

## PRESIDENT'S MESSAGE



TONY QUEK  
郭長基

We got through most of March with flu bug, icy road conditions, and lower than average seasonal temperature. Amidst all that, MSBCA has finalized the caterer for the CN event

in May this year. Thank you all for those who came and helped out with the Mustard Seed lunch, and the Movie Night by John Chin and Jody Toong. The Mari Memasak on March 22<sup>nd</sup> drew a large crowd. That was some cooking and I truly had a good time. Thank-you Anita and Patterson! We're looking forward to the Easter High-tea on April 4th and I bet the kids will have so much fun.

On March 16<sup>th</sup>, Malaysia and Brunei also reached a historical signing of Exchange of Letters between the Malaysian PM and His Majesty the Sultan of Brunei. The settlement is over the six-year territorial dispute between the two countries over maritime/land boundaries. This has the implication on oil/gas deepwater exploration blocks in the South China Sea and the land claim of Limbang by Brunei. This agreement allows the technical committee from each country to come to the table to discuss and find a solution.

The PM of Malaysia and the leader of UMNO, Datuk Seri Abdullah Ahmad Badawi, announced that he will be stepping down on April 2<sup>nd</sup>, 2009. With that, the new era will begin with Datuk Seri Najib Tun Razak and his elected deputies to take over the helm in running Malay-

sia. The former PM, Tun Dr Mahathir Mohamad, has decided to rejoin the party and take action rather than criticizing on the side line. This will strengthen the party and unite the members from drifting away. There is a tendency the opposition is always on the look out for disgruntled members to cross over the floor. Looking from the outside, the Malaysian politics is somewhat a concern to many of us due to the money/power struggle. Also, it is a concern to all the ethnic groups living in Malaysia as to how the policies, rules and government assistances are unfolded.

The memorial lecture delivered by the Singapore senior mentor Mr. Lee Kuan Yew is a very good read to many of us. Mr. Lee talked about the history of Brunei, how he became the good friend of the former Sultan Haji Omar Ali Saifuddin. The period when both Singapore and Brunei were invited to join in forming the Federal of Malaysia. ([Click here](#) to view a copy of the script for your leisure read).

To share a good and successful story with you, I am very proud to say that one of our life-time members, who is also volunteering his service to us as our auditor, has his personal profile published in a local Chinese free magazine, *Sky Mag*. Mr. Paul Teoh, like many of us, who was not born with a silver spoon in the mouth at birth. Paul's less fortunate background has given him a strong will, and ever adopting spirit to survive in all environments. From a qualified mechanical engineer, to a chartered accountant, it shows great determination, and dedication of time and energy. With perseverance, he made it! Through leaps and bounds, Kathy was there to help. My phone conversation with this very humble gentle-

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Photo of the Month

man was very pleasant and he laughed about how the interview was initiated. Enjoy the story on [page 7](#).

*Stay healthy and be happy. Cheers!*  
Tony Quek

**20th Anniversary  
- Cultural Night  
Celebration  
"Di Bawah Bintang  
Bintang"  
Saturday, May 23.  
2009**

*See page 3 for more event details!*

**"To be human means to  
have the capacity for  
transformation."**

—Matthew Ies Spetter

## MSBCA COMMITTEE MEMBERS 2008/2009

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## Membership Renewal? Change Member Info?

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

## “That is so gay”

What does this phrase mean to you when you hear someone say it? It might not be commonly used or heard amongst the baby boomer generation but more within Generation Y; people in their early 30s to those entering Junior High school. When people use the phrase “That is so gay” or “You’re so gay” they usually mean, “That is so stupid” indicting something negative or feminine.

I confess that I have used this phrase more then once to describe something to be stupid or ridiculous without even thinking twice about it. If a phrase is repeated enough its origins may be forgotten or the real meaning behind the phrase gets lost. I believe that quite often people do not associate “that is so gay” as an insult against gay people.

A friend in college, who is gay, told me that every time he heard someone say, “That is so gay” he would reply back half jokingly, “That is so straight” to make them second think themselves about what they just said. He’s a pretty witty guy. But I can see how that phrase can negatively impact someone that is either gay or lesbian. Unfortunately in a lot of cultures, being gay is often viewed as something negative.

