

FROM THE PRESIDENT'S DESK



PRESIDENT
KHIN CHEW

Dear Members;

August 2005 sees the most devastating damage to our neighbor, caused by Hurricane Katrina. While efforts were being made to organize events to raise funds to

help the victims of Hurricane Katrina, I urge all members to help by donating financially or in any other ways that can help relief the devastation caused by this disastrous hurricane.

The annual picnic was held on September 3rd, Saturday, with a very good turnout. The committee once again did an impressive job in organizing this picnic. Food was good, complimented by good weather. Merdeka Night was held in the clubhouse on September 4th, Sunday, and was well attended. Daniel Sario, assisted by the committee and volunteers, did an excellent job to make this a fun night with lots of good food and fun.

This is the last message from me as the President of MSBCA Calgary for the term year 2004 thru year 2005. Appointment of the newly elected President will be at AGM 2005 to be held on October 8th, 2005, Saturday. Please make an effort to attend this once a year important event to elect the President and Committee of your choice.

I like to take this opportunity to thank all committee members who have been working extremely hard for the entire term to ensure proper operation

of the association, the MSBCA-Calgary Cultural Centre (often referred to as the "Clubhouse"), and various activities that MSBCA-Calgary was involved in. Several improvements were approved and have been done, while others are being implemented at present. These include the new look newsletter, improved website access and more organized communications, especially in e-mail communications, replacement of the tiles at the entrance to the clubhouse (old tiles were very slippery when they got wet, especially in winter), anti-slip tapes for the stairs inside the clubhouse, installation of an easy access key box, improvement of lightings and additional electrical outlets, installation of laminated floor, purchase of new computer equipment, projector and various other improvements that are being implemented.

Today's MSBCA-Calgary is better known to the community through our involvement in several activities like the Calgary Reaches Out fund raising event for the South and South East Asian Tsunami, Asian Heritage Month 2005, Dinner for the newly appointed Lieutenant Governor of Alberta Honorable Norman Kwong, Global Fest 2005, Alberta 100th Birthday Celebration in China Town, and several China Town Community Association events, Mustard Seed, and supporting members in various fund raising activities. One of the most recent activity added to the association is formation of a dance/performance group led by Sonia Rozario and Daniel Sario.

The MSBCA-Calgary By Laws has been revised and approved by the Committee, and is in the process of getting ready to be sent out to the members for review and approval at AGM 2005. Thanks to the hard work by the By Laws Review Committee.

So, please come to the AGM on October 8th and vote for the president and committee of your choice. Without your participation and supports, MSBCA will not have made it this far!

My best wishes to all.
Khin Chew

MSBCA AGM 2005

Saturday October 8, 2005

MSBCA Clubhouse

AGM Details on page 2

Apply for
SCHOLARSHIPS ASAP!
Details on page 3

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the editorial

a special guest editorial

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AGM 2005, October 08

Matilah, matilah, AGM coming and still nobody come forward. Pssst know anybody who want to become President, VP's, Secretary, Treasurer, Newsletter, Social and Sports? Eh, this one really serious man! Comelah! Tolong sikitlah boleh tak?

Dear Members

Back in July I wrote an article title 'Making A Difference' that talks about some of the reasons why we should keep our candle burning. I talked about the power and effectiveness of helping others in need as a community rather as a lone ranger. But did you know our community is like the burning candle where the wax or base is you the members and the wick at the end of the candle is the committee. Without one another the candle will stop burning.

