

## PRESIDENT'S MESSAGE



TONY QUEK  
郭長基

Spring has sprung with the snow storms which may cause delay and inconvenience to some. For the farmers who had sown their fields, this needed moisture is a God send! With the volcano eruption in Iceland almost a month ago, the global temperature will heat up a bit with the continuing spilling of ashes, larva and gases into the atmosphere. It may be a hot summer for us and with plenty of moisture on the ground; we may see some bumper crops this fall.

MSBCA is having the cultural night in less than two weeks. Ticket sales are less than expected and I hope you all can come forward to support this Pasar Malam event. We are having 11 hawker's style stalls to sell home cook authentic Asian dishes, snacks and desserts as well as other merchandise. Members from our neighboring countries such as Indonesia and Thailand will be participating. It will be a fun filled night and our own dancers will be the main feature to entertain you. Please call John, Kai or myself for tickets.

There are number of things to pass on in pertaining to the MSBCA club-house.

- The floors in the kitchen and hall way leading to the washrooms are polished and waxed. Besides the regular clean-up, we will do the deep cleaning when necessary. It is everyone's responsibility to keep the club-house as clean as your own home.
- Mr. Ken Preston had pre-set the thermostat for temperatures during the day/night. Feel free to lower/increase the indoor temperature to your need while you're in the club-house. Please do not try to change the settings.
- The gas stoves are checked by the technician from Atco for leaks. Everything is in good order.
- The leak from the melting snow in the kitchen through the ceiling tile was fixed. It was caused by the strong wind blowing the air conditioner screen off on the roof top. The snow piled up inside and later melted down through the cracks. Our condo team from Sunflower completed the task.
- The frequent occurrence is the dripping of the sink's taps. **Please turn off the hot/cold and the middle taps after all washing.**

MSBCA's Friday night badminton is dying. We need at least 23 fully commit-

### In this month's issue:

- 3 >> Treasurer Talks  
A Dome House
- 4 >> Badminton Session  
Chi Kung Practice  
Sunday Lunch Recap  
MSBCA Wants You!
- 5 >> Upcoming Events  
Upcoming Sunday Lunch  
Cultural Night Details
- 8 >> Photo of the Month

ted players to break-even for the Winter/Spring session. Right now, we only have a month to go and less than a handful of players. When MSBCA was formed in the early days, a bunch of young and enthusiastic badminton players were part of the founding members. Now, many of them hardly can walk or taking up less strenuous activities due to old age.

There are no new members who would participate in this family orientated event. This committee had decided the gym rental is too costly to operate, in red for many years, and to put a stop in draining our fund further.

I would also like to send condolences on behalf of the MSBCA committee for the loss of Danny Wong's mother in Brunei

*Enjoy the spring weather*  
Tony Quek

"Realize deeply that the present moment  
is all you ever have."

— Eckhart Tolle

# the editorial

## MSBCA COMMITTEE MEMBERS 2009/2010

### President / Sports

**Tony Quek** .....403-239-7438  
chongkeequek@shaw.ca

### VP Malaysia

**John Chin** .....403-400-2272  
johnchinkk@yahoo.com

### VP Singapore

**Vena Palmer** .....403-695-5993  
Venalee@mac.com

### VP Brunei

**Chong Hin Quek** ....403-239-3150  
chong-hin.quek@calgary.ca

### Secretary/ Membership Director

**Pei Lee Chin** .....403-973-5833  
chinpl06@gmail.com

### Treasurer

**Yeuchuan Choo** .....  
treasurer@msbca.ca

### General Committee:

committee@msbca.ca  
**Cynthia Tung** .....403-289-6625  
**Desmond Ding** .....  
**Patrick Teoh** .....403-816-1898  
**Kai Loo** .....

### Editor

**Tracey Bong** .....403-669-9094  
editor@msbca.ca

### Webmaster

**Tiffany Bong**  
msbca Calgary@gmail.com

### Past President/Advisor

**Adeline Chan** .....403-263-3883  
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 Pei Lee Chin at  
membership@msbca.ca  
to keep your details current!

In the last month, I've learned that I have come to accept and value uncertainty. I think it's good to live with some uncertainty in your life. Things cannot always be known or planned and if it was there would be no room for uncertainty. In the past, I have felt myself feeling anxious whenever someone would ask me what my plans are for the future, or where I see myself in the next 5 years. I would feel like I need to know the answers to those questions and because I didn't have the answers, I felt lost, vulnerable and not going anywhere in my life.

