

PRESIDENT'S MESSAGE



ADELINE CHAN

Winter is here once again and brings with it much snow and outdoor activities for the sports enthusiasts. For others, it is a busy time preparing for the year end festivities. It is also the time of

year that we reflect and review upon our year's achievement in the workplace as we come to a close for the year. MSBCA has come a long way to build a closely knitted family of friends within the association. Members are privileged to enjoy the many activities the association holds in our very own building, especially in cooking, kung fu classes, dance lessons, and many others.

As usual, one of our renown chef, Jesse Cheah "Ah Hock" delighted the taste buds of many with his famous spicy "Char Kuay Teow." Those who came can testify its equivalence to one of many authentic MSB favorites. Look out in the newsletter for our next MSBCA lunch event.

In November we had the privilege to host the Sepak Takraw Team from Malaysia for an exhibition game at our Chinese Cultural Centre. The delegates also played at the Calgary Christian School and Bishop O'Byrne High School with a total audience of over 2,000 students. We thank Jesse Cheah for coordinating the event and organizing this exhibition

game in our community here in Calgary. The games were spectacular.

On December 4th 2007 we will be welcoming the new Malaysian Consul General from Vancouver for his familiarization visit to Calgary. We wish him success and blessings in his new term in office.

MSBCA will be celebrating the Family Christmas Dinner on December 8th 2007 at the clubhouse. There will be a mix of Western and SE Asian food delight with carol sing-along. May we also make this Christmas a meaningful one in sharing the gift of love to one another and making a difference in someone's life.

MSBCA will end the year with the New Year's Eve party. This will be celebrated with a special candlelight Dinner and Dance, so come out and join in the celebration to welcome the New Year.

I am also happy to welcome many of our past members back into the club. For those who have yet to renew next year's membership, please do so in order to continue member's privilege. Let us continue to work together as a team in volunteering for the community as MSBCA provides opportunities for talents, educational and cultural experiences. We at MSBCA will continue to strive to meet these in our events and activities. We look forward to your support.

Wishing everyone a blessed Christmas and New Year.

*Blessings,
Adeline Chan*

In this month's issue:

- 3 >> Upcoming Events
- 4 >> Nov's Sunday Lunch Pictures
- 4 >> Indonesian Night Highlights
- 5 >> Sepak Takraw Highlights
- 6 >> Are You Ready for Snow?
Fish Rescue
- 7 >> A Singapore Life
Asian Etiquette

Sunday Lunch

Date: January 20

Time: 11:30am-1:30pm

Place: Clubhouse

Menu: Penang Assam
Laksa

Chef: Crispina Soon
and Jenny Lewis

Would you like to share some great recipes, a great photo, or funny jokes?

Please send them in to
editor@msbcacalgary.ca and
I will publish it in the newsletter!

Membership Renewal

You may renew your membership by mailing your cheque to the MSBCA at:

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

Happy Holidays and Season's Greetings

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Wow, time flies when you're...working hard... or hardly working... oh right... when you're having fun! With each passing year, it seems like time just whirls by quicker and quicker and sometimes knocking you off your feet leaving you to look for a moment to catch your breath. I remember when the days of childhood seemed endless and that I felt like I had all the time in the world! Now, I feel like sometimes I have to scramble for every minute I can get. I guess with the year nearly coming to an end, as it is the same with every year's end, it calls for a time of reflection of what that past year has brought us. What we learned, what we achieved, what mistakes we've made, those who came into our lives, those who went out of our lives, and many more.

I think the key to living a good life is to live by that good old saying of "everything in moderation." It's easy to say, but sometimes can be difficult to do. I think with everything in life there needs to be a balance and once you have reached that happy medium you gain a feeling of fulfillment. As the holidays approach, and the parties start to line up, it's usually an even busier time for everyone with Christmas shopping, planning for parties, attending parties and still having to find time to spend with loved ones. This time of the year when balancing everything is especially important.

For my editorial this issue, I wanted to give you all some great ideas and activities that you and your family and friends can get excited about and enjoy together. It doesn't matter how young or old you are, just get into the spirit of things and enjoy the season!

