

President's Message



VINCENT CHIEW

Hello Members,

As summer is coming to an end, so is my term as your president. I would like to take this opportunity to thank you all for giving me the privilege of serving you and

the board, and representing MSBCA to the community at large. I hope you have enjoyed all the events organized by this board and the many volunteers. As our election is upon us on the horizon, once again, I would like to encourage all of you to come out to the AGM on Sep 24th to vote or run for a board position to take MSBCA to a higher level. Make MSBCA your own and share it with the rest of the

Calgarians. It is a lot of fun and can be a very gratifying experience.

Being on the board, I have had the opportunities to learn from many experienced board members and members at large. This learning process has enabled me to grow as a leader, and I highly encourage all of you to give it a try. This growth also extends beyond MSBCA to the community at large. It is always a heart-warming feeling to be able to share our proud heritages and cultures with others.

Please remember to come out to our last (potluck) social gathering on Sep 17 at the clubhouse. It starts at 6:30pm. Please bring your family and friends to hang out.

Thank you again for the opportunity to serve you and see you all at the AGM.

Best wishes to the next board.

Vincent



Read about Tracey's adventure in Australia so far! Page 2 & 3. Also more to read at traceybong.blogspot.com

DO YOU LIKE TO DANCE?

See page 4 on how to get involved!



BBQ fish at this year's Annual Volunteers' Picnic. Read the highlights on page 5.

In this month's issue:

- 2 >> Travel Editorial
- 4 >> Upcoming Events
 - Join Our Dance group
 - Annual General Meeting
- 5 >> Volunteer Appreciation Picnic Highlights
 - MSBCA Website Makeover
- 6 >> Picklejar Lake Hike Recap
- 7 >> Beehive Lookout Highlights
- 8 >> Summer Travel Story
- 10 >> Photo of the Month

travel editorial

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Membership Renewal? Change Member Info?

Please contact Cynthia Tung at
membership@msbca.ca
to keep your details current!

Well lucky me, I am writing this editorial to you all the way from... Calgary! That's right, I am back in town until the end of September. I was fortunate enough to get a temporary job offer, from my former employer, and a flight back home to work for them for a few weeks. Then I am off again to go back to Australia to finish my working holiday visa until March! So maybe I will be seeing a few faces at the AGM this month.



Beach camping at Rainbow Beach, QLD

A few weeks after my trip to New Zealand, Shane and I went on a 2 week road trip up to Queensland – The Whitsundays / Airlie Beach. I wished we would have had an extra week or two though so we didn't have to cram it all into 2 weeks, especially when driving took up a quite bit of time. I can't even remember how many times we had to setup our tent just for one night and then take it down the next day. We became pros and had an efficient system going on that we could do it in under an hour if we really had to.



Caught a Mud Crab, with a crab pot, at Airlie Beach. It was so delicious!

Anyways, lets get to the good stuff. Our road trip started from Old Bar, in New South Wales, and headed up north stop-

ping by Byron Bay for a few hours and then getting to Brisbane by nightfall. We stayed in Brisbane for the weekend to visit some friends and check out the city. I liked Brisbane. It has a very relaxed vibe to the place and it's not as busy as Sydney but still has a lot to offer. Then we went to Rainbow Beach for a night of beach camping, which was really something different for me and I enjoyed it very much. Waking up to the view of the sand and ocean and Fraser Island across the way was so beautiful.

Then off to Gladstone to stay a night at Shane's cousin's place, and the next day we a full day of driving to finally arrive at Airlie Beach, a very popular destination for travellers and backpackers. I'll let the photos do the talking. Airlie Beach was nice but it was a bit too touristy for our liking. We expected really warm weather since we were up north but when we got there, it was pretty windy and cool and it also rained here and there. We stayed there for 5 days because we waited for the weather to warm up and for the wind to calm down so we could do a day-trip of sailing through the islands and also another day to take a ship out the Great Barrier Reef.



In the Whitsunday Islands at Whitehaven Beach. White, soft sand and blue waters.

Sailing trip was fun, it was a bit windy that day but it was good for sailing. It rained a bit in the morning and in the afternoon. We stopped at Whitehaven Beach and that was truly a beautiful beach with miles of white, powdery sand and deep blue waters. Fortunately, it was nice and hot while we were at Whitehaven so we could soak up a bit of sun.

travel editorial

The next day we took a trip to the Knuckle Reef, which is part of the Great Barrier Reef. It took us 2 hours to get there and back and we about 3 hours to play at the platoon stationed at the reef. We went on a glass bottom boat and we snorkeled for a while and it was pretty amazing to see it in person. It felt like I was in the movie Finding Nemo!



