

## PRESIDENT'S MESSAGE



ADELINE CHAN

Spring is finally here again. It is good to be home in Calgary after 2 weeks in the heat and heap of India. I hope that you have had an enjoyable Easter break in March.

The Mustard Seed event on 8 March, fed more than 400 homeless with our MSBCA teriyaki chicken meal. What an awesome team of volunteers cutting, preparing and cooking up a storm in this community service. Thank you to those volunteers who came forward to help.

Thanks to Jesse Cheah for coordinating a successful volunteer event for the casino fund raising on Easter weekend. Funds from casino keeps the club running for members to enjoy, without which MSBCA would not be able to support a clubhouse of her own. Thanks to all who took time off from the family over the long weekend to volunteer at the casino.

The Easter potluck event went smoothly. It was reported that we had 2 pre-teen magic performances to the delight of the audience. The highlight of the event for the children was obviously the Easter-egg hunt. Thank you all who helped and participated in this Easter event.

The MSBCA website had a facelift recently. Thanks to Tiffany Bong for volunteering to revise and brighten up our

website. We also wish to thank Nelson Chan, for his dedication in maintaining and to upkeep our website. MSBCA website is an important communication tool for our members as well as to new immigrant and the world on who, where and what we are in Calgary. We are blessed to have many members with talents and skills to support our association and its activities.

Due to unforeseen circumstances, we had to cancel our Kung Fu classes until further notice. With this, it is our gratitude on behalf of the committee and members of MSBCA to thank Tan Chin Hock and Peter Hawrylyshen for their unreserved effort in teaching the fine art of Kung Fu to the children in MSBCA.

With the advent of summer, be prepared for outdoor activities to keep fit and enjoy the fresh mountain air and scenery. River and lake fishing, motor biking, an educational tour, and movie night are also in the agenda. For the food enthusiasts, there is Seafood Night at the Kelong coming up. For details of April's events, check them up in the newsletter.

As clear and bright as spring is, we hope to enlighten our members with new and fresh programs planned for the summer. A glimpse of what it is to come include a tour to the wineries of Kelowna and more. This is a member's only event, so if you have not yet renewed your membership, I strongly recommend that you do so immediately. Glad to be of service to you.

*Blessings,  
Adeline*

*Quote of the Month: "Happiness is not something ready made... It comes from your own actions." -- Dalai Lama*

### In this month's issue:

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## Sunday Lunch

**Date:** May 4

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

**Place:** Clubhouse

**Menu:** Sarawak Laksa

**Chef:** Peter &  
Elizabeth Tan

All members & non-members are encouraged to come and show their support. The proceeds will be going to the:

MSBCA Scholarship Fund.

**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!

## Change of address???

Please contact Tracey Bong at [editor@msbcacalgary.ca](mailto:editor@msbcacalgary.ca) to keep your details current!

# the editorial

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## Summer Travels

The big news for me this summer is a trip to Malaysia! I will be going with my mom, my sister, and hopefully my dad (if he can get time off). The last time I was there was in December 1999! So, I am really excited to go and re-experience the good food the warm weather and getting re-acquainted with family. I am also excited to find new experiences and see new places in the surrounding area. My parents are from Kuching, Sawarak so we will definitely be heading there. Kuala Lumpur, Bangkok, and Bali are also part of the itinerary and I'm sure there will be a few other places added along the way.

Traveling is probably something that is on most people's list of things-to-do. To experience different cultures and food, to see some of the most beautiful places in the world, it is a learning experience in itself. I have been thinking a lot about traveling lately. I hope to do quite a bit of traveling in the next year, and I guess it also depends on the time I can take off and having the financial resources to do so.

I have been talking to quite a few people about their own travel experiences and doing some of my own research on places to go and how to get there. With school terms ending and summer just around the corner, here is some information that I found helpful and some pretty cool websites that may enhance your future travels experiences. So when you plan your summer vacation, if you haven't already done so, you will have

Top 5 Trips that I want to take when time and resources will allow me to do so...

