

## PRESIDENT'S MESSAGE



ADELINE CHAN

The beginning of fall has certainly brought in the colors to a new season. The committee kicked off with much enthusiasm over a meal. We have planned a year of eventful programs and

functions for everyone. We look forward to a year of fun-filled family activities that are specially planned for everyone. I do hope to see more of our members coming out to participate.

MSBCA is a non-profit organization, and it is because of the dedication of member volunteers that keeps the vitality of the association going strong. I am encouraged by the number of volunteers we have in the association and I appreciate their efforts, but I do hope to see others coming forward to get involved. Each individual has a special talent of their own and my hope is for those members to come out of their comfort zone to share that talent instead of burying it .....MSBCA will be a more vibrant association to serve the community better.

Our first event of food and family gathering at the Halloween evening was a success. Members and friends who came for treats at the Halloween evening were entertained by .....sexy Ms Leong, MSBCA "Phua Chu Kang", "Just One" Singh, and Mr. Hawrylyshen!! Many thanks to Jill, Jessie, Stanley, Peter H, Peter C, Darren and those volunteers who came forward to help organize and make that evening an enjoyable one. We

had more laughter and fun than being spooked.

On November 7<sup>th</sup> we welcome the Malaysian Sepak Takraw team for their exhibition match at the Cultural Centre. Sepak Takraw is one of Malaysia's national sports. Do bring your friends and come out to support them because this is a rare opportunity and a privilege to watch such a game in Calgary! They will be visiting five cities in Canada and we will be hosting them in Calgary. "Bienvenue vers le Canada."

Do plan also in joining us for the Christmas family dinner on December 8<sup>th</sup> with your family. Christmas is a time of giving and sharing therefore come and celebrate this joyous occasion with us.

Our Christmas caroling will be held on December 15<sup>th</sup> and we invite those who love to sing to come and participate. 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.

One final note, we are encouraged by some of the past members returning to MSBCA and through sacrifices and building friendships can we achieve a lasting relationship among our members. We hope to see more past and new membership coming into the association, so continue to spread the news and welcome them to MSBCA Calgary.

*Blessings,  
Adeline Chan*

### In this month's issue:

- 3 >> Upcoming events
- 4 >> Events for 2007/2008
- 5 >> Halloween Highlights
- 6 >> Gamer's Corner  
Dance Lessons
- 7 >> ICE Campaign  
Indoesian Event  
Thai Event

## Sunday Lunch

**Date:** Nov 11

**Time:** 11:30am-1:30pm

**Place:** Clubhouse

**Menu:** Char Kueh Teow

**Chef:** Ah Hock

**Dialect:** Hokkien

**Secret:** Father from  
Ayer Hitam,  
Penang

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

Please send them in to [editor@msbcacalgary.ca](mailto: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

# the editorial

## MSBCA COMMITTEE MEMBERS 2007/2008

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A lot of the time most of us are so caught up within our daily lives and routines that everything is set on autopilot. Everything is done naturally without even a second thought. Everyone is busy with work, school, and family, but when it comes down to it, how conscious are we really of our own actions, thoughts and surroundings? How often do we give ourselves the time, we often need, to take a breather or to reflect all that is happening around us? Well thank goodness for vacation days! However, you don't have to wait until a vacation to reflect. What I mean by conscious, is not only about being awake, but by being fully aware, and engaged in everything you do.

For me, I often find myself getting too caught up in daily life and I neglect to give some time to myself. My sense of time is just taking that 10-minute nap, catch up on some reading, or just sit and collect my thoughts.

I know a few of the members are attending meditating sessions and that is another way to clear your thoughts and just be conscious of your own body and what is happening inside your body.

There are so many external distractions out there that numb us and keep us from being conscious. We can't help it, I can't help it, when a good TV show is on, all you want to do is just watch it and, in a way, escape from reality. It is one way to break away from the craziness of daily life. I think a lot of the time we choose

not to spend time alone because then all we are left with is our thoughts. Some people would rather not be left with their own thoughts and instead prefer to live in a dream-like state.

