

FROM THE PRESIDENT'S DESK



PRESIDENT
KHIN CHEW

Dear members;

I was still sitting in front of my computer wondering what best news to tell you first, when this message came through the e-mail from our Secretary – we have received the Casino funds from AGLC. I guess everybody must be very anxious to know what the amount would be, but, uh...oh! Turn to the page where our Secretary writes, the answer is there! Sorry but I just want to let Jesse take the pride to announce the amount – a result of dedicated hard works by our volunteers. This will help keep operation of the association and the MSBCA center going until our next Casino in 2007. Once again, my sincere thanks to all who helped.

As mention in our earlier issues of the MSBCA newsletter, the whole month of May has been designated as Asian Heritage Month. As one of the many sponsoring groups, MSBCA Cultural Night 2005 forms part of the many events that occur during May 2005. Cultural Night 2005 is on a Saturday, May 28, with two sessions – one in the afternoon and one at night. Once again, we are expecting this event to be a sold-out, so, purchase your tickets early to avoid disappointment.

The celebration dinner for the newly appointed Lieutenant Governor of Alberta, Honourable Norman Kwong CM AOE, was held at Treasures of China, with the attendance of around

370 people, which consists of people from 39 sponsoring groups (MSBCA being one of them) from various ethnic backgrounds, and many individuals. It was a sold-out event, and was a successful and enjoyable night. MSBCA Kung Fu Kids performed the basics of Martial Arts, and put on an impressive show. Thank you, Kung Fu Kids, and all the parents for allowing the kids to perform. Thanks to all who have helped bring the kids to the restaurant and home, and thanks to all members who attended and helped make the event a success.

In an effort to create more activities for our youngsters and teenagers, I have been negotiating with one of our newly joined member, who was from Singapore, about starting a Martial Arts training class in the MSBCA center. Details are being nailed down at present, and it is most likely this will kick off around the beginning of June 2005 - after our main event of the year, Cultural Night 2005.

The month of April ended with a few successfully run events such as the Potluck-Tombola-Karaoke night, Movie-Karaoke nights, and Sunday Lunches. There will not be any more events before the May 28 Cultural Night 2005. All efforts are put into making the Cultural Night 2005 another successful and mem-orable event. See you all on May 28th. Let me take this opportunity to wish all MOTHERS a Happy Mothers Day.

Khin Chew

**Calling for
Volunteers for
Cultural Night
2005!!!**

**We need your help to make
this a smashing success.**

If you can cook, prepare a dessert, wash dishes, serve food, sell tickets, sing, laugh, tell jokes...

Contact Geraldine Sng
@ 242-2621 (before 10pm)
to sign-up or for more details.

**Sunday Lunch
Announcement**

[For May]

**No Lunches for the
month of May**

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the editorial

BOARD OF DIRECTORS 2004/2005

NOTE: CHANGE OF EMAILS

PRESIDENT
KHIN CHEW 226-1697
president@msbcacalgary.ca

VP MALAYSIA
ERIC NG 280-4165
deluxe.ng@shaw.ca

VP SINGAPORE
GERALDINE SNG 242-2621
vp_singapore@msbcacalgary.ca

VP BRUNEI/SPORTS
JOYCE WONG 220-1518
vp_brunei@msbcacalgary.ca

SECRETARY
JESSE CHEAH 274-3541
secretary@msbcacalgary.ca

TREASURER
JENNIE SOO 280-0327
treasurer@msbcacalgary.ca

SOCIAL
events@msbcacalgary.ca
JOYCE WONG 220-1518
vpbrunei@msbcacalgary.ca
PRISCILLA WONG 275-5613
pwong@msbcacalgary.ca
MAY LEE 266-4077
mlee@msbcacalgary.ca
JANE LIM 375-0828
jlim@msbcacalgary.ca

MEMBERSHIP
KHIN CHEW 226-1697
president@msbcacalgary.ca

SPORTS
JOYCE WONG 220-1518
sports@msbcacalgary.ca

BINGO/FUNDRAISING
JESSE CHEAH 274-3541
bingo@msbcacalgary.ca

EDITOR/WEBMASTER
TRACEY BONG 285-4069
RACHEL WONG 275-5613
newsletter@msbcacalgary.ca

MSBCA Newsletter
c/o MSBCA Cultural Centre
#301, 114-3 Ave SW
Calgary AB T2P 0E7

Electronic Copy is also
available:

www.msbcacalgary.ca

Our little Rachel has gone to MECXICO!! Have a great trip Rache!