But when I became aware of that and accepted the uncertainty, things just had a way of falling into place for me. Yes, it's good to have goals that one wants to work towards. I am still in the process of finding my passion and which path I want to take. Right now I feel like I am wandering through and finding my path as I go along and I'm enjoying it. I think sometimes people put too much pressure on themselves to figure things out by a certain age or time frame or to figure out what they want to do in their lives. There are a lot of factors that may interfere too with making decisions on following their passion or trying to achieve certain goals in life. It's also hard when you get yourself into a routine or the feeling comfortable as well as the fear of not having a constant or some stability in your life.

I had a friend that helped me re-light the spark inside me to give me that little push that I needed. I felt un-motivated and stuck in rut or just at a comfortable state of mind. My friend helped me to see that all I needed to do was start taking small steps to get me closer to my goals. So that the goal becomes more tangible than just a thought in my mind. So simple right? Sometimes when you're in that 'stuck' state of mind you just can't see how simple it can be and that's where friends come in to help you out.

I know that at one point or another, everyone has found or will find themselves in the same spot of wanting to find something, a passion, the fulfills them in life.

I would like to quote a few words of on the topic of following your dreams and passions, from my dear friend Cindee, who is currently in the fashion design industry...

*When you pursue a creative career you come across a lot of fear. You feel naked, vulnerable and exposed when you put yourself out there. When you don't get the results you expected you feel inadequate about your abilities & accomplishments. You're presented with so many self doubts that sometimes it becomes paralyzing. There's so much that comes with pursuing your passion...so much discomfort, anxiety, fear, disappointment, frustrations, guilt, shame...*

*"Your vision will become clear only when you can look into your own heart. Who looks outside, dreams. Who looks inside, awakes."*

*At this point some people find it too uncomfortable to move on. Their sense of identity is directly related to what they produce. If they create something favorable they feel good but when they don't, they arouse anxiety and start being critical of themselves. I've been there. I've been where the negativity gets overwhelming and it can literally put out the fire. But it's something I needed to go through to understand myself better and practice resiliency to move forward. There's a lot of patience and practice that one needs to cultivate to be really good at something. The greatest artists, athletes, writers and musicians didn't simply get to where they are just from wishing so. They got there because they kept going, practiced, learned and nurtured their skills no matter how painful it gets sometimes.*

In the end, regardless of careers, jobs, goals, it's all about choosing things to fill your life with that makes you happy and living a full and happy life.

Like the Costa Ricans say it "Pura Vida."

# treasurer's corner

MSBCA continues to be vibrant and active this year with at least one Sunday Brunch per month. Thanks to the many volunteer hosts showcasing their talents serving delicious food as well as members and non-members that supported these events.

The following summarizes our success in the Sunday Brunch Events.

Dates	Events	Host(s)	Revenue	Expenses	Net Revenue	Notes
31-Jan-10	Kway Teow Teng	Jill Heng, Kathy & Paul Teoh	\$432.50	\$138.00	\$294.50	Proceeds to General Account
7-Mar-10	Char Kuey Teow/Porridge	Joo Teh and Ee Pin	\$502.00	\$48.00	\$454.00	Proceeds to General Account
21-Mar-10	Spicy Indian	Shanti & Buddies	\$303.00	\$141.76	\$161.24	Proceeds to General Account
11-Apr-10	Nasi Lemak	Kim Roe and Melissa Cheah	\$699.00	\$279.44	\$419.56	Proceeds to General Account
25-Apr-10	Ayam Merah	Tony and Shyut Moi	\$607.00	\$186.00	\$421.00	Proceeds to Dancing Group
<b>Total</b>			<b>\$2,543.50</b>	<b>\$793.20</b>	<b>\$1,750.30</b>	

Yeuchuan Choo

## A Dome House? It's Possible. A Dome House in Inuvik, NT



Photo and Story by Patrick Teoh

This is a dome house owned and built by one of our clients, a couple living in Inuvik, NT. To help with the design, they contracted the help of a famous architect who specialized in Northern construction. For the actual construction, they did it themselves with help from a few friends. The architect got the inspiration for the house from a smaller-scale but similar-shaped playground apparatus he built in Fort McPherson. All the kids

in the town crawled on top, but it held steadfast and sturdy.

The dome house's frame is comprised of many triangles, and the house is much stronger than the conventional design. In addition, the house took less construction materials as well. The windows on the roof are placed to provide natural sunlight throughout the year. From January to December the sunlight will move from window to window, which is much appreciated by one of the owners - an

artist who appreciates the sunlight from above instead of from the side.

