

PRESIDENT'S MESSAGE



TONY QUEK

同心合力
建立一个美好的公会，是需要每位会员的支持，共同的帮忙及合作。个人独立的看

法是行不通的。民主通过的决定和有利用之地的意见，是我们议会成员将以接受讨论。以将会所办的更好，可以让每位会员更加快乐。可以做到这点，公会才会成功！

Mrs. Adeline Chan's leadership for providing a fun filled year will be a tough job to match. The dedicated committee members and volunteers made the AGM a success! Thanks for the hard working ticket sellers Sherry Tay and Janette Choo, Peter Chai for booking the restaurant, organizing the whole show and Paul Teoh's presentation of MSBCA's financial reports. The 2008/2009 committee is here for you. My sincere appreciation goes to those who support me in the running of this post. I have full confidence and trust that this committee will deliver and be accountable in the running and managing of the club. I'm delighted to see the many capable hands that are stepping forward to volunteer their time and energy to work for the betterment of MSBCA. New blood, new ideas!

I wish to share the latest political scene in Asia with those interested readers as we all still have ties in that part of the

world. The events unfolding in my ancestral land of China were quite disturbing before the Beijing Olympic 2008. China seemed to run into trouble with human rights, tainted paint used in toy production, and unrest in Tibet and then there was the Olympics. I was one of those getting up early on August 8, 2008 to catch the Opening Ceremony and was I impressed! It was the best ever ceremony I ever seen thus far. A proud moment for the entire minority groups in China, which also infused so much pride to all overseas Chinese. Not to mention the achievement of China's space program over the weekend. The 68-hour Shenzhou VII mission featured a 20-minute space-walk on the same day we had the AGM. What a historical moment!

你使侨民骄傲！你达到一个使人难忘的成就，也给中国多元民族一个美好的期望！

Anyway, back to the club! We have many obstacles in running the club. In coming months, I hope volunteers will come forward to help in certain events and lots of members to participate in our programs. It is my goal to unite members from different "kampung" to come as one to enjoy the home cooking and fun. If any of you wish to initiate anything or have an idea to share, please come forward and contact any one of us in the committee. We will look at the ideas, discuss and work it out. In MSBCA, it is a team's effort to serve and provide for the general membership. We will do our best to provide the fun and it's your satisfaction we take to measures our success.

Good Health and Happiness to ALL.

- Tony Quek

In this month's issue:

- 3 >> Upcoming Events
Condolences
Photo of the Month
- 4 >> Badminton Fall Session
Folk Dancing
MSBCA NEEDS YOU!
- 5 >> AGM 2008 Highlights
Volunteer Picnic Highlights
- 6 >> Award to Singapore Feature
- 7 >> Mid Autumn Festival
- 8 >> Club Rental Prices



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Happy Thanksgiving Everyone!

"..we know from daily life that we exist for other people first of all for whose smiles and well-being our own happiness depends."

- Albert Einstein

the editorial

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There was an article in the Calgary Herald about Canadians going text crazy. Texting on mobile phones has “swept the nation.” I remember when I first learned how to write and send a text message. One of my friends showed me how back in high school – like 5 years ago – and that was when hardly anyone cared for it. Now people choose text messaging as a method of communication over the traditional dialing and talking to the person. According to stats stated in the article: “The average cellphone subscriber sends and receives more text messages than actual voice calls -- 357 compared to 204, respectively.”

I am a text messenger myself and now that I own a BlackBerry, my fingers are busy clicking away even more so. My boyfriend is like, why don't you just call them, wouldn't that be easier? I reply, “but they texted me first!” So what is it about text messaging? Well it's not only just texting but it's email, online chats, and online communities. How does this effect our ways of communication?

A common answer is that it's easier to communicate to a group of people through email. Say – I mean type – the message

once and everyone gets it. If you're in class or at work and you don't want to disturb anyone, just text the person. You don't want to waste airtime minutes on your phone so you text. Another answer is texting is faster, and it gets to the point faster.

Doesn't it seem like everywhere you turn people are always on their cellphones? I can admit that I can sometimes be one of those people. But why not? Phones now have music, videos, internet, email, even live TV streaming. You have everything on a little compact device that fits into your pocket! I have a friend that actually turns to her phone in public places so she doesn't have to make “small talk with strangers.” So, if people are in their own zone on their phones, then what is happening to our ways of communication? Is all this technology and silent communication distancing us from one another creating a sort of disconnection from any “real interaction”? Or is this all just connecting us in a different and new way?

