

PRESIDENT'S MESSAGE



TONY QUEK
郭長基

Go Stamps Go!

The talk in Cow Town is that our Stampeders became the 96th CFL Champion after a seven-year drought from winning the last Grey Cup. This year the team did well under coach John

Hufnagel. It would be exciting if they can make it to the final in 2009 defending the throne in McMahon Stadium in Calgary! It has been a nostalgic experience listening on AM 770 for the play-by-play action during the play off.

The 47-year-old Barack Obama won the presidential election in America. This USA's historical era lead by the first African - American will be a change of perceptions throughout the World. The global economic crisis and world peace will be a thing to watch for under his administration. As Canadian economy is highly affected by our neighbors down south, Free Trade is one of the main focuses on the table as we move into a recession with high unemployment.

Miss Tracey Bong has implemented the MSBCA newsletter subscription initiation. I hope the majority of membership will opt to read the newsletter on Internet or as an attachment on e-mail. This is to cut costs and save time and energy for the editor. Tracey has been a valuable member to MSBCA.

Team MSBCA is moving along well with the forthcoming X'mas Party. We're also gearing for the 2009 New Year's bash with a pot-luck get together. Please give

me a call if you're interested. Bring your cooking and we'll toast for the arrival of 2009!

The calendar of events will be posted on the website shortly. Check it out and come participate in some MSBCA's programs. If there is something you wish to initiate, give us your idea and we will get it rolling. The winter activities and summer hikes will be added on as we go. The winter badminton session is due for renewal with the City. It will be updated on the Sport's section as it is firmed up.

I attended the dinner conference for the Chinatown's Safety on Nov 20 and met up with Police Chief Rick Hanson. There is a Chinatown Safety Council in place right now and I've made contact with Miss Lily Kwok of CCCSA. The concerns of gang activities in Chinatown were addressed at the meeting and the Chief told us that there will be an increase of 75 policemen in the work force and their presence will be reinforced to clamp down drug trades and gang activities in Calgary. Be careful of your surroundings if you stay out late in Chinatown.

Ms. Jill Heng had conducted the first mari memasak on Nov 23 and it was a huge success. We had a good time in the kitchen and had a lot of fun cooking up the dishes. Make sure to sign up for the next one! MSBCA kitchen can really cook up a storm! It is nice to share recipes and knowledge.

As 2008 is closing in on us, I wish to take this opportunity to send our well wishes to all of you. On behalf of Team MSBCA and my family we wish you all the best.

*Merry Christmas and a
Happy New Year.*

Tony Quek

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"The greatest joy of life is to accomplish. It is the getting, not the having. It is the giving, not the keeping."

— Frederick Banting



*Happy Holidays
and
Season's Greetings
to all!*

**Don't Forget to
Update your MSBCA
Website bookmark!
www.msbcacalgary.ca**

the editorial

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Membership Renewal? Change Member Info?

Please contact Tracey Bong at
editor@msbca.ca
to keep your details current!

I would like to start off by reminding people that the newsletter is going green starting January 2009. We will no longer be mailing out hard copies of the newsletters. However, there will be a limited amount of hard copies at the clubhouse on a first come, first serve basis. I will be sending out an electronic newsletter to those that have subscribed to the mailing list. See www.msbca.ca/newsletter.html for more details on how to subscribe. Please add your email to the list if you want to receive any news or updates on events and newsletters about MSBCA. Starting January 2009 I will only be sending emails to the mailing list.

Wow, Christmas is almost here! I can hardly believe it. I can't believe another year has gone by so quickly. 2008 has been a great year none-the-less as I reflect back. A couple major highlights of my 2008 is that I got to see some new places during my 6-week trip to Malaysia and area, and I finished my university degree and graduated this pass November!

I'm not usually one to set new year's resolutions but I think I might try it out for the new year. Keep track of some goals that have been floating around in my mind and take notes so I can better reflect on my goals when it comes to 2010! Since I'm finished with school, it's a good way to focus on what I want to do, what I want to achieve, and where I want to go in life. You know that saying, life is short, make

it your best... When you're a kid, life just seems forever! But as the years go by, and as they go by so quickly sometimes, you realize how short life really is! I believe it's what you do with your life and how you live it that determines how long or how short life is. If that makes any sense?

I have always had this go with the flow mentality and so far it seems as though everything I have done up to this point was just the way things were supposed to happen. The choices I made with school and others led to other choices, which led me to where I am now. I really enjoy what I am doing now, at work; with computer graphics and online marketing. But now the question is... What now? What next? Is this job for me? I just say to myself "let's give this a try and see what happens, you will never know how it is until you go for it and fully engage."

