

PRESIDENT'S MESSAGE



TONY QUEK
郭長基

The 2009 Grey Cup game, held in Calgary, went down in Canadian football's history as an entertaining piece of news. The Western Champion, the Saskatchewan Roughriders had an edge over the Eastern

Champion, the Montreal Alouettes at half time. But the Alouettes came back in the second half with a goal kick in the last few seconds and won the Cup with a score of 28-27. Interesting thing was the Roughriders was leading 27-25 in the last few seconds, the Alouettes had the field goal and missed. Added to the excitement was the Roughriders getting penalized for having too many players on the field. The re-kicking through the goal line won the glory for the Allouettes!

I was intrigued by the incident that leads to the failure of Roughriders. I was cheering for the Riders' power. Did the coaching staff omit to count the players on the field? Was is that extra player that couldn't help with all that excitement and forgot to leave the field? Or, the offensive line needs a leader to make sure everything is alright before the play is executed? Amidst all the excitements and the last few seconds, a quick decision is made that resulted in winning or losing. That was the most fun part for me.

John Chin has single handedly taken over

the task in helping with Mr. Khin Chew on the forthcoming Dec 4th 2009 Asian Relief Fund Raising. MSBCA's dancers will be performing in this banquet as well. Communities such as the Indonesian, Filipino, Vietnamese, Thai, Mymar, Korean and the Chinese have signed up to raise fund for the earthquake, typhoons that caused mud slides and flooding in Indonesia, Philippines and Vietnam. This community spirit is a celebration itself.

MSBCA has secured the Beddington Heights Community Hall for the 2010 Cultural Night in May 15, 2010. Details to follow and be updated. Ms. Jill Heng and her crew of Paul and Kathy Teoh had a sold out their dish in the first Sunday Lunch. It was great to see the many faces that showed up to support and socialize in the clubhouse. There will be more lunches scheduled in the New Year. Some of these lunches are designated to help provide scholastic awards for our kids.

MSBCA is credited with the 2009's Casino proceed and it is a handsome windfall for the club. Sighting that the next casino fund-raising will fall on the first quarter of 2011, we as the committee are watching our expenditures closely. Our treasurer, Yeu-Chuan has finalized the budget projection with Patrick Teoh. The committee will discuss and approve of the budget. We will operate MSBCA within the means and make changes where necessary. One thing for sure, our fun will not be compromised! It is our responsibility to assure there are funds available to continue the operation of MSBCA. The 2009/2010 team of committee is committed to work hard to raise

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fund from other sources. Your support and understanding of our effort is appreciated.

The Year of Tiger will roar at our Chinese New Year banquet planned for Feb 19th 2010 in the Regency Palace Restaurant. Programs are in planning stage. Please get your tickets fast because there are a limited amount of seats.

I'm closing my working life with Talisman Energy on December 2, 2009. I received a fair severance package after almost 10 years with the company, which is under a restructuring in its operation in North America. The sweet deal for me is I will be officially "retired" in January 1, 2010. Looking forward to the next 15 to 20 years, I will keep fit as much as possible, doing more volunteer work and having lots of fun! The next few months will be charting my future, finishing my basement renovation and playing more badminton. I will spend more time traveling aboard as well. This is a good start for my new chapter in life.

Merry Christmas and Happy New Year!

Tony Quek and family.

Happy Holidays and Season's Greetings!

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Membership Renewal? Change Member Info?

Please contact Pei Lee Chin at
membership@msbca.ca
to keep your details current!

I would just like to wish everyone a Merry Christmas, and a very Happy New Year.

I feel very blessed to have a great family, great friends, a warm home, food to eat and a safe place to sleep. That is all I need and want for Christmas! And, my mom never fails to put up a beautiful Christmas tree every year! Enjoy the photos!

My thoughts go out to those that are less fortunate, let us all lend a hand where/when we can to help lessen that burden on those that need a little help around this special time of the year.



SUNDAY LUNCH

January 31, 2010

12 noon to 2pm

Clubhouse

Serving:

Soto Ayam (soup)

Cooks:

Rudy and Lidya Widya



Price:

Member \$7.00

Non-member : \$7.50

Contact: Pei Lee Chin

-----MSBCA CALENDAR----- of events proposed for 2009-2010

Please note that some dates are still to be announced and that the events/functions are not limited to this list. If you have any event ideas, bring them forward!