Well, at least one thing is for sure, in my eyes, people are communicating whether it is through typing on a cellphone or calling someone up. Anyway, TTYL (Talk to you later).



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 Tarbet, Tracey Bong (behind camera), Tiffany Bong

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

October 2008

- 4th 2008 Trout Unlimited Canada Fish Rescue
- 13th Thanksgiving Day
- Our new committee is getting things together. Please check website calendar for upcoming events
- 31st Halloween Day

November 2008

- Please check November newsletter or website calendar for upcoming events



Mari Memasak!!



Lets have some fun and learn from each other!

**Scheduling of future
Mari Memasak dates
are in progress.
Please stay tuned!**

Change of address???

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

We wish to give our condolences to Susan Tan and her family. Susan's mother, Kum Suey Looh passed away on September 8, 2008 at 88 years of age in Calgary, Alberta, Canada.

*"Why always 'Not yet'?
Do flowers in spring say,
'Not yet?'"*

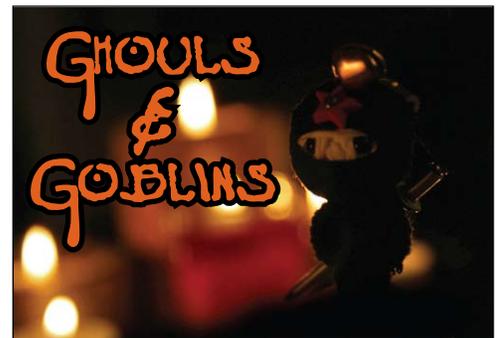
- Norman Douglas

Photo of the month



Photo by Tracey Bong. Taken while at the Underwater World in Langkawi, West Malaysia of the colourful, leafy, Sea Dragon.

HAPPY HALLOWEEN!



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

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

MSBCA Fall 2008 Badminton Schedule



MSBCA has secured the booking of St. Mary's High School - main gym for the fall session of badminton.

Fall session starts:
Friday, Sept. 19, 2008, 8:45pm,
ends Friday, Nov. 21, 2008
11:00pm.

The dates are:
September 19/26
October 03/10/24/31
November 14/21.

Venue:
St. Mary's Senior High School
Main Gym
111 - 18 Ave. SW.
Tel. (403) 228 -5810

Fees:

Single	\$30,
Couple	\$60,
Family	\$90
Drop-in	\$5.
For kids under 12,	Free.

Please contact Tony Quek at: (403) 239 7438 for details and registration.

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.

WANTED Members for Cultural Night Committee

After the successful conclusion of our 2008 cultural night in June, we are now in the process of setting up a committee to organize and run the 2009 cultural night. This event will be in celebration of our 20th year as a community organization. We have come a long way, and it would be wonderful to plan and prepare an event that will reflect all that we have achieved in terms of maintaining our culture and importantly, showcasing it to our friends here.

We are looking for Volunteers who can help in the organizing of the following:

- Food Planning and Preparation
- Logistics
- Transportation
- Decoration
- Cultural Performances
- Fashion Show
- Stampede Parade
- Budgeting and Finance

The idea here is to help in any way, shape or form. If you feel that you can contribute some of your time, please contact Jade Tarbet and let her know where you think you can be of most help. **Deadline by: Sept 30, 2008**

Jade Tarbet – Interim Head of the 2009 Cultural Night Committee
Tel: 403 – 998 4809

E-mail: jbtarbet@shaw.ca

MSBCA NEEDS YOU!

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.

SO WHY NOT GO BANANAS? IT'S GOOD FOR YOU

PMS: The banana contains enough vitamin B6 to raise blood glucose which in turn should affect your mood.

EXERCISE: Bananas give an instant, sustained boost of energy. Eat two bananas to produce enough energy for a 90 minute workout.

STOP SMOKING: If you are trying to quit smoking, the potassium, magnesium, B6 and B12 in bananas can aid in the recovery of nicotine withdrawal.

HEARTBURN: The banana is a natural antacid. Simply eat a banana next time you have heartburn.