Truthfully, I was struggling with the idea of committing to full-time work. Unsure of what I wanted to do for work and that I wanted to take some time to myself and do some traveling. But then, I thought, what if I was missing out on a good opportunity to learn and experience a lot at work? After having a nice talk with my manager, I said, lets go for it, see how work plays out and go from there. Save some money and then go on my trips! Just do it! I am just going to go with the flow... trust that things will work out.



Left to Right: Jody Toong, Bettie Lim, Shanti James, Tony Quek, Chong Hin Quek, Cynthia Tung, Stanley Vong, John Chin (hiding behind Vena), Vena Palmer, Michael Lo, Pei Lee Chin. **Missing:** Jade Tabet, Tracey Bong (behind camera), Tiffany Bong

MSBCA CALENDAR of events

December 2008

- 6th - Family Christmas Party
- 31th - New Year's Eve Bash

January 2009

- Please check December newsletter or website calendar for upcoming events

February 2009

- 1st - Chinese New Year Banquet
- 14th - Brunei Night and Valentine's Day

See page 7 for Calendar of Events for 2008/2009



Mari Memasak!!



Lets have some fun and learn a new dish from our in-house expert chefs!

**December is a busy and festive time for all!
Jan 25th is the next Mari Memasak. Please check back for more details!**

See page 5 for November's Mari Memasak highlights

MSBCA Family Christmas Party 2008

December 6th 2008
MSBCA Clubhouse
6.30 p.m. - 10.30 p.m.

Tickets

- Adults: \$12
- Children: \$8

Program

- Christmas Dinner
- Games for Adults and children - prizes
- Crafts competition - prizes for best crafts
- Xmas carols sing-a-long
- A visit from Santa Claus

Please also bring food for the food bank

Come and celebrate the Spirit of Christmas

New Year's Eve Potluck

December 31st 2008
MSBCA Clubhouse
7:00 p.m. - 1:00 a.m.

PROGRAM:

- Potluck Dinner
- Games. Fun, Fun & Fun
- Music and dancing
- New Year's Toast with champagne & more dancing

If you enjoyed ringing in the new year with us last year, join us again this year. More games and fun should be expected!

**Seating capacity: 80 guests
RSVP by December 20th**

Please contact Tony Quek at 403 239-7438 or chongkeequek@shaw.ca to register and let him know what dish you intend to bring. Please also note that you are welcome to bring your own liquor to celebrate. We are also starting a food bank drive, please donate what you can.

Chinese New Year Banquet

February 1, 2009

At the Regency
Palace Seafood
Restaurant

7:00pm

Stay tuned for further details regarding pricing and menu from CNY Event Organizers Cynthia Tung and Vena Palmer.

MSBCA Winter 2009 Badminton Schedule



MSBCA is currently applying for the Winter 2009 session with The City of Calgary.

Tentatively we are looking into two venues:

Badminton will be in the Main Gym. Time : 7:00 pm - 11:00 pm Friday nights.

Venue 1: Henry Wise Wood High School

Dates: Feb 27, Mar 06 and Jun 12

Venue 2: Ernest Manning High School

Dates: Feb 20, Mar 13/20, Apr 03/17/24, May 01/08/15/22/29, Jun 05

Cost: to be determined once the bookings are secured. Check for updates on the MSBCA's webpage and upcoming newsletters.

Please contact Tony Quek at: (403) 239 7438 with any questions.

A good resolution for 2009 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.

CULTURAL NIGHT 2009 PERFORMANCES

MSBCA's 20th anniversary cultural night committee has been set up and preparations have been made to secure a place suitable for this event. The evening will be filled with fun, good food coupled together with attractive and exciting performances

We are opening the program for our talented members who would like to organize a performance, or perform in the variety of shows in the following categories:

- **Choir**
- **Dance**
- **Skits**
- **Fashion Show**
- **Martial Arts**
- **Instrumental**
- **Comedy**

Please contact:

Jade Tarbet
2009 Cultural Night Committee
Tel: 403 998 4809
Email: jtarbet@shaw.ca

To help with our planning:
I need to hear from you
by January 31, 2009

FOLK DANCING & LINE DANCING



There will be Folk dancing and line dancing every

Wednesday night from 7pm - 8:45 pm

Please call **Adrine Chong** to register by cell: (403) 973-8338 or email: adrinecfl@hotmail.com.