Just the other day, I saw a commercial on TV that was raising awareness about this phrase. Two girls are shopping and one of them mentions that the other’s top is “so gay”. Then Hilary Duff, who is in the same store, turns to them and says, “... You shouldn’t say that something is gay when you mean something is bad. It’s insulting...” This commercial is just one part of Gay, Lesbian and Straight Education Network’s campaign to “Think B4 You Speak” (More information on the website: [www.thinkb4youspeak.com](http://www.thinkb4youspeak.com)). You can also watch the TV commercial on the website. They are also promoting a “National Day of Silence” being held on April 17, 2009, which draws attention to the problems of anti-lesbian, gay, bisexual, and transgender bullying.

On the topic of bullying, another campaign that was brought to my attention, that is going around is The “R-Word.” March 31, 2009 was their official day. Their slogan stating “Spread the word to end the word.” On their website, [www.r-word.org](http://www.r-word.org), you can “pledge your support to eliminate the demeaning use of the r-word.” This campaign is to bring awareness to the casual use of the word “retard.” Similarly to “that is so gay,” one of its synonyms is “that’s so retarded” which is really offensive to those that are mentally challenged.

## “That's retarded”

These campaigns actually made me think twice about the things I say or don’t say. We’ve all heard the saying “don’t use God’s name in vain” while growing up. The issue with the word “gay” or “retarded” isn’t any different. It also got me thinking about the many other phrases that may have been really insulting at one point in history. But with the overuse of the phrases they lose their original meaning. One of them is “I got jewed” or “I got gyped” which is slang for getting ripped off or cheated. Stemming from a stereotype against Jewish people and Gypsies can be also very offensive.

“Think before you speak” is a phrase that has been repeated many times that it may have also lost some of its meaning. So here I help to say it again, and really think about it. Think before you speak!

### What some words originally meant: (from [thinkb4youspeak.com](http://thinkb4youspeak.com))

Geek: a carnival performer whose acts contained outrageous feats

Dick: a nickname for "Richard"

Queer: odd or unusual

Fag: to get tired from hard work

Gay: means "happy"

Lesbos: and island in the NE Aegean Sea

Dyke: embankment for holding back water

Ass: is a donkey

Tracey Bong

## MSBCA CALENDAR of events

April 2009

- 4<sup>th</sup> - Easter Hi-Tea Potluck

May 2009

- 23<sup>rd</sup> - Cultural Night

June 2009

- 20<sup>th</sup> - MSBCA Golf Tournament



## Mari Memasak!!



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

Our next class is on May 31st.

More details to come!

See page 5 for March highlights

MALAYSIAN SINGAPOREAN BRUNEIAN COMMUNITY ASSOCIATION PRESENTS

## CULTURAL NIGHT '09

"Di Bawah Bintang Bintang"  
"Under the Stars"



MSBCA'S  
**20<sup>TH</sup>**  
ANNIVERSARY

SATURDAY, MAY 23, 2009

Starts at 6:00pm. Buffet dinner.  
Serving authentic South-East Asian dishes.  
At the GCA Academy (16520 - 24th Street SW)  
Traditional dance performances & much more!

Tickets: Member / Non-Member  
Adults: \$35 / \$40  
Children: \$20 / \$25 (ages 5 to 12)  
Children under 5: Free

Contact our ticket sellers:  
Jill Heng: (403) 686-8448 or Sherry Tay: (403) 532-1473  
For more info visit: [www.msbca.ca/cultural-night2009.php](http://www.msbca.ca/cultural-night2009.php)

## Easter Hi-Tea Potluck Party

Saturday, April 4 2009

MSBCA Clubhouse

4.00 p.m. – 7.00 p.m.

Come and join us for a tea-party celebrating Easter. Please bring your favourite Hi-Tea dish or Kuih-Kuih.

### Program Hi-lights:

Easter Egg Hunt

Easter Games & More

### Please contact:

Bettie Lim @ 403 274 5351  
e-mail: [bettie.lim@shaw.ca](mailto:bettie.lim@shaw.ca) OR

Pei Lee Chin @ 403 973 5833  
e-mail: [chinpl06@gmail.com](mailto:chinpl06@gmail.com)



## MSBCA Winter 2009 Badminton Schedule



MSBCA has secured the booking of Ernest Manning & Henry Wise Wood High Schools - in the main gym for the winter 2009 session of badminton.