- Australia – all over
- Taiwan
- New York
- Eastern Canada –Montreal, TO
- Somewhere in Central America

Traveling can get pretty expensive if you plan to do a lot of it. So here is some websites on the different options and types of travel to get the most bang for your buck, or if you're traveling on budget:

## Travel Cuts:

"Simply put, we are Canada's student, youth, and budget travel experts!" They offer products like SWAP Working Holiday Programs (see below), Gap Year Abroad and more.

<http://www.travelcuts.com>

## Flight Passes:

A good way to save time and money. A flight pass is a prepaid package of flight credits used for travel within a selected geographic zone during a specific period. Who offers them? A lot of airlines offer them, like Air Canada, Indian Airlines or Cathay Pacific. <http://www.budgettravel.com/bt-dyn/content/article/2006/08/10/AR2006081000997.html> For example, with Air Canada, you can get credit passes, or unlimited travel passes for 3 or 6 month periods. Geographic regions are, Canada, Canada and US, London (UK), Hong Kong and China, and Sun Destinations. <http://www.aircanada.com>

## Contiki:

Group travel – holidays designed for 18 to 35 year olds. They "organize everything from transport and accommodation to sightseeing and meals – helping you make the most of every day." They help to relieve some of the stress that comes with planning big trips. You have the flexibility to choose the style of tour, that suits your individual interests, from a multi-country, one country, regional, ski or even cruise.

<http://ca.contiki.com>

## SWAP – Working Holidays:

Make money while seeing the world! A product of Travel Cuts, SWAP offers programs for Canadians who want to go abroad to work and travel. Eligibility varies between the different programs. Some require student status, while others don't. Age ranges, 18-35 or 18-60. You can teach in China, Japan, or Brazil. Work in Africa, Australia, France, or Germany and many more. <http://www.swap.ca>

Here are some websites that may enhance your future travels:

*(editorial is continued on page 4)*

## MSBCA CALENDAR of events

### April 2008

- 5<sup>th</sup> - Movie Night
- 12<sup>th</sup> - Bonny Brook Treatment Plant Education Tour
- 20<sup>th</sup> - Mari Memasak
- 26<sup>th</sup> - Seafood Night

### May 2008

- 4<sup>th</sup> - Fishing: Learn & Catch
- 4<sup>th</sup> - Sunday Lunch
- 31<sup>st</sup> - "Wild Hawg" Motorcycle Tour

### June 2008

- 7<sup>th</sup> - Cultural Night
- 14<sup>th</sup> - Bicycle Tour
- 28<sup>th</sup> - Fishing: Learn & Catch



### Thought of the Month:

*"Authentic spirituality awakens the soul, reconnects us with the sacred, and fills us with the passion of life. Spiritual development is not about religious rituals and practices; it is about waking up to the wonder of life." -- David N. Elkins*

## Family Movie Night at the Club House

April 5th, Starts at 6:00pm

Showing: Ratatouille and Transformers

There will be popcorn and Ice Kacang

Free for members!

Please Contact John Chin to RSVP

400-2272 by April 3rd



## Seafood Night at the Kelong

### What's Cooking?

- Fish Maw Soup
- Sambal Prawn
- Deep Fried Seafood
- Chinese-donut
- Scallop with Vegetables
- Oyster Omelette
- Singapore Chili Crab
- Seafood Ho Fun
- MSB Desserts

**April 26, 2008**

**7.00pm – 10.00pm**

**MSBCA Clubhouse**

**Cost:** \$30 Adult (Member)  
\$35 Adult (Non-member)  
\$20 per Child (6 – 14 years)

**RSVP By:** April 20, 2008

**Contact:** Sherry Tay - 532-1473

Jill Heng - 686-8448

## Mari Memasak!!



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

**Apr 20 3:00pm @ the clubhouse**

• Sweet and Sour Chicken by Cynthia Tung

• Mango Mousse by Irene Chan

Please RSVP Peggy Looi

217 2292

## BONNYBROOK WATER TREATMENT PLANT

### EDUCATIONAL TOUR

**April 12, 2008**

**Time:** 10:00 am

**Group size:** 12 to 20 people (estimated)

**Group 1:** 15 years old and above (walking tour of plant)

**1.5 to 2 hours**, (with option to participate in the video/model tour)

**Group 2:** 14 years old and below (video and model tour only) **1 hour**

Please email Peter Chai to book your spot on the tour:

ebinez@shaw.ca (indicate email

Subject: Bonny Brook Tour)

**RSVP by March 28, 2008.**

# highlights/events

Summer Travels continued from pg. 2

## Responsible Travel:

“Responsible travel is more rewarding holiday experiences designed in a more thoughtful way to help you relax and rejuvenate or bring you closer to local people, their cultures and nature. Responsible travel helps local people to earn a fairer income from tourism, supports local conservation and social projects, and ensures that any negative environmental or cultural impacts are reduced.”

