

STRAITS LINES

www.clubsingapura.com

SEPTEMBER/OCTOBER 2009



President's Message

How many members actually read the President's message?? If they do, what would they want to see??

Something positive, funny, inspirational, something totally off left field??

I'm putting out a prize of \$50! How do you win this prize? I will put all the names of those who send me a note – via email, snail mail or skype(my name is XODURIAN) into a bowl and at the AGM event in Sept, I will pull one winner out of the bowl.

THE NOTE MUST HAVE:

Name, phone number and/or email address.

Tell me what your expectations were when you joined Club Singapura?

What events did you enjoy most and why?

What you would like to see more of?

What do you look for in the President's message?

And whatever else you feel I should know.

Wackily yours,

Caroline

PS: Directors and newsletter editor precluded from entering.

Look out for flyers for events in October and November

Halloween & Thanksgiving



INSIDE THIS ISSUE:

President's Message	1
Bulletin Board	2
National Day Celebration	3
Pineapple	4-5
Upcoming Events	6

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Bulletin Board

Go *paperless* with Club Singapura,
update your email address to clubsingapura@gmail.com

Member Birthdays



Happy Birthday to:

Nathaniel Lim 9/3

S.K. Leong 9/5

Jed Tan 9/7

Jee-Leng Wee 9/10

Yokey Tan 9/11

Margaret Wu 9/14

Maureen Souw 9/16

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Introducing our newest members:

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Recipe Corner

Lotus Seeds with Hard-Boiled Eggs

Cooking time: 1 hour

Serves: 4 to 6

Ingredients

200g dried lotus seeds or 250g prepared lotus seeds (washed and drained)

2 litres water

4-6 eggs

200g rock sugar

Method

Using dried lotus seeds

- Soak dried lotus seeds in water for 30 minutes or boil for 5 minutes. Rub off the brown skins of the lotus seed and split each lotus seed into two. Remove green core if still attached.
- In another pot, bring water to boil and add rock sugar
- When sugar has dissolved, add lotus seeds. Simmer for at least 45 minutes.
- Meanwhile, prepare hardboiled eggs separately by slowly bringing them to boil in a pot of cool water.
- Simmer eggs for 8 minutes, before removing them from the pot. Shell eggs when they are sufficiently cool.
- When lotus seeds are soft (taste one to test), add eggs. Heat for 5 minutes more to allow eggs to absorb liquid.

Using prepared lotus seeds

- Wash and drain prepared lotus seeds.
- In a pot, bring water to boil and add rock sugar.
- When sugar is dissolved, add lotus seeds and simmer for 20 minutes.
- Prepare hardboiled eggs.
- Add eggs to the liquid and heat for 5 minutes before serving.

National Day Celebration



Pineapple

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



Have you ever wondered why pineapple is eaten as a fruit? It looks rough on the outside, has “eyes” or knots on the tough skin, the flesh is acidic to sweet, has little black seeds under the skin, a mild slimy juice, and its flesh is very fibrous. The botanical name is *Ananascomosus*, genus bromeliacea, or the bromeliad family.

The pineapple is indigenous to Brazil and Paraguay, South America, and arrived in the western world and South-East Asia by way of the West Indies through colonization and world exploration. Christopher Columbus discovered the pineapple on the Island of Guadeloupe, and by 1555 this luscious fruit was exported to England, spreading to India and Asia.

It is easy to root and grows from its crown or head of leaves when separated from the fruit, has essentially few pests, but the most serious is wilt disease vectored by mealybugs.

It is endowed with many health benefits, which Steve Goodman writes about in Life Extension Magazine, May 2008. I will abstract it in this article.

Reducing The Pain Of Osteoarthritis

The root cause of all diseases is **INFLAMMATION**, when the body is injured, attacked or poisoned. Free radicals are formed, known as oxidative stress to each cell, and it strikes back by reacting with immune-reactive cells and hormones, producing an inflammatory response. In turn, this sets off more inflammatory chemicals that lead to redness, heat, pain, and swelling. When this occurs in the artery, atherosclerosis is in high progression, leading to circulatory obstruction and eventual tissue death. When inflammation occurs in the retina of the eye, macular degeneration and blindness ensues.