In this month's issue I'm calling out to all old & new members of MSBCA to come forward & be part of the 2006 committee. Help us keep the candle burning. No, this is not a plea because I believe it has to come from your heart to volunteer your time in being a committee member. You have to assess your

own situation and justify for yourself the time commitment. As your secretary & bingo/casino director for 2005 I find my own little way to balance my time between family, work & community. But I want to tell you making all this 3 work together has made me & my family's life very colorful & fruitful in my own unique way. I learned a lot from my fellow committee members whom I will cherish for a long time. I got to know them better and created a special kind of bond with them. It is sad because I know some will want to leave to pursue other extra curricular activities but I wish them the best and hope they will come back again one day to volunteer their great talents. As for myself I will continue to stay if so decided by the members but I am only a little piece of thread in the intertwined wick that keeps the candle burning. A wise man that is still my friend today once said it is better to Give than to Take. Thank you. See you all at the clubhouse on October 8.

*From your current Secretary
Jesse Cheah*

Singapore National Day Celebration

By Geraldine Sng

Singapore celebrated her 40th birthday with a grand bash – fireworks, parade and a food festival. However in Calgary, Singaporeans celebrated the event with their favourite pastime – local Singaporean cuisine. Some of the popular dishes cooked by our chefs were rendang, sambal udang, satay ayam and the all time favourite was the authentic ice kacang specially provided by Philip and Adeline Chan.

The highlight of the evening was the trivial pursuit with prizes kindly donated by The Consulate-General of

the Republic of Singapore and Singapore Airlines.

The evening was very casual and relaxed with about 30 families; Singaporeans, Malaysians and Bruneians making it a well attended event.

On behalf of the organising committee, we would like to thank all the volunteers and participants who made this evening a success.

Also, I would personally like to thank everyone who had in one way or another, supported me in my position as the Vice President of Singapore for MSBCA 2004/2005.

MSBCA Scholarship Fund

The MSBCA Scholarship Fund enables MSBCA to recognize and reward our children's successful completion at each level in the educational process.

Members are eligible for the annual awards for their children from this fund providing that they meet the following criteria:

- The student must be a child of a member in good standing and the membership must have been effective for two consecutive years.
- The child or any member of the family have been an active volunteer in MSBCA.
- The student must have one of the four core subjects (Mathematics, Science, Social Studies, and Language Arts) in the final report card.
- Bonus awards for high marks is based on the final mark average from all four core subjects (Mathematics, Science, Social Studies, and Language Arts)
- The student must be there to receive the award in person. If it is not possible, the committee will consider it on a case by case basis.

DEADLINE: Sept 10, 2005

Send to the:

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

E-mail:

pwong@msbcacalgary.ca

"Listen To The Whispers" October 16 1:30pm - 3pm

An educational program about ovarian cancer. It invades the body almost unnoticed. About 6 out of 10 women diagnosed do not survive. It's ovarian cancer the disease that whispers.

Why is this program so important?

Each year 2,500 women are diagnosed with ovarian cancer in Canada. With no early detection test, most women are unfortunately diagnosed in the later stages of the disease. The good news is that when it is diagnosed in the earliest stages, the long-term survival rate is about 90%.

Education and awareness are the best tools we have for improving survival.

It's your life. Please attend this session to find out more. Men are welcomed. There will be a 20-25 min video presentation, oral presentation, questions and answers session.

Speaker: Dr Lai Mooi Cheong.

Venue: MSBCA Clubhouse

Date: October 16th

Time: 1:30pm - 3:00pm

Contact: Jennie Soo @ 280-0327 or any committee members

MSBCA AGM 2005

Saturday October 8, 2005

MSBCA Clubhouse

Scholarships to be handed out in the afternoon from 5pm - 6:30pm

A light dinner to be provided from 6:30 pm - 7:30pm

Voting begins at 7:30pm

Please RSVP for headcount

Contact Jesse by email at
secretary@msbcacalgary.ca or by phone at 274-3541

NASI LEMAK NITE

Saturday October 29, 2005

MSBCA Clubhouse 6:30pm - Midnight

Cost: \$10 per person

Menu: Nasi Lemak, Coconut Rice, Eggs, Sambal Prawns, Ikan Bilis, Fried Chicken, Cucumber

Dessert: 2 kinds of Malaysian Kuih One pop included as well as coffee or tea.

Entertainment: Karaoke and dance.

