

## PRESIDENT'S MESSAGE



TONY QUEK  
郭長基

On the eve of MSBCA's AGM on October 3<sup>rd</sup> 2009, I wish to share my parting thoughts with you. Congratulations go to the 2008/2009 committee and the CN sub-committee for

a job well done this past term. It will be hard to top what we had achieved.

It was a good year working with a group of dedicated committee members and volunteers. The biggest event was the celebration of MSBCA's 20<sup>th</sup> anniversary along side our annual Cultural Night, "di bawah Bintang-bintang," which was the highlight during our term. The CN sub-committee really put in a tremendous effort in the weekly planning, organizing, and executing such colorful and successful showcasing our culture. Our honorable guests of MLA of Alberta, the China Consulate, the associates in Chinatown and many representatives of different clubs, all gave us good praises for the show.

Moving along with organizing the programs, Sunday cooking classes, badmin-

ton sessions and attending functions of other associations, many of us worked many hours and spent our own money to get things done. I am pleased with such good and friendly spirits we put in just to reach our objectives. The unselfishness is "priceless".

Unity is the first priority I aim for when I took on the chair. Despite the differences of our backgrounds, I still find this sentiment is lacking in MSBCA. I hope this club will still be here when we are long gone! MSBCA has come a long way since the day a group of students and friends got together to form this club. The main purpose was to share stories from back home, provide opportunities to get together for home cooked meals, meet up with friends, and play a few rounds of badminton. That is the warm and friendly atmosphere we are trying to maintain.

What MSBCA has today is being recognized and envied by many associations in Calgary and afar. This is the result of many past committees, the fruits of their hard work and their ability to maintain good relationships with the general public while building a strong foundation for us to work towards the future. MSBCA is also a true and unique multicultural, diverse family not many can compare with in the city of Calgary. We speak an assortment of languages and

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have different skin colors under one roof! Can't leave out our spicy and hot food, and best of all, the many costumes that our dancers put on to represent of our backgrounds. I am proud of what we are and I hope you are too.

Your support means a lot to MSBCA. Your suggestions and input in making MSBCA a better club is appreciated. We value all constructive criticisms and look forward to see some of you stepping forward to sit on the committee. MSBCA is all about team work, trusting one another, honest and be accountable in what we did. After all, we are volunteering our time and having fun.

We learn from each other and if we value our experiences and with understanding and patience, by the end of the day, share a good laugh. We part with fond memories, gain a few friends and this could lead to a beautiful chapter of our life!

Good health and happiness to all.  
Thank-you!

*Tony Quek*

*"The book is an experience that allows you to witness your feelings without having to surrender to them, to succumb to them, or to be battered by them. It gives you access to a deep knowledge of how you would respond to things you would never, thank goodness, have been required to experience."*

— Michael Silverblatt

We wish to send our sincerest condolences to Adeline Chan and family for the passing of her father, Reverend Chew He passed peacefully on October 1, 2009

# the editorial

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## Membership Renewal? Change Member Info?

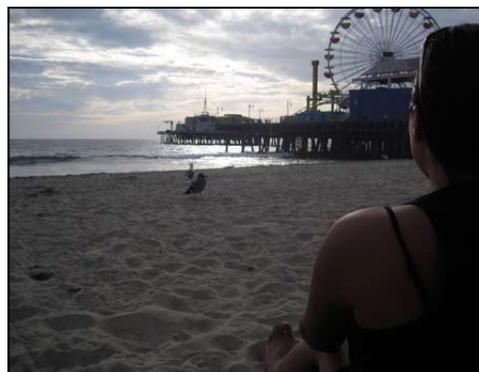
Please contact Tracey Bong at  
editor@msbca.ca  
to keep your details current!

So, California and New York City... they are both very different places from each other. I love California for the weather, the beaches, the different places that are just an hour drive away and the relaxed vibe I get from being there. I love New York City for the liveliness, the constant stimulation of your senses, and efficient subway system, and how everything is condensed and close together, but just a more busy – go, go go – atmosphere.



I was in California for about 3 weeks. For the first few days, I stayed with a couple of friends at Sunset Beach. We also visited Newport Beach. Then I got to stay with my uncle for the remainder of my vacation. I have been to LA/California before but it was always with family, which is a different kind of fun. So, this time around it was my friend and I and we got to really experience California for what it was.

