

clubjoy

1(1) . OCT 2023



SPECIAL!
Fruits of
stranger
origins

A.N.

the issue of

what to



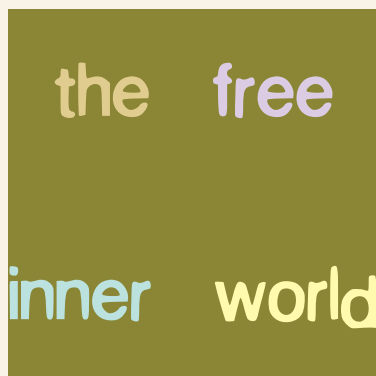
About

Welcome to [clubjoy](#), a wellness zine and art project by [healthyhumansclub](#).

It is a way to process, reimagine and present boring topics about wellness in a more colorful and fun fashion.

We hope you will enjoy the present!

EVERY ONE CAN ANJOY.



We may not be professional writers nor artists, but clubjoy is the freedom to explore creatively, to present logic in illogical ways, to make sense with one's own senses.

It is meant to be free enjoyment, and we hope it does similar things for the reader.

vibe with us?

We are happy to support and feature aspiring artists. Please contact us.

loka@healthyhumansclub.org

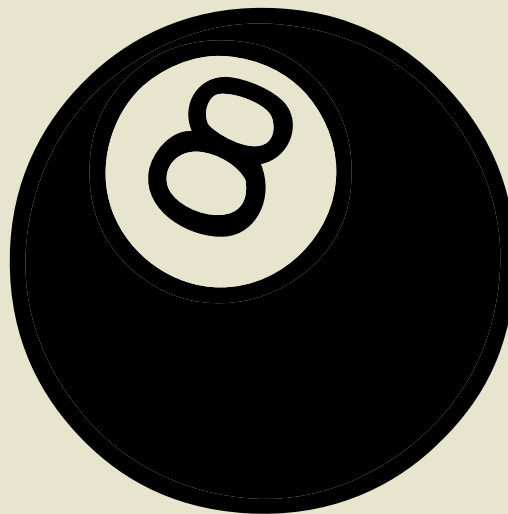
ORIGIN 8

Introduction

I was born in 1996, on the 8th of July.

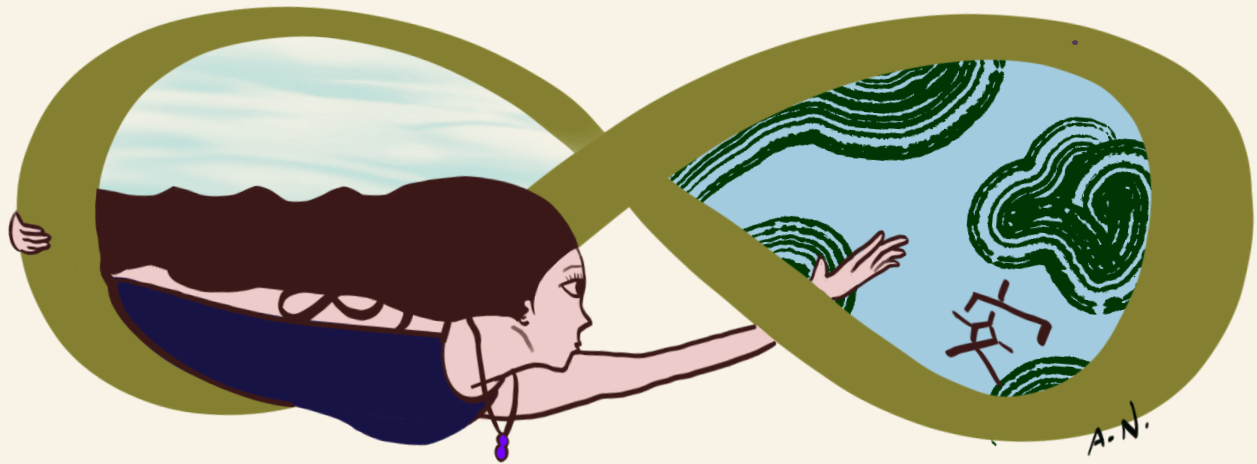
The first and only time that I made it the first, it was - I got to the front of Generation Z. Without trying. I might have just woken up like this.

Here is a personal origin story.