Cooks: Lily Chiew, Jessie Son, Linda Bong, Julia Sario and Kim Roe

Tickets: Contact Linda Bong @ 285-4065 or Kim Roe @ 289-6096

Sunday Lunch Opportunity

Dear Members,

It was carried forward by the committee to give our members an opportunity to make some 'fun money' by allowing them to use our clubhouse kitchen & facilities to prepare Sunday lunches. Our current proposal(subject to change in future) are as follows:

1. No rental fees shall be imposed
2. MSBCA will help advertise in newsletter & website but would require at least 1 month notice about date, menu & cost
3. Permission is given to use MSBCA utensils & cutleries
4. Disposables cutleries, plates & take-out containers shall be at user's expense
5. Cleaning, preparing, collecting money, serving shall be user's responsibilities.
6. User's non-member friends or strangers are welcomed to come & patronize
7. User's cost shall be a flat fee of \$20. If food expenses is a net loss no charge shall be imposed.

We always believe this clubhouse is for all interest groups to enjoy therefore we hope this opportunity will allow some members to have fun preparing the food and others to enjoy eating & socializing in the clubhouse.

*Yours truly
The Committee*

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Call us at (403)292-4001.

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Sports & Recreational Update

1. MSBCA 2005 Fall Badminton Fridays from 8pm-10pm @ Talisman Centre for members only on the following 15 dates:

Sept. 9, 16, 23, 30

Oct. 7, 14, 21, 28

Nov. 4, 11, 18, 25

Dec. 2, 9 16

Fee schedule shall be \$30(single), \$60(double), \$83(family).

Drop-in fees shall be \$5. Above fees apply only to volunteering members

2. MSBCA Kung Fu Saturdays @ Clubhouse. Time & start-ing date to be announced.

3. Other possible upcoming activities: Tai-Chi, Yoga, Bowling.

HELP WANTED! Gondola Banff Restaurant

Looking for bus person, cafeteria helper, waiter/waitress, dish washing person.

If interested, please call David Hong tel: (403)762-7486, cell: 383-1488, fax: (403)762-7449

Weekend to End Breast Cancer

By: Doreen Ng



The Weekend to End Breast Cancer was a huge success and one of the most moving, inspirational and the most painful event I have ever experienced. Within 2 days Gilbert and I accomplished walking 60K. We underestimated how hard it would be, by the first 15 k we walked, our legs were already cramping up and we still had 45 k left. There was a total of 2281 walkers and we each had name tags that we had to wear around our necks. The neat thing about these name tags was it distinguished the breast cancer survivors apart from everyone else. So throughout the walk when I saw someone wearing a pink string around their neck, I knew that they were survivors which was amazing and inspirational to see them accomplish the 60 k.

Well, our long journey began at the roundup center then we walked through downtown, then onto 14th street, then all the way to the University then to foothills hospital, back downtown and finally we arrived at the camp which was located at the Currie Barracks by Mount Royal. Right when we arrived at the camp we found our tents and we literally fell asleep within a couple minutes. At the camps there were massage therapists which I was looking forward to ALL day, but of course they were fully booked. After the first day we

accomplished 35K, now we still have 25 k left.

The next morning we were up early and ready to go at 6:00. This time the route was different and a lot more scenic. We went to areas in the city that I never knew existed and saw the most extravagant houses. The last day was a little harder because by now, we were in so much pain that it hurt to take the next step. Our final destination was back to the roundup center. When the roundup center was finally in our view, it seriously seemed like it took a half an hour just to get there, but the moment we arrived it was the most emotional part of the whole journey. I realized that no matter how much pain I was in, it can't



even compare to the amount of pain that cancer patients had to go through. At that moment I knew that what I have just accomplished will be one of the most special and life changing events in my life.

