

## PRESIDENT'S MESSAGE



TONY QUEK  
郭長基

恭喜新年好。万事如意!

光阴如箭，我们已面对一个不可意料的一年。今年里，失业和减底开销的现象将不断的来

临。只有那些有作向前计划经济打算的人来说，一步步小心的走，才会安心的通过关键。

The stimulus brought down by the Federal Government will put a brake on the Canadian economy from sliding deeper into the recession. The Bank of Canada can't do much on lowering the interest rate to boost consumers' spending. Everyone is tightening their belts and bracing for harder times to come.

South East Asia is in raining season and reports of flooding in low land are daily news in Brunei and Malaysia. Some areas are impassable. Many are facing a lot of hardship coping with the never ending downpour.

The news that the netback from casino for most non profit organizations is down by 20 - 25% this year as the economy

is slowing down. In Calgary, since the opening of Grey Eagle Casino in the SW, other casinos in the City are experiencing low turn out of gamblers partly due to the smoking issue. MSBCA is committed to the casino fund-raising event despite the low netback. At the moment, except for the Cultural Night in May 2009, where we've budgeted for specific items, majority of the Casino fund is deposited in securities, such as GICs. MSBCA is in great position to weather out the short fall until the next Casino in late 2009.

MSBCA has put its sub-committee, which is lead by Mr. Stanley Vong to work on preparing the Cultural Night for our 20<sup>th</sup> anniversary. Things are going well and our dancers are geared for this huge event for 2009. It will be a spectacular showcase of MSBCA talents. I hope each and every one of you, families and friends will come and enjoy the food and the performance.

For 2009, what is there to do to tackle the uncertainty in the near future? Simply put, do not worry too much! Live within your means, be flexible and maintain a good outlook in Life. Everyone has an agenda and priority in hand, do it as long as you feel comfortable. More importantly, keep a balanced lifestyle with healthy eating habits and continue with a regular exercise program. Relax and be happy.

*Tony Quek*

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

*See page 7 for more event details!*

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**Join us for Valentine's and  
Brunei Night Celebration on  
Saturday, February 14, 2009.**

**Membership Renewals  
are due by Feb. 29, 2009**

**Please mail-in your  
membership renewals to:**

**ATTN: MSBCA Membership  
#301, 114-3rd Ave SW  
Calgary, AB T2P 0E7**

**Or pass it along to one of our  
committee members and we will  
gladly process the payment!**

# the editorial

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## Membership Renewal? Change Member Info?

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

I hope everyone has had a festive and Happy Chinese New Year!

To keep you all updated on my goals, I have been going to the gym regularly and I even signed up for a core-circuit training class that lasted four weeks! I really notice a difference and my core feels stronger.

Next I will be looking into taking some swimming lessons to better improve my swimming strokes and skills, or look into a beginner's kickboxing class! Just to keep things interesting. Anybody have any places to recommend?

Ever catch yourself sitting in your home looking around and asking, "What else does this place need?" or "It would be nice to have a 50" flat screen right there" or "My sofa is getting lumpy, we need a new set." Sometimes it's so easy to forget how fortunate and lucky we are on this part of the world, in North America.

I came across this website when my sister sent me the link:

**www.theplaceswelive.com** I was at work at the time so I just briefly clicked around and I was immediately captivated. However, I had to put the browsing off until after work. Once I got home I went back to the website. The website is very well done, with amazing photography that captures the scenes perfectly telling a story. The pictures are so powerful on it's own but with the narration the effect is two-fold. One of the introduction quotes states, "In 2008...More than 1 billion people live in slums". The website shows

viewers places that some may have never seen or known about. Places like these aren't really the highlights on the evening news.

Seeing the images and hearing the stories, it is very humbling and saddening all at the same time. So many different emotions rushed up. Grateful that we are so fortunate we don't have to live in those situations and yet simply amazed at how happy and strong these people are with what they have even though it's so little (in our eyes).

The places the site visits are Caracas, Venezuela; Kibera, Nairobi, Kenya; Dharavi, Mumbai, India; and Jakarta, Indonesia. But of course there are slums in all parts of the world and even in Calgary we have our own issues with individuals and families that are homeless. We don't have to go far very to see very similar issues.

After seeing this website, I realized that something inside me was stirred up, something that has been stirred before. I start asking myself, "How can I use my skills and knowledge, about visual media, to tell stories and to bring awareness about situations that aren't commonly talked about?" Seeing this website makes me want to get more involved with the world and the things around me. To know more, understand more. But I have to start with one small bite at a time. I can't eat the whole pie in one gulp.

