

PRESIDENT'S MESSAGE



TONY QUEK
郭長基

I wish to dedicate this to the committee members who helped to make my job as MSBCA president run smoothly during our term. Many of them served diligently despite

their busy schedules and commitments to their families. It is the spirit of their firm commitment to MSBCA that made this a successful year! With their support, I enjoyed every minute of it and tried my very best to out perform each and every one of them.

The MSBCA's success story will not be completed without the help of many dedicated volunteers. They put in countless hours in dance practices, helped to cook at home or in the club-house, making decorations and organizing events, such as the Casino fund-raising. To all of them, my sincere thanks. I hope for the best of MSBCA, this enthusiastic spirit will carry on and spread throughout our membership without boundaries of country and races. MSBCA is a club that belongs to all of us, it is a place to socialize, to meet friends and to make friend with strangers and most importantly, it is a place where the fun happens!

Many of our spouses are drawn involuntarily into helping MSBCA whether they like it or not. They're the ones who have to put up with the stress. They stick it up and support their partners who are involved. My thanks to them and to my wife, Shyui-Moi for her understanding

and supporting me throughout the term and joining me for the fun. We had a very good time with MSBCA whenever she was free from work and duties in the house.

The term is coming to an end and the new committee will be elected on October 3 of this year. I hope many of you will come to the AGM and nominate yourself or friends for the spots. (Please check the newsletter for time and place on AGM.) The continuity of the committee is vital with some of the old members to stay for another year. At the same time, they will provide mentoring to the new bloods. I wish to step down due to other commitments to my family and plans for 2010. It has been such a fun and good year for me. Thanks to every one of you for your support. I will continue helping MSBCA whenever I'm needed.

My exposure in many associations during my term has indeed re-affirmed how well MSBCA is established in this community. MSBCA is well connected and known to many associations around Calgary and in Chinatown, and even on the Provincial levels. We should keep on maintaining such good relationships without compromising the fundamental rules of non-political and without racial discrimination. We should think of protecting the club without personal arm's length contradiction. MSBCA's business should be conducted with total transparency and accountability.

A well-orchestrated committee requires input from all members. It is all about Team Work. We are all human and none of us are perfect but with open, honest dialogue and trust with one another, a friendly work place can only be achieved. After all, we are all volunteers trying our

In this month's issue:

- 2 >> Musings from VP Malaysia
- 3 >> Upcoming Events
 - Volunteer Appreciation Picnic
 - MSBCA Scholarship Details
- 4 >> Folk Dancing
 - Lilian Lake High Highlights
 - Upcoming Hike Details
- 5 >> Great Horned Owl Story
- 6 >> Merdeka Night Highlights
- 7 >> AGM Details
 - MSBCA Scholarship Details
 - Chinatown Festival Recap
- 8 >> Photo of the Month
 - Singapore Night Photos

best to create fun and provide services to our members. We should, through thick and thin, bad or good days, help and support each other to reach the goals. We should stay united!

Thanks to all for giving me the opportunity to serve you and MSBCA.

Good health and happiness to all.

Tony Quek

*"While I am here,
contained within
bones and muscles,
organs and skin, I
want to take care of
the gift of my body.
I want to feed it well,
move it gracefully,
and rest it deeply..."*

— Elizabeth Lesser

the editorial

MSBCA COMMITTEE MEMBERS 2008/2009

President / Sports

Tony Quek403-239-7438
chongkeequek@shaw.ca

VP Malaysia

Shanti S. James403-337-0179
shantisj@shaw.ca

VP Singapore

Vena Palmer403-695-5993
Venalee@mac.com

VP Brunei

Chong Hin Quek403-239-3150
chong-hin.quek@calgary.ca

Secretary

Bettie Lim403-274-5351
bettie.lim@shaw.ca

Treasurer

Cynthia Tung403-289-6625
ctung@shaw.ca

General Committee:

committee@msbca.ca

Stanley Vong.....403-663-8179

Pei Lee Chin403-973-5833

Jade Tabet403-998-4809

John Chin403-400-2272

Michael Lo403-686-7107

Jody Toong403-383-1477

Editor/Membership Director

Tracey Bong403-669-9094
editor@msbca.ca

Webmaster

Tiffany Bong
msbcacalgary@gmail.com

Past President/Advisor

Adeline Chan403-263-3883
chantel888@gmail.com

MSBCA Mailing address:

**#301, 114-3rd Ave SW
Calgary, AB T2P 0E7
Tel/fax: 403.289.7711**

Membership Renewal? Change Member Info?