Once all 2281 walkers arrived there was a special closing ceremony dedicated to the walkers, the crew members, volunteers and of course the breast cancer survivors. All the walkers received special blue victory shirts while the survivors received pink shirts. We all walked into the corral where everyone's family and friends were there to congratulate everyone's hard work (thanks Trace for showing up). The closing ceremony started with 3 beautiful children carrying out a white flag that symbolized that they were suffering from cancer themselves. Then a special speech was made

by the people at Tom Baker Cancer center which was so moving that I was crying the whole time. I had this feeling inside me of great accomplishment and knowing that Gilbert and I, during this weekend, have made a huge difference in cancer research.

The quote that best describes this weekend is, "**I am the end**".

I also want to take this time to thank **EVERYONE** that sponsored me and supported me. Without all your generous donations I would not have been able to take part in such an incredible event. Your donations are what matters, I took the steps but these steps would not have been possible without all my sponsors. From the bottom of my heart, thank you so much. This event was something very special to me and I know that my mom is proud of me and thankful to all you as well.

We will find a cure someday and it will help save someone's daughter, mother, sister, grandmother and even a dad or a grandpa. So thank you again for making a big difference.

This experience was so great that it is so hard for me to put into words how great it was. All I can say is, trust me, every step is worth the pain.



Lastly, your all probably wondering how much we raised, and combined with all 2281 walkers we raised a grand total of 7.1 million!!! Isn't that great?! Many thanks again.

Love, Doreen

More pictures on page 6

★Bingo Points★

BINGO POINTS UPDATED TO AUGUST 31, 2005'

Bird, Diana	70
Bong, Ah Nga	50
Bong, Jimmy	20
Bong, Tracey	20
Chai, Peter	60
Chan, Jik&Yen	35
Chan, Kim Yee	30
Chan, Nelson	20
Cheah, Jesse&Melissa	100
Chee, Leong	14
Chee, Ah	20
Cheung, Paul&Anna	1
Chew, Khin&Siew	160
Chiang, Ian	11
Chiang, Ron	9
Chiew, Andrew&Lily	10
Chiew, Calvin	40
Chiew, Clara	10
Chiew, Keng-Wei	5
Chin, Ching Fatt	10
Chin, George&Karen	85
Chin, Khin&Cindy	80
Chong, Alex Lye	2
Choo, Yeu Chuan&Janette	25
Chu, Kam	65
Gigi	30
Hau, Andy	20
Heng, Peter	25
Kang, Ferlin	10
Khoo, Mok Yong	24
Koong, Nora	15
Krishnasamy, Terrance&Sonia	40
Lau, Fred	30
Lau, Kong	10
Lee, Brenda	20
Lee, Ken	30
Lee, May&Jean-Michel	85
Lewis, Jenny	30
Li, Raymond	20
Liew, Peter&Megan	14
Lim, Eng	0
Lim, Jane	60
Lo, Michael	10
Loo, Kai	20
Looi, Kok Sim	60
Ng, Eric	40
Ng, Jack	20
Ng, Keith	10
Poh, Kwong Wee&Jackie	0
Poon, Chester	24
Quek, Chong Hin	10
Quek, Tony&Shyut Moi	96
Roe, Kim	30
Rumjahn, Conrad, Rebecca, Arthur, Lara	90
Sario, Daniel, Julia & Pam	90
Son, Cliff&Jessie	43

Our New BINGO DATES

- Oct 09 '05-Sun Evening
- Oct 24 '05-Mon Evening
- Nov 20 '05-Sun Afternoon
- Dec 14 '05-Wed Evening
- Jan 16 Mon Evening
- Feb 25 Sat Afternoon
- Mar 07 Tue Evening
- Mar 23 Thu Evening
- May 03 Wed Evening
- May 14 Sun Afternoon
- May 31 Wed Evening
- Jun 26 Mon Evening
- Jul 20 Thu Evening
- Aug 09 Wed Evening
- Aug 26 Sat Afternoon

Bingo Points Continued...