December 2009

- 12th - Family Christmas Party
- 31st - New Year's Eve

January 2010

- 31st - Sunday Lunch

February 2010

- 19th - Chinese New Year Dinner

March 2010

- TBA - Dance to the Oldies
- 7th - Sunday Lunch
- 21st - Sunday Lunch

April 2010

- TBA - Seafood Night
- TBA - Sunday Lunch

May 2010

- 15th - Cultural Night

June 2010

- 6th - Sunday Lunch

July 2010

- TBA - Sunday Lunch

August 2010

- 21st - Volunteer Appreciation Picnic

September 2010

- 18th - MSBCA Night

October 2010

- 9th - Annual General Meeting



Mari Memasak!!



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

Check back for upcoming classes!

MSBCA

Family Christmas Party

Santa is coming
Sat. Dec. 12, 2009
Clubhouse
6:30pm
Potluck

Potluck...bring a dish to be shared
If you have kids, please bring them a gift and write their names on the presents.
We will have games and most important lets all have fun together!

Please call to confirm attendance:
Adeline 403-383 1689
Pei Lee 403- 973 5833

MSBCA's New Year's Eve Party... Needs a host!

Are you interested? You can organize it, and open it to all members. NO rent charged but of course the normal rules for rental is to be followed.

If you are interested please call Pei Lee at:
403-973 5833 or email her at
chinpl06@gmail.com before December 15.

MSBCA Fall/ Winter 2009/2010 Badminton Schedule



Join us this fall and winter season for another session of badminton! Bring your whole family/friends and get active, have some fun and enjoy a great game of badminton..

Fall/Winter session starts:

Fri. Sept. 11, 2009, 7:00pm, ends
Fri. Dec. 11, 2009 10:00pm.

Venue:

Rideau Park School,
829 Rideau Road, SW
Calgary, AB – (403) 777 7480

The dates are:

December 04, 11

Fees:

Single	\$52
Double	\$104,
Family	\$156
Drop-in/Non-Member	\$5/\$7
For kids under 12,	Free.

Please contact Tony Quek at:
(403) 239 7438 or
chongkeequek@shaw.ca to register

Shuttlecocks and nets are provided.
Bring your court shoe, badminton
racquet and your spirit to support
this program.

Chi Kung Practice

on weekly basis every Sunday
at the clubhouse 10:30am

No fees. All welcome.

WINTER ACTIVITIES 09/10

Story by Tracey Bong

Every holiday season I like to find some winter/Christmas activities that people and people with families can do together. We all know how cold it can get in Calgary but we still want to keep active or not be stuck inside all winter long.

Here are a few activities that happening in and around town that you and yours truly can get to trying:

Canada Olympic Park

An exhilarating bobsled ride at COP? Piloted by a professional driver you can reach up to 5G's and hit a maximum speed of 120 km/h. I am sure the speed lovers will be all over it. However, this ride does take a chunk out of your wallet at \$165/person.

If that is too much for you, they also offer a cheaper alternative, which is luge rides. No experience necessary for this solo run. You are provided instructions from a nationally credited athlete and then you are set loose. Cost of each run is \$25.

Of course the more obvious is the skiing or snowboarding at COP.

Mountains

But there is a lot of snow out there in the mountains right now and we have the advantage of living so close to the mountains. Some great places to go are Sunshine, Lake Louise, Nakiska and more. There are lot of great deals for ski cards out there right now. The Louise Card, Ski More (RCR) Card, SnowMax Card and others. If you do plan to get a ski card, make sure you get them before the deadline, which is usually around December 26.

Skating

Find a neighborhood ice rink closest to you and strap on a pair of skates! It is free and an easy exercise to keep off that holiday weight!

The Olympic Oval has free public indoor skating on Mondays from 6:30 to 8:00 with a donation of canned goods or cash, which goes to the Calgary Food Bank.

Olympic Plaza in downtown has an outdoor skating rink. Free public skating daily from 10 a.m. to 9 p.m.

Bowness Park outdoor skating on a lagoon. Opened daily from 7 a.m. - 10 p.m. and usually opens 1 to 2 weeks before Christmas. Check to see if the ice is frozen enough for skating before going.

Shopping

Inglewood Downtown. On December 5th, there will be a fun-filled Christmas celebration themed, Christmas Carol.

Kensington. Christmas in Kensington happens on the first 3 Saturdays of December (5, 12, 19). The streets will be filled with festivities.

Uptown 17th – 17 Days of Christmas! They have a free shopper hopper, a complimentary shuttle service to and from 17th Avenue SW.