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

Well, summer is almost coming to an end... but not quite. I think summer is here to stay for a few more weeks since it was late starting. I was a little worried because the early weeks of August was looking more like fall than summer with all the rain and low temperatures. Then it started to really warm up which I'm sure we are all thankful for!

As I am writing this editorial, I am sitting in my uncle's house in California. You must be thinking, "What?! Didn't you just get back from El Salvador? A new destination already??" Yes, I have been traveling quite a bit this summer. I'm pretty sure I've been to a new place each month starting since April! It's been such a fun experience so far. After LA, I will be heading to New York City for a week! And then, I think, after that I will be taking it easy; working and saving up some money for my next adventure

Musings from VP Malaysia 2008/2009

As my/our terms come to a close when our AGM rolls around in early October, I have been spending some time reflecting on my past two years sitting on the MSBCA committee.

It certainly has been an eye-opener for me, dealing with different issues each month and helping in the planning of functions on a regular basis. While we are ostensibly a social club, helping to create a little bit of "home" to our fellow Malaysians, Singaporeans and Bruneians, we have also become a force to be reckoned with on the South East Asian community front. I have noticed that there is a lot of respect for our club from other community associations in Chinatown. We are often invited to participate in other community events, and our MSBCA dancers, in particular, are always in demand to perform in their well-designed and colourful outfits.

So what have we achieved these last 20 years in existence as a club? In a nutshell, a safety net for the Calgary MSBCA Diaspora. We have successfully showcased our distinct Chinese, Malay,

(which won't be for a good while).

Everyone knows that if you live in Los Angeles, you have to have a car to get to places. It's true for the convenience and because everything is about an hour apart depending on what area you live in. Well, today I took the city's public transportation called the Metro and I found it to be really efficient for a city that revolves around the vehicle.

I did a lot of walking today around downtown and it was really hot too! But it was great because I got to see a lot of things and talked with some strangers. I got yelled at by a homeless woman because she thought I was taking a photo of her. Ate some really great tacos at Grand Central Market and more. I'll tell you all about LA and NYC in next month's newsletter! I have to keep this short because I have a special spot reserved for Shanti's thoughts, so read on...

Nyonya and Indian traditions and food to our fellow Calgarians, as our 20th anniversary cultural night would attest. At the same time, we have also shown our willingness to integrate into the greater Canadian community and culture at large.

All of our club's success is because of the participation of our members. We are always in need of volunteers to help us in the planning and running of our various events. I know that most of you are busy people with work and family commitments, but, please do come forward at our next AGM and share with us some of your time, either by sitting on the committee or by volunteering at an event. With your help and participation, our club will continue to be a good spot to congregate and share many more good times and laughter.

Thank you all my good friends and fellow members for allowing me the privilege of serving on the MSBCA committee.

*Shanti S James
Carstairs, Alberta*


-----MSBCA CALENDAR
of events

September 2009


- 5th - Hike at Picklejack Lake
- 12th - Annual Volunteer Appreciation Picnic
- 25th - Deadline to submit to MSBCA scholarships

October 2009

- 3rd - Annual General Meeting (AGM)



Mari Memasak!!



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

Sunday, Sept. 20th - 2:30pm

Spicy Jerk Chicken
Vegetable Rice
Jemput-jemput Pisang

Maximum: 15 people

Call Jill @ 403 686 8448 or Shanti @ 403 337 0179/998 5293 by September 16 2009

ANNUAL VOLUNTEER APPRECIATION PICNIC

Saturday, September 12, 2009

Bowness Park from 10:00 AM until 2:00 PM.

As the MSBCA 20th Anniversary events start to come to an end for this year, we would like to thank all the volunteers who made MSBCA's events so large, successful and truly memorable. To show our appreciation we would like all of you to attend our volunteers' picnic.

