

# STRAITS LINES



MAR—APR 2011

## President's Message

I must apologize for not getting a newsletter out in January. I don't really have a good excuse just writer's block.

Now that the Holiday season is over, including the Chinese New Year celebration, things are getting back to a normal pace. We are making plans for 2011. We sincerely thank all those who renewed their membership and welcome all the new members who joined at the Chinese New Year gala. We hope that those of you who have not renewed, will do so, because MEMBERS will receive substantial discounts in several events this year. The first of which will be held in late April in cooperation with Chomp Chomp food truck.

We have begun our planning process for 2012 Chinese New Year gala, so if you have any ideas (restaurant recommendations, band, lion dancers, program changes), do let us know. We will try not to clash with Superbowl Sunday again. The good thing about having the event on Sunday is that it gave the Singaporean/Malaysian community the opportunity to attend ALL THREE Chinese New Year events – SINGMA, Club Singapura and Malaysian Club - each club putting on a different program catering to different taste, age group and area.

### CHINESE NEW YEAR GALA

*By event chair person, Caroline Tsaw*

The Chinese New Year event was held at Mission 261 in San Gabriel on Feb 6, 2011. This year's prizes for the opportunity draw definitely had some "MUST WIN" items – one of which is the iPad and the airlines tickets(of course). Jimmy Chin won the iPad, Peter Kwan won the EVA Air ticket, Sook Lai won the SIA ticket. New member, Dr. Hillary Ling won the MEMBERS only SIA ticket.

Again, I would like to thank our sponsors – Singapore Airlines, EVA Air, Asialuxe, Contact Singapore, Overseas Singapore Unit, Yeo's, Singapore Tourism Board, iTALK, America Asia Travel, Chomp Chomp, CelphImage, Asean Instruments, Phiten products, Joe & Joan Fong, Belchan Grill, Thai City, Yazmin, Sutha Thai Kitchen. These sponsors help us fund our scholarship program. This year, both our recipients attend UC Berkeley.

I was pleased to have 160 guests attend since it was Super Bowl Sunday and many had to get to work on Monday morning. It definitely wasn't the ideal situation for a celebration.

The food was really good and the service was great. The dishes came out at just the right pace. Our Masters of ceremony – Roland Chua and Doreen Tan - kept the evening going with a multitude of prizes. It felt like there were more prizes this year than previous years.

If you have not done so, here's the website to check out the pictures taken by CelphImage:

<http://celphimage.photoshelter.com/gallery-image/CLUB-SINGAPURA-CHINESE-NEW-YEAR/G0000JpnVSA5TKys/10000Y5aCpIf17wo>

Password is: singapura.

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# MORINGA

By Dr. Betty Gaw ([bettycgaw@hotmail.com](mailto:bettycgaw@hotmail.com))

This article is to introduce you to a “miracle tree” that is edible and so nutrient-dense that it can feed the hungry and starving masses in the world. Grown in Africa, India, and the Americas, in the tropics and semi-tropics, *Moringa oleifera* has been known and eaten for thousands of years.

## **Moringa’s Medicinal Uses**

Its leaves are used to relieve headaches, fevers, bronchitis, eye, ear and lung infections, for gastric ulcers, diarrhea, and to treat anemia because of its high iron content, for malnutrition because it contains high protein. It’s antiinflammatory action makes it useful for insect bites, quelling the pain and itching of the stings.

The flowers of the Moringa improves the quality and flow of a breast-feeding mother, helps as a cold remedy, and increases urinary flow. The flowers are fragrant, and may be used in teas, hair oils and body lotions.

The pods when eaten raw is a good de-wormer, treats liver-spleen problems, as well as joint pains. With a high protein and fiber content, these pods help mitigate malnutrition in areas of the world where protein is deficient in the people’s diet.

Seeds are anti-inflammatory and antibiotic, and when roasted, pounded and mixed with coconut oil then applied to the area of ailment, is used in treating arthritis, gout, sexually transmitted disease and boils. It is a relaxant for epilepsy, and as a diuretic. In Siddha medicine, these seeds are used for treating erectile dysfunction in men, and for prolonging sexual activity in women. The pressed seeds will purify dirty river water into clean drinking water, more economically than chemical purification.

The root contains a neurotoxin, Spirachin, and should not be eaten, because it can cause paralysis.

India’s Ayurveda Medicine has used Moringa for numerous purposes, for treating liver disorders, as a natural antibiotic-antifungal-antiviral, and for nutrition.

