

PRESIDENT'S MESSAGE



ADELINE CHAN

As I write this message, my thoughts are also on my short term Mission Trip to India. I will be away from March 15th to 31st to serve and help in India. I hope to share more when I return

from this Mission trip.

MSBCA had a memorable banquet celebrating our Chinese New Year at the Regency Palace Restaurant on February 15th. The colorful display and drums from the Lion dance to our fabulous MSBCA adult and children dance performance, the enchanting choir, the scholastic award, karaoke, the many door prizes and the sumptuous dinner gave everyone such an entertaining evening. This is certainly a great team work our members have done for our community under the leadership of our organizer Peter Chai. The dance troupe was choreographed by Adrine Chong and we are very thankful for her gift and talent to MSBCA, the whole event was awesome! We say a 'Big' thank you to all our sponsors and volunteers for making the banquet a success.

On February 18th, the Singapore Consulate General in Vancouver Mr. & Mrs. Foo Chin Kwok came to visit Singapore students and members of MSBCA Calgary. We are thankful to Mr. Foo for building a close relationship with the association in Calgary. We wish him every success in his term of office in Canada and we

look forward to welcome him to Calgary again.

We also celebrated Brunei night on February 23rd with an authentic meal of Indonesian food organized by Tony Quek and Joyce Wong. The attendance was encouraging when it comes to MSB food. It was also a night to be remembered from the slide show done by Peter Chai touring us to the city of Brunei and entertained by a spectacular belly dance.

Our next community event is cooking for the homeless at the Mustard Seed on March 8th. All volunteers for this event are to connect with me as we still need more volunteers. Volunteers are also needed for Casino to be held on March 21st & 22nd and to connect with Jesse Cheah.

We are having our Sunday lunch on March 16th for Fried Noodle KL style by Morley Chien and Helen Chang. Come and join us for the authentic Malaysian cuisine of the month.

March 22nd is our Easter Family Potluck dinner. Please bring your favorite MSB food and dessert to share. Do register with Jill Heng or Philip Chan by March 15th. There will be an 'Easter Egg hunt', games, 'Pre-Teen magic show', documentary show of Israel and other programs.

We continue to be blessed with good weather in Calgary. Enjoy the sunshine and come out with your family and join in the many activities MSBCA has in store for you.

*Blessings,
Adeline*

In this month's issue:

- 3 >> Upcoming Events
 - Easter Night
 - Wild Hog Days
 - Bonnybrook Tour
- 4 >> Singapore Consul General's Visit to Calgary
 - A Day of Bonding
- 5 >> Chinese New Year Highlights
- 6 >> Let's go to Mexico!
- 7 >> Fishermen Don't Get Drunk...
Photo of the Month

Sunday Lunch

Date: March 16

Time: 11:30am-1:30pm

Place: Clubhouse

Menu: Fried noodle KL Style

Chef: Morley Chien & Helen Cheng

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

Please send them in to editor@msbcacalgary.ca and I will publish it in the newsletter!

MUSTARD SEED VOLUNTEERS WANTED

SAT MARCH 8

- 8 volunteers - Lunch Prep from 9:00am - 11:30am
- 8 volunteers - Serving from 11:30am - 1:30pm

If you would like to volunteer, please contact Adeline Chan at 263-3883

the editorial

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I came across this website last year in one of my classes at the university, www.eyesofscience.com. It is a website contained with scientific photography of things like bacteria, fungus, botany and so on. Sounds kind of unappealing right? But there are some really amazing, microscopic photographs that leave you in awe-like state. I couldn't believe some of the images that had so much detail that it almost looked unreal. It is just amazing in the fact alone that we are even able to see images of *E. coli* bacteria, and in an artistic way too.

Then on the other side of the spectrum are satellite images of the different galaxies out there in space. Digitally colorized data to create the beautiful images of galaxies that we see. From the tiniest particle to the vast universe, what are we not able to capture images of? All thanks to advancements in technology, which allows us to see what, people in the past, was left only to their imagination. The DVD box set of *Planet Earth* or *Blue Planet*, with new, high definition, ultra zoom, ultra high speed lenses, allows people to view different parts of the natural world in the comfort of their living room. By the way, some of the scenes that the BBC crew were able to capture are just mind blowing!

Technological advancements in imaging allow us to see things that were never seen before, never even known to exist like, deep-sea creatures or the farthest planets. More and more advancements in technology leads to the creation of things like virtual tours or virtual realities/simulations. Wow! Fantastic right? Increasing the accessibility for the everyday person, enabling them to "see" and "experience" things that they would not normally see or have the chance to see, which they now can with greater ease and convenience. Like, "Explore China's most famous places without leaving your home."