ANEMIA: Bananas are high in iron and encourage hemoglobin production which helps in cases of anemia.

Source: <http://www.healthmad.com/Alternative/Go-Bananas.39679> for more info

MSBCA 2008 Annual General Meeting Report

Story by Shanti James
Photos by Tracey Bong

The annual general meeting of MSBCA was held on Saturday, September 27th, 2008 at the Asian Buffet (formerly Treasures of China) restaurant. This meeting was well attended by members who were eager to hear about the financial reports and general status of the Club.



Following a scrumptious buffet, Philip Chan called the meeting to order and outlined the agenda for the afternoon. Outgoing president, Adeline Chan presented her report in which she thanked her committee and touched on some of the activities undertaken during the course of her term.

MSBCA Auditor, Paul Teoh presented the Auditor's Report and Financial Statements in a clear and concise manner. His opinion, in his capacity as auditor, was that the Club was in a healthy financial position. Paul also shared his observa-



tions on the activities of the club and reminded the Board of Directors that they were accountable to the members in all their dealings and decision making on behalf of the Club.

The 2007/2008 Board of Directors was officially dissolved and nominations were called for the election of the new executive and committee members.

The following have been elected to the 2008/2009 MSBCA Board of Directors

Executive Committee:

President:..... Tony Quek
VP Malaysia Shanti James
VP Singapore..... Vena Palmer
VP Brunei Chong Hin Quek
Secretary..... Bettie Lim
Treasurer..... Cynthia Tung

General Committee:

Stanley Vong Jade Tarbet
Michael Lo Jody Toong
John Chin Pei Lee Chin



MSBCA's 2008 Scholastic winners were presented with their awards in the following categories:

Grade 6: Gabriel Chai, Joshua Cheah, Shannon Tay, Micheal Vallally

Grade 9: Valene Cheah, Beverly Chin, Justin Son, Ayla Vallally

Grade 12: Daniel Bong, Bradley Chin, Jessica Lam, Chuen Huey Quek



In recognition of their invaluable service and support of the MSBCA, Paul and Kathy Teoh and Dennis Ilice Wong were given lifetime membership.

Kudos to Peter Chai, Adeline Chan, Philip Chan, Sherry Tay and Janette Tam for a well organized AGM.

MSBCA Annual Volunteer Picnic

Story Peter Chai
Photos by Peter Chai & Tracey Bong



When I woke up on Saturday morning on September 6, 2008, two things came to mind, picnic at North Glenmore Park and the second, weather. The first part was under control; I had done all my preparations and a list of things to bring to the picnic. The second part, weather was beyond my control and basically under mercy. I checked the weather forecast from different sources prior to heading out and they varied. Have you been in



this position? Which one would you pick? The day started cool and as the time went by, sunlight streamed through and I had to uncross my tired fingers from my back at the end of the event!

The picnic had a good turnout by our volunteers and members. We fired up



Story Continued on page 6

INTERNATIONAL DOWNTOWN ACHIEVEMENT AWARD TO SINGAPORE

Story by Philip Chan

In a recent award ceremony, held at the Telus Convention Centre in Calgary on



September 13, 2008, MSBCA's former President Adeline Chan represented the Urban Redevelopment Authority (URA) of Singapore in receiving a Merit Achievement Award for Downtown Planning.

The International Downtown Association (IDA), based in Washington, DC, is a reputable organization that recognizes successful strategies employed by both large and small communities worldwide in several areas including Downtown Leadership & Management, Planning, Transportation, Special Downtown Events, etc.

URA submitted an entry for Planning of the Bras Basah Bugis (BBB) District in Singapore, which has since culminated into an Arts, Culture, Learning, and Entertainment Centre in the city core of Singapore. The URA, as the national planning and conservation authority of Singapore, embarked on an urban renewal efforts in the district of Bras Basah Bugis (BBB) and dramatically transformed it into Singapore's Arts, Culture, Learning

and Entertainment District. The transformation, which included three National Museums, seven Arts Housing Facilities, three Arts Schools, 105 Private Commercial Schools, a City University, Student Hostels and a National Library has resulted in an influx of 12,000 students. As well as, creative talents and a healthy mix of cultural, shopping, dining and entertainment facilities fostering a renewed vitality to the once-upon-a-time area of low real estate value and deteriorating physical conditions. The new Bras Basah Bugis (BBB) District now prides itself as uniquely Singaporean in character and



experience. The International Downtown Achievement Award says it all and reinforces Singapore's remarkable strategies in city planning and design, making Singapore a great city to live, work and play in.