- First Chinese Canadian to play in the Canadian Football League,
 - Youngest player to win the Grey Cup,
 - Most Outstanding Canadian in 1955 and 1956,
 - Canada's 1955 Outstanding Athlete of the Year,
 - Member of the Canadian Sports Hall of Fame, Canadian Football Hall of Fame, the Alberta Sports Hall of Fame and the Edmonton Sports Hall of Fame,
 - Only Canadian to have won both the Grey Cup and the Stanley Cup as a player, manager and owner,
 - Awarded the Order of Canada in 1998,
 - National Chairman of the Canadian Consultative Council on Multiculturalism,
- And most importantly...
- First person of Chinese heritage to serve as Lieutenant Governor in Alberta.



It's a heavy (and not complete) list, yet the Honourable Norman Kwong, Alberta's 16th Lieutenant Governor is refreshingly... approachable. Relatively speaking of course, as the Lieutenant Governor is accompanied by the Honorary Aide-de-Camp, a military or civil officer in uniform who marks the official status of the Queen's representative.

On Thursday, April 28th, several MSBCA board members and members

attended a congratulatory dinner honouring Norman Kwong at the Treasures



of China restaurant. A staggering 41 Calgary cultural associations attended the packed event (just imagine our Chinese New Year population!).

I must admit, as a post-secondary student, I have an automatic distrust of anyone associated with the provincial government and had expected the Honourable Norman Kwong to be just another one of "them" and the dinner to be a complete bore. Instead, I left the dinner with a true sense of pride in our Asian community.

He spoke about how far Asian-Canadians have come since he was a small child. His father was not able to vote until he was 40, and he himself had often been taunted because of his race. Now he stood, as the most powerful person in the Alberta government, in front of 36 tables of Asian Canadians honouring the success of one of their own, and joked that he no longer needed to throw a birthday party for his wife of 45 years.

What I found to be truly amazing, apart from the Honourable Norman Kwong's humble personality, was the sheer number of associations present at the dinner. I don't think that there has ever been an event with so many associations gathered together and for that alone, I can honestly say that I believe that Norman Kwong's term as Lieutenant Governor has already created a legacy.

Rachel Wong
From the Editorial Board

Mustard Seed Lunch

MSBCA will be cooking and serving lunch at the Mustard Seed on 30 July (Saturday) and October 1 (Saturday). We need volunteers to make this yearly event a success.

If you can help, contact Geraldine @ 242-2621

Floral Workshops

Would you like to learn the basics of floral design? MSBCA is planning to invite Lea Romanowski, instructor at Mount Royal College, to conduct 5 workshops. Students will take home a project (finished) from each class. Space is limited and on a first-come first-serve basis. contact Geraldine @ 242-2621 for more details.

- Mixed Vase Arrangements
- Handtied Bouquets
- Garden Basket
- Silk Flower & Vine Wreath
- Long Table Center

Cost: \$220 / person + GST
(Cost includes literature and all materials) Duration: 5 sessions @ 2 1/2 hours/class Date & Time: to be confirmed (probably commencing in August)

Venue: MSBCA Clubhouse
Minimum class size: 10 students
Maximum class size: 16 students

This workshop will only proceed if we have the minimum class size.



Your **COMPLIMENTARY**
CNY Dinner 2005

AIRLINE TICKET SPONSOR

1 MAS Ticket (LA/KL) + 3 nights free stay from Tourism Malaysia (for Silent Auction)

MSBCA is pleased to present..:

CULTURAL NIGHT 2005

"A Taste of SouthEast-Asian Food & Culture"

Featuring:

- Authentic Southeast Asian dishes and desserts, performances by Tourism Malaysia, the MSBCA Dancing Troupe, Fashion Show, Martial Arts demonstration, our very own MSBCA Idols, and many more...
- There'll also be Door Prizes and a Silent Auction with lots of great items to be won!

The MSBCA is a non-profit organisation dedicated to preserving SouthEast-Asian culture. We are proud to be part of this wonderful community and are priviledged to be participating in Calgary's Asian Heritage Month.

COME VISIT US!!!

