

PRESIDENT'S MESSAGE



TONY QUEK
郭長基

新年快乐，万事如意！身安心愉。
(Happy New Year, prosperity, good health and happiness to all)

Many of us, including myself are welcoming the 2009 with cautions and hopes for those who have mouths to feed and kids in schools. We watch

our spending closely to prepare for the coming of hard times.

In 2009, there will be many jobs lost, low interest rate, slow economy, increase in home foreclosures and business and personal bankruptcies. This is not just locally or nation wide, but also globally. For the new home buyers, 2009 is a good time to look around and make a decision to purchase your dream home. We will not be seeing the turn around until Q3 or towards the end of 2009 to notice any improvement.

The stimulus from the Federal government in January 2009, when the parliament resumed, will be limited to certain sectors. There is also a concern of how much this stimulus is enough to get the Canadian economy moving forward. In coping with the economic crisis, the provincial and federal governments are willing to go into deficits to keep things going. We all have to pay for it when the times are good.

The tragic mudslide in Bukit Antarabangsa had many who lost their houses in Malaysia. There are as many as 286 families affected by the slide. Most of them are sheltered with friends and families living in Malaysia. They're waiting and

hoping to rebuild when the debris clears up and the area deemed safe for rebuilding. On a happy note, Datuk Lee Chong Wei won his last BWF's Super Series in men's single held in Kota Kinabalu before Christmas. The Malaysian men's double and women's double also won the championship. The top guns from China and Korea didn't come except for the Korean MD.

I've booked with the City for the Winter-Summer 2009 badminton session which will be held in two venues for longer play time. Please check the MSBCA's webpage for update. Your participation will be a good kick start to a healthy lifestyle. MSBCA Chinese New Year's dinner is booked on Sunday, February 1st 2009 at the Regency Restaurant. This is to celebrate the coming of Year of Ox (Bull). We all hope that 2009 will be a bullish year in the stock markets!

During the Beijing Olympic in August, the Sultan of Brunei was one of the VIPs invited to the pre Olympic reception. It was interesting that at the Opening Ceremony, there was no team or flag bearer from Brunei in the parade of athletes. Just the other day, the FA of Malaysia also decided to omit Brunei from all M-league competitions in 2009. The Brunei football association had deregistered due to technicalities. This will be a bucket of cold shower for all the sport fans and athletes in Brunei.

The Republic of Singapore is the home of 2 extravagant Casinos. Not sure if there are tax-withholding implications if a foreigner has to go through while gambling on the small island. This formerly pure state also kow-tow to economic hard time

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and casino fund is the easiest way for revenue generating. The upside of this is for the winners because the dollar is worth more than the neighboring countries. We all know who the winner is!

Spend if you need to keep the Canadian economic wheel running. There will be sales and more bargains to choose from for big ticket items and long holidays for months to come. Live within your means to weather out the rough times in 2009.

Take care and be happy.

Tony Quek

P.S. The photo is taken during my ice fishing trip the first weekend of January.

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!

Chinese New Year Banquet is also a great time to renew (see page 3)!

the editorial

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Membership Renewal? Change Member Info?

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

Hello 2009! I have a feeling that this is the year. 2009 will be the year of changes. Good or bad? Not really sure but I just have this feeling in my gut that big things are going to happen this year. Some of my friends share the same feelings. I look forward to discovering what's to come for me this year and makes me feel anxious and excited all at once!

I'm not usually one to make New Year's resolutions. However, this year I have a small one to work on, which is getting into a workout routine and sticking to it. I do go to the gym here and there but I never got around to sticking to a regular routine. Sometimes I get a good routine, going (hitting the gym at least three times a week), but that usually lasts for about two or three weeks because I get distracted or too busy! *SIGH* The hardest part is to start and get into it hey? It's also too easy to make excuses not to go. I know it's all part of your mind set and mentally wanting it. Starting January 5th, no more silly excuses of "I'm too busy" or "I'm too tired" or "My favorite show is on!" etc. etc. My mind set will be, "let's get in shape! Let's get healthy. Let's take care of the body. I am so fortunate to have working body, arms, legs and everything that I shouldn't neglect it."

I know I can't be the only one having difficulties with the whole going-to-the-gym-on-a-regular-basis deal. For those of you who share the same feelings and excuses as I do, let's kick 2008 in the couch-potato butt and show it whose tight, muscular butt is the boss! Ha ha.

Just a little jump-start motivation for everyone of all ages to try and start and maintain a healthy lifestyle because we all know how important it is. I know all too well how much time someone can spend staring at the computer monitor. Especially if you have an office job where you have to be on the computer everyday. A small tip that I have is to take a break every hour to get up, stretch, and walk around. The best thing is to fit in some sort of activity even if it's only 10 minutes (recommended 30 minutes). I know

we've heard it all before but sometimes a little reminder doesn't hurt!