Christmas Lights

Airdire Festival of Lights

Calgary Zoo Lights

Lion Club Festival of Lights (on 14 St – 24 Ave NW)

Stephen Avenue (8th Avenue)

Lower Mount Royal and South Calgary neighborhood has nice big houses with nice lights. It's a nice cruise.



While in Kuala Lumpur...

Story and Photos by Pei Lee Chin

An attempt to tell you of my recent holidays in Kuala Lumpur, Malaysia, just in case for those younger ones, please look up map for exact location.

This picture was taken almost fresh of the plane! Well after a good cool shower of course. By the way the person has grown since and wishes actively to get back to size. Please help if you know a good way...fast and sweet way?

My favourite shopping place...you get all sorts of stuff from meat, fish, poultry (your pick of which head to roll),



Pictured with a huge paper tosai to my face, the delicious teh tarik [sorry to the MSBCA imitators ☺]....not in pic is the original roti chanai albeit smaller in size, inflation so it seems.



veggies, plenty of fruits and lovely flowers, herbs, clothes, shoes, pins & needles... it is T & T plus so much more! Of course one must bear with the smell and wet floor, maybe dripping rain. Love it

Not too far away are the coffeshops where one can go to fuel up the tummy after the good shopping.

Well, just in case you are still not sure how KL started...this is the spot (picture below), confluence of the Gombak River and Klang River

Spot the mosque? That is Masjid Jamek, I believe it is one of the older mosques and a heritage.



MSBCA Chinese New Year Banquet

February 19, 2010
Regency Palace

6:00PM

Dinner Starts 7:20PM sharp

Tickets are on Sale Now!

More details on last page.

MSBCA Needs You



Recruitment for membership 2010

Membership Fee-Annual
(Jan 2010 to Dec 2010)

Single\$15

Family.....\$25

Lifetime.....\$250

Have you renewed?

Can you recruit?

We would love to hear from you!

email: membership@msbca.ca

feature/highlights

An Almost Traditional Chinese Wedding...

Story and Photos by Pei Lee Chin

The modified traditional Chinese wedding, like all God-fearing mortal souls, we say prayers and thanks



To the God of Heaven



West meets East... the traditional roasted pig, all dressed up and the 3-tier wedding cake & bridal bouquet

The traditional Chinese tea ceremony is to introduce the bride to the Groom's family and sweeten tea is offered by the bride and groom to the relatives (good way to learn the family's who is who and their seniority status and the proper way to address each one), if you have a big family... beware it is a long process.



ahh how sweet the tea, it is an honour



Giving thanks and announcement to the ancestors...on the left is Goddess of Mercy

The finale is the wedding banquet..usually in most Chinese family this is hosted by the Parents! Now isn't that a great Chinese tradition, the parents get to show off their children to their friends. You got it, the bulk of the guests are friends of the parent's and relatives and the bride and groom's in comparison is just a small group.



Lastly, the 3 wedding toasts to the newly weds and YUM.....SENG.....



... a gift for remembrance...psst usually it shows who is rich generous

Sunday Lunch

November 8, 2009

Kuey Teow Teng (Soup)

Penang Style

Photos by Priscilla Wong



BACKPACKING TO MACHU PICCHU



Lima, Peru is just like any other big city. Just be cautious and everything you will be o.k. Of course the taxi man at the airport will charge much higher.

Climbing Machu Picchu is no sweat. The bus brings you right to the gate and you just stroll around and appreciate all the stone ruins left behind by the Incas. I woke up at 4.30 am to watch the rising sun. Unfortunately the Inca god of rain spoilt the fun. I had to endure the cold and wet morning. After an exhausting day exploring Machu Picchu and climbing Wyna Picchu, I retreated to Cusco, smirking with the knowledge that another layer of curiosity was peeled off from me.

Story and Photos by Alan Pang

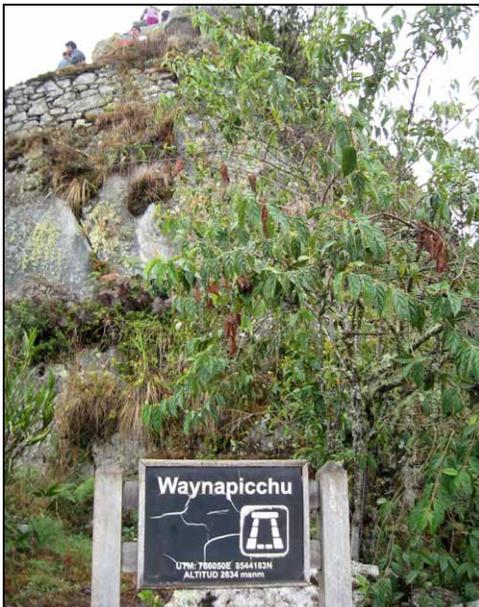
Let's face it. This mode of travelling is not to be taken lightly. Prepackage tours are free of any hassles and inconveniences. The problems encountered during my trip; substandard accommoda-

tion, the warm hearted and friendly locals and the accommodating hostel proprietors, all contributed to a memorable trip. Would I do it again? Of course, in fact I have already made up my mind to go to Bogota, Columbia, the notorious drug capital. It should be fun. And I might be able to put to use the Spanish lessons I learned in Calgary.