Soo, John&Jennie	96
Tan, Edmund	23
Tan, Jack	6
Tan, Peter	20
Tan, Tuan Sing	8
Tang, C.K.	40
Teng, Hau Chong&Juliet	100
Teo, Ah Eng	10
Win, Becky	110
Wong, Joyce	60
Wong, Priscilla	100

VOLUNTEERS FOR BINGO!!

We need 14 volunteers for
Sunday October 9, 2005 @
5:00PM.

We need 12 volunteers for
Monday October 24, 2005 @
5:00PM

Call Jesse Cheah
@ 274-3541

• **Martial Arts Training for Kids, Teenagers and Adults**

• **Tai Chi for Adults (Teenagers welcomed)**

Venue: Clubhouse

Time and Day: Saturdays

Time: yet to be determined

Fee: No Cost

Instructor: Mr. Tan, Chin Hock

1st Meeting: At the Club House at 3:00 pm on Sept 24 Saturday. Enrollment on the spot.

More Pictures from the Weekend to End Breast Cancer Pg. 5



Global Fest Dance Performances



By: Daniel Sario

Although Sonia and myself agreed in principal to participate in the Global Fest cultural events, we did not realize the enormity of the commitment. In early August, we were informed that the performances would be held at the Jack Singer Hall. Naturally, being far from “idol” material, Sonia and I agreed that we had to step up our performances. That being the case, I gave Sonia and Priscilla the ultimatum that unless there was a group of dancers



on stage to draw the public’s attention away from the singers, I was not prepared to sing.

I am very appreciative of the help that I received from Priscilla, Julia, Sonia and Khin Chew, who got together a group of volunteers in Fabian, Tina, Melissa, Edmund, Min and Shanti as our MSBCA dancers. This group of dancers were extremely devoted, and with the help of Sonia, we managed to choreograph two dances, the Joget and Kadazan. It was a remarkable achievement, I’d have to say, having had only six practices in two weeks. I would be forever grateful for all the time and effort that they have all put in.

Min downloaded the songs onto CDs and distributed these to all the dancers. And all the dancers were expected to practice at home. Shanti drove around to purchase the material, trimmings and buttons. Tina made sure that all the dancers were synchronized by counting each step. And Priscilla made all the arrangements for the costumes, even engaging a tailor to sew them. Then there were a group of talented ladies, Liz Tan, Susan Tan, Su Law, Jane Lim, Melissa Cheah, Julia Sario, Kim Roe, and Priscilla, who spent their evenings

at the clubhouse sewing the trimmings, making necessary adjustments, and so on.

On a personal note, I wish to say that I am truly proud of our dancers. I was touched to hear that there were a group of willing participants who knew full well that they had to master two choreographies in just two weeks. Our dancers trained really hard, and they danced their hearts out at the Jack Singer Hall, making our Global Fest performance a memorable success.

Then the next day we had another commitment in Chinatown, and we chose to proudly showcase the Kadazan (Sumazau) dance. Our performance was scheduled for the mid-afternoon, and we were thrilled to make it to the stage, until we realized that the metal platform was scorching hot, and we were absolutely barefooted. But the dancers and singers danced on, and did their



best to mask their pain. We’ll always remember the day we all hopped our way back to the clubhouse, and finding out then that some of us had hurt ourselves with huge blisters under our feet. But the good news is many communities in Chinatown were impressed with our performance. And not surprising at all, our President has been approached for future participations in upcoming events around Calgary.

I wish to extend my personal congratulations, as well as MSBCA’s appreciation, to this group of dedicated volunteers.

MSBCA Weekday Lunches

MSBCA Weekday Lunches
Kicks off on **October 20**,
Every Thursday.

Lunch will be served between
12pm to 1.30pm. Menu: Oct 20
(Beef Rendang and vegetables),
Oct 27 (Nonya Laksa). Cost: \$6/
plate includes coffee or tea.

Lunch prepared by Geraldine
Sng. All are welcome!!!

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