Congratulations to the Urban Redevelopment Authority (URA) of Singapore and Ms. Fun Siew Leng (Director of Urban Planning & Design) and her team in winning the 2008 Downtown Achievement Award.



Volunteer Picnic Continued from page 5

the "barbies" and the aroma filled the park, you didn't need a GPS to find the picnic site just follow your nose. The "boilers" provided hot water for tea, hot chocolate and cooking the popular Taber corn. John Chin became "hairy" from the silk when he was helping to remove the husks from the corn and breaking the ear in halves. There were so many choices from the salad bar, not the mention fried



rice vermicelli, grilled sambal salmon, dinner rolls, famous German sausage, chicken wings, short ribs, to juicy watermelons. Honestly, there was no better place to be in the world at that moment. No worries, there were ample opportunities to burn off the calories by participating in various games for the young and young at heart, or even a walk in the park.



As you and I know, this event was successful because of helping hands and resources of our volunteers and this is the bottom line. We would like to thank Jill Heng, Jade Tarbet especially and myriads of volunteers for making this a memorable day at the park. To conclude, this picnic was truly enjoyed by all with great food and great company.

Mid Autumn Festival 2008



Story by: Stanley Vong

Did anyone notice the extra bright moon up at the sky during September 14? It is this day that is referred to as the middle



of the 8th month of the lunar calendar. This very special time is known as the Mid Autumn Festival with large festivals performed all over the globe.

Next to Chinese New Year, this is the biggest celebration in most Asian countries, with some going so far as to declare it a public holiday. The Mid-Autumn Festival is a joyous time dating back as far as 3000 years ago. It marks the end of the summer harvest season. People come together to eat mooncake, light lanterns, and enjoy the sight of the bright full moon.

It is a time to share versions of the famous folk tale of Hou Yi, the Celestial Archer

and the Chang E, who sought immortality but ended up on the moon and befriended the jade rabbit and a woodsman, who had been cutting down a never-ending forest on the moon. There is also the folk tale that in the Yuan Dynasty, under Mongolian rule, Zhu Yuanzhang, a rebel leader, had sent mooncakes to village leaders all over China with a message to rebel against the Mongolians on the 15th day of the autumn season in the lunar calendar and drive them out making way for the Ming Dynasty. These folk tales may not match actual events, but these are great stories to tell our families and friends.

For five years they held the Mid Autumn Festival event at the Devonian Gardens, however this year, the Gardens were undergoing renovations. As luck would have it, the Calgary Chinese Community Services Association was able to secure Sunridge Mall to host the festivities in a publicly open area. thus broaden the reach to more people than before.

There was a large crowd gathering to see the variety of different dances, singing, story-telling, joke-telling, and kung-fu exhibitions. Deputy Mayor Joe Connelly and MLA Wayne Cao were at the event taking in the energy of the awe-

struck people. Such an event could not be complete without a performance by the MSBCA cultural dance team.

The MSBCA dance group performed a Chinese dance “Lu Bian De Ye Hua Bu Yau Cai” – a familiar number that we have performed before. This time we mixed it up a bit. The choreography included the use of colourful umbrellas in addition to the scarves. The ladies charmed the crowd by twirling and opening the umbrellas, while later casting their scarves about. So carefree were they that they embodied the youthful nature of the dance. Very fitting for the celebration, together with the men who performed solidly as ever.

While watching the bright moon and eating mooncake that night, there was a thought on all about what dances await in



the future. Like the spring, we all started with little more than a desire to learn more about our cultures, however we learned, harvested and celebrated like the Mid-Autumn Festival. Now we would like to call all interested individuals who want to be part of MSBCA’s dance team to join and learn. Our dance instructor, Adrine, and the MSBCA dance group await your call with gleeful intent.



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.

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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CONTACT:
editor@msbcacalgary.ca



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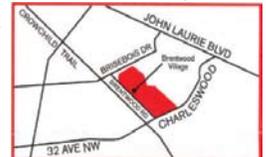
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