



"Although I never expected anything in return for what I have done, it feels good to be recognized. Once again, I want to say thank you to everyone who has been supporting me all this while."

From the President's desk

Dear members,

This will be the last message from me as president of MSBCA-Calgary before the new team is elected during the Annual General Meeting to be held on Saturday, 14 October 2006. This year's AGM will be held at the Treasures of China restaurant (see notice on page 7).

My first year as president was more like a trial and error term, but I got by with the help from a good committee. My second term went really well, although we had the smallest committee in the history of MSBCA. Matters are not only discussed and finalized during our monthly meetings, but are also done through the efficient use of e-mail and telephone conversations.

There are no words that I can use to describe how grateful I am to all the committee members and volunteers who have supported both the club and myself. Thank you all!

This year, we've had a number of occasions where we worked together with other associations and different ethnic groups. Promotion of our food and culture was done successfully in the form of a two-day food fair (as part of the Asian Heritage Month) in May, and joint cultural performances with the Canadian Indonesian Social Club and the Alberta Thai-Canadian Association, at the Southeast Asian Pavilion (Globalfest 2006).

Thanks to the MSBCA Cultural Dance Group and all volunteers! I hope you all had a good time at the Volunteers' Appreciation Picnic on 9 September.

Working together with different ethnic groups during both instances of Calgary Reaches Out (Hurricane Katrina in the Southern US and the South Asian Earthquake) and various activities involving the Chinatown com-

munities paved the way to the success of the Calgary Reaches Out 3rd episode fundraising event to assist the victims of the Indonesian Earthquake. The event was held in Chinatown, and over 350 people from various ethnic groups attended.

This year also saw the cancellation of the MSBCA Scholastic Awards due to lack of funds and properly defined criteria, as well as the cancellation of our Bingo fundraising activities. After reviewing the numbers, we decided that it was not an efficient use of our volunteers' time and effort; that and the strict restrictions imposed on usage of the funds led to the decision to cease our regular Bingo activities.

Perhaps the most surprising and exciting experience for me is that I was selected as one of many recipients of the Alberta Centennial Medallion Award, with a Certificate of Alberta Centennial Recognition presented to me on Sunday December 18th 2005 at the Calgary Chinese Cultural Centre.

Although I never expected anything in return for what I have done, it feels good to be recognized. Once again, I want to say thank you to everyone who has been supporting me all this while.

See you all at AGM night on Saturday 14 October.

Khin Chew

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Editorial



*"We have to engage
the ones around us ...
It may take only a
few minutes of our
day, but those
minutes go a long way
in telling that
individual: "You matter
to me".*



Following the madness at Dawson College, the most immediate question that everyone must be asking is "Why"? Society needs to make sense of tragedies; perhaps it's the western empirical way, but there's always a need to impose a template of sanity and reason on seemingly insane or irrational acts.

If we knew why some people do the things they do, it keeps our world ordered and "safer" — it helps us sleep better at night, knowing somehow, that perhaps, Kimveer Gill was a victim of some sort of abuse himself, had a borderline personality or was suffering from some mental illness.

Perhaps it was because he played video games like Postal 2 (one of the dregs of the gaming fraternity, due to its mindless violence and poor game design), or that he frequented "goth" sites like vampirefreaks.com; maybe it was because he liked to wear black, and that affected (in some subliminal way) the way he looked at the world.

Or perhaps Gill was merely a mortal, as human and "normal" as you or I, with one exception: he had been alienated to extreme lengths, and pushed beyond breaking point.

However, one may argue that the way we respond to alienation and stress varies; most people would hit the gym, go jogging, get a pet or hobby, watch TV, listen to music, or (god

forbid), play a video game. As responses go, we simply do not buy an automatic weapon and go on a shooting spree.

If we accept the fact that Gill was a deeply troubled individual who had few friends, no love interest and who had an unhealthy fascination with weapons, we begin to understand the potential effects of alienation. But what exactly is alienation and what can be done about it?

Alienation is an emotional response that occurs when an individual feels cut off (or ostracized) from his family, mainstream society, or his peers. It is the "silent stalker". More often than not, alienation goes on unnoticed as we rush about our daily lives, oblivious to the changes in behavior of the ones around us. Then one day we wake up, and realize that we can no longer relate to our spouses, children, friends or coworkers. *Or worse.*

We have to engage the ones around us with genuine concern, communication and attention. It may take only a few minutes of our day, but those minutes go a long way in telling that individual: "You matter to me".

We have to be vigilant, and guard against alienation in our circle; for as we can see from Dawson College, the potential fallout is a price too high to bear.

MSBCA Photo Gallery – miscellaneous events



Our dancers in Globalfest 2006. The MSBCA shared the Southeast Asian pavilion with the Canadian Indonesian Social Club and Alberta Thai Canadian Association.