<http://responsibletravel.com>

## Climate Travel:

This is a neat website that addresses our global greenhouse problems by providing greener way of traveling and neutralizing carbon emissions. Climate Friendly is a ‘profit for purpose’ company. They have an online calculator that “calculates the carbon emissions from driving your car, air travel or the electricity used in your home or office.”

<https://climatefriendly.com>

## Volunteer Travel:

Volunteering abroad is another way to a travel experience through new eyes, especially when you are in a foreign. Volunteering is always an enriching experience and to be able make a difference and contribute to a society is much more rewarding. Check out these really good websites on volunteer travel:

<http://www.gapyearabroad.ca>

<http://www.gviusa.com>

<http://globalvolunteers.org>

<http://www.volunteerabroad.ca>

## Adventure Travel:

Take the “path less traveled.” For the more outgoing and adventurous travelers check out these sites:

<http://www.worldexpeditions.com>,

<http://www.gapadventures.com>

I hope that you have found this information as helpful as I did!

If anyone has any other great websites or information on travel, please feel free to send them to me at:

[editor@msbcacalgary.ca](mailto:editor@msbcacalgary.ca).

## The Spirit of Giving by our Younger Members

Story by Jesse Cheah

MSBCA has listened to members in the past and agreed that providing scholarship for our grades 6, 9 & 12 is a core activity for each year’s committee. I’m sure kids are being constantly reminded by parents about the importance of education, so MSBCA is merely supplying another carrot for kids to realize the rewards of doing well in school. Grades 6, 9 & 12 are all very important grades because they are the starting blocks of the fundamentals of the arts and science world. With strong fundamentals, one can have a clearer vision of what lies ahead. When the student doesn’t understand something from school they either go consult their teachers, parents or friends for help. This is no different from if we start to get a blurry vision we go to an optometrist to correct our eyesight so that



we have a clearer vision.

One area of growing up that always seems blurry is the spirit of giving or, some people simply call it, volunteering. Looking at most MSBCA events you will see most activities are organized and executed by adults yet we have a fairly young community in comparison to others. We think it is MSBCA’s duty to encourage and maybe teach our younger members that, in this world, it is always gratifying to give, as it is to receive a reward. I don’t know how you teach someone to become a philanthropist like Warren Buffet or Bill Gates but they are definitely people we admire. Not so much because of their financial status but, more so, because of



their generosity. This is why MSBCA wants (if it is ok with parents) to get our grade 6, 9 & 12 scholarship recipients to volunteer for at least 1 event during the MSBCA calendar year. So let’s say the child receives a scholarship during our Chinese New Year event in Feb 2009 then we would like to hope the child can volunteer in one of MSBCA events. It could be as simple as serving during our Sunday lunches or washing dishes or preparing food for the Mustard Seed or flipping burgers during our picnic or volunteer as a cultural dancer. I do not think by volunteering in MSBCA the child will learn to become a philanthropist but we do hope the experience the child gets will encourage him or her to carry on to do more things for the communities, locally or internationally, and begin to understand that it does actually feels good to give. Balancing between schoolwork, extra curricular activities, and volunteering can be done if there is a proper time management system.

If there are no objections from parents MSBCA will start implementing a guideline for 2009 scholarship recipients. It could be as simple as the committee keeping track of the child’s names and someone from the committee will either call the child or parent to sign up the child for a volunteering opportunity in upcoming MSBCA events. We trust this is something you as parents would agree with and view it simply as, we want our younger members to come out and participate and gain something called the “spirit of giving” which is priceless.

