

PRESIDENT'S MESSAGE



TONY QUEK
郭長基

First of all, I would like to thank Vena Lee, Cynthia Tung, the MSBCA dancers, Bettie Lim and Khin Chew (our emcees) and all the volunteers for show-casing the "best ever" Chinese

New Year dinner! Our best 50/50 seller, Adeline Chan and team of Peter Tan, Yeu-Chuan and others netted the club with a handsome pot! Thanks to the generous support from the general public.

To kick-start the month of March, the club is offering a Movies Night on March 14th, please check the event details and register early for there is limited seating. Pop corn is on the house and the cash bar is open for beverages.

MSBCA is also helping with the Mustard Seed on March 15th to serve lunch to the needy. This is one of the many community involvements that MSBCA is lending our hand on. Please come forward and register for the good cause. Information can be found in this issue as well. Our popular Meri Memasak is back on March 22nd, I will be there to learn from our East Indian member how to make chapatti and Indian curry. I love the Indian spices.

We have started the 2009 badminton session and so far, the registration numbers are way down in comparison to the previous year. This is partly due to the different venues for members to travel a distance for game. MSBCA will review the situation for cost effectiveness and if the club is to continue subsidizing with low

participation. I, for one, will be sad not to keep on playing, the game I love, in a family oriented setting. It is the MSBCA's session that I always lend a helping hand and if I could make it more fun for members, I will do my best. As the Sports coordinator, I'm also planning for a day trip of snowshoeing out on the mountain on March 21st, weather permitting. This is fun with a group of 5 – 10 people. We will be car pooling and dining in Canmore.

Shanti and Don James, and along with my wife and I attended the Indonesian 25th anniversary on February 28th. The Indonesian's costumes were very colorful and they put on a very nice show. We were there, not only to support our Indonesian friends, but more importantly to support our dancers who were performing 2 dances during the night. As president of this club, I am very proud of each and every one of our dancers! They're promoting MSBCA to the community in their own time and money. I salute them, especially Jade Tarbet for her hard working and dedication to MSBCA.

I will be taking my family to the April 11th 2009 Thai Songkran to taste their food and show. I encourage you to do the same as an extension of horizon. The Thai Association is a very good friend of MSBCA and personally I love their food too! I was impressed with how gentle they are when my family and I were travelling in Thailand.

We will be reading a lot about the changing of leadership in Malaysian politics this month. The current Prime Minister is stepping down and the Deputy PM is in. Will there be any difference with the change in this downturn of economy climate? We might hear a few more good

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promises solely made for political gain. In terms of the Malaysian economy turn around, it is still very gloomy while India and China are going through setting their plans for recovery. There is high unemployment setting in for Malaysia and Singapore in the private sectors. As for Brunei, there aren't too many private companies at all. In Asia, everyone is looking at China/India's economic indicator to move forward. It will take a while if not years.

July 4th and 5th are designated as Casino fund-raising nights for MSBCA and thanks to Jesse Cheah for taking this task. Please contact him if you could help in this event. Many of our events are funded by the Casino fund.

For good health, maintain a regular exercise program and eat right. Stay healthy and be happy!

Tony Quek

"We make a living by what we get. We make a life by what we give."

—Winston Churchill

the editorial

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Membership Renewal? Change Member Info?

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

My sister was telling about Lent the other day and how some of her co-workers are participating in it. In a nutshell, Lent consists, in some Christian denominations, of fasting and prayer, which usually lasts for 40 days. It begins on Ash Wednesday, this year it falls on February 29 (this date varies each year depending on the date of Easter). Lent represents the time that Jesus spent in the desert where he “endured temptations by Satan.” This is just a brief explanation of Lent. Of course there is more religious history behind the meaning of Lent and why people do it.

When my sister was telling me about what her co-workers were giving up during their 40 days of Lent. It reminded me of a school group project that some of my classmates were doing. They were doing a research documentary on “Technological Lent” and basically each of the group members had to give up a technology that they depended on to see what kind of affect it had on them and how they managed without that technology. It was really interesting to see the results after the technological lent. One of the group members gave up television and reported that he read more books and started exercising. Another gave up her cell phone and tried, instead, getting together with friends to talk face to face rather than on the phone. The other two gave up checking email, and surfing the internet.

It got me thinking, what would I give up if I were participating in some kind of Lent? My sister said she would give up shopping, giving up buying things she doesn't need. It's just an interesting idea to give up something and to just be aware of how not having or doing something effects you and what changes are brought about after having to make that sacrifice for 40 days. I think I would give up watching TV and movies, not that I spend a whole lot of time doing that but enough to know that I could be doing other things with my time. I probably would get a lot more reading done and other things that I have been putting off. See, even just thinking about what I could give up tigers an awareness of my actions.