Saturday May 28th 2005

Venue:

Beddington Heights Community Association

375 Bermuda Drive, NW

Calgary, AB T3K 2J5

Performances/Cost:

Afternoon Show:

12pm to 3pm

(Food will be served from 12pm to 1.30pm)

- 4 and Under – FREE (no meal and drinks)
- 5 - 11 years old - *\$5/member (*\$7/non-member)
- 12 years old & above - *\$10/member (*\$15/non-member)

• • • • •

Evening Show:

6pm to Midnight

(Food will be served from 6.00pm to 7.30pm)

- 4 and Under — FREE (no meal and drinks)
- 5 - 11 years old — *\$7/member (*\$10/non-member)
- 12 years and above -- *\$15/member (*\$20/non-member)

Call today for your tickets!!!

Jennie Soo @ 280-0327 (from 6pm to 10pm)

Melissa Cheah @ 274-3541 (from noon to 9pm)

- *Ticket price includes a meal and dessert. Drinks are additional.
- *The above information is subject to change without prior notice.

Looking for a central venue to hold a meeting, presentation or a social event in downtown core?

MSBCA Center has a full feature restaurant-style kitchen with large open space of about 1000 sq feet. We have a seating capacity of 80 people.

#301, 114 - 3 Ave SW Calgary
AB T2P 0E7

For more inquiries, contact Eric Ng @ 280-4165 or
Geraldine Sng @ 242-2621.

- members (inclusive of sound system):
4 hours \$60
full day \$110
- non members (not inclusive of sound system):
4 hours \$80
full day \$130
- Additional \$100 will be applied for the use of the sound system

DAMAGE DEPOSIT FOR MEMBERS AND NON-MEMBERS (refundable):

- building rental \$100
- sound system \$400

Friday Nights Sports 8PM to 10PM

January 7 to June 24 2005

Total 23 sessions @ 2 hrs

Talisman Centre/4 courts

Prices: (non-bingo prices in brackets)

Single \$65 (\$75)

Double \$130 (\$150)

Family \$160 (\$190)

Drop-In Fee: \$5/person/session
(No prorate fee.)

Fees will be reduced by 50%
after March 15th

2005 Cultural Night Seeking prizes for Silent Auction & Door Prizes

* All proceeds for operation of the Clubhouse *

- Does your company have promotional items?
- Do you deal with businesses that could donate something?
- Do you have personal items you'd like to donate?
- Do you want to showcase your skills or hobbies? (e.g. home-made food, painting, crafts, etc)
- Gift cards/certificates

Call May (266-4077) or Tracey (285-4069) for donations or questions

*Want to volunteer for our silent auction? Call us.

Inviting all Volunteer Chefs for MSBCA Sunday Lunches!

MSBCA is looking for chefs to prepare their specialty dishes for our Sunday lunches. It's a great opportunity to practice your culinary skills, meet new people & basically have some fun. And you might even become the next Iron Chef of Calgary!!!

Available dates: June 12 & 26
July 10 & 24
August 7 and 21

Deadline to respond: April 30 for June dates
May 31 for July dates
June 30 for August dates.

Contact Joyce Wong @ 220-1518 (before 10pm) for more details.

Camping at Sundance Lodges

MSBCA has reserved 5 Trapper Tents at the Sundance Lodges. Please call to confirm your booking as soon as possible to **Geraldine @ 242-2621**.

These bookings are based on a first-come-first serve basis. If more bookings are required, it will be subject to availability.

VOLUNTEERS FOR BINGO!!

We need 14 volunteers for Monday May
9, 2005 evening @ 5:00PM

Call Jesse Cheah @ 274-3541

Back Pain? Is Chiropractic For You?

By: George Sng

Is chiropractic for you? A personal account from a member ...

It started out innocently enough. It seemed like a simple enough task, how difficult could cleaning the bathtub be? What I didn't know was that something was about to happen that would eventually affect me for the next 8 months...

It's funny how you tend to take good health and well being for granted until something happens to wake you up. Well, I was in for a rude awakening – while scrubbing the bottom of the tub, I had to reach into a particular corner and due to the awkward angle, my spine was bent like an “L”. It was then when I heard something go “pop”. At first I thought it was my back, but when I stood up, everything seemed fine.

The next day was another story. When I stood up, I suddenly felt a tingling ache in my lower back, on the left hand side. Over the next few days, this tingling ache became a numbing pain that shot through my entire left leg. On walks, every few minutes, I had to double over or squat and stretch, and even then this only brought temporary relief. Sometimes while walking, my foot would go numb.

Initially I had thought that it was a back-related problem, so I started icing the affected area in the hope of bringing the inflammation down. Again, the relief was only temporary. So after doing a little research on the Internet, I discovered a condition known as “sciatica”. Apparently this happens when compression or injury in the back aggravates the sciatic nerve, which runs down the length of each leg in the human body.