I always look forward to visiting the mountains this time of year. Hit the slopes for some snowboarding. Sometimes running on the treadmill just doesn't cut it for me! So I hope that each one of you finds that something to keep active during the cold, winter months and keep it going throughout the summer and so on. The best is if you find something you enjoy doing that gets your heart rate going than you'll always keep doing it!

Here are a couple of things that I've tried, enjoyed and now recommend trying. Maybe you'll find something you enjoy doing:

Hot Yoga: I love hot yoga because it loosens and warms your muscles up and you get a wonderful stretch out of it. In the end you come out feeling refreshed and relaxed. First timers should listen to their body and its limitations. Don't over do it, or your experience won't be as relaxing. I recommend Bodhi Tree Yoga Centre (www.bodhitreeyoga.ca) Great yoga studio. Very zen.

Indoor Rock Wall Climbing: Good work out for the upper body, as well as the rest of your body. You get to learn how to secure your rope, and belay. I recommend Calgary Climbing Centre (www.calgaryclimbing.com) or the University of Calgary (www.calgaryoutdoorcentre.ca/climbing).

I'll keep you all posted with my resolution progress (I think now that I've officially made a resolution and announced it to all of you, it will keep me motivated). I guess my resolution isn't really a small one afterall, it requires a big change in lifestyle and commitment but it's a healthy one! I can't wait to start! Hey, I've got an idea! If any of you want to post your New Year's Resolution to make it feel more official then please email them to me. I'll put it in a little section in February's Newsletter! It will be fun and interesting to see what people say! What's your New Year's Resolution for 2009?

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

January 2009

- 18th - Mari Memasak

February 2009

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

March 2009

- 14th - Movie Night

See page 7 for Calendar of Events for 2008/2009



Mari Memasak!!



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

Jan. 18 2:30pm @ the clubhouse

• Char Kueh Teow by Jesse Cheah

Please RSVP Jill @ 686-8448 by January 12th, 2009

CHINESE NEW YEAR BANQUET

**Regency Palace
Seafood Restaurant**

**Sunday, February 1, 2009,
Starts at 6 pm**

Admission: member/non-member

Adult: \$32 / \$37

Teenager: \$20 / \$25

5-12 yrs old: \$10 / \$15

Children/teenager buffet will be provided if we have sufficient head counts.

Ticket Sellers:

Teh Ee Pin, tel 547-6947,
jooteh@shaw.ca

Jill Heng, tel 686-8448,
jillheng@shaw.ca

Jesse Cheah, tel 274-3541,
mr.cheah@shaw.ca

**Tickets will go on sale starting
January 2009**

Tickets can be purchased at the Clubhouse on January 17 and 18 (2 – 4 pm) and on January 24 and 25 (2 – 4 pm)

No ticket sales at the door on the night of Banquet

Sponsors and donations are encouraged for this function. Please contact: Vena Palmer @ 403-695-5993 or Cynthia Tung @ 403-616-8855

Chinese New Year Menu

**Assorted Cold Plate
Combination**

**Stir Fried Shrimp with
Walnut**

**Sliced Beef Filet with
Cashew Nuts**

Fish Maw & Crab Meat Soup

**Lobsters with Ginger and
Onion Sauce**

**Chinese Mushroom &
Chinese Broccoli**

**Crispy Chicken with
fried garlic.**

Steam Fish with Soya Sauce

Young Chow Fried Rice

Seasonal Fruit

Special Cookies

CULTURAL NIGHT 2009

**The 20th Anniversary
Cultural Night 2009**

Saturday, May 23 2009

**At the GCA School
16520 - 24th S.W.**

*The event will be a dinner
and theater setting.*

The tickets will be sold on a first come, first serve basis (we are implementing an early bird special) and available for purchase starting Sunday January 25, 2009 by contacting:

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

To help celebrate MSBCA's past successes, please forward any pictures and stories about MSBCA and it's people to Stanley Vong (skcvong@hotmail.com)

Please mark this event in your calendar and watch out for more details in this newsletter as we get closer to the big day!

See page 4 for more

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..

"There are two ways of
meeting difficulties; you alter
the difficulties, or you alter
yourself to meet them."

— Phyllis Bottome

CULTURAL NIGHT 2009 PERFORMANCES

MSBCA's 20thth anniversary cultural night committee has been set up and preparations have been made to secure a place suitable for this event. The evening will be filled with fun, good food coupled together with attractive and exciting performances

We are opening the program for our talented members who would like to organize a performance, or perform in the variety of shows in the following categories:

- **Choir**
- **Dance**
- **Skits**
- **Fashion Show**
- **Martial Arts**
- **Instrumental**
- **Comedy**

Please contact:

Jade Tarbet
2009 Cultural Night Committee
Tel: 403 998 4809
Email: jtarbet@shaw.ca

To help with our planning:
I need to hear from you
by **January 31, 2009**

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.

