

PRESIDENT'S MESSAGE



ADELINE CHAN

After all the snow in spring, we eagerly look forward to the summer. For the month of May and June we will be combining the newsletter to allow our editor to take leave.

On April 5th I had the opportunity to watch our MSBCA dance troupe in action at the Thai Songkran festival. They gave a brilliant performance and continue to raise our flag high for MSBCA. The dance troupe will again perform at our annual Cultural Night on June 7th at the Beddington Community Hall. This event is not to be missed. Tickets are now on sale with our ticket sellers. We are also looking for talents to come forward to join the MSBCA choir, children dancers and young adults for the fashion parade. The theme for our Cultural Night is "Di-Pantai" (at the beach). So come dressed for the occasion and enjoy our colourful variety shows and authentic MSB food.

MSBCA held an educational tour to the Bonny Brook Treatment Plant on April 12th. It was an eye-opener to see where all the sewerage in Calgary ends up and how they are treated and returned to the river. Thanks to Peter Chai for organising the tour.

On the same note, I had an opportunity to attend an UCGlobal launch on April 23rd at the University of Calgary. This initiative calls for MSBCA to participate in thinking global in education and research. The University of Calgary sends about a thousand students and professors to and

from around the world to learn from one another in the area of linguistic and cultural exchange.

Our Seafood Night at the Kelong was a full house. Thanks to our chefs Joo and Ee Pin, Seok Huan and Adeline who cooked a delightful seafood cuisine for the evening. Those who came experienced a difference in seafood MSB-style, which certainly satisfied everyone's taste buds.

Thank you to John Chin for helping out at the Movie Night. The popcorn and snacks kept the audience glued on the 'big screen' as members watched "Ratatouille" and "Transformers" at the clubhouse.

For those keen fishermen, Tony Quek will be conducting a talk on May 4th about his fishing and experience in preparation for the big catch this summer at the rivers. Do come and share your fishy stories over coffee and tea.

Peter and Elizabeth Tan have kindly offered to cook Sarawak Laksa for our Sunday lunch on May 4th. There is never a dull moment when members come to enjoy a meal with friends so do come and join us at the clubhouse.

For the "Wild at Heart" bikers will adventure with Peter Chai to the surrounding mountains on May 31st. Those interested please register ahead.

The summer is looking bright for those wanting to ride their bicycle along the Bow River. Jill Heng will lead the City Bicycle tour on June 14th, so please check out the details in the newsletter.

As I mentioned last month, a winery tour and cherry picking to Kelowna, BC is planned for July 18-20. Those who are

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Sunday Lunch

Date: May 4

Time: 11:30am-1:30pm

Place: Clubhouse

Menu: Sarawak Laksa

Chef: Peter & Elizabeth Tan

The proceeds will be going to the: *MSBCA Scholarship Fund.*

****Note:** *There are no Sunday Lunches scheduled for July or Aug.*

interested, please contact Philip Chan or Jesse Cheah for headcount and lodging purpose. The itinerary for the trip is in the newsletter. The dateline for registration is end May.

The month of May and June will be a busy time for the committee as preparation for our coming Cultural Night is already underway. We look forward to your support and participation in the events that are tailored for your enjoyment. Mark down all the coming events in your calendar. From spring to summer, the MSBCA events only get "hotter" by the month.

Hope to see you at some of the events.

*Blessings,
Adeline Chan*

the editorial

MSBCA COMMITTEE MEMBERS 2007/2008

President

Adeline Chan 263-3883
president@msbcacalgary.ca

VP Malaysia

Ivan Teo 285-2572
vpmalaysia@msbcacalgary.ca

VP Singapore:

Philip Chan 263-3883
vpsingapore@msbcacalgary.ca

VP Brunei/Sports:

Tony Quek 239-7438
chongkeekuek@shaw.ca

Secretary/Membership Director:

Peter Chai 275-6843
secretary@msbcacalgary.ca

Treasurer:

Josephine Tse 241-8680
treasurer@msbcacalgary.ca

Public Relations Officer/Media/ Multicultural:

Jesse Cheah 880-8885
jcheah@imvprojects.com

General Committee:

committee@msbcacalgary.ca
Darren Lim 400-5168
Joyce Wong 220-1518
Stanley Vong 663-8179
Pei Lee Chin 973-5833
Jade Taret 998-4809
John Chin 400-2272
Jill Heng 686-8448
Shanti S. James 337-0179