I don't think we can help it because of our society that we live in, which silently encourages us to live unconsciously. The media, our institutions...

What got me thinking about all this philosophical talk is one of the classic pieces I've recently read for a university course. Henry David Thoreau's *Walden*, and he states, "When we are unhurried and wise, we perceive that only great and worthy things have any permanent and absolute existence – that petty fears and petty pleasures are but the shadow of reality." Thoreau talks a lot about living in a world of simplicity. He says that we are dependent on institutions that falsely empower our conscience, and we stop questioning.

So which would you rather live in? A dream-like state? Or reawaken that conscious part of you and open your eyes to a fresh way of living?

I think when we reawaken, the meaning of life becomes a little more clear. Temporarily removing ourselves from the complexities in our world and stepping into the world of simplicity, if only for just a moment...

I may not necessarily follow his way of life but it's one way of looking at being conscious.



## MSBCA CALENDAR of events

### NOVEMBER :

- \* 11<sup>th</sup> Sunday Lunch
- \* 18<sup>th</sup> Cooking Lessons

### DECEMBER :

- \* 8<sup>th</sup> Family Christmas Dinner
- \* 15<sup>th</sup> Christmas Caroling
- \* 31<sup>st</sup> New Year's Eve Dinner & Dance

### JANUARY 2008:

- \* TBA - X-country Skiing/Snow Shoeing

### FEBRUARY 2008

- \* 15<sup>th</sup> Chinese New Dinner @ the Regency Palace



For those who  
like to cook!



We would like to invite you to join us on the 3rd Sunday of the month at the club house for some fun, learning and socializing time.

The first get together will be:

**Nov 18th @ 4:00pm**

For more info, contact:

Jill Heng @ 686-8448

*"A spirited mind never stops within itself; it is always aspiring and going beyond its strength." - Montaigne*

## MSBCA New Year's Eve Party

December 31<sup>st</sup> 2007

7:00 p.m. – 2:00 a.m.

MSBCA Clubhouse

**Member Cover Charge:** (includes South-Asian Cuisine, Champagne, Juice, Coffee, Tea, Snacks and music by 'Alternative DJ')

- \* \$26 for adults
- \* \$10 for kids 6-12

### PROGRAM:

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

**Seating capacity : 80-90**

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

**RSPV by:** December 20<sup>th</sup> 2007.

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

## MSBCA Family Christmas Party 2007

Date: December 8<sup>th</sup> 2007

MSBCA Clubhouse

6:30 p.m. - Midnight

- Potluck Dinner includes Turkey cooked by the Committee.
- Magic show.
- Games for adults and children. Lot of prizes to be won.
- Christmas crafts competition. Show off your best your handiwork and win a prize.
- Door Prizes
- Christmas carols
- A visit from SANTA CLAUS.

### PLEASE CONTACT

Joyce Wong @ 220-1518 or Shanti James @ 337-0179

**Deadline to register is November 30 2007**

**Seating capacity for 80 people only**

*Come And Celebrate  
The Spirit Of Christmas*

## MSBCA Calendar - Events

### SEPTEMBER 2007

S	M	T	W	T	F	S
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### OCTOBER 2007