SEARCHING THE STARTS

And so my life begun, from the number 8.



Myself, with a little company.

inspirations

Charming elements that I identified with as a child and adult, and the ones carried forward.



outside

I've always felt something for the exclamations of ads, their confident conveyance of perfection, and their unapologetic energy.

Growing up in a period of consumerism where print was still huge, I surrounded myself with countless magazines and posters of beautifully-designed ads.

The ability to touch and move people, inspiring individual actions, through art and messaging - left me quite awe-struck.

The last few years of my impressionable, young adulthood, I spent it blissfully as a hippie - trying to realise a purpose that I could write about, and create for.

i n s i d e .

When I was 20, I took a solo trip to Myanmar.

Accommodated by a monastery, the episode exposed me to Buddhism. The event held profound alterations on my life. The information was simple, but took years of processing and practising.

Today, I understand Buddhism as a lifestyle. It is a practice of mindfulness, compassion, detachment and presence. It has redefined by understanding and relationship to wellness - as one that is not just external, but internal as well.

Wellness became conscious and intentional, from a place of compassion for the self and its surrounding.

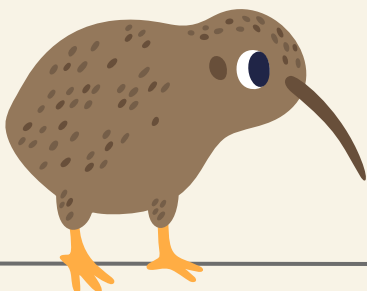
We eat well, we act well, and we think well.

Mindfulness soon became a cornerstone to my relationship with Wellness, and something I passionately championed for.

This whole, unfragmented, definition of Wellness, would form the foundation for most of hhc publications.



the origins of others.



KIWI

Are we talking feathers or fuzz?



Kiwi? Or Chinese gooseberry?

Turns out the fuzzy berries, often associated and plastered with signs of New Zealand, are not native to New Zealand.

Before the country renamed the fruit after its national bird for marketing purposes, it originally came from and was used medicinally in China¹.

NZ became the first to commercialize and introduce Kiwi to the international market.

The credit is in the name which was, with great gratitude, selected over the next consideration: “Melonette”².

We can find the Kiwi fruit today in green, yellow and red variations. Try if you come across the grape-sized version, “Kiwi Berries”.

The golden kiwi boasts a higher vitamin-C content over the green.

Just in case we didn't catch onto its superiority from its... hardly subtle name.

Justice for the green beings

Depending on the size, a green kiwi is well within capacity to provide at least around 90% of our daily required Vitamin C intake.

#KiwiEquality



Unless in argument for taste and sweetness, to which we... we understand.

We too have experienced to great lengths, the alarming shatters of trust - when we bite into the sour green... **creature**, if we may, that abductor that bites human tongues to hell and back! Sorry, we are working on it.

TIP: Nobody likes dealing with teenage rebellion! Allow your green kiwi fruits to mature . You'll know it when they do, for they will soften. And start being sweet and stuffs.

Better yet, get them already mildly soft from the store. Although we're quite sure that most left on the shelf are the hard ones...

Could you hide this device for light reflection away for us please?



DRAGON FRUIT

It do be kinda freaky.



When we look at the outlandish, strange form of the dragonfruit, we never really ponder its origin.

With bright green protrusions studding a leathery, thick skin, the awe continues as one cuts into countless micro seeds suspended in the white (or even deeply purple) flesh.

Believed to originate from Central America with no formal confirmation, we'd think we'd at least know the tree it physically originates from.

Yet, we are greeted by the peculiar sight of this unconventional fruit blooming straight out of cacti. The dragonfruit continues giving.

The dragonfruit, like berries, cherries and mangosteen, is an antioxidant-rich fruit.

Antioxidants are particularly important in shielding us from damage, especially if one lives with pollution, or partake in activities like smoking.

The brightly-hued fruit is widely available today in pink or white flesh, encased within thick pink or yellow skins.

With the dried form increasingly popular as snacks, condiments or garnish, it's become easier than ever to appreciate the fruit.