Simply put I have been enlightened and empowered.

*Tracey Bong*



Photo from [www.theplaceswelive.com](http://www.theplaceswelive.com)

## MSBCA CALENDAR of events

### February 2009

- 1<sup>st</sup> - Chinese New Year Banquet
- 14<sup>th</sup> - Brunei Night and Valentine's Day

### March 2009

- 14<sup>th</sup> - Movie Night

### April 2009

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



## Mari Memasak!!



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

March 18th, 2009

MSBCA Clubhouse at 2:30pm

More details to come!

## Brunei Night and Valentine's Day Celebrations

Come and enjoy our Brunei festivities and listen to tales of love. To spice up the night, we will be serving Indian style makan-makan.

**Saturday, Feb. 14 2009**

**MSBCA Clubhouse**

**6.30 p.m. – 10.30 p.m.**

**For Reservation & Payment, please contact:**

**Joyce Wong @ 403 220 1518  
e-mail: bencheryl@shaw.ca**

**Seating capacity: 80**

**RSVP by February 10 2009**



🍷 \$12 for Adults 🍷

🍷 \$ 7 for 12 yrs and under 🍷

### Program Hi-lights:

🍷 *Scenes from Brunei* 🍷

🍷 *Valentine Love Stories* 🍷

🍷 *Valentine Games with prizes* 🍷

🍷 *Karaoke* 🍷

*Please note that this is a catered event so we will not accept Walk Ins*

## Bingo Points Notice

As of February 1, 2009. Failure to have claimed their Bingo Points prior to will forfeit their points. Please call Tony for information on your bingo points or see the check your points at [www.msbc.ca/bingopoints.php](http://www.msbc.ca/bingopoints.php)

## Did you Know?

That besides Valentines and Groundhog's Day in February there is also:

**National Foundation Day in Japan:** Feb 11

**Flag Day of Canada:** Feb 15

**Presidents Day**  
(United States, third Monday)

**Dominican Republic Independence:** Feb 27

**Liberation Day (Kuwait):** Feb 26

**Black History Month**  
(Canada and United States)

# sports/recreation

## 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. 12, 2009 10:00pm.

### Venue:

Ernest Manning High School

### The dates are:

February 20, March 13/20,  
April 03/17/24,  
May 01/08/15/22/29, June 05

### Venue:

Henry Wise Wood High School

### The dates are:

February 27, March 06, June 12

### Fees:

Single .....\$60,  
Couple .....\$120,  
Family .....\$180  
Drop-in/Non-Member .... \$5/\$7  
For kids under 12, ..... Free.

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

"Don't wait for extraordinary opportunities.  
Seize common occasions and make them great."

— Orison Swett Marden

## 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.

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

Please send them in to [editor@msbca.ca](mailto:editor@msbca.ca) and we will publish it in the newsletter! Submissions need to be received by the 20th of the month

## A GOOD RESOLUTION FOR 2009...

For all ages is to stick with a regular exercise program.

Why not join MSBCA in our sports and activities to stay fit and live a healthy life style.

"Plan your hours to be productive? Plan your weeks to be educational? Plan your years to be purposeful. Plan your life to be an experience of growth. Plan to change. Plan to grow."

—Iyanla Vanzant

## Photos from Chinese New Year Banquet



## Chinese New Year Banquet 2009

Story and Photos  
by Tracey Bong



Walking up the stairs of the of the Dragon City Mall in Chinatown, only reaching the bottom of another set of stairs that head up into the Regency Palace Seafood Restaurant. I haven't even reached the top of the stairs and I could hear the hustle and bustle of our eager guests picking up tickets, signing in, and waiting to be seated.

After I got to my table and settled in, I went around the restaurant to say my hellos and I saw others busy mingling with each other and spreading their new year's wishes as well. It was a festive event that took place on a Sunday evening on February 1, 2009.

The night started off with the Lion Dance and it was even more spectacular than last year. We all watched with excitement as the pair danced and entertained. The emcees Khin Chew and Bettie Lim did a great job with keeping the program flowing, giving away the door prizes and hopefully getting a bite to eat in between.