We rented a car and drove to the beaches in Orange County. Did a little beach hopping – Laguna, Newport, and Huntington. We also went to Santa Monica and Venice Beach/Boardwalk. Some shopping... ok quite a bit of shopping. I got to go on a little adventure by myself to



Downtown LA and did a lot of walking around, which was fun.

Had some great food, and awesome Mexican food. Gotta love the Taco Tuesdays at El Torito.

Then we were off to New York City for a week! We rented a small apartment in Midtown (a lot cheaper than a hotel), which was really great because it was close to Times Square, Central Park, the subway station, the Theatre District and lots of cafes, diners, and shops.

We got to see *Wicked* the musical (I highly recommend this show if any of you get a chance to go to NY) and just take in the sights, sounds and smells of the city. I had such a surreal moment the first night when we walked into Times Square. I just thought to myself, “Am I really here right now? This is unreal!” because you always see Times Square in movies and TV shows and to finally step foot in the midst of all the lights and buildings and billboards, was simply surreal.



Another one of my favorites was visiting Central Park. It is such a beautiful park and I love how it is in the middle of the buildings and how there is so much space and things to do there.

I love both places for different reasons, but I think I can see myself more of a California girl than New Yorker... hmm well maybe one day!

What's next you ask? Well, I have to start making some money and save up for some upcoming events in 2010 and hopefully make it out to Australia!

More photos on page 6 & 7.

## MSBCA CALENDAR of events

October 2009

- 3<sup>rd</sup> - Annual General Meeting (AGM)
- 10<sup>th</sup> - Fish Rescue

Look out for upcoming events from the new

2009 - 2010 committee!



Mark down  
your  
calendars!!

### Final Dinner for 2008-2009 Committee Team Members

Dinner started at 6:30 pm with 11 of MSBCA committee members showing up for a 10 course authentic Chinese dishes. An evening of good food and lots of laughter to close this 2008/2009 term in which we served with pride and joy.

*(From right to left: Stanley Bong, John Chin, Cynthia Tung, Bettie Lim, Tony Quek, Pei Lee Chin, Shanti James, Vena Palmer, Chong Hin Quek, Jade Tarbet, & Michael Lo. Missing Jodi Toong, Tiffany Bong and Tracey Bong)*



*"It made me a better person, to understand how precious health is, and how everything can change in an instant, and how, even though the people who love you can't stop difficult things from happening, they will be there every scary step of the way."*

— Cindy Chupack

## Mari Memasak!!



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

Check back for upcoming classes!

## Trout Unlimited Canada Fish Rescue

Saturday, October  
10th, 2009

Where : Carseland

Time : Early morning departure

Looking for:  
20 MSBCA members to volunteer their time.

**TUC will inform the meeting place.**

To register, please call:  
Tony Quek @ (403) 239 7438 or  
e-mail : chongkeequek@shaw.ca



Have some fun summer activities you want to share with the members? Send in your stories and photos!

# sports/recreation

## Hike at Picklejar Lake

Story by: Michael Lo  
Photos by: Tony Quek

On Saturday, Sep 5<sup>th</sup>, 2009, 7 MSBCA members and a dog went on a hiking/fishing trip to Picklejar Lake near the Peter Lougheed Provincial Park in Kananaskis country.

Before we embarked on the 9 km hike, I gave each member a ski pole to help with our balance trekking up the sometimes treacherous and uneven surface of the trail. I made sure that I had the longest ski pole with a razor sharp tip, with the intention of defending myself against a grizzly bear if we ever encountered one. If I ever had to use this weapon against an aggressive grizzly, it would probably only tickle and piss the animal off even more. Well, at least I would have prolonged the inevitable outcome by another 5 seconds !!!!!

A few yards into our hike, Pei Lee suddenly yelled, "big bird !!! big bird". It turned out to be a fat and juicy spruce grouse, totally oblivious of our presence. The spruce grouse is sometimes referred to as "fool's hen" because of its inability to sense and react to danger around them. In my old hunting days, it would have

been ended up as a tasty barbecued chicken.

The morning was cool but warmed up very quickly in the afternoon to about 15 degrees.

The first hour of the hike was through a maze of trees and bushes and an occasional stream. We then hiked along the side of a mountain, stopping briefly to take pictures and absorb the incredible beauty around us. Everyone in the group (including my dog !!!) felt in total awe and touched by nature's artistry.

During the last part of the hike we traversed across the top of a mountain and trekked down a valley to the welcoming crystal blue water of Picklejar Lake.