### Winter session starts:

Fri. Feb. 20, 2009, 7:00pm, ends  
Fri. Jun. 5, 2009 10:00pm.

### Venue:

Ernest Manning High School

### The dates are:

April 03/17/24,  
May 01/08/15/22/29, June 05

### Fees:

Single .....	\$56
Double .....	\$112,
Family .....	\$168
Drop-in/Non-Member ....	\$5/\$7
For kids under 12, .....	Free.

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

## EXCLUSIVE CHI EXERCISE

Hi members,

My brother, who has been practising this chi exercise for years, is a certified instructor. He has benefitted from this and as instructor has been receiving very positive feedback.



He will be coming to Calgary in May and I thought it will be good to share this exercise with members who are interested, I have been taught a few of the steps (please go to website [www.chidynamics.org.my](http://www.chidynamics.org.my) click on Practices) and do practice it as its simple and does not take too much time!

The class that I am proposing will be intensive, 2 times a week for a month or until he leaves, he request that a minimum of 5 people to start the class. Anyone who wishes to take part in this chi class please email me or give me a call, [chinpl06@gmail.com](mailto:chinpl06@gmail.com) or 403-973 5833.

There will be no fee but being Malaysian and having Ringgit it would be nice to buy him a cup of coffee and reimburse his C-train ticket though! :)

*Pei Lee*

### Benefits of Chi Exercise

Regular practise of Chi Dynamics breathing and meditation techniques produces the following effects:

**Improves blood circulation and lowers blood pressure.** Adopting the proper breathing techniques produces a higher oxygen intake leading to improved blood circulation and delivery of oxygen especially to the extremities.

**View more benefits of Chi at:**  
[www.chidynamics.org.my](http://www.chidynamics.org.my)

## A Joint operation between MSBCA / MSSA:

### To land your big Lunker!

**What:** Fishing

**Dates:** June 5 to 7

**Place:** Slave Lake, Alberta

**Type of fish:** Walleye (pickerel), pike and perch

**Accommodation:** Cabin or tenting

**Transportation:** Car and boat

Call/E-mail Tony Quek for more details: 403-239-7438 or [chongkeequek@shaw.ca](mailto:chongkeequek@shaw.ca)

This is part of the co-operation between our clubs and if our members can join together having fun, then we've reached our goals.

## 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](mailto: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.

## CASINO FUND

### VOLUNTEERS WANTED

JULY 4 & 5

Looking for Cashiers, Chip Runners, Money Counters & other postions

CALL JESSE CHEAH TO VOLUNTEER - 403.880.8885

## Mari Memasak

The Mari Memasak class held at the clubhouse on March 23rd attracted quite a few members keen to learn how to make an authentic Indian chicken curry and the correct way to make chapattis. Our sincere thanks to Anita and Patterson Melling. Recipes reprinted for you to try at home:

### Chicken Curry

#### Ingredients:

- 1 whole chicken - cut into pieces, skin removed
- 3 large potatoes - peeled, cut into sixths
- 1/2 tin coconut milk (optional)
- 10 slice shallots
- 1 onion
- 2 garlic cloves - crushed
- 2 cm piece ginger - crushed
- 3 tsp curry powder (add a little water to form paste)
- 1 pot water (individual preference on the thickness of curry)
- chilli powder
- Olive Oil
- Cilantro for aroma
- Rempah:
  - o 2 cloves and 1 \*star anise
  - o Mustard Seeds
  - o Cinnamon Stick
  - o Fenugreek Seeds

#### Optional:

- Coconut Milk
- Lime
- Cilantro
- Rempah :
  - o Mustard Seeds
  - o Cinnamon Stick
  - o Fenugreek Seeds
  - o Cloves
  - o Star Anise

#### Method:

1. Blend shallots, ginger, onion and garlic
2. Use about 2-3 tbspn of the blended paste to marinate chicken and set aside for 15-20 minutes
3. Heat Oil and fry mustard seed till they pop
4. Fry remaining blended paste, cinnamon stick, cloves, fenugreek seeds and star anise until fragrant
5. Add curry paste and fry until oil splits from paste
6. Add chicken
7. Add potatoes and allow to cook
8. Add 1/2 tin coconut milk (optional) and water to cover chicken
9. Bring to boil and simmer until chicken is cooked and curry thickens
10. Squeeze 1 lime (optional) over curry and cover pot
11. Sprinkle fresh cilantro (for aroma)