## **Grow your own Moringa tree**

This is a fast growing tree that does not require coddling. It thrives in tropical and semi-tropical climates, is drought resistant, grows in all soils, and can survive temperatures down to 40 degrees Fahrenheit. Protection from winter cold in a patio or indoors during dips in temperatures will save your plants. It certainly is worth the challenge to grow your own edible leaves, flowers, pods and seeds, so nutrient-dense that you may pick your greens from off the Moringa tree. You’ll have your Vitamins A, C, E, B’s, Calcium, Iron, Fiber, and Potassium growing in your garden! See attached for Nutrient Analysis of the Leaf powder.

I have placed my order to buy three Moringa plants from Armstrong Nursery in Glendale, expecting their arrival in May.

Recipes for Moringa cuisine is attached, or better still, create your own Singapore, Malayan, Indian, and American cuisines.

## **Conclusion**

Rarely will you find a plant that gives you so much and expect so little in growing it. Here is Moringa that truly is a “miracle tree”, for it feeds the world’s hungry and malnourished in Africa, India and South America, as well as provides medicines for multitudes of ailments, and water purification which avoids gastrointestinal disease. Besides all that, it provides efficient fuel, fertilizer and livestock feed as well. I list this Moringa tree as another of God’s Pharmacy.

For your research, visit: [www.ilovemoringa.com](http://www.ilovemoringa.com), and [www.themoringa.com](http://www.themoringa.com).

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## I Love Moringa!

The fast-growing, nutritious delicious gift from God

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CLICK ON THE PHOTOS TO ENLARGE IN ANOTHER WINDOW - THEY TAKE A MOMENT

[BACK to Moringa Stanopetala](#)

A word about cooking Moringa: for the best taste, and the most health benefits, do not overcook it. Less is best! It only takes a few minutes to cook, just until it softens up and turns bright green. If you overcook it, you will destroy a lot of the vitamins, and it will just get bitter.

TU LUKU!


[ilovemoringa@yahoo.com](mailto:ilovemoringa@yahoo.com)

[BACK to Eating Moringa](#)

Moringa leaves taste "heavenly" sautéed in butter or olive oil with onions, garlic, fresh herbs and some sea salt. Sautéed Moringa leaves can be folded into omelettes, served over rice or Kashi, added to soups, dips, spreads, put into grilled sandwiches or just served as a side dish.

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loved on Rate it all!

This page was last updated: February 17, 2011

"Hi I'm Morey, the Moringa Oteifera Seed! The leaves from my trees taste great in lots of dishes!"

This pile of leaves is from our Moringa Oteifera seedlings that were heavily pruned!

Here is one of our Moringa Oteifera seedlings that is about 5 months old. We cut the branches in half on it about once a week, and eat the leaves.

"Hi My name is Stan, the African Moringa Stanopetala seed! My leaves are larger than Morey's!"

COMPARISON OF LEAF SIZE - MOREY'S AND MINE.

Mine are larger, but both of our leaves taste wonderful!

Click on the small photo above, and it will enlarge in a new window. The larger leaves are from a seedling that was pruned. The smaller leaves are from one which was not.

# Bulletin Board

## Welcome New Members

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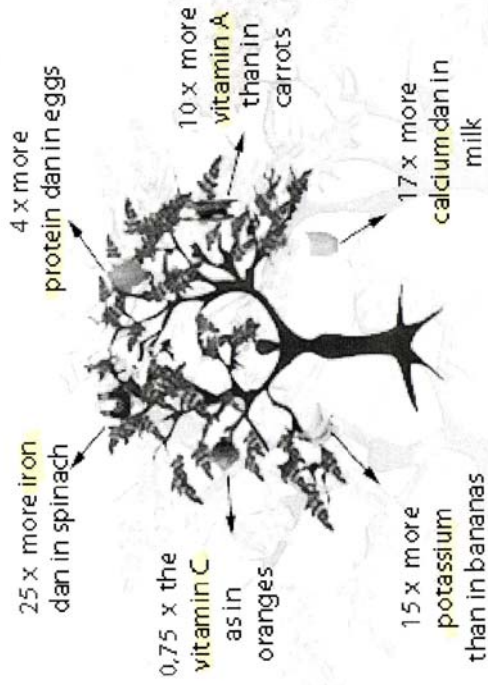
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## Moringa Leaf Powder - The superfood

Moringa leaf powder is the source of incredible health benefits!



Moringa Leaves powder RDA

Nutrient	%RDA in 25g powder for children	%RDA in 50g powder for pregnant women
Protein	42%	21%
Calcium	125%	84%
Magnesium	61%	54%
Potassium	41%	22%
Iron	71%	94%
Vitamin A	310%	162%
Vitamin C	22%	9%

Since dried Moringa leaves retain their nutrient content, it is possible to convert them into leaf powder. Moringa Leaf Powder is an excellent nutritional supplement and can be added to any dish. Moringa leaves can be consumed fresh, cooked or dried.