Editor:

Tracey Bong 669.9094
editor@msbcacalgary.ca

Webmaster:

Nelson Chan
webmaster@msbcacalgary.ca

Past President/Advisor:

Daniel Sario 274.0338
solosa@shaw.ca

MSBCA Mailing address:

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

As you all know from last month's editorial, I have a trip to Malaysia coming up. I will be leaving on May 5th and gone until June 18th. So that's why we decided to combine the May and June newsletter together to make a summer edition issue! I am so very excited about this trip and I am counting down the days. I will tell you all about my adventure in July's issue!

I am very close to finishing my Communications Degree at the UofC. I only have 2 more option courses to take, which I am doing in the summer term. It kind of sucks because I'll be in class while the summer days taunt me outside the classroom window. I could have been done after winter semester and graduate in June, but to my own misreading of information I missed the part where I needed 2 more classes – JUST 2 – to graduate. I was frustrated at first, but then I said, what's the rush? I got to enjoy my days as a student, milking it for all its worth! But will it be all worth it in the end?

I was trying to think of how I could miss such an important detail? I think after some of the courses at university, and the way we are forced to learn the material is by reading, reading and more reading! Sometimes I find myself speed reading through some of the material just to get it done. And force of habit I just skim through stuff automatically.

Like one my professors, Dr. Glasberg (best prof ever) said, why do universities like to cram so much in our minds in such a short time? How do we benefit if everything we read is just going to be forgotten in the next 24 hours? I really took to heart the lecture on taking the time to do things. Since then, I am really trying to make the effort in taking a step back and really reading things, and really thinking and processing that stuff I read, see, watch, or think. With so much stuff I've learned in school since the beginning, there is so much that I can't remember! But I wish I had. I don't know if it was the learning process, or maybe I just wasn't interested or I just had a bad teacher. I think if we were taught to really take time in the

things we do from the first day of school it would be a huge difference.

Glasberg has inspired me to really consider going into teaching. I really hope to make a difference in children's lives, and change the education system in hopes of a bigger change in the future. Glasberg has opened my eyes to the education system and some of the flaws it has, and re-thinking about how we educate those that will be in charge of our future.

Ever since that lecture, it's been enriching knowing that I am able to see/read things and challenge why and what effect that medium has on me or on other people. I don't just sit there and be complacent with things anymore. You know the saying "ignorance is bliss" I don't know if I can say that anymore, being unconscious about the things around you can be a dangerous place to be. I think that is how people can just easily accept the way of the system and, in a way, become like walking zombies.

I guess there is always a choice of living and accepting living in the crazy system, or not living in the system and challenging it. I think we have to really learn the way the system works in order to change it. That way we know all the little gaps and loop holes to get in and take the system down. But then I think what will happen to us all? What will happen to the world? It's kind of like you can't live in it but you can't live with out it because of how big it has come.

So was university worth it in the end? I really think so and I really think it depends on the teachers and the course material. I have learned so much this past year, and it has made an impact on my life, my values, and my path to take. I recommend everyone to take General Studies 300 and 500, which is about western heritage and some of the greatest and classic thinkers. Those two courses has really broadened my perspective of the world in which we live in.

Happy reading and I wish you all a great start to your summer holidays!

MSBCA CALENDAR of events

May 2008

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

June 2008

- 7th - Cultural Night
- 14th - Bicycle Tour
- 15th - Mari Memasak
- 28th - Fishing: Learn & Catch

July 2008

- 5th - Hiking
- 18 - 20th - Kelowna Winery Tour
- 26th - Brooks Dinosaur Park Day Trip

August 2008

- 2nd - Fishing: Learn & Catch
- 9th - Singapore National Day Celebration
- 30th - Malaysia National Day Celebration



Mari Memasak!!



There will be no cooking class in May. However, if you wish to volunteer in satay preparation on May 10th for MSBCA Cultural Night, we would greatly appreciate it. Although it is not a cooking lesson, surely we will still have fun volunteering. (see pg 5 for June's Mari Memasak).

Please call Jill @ 686 8448 if you are interested.