This was the first year we held the Mosaic of Flavours, which was a great success. Over 200 people visited us on each Sunday.



Our dancers pose with En. Taufik (extreme left). Good job guys!



The crowd enjoyed a wide variety of ethnic Southeast Asian dishes like satay, ayam merah, nonya popiah, mee siam, nasi lemak, rojak & chicken curry.



Walking on plates, without breaking them!



Back in the kitchen, volunteers scramble to ensure an uninterrupted supply of food...



The Volunteers' Appreciation picnic was held on 9 Sept at Bowness Park. Too bad there was no beer, eh guys?



Dazzling costumes and outfits were the norm at Globalfest 2006.



Two National Days mean double the fun (and double the eating)! The Singapore National Day celebration was held on 5 August and Merdeka Night was held on 26 August. Consul-General of Singapore Foo Chin Kwok & his wife drove down from Vancouver to attend the former event.

The Korean drum performers stunned the audience with a precision display of timing and coordination.



Announcements



MSBCA Summer Hike

This year's summer hike was to Kananaskis Country. It was about a one hour hike (one-way) and everyone who attended had a good time. We had lunch at Kananaskis Lodge, followed by another short walk around the grounds before heading back to Calgary.

Thanks to Jesse Cheah for sending these photos!



A Letter of Thanks

On behalf of my family, I would like to thank members of the MSBCA for helping us through our difficult time during the loss of my sister Amanda Choo on February 2006. Members willingly availed themselves during the celebration of Amanda's life.

Finger food was brought in, selected songs were burnt into CDs, video and photographs were taken, guests were ushered and taken care of from the beginning till the end of the service.

We would also like to especially extend our gratitude to Khin Chew and Jesse Cheah, who made sure our needs during this time were met. They offered to drive us to the airport, as we were to accompany Amanda to return to her birthplace in Malaysia for interment.

When complications arose, Khin Chew called the Malaysian Consulate in Vancouver to speed up the legal documents and dealt with the funeral director together with a friend. Though it took almost two weeks to get the legal documents in order, Amanda was finally able to make her final journey back to Malaysia to rest in peace.

The situation was devastating for me here in Calgary as well as family waiting in Malaysia. We were emotionally drained and it was during this time that Khin Chew and Jesse walked the extra mile to help us.

Indeed, MSBCA is not just a club that promotes Asian culture and heritage, but also one that is truly concerned with the welfare of their Asian brothers and sisters.

Amanda, who was one of the core founders of the Club in the 90s would be proud to see the sincere hearts and kindness showered upon her, and other Asians in the community. May this spirit of Asian community always live within MSBCA.

On behalf of the family,

Saw-Yah Choo

MSBCA Calendar

(Volunteers for events are most welcome!)

Sundays: Kids' martial arts / Tai Chi classes
(see notice on this page)

September:

30 - Casino fundraising

October:

1 - Casino fundraising

14 - MSBCA Event - Annual General Meeting

Note:

Clubhouse rentals take precedence over "TBN" (To Be Notified) events. If you'd like to rent the clubhouse on those dates, please approach any of the committee members.

Sunday Martial Arts & Tai chi classes

The kids' martial arts and adult tai chi classes will re-commence from 22 October onwards at the following times:

Kids' Martial Arts: 11.30 am — 12.30 pm

Tai chi: 12.30 pm — 1.30 pm

All members / members' children are invited!

Editor's note:

Due to a lack of space, an article on Globalfest 2006 has been held over. Please visit the web-site to read this article.

More photos of the various events are also available online: www.msbcacalgary.ca

MSBCA Self-Defense Class (children)

In light of the recent kidnappings and increased crime in our city, MSBCA has organized a self-defense class for children.

The class is open to members' or non-members' children between the ages of 6 to 10 years.

It will last approximately 2 hours and focus on a basic, practical, street-smart approach to self-defense in an urban setting.

Martial arts instructor Tan Chin Hock has agreed to conduct the class.

When: 4 November 2006 (Sat); 3pm to 5pm

Where: MSBCA clubhouse

Duration: 2 hours

Hour 1: Theory & concept of self-defense; the right attitude; the importance of perception and principles of self-defense. Situational awareness; action & reaction.

Hour 2: Practicum; practice of theory learned in the previous hour.

Cost: \$15 / participant (members)
\$45 / participant (non-members)

Registration: by 21 October to Jesse Cheah: email secretary@msbcacalgary.ca or call 880 8885

Please note:

1. A minimum class size of 10 is required, otherwise the class will be cancelled.
2. A waiver will need to be signed
3. The class will be a "closed" session — only participants, their parents, the committee, and the instructor's family are allowed to be present.
4. If the response is positive, future classes for other groups may be planned (e.g. teens, women).