The program included our very own MSBCA Dance group and they performed two beautiful dances for the guests; the Chinese New Year Dance and the Fan Dance. Sisters, Weiwen and Yuwen Choo sang cover songs by Paramore. In between the main performances, a few individuals kept things lively by singing Chinese songs for the crowd. The MSBCA choir sang Chinese New Year songs. We had a great Japanese Drumming performance by Ben Lim and his drum group, Midnight Taiko Kai. Red packets were given away by Grandma Chong and Grandma Chiung Wu, to children of all ages who patiently lined up for their lucky money.

We were fortunate to have had so many lucky draw prizes this year, which had many winners leaving with an extra big smile on their faces. The evening was a complete success thanks to Vena and Cynthia who were the co-coordinators of the event. Also, I would like to extend the many thanks to all those that assisted in making the night a memorable one.



# highlights

## Dancers Welcome in the Year of the Ox



Story and Photos by Bruce Tarbet

It was a beautiful Sunday morning for the MSBCA Dancers first performance of 2009 at Pacific Place on January 18th.

The local communities were starting to celebrate Chinese New Year with lots of red and yellow all over the place. There were hundreds of people milling around, competing for space with all the stall

hawkers. MSBCA members Ivan Teo, Paul Teoh, Paul Roe, John Chin and myself were all in attendance to add further support as well.

With a warm welcome from the standing room crowd, the lovely MSBCA dancers came onto the stage. Dressed in the pink/blue/green outfits together with colorful fans, they danced "Hua Kai Fu Gui" (Flower of Prosperity) to welcome in the

year of the Ox. Adrine, Melissa, Kathy, Kim and Jade looked as stunning and graceful as their dancing and at the end, the crowd clapped, shouted and showed their appreciation for a vibrant and enjoyable performance.

It was a successful start to the 2009 dance season with hundreds of people hearing of MSBCA and the togetherness that highlights the club culture.



Seating Chart for Cultural Night 2009 at GCA School. [Click here for full size and most updated.](#) See page 7 for details

## MARI MEMASAK CLASS - EXCLUSIVE RECIPE

Jesse Cheah conducted a cooking class for members on 18<sup>th</sup> January 2009. With his kind permission, we get to share his recipe (below) of his very authentic and tasty version of Char Kuey Teow.

### Ah Hock's Char Kuey Teow

(made in MSBCA Calgary clubhouse kitchen)

#### The Ingredients:

- 1 packet of fresh kuey teow for 4 people
- prawns (4 pcs per plate)
- green onions (1 bunch for 1 packet of kuey teow)
- garlic
- bean sprouts (1/5 full plastic bag for 4 plates)
- pork fat
- Chinese sausage
- 1 medium egg per plate
- sambal olek
- black soy sauce
- light soy sauce

#### The Recipe:

1. season the prawns with sugar, salt & pepper (to make prawns crunchy)
2. strip the fresh kuey teow
3. finely dice the garlic
4. cut the green onions into 1.5" strips
5. cut the pork fat into small chunks, fry & keep the oil(lard)
6. 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 soy 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!



## MSBCA 20th Anniversary Cultural Night Celebration

"Di Bawah Bintang Bintang"

The preparations are on the go! Tickets are on sale now! It will be an unforgettable event with plenty of cultural performances and authentic Asian food. You will not want to miss this event!!!

**Saturday, May 23, 2009**

**Starts at 6:00 PM**

**GCA School**

16520 - 24th Street SW  
(Free and ample parking)

The evening starts with a **buffet dinner** with lots of table seating. After dinner, the spectacular performances will take place in the GCA theatre next to where we eat.

**Where do I sit ?**: Dinner at the table and your ticket number will reflect your seat in the theatre. Please note that you can see the theatre seating arrangement on page 6 or on the **MSBCA website - click here.**

**So where do I buy these tickets to make sure I don't miss out ?**

Contact: Jill Heng : (403) 686-8448  
or Sherry Tay : (403) 532-1473

**How Much will this cost?**

**Adult Ticket:** Member \$35.00 each / Non-member \$40.00 each

**Children Ticket:** Member \$20.00 each / Non-member \$25.00 each Children is ages 5 – 12 years old, adult thereafter

**Children below 5 years:** free

As always, these are sold on a first come, first serve basis. So if you want to sit with your friends, or get the best seats, you need to buy the tickets now!

**ALL TICKET SALES FINAL !**

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.



Photo by Don James. "Wink" the Great Horned Owl. Don does banding of baby owls around Carstairs area as a hobby. This is to help keep track of our owl population.

## Advertise with Us!

**small:** (2.25" X 3.0")

- \$15/month

**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](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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