MSBCA Cultural Night Saturday June 7, 2008

Theme: Pasar Malam di Pantai (at the beach)

Venue: Beddington Community Centre

Address: 375 Bermuda Drive NW

Time: 6:00pm till Midnight

Admission:

Members: Adult - \$20 included \$14 food/drink coupons,
Children 6-16yrs old - \$10 included \$6 food/drink coupons
Non-members: Adult - \$25 included \$14 food/drink coupons,
Children 6-16yrs old - \$10 included \$6 food/drink coupons

Dress Code: Sarong, Bermuda shorts, Hawaiian shirt and slippers are welcome

Featuring MSBCA hawker food:

Nasi lemak, Chicken Satay, Rendang, Bakchang, Curry Puffs, Rojak, Nyonya Kueh, Ice Kacang, Vegetarian Food, Curry laksa, Chicken rice

MSBCA Program Extravaganza... includes a celebration of MSBCA music, dances, drums, songs and fashion.

Ticket Sellers: Sherry Tay (Tel: 532-1473) and Janette Choo (Tel: 256-8468)



Female and Male Models

Needed For Culture Night Fashion Show

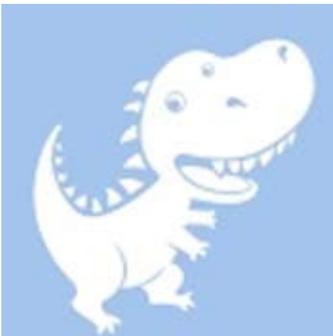
Saturday June 7th

We need volunteers to be models, or to simply lend your traditional costumes (Chinese, Indian, Malay, etc.), for our **Fashion Show at the Culture Night Event**

If interested, please call Jade at 998-4809.

Brooks Dinosaur Tour August 16th, 2008

Meet at Mac Donald's on 36 St NE on the north side of T & T at 8:00 am. Due to the distance of travelling, we need to leave early for this day trip. Bring your lunch pack and water jar. Car-pooling as the cost of fuel is sky-rocketing. It is advisable the participants will share the fuel cost with the driver.



As entrance fee for day user at the park. \$20 dollars will be more than enough. Hiking boot, sun screen, hat and sun-glasses is a must. Don't forget your camera either.

Please register by August 9, 2008. This is a very nice trip and worth going. If less than 10 people, this event will be cancelled.

Call Tony at 239 7438 or e-mail chongkeequek@shaw.ca

Kelowna Winery Tour July 18 - 20

Proposed MSBCA Tour Itinerary to Kelowna (18-20 July 2008)

Day 1 (Friday, 18 July 2008)

- Depart Calgary at 9.00am by road
- Arrive Revelstoke at 12.30pm for lunch
- Arrive Kelowna at 5.00pm
- Check-in at Pandosy Inn Kelowna (Approx. \$150/room/family)
- Dinner out at 7.00pm and at your leisure in Kelowna in the evening

Day 2 (Saturday, 19 July 2008)

- Breakfast on your own
- Tour to Summerhill Pyramid Winery at 10.00am
- Lunch in Japanese Eating House at 12.00pm
- Tour to Mission Hill Family Estate & Quail's Gate Estate Winery from 1.00pm – 3.00pm
- Cherry Picking in Kelowna from 3.00pm – 5.00pm
- Swimming in the Okanagan Lake from 5.00pm – 7.00pm
- Dinner in downtown Kelowna (Chinese buffet) from 7.00pm – 8.00pm
- Sightseeing / Shopping / Paint-the-Town-Red in downtown Kelowna from 8.00pm – 10.00pm

Day 3 (Sunday, 20 July 2008)

- Breakfast on your own
- Check-out of Pandosy Inn at 10.00am
- Cherry Picking in Kelowna from 10.00am – 12.00pm
- Tour & lunch at Grey Monk Estate Winery from 12.00pm – 2.00pm
- Depart Kelowna at 3.00pm by road
- Arrive Revelstoke at 7.00pm for dinner
- Arrive Calgary at 10.00pm

Registration Dateline: Saturday, May 31, 2008

Contact Person(s): Jesse Cheah (403-880-8885) or Philip Chan (403-850-3883)

Method of Transport: Van (sits 6) or Car (sits 4) on Carpooling
Shared Accommodation: Pandosy Inn (\$150++ / room)

