

STRAITS LINES



JULY/AUGUST 2010

President's Message

We have reached the half way point of 2010. Next, we will celebrate Singapore National Day with the \$10 special at Yazmin. I have changed the menu and hopefully, we will get some sponsorship money for several attractive prizes. If you or your company would like to advertise and contribute some prizes, WE WELCOME ANY TASTEFUL GOODIES.

Our next ambitious project is our souvenir cookbook. We want to put together favorite recipes from Club Singapura members. We have some fabulous cooks among us and would like to immortalize your talents. So, please send in your recipes and give the club the opportunity to create a really special gift for Chinese New Year.

ZION CAMPING & BEACH PARTY

By event chairperson, Kinney Yong

CAMPING AT ZION NATIONAL PARK, MEMORIAL DAY WEEKEND, MAY 2010

The weekend started with members enjoying the sights and sounds of Las Vegas on Friday and then headed to the sanctuary of Zion National Park on Saturday.

Upon arrival everyone set up camp at the Watchman group site. Our camp was very colorful with green, blue, yellow, red and teal color tents. All these colors were no match for color of the Navajo sandstone of Zion. The sunrise was magnificent as you can see the sun slowly moving from the red cliffs and plateau towards our camp. Members enjoyed walking to the river, hikes to Weeping Rock, Emerald Pools, and Temple of Sinawava, and just enjoying a simple peace with nature. The only exception was regular updates on the Laker game by a member's friend in Vegas. In the evening/night everyone enjoyed great meals under the open sky and while watching the night sky come on stage with its stars and moon. Several bottles of a fine Napa Valley Chardonnay added to the beauty of the evening. Campers played Mah Jong, card games, cooked late-night snacks, as usual, kids played with the campfire and casual conversations continued well into the night.

The highlight for the camping trip was a hike by the young adults(including two 9th graders) up to Observation Point. It was about a 5 hour round trip hike with an elevation change of 2148 feet. Now that's a climb! The very name of Zion, a Hebrew word for refuge, evokes its significance. Zion is a very special place that was experience by all.

BEACH PARTY, HUNTINGTON BEACH, JUNE, 2010

It was a beautiful day at Huntington Beach, the Surf City USA. The wind was cooperating and the winner of the kite contest was Rollim Chan in both categories. Several members brought their bikes and joined the numerous bikers for a bike ride along the board walk to the pier. Some of the feature dishes brought by members and shared included delicious satay, VERY Hot and Spicy homemade Thai chili sauce that lingered, Roti type flat bread, an abundance of fruit salad and a Greek pastry dessert. One of our gracious members brought a bottle of Nigori Sake which everyone enjoyed under a full-moon, sounds of the surf, and the warmth of the campfire. It all came to an end when the lifeguard announced at 9:45pm that the beach was closing in 15 minutes.

INSIDE THIS ISSUE:

President's Message	1
Events Report	1
Rice Bran Oil	2
Bulletin Board	3
A Guide for Taste Buds	4

Board of Directors

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Eddie Young (714)531-5316

Doreen Tan (626) 963-1679

Whee Chin Lee (626) 571-1007

Webmaster

Kinney Yong

Straits Lines Editor

ctsaw@roadrunner.com

CLUB SINGAPURA INC.

360 E. First Street #433

Tustin, CA 92780-3534

Write to us at:

web@clubsingapura.org

RICE BRAN OIL

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

When eating crispy Kropoh shrimp crackers at my sister's house in Singapore, I noticed the light texture, non-oiliness, and fresh flavor it emitted. It was then that I learned the oil she fried the crackers in is RICE BRAN OIL, manufactured in Thailand. Not having heard of this oil, I did my research, first by seeking it to purchase at the Thai supermarket, then Trader Joe's and Whole Foods. None of them had heard about this oil, nor were they willing to order for me. Linking to Google search, found many articles, which I will share with you.

ORIGIN

Rice bran Oil is extracted from the bran of rice. The bran is the outer covering of rice that is polished off to make white rice that is devoid of nutrients.

RICE BRAN OIL USES

Used in frying, stir-frying, salad dressings, baking, soap and skin creams, supplements for horses, dogs and other animals to improve their health and fur, and as vitamin E health supplements.

CHARACTERISTICS

The chief advantage of rice bran oil is its high smoke point of 490 degrees F., i.e. the temperature when it smokes and produces undesirable flavors and becomes oxidized. Grape seed oil reaches the smoke point at 480 degrees F., the next highest when compared with other oils. It is light, not oily and sticky, has no odor, has a light golden color, is miscible with water and juices, hence excellent for salad dressings, and it is a powerful antioxidant with health-giving benefits. Because it is 20% less absorbed by foods fried in it, it gives you less calories, therefore it is less fattening.

HEALTH BENEFITS

Rice bran oil contains Vitamin E Tocopherols, Gamma-oryzanol, Tocotrienols, Phytosterols, Polyphenols, and Squalene, all powerful antioxidants that fight or neutralize bad free radicals that damage our biological cells. It is hypoallergenic, unlike peanut oil which some people are allergic to, or canola oil that the rapeseed plant it is extracted from contains erucic acid, a toxin.

Robert Rountree, M.D. writes that Gamma-oryzanol was used extensively in Japan since 1960 for the treatment of anxiety, and later found to be effective for treating menopausal symptoms. The dose used in the study was 100 mg. three times daily. For heart disease risk reduction, 300-600 mg. per day was used, which significantly lowered elevated blood cholesterol. Its mode of action appears to be blocking the absorption of cholesterol in the gut, and increasing the elimination of cholesterol in the bile. Gamma-oryzanol has no known side effects and has been demonstrated to be safe in both animal and human studies.