With everything becoming more and more technologized, the boundaries and lines between reality and virtual realities are becoming a little out of focused. Where do we draw they line? Or do we

need to? Is this even an issue that needs to be looked at? We can't really say that it is either good or bad because there are definitely a lot of pros and there are some cons that raise some concerns. What concerns me is the way that people can get really drawn, maybe even addicted, to all this technology, like computer games, video games, or surfing the internet for the latest videos or social networking. Watching hours of television or movies. And I'll admit that I catch myself getting sucked into some of these things. It is sort of an escape right? But an escape from what? Work, school, family...reality into another "reality"?

All this reality talk relates to Platonic philosophy. Plato, a classical Greek philosopher, wrote a piece called the "Allegory of the Cave" that, simply put, talks about people chained in a cave, like prisoners, unable to turn their heads. All they can see is the wall of the cave. Behind them burns a fire. The puppeteers, who are behind the prisoners, hold up puppets that cast shadows on the wall of the cave. The prisoners are unable to see these puppets, the real objects that pass behind them. What the prisoners see and hear are shadows and echoes cast by objects that they do not see, which to the prisoners are real objects because they have never seen the real objects. They are only seeing the shadows of reality. So Plato would be turning around in his grave hearing about all this virtual reality stuff. Another really good example is in the movie, *The Matrix* when Neo goes down the rabbit hole and realizes the true reality and the "reality" he was living before was all just a enormous computer/machine creating his "reality."

When it comes to virtual worlds, realities, tours, personally, nothing beats actually going to a place to see and experience new places and people. However, looking at younger generations and how they are growing up with an abundance of various kinds of technology to keep them busy for hours at a time. I really wonder how all this technology is affecting them and their view of reality.

-----MSBCA CALENDAR of events-----

MARCH 2008

- 8th - Mustard Seed Volunteer
- 21st to 22nd - Casino
- 22nd - Easter Night Potluck

April 2008

- 5th - Movie Night
- 12th - Bonny Brook Treatment Plant Education Tour
- 26th - Seafood Night

May 2008

- 3rd - Fishing: Learn & Catch
- 10th - Mountain Biking
- 31st - "Wild Hawg" Motorcycle Tour



Mari Memasak!!



Lets have some fun and learn from each other!

Mar. 9 3:00pm @ the clubhouse

- Curry Puffs by Ee Pin Teh
- Bubor Chacha by Sherry Tay

Please RSVP Jill @ 686-8448 or Peggy Looi @ 217 2292

Easter Night at Club House

March 22nd 2008
6.30pm – 10.00pm
MSBCA Clubhouse

Free Entrance (subject to space availability)

- Potluck Dinner (Family to bring a main course and dessert to share)
- Easter-Egg Hunt
- Pre-Teen Magic Show
- Documentary Show
- Games

Register by March 15th with
Jill Heng (686-8448) or Philip Chan (263-3883)

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.

"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

highlights/events

Singapore Consulate-General's Visit

MSBCA is very honoured to be recognised by the government within and without of Calgary. On February 18, 2008, MSBCA was privileged and honoured to have the Singapore Consulate-General Mr & Mrs Foo Chin Kwok in taking time off to visit us in Calgary.

Singaporeans who came and met with Mr Foo had a lively discussion. Mr Foo brought back nostalgia of Singapore, especially the Singapore food and the country's achievements in nation building. Singapore food never fails to captivate our attention.



We also learn from the Singapore Consulate-General that there are just over 1,000 ex-Singaporean living in Calgary. If only half of these individuals were to join membership, there would be a "little Singapore" in Calgary.

One of the vision of MSBCA is to reach out to the MSB in Calgary to become a closely knitted community and to serve one another in unity.

Although Singaporeans are living apart, there are still close ties with family and friends in Singapore. We are proud to represent Singapore as we have been taught to excel and to share our talents wherever we go. Most if not all Singaporeans living in Calgary still have a spark of loyalty for our homeland because of our heritage. This heritage will continue to pass on from generation to generation.

MSBCA wish the Consulate-General of Singapore, Mr & Mrs Foo Chin Kwok every success during your term of office and we look forward to your next visit.

A Day of Bonding 父女深情

By Tony Quek

The idea of X-country skiing, February 2, 2008, was told to my 12 years old weeks ago. Chuen-Xi agreed to come and she was happy to be able to skip her Saturday morning Chinese school.