Approx. Cost per person is \$200 / Trip to pay for Gas, Food & Lodging

MSBCA Members Only Organized Tour

Tour & Accommodation subject to Change or Cancellation if minimum number of people is not met

Visit to Bonnybrook Wastewater Treatment Plant

Have you ever wondered what happens after you flush the toilet? Well, eleven MSBCA members, Peter, Esther, Gabriel, Bin, Stanley, Nelson, Jesse, Valene,

which are full of brightly coloured pipes. An interesting stop was at the digesters. These were huge underground concrete tanks filled with wastewater. The wastewater sits in these tanks for a month while billions of tiny creatures feast on the organic parts, a naturally occurring process. Right about here I was picturing a James Bond movie being filmed.... James chases a villain through the long narrow tunnels, around pumps and over piping and they end up high above a tank. The villain loses his balance and.... falls into a murky, gurgling fluid.



Adeline, Philip and me (Gerry), decided to find out. On the morning of Saturday, April 12, under bright sunny skies we gathered at the Bonnybrook Wastewater Treatment Plant in southeast Calgary for a tour.

I tell you, wastewater treatment in Calgary has come a long way, to the point where Calgary has received the highest mark out of any city in Canada by the Sierra Club for wastewater treatment. We really have something to be proud of!

After a toilet is flushed, the “product” flows into the sewer system toward Bonnybrook. The plant takes this “product” and splits it into two parts – one is sludge that eventually gets recycled onto farmland in southern Alberta as fertilizer, the other is water that is returned to the Bow River.

Our knowledgeable tour guide, Tom Polmear, walked us through the plant from end to end. Part of the tour was underground in the plant’s tunnel system. According to Tom, you can get to any place in the plant through the tunnels,

The last step in the process before the water is released to the Bow River is the UV light area. Here 12,000 UV light bulbs are suspended in the water to kill any remaining bacteria. Very few places in Canada have such a system.

Overall the plant was clean and well maintained and I actually wouldn’t even mind working there. But I would have to get used to the smell! If you would like to learn more about this facility, Peter has a booklet that explains the history and each of the steps involved. Or you can talk to Jesse, who took lots of notes. Thanks Peter for organizing this interesting and educational tour.



MOVIE NIGHT APRIL 5TH 2008

Story by Peter Chai

I call it a night out to a home styled silver screen at our very own clubhouse on 05Apr2008. The pick of the movies was excellent and appropriate for families. The movies were entertaining and the atmosphere in the evening was relaxing, the kind you want after a stressful day. Although the attendance was less than full, the manifestation of social interaction and comradely was rewarding. The event was complimented by free pop corn and slurpy (ice cacang) created by our renowned “ice-man” Mr. JC. This clubhouse is really the venue of choice to book for events/conferences due to the conveniences/facilities it has to offer ie internet connection, powerpoint presentations, projector/screen, sound system, kitchen facilities etc. Many thanks to Stanley Vong and John Chin for hosting this event.

Mari Memasak!!



Lets have some fun and learn from each other!

June 15 3:00pm @ the clubhouse

- Satay by Peggy Looi
- Malaysian Dessert by Sherry Tay

Please RSVP Peggy @ 217 2292 by June 8th, 2008

Thai Songkran 2008

Story by Stanley Vong
Photos by Bin Wu Vong

Thailand - Malaysia's neighbor in South-east Asia. The country celebrates its New Year in mid April as it is the time known

The anxiety was taken away when we got our food from the buffet line. With an assortment



to the Thai as the Songkran. On April 5, 2007, the MSBCA dance group was honored again to have been invited to perform at the Thai Songkran function at the Beddington Heights Community Centre.

In Sanskrit, Songkran means to pass or move into. This is a reference to the astrological passing of the sun into zodiacal orbit of Aries when the day and night are of equal length. This time of the year also marks the end of the cold winter season, so with springtime kicking in with flow-



ers soon in bloom, it is a wonderful time to show respect to ancestors and a time to shed bad habits and to start anew.

As the MSBCA dance group arrived, we went through the ritual of discussing "the butterflies in our stomachs" as well as reciting the dance moves to each other.

of various meat and vegetable dishes, the food was nothing less than spectacular and spicy! My face turned quite red after eating that hot meal. There was also a line for the dessert that was well worth the wait. My personal favorite was the chocolate



fondue. Before we had time to finish discussing the food, we had to concentrate yet again on the dancing.