Marketplace—goods, services & other announcements

ASIAN CANADIAN YOUNG ADULT STUDY

As part of the University of Windsor's cross-cultural research program in the Department of Psychology, Vanessa Chong (Principle Investigator) and Dr. Ben Kuo (Faculty Supervisor) are conducting a research study on the psychological well-being of Asian Canadian young adults and their families.

They are seeking East (e.g., Chinese) and Southeast (e.g., Vietnamese) Asian young adults (aged 18 to 25) to participate in a short survey. Participation in this research will contribute to the advancement of cross-cultural research, and will give participants the opportunity to gain some insight into their cultural identities and family's cultural experiences.

Participation involves completing a website survey which will take approximately 20 minutes to complete. As a token of appreciation, participants will be entered in a draw for 1 of 4 \$25 gift certificates to Chapters.

If you are interested in participating or have any questions, please e-mail Vanessa at asian.family.study@gmail.com

MSBCA AGM 2006 Announcement

When: 14 October 2006 (Saturday)

Where: Treasures of China Restaurant

Cost: Enquire when confirming attendance

Programme:

6pm to 7.00pm: Registration & membership renewal

7.15pm to 9.00pm: Dinner will commence

9pm: Nomination & voting of 6 executive committee members commences.

Note: To vote or run as a nominee, your membership must be current (all fees paid) and you have to be a member in good standing.

Please confirm attendance with Jesse Cheah @ 880-8885 or secretary@msbcacalgary.ca by 6 October 2006

Overseas Singaporean Portal

Choo Wai Yee from the Overseas Singaporean Unit, PMO invites all Singaporeans to visit the portal: www.overseassingaporean.sg

The Overseas Singaporean Unit would like to better understand the needs, suggestions and ideas of overseas Singaporeans.

Your feedback is welcome. Feel free to visit the site; there's a lot of useful information available for overseas Singaporeans.

Membership Fees

For those who have not done so, please renew your membership ASAP.

Hand your payment to any committee member or mail your cheques to the clubhouse at this address:

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

Marketplace—goods, services & other announcements



**“Thank You” to
Malaysia Airlines
For sponsoring tickets
for these 2006 events:**

**Chinese New Year
Asian Heritage Month**

Change of address?

**If your contact info is not
up to date, you may be
missing out!**

**Please contact Khin
Chew to keep your details
current!**



Got something to say?

Send your questions,
comments or articles to:
editor@msbcacalgary.ca

Please note that the
newsletter is now a bi-
monthly publication and all
submissions are due by
the 15th of each even-
numbered month.

We'd like to hear from you!



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Information on MSBCA-Calgary 2006 Annual General Meeting

Please be informed that this year's Annual General Meeting (AGM 2006) is scheduled for Saturday, October 14, 2006, to be held at the Treasure of China restaurant with a full 10-course dinner.

In addition to the MSBCA-Calgary 2006 AGM notification that was advertised in the July newsletter, this information slip is issued to ensure all MSBCA-Calgary members who are in good standing (means membership renewed or activated for year 2006 before October 14th 2006) are kept up to date on the current rules that governs the MSBCA-Calgary AGM that is to be held on October 14th 2006. This is especially important due to the continuing increase of newly joined members who have not attended the MSBCA-Calgary AGM's held in previous years.

For members who are not familiar with the MSBCA-Calgary BYLAWS, please either go to the MSBCA-Calgary website at www.msbcacalgary.ca and click on the link [MSBCA Bylaws](#) under Join Us section, or contact any of the committee members for a copy. Contact information for all committee members are posted on the newsletter. Members should have a good understanding of the rules, procedure and requirements for a candidate to run for the various positions.

Only TWO (2) adults (minimum 18 years old) per family membership and ONE (1) adult (minimum 18 years old) per single membership are eligible to vote. Registration of attendance will be carried out at the door. The AGM registrars reserve the right to ask for picture ID if and when required.

Renewal of 2007 membership will be accepted. New membership applications will be accepted but newly joined member/members will not be eligible to vote on the same day, as new memberships require approval by the board. Any membership that has passed the February 28th 2006 renewal deadline is a non-member effective March 1st 2006, and as such, their membership renewal on October 14th 2006 will be treated as a new membership and they are therefore not eligible to vote, nominate candidates, or run as a candidate themselves on October 14th 2006.

Existing members, who have not had their 2006 membership renewed but wish to maintain their membership in good standing, must renew their membership before October 14th, 2006.

The Chairperson shall be advised of any motion, prior to the motion being presented. Any Motion to be raised shall be presented by the individual who raises the motion.

Nominations will be accepted for the 6 Executive Committee positions and Committee Members as required, per the MSBCA-Calgary Bylaws.

As mentioned in the May issue of the newsletter, there will not be a scholarship award presentation this year at the AGM.

Vote starts at 7.30pm.

Looking forward to seeing you at the AGM, once again, thanks for all the supports during my term as the President of MSBCA-Calgary.

Khin Chew,
President, MSBCA-Calgary