Flashing back to the good old days, the simpler days, here are some activities that don't cost a lot to have some fun:

- Go tobogganing
- Build a snow fort in your backyard
- Go skating at Olympic Plaza
- Have snowball fight
- Play some board games while sipping hot chocolate or eggnog
- Build a snowman

- Go for a X-mas lights night cruise
- Go see the Zoolights

Other activities happening around Calgary and Area:

Every Christmas Story Ever Told

When: December 3 - 21, 2007 (12:10 p.m. daily, except Sundays)

Cost: \$13 - \$16

Info: <http://lunchboxtheatre.com>

Twelve Days of Christmas - Heritage Park

When: November 23 - 25, December 1 - 16, 21 - 23, 2007; 9 a.m. to 4 p.m.

Info: www.heritagepark.ca

Experience Christmas past: enjoy wagon rides, storytelling, the Santa Express, unique shopping and our famous breakfast buffet (reservations required for the buffet).

Theater Calgary: A Christmas Carol

(is one that I really enjoyed)

When: November 23, 2007 - December 23, 2007

Info: <http://theatrecalgary.com>

(more holiday activities can be found at <http://www.canada.com/>)

Christmas in Kensington Village

Every Saturday in December (1, 8, 15, 22)

Elves handing out good cheer & candy canes, Strolling Edwardian carollers, Live bands, School choirs, Beautiful white light.

Info: <http://www.visitkensington.com/>

Starlight Christmas on the Avenue

Saturday December 8th 2007

(Noon to 4pm)

Tomkins Park, 17th Avenue and 7th Street SW

Enjoy family activities including: Carriage Rides, a Petting Zoo, Ice Sculptures, Christmas Music and pictures with Jolly Old St. Nick (pets welcome). Then, at 4pm help us light up the park to kick off the 17 Days of Christmas on 17th Avenue.

Info: <http://www.uptown17.ca/>

I will also post more activities at www.msbcacalgary.ca. Check it out!



-----MSBCA CALENDAR
of events-----

DECEMBER :

- 8th Family Christmas Dinner
- 15th Christmas Caroling
- 31st New Year's Eve Dinner & Dance

JANUARY 2008:

- TBA - X-country Skiing/ Snow Shoeing

FEBRUARY 2008

- 15th Chinese New Dinner @ the Regency Palace

Reminder!

**MSBCA Family
Christmas Party**

December 8, 2007
MSBCA Clubhouse
6.30 p.m. – Midnight

**Catered Dinner provided
NOT a Potluck
SOLD OUT**

To register, please contact
Joyce @ 220-1518
or
Shanti @ 998-5293

*MSBCA Chinese
New Year Banquet*

**Regency Palace
Seafood Restaurant**

**Friday, February 15, 2008,
Starts at 6 pm**

Admission: member/non-member

Adult: \$30 / \$35
13-17 yrs old: \$20 / \$25
6-12 yrs old: \$10 / \$15
4-5 yrs old: \$4 / \$6

Prices for teenage and children are buffet menu

Ticket Sellers:
Ee Pin Joo, tel 547-6947,
jooteh@shaw.ca
Jill Heng, tel 686-8448,
jillheng@shaw.ca

**Tickets will go on sale starting
January 2008.**

Try and form your own group of ten diners per table to help with seating arrangement efforts.

Sponsors are encouraged for this banquet.

Sponsors to send their company logo (jpg file) or name to Peter Chai (secretary@msbcacalgary.ca) to be included on sponsors list.

**MSBCA New
Year's Eve Party**

**December 31st 2007
7:00 p.m. – 2:00 a.m.
MSBCA Clubhouse**

Ticket Prices: (includes Dinner, Champagne, Juice, Coffee/Tea, Snacks and a chance to win door prizes)

- Adults \$25/member,
\$30/non-member
- Kids (5-12) \$15/member
\$20/non-member
- Kids (5 & under) Free

PROGRAM:

- Dinner
- Games. Fun, Fun, & Fun
- Door Prizes
- Dance to 'Alternative DJ' music
- New Year Toast & ...more dancing

Seating capacity : 80 guests

Contact Jade Tarbet @ 998-4809 or Stanley Vong @ 663-8179

Tickets will be available for purchase starting December 1, 2007.

*If you thought last year's party was
"AWESOME & FUN!!"
Come and experience another one!*

**Mari
Memasak!!**

**Lets have some fun and
learn from each other!**

**Dec. 16th, 4:00pm @ the club-
house**

Two of our famous chefs will share their recipes with us. Ah Hock (Jesse Cheah) will prepare Penang Char Kueh Teow, and Lily Chiew will prepare sambal as condiment to go with most Asian dishes.

Please RSVP Jill @ 686-8448 by December 10th, 2007.