The platoon stationed at Knuckle Reef, Great Barrier Reef.

On the way back down to New South Wales, we made a few more stops along the way. We went to Agnes Water/1770 for a night and saw a gorgeous sunset. We also got to visit Fraser Island for 3 nights. I really enjoyed Fraser Island because it had so many different things just on this one island that is made up entirely of sand. It had over 100 fresh water lakes, coloured sand cliffs, and a variety of ancient rainforests. Fraser Island is the only place in the world where tall rainforests are found growing on sand dunes. And you definitely need a 4-wheel drive vehicle to get around on the island. The only way to and from an island is on a barge (ferry).



Fraser Island, a fresh water creek flowing out onto the beach on into the ocean.



Arriving to Airlie Beach just as the sun sets over the water and the sailboats.

To end our trip we went to the Dreamworks theme park on the Gold Coast, which was a fun time! Now I'll just let the photos do the rest. I can't wait to go back and experience a summer in Oz filled with music festivals, camping, hiking, beaches and more!



At 1770/Agnes Water, QLD at low tide. We camped a few hundred metres away.



Fraser Island, first night we camped in a huge forest and it was all so lushy green.



Another shot of Airlie Beach.



Fraser Island, Champagne pools..



At 1770/Agnes Water, QLD at sunset and high tide. Really beautiful..



Some four-wheel driving here and there. A bit of a difficult terrain, but we made it!



Fraser Island, The Pinnacles.

upcoming events

-----MSBCA CALENDAR ----- of events proposed for 2010-2011

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!

September 2011

- 17th - Social Night
- 24th - MSBCA Annual General Meeting



SUNDAY LUNCH

MSBCA Clubhouse
Our popular Sunday Lunches will be back in the fall.

Stay tuned with the newsletter and website.

MSBCA Annual General Meeting

Venue: MSBCA Clubhouse

Date: Saturday, September 24, 2011

Time: 11am to 3pm

Cost: Free and for members only

Contact: Philip Chan at secretary@msbca.ca

All current members in good standing are welcome to participate in the AGM for nomination to the new Board of Committee. Lunch and light refreshment will be served. Remember, every vote counts. Have your voice heard and represented in the Board. MSBCA belongs to the members and it is your Association.

Come and support the AGM.

MSBCA SOCIAL GATHERING

Last event before our AGM on Sep 24.

Socializing, dancing, singing, playing, chatting, eating, and drinking Adult, kids, members and friends are all welcome.

Saturday, September 17, 2011
PotLuck at the Clubhouse
6:30pm to Close

RSVP: Vincent via email at president@msbca.ca

COME AND JOIN US FOR FUN AND SHARING OF OUR CULTURES

MSBCA has been providing the Calgary community with cultural dancing for more than 8 years. We've performed for many cultural events attended by Federal leaders, Provincial leaders and the public. Normally we perform 12 to 14 times a year for the club and other cultural associations.

So come and join us for some cultural experience, socializing, fun and exercise, even if you do not wish to perform. Whether you're young or young at heart, male or female, you are all welcome. MSBCA Dance Group practices about 2 hours a week throughout the year. We usually practice more frequently nearer to a scheduled performance.

MSBCA Dance Group schedule: Fridays from 7pm-9pm

Please contact Jade Tabet at jbtarbet@shaw.ca for more information.

MSBCA NEEDS YOU!

NEW Look to the MSBCA Website!



If you haven't already visited the MSBCA website in recent weeks, go and check out the newly made-over site! The design of the site has been implemented by our webmaster Tiffany Bong with the help of our editor Tracey Bong.

"We felt like the website needed a fresh look, to get members more engaged online, and to also have something that made for easy viewing. It also has been developed for easier updating, which will help keep the content and events recent." says Tiffany.

They have also integrated social media like Facebook and Twitter. So follow us on one those as another way to get updates!

If you have any suggestions on improving the website further, please email her or the editor.

www.msbca.ca

www.facebook.com/msbcacalgary

www.twitter.com/msbcacalgary

Our Condolences...

Louis Chew passed away peacefully in Calgary on June 28, 2011 at the age of 67. Our condolence to his wife, Evonne Chew and family during this time of bereavement.

MSBCA Annual Volunteers' Picnic

Story by Jade Tarbet
Photos by Vincent Chiew

The annual MSBCA Volunteer Appreciation Picnic was held on Sunday, August 7, 2011 at the picnic grounds in North Glenmore Park. This traditional picnic is held each year as a way for MSBCA to say thank you to all the untold hours our volunteers have put in to make the MSBCA events so successful. Most of the time, people are not aware of all the hours spent planning and delivering the various events throughout the year, so MSBCA honors their time with this thank you.