We had breakfast at MacDonald's as planned; we left after 9:15 am with no one else showing up! I didn't cancel the trip because the time spent with my own daughter is much more precious than anything else.

We arrived at Bragg Creek trails which are about 45 minutes from our house. The morning was cold. My finger tips and toes were chilled to the bone!

After fixing her up with skis, she headed out to the groomed trails. Somehow, I had problems clipping my boots onto the ski. Chuen-Xi was practicing the glide and the push. I was walking along side of her and gave instructions. As a novice, she spent an hour skiing alone.

Looking at her, I wonder how many more of this wonderful year will we spend

together? She has become a teenager from a child before we knew it and soon she will be spending more time with friends. The funny thing is she is the one telling me that this trip is a good bonding time for us. Right then, I realize she is right and how could I cancel the trip?



Every kid has his/her space and time. To be able to communicate and enjoy a moment with them is a joy for all parents. I value and cherish those moments with our two girls. Few more years from now, it is their own path of life they will walk on. We're here as guardian to provide love, safety nest, lead and show the way before they leave home.

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

Family Movie Night at the Club House

April 5th, Starts at 6:00pm

Showing: Ratatouille and Transformers

Please Contact Stanley to RSVP

highlights/features

MSBCA CHINESE NEW YEAR BANQUET

The Chinese New Year Banquet held at the Regency Palace on Friday, February 15th, 2008 was grandeur packed with good food and great entertainment for an audience of about 450 attendees. The banquet was a soldout event and we apologize to those who had to be turned down.



The roar of the Lion Dance never fails to raise our adrenalin and was the main attraction for everyone. The Lions ushered in the Year of the Rat to the heart pounding and excitement of the drums and sweet candies for a healthy and prosperous New Year.

The MSBCA Dance Troupe gave 3, two thumbs-up, dance performances to the pleasure and delight of the audience. Thanks to Adrine Chong for choreographing the adult and children Chinese New Year dances and to the dancers for the many practice hours gone into perfecting these performances.



The MSBCA Choir mesmerised the audience with 3 Chinese New Year oldies. A number of karaoke enthusiasts made the Chinese New Year banquet all the more glamorous and complete as they sang to entertain the audience. A number of people stayed on to romance the evening and to dance till the end of the banquet.

MSBCA had the honour of our Deputy Mayor Mr Joe Connelly and our MLA Mr & Mrs Wayne Cao, and many dignitaries attending our banquet this year.



The generosity of our members and friends were evident in sponsoring this event with financial support and gifts for the Lion Dance, "Hong Bao", the Scholastic Awards and many door prizes. Everyone left con-



tented with gifts won during the draw, if not a "Kam" which symbolises gold for prosperity to take home. Thanks to all the sponsors for their generous contribution. Last but not least thanks to the MCs of the night Philip Chan and Sue Law who kept the night's program going.

MSBCA Committee was overwhelmed by the response and turnout at this year's Chinese New Year banquet. Family and friends who came to celebrate the Chinese New Year with us had a most memorable evening. MSBCA wish to thank all



the volunteers and the main coordinator, Peter Chai in putting the event together for all to enjoy. There was a sense of unity and cohesiveness within MSBCA as we wish one another success and prosperity in the New Year.

Scholarship Winners

The report cards of students received for the, 2006/2007 school year, scholastic awards are as follows:

Grade 12

Tanapat Quek
Claire Son
Benjamin Chan

Grade 9

Natradee Quek
Russell Chai
Stephanie Vogt
Nicholas Lee
Erin Tay

Grade 6

Chuen-Xi Quek
Eric Vogt
Weiwen Choo
Yuwen Choo
Amber Tay



Awards were handed out during the Chinese New Year Dinner. Congratulations to all! Photos are available on the MSBCA website

"All the Officers and Staff of the Consulate General of Malaysia wishes Happy Chinese New Year to everyone at MSBCA in Calgary. May the Year of the Rat bring prosperity and good health to all of us!"

*Consulate General of Malaysia
Vancouver*

Let's go to Mexico!

A Nice Summer Getaway

Relax under the sun...

My dear fellow hyenas. MSBCA would like to propose a trip overseas to Mexico. We figured if we have a pack of at least 10 then we can behave like normal giggling hyenas. MSBCA is merely putting the plan together so the pack with the same body pattern can all be merry in the same resort. All other details i.e. terms & conditions, bookings, payment, etc should be directed as indicated below. You can also check out the hotel from their website.