Indonesian Social Club's "Pasar Malam"

By Daniel Sario Photos: Tracey Bong

MSBCA dancers were invited to perform at the Canadian Indonesian Social Club's "Pasar Malam" on a Saturday evening, November 17, 2007. The event was held at the Beddington Community Centre in the NW. The passionate MSBCA dancers wooed the crowd with graceful and synchronized dance movements to the tune of a beautiful Indonesian Song titled "Demi Cinta" (translated: For Love) and a Malay song called, "Joget Si-mandi mandi". The costumes were beautifully hand-made, tailored and strikingly colorful.

It was a night where everything was right. It was a great performance and everybody was full of praise, which Jade the dance group manager later passed on to the dancers. Comments, which she received, were "bagus sekali" (very nice), "Cantik" (beautiful) and "Luar Biasa" (amazing).

To our Indonesian friends, it was MSBCA's labor of Love for their special occasion.

Thank you to dance choreographer Adrine Chong, Jade for her leadership and design of the costumes, and the dancers for a remarkable dance and for tailoring the costumes.

Ah Hock's Sunday Lunch Nov. 11



Ah Hock in action, cooking up a storm for the hungry guests.



His famous, Penang style, Char Kueh Teow... Mild, hot or very hot!



Member enjoying their lunch.



Chef Ah Hock a.k.a. Jesse Chea!



"Demi Cinta" An Indonesian Dance.



"Demi Cinta" Translated as "Love."



The traditional Malay, Joget Dance.



Sepak Takraw Calgary '07

By: Jesse Cheah

Photos by: Peter Chai and Tony Quek

It was surely a very memorable 2 full days of Sepak Takraw in Calgary that captivated a lot of people who were fortunate enough to watch the exciting demonstration from the very professional Malaysian

to kickoff this project in promoting the sport in Canada together with the help of the Malaysian team.

MSBCA is very fortunate & glad to be involved in this once in a lifetime event that involved a delegation of 10 people from the Malaysian squad led by Dato



The Sepak Takraw team.

Asian heritage game like Sepak Takraw making its inroads into the local school sport system. After the Calgary tour they continued their tour to Regina, Moosejaw, Winnipeg and Toronto. The climax of their tour in Calgary was the public demonstration on Nov 7 at the Chinese Cultural Centre. We are pleased with the turn out given the short notice and for those that were there it was high adrenaline entertainment especially when the



Sepak(kick in Malay) Takraw(kick in Thai) is a game also termed "Kick Volleyball" A game of 3-on-3 using only their feet and head to hit the ball.

State & National players. Without teamwork, planning and a little bit of luck we would not have made the Calgary tour a success. In a span of 5 weeks working under the leadership of Rick Engel from the Sepak Takraw Association of Canada we achieved our goal in promoting the sport to schools and the public.

Sepak(kick in Malay) Takraw(kick in Thai) is a game also termed "Kick Volleyball" where a team of 3 on each side has 3 tries to get the rattan ball over the badminton height net by using only their feet and head. This is a popular sport in Thailand, Malaysia, Cambodia, Laos, Philippines, Vietnam and Indonesia. But already countries in Europe, South America and North America are showing interest in the game. We are happy to see that Regina is put on the map as the capital of Sepak Takraw in Canada strictly due to Rick's dedication & hard work in the association. More importantly it is because of his foresight that he managed

Haji Ahmad Bin Ismail. Coming all the way from either a city or a small town in Malaysia we are grateful this team played with such enthusiasm and skill even after a long journey with little sleep. Their demonstration at the Calgary Christian School



Adeline receiving a memento gift from Dato Haji Ahmad Bin Ismail.

and the Bishop O'Byrne High School has made many kids eager to play the sport. The clinic after each demonstration also proved to be helpful in teaching the kids the proper technique in playing the game. We are very proud to see a South East,



Getting ready for a serve.

ball was spiked with summersault kicks that were beyond imagination.

Besides the beauty of the sport there is also the beauty about building relationships with everyone involved in this project, which will remain in the hearts and minds for a long time. They are a memory now but a good one to hold dear to the heart. Thank You Rick! Thank You Dato Ismail! MSBCA is only here to do its part in making your event & stay as comfortable as possible. We have not forgotten our nature of showing hospitality the best way we know how. We hope in your eyes we have done our job as well as you have introduced the sport of Sepak Takraw to Calgarians.

Sunday Martial Arts & Tai Chi Classes

Every Sunday.



Kids' martial arts classes
(11:45 am-12:45 pm)

Adults' Tai Chi classes
(12:45 pm-1:45 pm)

Instructor: Tan Chin Hock
Venue: MSBCA clubhouse

All members are welcome!