It was a beautiful sunny Sunday and approximately 100 + volunteers and their families came to the park for some laughter, food and games. Many people enjoyed the food provided by MSBCA and what made it even more enjoy-



able was the opportunity to talk with their friends and other volunteers in a relaxed setting.

It was obvious that the food had taken its toll on many people as they seemed more agreeable to chatting and laughing at the children's antics.



Even for a volunteer appreciation picnic there are volunteers and a big thank you goes out to all those who helped make this event go smoothly. They were seen to be enjoying the big smiles of happy, contented MSBCA volunteers at the end of another great MSBCA tradition.

More photos available on our Facebook page (please let us know if you would like us to take any photos off for privacy)



highlights

Picklejar Lake Hike: 8.4 km Return; 450 Meters Elevation Gain



On the way home, we had to come to a 5-km/h crawl while veering past 3 herds of mountain sheep licking salt on different sections of Hwy 40. It was just one more thing to make it a special day, where we got to enjoy a wonderful sunny day and the company of our friends during the hike.

Story and Photos by Tony Quek

On Sunday August 14th 2011

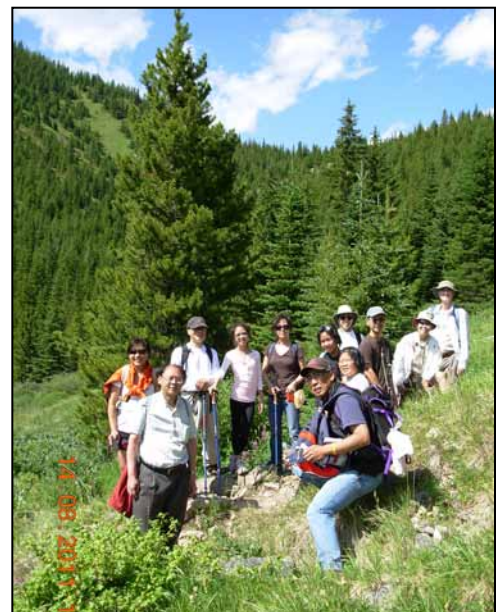
Once again, a group of MSBCA members and friends got together to do a day hike on a beautiful, sunny Sunday. 13 people met at the Petrocan filling station located on the junction of highways 22X and 1 for car-pooling to the hike start point. Other people were also making use of the pleasant day as we ran into a group 30 cyclists racing towards Peter Lougheed Provincial Park during our drive. We reached the Lantern Creek day use area at around 10:30 am, put on the hiking boots, backpacks and walking sticks and commenced hiking to Picklejar Lake. The trail head starts on the opposite side of the road along the creek in case you want to go there sometime in the future.



The group was made up of young and old, together with one dog named, "Milo".

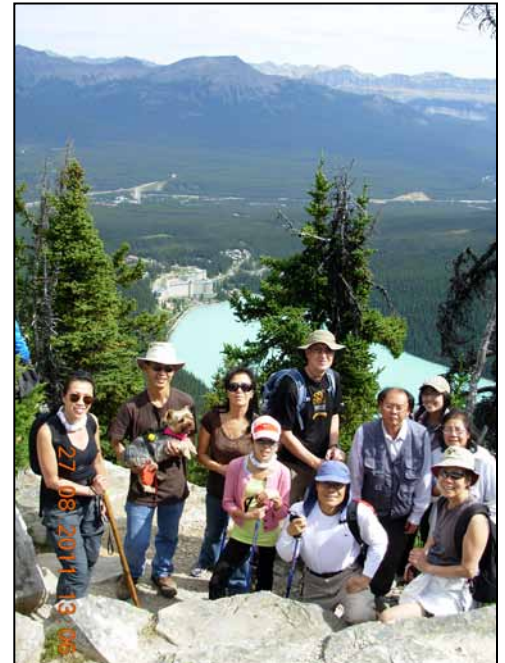
The trail is gentle and narrow through pine and aspen trees. Wild flowers like Indian Paintbrush, Daisy, Columbine and Forget-me-nots were everywhere. We all enjoyed making a few stops along the grassy trail, taking in the beautiful view of the surrounding mountains at the 200 plus meters elevation and cooled off with a fresh breeze passing through. The steep ascent on the shale slope 15 minutes from the first lake was a challenge to some of us, especially to those without proper footwear. After a short break and photo shoot, the walk along the loose rocks towards the lake was another task to overcome. However, we all reached the destination for the much deserved lunch break and refreshment.