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### NOVEMBER 2007

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### DECEMBER 2007

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### JANUARY 2008

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### FEBRUARY 2008

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### MARCH 2008

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### APRIL 2008

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### MAY 2008

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### JUNE 2008

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### JULY 2008

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### AUGUST 2008

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### SEPTEMBER 2008

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### OCTOBER 2008

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### NOVEMBER 2008

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### DECEMBER 2008

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Date	Events	Leader(s)
27-Oct-2007	Halloween	Jill H/Jesse C
7-Nov-2007	Sepak Takraw	Jesse C/Tony Q/Peter C
11-Nov-2007	Sunday Lunch - Ah Hock Char Kueh Teow	Jesse C
24-Nov-2007	Three Hills Aviation Visit (date TBD)	Adeline C
8-Dec-2007	Family Christmas Dinner	Joyce W/Shanti J
15-Dec-2007	Carolling	Peter C/Adeline C
31-Dec-2007	New Year's Eve Party	Jade T/Stanley V
1-Jan-2008	X-country Skiing/Snow Shoeing	Tony Q/Philip C
19-Jan-2008	Mustard Seed (date TBD)	Jade T
2-Feb-2008	X-country Skiing/Snow Shoeing	Tony Q/Darren L
15-Feb-2008	Chinese New Year	Peter C/Joyce W
23-Feb-2008	Brunei National Day Celebration	Tony Q/Joyce W
21-Mar-2008	Casino	Jesse C/John C
22-Mar-2008	Casino	Jesse C/John C
22-Mar-2008	Easter Night - potluck	Philip C/Adeline C
5-Apr-2008	Movie Night	Stanley V/Peter H
12-Apr-2008	Bonney Brook Waste Treatment (date TBD)	Peter C
26-Apr-2008	Seafood Night	Josephine T/Adeline C
3-May-2008	Fishing - Learn & Catch (TBD)	Tony Q
10-May-2008	Mountain Biking	Peter H/Darren L
24-May-2008	Mustard Seed (date TBD)	Ivan T/Jade T
31-May-2008	Motorbike "Wild Hawg" Cruising	Peter C/Peter H
7-Jun-2008	Fishing - Learn & Catch (TBD)	Tony Q
21-Jun-2008	Cultural Night (TBD)	Philip C/Jill H
5-Jul-2007	Hiking	Tony Q/Peter H
19-Jul-2008	Tour to Kelowna/Winery	Jesse C/Philip C
25-Jul-2008	Camping -Brooks Dinosaur Prov Park	Tony Q
26-Jul-2008	Camping -Brooks Dinosaur Prov Park	Tony Q
27-Jul-2008	Camping -Brooks Dinosaur Prov Park	Tony Q
2-Aug-2008	Fishing - Learn & Catch (TBD)	Tony Q
9-Aug-2008	Singapore National Day Celebration	Philip C/Adeline C
30-Aug-2008	Malaysia National Day Celebration	Ivan T/Shanti J
6-Sep-2008	Picnic/Biking - Glenmore Reservoir/Boat Club	Jill H/Jade T
27-Sep-2008	AGM	Peter C/Adeline C

#### Note:

1. The event calendar is for planning purposes.
2. Some events will need further confirmation or require min. number of participation prior to proceeding.
3. Read newsletter to be informed of the latest information on events.
4. Members are highly recommended to take advantage and participate in the events.

- Public Holiday
- MSBCA Event
- Board Meeting

## SEPAK TAKRAW

(KICK VOLLEYBALL)

# Nov. 7



## SEPAK TAKRAW

SEPAK TAKRAW

## Exhibition Match

By MALAYSIA'S Finest Players

You Gotta' See it to Believe it!

Nov. 7 ONE NIGHT ONLY! Time: TBA

Location: TBA

Admission: \$2./person ("Toonie For Takraw!")

PRESENTED BY:






JOIN A CLUB, LEARN TO PLAY SEPAK TAKRAW, SEE [WWW.TAKRAWCANADA.COM](http://WWW.TAKRAWCANADA.COM)

## Halloween Party '07 a night of Creativity & Imagination

Story by: Jesse Cheah  
Photos by: Peter Chai

Goodbye Halloween 2007 but we leave you with some memorable moments. Thank you kids & adults who dressed up for that memorable night. We hoped you all have as much fun as we have. Please cherish those moments even though they are short.

The variety of food that night, as always, never failed to impress everyone. Again thanks to every cook's efforts to make either their entrées or desserts live up to our traditional expectation. What impressed me about the potluck dinner is the mixture of spicy and non spicy culinary that is so unique in our culture. It really makes eating more like an adventure into a rainforest of exotic food.