Travel service provided by Step by Step Vacations - TPI

Where: Sandos Caracol Beach & Spa in Mayan Riviera, Mexico. (website: www.sandshotels.com)

When: Aug 31(Sun) to Sept 7(Sun)

Group package by Signature Vacations

Group rate cost: Approximately C\$1600 per adult & C\$1200 per child aged 2-12 for standard room (please note price subject to change) Deluxe room with jacuzzi is extra.

\$150 deposit required per person at time of booking and final payment 45 days prior to departure.

Some possible group activities: trip to Coba-Mayan Village(climb tallest Mayan pyramid), Tulum Ruins & Xel-Ha, Xcaret park, shopping @ Cozumel, day trip to Cancun, hiking, etc. Extra tour can be US\$100 per person.

Average time of flight from Calgary-Cancun-Mayan Riviera is 5 hrs (need to take a 1hr bus from Cancun to MR)

Cutoff date for registration is March 31 2008.

Registration: Please contact Jesse Cheah at 880-8885

All other inquiries: Please contact Lee Chew at lchew@tpi.ca or 209-8555(o)

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!

Please note end of March will be our last Tai Chi class unless there is an increase in attendance. We will make the official announcement in our April newsletter.

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.

More Sepak Takraw Photos can be viewed online at <http://www.takrawcanada.com/?q=image/tid/44>

Photos of The Malaysian Demo Tour across Canada.

Fish Rescue with Trout Unlimited Canada

Date and Time TBA (Late September or the first two weeks of October, 2008)

This is a weekend outing to the irrigation canal to collect the strained fish into the buckets. The fish will be kept in water tank and dumped back into the river.

An opportunity for members young

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

and old, to experience the process of fish conservation in the Province of Alberta. To enhance our love and respect to Nature.

Any interested member, please call Tony Quek at 239 7438 for free registration

Open to MSBCA members only

Fishermen Don't Get Drunk Just in Wine... 鱼翁之醉不在酒...

By Tony Quek

Fishing is a science in learning what type of fish you're catching and what their living conditions and habits are like. It is a sport to relax and have fun with. By limiting your catch, it is an excellent way to preserve the fish stock. Smell the ocean, trees and flowers while you're fishing. It is also a culinary delight to cook up your catch!

I wish to share with you three kinds of fish in Asia, particularly from my hometown of Brunei and Sarawak. Besides the commonly sought after groupers, I would say these are the best tasting fish money can buy!

Black & Silver Pomfret



Everyone knows what this is. Seasonal fish and caught by netting. Excellent fried or steamed. The black pomfret has a stronger muddy taste. Best fried and garnished with soy-sauce in caramelized onions. Fresh silver pomfret is best steamed.

Terubok (American Shad)



This silvery and very bonny, tropical, riverine shad is found only in two estuaries in Sarawak and spawning only occurs in Batang Lassa. This fish has an interesting survival mechanism: both males and females can spawn. When the conditions are right, the males spawn in their first year in the middle reaches of large, turbid estuaries with low salinity. After spawning, they move to the lower reaches

and middle salinity coastal waters and "change" into females. These females will return to spawn in the next season. After this, the fish come to the end of their two years + lifespan. The Straits of Malacca was once the home of terubok but due to heavy siltation of estuaries, caused by tin mining, this fish is forever extinct in West Malaysia.

Most salted terubok are now imported from Bangladesh and India. The salted egg or "Asian Caviar" will fetch around RM200/kg. The bigger the fish, the better! Due to the numerous tiny bones. The only way to cook it is baking and steamed. Terubok is sweet and delicious.

Ikan Betutu/SoonHock



If you're visiting Miri, drive 30 km to the Town of Bekenu. This is where this fresh river is caught, kept in tanks and eaten by whoever can afford it. This fish is selling RM80/kg. It is about Cdn\$11.30/lb compared to \$7.98/lb for halibut in Calgary. They called this "stupid fish" by the locals because it feels like a log once it is hooked on the line.

Only way to enjoy this fish is steaming. Meat is so sweet and tender. It tastes like the Chilean sea bass.

Photo of the month



Photo By Tracey Bong. I got to touch a sting ray while Sea Trekking in Xel-Ha, an ecological water theme park, in Mexico in June 2007.

Change of address???

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

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CONTACT:

editor@msbcacalgary.ca

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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.

CLUB HOUSE RENTAL

HOLDING A MEETING, PRESENTATION OR SOCIAL EVENT?

For more inquiries, contact

Philip Chan Tel: 263-3883

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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