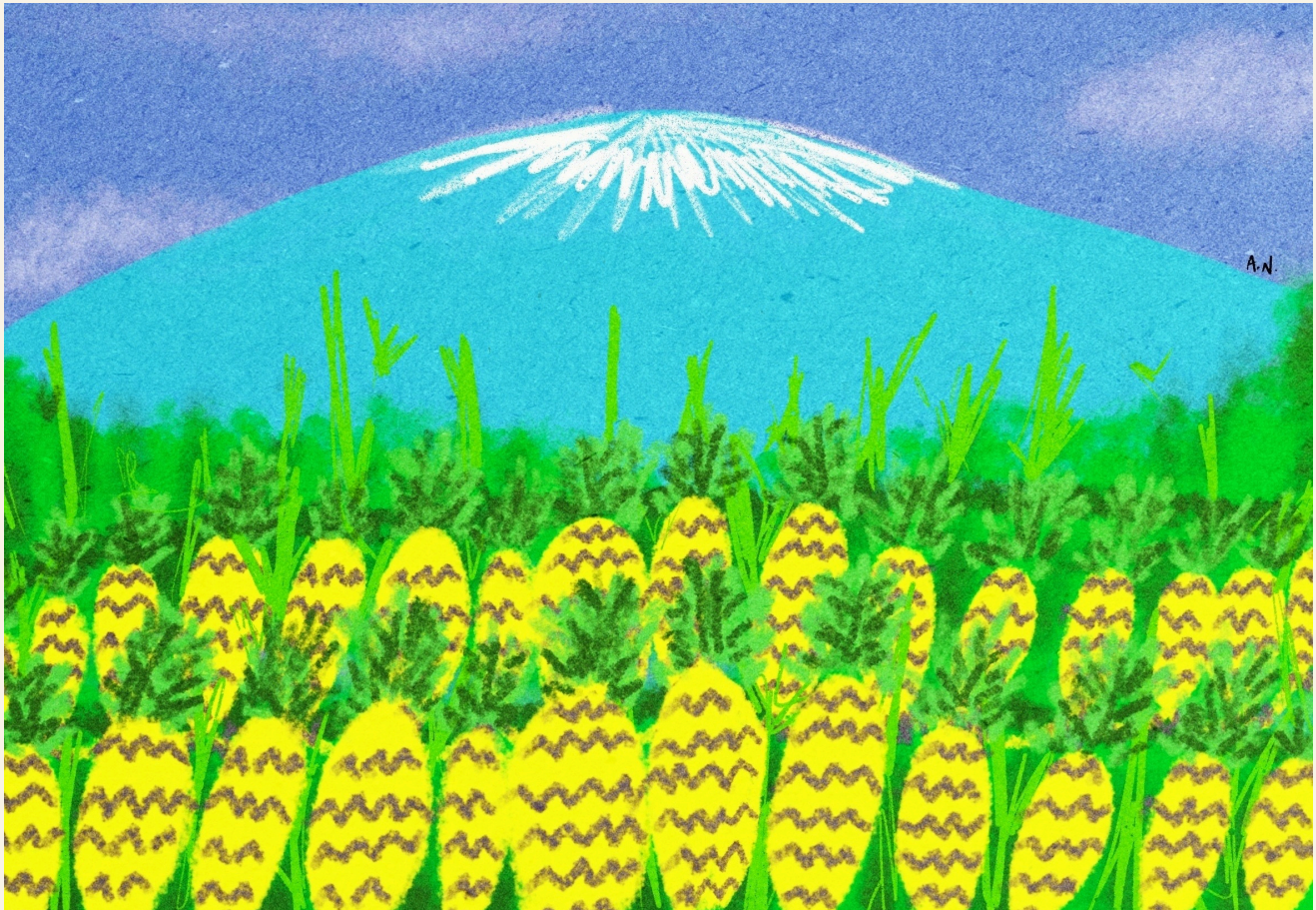
Is the color telling of anything?

As you might have guessed, the pink-fleshed dragonfruit contains more antioxidants than the rest.

TIP: In general, foods high in antioxidants tend to be darker in color. Like blue and black berries, kailan, baby spinach, the dragonfruit is the same. But no, we're not talking chaoda kinda dark.

PINEAPPLE

Another kind of gold.



Now here's a juicy one with an origin that has a little more influences of... humankind.

Specifically the MD-2 pineapple, a golden variety of international standard, first coming from researchers in Hawaii₃.