Talking about sacrifices, we have Earth Hour on March 28 this year making it the third annual campaign. Earth Hour is a campaign to turn off all the lights for one hour to help decrease our impact on global warming. This year it will start at 8:30pm. Last year in Calgary, for some reasons our electricity consumption increased during Earth Hour! So I just wanted to remind people of Earth Hour and Earth week this March and to participate where you can and do what can to help our environment. Living with no lights for one hour is a sacrifice I think we all can, and should make.

The Calgary Herald reported that there's going to be a candlelight Earth Hour event for all Calgarians to attend at the Calgary Area Outdoor Council building at 1111 Memorial Dr. N.W. “Presented by EcoLiving Events, Earth Hour by the Bow River will encourage Calgarians to turn everything off at home and head down to the Bow to hold candles along the banks. In the case of bad weather, participants will be able to take shelter inside. ‘We hope that individuals will have a few instruments, will play music and sing,’ says organizer Judi Vandenberg.” For more information, visit www.ecolivingfair.ca. Sounds interesting!

Find out more about Earth Hour, www.earthhour.org

I really believe that it is each and every individual's responsibility to our planet earth to take better care of it, and if we all do our part we can actually make big changes in the way we live to live greener and eco-friendlier.

Here are some other helpful Green sites:

Clean Calgary:
www.cleancalgary.org

Sustainable Calgary:
www.sustainablecalgary.ca

Environment Canada:
www.ec.gc.ca

Global Footprint Network:
www.footprintnetwork.org

Tracey Bong

MSBCA CALENDAR of events

March 2009

- 14th - Movie Night
- 15th - Mustard Seed Volunteer
- 21st - Snowshoeing in Kananaskis
- 22nd - Mari Memasak

April 2009

- 4th - Easter Hi-Tea Potluck

May 2009

- 23rd - Cultural Night



Mari Memasak!!



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

March 22nd, 2009

MSBCA Clubhouse at 2:30pm

Anita and Patterson's
Spicy Chicken Curry &
Home-style Chapattis

Please contact Shanti James
at 403 337 0179 or 403 998 5293
Register by March 17th 2009

FAMILY MOVIE NIGHT

**AT THE MSBCA
CLUBHOUSE**

Saturday, March 14th

Show starts at 6.00 p.m.

Showing: Dark Knight



Serving: Pizza at \$1.50/slice

Please contact us to register:

John Chin @ 403 400 2272
email: johnchinkk@yahoo.ca

OR

Jody Toong @ 403 383 1477
email: jodytoong@yahoo.ca

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 OR

Pei Lee Chin @ 403 973 5833
e-mail: chinpl06@gmail.com

RSVP by March 30 2009



Did you Know?

National Reading Day
(United States) March 2

Mardi Gras

Feb 2 to March 9

International Women's Day
March 8

Pluto Planet Day (New Mexico),
March 13

White Day (Asia) March 15

Saint Patrick's Day
March 17

Spring Equinox
March 20

New Year's Day in Iran March 20

World Water Day
March 22

Pakistan Day, March 23

Earth Hour March 28

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	\$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..

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.

SNOWSHOEING IN KANANASKIS

Saturday March 21st

**Snow-shoeing at Kananaskis.
Car pooling available, dinner
at Canmore if desired.**

Meet at COP's McDonalds at
8:30 am.

Please inform Tony (403 239
7438) for rentals. Required:
weight/height to determine the
shoe's size
and the
boots.

Please
register with
Tony by
March 18th



MSBCA GIVING BACK TO THE COMMUNITY

**MUSTARD SEED
VOLUNTEER OPPORTUNITY
Sunday, March 15th 2009**



MSBCA has been given the
opportunity to sponsor a lunch at
the Mustard Seed Church Minis-
try Shelter.

**We are looking for volunteers
to help us prepare and serve
lunch:**

**8 volunteers for
lunch preparation
from 9.00 a.m. – 11.30 a.m.**

**8 volunteers
to serve lunch
from 11.30 a.m. – 1.30 p.m.**

If you would like to help out,
please contact:
Tony @ 403 239 7438 or
email: TQuek@talisman-energy.
com

RSVP by March 12 2009

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

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

CASINO FUND VOLUNTEERS WANTED

JULY 4 & 5

**CALL JESSE CHEAH TO
VOLUNTEER - 403.880.8885**

Brunei Night & Valentine's Day Recap

Story by Shanti James
Photos by Tony Quek and
Daisy Kielhorn



MSBCA celebrated Brunei's 25th National Day in tandem with Valentine's Day on Saturday, February 14th 2009. The clubhouse was decked in red and white with valentine hearts, as well as the Brunei flag taking pride of place. MC, Don James began the evening with a short history of Brunei, followed by the national anthems of both Brunei and Canada. We were then invited to stand in line for a delicious buffet of Indian and Malaysian cuisine. Chong Hin Quek and his wife Lalipatt, wowed us with their famous chicken and beef curries. During dinner, we watched a short documentary on Brunei and we were advised to pay attention as there was a quiz to follow thereafter. It was interesting to note that many of our members were spot on with their answers to the questions – which goes to show that



we are a pretty smart lot!