When you have pain and suffering, you reach for

your Tylenol or any non-steroidal anti-inflammatory drug /NSAID for relief. You don't have to anymore, because **BROMELIAN**, from pineapple, contains anti-inflammatory properties more potent and effective than NSAIDs. The stem or core has the most Bromelian concentration. It relieves pain and inflammation extremely well without any side effects of gastric irritation, gastric ulceration, bleeding, and liver-kidney damage as seen in NSAIDs. For osteoarthritis pain and stiffness, 400 mg. Bromelian supplement a day resulted in 59% reduced symptoms. It can be purchased as a supplement that comes in capsules. Link to www.puritanpride.com, and www.swansonvitamins.com for more information.

Keep a bottle of it in your medicine cabinet. The only people who cannot take Bromelian are those who are allergic to it, a rare occurrence.

Bromelian Helps Other Inflammatory Conditions

Sinusitis, athletic sprain injuries, speeds up post-surgical wound healing, skin disorders such as pityriasislichenoideschronica, bowel diseases such as ulcerative colitis, fights different kinds of cancers---bone, breast, blood, lung, skin (except melanoma)---by prolonging life or increasing survival rate, and causing apoptosis/programmed cell death of cancer cells.

It is rich in Manganese, a cofactor in numerous enzyme functions in our cells, and a good source of Vitamin C and fiber. The Archives of Ophthalmology indicates that eating three or more servings of pineapple per day may lower your risk of age-related macular degeneration, the primary cause of vision loss in adults.

Eat More Pineapple

Knowing the amazing health benefits pineapple gives you, eat and enjoy it more often. It also aids digestion, helping us digest proteins, which means we benefit by enhanced protein absorption which helps build every cell and muscle. I use it to tenderize pork chops and lamb, using chopped pineapple or fresh juice, adding herbs for their antioxidant

content and aroma. Nature is indeed good to us, endowing us with another medicinal fruit that relieves our inflammatory painful conditions, helping our tissues heal and even prolongs life and longevity. The investigators concluded that the efficacy of Bromelian “could be related to its anti-inflammatory, immuno-modulatory, and or antiviral properties”. When you first feel cold symptoms gripping you, indulge in pineapple or take your Bromelian to ward off the virus, reduce nasal swelling and congestion, reduce mucus, and then watch your rapid recovery. Perhaps we can bid H1N1 virus, “be gone” with Bromelian.



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How to Order Coffee in Singapore

Kopi (koh-pee): coffee with condensed milk

Kopi-C (koh-pee see): coffee with sugar and evaporated milk (the C is for ‘Carnation’, a popular evaporated milk brand)

Kopi-Kosong (koh-pee koh-song): coffee with condensed milk, without sugar. (Kosong is Malay for ‘nothing’ or ‘zero’)

Kopi-O (koh-pee oh): black coffee with sugar

Kopi-O-Kosong (koh-pee oh koh-song): black coffee without sugar

Kopi-Peng (koh-pee peng): iced coffee with sugar and condensed milk

Kopi-Siew-Dai (koh-pee seew dai): coffee with less condensed milk

Kopi-Ga-Da (koh-pee gah dai): coffee with more condensed milk

Kopi-Suah (koh-pee swah): a double order of Kopi

Kopi-Gao (koh-pee gau): literally, ‘thick’ coffee (think double espresso)

Kopi-Di-Lo (koh-pee di loh): even more concentrated coffee

Kopi-Poh (koh-pee poh): A ‘light’ coffee

*The addendums also apply to Teh (tea). Eg. Teh-O

September 13 AGM Potluck & Pool Party

October 24 Halloween Costume Party

December 5 Casino Night



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