### Chapati

#### Ingredients:

- 375 g - Atta flour
- 1 1/2 - teaspoons Salt
- 1 tablespoon - Ghee or oil
- 250 ml / 1 cup - Lukewarm water

#### Method:

1. Put flour in a large mixing bowl, setting aside about half a cup for rolling chapattis.
2. Stir salt through the flour, then add water and rub in with fingertips, as though making pastry.
3. Add the measured water moisten all the flour and mix to a firm dough.
4. Knead dough for at least 10 minutes or until dough is smooth and elastic. Since there is no leavening agent in these breads, kneading is used to develop lightness.
5. Gather dough into a ball, put into a small bowl and cover tightly with plastic food wrap.
6. Leave for a few minutes. This resting period is also vital for making light, tender breads.
7. Divide dough into balls of even size, about as big as a large walnut or small egg.
8. Roll each out on a lightly floured board, lightly dusting board and rolling pin with reserved flour and keeping the shape perfect round if possible.
9. Roll out the chapattis to be cooked, and when starting to cook them, start with those which were rolled first, since the short rest between rolling and cooking makes the chapattis lighter.
10. Heat a tawa, griddle or heavy frying pan, put the first chapati on the hot pan and leave for about 10 seconds on medium heat.
11. Turn it over and place second side down. Let that side be cooked and turn it over.
12. After a few seconds, press lightly around the edges of the chapati with a folded tea towel/paper towel to encourage the disc of bread to puff up and bubble. Do not overcook or the chapattis will become crisp and dry instead of pliable and tender.
13. Wrap the cooked chapattis in a tea towel.
14. Serve warm with butter, curry or other dishes.

## Mustard Seed – MSBCA Lending a Helping Hand



Recap and Photos by Tony Quek

**Date:** Sunday, March 5th, 2009

**Time:** 9:00 am to 1:30 pm

**Place:** Mustard Seed Foothills Shelter,  
7025 - 44th Street SE, Calgary, AB

**Menu:** Szechuan chicken on Rice

**Cost:** \$500.00 to MSBCA

**No. of people served:** 160

### Prep crew ( 9:00 am - 11:30 am )

Tracey Bong, Pei-Lee Chin, Shyut Moi Chong, Cynthia Tung, Chong Hin Quek, Erik/Eunice Ang, Daisy/John Kielhorn and Tony Quek.

### Serving crew (11:30 am - 1:30 pm)

Don James, Michael Lo, Paul/Kathy Teoh, Nicholas Pereira and those who stayed behind after cooking.

A guided tour was conducted by one of the staff with question/answer. Thank-you all for your participation in this good cause for MSBCA.



## Multicultural Gala Night 2009

Story by: Stanley Vong

Photos from: Melissa Cheah

On March 15, 2009, the India Canada Association for Calgary (INCA) and the Southern Alberta Heritage Language Association (SAHLA) hosted the Multicultural Gala Night: a function that showcased many different cultures in the form of song and dance. The event was held at the Jack Singer Hall. What was especially exciting about that night was that it was in commemoration of the United Nations' International Year of Reconciliation! Being invited to dance at such a cause was a very big honour for the MSBCA.

In the morning, there was a rehearsal at the Jack Singer Hall. It was then that we saw that this was a bigger venue than any that we have performed before. We said to ourselves, "MSBCA is really getting recognition and is starting to get propelled to better venues in the city!" Also, with the cause and size of venue, there would probably be some dignitaries there, not to mention a lot of people, but no pressure, right?

After the rehearsal, we had some time to get prepared before our performance. MSBCA was the second last performance...out of seventeen! This meant that we had to wait to get changed and then perform. For the most part, it gave us a chance to take in the experience and enjoy the other performances and professional coverage.

We had noticed that OMNI TV was there covering the event intently. Could it be that MSBCA could be taped, and shown on TV? The pressure was definitely building up. Speeches were given by Alderman Ric McIver, the Presidents of INCA and SAHLA, and the Honourable Lindsay Blackett, MLA, Minister of Culture and Community Spirit for the Province of Alberta! Woowhee! A great event with distinguished people calls for great performances is what we were thinking to ourselves.

