



From the President's desk

We seem to be locked in this deep freeze for weeks on end. Occasional periods of sunlight and picture perfect scenery of frost on trees with fresh snow on the ground do not help the gloom.

People are generally cranky at this time of the year, due to the longer nights and cold weather, which tends to put a damper on our daily routines.

But life goes on - at MSBCA, there is a flurry of activity, planning and organizing for the Chinese New Year Banquet, after the completion of a very successful Brunei Night - which was enjoyed by our Bruneian and other members.

Community events for March, April and May with the various groups are on the go. The farewell dinner for the outgoing premier, as well as the welcoming dinner for the new premier, the Asian heritage month in May and other functions in and around Chinatown are activities that MSBCA are involved with.

And don't be surprised if you get a call from a committee member. We are canvassing for volunteers to help out with cooking, food preparation, performers and dancers.

Over the years we have made a name for ourselves as great cooks and entertainers in the city of Calgary.

Through the efforts of this committee and our dedicated volunteers we were able to raise over \$2000.00 for our children's scholarship 2006.

I would like to personally mention the effort by one of our members, Tony Quek, in this fund raising drive.

Tony, by promoting MSBCA, had obtained from Talisman Energy as a sponsor for our scholarship drive; he also contributed the cost of the ingredients in preparing his signature dish "Ayam Masak Merah" - which was served at the Brunei Night celebration - to the scholarship fund.

The Chinese Feng Shui Masters predict that the Lunar calendar year of the Boar is loaded with excitement and opportunities for everyone. In that spirit I would like to wish all of you and your families a happy, healthy and prosperous new year.

Daniel Sario



"The year of the Boar is loaded with excitement and opportunities for everyone. In that spirit I would like to wish all of you and your families a happy, healthy and prosperous new year."

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Editorial — The ugly side of business



*"It's pretty obvious...
 that for some
 individuals, compassion
 makes lousy bedfellows
 with the need to turn a
 profit. Still...it's
 possible to be
 profitable and socially
 responsible at the same
 time."*



First, there was the pawnshop owner who charged exorbitant interest to one of his customers; then there's the landlord who raised his rents to an exorbitant level in order to evict his tenants. In both cases, those on the receiving end belonged to the lower income group, individuals who were struggling and likely trying to get back on their feet.

It's no crime to make profit on a business transaction; that is after all, what business is all about — an offer of goods or services in exchange for monetary gain. How much profit, though, is enough? And when does it begin to border on the unethical? Or illegal?

A court decided that in the first case, the pawnshop owner had broken the law — apparently, you're not allowed to charge more than a certain amount of interest for loans (the figure here being 60% I believe), and he had charged his customer a few thousand percent in interest. Mind-boggling but true.

Unfortunately, in the second case, it was perfectly legal. The apartments were geared towards housing people in the lower income group, who were originally paying around \$650 per month. Under the new rent structure, this would've increased to a few thousand dollars a month. All this for the exact same apartment, with no upgrades, no additional space, no extra amenities, nothing.

The rationale was clear: raise the rent to such a ridiculous figure that would ultimately force the tenants out. There were plans to redevelop the complex into a high-end, luxury offering, and the existing tenants were in the way. It was illegal to evict on such grounds, but if the tenants left on their own accord...

To add insult to injury, the selfsame landlord wants to run for Mayor in the next municipal election. When interviewed by the Calgary Herald, his replies were polite and diplomatic, adding finally that the rent increase was a "business decision". All perfectly legal, and perfectly reasonable.

Making profit in and of itself is not wrong; however, making excessive profit at the expense of powerless individuals should be illegal. Or at least discouraged.

Religious convictions aside, it's pretty obvious from the above that for some individuals, compassion makes lousy bedfellows with the need to turn a profit. Still, I prefer to believe that it's possible to be profitable and socially responsible at the same time.

Simply put, when the elections come around, it should be clear whom *not* to vote for as mayor. Call it a gut reaction, or an instinctive dislike of those who promote profiteering. Or perhaps, more appropriately, think of it purely as a business decision.

GH

MSBCA Brunei night celebration 2007 – Daniel Sario

Brunei Night was celebrated by MSBCA and former residents of Brunei on Feb 10th and was held in conjunction with Brunei's National Day on February 23rd. It was an opportunity for friends to get together, socialize and reminisce about the good old times.



After dinner there were trivia questions with prizes on the current affairs and history of Brunei. Tombola followed with traditional desserts of Cassava cake and Ice Kacang served in between games. It was an enjoyable night for all. Thanks again to everyone who helped out and participated!