Location: Bowness Park (East Side), site no. 1. This is one of the best-kept secrets in Calgary for a place to have a family and friend gathering.

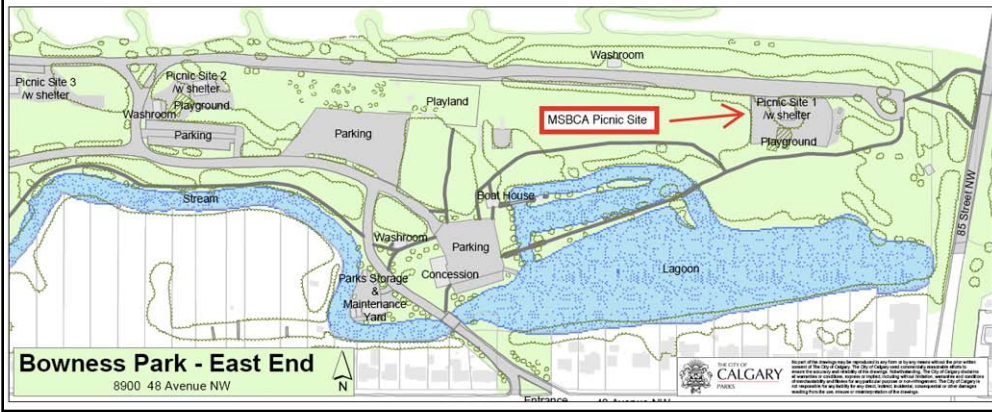
Site amenities: playground, soccer field, lake to go boating on, Bow River with easy access, scale train to go for a ride on

Menu: Authentic food from Malaysia, Singapore and Brunei.

Program: Games, line dancing, eating, talking with friends and even some swimming or wading in the Bow River.

Please be ready to have some fun at this event and mark your calendar for the above date and time.

On behalf of the MSBCA committee, thank you again for all your help and support for the club.



MSBCA Scholarships

Have a child that just completed Grade, 6,9, or 12? Send in a copy of their transcripts/grades to the editor at editor@msbca.ca to apply for the MSBCA scholarships which will be awarded at the Annual General Meeting on October 3.

Deadlines for sending in transcripts are September 25th, 2009.

See page 7 for more details...

SAVE THE DATE

MSBCA Annual General Meeting

October 3rd, 2009

Always looking for people to take part with running the association!

Come and show your support to MSBCA! See page 7 for details.

sports/recreation

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.

“Accept the present moment and
find the perfection that is untouched
by time.” — Eckhart Tolle

Lilian Lake - Hike

There were 18 of us starting on the trail-head on the sunny, warm and cloudless sky of Saturday morning of August 29th. Michael Lo and family even brought along their pet dog, Milo, for the outing.



It was a fun hike crossing 5 bridges over the creek and the scenery is spectacular. Pei Lee slowly accommodated to the altitude and working her way up with the head group. I told her there would be many young “hunks” sun bathing in the lake when we got there. That could provide her the incentive to conquer the task of hiking up the steep slopes. And, I was proud that she did.



Lilian Lake has a high mountain camp ground and is frequented by many hikers of all ages. It is also a good lake to catch a few cutthroat trout. It is a moderate 14.2 km trail, an elevation gain of 685 meters. It would take around 2 hours to reach the lake for a well-fit hiker.

We stayed at the lake for lunch, took some photos and watched the fisherman catch fish. It was a fast down hill trek back to the parking lot.

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.



HIKING at Picklejar Lake

Saturday, Sept. 5th 2009

Elev gain of 470 meters,
moderate hike, 4.15 km one way.
Takes approx. 1 hour 30 minutes
to reach. Meet at Petro-Canada
gas station on Hwy 1 and 22 at
8:30am.

To register, call Michael Lo at
(403) 512 1554 (W)
or (403)686 7107 (H).

“And to end on a good note” a Great Horned Owl Story



Story by: Shanti James
Photos by: Guy Shulhan

In early August, 13 year old Carstairs resident Jared Hartmann, found a little Great Horned Owl in a ditch under a power line, suffering from electrical burns. The owl was taken to the Alberta Institute for Wildlife Conservation (AIWC) in Madden. After three weeks of treatment for burned swollen feet and inflamed shoulders by the dedicated volunteers there, “Owly” was ready to be released.