Tony tried fly-fishing, while I did the traditional spin casting for the renowned cutthroat trout. In about an hour of fishing, we caught 5 beautiful cutthroat trout. Being conservationists, we released all our catch back into the water.

Even though the 9 km hike was somewhat exhausting, it gave us a sense of accomplishment and satisfaction and certainly brought broad smiles to our faces as we drove towards home.

### 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:

September 11, 18, 25;  
October 02, 16, 23, 30;  
November 06, 13, 20, 27;  
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.

“Whether we realize it or not, all of us are responsible for creating the body we live in.”- Deepak Chopra



## MSBCA'S ANNUAL VOLUNTEER PICNIC

Story by Jade Tarbet

Photos by Peter Chai & Bruce Tarbet

One of the best of MSBCA's many events is the Volunteers Picnic. It's here that the club gets the opportunity to say thank you to the many people who have volunteered so much of their personal time and effort to make MSBCA so much fun to be involved with.



The preparation for this event took place days, if not weeks, in advance with site bookings, planning the details and requesting help to help the volunteers have a good time. But the real work started on Friday, the eve of the picnic, when even more volunteers and committee gathered at the clubhouse and started cutting and chopping and cooking the mountains of food for the picnic. Others were also out there lining up items for games and refreshments.



And so on September 12<sup>th</sup>, the volunteers and their families gathered in Bowness Park where an area had been reserved for us alongside the beautiful Bow River. It was a bright, sunny day with the shade of the trees making it a very comfortable environment for us all.

Games were held on an open area where



the first order of business was a soccer game of kids vs adults. We all know how that was going to finish – the kids won and the adults were left gasping on the pitch! And it only got better with tug-of-war competitions that were so powerful, the rope broke, not once but several times. Gales of laughter were all over the place when bodies went tumbling unexpectedly. And then there was the Pass-The-Candy-With-A-Spoon-In-Your-Mouth



game. Some people sped the process up by eating the candy !!! And lastly, the kids all got into a water balloon fight where they were sneaking up on each other, and the odd parent, to see if the water really was wet.

As we all know, any MSBCA gathering is always judged successful by the food served up and this was to be no different. There was Chicken Rice, Chicken Wing, Rojak, curry noodle, salad, cincalok, sambal and krupuk. As for dessert Tim Horton's donuts, fresh fruits. And we noticed that many people came back for seconds, and in some cases, thirds (hey, who's counting ha..ha..), so it's safe to say the picnic was a success.

During all of this, the volunteers and their

families had a wonderful time catching up with each other. Tales of the events were told and re-told with smiles and laughter always coming through. There was no real speech by anyone which was the plan but you could see so many people having such a good time and that they knew the thank you was for all their efforts.



And as always, it seems like some dancing had to get in there somewhere/somewhat. So a line dance group got into the action, which was then followed up by an end of event group photo.

Lastly, this was a picnic to celebrate the volunteers and all participants had a great time. And yet, there were volunteers for the volunteers ! We need to say thanks so much to these people who helped make the event so much fun. Thanks to Jill Heng, Kim Roe, Melissa Cheah, Kathy Teoh, Adrine Chong, Pei Lee, Michael Lo, Chong-hin Quek, Jesse Cheah, Paul Teoh, Stanley Vong, Peter Chai, John Chin and Shanti James. Without you, it wouldn't have been so great.

Thanks to everyone who came and look forward to working with you all, and new persons who see how much fun it really is to be active in MSBCA, sometime in the future.



## MSBCA Dancers Perform for Many

Tracey's Travel Photos  
California & NYC



Story by Jade Tarbet

Sunday, September 20th was a busy day for the MSBCA dance group. We gathered in the clubhouse at 8:30 AM to get ready for 4 performances at the Avatumaska Monastery Honoring Elders' Day while having muffins, which Tony Quek brought for us. Ahh, the benefits of being an MSBCA dancer!

The dancers have been participating in this event for the past 3 years. The event went very well with the dancers performing the 'Tari Canggung' and 'Zhou Ma' Dances.

The Tari Canggung dance is a favorite of ours, and the team performed smoothly for the benefit of the elderly people who had come to the Monastery for its many different cultural showcases. Then after we performed the new Tibetan dance, we saw many happy faces out in the crowd, so it was considered another successful showing for the MSBCA.

