



From the President's desk

The month of May has turned out to be another busy month. We at MSBCA seem to be keeping pace with the chaotic construction and road closures around the city with meetings, dance practices, workshops, revamping the website, planning and organizing activities. Slowly but surely we're getting things organized.

Nelson Chan and Jill Heng have worked tirelessly over the last few weeks to update our website. When you visit the website you'll find links to Malaysia, Singapore and Brunei Newspapers, current weather conditions, recipes (cyberkuali), newsletters and upcoming events that are updated regularly.

Nelson and Jill will also continue to update the picture gallery/photo album. If you have any suggestions about the website please contact me. I would also like to take this opportunity to thank Yuae Farn for his contribution as webmaster in the past.



The dance workshop that was conducted by Taufik from Tourism Malaysia was tiring but lots of fun for all the participants. I am very impressed with the young adults Anthony, Jerome, Rachel Wong, Rachel Chien and Cassandra Wong who despite their busy daily and weekend schedules showed up, practiced hard at the workshop and went through the drills of learning a new dance. These new dance routines will be performed at our Cultural

Night function, Asian Night Market and the Premier's Welcome Cross-Cultural Gala.



You'll also find in this month's newsletter one of our main summer activities the Golf Tournament. This year's Golf Tournament is organized by Peter Loh and will be held at the Kananaskis Brewster's Ranch Golf Course. I have played at this course several times and found the course to be quite challenging with narrow fairways and elevated Tee Boxes.

For your information, 2007 is Visit Malaysia year as Malaysia celebrates 50 years of independence. Merdeka (independence) day is celebrated on August 31, while May 26 is Tadau Kaamatan (Harvest Festival) where the Kadazans and Dusuns natives of Sabah, East Malaysia celebrate and give thanks for bountiful harvest of rice.

Similar celebrations are held in Sarawak on June 1 with the Gawai Dayak festival. On the way to Malaysia, be sure to drop by Singapore for the Singapore Food Festival and the Great Singapore Sale held in July.

For a glimpse of what to expect in Malaysia, Singapore and Brunei come by the clubhouse to view our posters, photo albums and books, or visit the many events that MSBCA participates in around town.

Daniel Sario



"For a glimpse of what to expect in Malaysia, Singapore and Brunei come by the clubhouse to view our posters, photo albums and books, or visit the many events that MSBCA participates in around town."

Highlights

- 2 Editorial
- 3 Feed the homeless
- 4 Cure for coughing
- 5 Announcements
- 6 MSBCA Calendar
- 7 Marketplace

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:
Nelson Chan
 webmaster@msbcacalgary.ca

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

Editorial — Food for thought



"This month's editorial is dedicated to maintaining health and well-being...I hope that you'll find the following information useful at best and food for thought at worst."



As we age, our focus on health takes centre stage, so this editorial is dedicated to maintaining health and well-being. The following were gathered from a variety of sources: the Internet, books, and from shared and personal experience. I hope that you'll find them useful at best and food for thought at worst.

1. Buy the best footwear that you can afford, keeping in mind that what's fashionable isn't always good for your body (women's high heels for instance). Keep your feet clean, dry and well-manicured. Socks should be changed daily or at most, every two days to prevent bacteria. Your feet support your entire body-weight, every day of your life — so treat them with respect and they'll serve you well.

2. If going out into the sun, use sunscreen with an SPF rating of at least 20. A tanned look may be sexy, but bear in mind that excessive exposure to the sun causes premature aging and damages DNA (which can result in skin cancer or melanomas).

3. Keep your digestive system in good working condition, as gastro-intestinal disorders can lead to more serious conditions. Include lots of fruit, vegetables and fibre in your daily diet. When you're regular, it means that your body is working well to purge the wastes and toxins from your system.

4. Visit your dentist every 6 months, brush at

least twice a day and floss daily. Studies now suggest that bad oral hygiene may be linked to increased risk of heart attack.

5. Get a full physical annually — after 40, women should have mammograms and paps done regularly; men should do their PSA (prostate) test. Get tested earlier if there's a family history of cancer.

6. Buy the best mattress you can afford. We spend almost half our lives sleeping, so it is essential that our sleep is restful — this is the "down time" that the body needs to repair itself and prepare for the next day.