MSBCA member Don James, a keen birdwatcher and volunteer birds of prey bander, released Owly close to the spot where he was initially found, watched by his rescuer Jared, and an enthusiastic crowd of well-wishers. Owly was one of many owlets in the area that Don had banded and monitored in early Spring. Sadly, a number of owlets did not survive our adverse spring conditions this year despite diligent nurturing by their parent owls. The fledgling owls also had to content with danger from other predators as well as barb-wire and electrocution injuries.

Owls are not the only animals that come

through AIWC in need of help. Any wildlife found injured can be helped and people are encouraged to call AIWC at 403 946 2361 should they find an injured animal in distress.

Don explained that banding and monitoring Great Horned Owls was a worthwhile effort as it helped determine the progress and competition between bird species and the rate of return of particular families to the same area. Tracking these critters also helps us understand and be alert to habitat changes.

The photo above shows a Great Horned Owlet in its nest, at 30 days in the pin feather to permanent feather stage. The photo below shows Don and a healthy, happy Owly eager for his take-off. Guy



Shulhan, a fellow bird enthusiast and awesome photographer, took these photos.

Quick Great Horned Owl facts

- From birth until permanent feather stage, owlet constantly fed by its parents
- At 5 days, it can tear food with beak and talons, after that the body grows into the head and legs
- Owlet stays close to the nest for 4 – 5 months practicing flight patterns closely monitored by mama and papa owls, then its off on it’s own
- Owlets mature in 2 years at which time it looks for territory, nest and mate
- Owls are originals in stealth technology, silent flyers, very fast, maneuverable and deadly on prey.
- Eyes 100 times as powerful as humans
- Can hear in 3 dimensions with gps technology
- Can turn its head 270 degrees on 13 vertebrae



Great horned owl triplets in early fledge stage (losing pin feathers and growing permanent feathers) Triplets are maybe 20 -30 days out of egg. Triplets are unusual. It's common to find only 2 owlets.



MERDEKA NIGHT - AUGUST 28, 2009

Story by Stanley Vong

Photos by Don James & Stanley Vong

Merdeka. The very word in Malay means independence. At one time Malaysia was Malaya when it was under the colonial rule of the British Empire. On August 31, 1957, Malaya proclaimed its independence from the British colonial rule. Later in 1963, the Malaysian Federation was established on September 16. The part of the Malaysian Federation that we know as Malaysia exists today as a thriving country. Therefore although Merdeka Day symbolizes the independence of Malaya, in a wider sense, it also symbolizes the formation of Malaysia. Lots to celebrate about.

So every year, MSBCA makes it a point to commemorate Merdeka day. This year, we held the celebration on Friday, August 28. We held it at the MSBCA clubhouse, so it was an intimate venue and it was a full house this year. Our members remember that this year is very special as we continue our year-long celebration of MSBCA's 20th Anniversary.

How did we celebrate? Of course with good food, great music, wonderful entertainment, and the company of our friends and family. Let me elaborate.

We started with playing the national anthems of Canada and Malaysia respectively.



As always, one must focus on the South East Asian cuisine. The appetizer was keropok (shrimp crackers) and sambal belacan (spicy shrimp paste). Then we had Tandoori chicken, Beef Rendang,

Asam Ikan (fish) and vegetables. The meal was spicy enough to get the essence of the cuisine. As we ate, our MC Jesse Cheah kept us amused with his stories, history telling, and advice about how to renew passports. Job well done.



Right after, the dessert included sweet seri-muka and coconut kuih. Then chocolate cake was cut and served to everyone. Wow, the food was already worth the admission, but there was entertainment

The program portion warmed up by Peter Chai, our VJ and DJ of the night, providing a few video clips of MSBCA's Cultural Night 2009, with which the DVDs are for sale. E-mail the committee or Tracey for more details on how you can buy a copy of Cultural Night 2009 DVD.