Story continues on page 7

## Multicultural continued

from page 10

There were performances from the First Nations People, a Brazilian number, a Chinese orchestra, a Darfurian Sudanese African dance, Indian dances of all sorts including a Gujarati dance, Punjabi dance, Swarga dance, and Kathak dance. There was even a Greek dance. Certainly this was a diverse group of performances. MSBCA fitted perfectly.

We performed the Canggong. An upbeat Malay dance that we just learnt this year. We had only performed this once before during Indonesian Night, so it was a good selection being that it was fresh and new. There were about 800 people in attendance, the most that this dance group has performed for.

It was a great performance. The audience loved it. The next day we tuned into OMNI news, where there were snippets of the night. The segment was very short, so even if the MSBCA was shown it was very brief.

We just welcomed our newest member Boon OngKhian, who arrived from Malaysia this past summer! He is an enthusiastic new addition to the MSBCA, and has fit in very well with the dance group. If you see him, give him a warm MSBCA welcome.

This exciting time means that we need more dancers to learn new numbers, so if you are interested, we will be more than happy to see you on the dance floor.



**Dancers (left to right):** Jill Heng, Ivan Teo, Melissa Cheah, Boon Ong-Khian, Adrine Chong, Stanley Vong, Jade Tabet, Peter Tan

## “Poor Dad Rich Life “– Paul Teoh

[A brief excerpt from a 3-page interview in *SkyMag*. Translated by Tony Quek with Paul's permission.]



Raised in a family farm on the mainland of Penang State in Malaysia, Paul was a very obedient and hard working child. Walking to school everyday without shoe and bag, coming home at 1:00 pm didn't mean the day is over for him. After lunch, he helped in doing house chores; feeding the chickens and pigs, then planting sweet potatoes in the garden. Before Paul was 15 years old, he went through studying and finishing his schoolwork under oil lamps. Bed time was always no later than 8 or 9 pm, otherwise there was a stern word from dad!

Paul studied in science class because he aimed to become an engineer. He enrolled at the University of Western Australia in Perth for mechanical engineering, working part time as kitchen helper and a casual laborer at the Sunday Time Press. Later on, he put more time in his study by keeping the better paying job at the Press, working only on Saturdays from 7:00 pm to 4 – 5 am the next morning. Paul did

that because of being self sufficient and not relying on financial support from home. After graduating as a mechanical engineer, he went back to Penang, Malaysia and worked in an electronic manufacturing company. In 1980, while in Australia, Paul married his childhood sweet heart Kathy who was in the same class when they were children. After 3 years on unchallenging assignments with the company, Paul decided to change his career and becoming a chartered accountant despite objections from his father-in law and his own dad. Paul used his own savings from working as an engineer and moved to London, England. Paul stayed initially with his brother during his study in accountancy in London and later moved to Yorkshire due to lower cost of living. The Chartered Accounting Program required him to article full time as trainee accountant while studying at his own time. Paul qualified as a chartered accountant 5 years later. Kathy and their son moved over with him after Paul's first year in England. She was pregnant with their second child by then.

In October of 1993, Paul and his family moved to Edmonton. The job searching let him to accept a post in Yellowknife in 1994. At that time, Paul and Kathy had to look after their 3 young kids. After 4 years in Yellowknife and with the kids ready for higher education, they decided once again to move. This time to Calgary for Paul to start work as Audit Manager with a local accounting firm. By accident, Paul found that he could start his own practice with the ready clientele he had in the Northwest Territories. Paul Teoh Chartered Accountants was set up in 1997.

Paul's success is the mindset to strive for the goal. Never give up and stay focussed and don't let failure defeat your dream. His greatest help and support came from a devoted and understanding wife, Kathy.

This article is from Issue 30, Mar 19, of the *SkyMag* pages 69-70 For the full article go to: <http://www.skybook.ca/issues/030/index.html> (Chinese only).

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](mailto:editor@msbca.ca)

Note: the newsletter is a monthly publication.



Lights on the Las Vegas Strip are viewed looking northbound from the Mandalay Bay Resort during "Earth Hour" in Las Vegas, Nevada March 28, 2009. View more at: [http://www.boston.com/bigpicture/2009/03/earth\\_hour\\_2009.html](http://www.boston.com/bigpicture/2009/03/earth_hour_2009.html)

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- \$50/month

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

### CONTACT:

[editor@msbca.ca](mailto: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.**

**#301, 114 - 3 Ave SW  
 Calgary AB T2P 0E7**

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