Are you ready for snow?

When I think of it, it is not the cold that bothers me, but it's figuring out what I should be doing to pass the winter months in Alberta.

Once again, the new MSBCA committee has initiated X-country skiing or Snow shoeing fun for our members. Please check the up-coming calendar for dates and places!

Most equipment can be rented from the Mountain Co-op, Mount Royal Collage or the University of Calgary. Car-pooling can be made available if transportation is an issue.

Let us get out there and keep fit. The winter scenery is spectacular. If you fall in love with the snowy season, then the cold winter will not be as distressful as you think.

Questions? Please call Tony at 239 7438..

MSBCA Fall 2007 Badminton Schedule

- Sep 14 to Dec 14
(13 sessions)
- Every Friday night
8 pm - 10 pm
- Venue: Talisman Centre

Cost:

- \$39/\$65 — single*
- \$117/\$195 — family*



MSBCA Winter 2008 Badminton Schedule (excludes 15 Feb & 21 Mar)

- Jan 11 to June 27
(23 sessions)
- Every Friday night,
8 pm - 10 pm
- Venue: Talisman Centre

*NEW Fee Structure:

Single	\$92.00
Family	\$276.00
Drop-In (members only)...	\$7.00
Child (under 12).....	Free

Notes:

- 1) Introduction of coaching lessons during the month of January for 4 nights each 1 hour sessions.
- 2) This reasonable fee is to encourage more participation from our members.
- 3) A new tournament format for members only. Registration deadline in effect so that pairs could train early.
- 4) Tournament fee is \$7.00/player
- 5) Small prizes.

Effective January 1st 2008. For more details, please call Tony at 239 7438

Fish Rescue with Trout Unlimited Canada

Date and Time TBA (Late September or the first two weeks of October, 2008)

This is a weekend outing to the irrigation canal to collect the strained fish into the buckets. The fish will be kept in water tank and dumped back into the river.

An opportunity for members young and

old, to experience the process of fish conservation in the Province of Alberta. To enhance our love and respect to Nature.

Any interested member, please call Tony Quek at 239 7438 for free registration

Open to MSBCA members only

CLUB HOUSE RENTAL

HOLDING A MEETING, PRESENTATION OR SOCIAL EVENT?

For more inquiries, contact
Philip Chan Tel: 850-3883

Rental Rates & Terms (with effect 1 May 2006):

Rental Hours: 9 am to midnight

Members (including sound system):

Mon-Fri: \$132

Sat-Sun, Holidays: \$165

Non-members (excluding sound system):

Mon-Fri: \$180

Sat-Sun, Holidays: \$220

An additional \$100 is chargeable for the use of the sound system

Damage Deposit *Mandatory for ALL (refundable if there is no damage or loss to property):

- Building \$100
- Sound system \$400

With immediate effect, there will be a cleaning surcharge of \$50.00 if the clubhouse is not properly cleaned after each rental. If applicable, this will be deducted from the damage deposit.

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

Christmas Caroling - Dec. 15th

Peter Chai has kindly offered to bring back the nostalgic atmosphere of **house-to-house carol singing** this Christmas.

We can only visit five families in one evening therefore make your reservations soon!

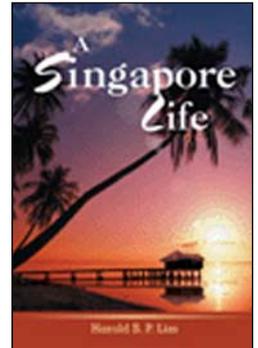
To make your reservations today,

Contact Peter Chai @ 275-6843 or Adeline Chan @ 383-1689



Vancouver resident writes about *A Singapore Life...*

Long-time resident of Vancouver (B.C.) Harold S.P. Lim has written a book that paints a vivid picture of life in Singapore before its development into today's prosperous nation. The book, *A Singapore Life*, tells



in a simple, direct, and evocative way the universal story of growing up, while providing a record of a natural landscape and a society that have altered dramatically over the last half of 20th century.

The author was born and spent the first fifty years of his life in Singapore. He has been active in community affairs in Vancouver for the past few decades. You can read an excerpt at the book at www.iuniverse.com/bookstore. Author royalties will be donated to the World Wide Fund for Nature (WWF).

The author says, in the book's preface, "It is my hope that as others read this book, they will remember similar situations that they met, and recall even more of their lives and how their experiences shaped them."... And perhaps write a book as well!