Afterwards, we alternated between games and dances. The first dance was the Cang-gung, a popular Malaysian dance founded in the state of Perlis. The MSBCA dancers have performed this dance at other events at the beginning of the year, but never at an MSBCA event. We were lucky that Aileen Fung of our sister branch MSSA came from Edmonton to party with us. She stayed just long enough to watch the dance.

We got the children to play limbo. My back started hurting having to hold the stick so low. Wow, those kids can really bend backwards.

The next dance was a line dance called "If You Wanna Be Happy." It was a very lively number that we had just learnt two weeks prior.

We had to get adults involved, so we played a balloon popping game between three couples. There were balloon pieces all over the place. The crowd roared as all the balloons were popped.

The final dance was quite special. It was a line dance with Tibetan music and movements. This is quite original, and the crowd loved it. It was the first time our group has showcased this dance, but once the colourful costumes are completed, please keep in touch with the MSBCA to find out when we are performing this next.

The last piece of entertainment was a dance off to see who could dance the sexiest. For some reason, the men on the stage were really showing their moves, while the women were left on the side in awe of what they saw.

We topped off the night with karaoke singing. It was a great party, and wonderful to see all the members out in full force again.

Thank you to all those who attended, the committee members for ensuring the event went smoothly, and the dancers for providing entertainment and helping with the cooking.

Also, we would like to thank the generous donors who made donations that night. Their donations will go toward the Sholastic Awards at the AGM.

We hope to see everyone at the upcoming AGM and the volunteer appreciation picnic.



Chinatown Festival - August 15th 2009

My daughter Chuen-Xi and I went to Chinatown to support our dance group to perform the cultural dance. For MSBCA, being part of the Chinatown community association, are given many opportunities to show case the color and flavor of multi-culturism. Our colorful dancers were well appreciated by the organizers and the on-lookers



MSBCA is so fortunate to have a group of enthusiastic and committed dancers. Thank you all.

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

MSBCA Annual General Meeting 2009

October 3 2009

MSBCA Clubhouse

11 a.m. – 2 p.m. (Members Only)

Lunch/Refreshments will be served

For more details or any issues you wish to discuss concerning the AGM, please contact President, Tony Quek @ 403 239 7438 or Secretary, Bettie Lim @ 403 274 5351

Agenda:

- Registration & Membership renewal
- Lunch/Refreshments
- Scholastic Awards
- President's Message
- Auditor's Report
- Nomination & Voting of 6 executive and committee members

Note: To vote, nominate or be elected, membership must be current (fees paid) and you have to be a member in good standing.

All members are encouraged to attend

MSBCA Scholastic Awards (For school year 2008-2009)

The MSBCA Scholastic Award enables MSBCA to recognize our children's successful completion of each level in the educational process.

Members are eligible for the annual award for their children provided that they **meet the following criteria:**

- The student must be a child of a member in good standing and the membership must have been in effect for a minimum of two consecutive years.
- The child, or any member of the family, has been an active volunteer in MSBCA.
- The student must have one of the four

core subjects (Mathematics, Science, Social Studies and Language Arts) in the final report card or transcript.

- Bonus awards for the highest mark is based on the final mark from all four core subjects (Mathematics, Science, Social Studies, and Language Arts).
- The student must be at the AGM on Sept 27 2008 in person to receive the award. If it is not possible, provide the reason(s) in writing and the committee will consider it on a case by case basis.
- Students in Grade 9 & 12 are encouraged to select an event(s) to volunteer in the upcoming year



Deadline for submissions Sept 25 2009

Send to: **MSBCA Cultural Centre
#301, 114 - 3 Ave SW
Calgary, AB T2P 0E7**

Attn: Scholastic Award
or E-mail to: editor@msbca.ca

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 Tiffany Bong. Niagra Falls, Maid of the Mist boat tour, with a full, and beautiful rainbow. July 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**

Singapore Night August 8, 2009 – Photo Highlights

Guests gathered on Saturday night on August 8, 2009 at the clubhouse. We had the Singapore and Canadian National Anthem. For dinner we had Nasi Lamak (cooked by Vena/Cynthia /Grace Chang), Curry puffs, Nonya Kueh, and cold dessert. After dinner, there was a presentation by Philip Low.