Designed for elevated taste and nutrition, more eyes

framed the already thorny fruit when it came caught in a trade secret dispute between giant companies Dole and Del-Monte₄.

Did it come from nature or human? And apart from Spongebob, who really owns the pineapple?

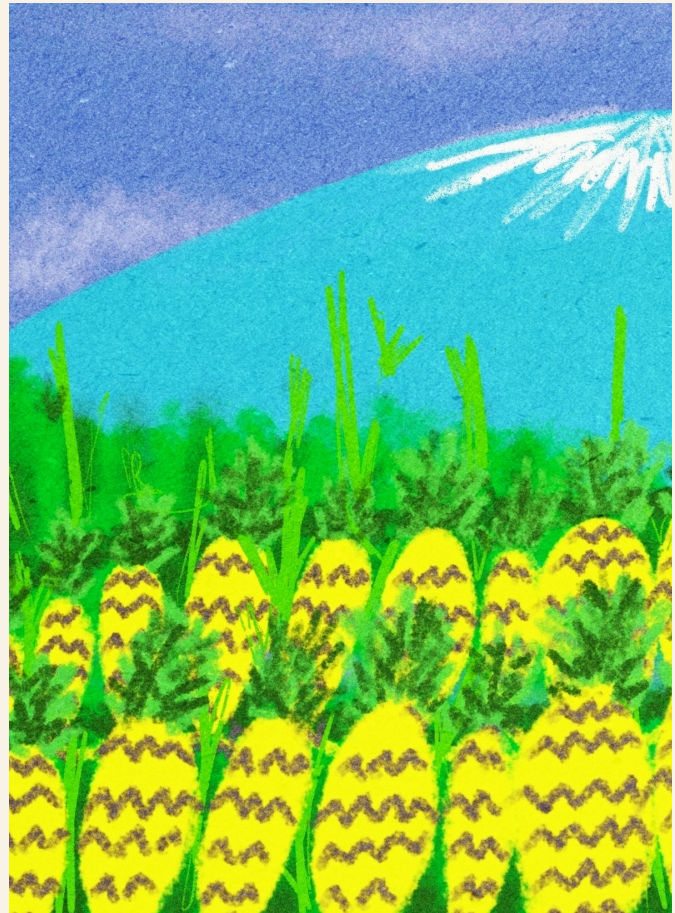
Questions without answers.

Illustration - Still here (2023)

The pineapple is a mysterious fruit.

Crowned with a headpiece that opens out like the feathers of a male peacock, it grabs your attention, yet withdraws itself with its hulk-of-a-skin that also has thorns looking like they're out for your skin to make it their own.

But yet, it would be silly to cast such superficial judgments on a fruit that seems to biologically hint at a higher purpose.



Bromelain

Bromelain is a party of enzymes that hosts therapeutic might. The anti-inflammatory properties allows it usability for healing surgical wounds to muscle injuries, while also managing digestion and acting as a blood thinner₅.

Bromelain originates from several parts of the pineapples₆. This unique cocktail of enzymes has also recently been researched into use as an alternative, sustainable food packaging₇.

Developing an edible and aromatic film out of pineapple waste, it sits in our future as a potential solution to our waste woes.

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NUMBERED OUT (2023)



One of the²⁷ most striking sights of Singapore's wildlife, the Oriental Pied Hornbill is featured alongside the country's old public telephone in this illustration.

THE BIRD IN SG

Despite a local population shrunk since urbanisation, we still receive enough visitors from neighbouring animal kingdoms to have occasional delightful views of this rare bird.

In efforts to manage the population of these thick-tipped big-beaked animal that nests in cavities of tree trunks, Singapore once held a study where cameras were installed around and inside artificial hornbill box-nests in order to observe their behaviours₈.



While we're not into that kind of hornbill reality TV, we do appreciate spotting the majestic figure cast itself across the sky, hopping and soaring between the branches of tall trees, with a food often perched tightly between the front of its oversized beak.

Replacing the bird's prey with one loose change, the hornbill stops by a public payphone to make a call home, presumably because it is far away from it.

DYK? Reserved and loyal, hornbills spend more time in pairs or small groups than they do in large flocks. When DTF, the couple elopes into their lifetime of shared companionship, displaying to humans a shocking reality of monogamy and peaceful marriages.

EnJoyed.