# highlights/features

## Family Easter Potluck



Story and Photos by Philip Chan

MSBCA held an Easter Potluck for families on the long weekend of March 22<sup>nd</sup> at the clubhouse. Although there was a smaller turnout of 50+ people, including some members who volunteered at the Casino, came to relax and enjoy a meal with friends.

The program for the evening, however, kept the audience mesmerised some young magicians. Nathan Yuen started off with his card tricks, then, turning a book from no color to full color in a split



second, to the 'woos' and 'wows' of the audience. We had a bonus performance from another couple of young magicians, Nicholas and Alison Lee from Regina,



and they got the audience amazed and impressed by a card that floated in the air. These tricks takes skill and time to learn and the children gave an impressive show of magic.

An Easter celebration is not complete without an Easter-egg hunt for the children. This got the children all excited and restless to see who can find the most eggs. Imagine all the children running to



every table and chair, nook and cranny, of the clubhouse just to find what they have come to look for...lots of chocolate eggs. The children beam with excitement when they found the bigger eggs to the delights of parents.

Thanks to Diane Wong for enlightening the audience on the meaning of Easter, to Hubert Lee for hiding all the eggs, to Tony Quek for entertaining the children with games, to Yeu Chuan & Janette Choo for



arranging the tables and chairs, to Nathan Yuen, Nicholas and Alison Lee for their magic shows, and to all the parents who came with their best MSB dishes to share with one another.

## Sunday Lunch Hokkien Mee

Story by Daniel Sario

Cook Helen Cheng and helpers Morley, Julia, Rita, Jill and Liz produced an excellent entree of Kuala Lumpur "Hokkien Mee" at MSBCA clubhouse on Sunday, March 16, 2008. The turn out was very good and a total of 65 servings were sold.



Hokkien Fried Noodles is generally popular in Kuala Lumpur, the capital of Malaysia, and surrounding areas. It is a dish of thick noodles braised in dark soya sauce and stir fried in lard with pork, prawns and cabbage and served with cubes of pork that are fried until crispy.



Thanks also to Jerry, Melissa and Kim who helped out in setting the tables and serving.



For those of you that missed the opportunity to taste Malaysian cuisine Tough Luck. Stay tuned for more exciting Sunday lunches from MSBCA clubhouse.



# sports/recreation

## Reasons for sleeping and waking up early

**Evening at 9 - 11pm:** is the time for eliminating unnecessary/toxic chemicals (detoxification) from the antibody system (lymph nodes). This time duration should be spent by, relaxing or listening to music. If during this time, for example a housewife is still in an un-relaxed state such as washing the dishes or monitoring children doing their homework, this will have a negative impact on health.

**Evening at 11pm - 1am:** is the detoxification process in the liver, and ideally should be done in a deep sleep state.

**Early morning 1 - 3am:** detoxification process in the gall, also ideally done in a deep sleep state.

**Early morning 3 - 5am:** detoxification in the lungs. Therefore there will sometimes be a severe cough for cough sufferers during this time. Since the detoxification process had reached the respiratory tract, there is no need to take cough medicine so as not to interfere with toxin removal process.

**Morning 5 - 7am:** detoxification in the colon, you should empty your bowel.

**A good resolution for 2008 for all ages is to stick with a regular exercise program. Why not join MSBCA and check out what we have? Come and join us for fun. Waiver form is to be signed for all MSBCA sports and outings.**

**Morning 7 - 9am:** absorption of nutrients in the small intestine, you should be having breakfast at this time. Breakfast should be earlier, before 6:30am, for those who are sick. Breakfast before 7:30am is very beneficial to those wanting to stay fit. Those who always skip breakfast, they should change their habits, and it is still better to eat breakfast late from 9 - 10am rather than no meal at all.

Sleeping so late and waking up too late will disrupt the process of removing unnecessary chemicals. Aside from that, midnight to 4:00 am is the time when the bone marrow produces blood.

**Therefore, have a good sleep and try not to too sleep late!**

## Sunday Martial Arts & Tai Chi Classes

**IMPORTANT ANNOUNCEMENT!**  
Classes have been discontinued until further notice.



Sorry for any disappointments this may have caused

## City Bicycle Tour June 14th, 2008



Ride along the Bow River starting at Edworthy Park, through down town, the zoo, to Inglewood Bird Sanctuary and back. Trip will be about 4 hours.