What became more worrying was when terms like “herniated disc” and

“surgery” started appearing. There was no choice but to see a physician. Unfortunately, there wasn't much they could do. After trying virtually every anti-inflammatory drug and doing X-rays (which don't really reveal anything if the problem is soft-tissue related), my doctor decided to order an MRI.

The Horrors of MRI

If anyone has ever tried to get an MRI appointment in Calgary for a “non-life threatening” cause, they'll probably agree that it's more enjoyable to get a root canal, or have your teeth pulled. Seven months later, and after multiple calls to the clinic, I still didn't have an MRI appointment. During this time, I had learned to cope with the pain, the restriction in simple daily activities (like walking or even standing for prolonged periods) and the subsequent effect on my mental health as I was getting more and more frustrated.

Things got worse after we got back from Singapore. The pain became a lot more intense – I guess the cold weather (it was -30 when we arrived) and the lifting of suitcases countless times didn't really help. I went to see another doctor, who gave me a bunch of painkillers and some exercises to strengthen my back. The pills and exercises didn't really do much for my condition, and it was about then that I was introduced to a chiropractor.

Dr. Farn to the Rescue

I was at my wits' end and decided to give it try. Nine sessions later, I'm completely cured. As it turned out, it wasn't a back injury at all, so it wasn't sciatica but a similar, lesser-known problem called “piriformis syndrome”. This was brought about by the fact that the bathtub incident caused my S-I (sacral-iliac) joint to be mis-aligned (the “pop”

I heard), compressing the piriformis muscle, which in turn exerted abnormal pressure on the left sciatic nerve.

Pressure on the sciatic nerve caused the numbing, shooting pain throughout my leg and foot, and explained why I had trouble walking and standing.

The chiropractor (Dr. Glenn Farn) treated my condition with spinal adjustments, ultrasound therapy and “active release” techniques, which is basically stretching the deep muscle tissue. But the first order of the day was to re-align the S-I joint, which he did on the first session. And since my muscles had been used to moving and working in the wrong way for over 8 months, he followed up with a series of intensive active release sessions.

Looking back, I can safely say that my condition was cured by 9 visits to a chiropractor, as opposed to waiting several months for an MRI, constantly popping painkillers and being treated by medical physicians who didn't have a clue. As such, I felt compelled to write this article to inform fellow members suffering back pain (who may also be at their wits' end) that there are safe, viable alternative treatments.

If you're such an individual and would like more information on contacting Dr. Farn, please contact VP Singapore Geraldine Sng. I endured 8 months of pain simply because I didn't know who to see and how to handle this – no one else should have to go through the same agony.

The Weekend to End Breast Cancer

The walk is
Aug 12 – 14, 2005

Support Doreen Ng with Gilbert Bong on her team and the Alberta Cancer Foundation by donating. Any amount will be greatly appreciated.



Please visit her special fundraising page here:

http://cl05.endcancer.ca/site/TR?px=1106040&fl=en_US&s_tafld=1015&pg=personal&fr_id=1000

Her personal goal is to reach **\$2000.00** in donations. Let's help her achieve this goal!

www.endcancer.ca

★Bingo Points★

Bird, Diana	40
Bong, Ah Nga	40
Bong, Jimmy	10
Chai, Peter	20
Chan, Jik & Yen	35
Chan, Kim Yee	20
Chan, Nelson	20
Cheah, Jesse & Melissa	40
Chee, Leong	14
Chee, Ah	20
Cheung, Paul & Anna	1
Chew, Khin & Siew	70
Chiang, Ian	20
Chiang, Ron	9
Chiew, Andrew & Lily	20
Chiew, Calvin	20
Chiew, Clara	10
Chiew, Keng-Wei	5
Chin, Ching Fatt	5
Chin, George & Karen	80
Chin, Khin & Cindy	60
Chong, Alex Lye	7
Choo, Yeu Chuan & Janette	15
Chu, Kam	65
Hau, Andy	10
Heng, Peter	25
Kang, Ferlin	10
Khoo, Mok Yong	24
Koong, Nora	30
Krishnasamy, Terrance & Sonia	20
Lau, Fred	30
Lau, Kong	10
Lee, Brenda	10
Lee, Ken	30
Lee, May & Jean-Michel	35
Lewis, Jenny	20
Li, Raymond	20
Liew, Peter & Megan	14
Lim, Eng	16
Lim, Jane	40
Lo, Michael	10
Loo, Kai	20
Looi, Kok Sim	30
Ng, Eric	30
Ng, Jack	20
Ng, Keith	10
Poh, Kwong Wee	20
Poon, Chester	24
Quek, Chong Hin	10
Quek, Tony & Shyut Moi	56
Roe, Kim	20
Rumjahn, Conrad & Rebecca	10
Sario, Daniel & Julia	10
Son, Cliff & Jessie	80
Soo, John & Jennie	26
Tan, Edmund	13

Thai Songkran (Thai New Year's Festival) April 9



The Thai group



ASIAN HERITAGE MONTH CELEBRATION CONTINUES...