Brunei Night and Valentine's Day

February 14, 2009

East Indian Food

Catered by Tiffin

More Details to come.

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.

MSBCA Annual Family Christmas Party 2008



Story by John Chin
Photos by Tracey Bong

How time flies! We gathered for another Christmas party at the MSBCA clubhouse on the Saturday, December 6th, 2008 under the sparkling decorations and fully lighted 7-foot Christmas tree. This year the theme was simple and traditional. Our good ol' friend, the succulent turkey made an appearance (definitely the star of the night), accompanied by delicious stuffing and butter-rich mashed potatoes (I personally really like the mashed potatoes). There was a mixed vegetable dish and a big chunk of ham. Partygoers were really enjoying all these 100% home-made-home-cooked Christmas meals by our very own committee. For those who were 18 and above, the free flow of excellent red wine – and of course eggnog with rum – really helped fire-up the “spirit” of Christmas (pun intended). Throughout the night an endless stream of games, Christmas songs and music were bombarding everyone, the young and the naughty. Lucky prizes were drawn and won. While lucky turkey-lovers were going for 2nd, 3rd and even 4th helpings and others helped themselves to more servings of eggnog and rum!

“Ho-ho-ho” and there he was strolling down the aisle who brought joy and presents to all. Especially those who received their earlier-than-usual presents! More lucky prizes were drawn and won.

Not to be outdone, sweet and delicious desserts were served. In the midst of all the commotion, everyone took part in the singing of Christmas carols including the icon song “Happy Christmas” by John Lennon, which ultimately led to another spontaneous “karaoke” session.

As the party was drawing to a close, we had the pleasure of enjoying a spontaneous, ballet performance, to the melody of “Silent Night,” by a beautiful, young lass, Eleanor Cline. She really did pump up the entertainment ratings that night. Great dance Eli!

Well wishes and festive greetings were again exchanged as every one looked forward to the coming new year. Let's not forget the sacrifice by the all the volunteers and of course to all those who came and made this yet another successful MSBCA Christmas party! Have a wonderful Christmas and Happy New Year folks!

More photos on page 6 and the website!



highlights

Family Christmas Party Photos continued...



MSBCA Dance group practicing for the upcoming Cultural Night May 23, 2009



New Year's Eve, 2008

Story and photos by Tony Quek

There were 44 people who showed up for the New Year's Eve potluck gathering. The serving tables were topped with glutinous rice, fried vegetables, spare ribs, braised eggplants, chicken rice, baked ground beef, Indonesian chicken curry, lasagna, mushrooms, Thai chicken curry and roast beef. By 8:30pm, our bellies were full and we

cleaned up the food. Michelle and Nicole started the kids' games followed by some Oldies music from the 60s. Shortly after, the adults were having fun participating in adults' games.

Many of us were feeling tired by 10:30pm and that was the sign to have an earlier toast of champagne to welcome 2009.



We cleaned up and vacated the clubhouse before 11:30 pm.

By the time we got home, the singing of Auld Lang Syne and fire works were showing on TV – just in time to officially and quietly ring in the New Year after a lovely potluck, gathering with great company.



Bingo Points Notice

For those who still have bingo points, please be sure to use up as many points as possible before or by February 1, 2009. Failure to do so will forfeit their points. You can use points for membership, badminton, ticketed events and etc. Please call Tony for information on your bingo points.

MSBCA Calendar of Events Proposed for 2008/2009 Mark your calendars!

- Feb 1 Chinese New Year
- Feb 14 Brunei Night/Valentine's
- Mar 14 Movie Night
- April 4 Easter Pot Luck
- May 23 Cultural Night
- June 20 MSBCA Golf Tournament
- July 3 Stampede Parade Brunch
- Aug 8 Singapore National Day
- Aug 29 Malaysia National Day
- Sept 12 Volunteer Appreciation Picnic
- Oct 3 Annual General Meeting

Check for details of events in the upcoming newsletters, as well as the website. This Calendar Events is not limited to these events. We will be fitting in fun filled events as the months go along. If you have any suggestions or ideas for fun activities or educational tours please come forward to one of the committee members!

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.



Just one out of the "50 Beautiful Winter Wonderland Photos" see the rest here: <http://www.smashingmagazine.com/2008/11/23/45-winter-wonderland-photos/>

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- \$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

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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Singapore Airlines - first to fly the A380



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