18 amino acids that are building blocks of proteins, beet has beneficial effects for prostate, heart, liver, brain, muscle, and general cellular health. Its high Glutamic acid content is beneficial for prostate health.

Its fiber prevents constipation.

Detoxifying toxins that we ingest, inhale and absorb through the skin, beets help get rid of these poisons, reduce oxidative stress caused by damaging free radicals, thereby protect the cells from cancer. Eating two pounds of mashed raw beets per day helps reverse leukemia, colon and stomach cancers.

Folate-rich, beets prevent neural tube defects, such as spina bifida, craniofacial and urinary tract defects in the developing fetus when beets are eaten by the pregnant mother early in pregnancy before the 6<sup>th</sup> week. That is why pregnant women in the U.S. are given multi-vitamins with high Folic acid, 600 mcg, to prevent these malformations in their babies.

Being alkaline in nature, beets counteract the acidity of diabetic acidosis, and high meat protein diet.

Liver and bile problems, jaundice, hepatitis, food poisoning and gastrointestinal conditions can be

ameliorated with beets. Adding a squeeze of lime will enhance its efficacy. Add carrot juice and it helps gallbladder and kidney ailments.

Gout is controlled by beets.

Atherosclerosis is helped by eating beets because it dissolves inorganic calcium that deposits in arteries leading to arterial stiffening. Rich in Betaine, beets reduce homocysteine that contributes to cardiovascular disease.

Low in calories, only 43 calories per 100 grams of raw beets, you get filled up with rich nutrients without the risk of getting fat.

You may link to Google to learn more about beets.

With such a nutrient-dense food as well as aesthetic presentation, we should indulge in eating beets more frequently. I serve a beet salad with the cooked pulp, stems and leaves, three fourths cooked, with white cabbage, jicama, cilantro, red onion, garlic, olive oil or sesame oil, sea salt, pepper, cumin, and grated fresh nutmeg. Be aware that stool and urine may become pink-red in color if you overindulge. Cook a Russian Borscht with beets, and you have a delicious meal. When beets are presented on a platter with roast chicken, pork or lamb, you become the culinary chef who receives the accolades. It is a super food to add to your list of God's "pharmacy".



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hausting and it's important he balance work with rest and relaxation. Promotion at work or in the Rabbit's career will be sure to feature and they need to act quickly – no hanging back to see what happens! Some Rabbits will be dissatisfied with their current living arrangements and the perfect new home may appear most unexpectedly – they must act quickly and not miss out! Friendships will play a big role during 2010 with possibly one or two friends needing extra care and help. May and October to January will bring special and fun social gatherings. February and March will be significant and fortunate for those looking to change jobs while July and August will be most auspicious for single Rabbits looking for love – an unexpected liaison could result from a work related social event.

### **The Dragon**

Dragons will find the quick pace of 2010 very much to their liking and they will be keen to spread their wings and look for new possibilities and opportunities. As with the other signs in the Chinese Zodiac, the Dragon must make use of all the openings and opportunities that present themselves during this year. Teamwork will feature strongly and the Dragon will progress further and faster in his career if he bears this in mind. The Dragon's financial situation will indeed be rosy during 2010 with a possible increase in income as well as a sum of money coming to them during the year. They must be careful to be disciplined about spending and not make too many impulse buys! May to August will be lovely months for socialising with friends and possible romantic encounters. Dragons do need to remember that love needs attention and if it is taken for granted, problems can arise. May, September and November see the most interesting career changes. Dragons need to take time during the year to have a holiday or getaway with loved ones – with such a busy year, they must not neglect those who matter to them the most.

### **The Snake**

The Snake likes to make slow and steady progress and the Year of the Tiger will find him swept along with unexpected developments – they need to adapt and keep up the pace. On the career front, the Snake will have quite a bit of competition and needs to stay ahead of the game in order to be in line for any promotions or career advancement opportunities. He needs to seek advice from those who can help and not appear too independent – working with colleagues will pay off handsomely during the year. Money management will be crucial during the Year of the Tiger and with careful planning, they should have little to worry about. Time spent with loved ones, either on a well-earned holiday or at home, will rejuvenate the Snake's spirit during a busy and intense year. February through April will favor work endeavors and promotion. July through December will offer many opportunities for single Snakes to meet a special romantic partner. Travel looks most likely during March and June through August, with fun and romance well starred. Snakes can be shy and loners, but the Year of the Tiger will ensure they have many happy social events to attend.

But then, out of the blue, a job offer or an opportunity will present itself. Be ready! September to November will bring the best chances for work related success. May to September will have outstanding moments for making new, special friends and enjoying the company of loved ones. All Goats need to be aware that the Year of the Tiger is not the time for taking financial risks. If in doubt or worried, they need to be sure to get the advice of a professional.

(To be continued in the next issue....)

February 27 Chinese New Dinner & Dance

April 4 Gourmet Night



Straits Lines  
Club Singapura Inc.  
1100 Irvine Boulevard  
#433 Tustin, CA  
92780-3534