Luckily, there is a gymnasium in the back of the community centre so that we could quickly practice one more time. After the MC called out our group to the stage, we performed a Chinese dance "Lu Bian De Ye Hua Bu Yau Cai"- a playful number that depicts



the nature of flirting, but to always be careful not to "pick the wild flowers."

Another performance from the dance group was one that every MSBCA member should have had the pleasure to see in the past, the Sumazau - a perfect choice for the Songkran to bless everyone a great harvest year.

With the likes of MLA Wayne Cao, newly elected MLA Teresa Woo Paw, and our own MSBCA president Adeline Chan in attendance, the Alberta Thai - Canadian Association hosted a wonderful party completed with great food and great entertainment including multiple Thai fashion shows, Muaythai, the Thai martial art, for everyone that did not disappoint. Although I did not see the throwing of copious amounts of water that has become a staple trademark of Songkran festivals in Bangkok, it was definitely a fun event for the MSBCA to have been a part of.



"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

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.

Day Hike in K-Country July 19th-

Meet at MacDonald's
8:30 am. Pack your own
snack/water

More Details to Come...

Check on msbcacalgary.ca as well.

Fishing: Learn and Catch Sunday, May 4th

Clubhouse: 2 - 3 pm

Introduction of fishing, use of different rods, lures and flies. Safety measures and conservative approach to fish in Alberta lakes and rivers. The use of barbless hooks.

Fishing License (\$25.66)/WIN Card (\$8.00) for Albertan. (Purchase your own. Youth less than 16 and senior 65 or older are FREE)



Fishing: Learn and Catch Saturday, June 28th

Bowness Park - 2 - 3 pm

Meet at the parking lot. Learn how to cast, fly-fishing and read the water.

Alternatively, a road trip to Vulcan for lake whitefish or jack fish. Your own transportation and equipped with licence. Leave at 7 a.m. Meet at South Centre's Library.

Call Tony at 239-7438 to register a week before the event's date.

***If there are less than 5 participants for the event, it will be cancelled.*

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

FOLK DANCING & LINE DANCING

There will be Folk dancing and line dancing every

Wednesday night from
7pm to 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, meet new friends.

You do not require a partner to join.

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.

MY ADVENTURE TO INDIA

A team of 9 members, including myself, arrived at the New Delhi airport on the 16th of March at around midnight. The airport was still very busy, and the word to describe this place, Chaos! The sights,



the sounds, smell, taste and heat is amazingly rich in culture, filthy in sanitary, beautiful in architecture, frightening in lawless driving, and shocking in extreme poverty.

On arrival to New Delhi, we stayed at the YMCA for 2 days. Our tour of Delhi includes the Jama Masjid in Uttar Pradesh, one of the biggest mosques in India. We also saw the Delhi Gate built as a memorial to the 70,000 Indian soldiers who died during World War I. We also had an experience going around to



the alley of the streets on the rickshaw that was very fascinating.

On the 2nd day we took a four hour bus ride to Agra where the Great Gateway to the Taj Mahal was built. The Taj Mahal is acknowledged as an architectural masterpiece, one of the seven wonders in the world. It is built with dazzling marble and is studded all over with 28 different kinds

of precious and semi precious stones.

The following day, we took a 3 hour train ride to the city of Chandigarh, the new capital of the state of Punjab. Chandigarh is a modern city with a pre-historic past. There are over one million people, which consists of the middle class to upper class, retired military. There are also many doctors. People there are mostly Hindu worshipping many different gods.



Although Chandigarh is the capital of two states, Punjab and Haryana, Punjab is the homeland of the Sikhs and is very important to them. It is the bread basket of India. English is spoken quite widely due to India's British history and preferred by many, as it is a status symbol. People of Chandigarh were accustomed to a casual and leisurely lifestyle which has now gradually changed to a fast and busy one. People are peaceful, friendly and broad minded. This reflects the fact that Chandigarh has now become a trend-setter in fashion. A significant building, the group visited, was the Golden Temple in Punjab, a spiritual centre for Sikhs and their most sacred shrine. Built of gold, everyone had to wear a head dress to



enter the temple as a form of respect.