Following dinner, there were desserts made up of exotic fruits, sago sweet, chocolate cake and chocolate hearts, we carried on with our Valentine's quiz and games. The Valentine's quiz was a little tricky, who ever knew that St. Valentine had such an interesting history. Ivan Teoh and partner easily beating all contenders won the chopsticks game – a word of caution, Ivan wields a mean pair of chopsticks and you are advised to be quick sitting at a banquet table with him! Members were a little shy to come forward



with their love stories, but Tony Quek did a stellar job telling us about his little love story and how he overcame the odds and got his girl. Tony and Don went on to entertain us with jokes and a few more stories. The "everything you thought you knew about your spouse but you actually don't" game was quite hilarious as our boys stumbled over their answers with Paterson Melling ultimately giving the most right answers. After a whole night of guessing, the Valentine's Puppy prize was eventually won in a humble game of rock, paper and scissors, as there was a draw.

After the games, Jennie Soo started the Karaoke part of the night followed by a

pretty lively bunch of singers entertaining us with their favourite songs. Last but not least, Chong Hin and I would like to extend our sincere gratitude and thanks to Pei Lee Chin for helping out with the planning, Anita and Paterson Melling for preparing the Brunei clip, Jade Tarbet for the decorations and chocolate hearts, Lalipatt Quek for her lovely



curries, Moi and Tony Quek for helping with the set-up and kitchen duties, Joyce Wong for looking after the attendance list and prizes, John and Jennie Soo for looking after the Karaoke, our master of ceremonies, Don James and all those who assisted in helping us make this night a success.



Visit to Malaysia Singapore Social Association in Edmonton

Photos from Bunei Night & Valentine's Celebration

Story on Page 5



Story and Photos by Tony Quek

Geared with 4 complimentary tickets from Ms. Aileen Fung, president of Malaysia Singapore Social Association (MSSA) in Edmonton. Chong- Hin (VP Brunei) and I drove up to Edmonton on a sunny Saturday afternoon on February 07, 2009. After checking into the Westin and freshening up, we headed to the Mirama Restaurant, where the Chinese New Year banquet was held.

MSSA has over slightly 100 members, and similar to how MSBCA originated, oversea students from Malaysia and Singapore had originally formed the association. The Bruneians are joining with the Borneo Club, which is open to all Asians from South East Asia. There was no MSBC in Edmonton.

We came home to Calgary feeling rewarded as we had bridged the two clubs and put names to faces. During the meeting in Edmonton, we also traced back some of our connections of who's who and thought what a small world we live in.

I feel blessed to able to meet and work with MSSA. The road ahead of us is long and may be full of obstacles but I think with determination, we will find the way to bridge the our communities together to make it work for the future of our clubs.



The food was good but unfortunately there was no time to catch up with the committee members of MSSA during that night. They had a live band and everyone was partying away, dancing and having a great time.

Aileen was kind and hospitable to invite us for dim sum the next morning despite the late night. At the table, we talked about the possibility of joining our hands in planning events between our clubs. We exchanged information on managing and the objectives between us.



If you want more information about MSSA, please visit MSSA's website at www.mssaedmonton.com/



MSBCA 20th Anniversary
Cultural Night Celebration
" Di Bawah Bintang Bintang "

Saturday, May 23, 2009

Starts at 6:00 PM

GCA School

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

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 !!!

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 below or on the **MSBCA website - click here.**

So where do I buy these tickets?

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 !
www.msbc.ca/cultural-night2009

AN EMAIL FORWARD...

"It has been so hot in South Australia for over a week...40+ degrees Celsius everyday, very dry also. (Jan 2009)

A guy at work lives at Maude. His wife sent him these photos of a little Koala which just walked into the back porch looking for a bit of heat relief. She filled up a bucket and this is what happened!"



Date: Saturday, May 23, 2009 Time: 6:00pm **SOLD** Reserved

GCA THEATRE SEATING LAYOUT

UPDATED: February 23, 2009

RESERVED

RESERVED

RESERVED

STAGE

[Click here for full size and most updated seating chart](#)

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.



Photo of the month

Photo by Peter Chai. The Canadian Rockies by air. Taken during a flight from Vancouver to Calgary in Feb 2009.

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

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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