



" Cultural Night is to be held on June 23 — I would encourage you, our members, to join the party by participating or volunteering your services for the event— after all the MSBCA is your community club."

From the President's desk

The MSBCA Chinese New Year dinner held on Feb 23, 2007 at the Regency Palace restaurant was indeed an auspicious event.

We were honored to have for company MLA Wayne Cao, MLA Harvey Cenaiko and the Consul of The People's Republic of China Mr. Wang Yue Dong.

It was a fitting occasion to usher in the year of the Boar for MSBCA members and friends. The last day of the Chinese New Year festivities was celebrated with friends and family on March 4, 2007.

We are now into the month of March, how time flies.

A Sunday lunch featuring Sarawak Laksa and a badminton championship match to be shown at the lunch is scheduled for March 18.

"Hae Mee" (a Malaysian Prawn Noodle recipe) Night is the next event to be held on March 24. There will be surprise entertainment for the evening by an invited guest, Tambola and games.

Preparation for the Cultural Night Party to be held on June 23 is well underway. Jill, our Food social director is busy signing up vendors for our hawker-style food theme. Kim, our social director, is finalizing the program and entertainment.

The plan is to have upbeat performances and comedy sketches. I would encourage you, our members, to join the party by participating or volunteering your services for the event— after all the MSBCA is your community club.

Kim and Jill are busy planning activities for summer as well. Campsites at Mount Kidd in Kananaskis Country have been booked for the month of August. Jill is also arranging for whitewater rafting and rafting down the Bow River this summer.

With the changing of the clock to daylight savings time, there is the anticipation that spring and summer are around the corner. The promise of longer days of sunshine, the smell fresh flowers and lush greenery are all things that most of us are looking forward to.

Daniel Sario

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Committee 2006/2007 — contact information



President:
Daniel Sario 274.0338
president@msbcacalgary.ca

**VP Malaysia/Public Relations
Chinatown/Facility Director:**
Eric Ng 280.4165
deluxe.eric@shaw.ca

Secretary/Membership Director:
Ken Preston 279.1828
secretary@msbcacalgary.ca

Treasurer:
Sherry Tay 532.1473
treasurer@msbcacalgary.ca

Social:
Kim Roe 289.6096
kim.roe@msbcacalgary.ca

Food Coordinator:
Jill Heng 686-8448
jill.heng@msbcacalgary.ca

**Public Relations Officer/Media/
Multicultural:**
Jesse Cheah 880-8885
jesse.cheah@msbcacalgary.ca

Editor:
George Heng 242.2621
editor@msbcacalgary.ca

Webmaster:
Yuee Farn 226.1697
webmaster@msbcacalgary.ca

MSBCA Mailing address:
#301, 114-3rd Ave SW
Calgary, AB
T2P 0E7
Tel/fax: 403.289.7711

Editorial — What's that job worth?



"Personally, I'd rather pay \$55 an hour to the engineer signing off on the bridge I'm going to be driving on, the doctor who's diagnosing me, or the teacher who's sharing their knowledge, inspiration and insight."

"HOW much?" I was recently chatting with a friend, who happened to mention how well his friend was doing as a cable TV installer with the local cable company. "Almost five figures a month," he said. Naturally my jaw dropped.

Having been in the corporate world for a long time, astronomical pay scales don't surprise me much - a top CEO in a multinational earns several million dollars a year, and they usually get stock options as well as other perks. The stakes are high, so the pay has to be commensurate. I knew a high-powered London-based consultant once, whose time was charged out at GBP600 an hour (about CAD\$1370).

But the notion that a cable TV installer can earn upwards of six figures a year was, well, news to me.

Before this commentary touches on any raw nerves, let me put things into perspective. In 1991, sixteen years ago, the hourly rate for mechanics was about \$50 to 55 an hour. I obtained an estimate for some auto bodywork this year, and the rate for that ranged from \$70 to \$80 an hour.

So let's say that our cable TV installer charges out at \$55 an hour, the rate for mechanics 15 years ago. Based on a 40-hour week, and 4 weeks a month, that works out to be about \$8800 or \$105,600 annually. Almost 5 figures a month, like my friend said.

In contrast, an engineer friend of mine recently told me that fresh, APEGGA-certified engineers average \$30 to \$40 an hour. Teachers, who are vital to society, earn what, maybe \$45,000 a year? I don't know what doctors make, but according to the Calgary Health Region, 41 family physicians quit their practices the past year. Now we hear that they're getting a 4.5 percent raise for the next 2 years - which might just cover their monthly downtown parking fees if they're lucky. That's a worrying trend, seeing as we're already short of 1000 doctors.