Michael, Gordon and company stayed put for fishing and enjoying the scenery. A group of 5 of us ventured through woods and found our way to the upper lake, which is only 0.2 km away. We stayed for half an hour for a picture shoot and then re-grouped with the rest of the party to head back. It was close to 4 pm when we arrived back to the parking lot, tired but very satisfied with the hike and the views we had in our memories.



highlights

Big Beehive Lookout – 10 km Roundtrip, 540 Meters Elevation Gain



Story and Photos by Tony Quek

On August 27th, 2011

Our party of 11 including Milo set out from the Lake Louise Chateau's parking lot just a bit after 10am. We stopped at the Mirror Lake for a short break and continued on the 1.3km trek to the Agnes Lake teahouse. We arrived close to noon for a lunch stop and a sip of mountain brewed organic coffee thanks to the generosity of Michael Lo. Later, we travelled along the right side of the lake, looped on the opposite end and started the climb, zigzag to the top of Big Beehive.

and the scenery. At 2:30 pm, we started heading down on the trail along Lake Louise. We came to the hotel at minutes shy to 4 pm.

The formation of rocks and wild flowers are things we don't see if we're not there. The chipmunks are running on the big boulders and the whisky jacks are seen on the tress.

The hike was a good work out for us on a warm, sunny day.



The view at the lookout is spectacular looking down towards the Chateau and the tiny canoes on the lake. We spent roughly an hour soaking in the sunshine



summer travels

A Sunny Vancouver Vacation

Story and Photos by Philip Chan

There must be many of us vacationing in one place or another this summer. Well, Adeline, me and the family spent the most part of our summer exploring Vancouver, BC this year. And what we discovered during our stay in Vancouver, we wish to share with readers who may want to take some references from our trip for your future adventures in Vancouver as well.



The journey by road from Calgary to Vancouver took approximately 13-14 hours. Yes, we took our time and in no hurry, so we stopped at Golden, Revelstoke, Kamloops for breaks. The highway from Kamloops to Vancouver was not as pleasant as it's uphill, downhill and very winding. It's advisable to break the journey and stay a night in Kamloops or Kelowna or perhaps travel in the day instead of night. The same goes when you're driving back to Calgary.



There are many hotels in Vancouver to choose from, but it's better to make a hotel reservation in advance. We chose to stay in a 3-star hotel in Richmond nearer to the airport and you guessed it right, it's cheaper and lots of authentic food within reach and parking is free.

We must let you know some of the restaurants we visited that serve authentic Malaysian food...very sedap. Here goes, the tastiest satay we came across was in Kedah House Restaurant in Vancouver, owned by Malays from Malaysia, they serve good curry lamb and rendang for lunch buffet as well. Another joint we came across that's new is JB (Johor Bahru) Malaysia Cuisine in Burnaby,



which serves good rojak, roti canai, rendang, sambal kangkong, butterfly prawn, Ipoh Sar Ho Fun, Penang Char Kuey Teow and TomYam soup. Then of course, there is the well known Tropika in Richmond where we had Char Kuey Teow and Sambal Vermicelli. All the food comes with good helping and prices are reasonable. There are other Malaysian and Singaporean restaurants we dare not try unless they are recommended by our Vancouver friends.

The other Chinese restaurants worth visiting are Shanghai Palace in Richmond, where they serve "Siew Loong Pau" made on the spot...they're so good, they spurt out juice in every bite. Other favourites from this Chinese restaurant include the spicy crab and smoke duck,



yummy. They serve good dim sum for lunch too. For the other hawker food, we went to Crystal Square Mall food court in Richmond for quick meal. One stall for mention is "Curry House" which serves good Char Kuey Teow, Chicken Rice and Noodle soup. On the ground floor of Crystal Mall, there are fruit stalls selling large peaches, cherries and cheap vegetables. There are many food courts in every mall including Metrotown, but only Crystal Mall, Yaohan Mall and Aberdeen Mall serve Malaysian and Chinese food.

We took a visit to the office of Tourism Malaysia in Vancouver and were greeted by the new VP of Tourism Malaysia, Ms. Kausar Kassim and also met with Taufik. We also went to the Malaysian Consulate General Office on the same building to meet with the new Consulate General of Malaysia, Mr. Hanif. We made these courtesy calls to the Malaysian offices and thank them for their support in so many ways to MSBCA Calgary.