From there, we went over to the Chinese Cultural Center, located close to the

Clubhouse, to perform at the Mid Autumn Festival event. The Cultural Center was full of people. There were a lot of smiles and large amounts of applause for the dance team up on stage. We performed 'Tari Canggung' and 'Zhou Ma' Dance but with more dancers since the stage was larger than the one at the Avatumaska Monastery. There were a total of 10 performers this time.

Having the pressure of performance behind us now, we wrapped up the day by going for a late lunch afterwards in Chinatown. We were so hungry and enjoyed the food immensely along with good friendship and laughs on how the day went!

As always, the team pulled through and made these two events so successful. Thanks to Adrine Chong, Melissa Cheah, Kim Roe, Elaine Gasconie, Meng Yu, Cecilia Chong, Jade Tarbet, Stanley Vong, Peter Tan and Ivan Teo. And thanks also go out to our MSBCA President, Tony Quek, for his support throughout the day.



3rd St Promenade at dusk in Santa Monica, California



The Grove & Farmer's Market, California



Little Italy in NY. Feast of San Gannaro



Central Park, NY

# travel photos

A special summer-end-feature of some of MSBCA committee / member's travel photos this past summer. Enjoy!



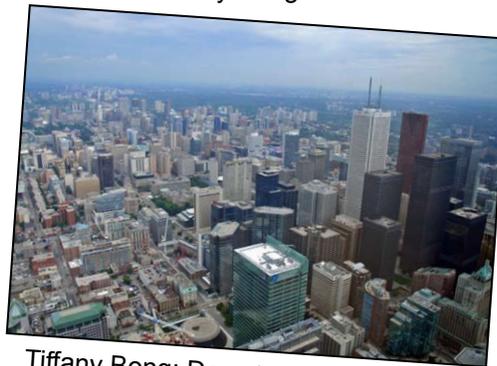
Tony Quek: A canoe weekend with my wife in Burnstick Lake, West of Carolin



Tiffany Bong: The Rainbow Bridge in Odaiba Tokyo, Japan



Jade Tarbet: Vancouver Museum of Art



Tiffany Bong: Downton Toronto taken from the CN Tower.



Cassandra Wong: Me, Claire and Tiffany in front of the AquaSphere in Disney Tokyo, Japan



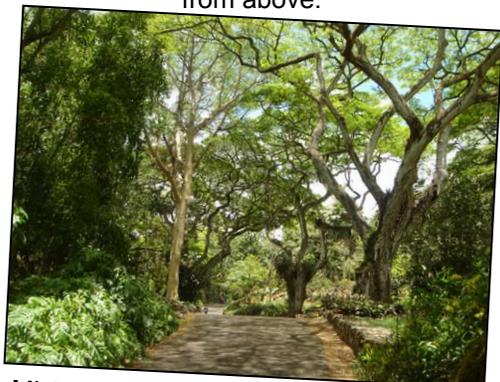
Peter Chai: Photo of downtown Calgary from above.



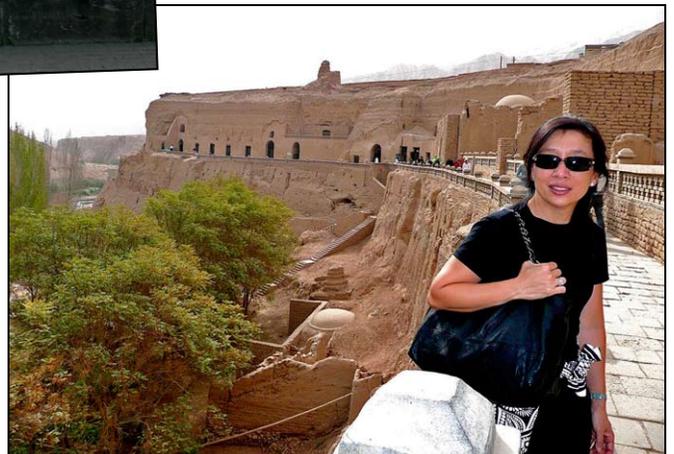
Jimmy Bong: Niagra Falls, Ontario



Jade Tarbet: Thousand Buddha Caves - Fleming Mountain- China



Michael Lo: Wailea Botanical Garden in Oahu, Hawaii



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!

**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



Photo by Tracey Bong. John Lennon Memorial in Central Park, New York City. "Imagine no possessions I wonder if you can. No need for greed or hunger..."

## 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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