Interested? Call Jill Heng 686-8448.

## 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

## "WILD HAWG" Days are coming!!!



**May 31 2008  
10:00am**

Giddy up your bronco!

**Proposed route:** Bragg Creek, Elbow Falls, Highway 66 Kannanaskis, Black Diamond, Longville...

Contact Peter Chai for more info

## MSBCA's Website Gets a Facelift

By Tracey Bong

Remember when the website was hosted on Geocities? The website has grown up since then. MSBCA first got its very own domain in January 2005. Rachel Wong, a former newsletter editor, came up with the original design, which wowed our members. It was definitely an improvement compared to the former, very simple, Geocities site. Now, an individual from the next generation has stepped it up a notch, giving the website a fresh, new look to better represent a growing and changing organization. Since mid-March, the website has been showing off its new look thanks to, my sister, Tiffany Bong (I guess the creativeness runs in our blood! \*wink\*). She is currently finishing up her last year as a New Media student at SAIT. Let's find out a little bit more about her:

**Q. First tell me about the program you're currently taking at SAIT.**

A. The program I'm taking is called New Media Production & Design. It's a two year diploma that I will be finishing this April! We learned all about building and designing working websites but it doesn't stop there. It's a very broad program and it covers things such as graphic design, animation, sound production, game design, and much more!

**Q. What made you choose to redesign the MSBCA Website?**

A. I was given a project at school where we were to find a non-profit organization that we could complete a media project for. I wanted to do something for the MSBCA because my family and I have been a part of the organization for more than 10 years. The MSBCA has had a very positive impact in our lives and many of the friends I've made are from this club! I just wanted to give something back to the organization.

**Q. What kinds of things did you do with the redesign?**

A. Well I wanted to keep the general structure of the previous design while

making it look more clean and polished. I organized the content of the site and also simplified the navigation for all the links. The website was also recoded to adhere to current web standards. I also found some new, beautiful photographs that were used in the banner.

**Q. Out of all the things you've learned in the past two years at SAIT, what are you most interested in?**

A. Learning to build interactive presentations like websites or flash games has been very fun and useful. I wouldn't have been able to do the MSBCA website if I hadn't learned that stuff! Although I'd have to say that I enjoyed learning about illustration, 3d modeling, and animation the most. I love creating my own characters and seeing them come to life in an illustration or in their own 3D world!

**Q. What kind of career do you hope to pursue after you graduate?**

A. One of my goals in life is to pursue a career in computer animation. Animation has been one of my biggest passions since I was young. Someday I hope to be working at *Pixar Animation Studios* as a character animator working on films like *Finding Nemo* or *The Incredibles*. That's my dream job. How cool would that be?

**Q. What do you enjoy doing in your spare time?**

A. You will probably find me drawing, listening to music, or playing video games. When I'm not at home I like to go shopping, or going out to eat and catching a movie. :)

**Q. Do you have any final words?**

A. Yes, first of all I'd like to thank the MSBCA for giving me the opportunity to redesign their website. I'd also like to thank my parents for their love and support. Special thanks to my sister for this interview and for doing such a great job as the editor!

If you want to learn more about Tiffany or take a look at her online portfolio, visit [www.tifanani.com](http://www.tifanani.com)

**A look back at the MSBCA Website:**



Following up on the subject of youth volunteers, Tiffany is just one example of a young volunteer, getting involved with the organization. So volunteering is not only limited to serving food, or being a cultural dancer, there are many ways to volunteer within the MSBCA, for instance, working on the website, teaching a workshop, assisting in putting together an event, or helping in the production of the monthly newsletter. If you have a special interest or skill, there are a lot of ways to apply them within the association! Just ask and get involved, you will learn a lot, and you may find that it's actually pretty fun!

## 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



Photo Sent in by Shanti James. Photo by Guy Shulhan. Shanti's dog Bailey James galloping through an Alfafa field near Carstairs, Alberta.

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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.

## Our 3 weekly flights from Vancouver to Singapore

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