Flying into Lima's airport was a scary experience. In the plane and at the airport, I heard, "only take taxi at the airport, otherwise you might get robbed or kidnapped by fake taxi man." Suffice it to say, such statements are overblown and



It was a lot of fun and cheap to travel in South America. It is more exciting if you have some knowledge of the Spanish language. You can converse and bargain with the locals. If you require information to South America or Spanish class schedule, just email me at panghomes@gmail.com.



tion, poor quality food, bamboozled by an old taxi man and to top it all, fleeced by an old trishaw man (these old men seem to be my nemesis)--- Not too many of you would like to face these irritations. Despite these annoyances I still recount with good feelings and fondness the journey I have taken. The helpful fellow



extras

Do you have a story to tell us? An interest to share? Questions or Concerns?

We are always looking for stories to feature in our MSBCA newsletter!

Send your questions, comments or articles to:
editor@msbca.ca

Note: the newsletter is a monthly publication.

Advertise with Us!

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med: (5.0" X 3.0")

- \$30/month

banner: (7.75" X 2.75")

- \$45/month

half page: (7.75" X 5.0")

- \$50/month

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

CONTACT:

editor@msbca.ca

Photo of the month



Photo by Tiffany Bong. A beautiful, fiery, cool, November sunset in north west Calgary, Alberta.

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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Your Ad
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MSBCA Chinese New Year Banquet 2010

Regency Palace Restaurant

328 Centre Street S Calgary (403) 777-2288

Friday February 19, 2010 6:00PM

Dinner Starts 7:20 PM Sharp

Tickets On Sale Now! Get Your Tickets BEFORE January 15, 2010*

	Before Jan 15, 2010		After Jan 15, 2010	
	Member	Non-Member	Member	Non-Member
Children under 5 years old	Complimentary	\$5	\$5	\$8
5-10 Years Old	\$8	\$15	\$12	\$20
11-18 Years Old	\$15	\$20	\$20	\$25
Adult	\$35	\$40	\$40	\$45
Seniors	Complimentary	\$40	\$5	\$45

For Tickets, Please Contact:

Jesse Cheah	403-274-3541	jcheah@IMVProjects.com
Adeline Chan	403-263-3883	xlprint@telus.net
Jill Heng	403-686-8448	jillheng@shaw.ca
Sherry Tay	403-532-1473	taysf@shaw.ca

Notes

- No ticket sales or cash transactions at the door.
- MSBCA Membership and CNY 2010 Banquet Tickets must be fully paid and Tickets collected by January 31, 2010.
- There will be a Ticket Booth at the MSBCA Clubhouse (403) 289-7711 on the following days:
 - Saturday January 30, 2010 from 1:30 PM to 3:30 PM – Yeuchuan Choo
 - Sunday January 31, 2010 from 12:00 noon to 2:00 PM – Pei Lee Chin
- Membership for 2010 not paid by January 31, 2010 will be charged at non-member ticket price.
- Children sitting with Adult must purchase Adult Tickets.
- Seniors are **members** of age 65 years or older on Feb 14, 2010. Proof of Age required using Alberta Health Care Card.

Adult	Children
BBQ Cold Plate Combination	Crispy Chicken With Shrimp Chips
Diced Chicken With Cashew Nuts	Peking Style Pork Tenderloin
Stir Fried Scallops With Fried Milk	Beef and Chinese Broccoli
Fish Maw and Crab Meat Soup	Scallop and Shrimp In Sweet Soya Sauce
Beef in Black Bean Sauce Chow Mein	Regency Palace Special Chow Mein
Chinese Mushroom & Vegetable	Yeung Chow Fried Rice
Crispy Chicken With Garlic Sauce	Seasonal Fruit
Steam Fish With Soya Sauce	Special Cookie
Yeung Chow Fried Rice	
Seasonal Fruit	
Special Cookies	