Not all white collar workers fare poorly, though. Realtors can make big money, based on the "standard" commissions formula here in Canada, which is very high, compared to other parts of the world. How high? Let's put it this way - prior to Calgary, I have NEVER read of realtors who own million-dollar homes.

I have nothing against hourly-rated blue-collar workers or realtors - most are just trying to make a living; I just don't think that there should be some who earn more than my teacher or my doctor. Personally, I'd rather pay \$55 an hour to the engineer signing off on the bridge I'm going to be driving on, the doctor who's diagnosing me, or the teacher who's sharing their knowledge, inspiration and insight. For some reason, society here thinks otherwise. GH



Chinese New Year Banquet Dinner 2007 – Daniel Sario

About 400 guests attended the MSBCA Chinese New Year dinner on Feb 23 at the Regency Palace Restaurant. MLA Wayne Cao and MSBCA President Daniel Sario led the members and guests in the singing of the National Anthem "O Canada" to start off the night's activities.



Two Lions were then brought in to perform the welcoming dance for the guests. The MSBCA Chinese choir sang New Year songs in Mandarin and Cantonese that kept everyone in the Chinese New Year spirit.

Other singers kept the guests entertained while dinner was served. The food was excellent and everybody was satisfied with the selection of the menu.

Eng Chang and her group of dancers entertained guests with a Chinese and Spanish dance. There were also "lucky seat" draws for

packed smoked salmon donated by Chris Chung.

Jesse Cheah, our MC for the evening, kept everyone entertained with his commentaries and program arrangements.

VIPs MLA Wayne Cao, MLA Harvey Cenaiko and Consul of The People's Republic of China Mr. Wang then presented MSBCA scholarships to our members' children. Thank you to Ken Preston for arranging the certificates, trophies and drawing up the list of qualified children.

Rita Preston won our 50/50 draw - she then generously donated \$200.00 to the children's scholarship fund from part of the winnings.



Most of the guests decided to stay for dancing after dinner. Thanks to all our volunteers, sponsors and committee members who again made our Chinese New Year Dinner special.



A trip across Canada to remember — Jesse Cheah

Ever wonder how big Canada is? After clocking 14,000 km I must admit my bum & the car seat are like molded into 1 piece! Driving an average of 8 hrs per day and after going through 4 time zones i.e. Central, Eastern, Atlantic & Newfoundland we arrived at Cape Spear, Newfoundland, the most easterly point of Canada on our 8th day. We saw a lot of scenery @ 100 km/h...ok -- occasionally at higher speeds.

The journey began on Aug 12 and was completed on Aug 29, 2006. We stayed & passed by many cities & towns. All are very unique reflected either by the architecture of the buildings or by the food or by the people or by all of the above.



Places we stayed each night going East were Brandon / MN, Thunder Bay / ON, Sudbury / ON, Ottawa, Quebec City / QC, Moncton / NB, Port-aux-Basques / NF & St. John's / NL. Heading back west, we stayed 1-2 nights at Fredericton / NB, Cornwall / ON, Niagara Falls, Toronto / ON, Marathon / ON & Winnipeg / MN.

My companions for this inaugural 18 day trip were Melissa(?), Valene(12), Joshua(9), Joseph(8) & Tiky(3). I must also include our entertainer Mr. Phua Chu Kang. A portable DVD player has its place in this world. And thank you Honda-San - for a safe, comfortable journey - an amazing performance from a 2-year-old OtookSi.

So one may ask why waste your holiday in a car? Well besides having a fun time bonding & enjoying each other's farts, I had a desire to do this family road trip before my children got older. Right now we all fit in one car, fit in one hotel room, fit in 1 cable car on the Ferris Wheel, fit in 1 horse carriage and fit in 1 Mary Brown's dining table. Engineers are cheap people but practical.

So what can I tell you other than encourage everyone with the right mind & body to make a trek across Canada? It's about the vastness of the land & wheat farms in Saskatchewan that give you the sense of freedom and the fact that this harvested wheat actually helps feed the starving people of the world.

It's about the geography of the diverse landscape that the phrase "beauty" which takes on a different meaning in Ontario. I now understand why their license plates say "Yours To Discover." It's about the rich culture in Quebec when on a Wednesday night one can witness tons of street performers. I was tempted to ask my son Joe to squat while I perform the iban Ngajat!