The program for the kids followed right after dinner with the pumpkin contest. We are really proud of all 6 pairs of kids who with their creativity & imagination carved out 6 beautiful pumpkins in 20 minutes. The photo shot with the participants behind their candle lighted



pumpkins never fail to be a classic for the album.

Our 2 set of games i.e. "pyramid stacking" and "telephone" were both entertaining and challenging for the kids. The game "telephone" actually teaches both young & old to always get to the source if you want the right information. The 3 words used were a tongue twister "Tuktoyaktuk" (town in the NW Territories), "Terimah Kasih" & "Nee How Ma."

We ended the kids program with a costume contest where all the kids use their best imagination to grab the attention of the judges. Thank you everyone for your spirit of participation and thank you for the awesome photo shoot. And on behalf of all the kids, thank you aunty Jill for putting smiles to every kids face with a beautiful assortment of goodies.

Last but not least I would like to say thanks to Miss Vong and Jaswant Singh for their creativity and patience in your dress-up. You are both winners in your own ways! With that we look forward to see you all again at next year's Halloween with a notch up on creativity!



## CLUB HOUSE RENTAL

HOLDING A MEETING, PRESENTATION OR SOCIAL EVENT?

MSBCA Center has a full feature restaurant-style kitchen with large open space of about 1000 sq. feet. We have a seating capacity of 80 people.

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

For more inquiries,  
contact

Darren Lim: 400-5168  
or  
Peter H: 606-2461

### 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.**

## MSBCA Fall 2007 Badminton Schedule

- 14 Sep to 14 Dec  
(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)

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

### Cost:

TBA

## Gamer's Corner For Kids of all Ages

### The Legend of Zelda: Phantom Hourglass for Nintendo DS

**Quick look:** fantastic visuals, many cool puzzles to solve, takes great advantage of the touch-screen, challenging Boss fights, interesting story line to keep you hooked, great for all ages



When I saw the commercial for this game, I thought cool! I gotta try it out! So I went to the store and picked up a copy of *The Legend of Zelda: Phantom Hourglass*. Once I started playing, I couldn't stop! The story line was interesting, with a few twists and bits of humor to keep you playing. You must discover maps, treasures and travel from island to island in order to save the princess. The graphics are impressive considering the size of the DS screen and

*Cont'd on p. 8*

## Chinese Folk Dance and Line Dancing

New beginner dance classes start on **Monday, November 5<sup>th</sup>**.

Classes start from **7:00 pm to 8:45 pm** *Every Monday night for 8 continuous lessons.*

**\$50.00 for members**  
**\$60.00 for non-members**

For those that did Line dance before, can join the beginner/intermediate class on Wednesdays at the same time.

**Line dancing** is a formation dance where a group of people stand in a line or lines. It uses all rhythms of music such pop, country, latin, soul, funk etc.

**Chinese folk dance** is a formation dance as well, but with more hand coordinating movement.

We dance to Chinese traditional and pop music. Dancing is a fun way to stay fit, meet new friends.

You do not require a partner to join.

## 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!

## Christmas Caroling - Dec. 15th

We invite those who love to sing to come and participate.

Peter Chai has kindly offered to bring back the nostalgic atmosphere of house-to-house carol singing this Christmas. **Choir practice starts Nov.18th**

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



## ICE campaign - "In Case of Emergency"

We all carry our mobile phones with names & numbers stored in its memory but nobody, other than ourselves, knows which of these numbers belongs to our closest family or friends.

If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency? Hence this "ICE" (In Case of Emergency) Campaign

The concept of "ICE" is catching on quickly. It is a method of contact during emergency situations. As cell phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emergency under the name "ICE" (In Case Of Emergency).

The idea was thought up by a paramedic, who found that when he went to the scenes

of accidents there were always mobile phones with patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose. In an emergency situation, Emergency Service personnel and hospital Staff would be able to quickly contact the right person by simply dialing the number you have stored as "ICE".