We were privileged to be invited by a Sikh family to stay a night at the Hara farm in Haryana two hours outside of Chandigarh. This farm pioneers in Agro-forestry in North West India, a unique success in growing poplar trees with crops. Walking through the village was an eye-opener to see such poverty found in the village. Housing in the poorer community was appalling, made of straws, the front entrance of most houses were parked with different kinds of animals like bulls and goats instead of cars! Heaps of "cow dung" are found along the streets for drying to make into fuel for cooking. Imagine the stench and hygiene. Children were seen hanging along the streets instead of going to schools or teenagers working in the timber factory. Beggars are a very common sight wherever we went.

There is quite a big disparity between the rich and the poor but the people seem to be contented. The simplicity of life speaks for itself when you can survive even with just the bare minimum.

The purpose of our visit to India was to build relationships with the people in the local community in the areas of financial aids as well as serving the sick and the poor. This experience has impacted me in many ways; including how blessed we are in North America. Given the opportunity, I hope to return to India for another lifetime adventure.

Adeline Chan

With the rising oil and gas prices...

Here is a good tip for the next time you fill up!

Only buy or fill up your car in the early morning when the ground temperature is still cold. Remember that all service stations have their storage tanks buried below ground. The colder the ground the more dense the fuel, when it gets warmer petrol expands, so buying in the afternoon or in the evening....your litre is not exactly a litre. In the petroleum business, the specific gravity and the temperature of the petrol, diesel, ethanol and other petroleum products plays an important role. A one-degree rise in temperature is a big deal for this business. But the service stations do not have temperature compensation at the pumps.



Check next issue for more tips!

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!

Photo of the month



Photo by Adeline Chan. Riding through the busy streets of Chandigarh, Punjab, India, sightseeing while on a mission trip.

Thoughts of the Month:

"Whatever you have forgotten, you can remember. Whatever you have buried you can unearth. If you are willing to look deep into your own nature, if you are willing to peel away the layers of not-self you have adopted in making your way through the tribulations of life, you will find that your true self is not as far removed as you think."

Meredith Jordan

"The most beautiful discovery true friends make is that they can grow separately without growing apart." -- Elizabeth Foley



Refreshment & Asian snacks will be provided.

Presents...

A TAX AND INVESTMENT SEMINAR

Sunday, June 22nd, 2008
2:00PM - 4:00PM
MSBCA Clubhouse

Topics to be presented

- RRSP LEVERAGE
- TAX TIDBITS FOR THE NEXT TAX SEASON
- FX CASH FLOW INVESTMENT WITH 3 - 4% RETURN PER MONTH PAID MONTHLY
- TD 3 FOR 1 LEVERAGE STRATEGY
- VARIOUS LAND INVESTMENTS THROUGH CITRINE INVESTMENT SERVICES
- CANADIAN HORIZONS/CAREVEST MORTGAGE INVESTMENT CORPORATIONS ("MIC'S")

Kindly **RSVP** your attendance by email to **Cynthia Tung** at cynthia@omk.ca for head count by **June 6, 2008**

summer recipes

Ah Hock's Char Kuey Teow

(Made in MSBCA Calgary clubhouse kitchen)

Serves 4 people

The Ingredients:

- 1 packet of kuey teow
- prawns (4 pcs per plate)
- green onions (1 bunch)
- garlic
- bean sprout (1/5 full plastic bag)
- pork fat (lard)
- Chinese sausage
- 1 medium egg per plate
- sambal olek
- black soya sauce
- light soya sauce



The Preparation:

- Seasoned the prawns with sugar, salt & pepper (to make prawns crunchy)
- Stripped the fresh kuey teow
 - finely diced the garlic
- Cut the green onions into 1.5" strips
- Cut the pork fat into small chunks, fry & keep the oil
- Cut the Chinese sausage into thin slices

The Action:

1. Heat pork lard & fry garlic & onions
2. Next add the prawns, sausage, pork fat & sambal olek
3. Next add the bean sprouts (quick fry to keep them crunchy)
4. Next add the kuey teow (fry for 2 persons at a time)
5. Next add the soya sauce
6. Next add the eggs

Some background about Ah Hock: Father from Ayer Hitam, Penang, mother from Kuching, Sarawak, wife from Melaka and 3 children born in Calgary, Canada. Loves to eat especially hawker food but believes must also in moderation lah!