In Vancouver, one must not miss going to the Whistler (where the 2010 Winter Olympics was held). It is an hour and half drive up North Vancouver. We stayed 2 nights in a 3 star hotel (promotion rate of course, lah) and walked the whole of Whistler Village. There is only one good Chinese restaurant that serves dim sum for lunch. The rest are western food with 2 Japanese and 1 Korean restaurant that serve dinner only. In Whistler, you must

summer travels

A Sunny Vancouver Vacation

experience going on the gondola ride up to the Whistler peak. On the top, you get to ride the cable car across from one peak (Whistler) to another (Blackcomb) and back...that's the Peak2Peak...built in 2008 for the Winter Olympics. And an added bonus is an open chair lift on the Whistler peak ride to the summit. At the summit, you can view the mountains on a 360 degree moment of triumph. It's breathtaking.



eateries. The French crepes and famous soup pie are a must to try. Then there's picture taking of the Vancouver skyline outside the market by the waterfront under the bridge.

Other places of interest would be Stanley Park, Gastown, famous shopping on Robson Street and the Metro Skytrain.

August is the time for blueberry picking and tons of blueberries are ready for u-pick in Surrey and Langley. At the blueberry farm, you can pick and eat the blueberries till you drop. U-pick blueberry only cost \$1.25/lb to \$1.65/lb. Other farms offer blackberries and strawberries picking as well. Most if not all Surrey farms are owned by Sikhs. No wonder we tasted curry on some blueberries we picked from Surrey.

Since we were in Vancouver, we also made our journey to Vancouver Island. Taking the BC Ferries from Horseshoe Bay in North Vancouver to Departure Bay in Nanaimo was a relaxing one hour and forty-five minutes sail across. Our



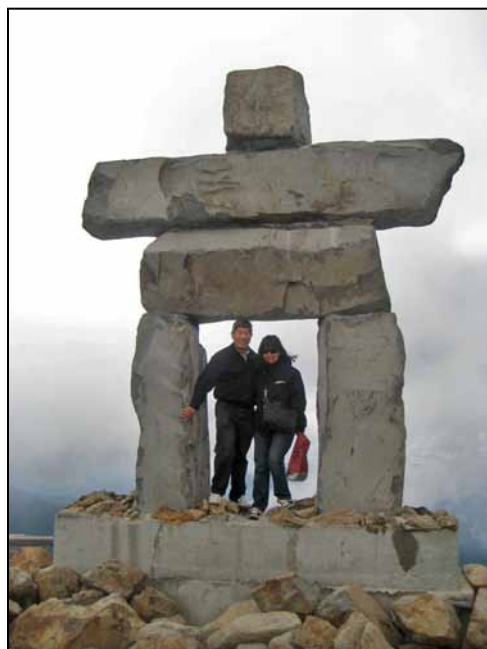
only bad experience with the BC Ferries was when we were late (less than 45 minutes to the scheduled sailing) that we had to wait another 2 hours for the next ferry crossing. We stayed in our timeshare in Nanaimo and were greeted the next morning by thousands of huge oysters on the beachfront during low tide. What else to do but pick these oysters (some but not all) and feasted with the heartiest of all oyster omelette with sambal.

We drove to Victoria (capital of Vancouver) and visited the old town as well as the world famous Bchart Garden. The flower garden is like paradise in its full bloom and we were fascinated by the colors and species of flowers in the garden.



Another 2 towns to visit in Vancouver Island would be Ucleulet and Tofino where you can take a boat ride out to the Pacific Ocean to watch for whales. We took one ride out in our previous trip and we had a wonderful experience of watching the whales and sea lions close-up.

To wrap up one's journey to Vancouver would be a cruise to Alaska. I have to save this for next time as our summer vacation to Vancouver this time around has been overwhelming. Then again, we do know of members in MSBCA who have gone on the Alaskan cruise and have their love boat story to tell as well. Till the next vacation, we hope everyone had a wonderful summer for a time well spent with family and friends.



Our next journey brought us to Steveston town in Richmond, just by the coast near the Vancouver airport. There you will experience the catches for the day, including salmons, halibuts, soles, octopus, crabs, prawns and even live sea urchins. We bought salmons, crabs and prawns from the fishermen at the fisherman wharf and brought the seafood to JB Malaysian Cuisine to cook sambal salmon, chilli crab and buttered prawn for us...yummmmm.

Another spot worth visiting would be Granville Island. The tiny island is under the Granville Bridge across Vancouver and is accessible by road. There you will find the famous Public Market, a touristy place for arts and crafts, fruits and unique

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MSBCA Newsletter has a readership of about 200 families & organizations.

CONTACT:

editor@msbca.ca

Send your questions,
comments or articles to:

editor@msbca.ca



Photo sent in from Jimmy and Linda Bong. Taken at Antelope Canyon located within the LeChee Chapter of the Navajo Nation (near Page, Arizona). Famous for its slot canyons and swirling Navajo Sandstone.

PLACE YOUR AD HERE

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.

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.