7. Drink enough water — your body needs it for many different functions. If you weigh 150 pounds, you should drink about 75 ounces daily (about half your bodyweight in ounces).

8. Practice safe sex — abstinence, fidelity or using protection all help reduce the risk of contracting STDs (sexually transmitted diseases) like Herpes, Syphilis, AIDS & HPV.

9. Be good to your heart — it never gets a day off! Cut your fat intake (especially saturated and trans fats); eat organic food if you can, and reduce meat from your diet. And finally,

10. Exercise! Simple daily things will do, like walking, taking the stairs, mowing the lawn, vacuuming the house, weeding, etc. The trick is to make it part of your routine. GH

MSBCA helps feed the homeless — George Heng

As Calgary expands its borders and a wave of unprecedented economic success overtakes us, we are beginning to realize that this success comes at a hefty social price.

Charitable organizations estimate that there are at least 3,000 homeless individuals in the city, including families, women and children.



On 19 May, as part of Asian Heritage Month, the MSBCA participated in an event to help prepare supper at the Calgary Drop-in Centre. Volunteers assembled at both the MSBCA clubhouse and at the Drop-in Centre to help cook approximately 1,000 meals for the less fortunate in our city.



Thankfully the weather was not as cold as it could have been, as people began filing into the Centre for their share of a hot meal. It was heartening to see a wide age group amongst the volunteers, members and non-members alike who were willing to sacrifice a few hours for a worthy cause.

The MSBCA is no stranger to these events, having organized, donated and

contributed to such charitable agencies as the Mustard Seed and the Drop-in Centre in the past.



For the day itself, the kitchen crew was organized into various groups, for prep, seasoning, cooking and pre-serving. We went through at least 12 boxes of chicken as we feverishly worked through the afternoon to ensure that the meals would be ready by serving time (6 pm).



Through efficient organization, teamwork and a shared work ethic, we completed our assigned tasks almost an hour before supper time — and we had fun doing it too!



Volunteering at such events is an extremely satisfying and humbling experi-

ence, and I would wholeheartedly encourage everyone to try it out at least once.

Hats off to all who volunteered; Kim Roe, who organized and coordinated our involvement, plus all the regular volunteers and employees at the Drop-in Centre, who are amazing individuals in their own right.



They do what we did that Saturday every single day of the year, and many people in the city are better off because of it.



On my own part, even though I stank of fried chicken after (I was operating the deep fryer), the event reminded me why it's important to count your blessings, whether it's a roof over your head, food on your plate, or to be living in a society where people of all ages and backgrounds are willing to commit themselves to improving the lives of others.

I feel reassured by the fact that, when the volunteer call goes out once again for future events, the MSBCA will be there to respond.

Announcements

River Rafting—Bow River



Want to see Calgary from a completely different view? Join us for the MSBCA rafting trip down the Bow River on July 28, 2007.

What better way to spend time together with your family than a gentle raft ride down the Bow. You can even take a dip in the water if you want to cool off!

Our journey begins at Bowness Park at 9:00 am with a stop at Edworthy Park for a picnic (yes, pack along food and drinks) and finishes near the Calgary Zoo.

The whole trip will take 4 to 5 hours. Non swimmer? Don't worry, there is no need to go in the water, although we can't guarantee you won't get a little wet!

All participants must wear a life jacket.

Equipment will be rented from Sport Rent.

Costs are:

- Life Jacket - \$3/person
- Paddle/oar- \$3ea (2 paddles/raft)
- 6 person raft - \$55
- 8 person raft - \$75

*2 weeks notice required to book the raft

Contact Daniel @274-0338 or
Jill @686-8448 to register

Registration deadline: July 14, 2007.



MSBCA Golf Tournament 2007

Location: Kananaskis Ranch Golf Resort

Date: 25 Aug, Sat

1st Tee-Time: 10 am

Cost: \$52 per person

(includes 9-hole green fee, shared power card & sandwich)

Game: Texas Scramble (team of 4 event)

Contact: Peter Loh @ 297-7383 or
peter.loh@gov.ab.ca

Deadline to register: 20 Jun

****IMPORTANT****

Payment: Cheque payable to MSBCA and mail to
attn: Peter Loh; #301, 7015 Macleod Trail SW;
T2H 2K6

We encourage interested parties to call Peter & register as soon as possible as space is limited. There will be at least 5 teams and the winning team will have their names engraved on the MSBCA Challenge Trophy. There will also be other prizes given away. Golfing in the Kananaskis is spectacular on a nice sunny day with the view of the Rocky Mountains in the background. Aug 25 also coincides with MSBCA's Merdeka Day celebration so we hope all the golfers will adjourn to the clubhouse in the evening for food and more partying.