As always, the food was excellent. In this regard, we'd like to say a big thank you to the wonderful efforts of the following volunteers: Tony Quek & Shyut Moi, for the delicious Ayam Masak Merah, Lily & Andrew's authentic Tau Yew Bak and mixed vegetables, Julia's Sayur Kobis Lemak, Morley's Cassava Cake and Melissa's Ice Kacang.



Editor's note: What follows below is an FAQ on preventing heart disease. If this feature proves popular, we will run it (on a different health issue each time) whenever space allows.

What are some guidelines for a healthier heart?

Diet - Less carbohydrate, more protein, less oil;
exercise - half an hour's walk, at least five days a week, avoids lifts and avoid sitting for a long time;
quit smoking; control your weight; control your blood pressure and sugar intake.

Is heart disease hereditary?

Yes

Is walking better than jogging or is more intensive exercise required to keep a healthy heart?

Walking is better than jogging since jogging leads to early fatigue and injury to joints.

Does cholesterol accumulates right from an early age or do you have to worry about it only after you are above 30 years of age?

Cholesterol accumulates from childhood.

Is there a correlation between heart problems and blood sugar levels?

Yes there is, since diabetics are more vulnerable to heart attacks than non-diabetics.

— extracted & edited from an interview arranged by WIPRO with heart specialist Dr. Devi Shetty



Announcements



MSBCA

PENANG PRAWN MEE NIGHT

(in support of kids' scholarship '07):

Date: Mar 24th 2007

Place: MSBCA clubhouse

Time: 6.30 pm (doors open)

Menu:

Penang Hae Mee (Prawn noodle);

includes surprise dessert

Tickets: \$10 each

Please Contact:

Sherry Tay @ 532-1473

All are welcome!



All are welcome!



MSBCA Calendar

(Volunteers for events are most welcome!)

Sundays: Martial Arts & Tai Chi — see page 8
(subject to clubhouse rentals and events)

February:
03 - Brunei Night celebrations
23 - CNY Dinner (Regency Palace)

March:
18 - Sunday lunch
24 - Prawn Mee Night

April:
07 - Easter night

May:
19 - Mosaic of flavours

June:
23 - Cultural night
30 - Camping starts

July:
Sunday lunches - to be announced

August:
4 - Singapore National Day celebration
Malaysia's Merdeka Day (details TBA)

September:
08 - MSBCA picnic Bowness Park

October:
MSBCA AGM (details TBA)

Condolences

The MSBCA committee would like to express its heartfelt condolences to Cliff Son and family on the death of his mother, Mdm. Kun Jong Hoo. Mdm. Kun passed away on 22 Jan in Edmonton, Alberta, at the age of 77.



\$\$ Retail Corner \$\$

MSBCA has the following items for sale:

Sarawak Laksa Paste (Barrett's):

\$8.00 (600g)
\$4.00 (300g)

Sarawak pepper (200g)

\$5.00 (white, ground)
\$5.00 (black, corns)

Please contact the committee if you're interested in purchasing these items.

While stocks last!

Marketplace—goods, services & other announcements



MSBCA 2007 Badminton Schedule

- 5 Jan to 29 June (25 sessions)
- Every Friday evening, 8 pm - 10 pm
- Venue: Talisman Centre Gym 4

Fees (members only):

- \$63 — single
- \$126 — double
- \$175 — family

MSBCA 2007 Badminton Tournament

- 6 July, 7 pm - 10 pm
- Venue: Talisman Centre Gym 4

Clubhouse Rental

Holding a meeting, presentation or social event?

The MSBCA clubhouse features 1000 sq ft of space, a licensed commercial kitchen, state of the art audio and video equipment, plus a seating capacity of 80 people.

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

Rental Hours: 9am to midnight

Members (including sound system):

Mon-Fri: \$120

Sat-Sun, Holidays: \$150

Non-members (excluding sound system):

Mon-Fri: \$160

Sat-Sun, Holidays: \$200

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 rental \$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.

For more details, contact:

Eric Ng @ 280.4165
email: deluxe.eric@shaw.ca

2007 Membership renewal

You may renew your membership by mailing your cheque to the MSBCA, attention: Ken Preston.

**MSBCA
Attn: Ken Preston
#301, 114-3rd Ave SW
Calgary, AB T2P 0E7**

Marketplace—goods, services & other announcements

Sunday Martial Arts & Tai Chi Classes

(Please note new timing)

Kids' martial arts classes
(11.45 am—12.45 pm)
and adults' Tai Chi classes
(12.45 pm-1.45 pm)
every Sunday.

Instructor: Tan Chin Hock
Venue: MSBCA clubhouse

All members are welcome!

Change of address?

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

Please contact Ken Preston @ 279.1828 to keep your details current!



Got something to say?

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

Please note: the newsletter is now a monthly publication.

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



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