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

You do not require a partner to join.

MSBCA Badminton St. Mary's High School

This session of badminton started on Sep 19 - Nov 21, 2008 from 8:45pm - 11:00 pm. There are 6 courts available for us and the washrooms with shower rooms are readily accessible. MSBCA is providing this family oriented exercise on Friday for members of all ages. It is a very good exercise to fit into your schedule. The location is centralized and there is plenty of parking spaces behind the school.

I will be starting to give a half hour session for beginners or anyone who needs coaching in skill and footwork. Though the session is one month old, we could price your admission accordingly.

Please come and join us to keep fit. Call me at (403) 239 7438 to register or e-mail to chongkeequok@shaw.ca.

*See you soon!
Tony Quek*

Kelas Mari Memasak

Seri Muka taught by Jill Heng



Story by Shanti James
Photos by Peter Chai

Our first Mari Memasak class for the season was held on Sunday, November 23rd at the MSBCA clubhouse kitchen. The Master Chefs were Tony Quek and Jill Heng. Watched by a various assortment of wanna-be experts at the first go, Jill started the first part by showing us how to make 'Seri Muka' the traditional way. This is a popular nyonya dessert that has a glutinous rice base with a 'custard like' coconut milk and egg topping. Jill was also kind enough to share with us some of her trade secrets to ensure a successful outcome.

While the Seri Muka was merrily steaming away and having dutifully washed our grubby fingers (yes folks, it's hands on), Tony started his part of the class by showing us how to make Basil Mustard Salmon. Since he is an avid fisherman, he began by showing us the correct way to clean and fillet a whole fish. We were quite fascinated by the amount of garlic that was needed amongst other ingredients, but the end result was simply delicious! The general consensus was that the whole class was fun and informative. What a great way to spend a lazy Sunday afternoon revisiting, and for some of us actually learning to make our traditional makan-makan.

Our sincere thanks to Kim Roe for sharing her Seri Muka recipe, Jill Heng for showing us how, and Tony Quek for the Basil Mustard Salmon recipe.

For those of you expert traditional cooks out there, please don't be shy, come forward and share your best ever recipes. There are lots of members who will be more than willing to come for a class. Contact Jill Heng @ 403 686 8448 if you would like to teach or attend a Mari Memasak class.

President, Tony Quek in Action! Basil Mustard Salmon



Fun in the Snow! This Winter Season's Activities

Everyone usually looks forward to summer activities but there are also lots of fun activities for winter! Looking for something fun to do in the winter season? Besides the usual hiking, skiing and snowboarding, here are a few other unique ideas to keep you and your family and friends busy this cold time of year. Some activities are in town and some just a few hours drive away. Luckily for us, we live close to some beautiful mountains! Also look out for some MSBCA cross-country events coming up early in the new year.

In Calgary

Skating at Olympic Plaza

Borrow Skates for Free
Dec 26, 2008
12:00PM - 6:00PM
Olympic Plaza
Link: www.calgary.ca

The Christmas Tree

Dec 1, 2008 - Dec 5, 2008 & Dec 15, 2008 - Dec 19, 2008
12:00PM - 1:00PM
Lunchbox

"A tree lot. Christmas Eve. One man. One woman. One tree. Who should get it? Each gives reasons through tales of woe as to why they are more deserving of the tree and each seems unmoved by the other's predicament...."

Link: www.lunchboxtheatre.com

Santa's Coming Downtown!

Dec 6, 2008
9:30AM - 4:00PM
The Bay Downtown

Christmas Food and Wine Fayre

Dec 13-14, 2008

Held at The Highwood River Inn, (a beautiful boutique hotel in the Alberta countryside.

Link: http://www.calgaryplus.ca/home/christmas_food_and_wine_fayre/1101301

In Alberta

Sleigh Rides

Sleigh Ride along the shoreline of beautiful Lake Louise

"Take a Horse-drawn sleigh ride along the lakeside trail to the end of majestic Lake Louise with views of the Chateau Lake Louise."

Rides are approximately 45 minutes to one hour in length.

Mon – Fri: 1:00, 2:00, 3:00, 4:00, 7:00 & 8:00 pm

Sat & Holidays: 10:00 & 11:00 am, 1:00 – 4:00 pm, & 7:00 pm & 8:00 pm

Sun: 10:00 & 11:00 am, 1:00 – 4:00 pm

Rates: (rates are subject to change)
Adult: \$28.00
Child (8 yrs & under): \$24.00

Link: www.brewsteradventures.com/dev08/index_trail_sleigh.html



Sleigh Ride in Banff

Rides depart from Warner Stables and take place in the meadow on the outside of the Banff town site.