Quote of the Month:

"The occasional gathering...no matter how brief, keeps the heart and mind in touch with the most fundamental of joys: belonging."

--Adrian Butash

Asian Etiquette Tips...

1. When receiving or giving money, business card, etc it is polite to use both hands.
 2. In some occasion it is appropriate to use your left hand the hold the wrist of your right hand when doing a hand shake with another person.
 3. Take off shoes whenever you enter someone's house.
 4. Invite the elders to eat before proceeding to eat around a dinner table.
 5. Call an elder person by "Aunty" or "Uncle"
 6. Point with your thumb rather than your index finger.
- Above are just some examples regardless of whether you are Malay, Chinese or East Indian*

Photo of the month

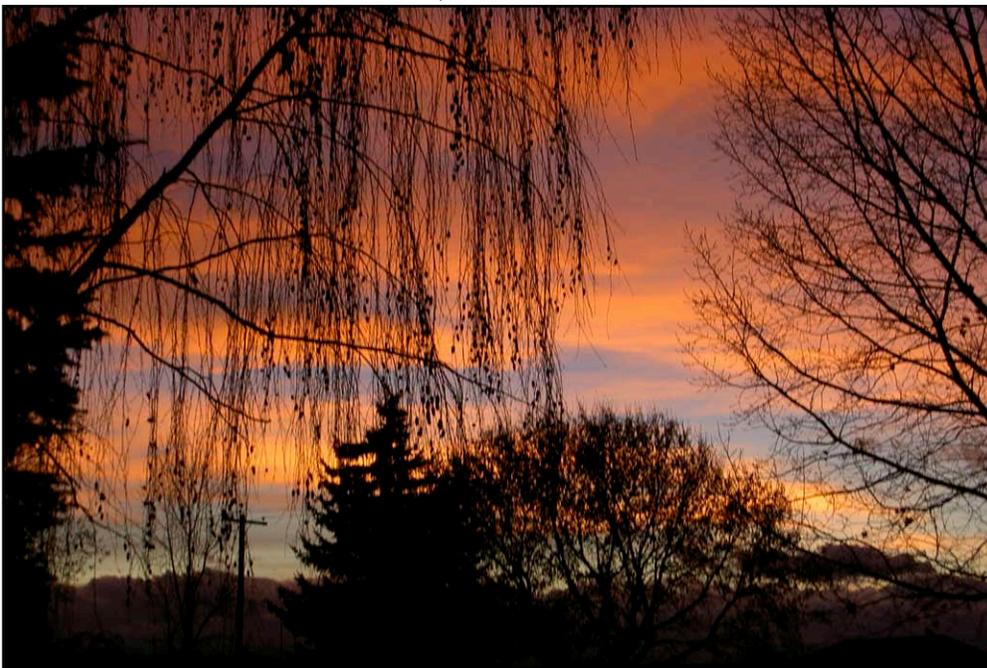


Photo by Diana Bird. "This fall sunset photo which was captured from our deck on October 22"

Change of address???

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

Please contact Tracey Bong at editor@msbcacalgary.ca to keep your details current!

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MSBCA Newsletter has a readership of about 200 families & organizations.

CONTACT:

editor@msbcacalgary.ca

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**Do you have a story to tell us?
An interest to share? Questions
or Concerns?**

**We are always looking for
stories to feature in our
MSBCA newsletter!**

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

Note: the newsletter is a
monthly publication.

Submissions are due by the 15th of
each preceding month.

Bow Valley Family Christmas

December 15 (Saturday) at 7:00 pm (English)

Free • No registration necessary

Chinese Christmas Dinner

December 23 (Sunday) at 6:00 pm (Mandarin)

followed by an evening of Christmas music

保惠基督教會
5300 - 53 Ave, Varsity, NW, Calgary
(adjacent to Dalhousie C-Train Station)

For more information
go to the web:
<http://www.bvccweb.ca/chinese/event.html>

Dinner Free of Charge. All free-will donations
will go to supporting Mustard Seed Sreet
Ministry for homeless people.

Please phone Chrissy for registration
Tel: 286-5300 ext.115 Cell: 988-1461



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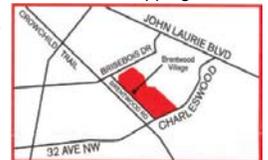
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(Saturday & every *last* Sunday of the month by special appointment)

許明娟牙醫

Dr. Ming Hsu, D.M.D.

(國·粵·英語)

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