Regards

Jesse Cheah
MSBCA PR Dude

MSBCA Calendar

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

May:

19 - Feed the Homeless (thank you to all who volunteered)

June:

02 - Asian Night Market (MSBCA will be performing at the Olympic Plaza @ 6 p.m.)

23 - Cultural Night

July:

Sunday lunches - to be announced

August:

4 - Singapore's National Day celebration

16 to 19 - Camping @ Mt. Kidd in Kananaskis Country (please call Kim Roe @ 289-6096 or Jesse Cheah @ 274-3541 to book your spot)

25 - Malaysia's Merdeka Day celebration

September:

08 - MSBCA picnic Bowness Park: Site #1

October:

MSBCA AGM (details TBA)



MSBCA Cultural Night 2007

Date: June 23rd 2007

Place: Beddington Community Center

Time: 6:30 p.m.- Midnight

Tickets: Members: Adult: \$5

Children 16yrs - 6yrs : \$3

5 yrs. and under: free

Non-Members: Adult : \$8

Children 16yrs - 6yrs : \$5

5 yrs and under: free

Highlights of the evening

- 6:30 pm: Hawkers' Food Market where MSBCA cooks will satisfy your taste buds with authentic food
- Door Prizes
- Sale of 50/50 tickets (raffle)
- 8:00 pm: Program which includes cultural dance performances, musical talents & martial arts demo by our members.
- Dance to follow @ 10:00 pm

Please contact the following to purchase tickets:

Melissa Cheah @ 274-3541

Kim Roe @ 289-6096

Jennie Soo @ 280-0327



Satay vendors needed for Cultural Night!

Please contact Jill at 686-8448 for more info.

=====

Ladies Lunch

May 23, 2007 (Wednesday) @ 12:30pm

Peking Garden

416-4625 Varsity Dr, NW

Tel: 286-0488

Contact Jill @ 686-8448.

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

Picture of the day



Marketplace—goods, services & other announcements

Sunday Martial Arts & Tai Chi Classes

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

Note: the newsletter is now a monthly publication.

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

Advertise with us!

Rates per issue:

2.75" x 3.00" — \$15.00

5.50" x 3.00" — \$30.00

Other sizes — enquire

Email:
editor@msbcacalgary.ca



For Your Dental Requirements . . .

- We provide complete range of Dental Services in a warm & caring atmosphere
- Child friendly environment • Walk-ins & Emergency
- Digital computerized X-ray, offering minimal radiation (90% less)

Clinic Hours: Mon-Thurs: 9am-9pm • Fri: 7am-3pm • Sun: 9am-5pm
(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)

Brentwood Shopping Center



Pro-Grace Dentistry

#5B 3802 Brentwood Road NW • Calgary AB

CALL
288.80.80
313.09.51

Calgary **INSTANT PRINTING** your one stop printing factory

mailing address:
p.o box 4712, station 'c'
calgary, alberta t2t 5p1

shop: #107, 10th ave s.e.
calgary, alberta t2g 0v8
email: allprint@telus.net

Call for Quote

tel: (403) 261-6680
fax: (403) 234-9472

COMPLETE PRINTING SERVICE

- DIGITAL PRINTING [COLOUR & B/W]
- OFFSET PRINTING
- LARGE FORMAT PRINTING
- SCANNING & DESIGN
- ANNUAL REPORTS
- BROCHURES
- BUSINESS STATIONARY
- CATALOGUE
- LAMINATION
- COMPLETE BINDERY SERVICE

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

Our 3 weekly flights from Vancouver to Singapore on Monday, Thursday and Saturday provide convenient connections to destinations throughout the Asia-Pacific region.

For more information and special web-only fares, please visit our website at <http://www.singaporeair.com>

Singapore Airlines - first to fly the A380



SINGAPORE AIRLINES

A STAR ALLIANCE MEMBER