Please pass this information on. It won't take too many "forwards" before everybody will know about this. It really could save your life, or put a loved one's mind at rest.

For more than one contact name simply enter ICE1, ICE2 and ICE3 etc.

Be sure it's in your kids' cell phones also...

Let's spread the concept of ICE by storing an ICE number in our Mobile phones today!

## Event for the Canadian Indonesian Social Club The 2007 Pasar Malam Cultural Show / Evening Bazaar

Enjoy Indonesian Traditional Dances and Cuisine,  
Cash Bar and 50/50 Raffle, Dance with DJ

**When:** Saturday November 17, 2007

**Venue:** Beddington Heights Community Centre  
375 Bermuda Drive NW

**Doors open** at 6:30 pm

**Ticket price is for admission only (does not include food):** Member \$5,  
Member-Family \$15, Non-Member \$8, Non-Member-Family \$20,  
Children under 6 Free

**Contact** Maragret 241-2138, Ben 293-3760 for tickets

## ALBERTA THAI-CANADIAN ASSOCIATION (CALGARY)

...presents...

### "A Night of Mardi Gras Fun and Frolic"

*In support of the  
WISHING WELL FOUNDATION*

**Saturday, November 10, 2007**

**Montgomery Community Hall**

5003 - 16 Ave NW, Calgary

Phone: (403)-247-3116

**6:00 pm. – 12:00 pm.**

Thai Food Fair

Music

Karaoke Contest

Costume Contest

Tickets are limited

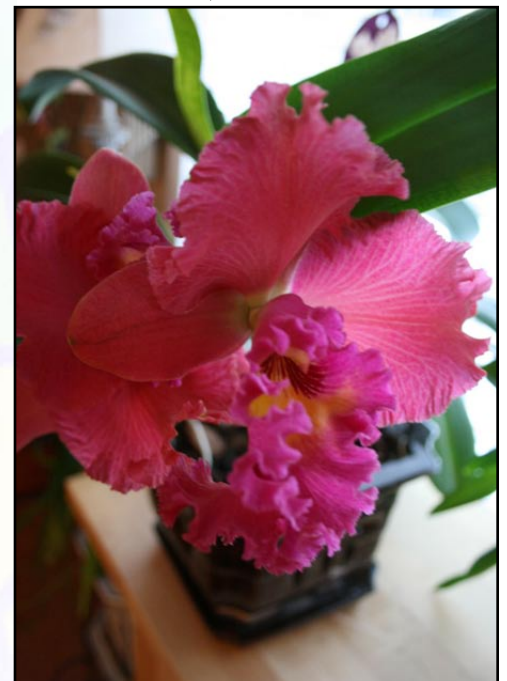
**Adults: \$7.00/person**

**Children 5-12 years: \$4.00/person**

*All profits will be donated to  
The Wishing Well Foundation  
(Children who are sick with cancer)  
in Thailand*

[www.wishingwellthai.org](http://www.wishingwellthai.org)

## Photo of the month



**Photo by Tracey Bong. A beautiful purple-pink orchid in full bloom.**

## Advertise with Us!

**small:** (2.25" X 3.0")

- \$15/month

**med:** (5.0" X 3.0")

- \$30/month

**banner:** (7.75" X 2.75")

- \$45/month

**half page:** (7.75" X 5.0")

- \$50/month

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

### CONTACT:

editor@msbcacalgary.ca

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

## Zelda...Cont'd from p.6

The way the game optimizes the touch screen and the microphone on the DS is super-cool. Link, the main character, is controlled, solely, by using the stylus. You can draw on the maps and make notes of important information to help you along the way. Sometimes you'll have to blow or shout into the mic as well. The boss fights are exciting and some even challenging, however if you're experienced, it may be a touch easy. There are plenty of engaging, sometimes even perplexing, puzzles to be solved and dungeons to be explored.

So when you have a chance and a chunk of free time, try Zelda out!

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