Available every hour on the hour, 7 days per week, from 10:00am. to 8:00pm.

Rides are approximately 45 minutes

Rates: Adult: \$27.00
Child: \$23.00

Link: www.horseback.com/sleighrides.html

The Rocky Mountaineer Train

"Travelling onboard the Rocky Mountaineer is an unforgettable experience, considered by many to be, a trip of a lifetime... The entire train ride takes place

during daylight hours to ensure you enjoy every minute of the breathtaking scenery of glacier-fed lakes, majestic mountains ranges and ferocious rivers."

Rates: Ranges from trip to trip

Link: www.rockymountaineer.com/our_trains/rocky_mountaineer/

Dog Sledding



Dog Sledding? Why haven't I found out about this before? So close to Calgary too! I thought I had to go way north to do this sort of thing.

There are 2 hour, half-day and full-day tours, around the Canmore area. Sounds like a lot of fun!

Rates: Starting from \$130.00 and up and ranges depending on company and tour.

Link: www.maddogsexpeditions.com/

Link: www.snowyowlstours.com/

Caving

"Experience the famous Rat's Nest Cave near Canmore. This unique trip includes experienced guides and all technical gear (helmet, headlamp, harness, coveralls, kneepads, gloves)."

Cost: About \$129.00

Dates: Check Outdoor center website.

Link: www.calgaryoutdoorcentre.ca/

Winter Camping

"Experience the fun challenge of winter backpacking!"

Cost: \$200.00

Dates: Jan 19, 24 & 25, Feb 16, 21 & 22

Link: www.calgaryoutdoorcentre.ca/

MSBCA Calendar of Events Proposed for 2008/2009 Mark your calendars!

Date	Event
Dec 6	Family Christmas Dinner
Dec 31	New Year's Bash
Feb 1	Chinese New Year
Feb 14	Brunei Night/Valentine's Day
Mar 14	Movie Night
April 4	Easter Pot Luck
May 23	Cultural Night
June 20	MSBCA Golf Tournament
July 3	Stampede Parade Brunch
Aug 8	Singapore National Day
Aug 29	Malaysia National Day
Sept 12	Volunteer Appreciation Picnic
Oct 3	Annual General Meeting

Check for details of events in the upcoming newsletters, as well as the website. This Calendar Events is not limited to these events. We will be fitting in fun filled events as the months go along. If you have any suggestions or ideas for fun activities or educational tours please come forward to one of the committee members!

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

Please send them in to
editor@msbca.ca and we
will publish it
in the newsletter!
Submissions need to be received
by the 20th of the month

Lobster Mashed Potatoes

40 min | 10 min prep | Serves 2

Ingredients

- 8 ounces frozen uncooked lobster tails, thawed
- 1/3 cup whole milk
- 2 teaspoons chopped fresh tarragon
- 1 lb russet potato, peeled, cut into 2 inch pieces
- 2 tablespoons unsalted butter salt and pepper

Directions

1. Cook the lobster tail in large saucepan of boiling, salted water until just opaque in center, about 7 minutes.
2. Using tongs, transfer lobster to work surface and cool slightly (reserve water in pan).
3. Remove lobster meat from shell.
4. Cut meat into 1 1/2-inch pieces.
5. Bring 1/3 cup milk to simmer in a medium saucepan.
6. Add lobster meat and tarragon; cover and set aside.
7. Return reserved water in pan to boil.
8. Add potatoes and boil until potatoes are tender, about 20 minutes.
9. Drain potatoes; return to pan and mash.
10. Add butter and lobster mixture to mashed potatoes and stir until butter melts.
11. Season potatoes to taste with salt and pepper.

Recipe from: <http://www.recipezaar.com/Lobster-Mashed-Potatoes-50370>

"Christmas isn't just
about being virtuous;
it's about feeling
lucky to be alive
and grateful for the
abundance we share,
without letting that
abundance drive
us crazy."

- Jess Row



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@msbca.ca

Note: the newsletter is a monthly publication.



Photo of the month

Photo by Doreen Ng. Taken while on her trip to Costa Rica.

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- \$50/month

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

CONTACT:

editor@msbca.ca

CLUB HOUSE RENTAL

HOLDING A MEETING, PRESENTATION OR SOCIAL EVENT?

For more inquiries, contact
 One of the Committee Members

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.

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