There are no reasons why we need to live in conventional-shaped house (other than perhaps bank financing requirements), and it is not even the most effective or efficient housing design. The idea of the dome house reminds us to be creative and think outside the box once in awhile, rather than fall back on the road always traveled with the masses.



# sports/recreation

## MSBCA Spring / Summer 2010 Badminton Schedule



Join us this spring/summer season for another session of badminton! Bring your whole family/friends and get active, have some fun and enjoy a great game of badminton..

### Spring session starts:

Fri. Mar 26th 2010, 7:00pm, ends  
Fri. Jun. 25th, 2009 10:00pm.

### Venue:

Rideau Park School,  
829 Rideau Road, SW  
Calgary, AB – (403) 777 7480

### The dates are:

March 26;  
April 02, 09, 16, 23, 30;  
May 28\*;  
June 01, 04, 11, 15, 18 and 25.

[\* Only date available due to school play Alice in Wonderland]

### 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.

## APRIL SUNDAY LUNCHES RECAP

Story by Peilee Chin & Patrick Teoh

April was a month of Sunday lunches. First up, the nasi lemak was a total sell-out..it was value for money! For some it truly was a reminder of home ...better than some hawker stalls too! They, namely chefs KimRoe and Melissa, and their abled assistants also sacrificed their own portions to be sold; cheers to them. There were faces we have not seen for a while and it was good to catch up. In the end, everyone left full and satisfied.

Next up was ayam merah by Tony and Shyut Moi.. another sellout to end the month! The taste was definitely the real deal and the portions were generous. On top of that, the luc'tow suar was a good way to cool down after a great home-cooked meal. The atmosphere was vibrant with some oldies playing on the big screen. As usual, thanks to all the chefs and helpers, but most especially thanks to all the members who came out and supported the club. If you didn't make it this time, hope to see you next time! Keep posted.

We would like to welcome Ms. Marie Lau, our newest member, to the MSBCA.

## MSBCA Needs You



### Recruitment for membership 2010

Membership Fee-Annual  
(Jan 2010 to Dec 2010)

Single .....\$15

Family .....\$25

Lifetime.....\$250

**Have you renewed?**

**Can you recruit?**

**We would love to hear from you!**

**email: [membership@msbca.ca](mailto:membership@msbca.ca)**

## Chi Kung Practice

On weekly basis every Sunday at the clubhouse 10:30am

**No fees. All welcome.**



*"When we're awake in our bodies and our senses, the world comes alive."*

— Tara Brach

## -----MSBCA CALENDAR----- of events proposed for 2009-2010

Please note that some dates are still to be announced and that the events/functions are not limited to this list. If you have any event ideas, bring them forward!

May 2010

- 15<sup>th</sup> - Cultural Night

June 2010

- 6<sup>th</sup> - Sunday Lunch
- 19<sup>th</sup> - Seafood Dinner

July 2010

- TBA - Sunday Lunch



## MSBCA Cultural Night Saturday, May 15th, 2010 6:30pm to Midnight

Beddington Heights Community Centre,  
at 375 Bermuda Drive N.W.

### TICKET PRICES

Adult: Member \$15.00 / Non-Member \$17.00

Youth(6-16 years): Member \$ 10.00 / Non-Member \$12.00

Kid Free: ( 5 and under)

Ticket price includes \$3.00 admission and the balance are dollar coupons (for food/drink) and a free pop coupon.

**Ticket sellers:** Tony Quek (403) 239 7438; John Chin (403) 400 2272 and Kai Loo (403) 828 0853

**Theme:** Pasar Malam. Hawker's style stalls serving authentic spicy Asian food which includes Ayam Merah, Rendang Daging, Satay and more... You must come and see for yourself!



## SUNDAY LUNCH

Clubhouse

June 6, 2010

12 noon to 2pm

**Serving:**

Singapore Laksa

**Cooks:**

Adeline Chan



**Price:**

Member \$7.00

Non-member : \$7.50

**Contact: Tony Quek**

## Seafood Dinner Saturday, June 19, 2010

Price \$30 member and  
\$35 non-member  
More details to come

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 of the month



Photo by Patrick Teoh. Sunset in Fort Good Hope

Place Your  
Ad Here

Place  
Your Ad  
Here

## Club House Rental

Holding a meeting, presentation or social event?

For more inquiries, contact  
One of the Committee Members

**#301, 114 - 3 Ave SW  
Calgary AB T2P 0E7**

### 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.**