MAY 6: Kick-off Gala - Film Event
Chinese Restaurants: Three Continents

Cost: \$25/person (includes dinner, film, dessert & cocktail)

May 12, 18 and 25: Writer's Showcase

Cost: FREE

May 20: Music Gala with CPO
Cost: \$25/adult and \$15/student (Student ID is required at the door)

If you need tickets, contact Geraldine @ 242-2621

For more details, visit:
imagnasian_2005@yahoo.com

Bingo Points Continued...	
Tan, Jack	6
Tan, Peter	20
Tan, Tuan Sing	8
Tang, C.K.	20
Teng, Hau Chong & Juliet	60
Win, Becky	30
Wong, Joyce	10
Wong, Priscilla	0

Badminton Friendship Tour



October 1st, 2005 to October 10th, 2005
 Calgary & Edmonton

A delegation of world class badminton players from the People's Republic of China are being invited to visit Calgary and Edmonton in October of 2005. The delegation members include national coaches, male and female national and international badminton champions.

The main focus of this event is to promote the game of badminton. This is also a great opportunity to strengthen the friendship of all badminton enthusiasts between the two countries.

Multiple events will be scheduled during the ten-day visit that will benefit all badminton players young and old. The events include:

- Visitation to local clubs and schools.
- Exhibition and demonstration games.
- Workshops for juniors and adults.
- Clinics for coaches.

This first of its kind event is an exciting opportunity for all badminton enthusiasts in Calgary and Edmonton. Stay tune for more details to follow later.

Casino Announcement

With great pleasure Khin Chew & I as promised in our March newsletter would like to inform everyone that our Casino volunteers on Feb 26 & 27 have helped earned MSBCA a total of \$71,239.79 from Alberta Gaming & Liquor Commission (AGLC).

MSBCA would also like to thank AGLC for giving our association this opportunity or avenue to raise funds. This amount will be wisely used to cover expenses to our clubhouse and other charity events.

Our next Casino dates will be in 1st quarter of 2007 which is about 2 years from our previous Casino dates. We welcome any suggestions from members on areas where our funds can be put to best use. On behalf of MSBCA committee 2005 once again Thank You volunteers! Please also see attached Bingo/Casino points updated on May 1, 2005.

Yours truly
Jesse Cheah
 Secretary

Calling for Volunteers for Cultural Night 2005!!!

Contact Geraldine Sng @ 242-2621 (before 10pm) to sign-up or for more details.

YOUR DRIVERS LICENSE TELLS IT ALL

A mother is driving a little girl to her friend's house for a play date.

"Mommy," the little girl asks, "how old are you?"

"Honey, you are not supposed to ask a lady her age," the mother replied. "It's not polite."

"OK", the little girl says, "How much do you weigh?"

"Now really," the mother says, "those are personal questions and are really none of your business."

Undaunted, the little girl asks, "Why did you and Daddy get a divorce?"

"That is enough questions, young lady, honestly!" The exasperated mother walks away as the two friends begin to play.

"My Mom won't tell me anything about her," the little girl says to her friend.

"Well," says the friend, "all you need to do is look at her drivers' license. It is like a report card, it has everything on it."

Later that night the little girl says to her mother,

"I know how old you are, you are 32."

The mother is surprised and asks, "How did you find that out?"

"I also know that you weigh 140 pounds."

The mother is past surprised and shocked now. "How in heaven's name did you find that out?"

"And," the little girl says triumphantly, "I know why you and daddy got a divorce."

"Oh really?" the mother asks. "Why?"

"Because you got an F in sex."

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banner: (7.0" X 2.75")

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half page: (7.0" X 5.0")

- \$50/month

MSBCA Newsletter has a readership of approximately 200 families and organizations.

contact:

ads@msbcacalgary.ca

FYI: Travel brochures from Tourism Malaysia are available at the clubhouse. Come in to get your free copy today!

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