It's about the 6-hour night ferry ride from Sydney to Port-aux-Basques when the sky is filled with stars as far as your eyes can see, and walking on the edge of wind-eroded rocky cliffs in Newfoundland that makes you want to come back for more hiking. And finally when you return it's about appreciating the unique people, culture & landscape in your own backyard, Alberta.

When I arrived at Ottawa I felt proud because this is where Canada made a commitment to provide peacekeepers to the troubled countries of the world. In Quebec City I felt romance in the air - the city's charm and the carefree lifestyle compelled me to just hug my wife. At St. John's I felt a rush of emotion because I never thought I could make it

this far east by car, especially when constrained by time.



When I crossed the PEI Bridge I felt like I was in a spacecraft traveling above the ocean. At arrived at Niagara Falls, I was struck by its majestic beauty and getting sprayed by the falls on the infamous "Maid of the Mist" made the effect even greater. In Toronto, eating gelato at an old part of the city on Queen's made me realize why that city has so much character.

I hope this short diary will inspire some of you to make a similar road trip across Canada this summer. You will have a journey of a lifetime and especially for new immigrants: you will love & appreciate this country even more.

p.s. Tiky is a Chihuahua.

Announcements

Recipe for Prawn Noodles Soup (Hae Mee)

INGREDIENTS

625g medium-sized prawns, separate the heads

170 pork fat, cut into small cubes, fry till brown and crispy

2 tablespoon oil

4.5 litres water]

625g pork ribs, cut into pieces]

1 pig tail, cut into pieces]

310g lean pork]

2 teaspoons salt] **A**

2 teaspoons sugar]

2 teaspoons msg]

1 tablespoon peppercorns]

2 tablespoons light soya sauce]

2 teaspoons dark soya sauce]

1 tablespoon crispy shallots

455g bean sprouts

310g water convolvulus, cut into long pieces

625 fresh yellow noodles

310 rice vermicelli, scalded

METHOD

Stir fry prawn head with 2 tablespoons oil for five minutes till colour turns red. Set aside in a bowl for soup. Cook

unshelled prawn in a pot for 2 minutes with 4.5 litres of water. Remove

prawns, shell and slice into halve, lengthwise. Return prawn shell into pot, add **A** and prawn heads. Cook over a

very high heat for 10 minutes. Than reduce heat to low and let soup broth

simmered for 1-1.5 hours. Strain soup broth, slice lean pork and set aside.

TO SERVE

Boil water in a pot, dip a handful of bean sprouts, water convolvulus, noodles and rice vermicelli in the boiling water by using wire-mesh ladle. Drain and place in bowl.

Add boiling soup broth and top with few pieces of lean pork, rib, tail and sliced prawn to each bowl.

Garnish with crispy shallots, crispy pork fat cubes and sprinkle with pepper. Serve with slice fresh chillies and light soya sauce.

(Makes 12 servings.)



\$\$ Retail Corner \$\$

MSBCA has the following 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.

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Rates per issue:

2.75" x 3.00" — \$15.00

5.50" x 3.00" — \$30.00

Other sizes — enquire

Email: editor@msbcacalgary.ca

MSBCA Calendar

(Volunteers for events are most welcome!)

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

March:

- 18 - Sunday lunch (Sarawak Laksa)
- 24 - "Hae Mee" (Prawn noodle) Night

April:

- 07 - Easter night (theme is "Humour")

May:

- 19 - Mosaic night

June:

- 23 - Cultural night

July:

- Sunday lunches - to be announced

August:

- 4 - Singapore's National Day celebration
- 16 to 19 - Camping @ Mt. Kidd (Kananaskis)
- 25 - Malaysia's Merdeka Day celebration

September:

- 08 - MSBCA picnic Bowness Park

October:

- MSBCA AGM (details TBA)

MSBCA Easter Night Celebration

This will be a fun family event for all members young and old. The theme is "Humour"

Everybody's got a funny story or joke. So come and share yours on this night. Prizes will be awarded to the funniest stories or jokes. (Only one rule - keep it clean but funny).

Date: Apr 7th 2007

Place: MSBCA clubhouse

Time: 6.30 pm (doors open)
7.00 pm (dinner)

Entry: Free to all members
Non-Members: Adult \$4:00
Children under 12 Free

Menu: Potluck Dinner

Program: Children's Easter Egg Hunt
Talent Time
Family Dance

Please confirm attendance by calling:

Kim Roe 289-6096
Jesse Cheah 274-3541
Sherry Tay 532-1473

2007 Membership renewal

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

MSBCA
Attn: Ken Preston
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Marketplace—goods, services & other announcements

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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: delux.e.eric@shaw.ca

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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