Gamma Oryzanol supplements in humans have shown to reduce plasma cholesterol, reduce atherosclerosis or hardening of the arteries, inhibit platelet aggregation, reduces bad LDL cholesterol---- the root cause of obstruction that leads to arterial blockage of heart attacks and strokes---- and it is effective in treating nerve imbalance. When added to Tocopherols or Vitamin E, gamma-oryzanol provides synergistic action in the body. Rice bran oil increases body growth, increases gonadotrophic and hypothalamic brain actions. It is also rich in Linoleic (40%) and Oleic (40%) acids. The American Heart Association recommends rice bran oil because it is the most balanced and versatile oil in the market. Its Mono-unsaturated, Poly-unsaturated and saturated fat are ideally balanced, and its total natural antioxidants are the highest (2,417 parts per million) of all oils. No other oils (Olive, Canola, Palm, Soybean, Sunflower) contain gamma oryzanol, the nutrient protector from free radical damage.

For aesthetic uses, rice bran oil has a long and successful history in Japan as used in soap and skin creams. Due to its rich antioxidant effects, it neutralizes UV light damage to the skin, preventing aging skin wrinkles. In Japan, women who use rice bran oil on their skin are known as Rice Bran Beauties. U.S. soap manufacturers are catching on.

Animals have been benefiting from rice bran oil to enhance weight, health, and improve their shiny fur, especially those raised for exhibition and the race tracks.

CONCLUSION

Since I choose my foods based on their high nutrient content and antioxidant value, I have now added rice bran oil to my list. I also use it in my skin creams and body lotions for its anti-wrinkling effects, besides cooking with it. Never use or buy trans fats in any baked goods, salad dressings, or oils like margarine, because these hydrogenated oils are man-made to increase their shelf life, primarily to increase the profits of the manufacturers. Trans fats damage our metabolism and stress the liver, leading to numerous adverse health consequences.

You may purchase rice bran oil from Google, Amazon.com with shipping charge, or any Asian market that carries it. The Korean market called California Market on 5th. Street and Western Avenue in Los Angeles, stocks it, manufactured in Korea.

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Bulletin Board

What's new, Singapore??

Singapore Leverages Its Liquid Smarts

Singaporeans splash their way through average annual rainfall of 93 inches, 3 times as much as Londoners. Yet even all that rain doesn't meet the water needs of the tropical city, which relies on its neighbor, Malaysia, for supplies. The country has since cut water imports to 50% (from 80%) of its total needs by recycling waste and building desalination plants.

Now, the local companies that have led that effort are winning billions of dollars' worth of contracts to build water treatment facilities worldwide—and mounting a vigorous challenge to global giants such as General Electric, France's Veolia and Suez, and Thames Water from Britain.

The global market for water treatment technology could more than triple, to \$1.4 trillion, in the next decade, researchers Frost & Sullivan predict. Already more than 800 million people worldwide lack clean water. As China, India, and other developing countries grow wealthier, they'll need ever more water to keep factories humming and consumers from going thirsty.

The government is investing \$240 million in water research over the five years ending 2012, helping to woo global water companies. Tokyo-based Toray Industries, a specialist in filtration, last year set up a facility with a local university. Siemens has received some \$15 million in grants for a Singapore lab that will be the company's biggest water research facility within two years. GE last year opened a water lab in the city, and by 2011 it expects to double the number of scientists there, to 70.

The growing expertise has helped local companies win more than 100 water-related contracts abroad, valued at \$5.6 billion, since 2007. Government-controlled Semcorp is building a \$1.7 billion desalination facility in the United Arab Emirates, a \$1 billion water treatment plant in Oman, and several projects in China. Keppel, will finish a \$1.1 billion water treatment plant in Qatar next year. Privately held HYflus outbid GE and others on a \$468 million contract to build the world's biggest filtration-based desalination plant, in Algeria.

THE WAY TO A SINGAPOREAN'S HEART IS THROUGH HIS/HER TASTE BUDS.....

ATTENTION SEAFOOD LOVERS!!! In the last couple of months, I came across TWO interesting Korean restaurants featuring seafood.

FIRST; Bultaneum Cheongdamdong Jogae Gui, which translates to "Flaming Clam Grill of Cheongdamdong", at 3465 W. SIXTH STREET, LOS ANGELES(213)388-6800. It is an in-table grill to cook a platter of shell fish. No English!! on the menu or spoken by staff, just "point hands", "point legs", order by the pictures on the menu(which is very simple). We ordered the small platter(\$40) for the 3 of us. The platter came with mussels, clams the size of my fists, oysters, shrimp, abalone, octopus. The waiter comes by when the clams are cooked to shell and cut them. We also ordered a platter of their three-layer pork(very yummy). No small plates are served (like the Korean BBQ). At the end, they use all the collected juices from the clams to do a fried rice of sorts....I could have eaten just that and be happy. It's very tasty. They also end your meal with a pot of noodle soup.

SECOND; ONDAL 2, at 4566 W. WASHINGTON BLVD, LOS ANGELES (323)933-3228. This is more like a hot pot. You can choose all crab or a seafood pot, specify degree of spicy. The pot of steaming soup with all the seafood(includes fish innards) imaginable is put on the burner in front of you. Their small plates are very different and delicious. When you've had your fill of seafood, they scoop out the leftovers, use the soup to cook your handmade noodles. After that, they empty the pot, add some oil and make a fried rice with sea weed. By then you're too full to eat but a mouthful. Excellent choice for a cold winter day.



Straits Lines
Club Singapura Inc.
360 E.First Street, #433
Tustin, CA 92780-3534