Bubar Ca Ca

Serves 4 people

Preparation time: 20 mins

Cooking time: 30 mins

- 1 small taro, about 200 g (7 oz)
- 1 small sweet potato or yam 200 g (7 oz)
- 1 pandanus leaf, tied into a knot
- 750 ml (3 cups) water
- 250 ml (1 cup) thick coconut milk
- 100 g (1/2 CUP) sugar or chopped palm sugar
- 2 ripe bananas, peeled and sliced diagonally

1. Peel the taro and sweet potato or yam and cut into small cubes. Rinse well.
2. Place the taro and sweet potato in a medium saucepan with the pandanus leaf and water and bring to a boil. Reduce the heat to medium and cook until the taro and sweet potato are tender about 15 to 20 minutes.
3. Add the coconut milk, sugar and salt and return to the boil. Add the sliced bananas and cook for a further 5 minutes. Serve warm or cold.



Mango Pudding

1 can of mango puree (in the imported foods aisle in Superstore)

4 bags Gelatin

3 cups of water

1 cup of sugar

500ml (1/2 litre) of whipping cream

• Prepare the 4 packs with the 3 cups



of water and sugar. Boil and make sure contents are dissolved.

• In a mixing bowl, mix the gelatin sugar water and the mango puree

• Next add the whipping cream

• Mix well and pour into little serving cups or a jello mold.

• Refrigerate until firm and serve!

Sago Pearls may be added to the *Bubar Ca Ca* to give and sliced diagonally it an interesting texture. Rinse 1 tablespoon sago in a sieve and add at the end of step 2. Then cook the mixture for 5 minutes before adding the coconut milk.

summer recipes

SAMBAL Courtesy of Lily Chiew



- 1 packet (100g) dried chillies
- 3 big onions
- 4-5 candlenuts (buah keras)
- 1/4 packet (4 oz) tamarind
- 1/2 inch block of belacan (shrimp paste)
- 1 cup oil
- 7-12 tablespoons sugar*
- 1 1/2 teaspoons salt*

1. Cut dried chillies into smaller pieces and remove seeds (if you want it less spicy).
2. Cut onions and candlenuts into smaller pieces for easier processing.
3. Mix tamarind with about 1 1/2 cups water. Remove seeds by passing through a sieve.
4. Boil chillies in some water to soften. Drain.
5. Process chillies, onions, candlenuts and belacan in a food processor/blender until fine.
6. Heat wok. Use medium high heat.
7. Add oil to wok. Put in chilli mixture.
8. Keep stirring the chilli mixture so that it does not burn and until the oil rises to the surface.
9. Add sugar and salt. Fry for few minutes more till sugar caramelizes and gives the sambal a rich red colour.
10. Add tamarind juice and season to taste.
11. Dish out and serve.

** amount of sugar and salt added depends on individual's taste.*

GREEK SALAD WITH GRILLED GREEK PITA

RECIPE FROM
PRESIDENTSCHOICE.CA



- 1 English cucumber cut in bite-size pieces (peel on)
 - 3 tomatoes cut in bite-size pieces
 - 2 stalks celery sliced
 - 1 sweet red pepper cut in bite-size pieces
 - 1 bag small red onion thinly sliced
 - 1 can PC Super Colossal Pitted Black Olives drained and cut in half
 - 1 1/4 cups (300 mL) PC Memories of Greece Olive Oil, Lemon & Oregano Marinade
 - 1 tub (175 g) PC Goat's Milk Feta Cheese in Brine drained and crumbled
 - 6 pita breads
1. Preheat barbecue to medium heat.
 2. In large serving bowl, toss together cucumber, tomatoes, celery, red pepper, onion, olives and 1 cup (250 mL) of Memories sauce. Sprinkle with feta.
 3. Brush both sides of pita breads with remaining Memories sauce. Place on greased grill. Cook for 1 to 2 minutes per side or until grill-marked and heated through. Cut into wedges and serve hot with salad.

Photo of the month



Photo by Tony Quek. Beautiful garden flowers to enlighten the cold and snowy days in hopes of welcoming the, long awaited, spring days.

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