



FEBRUARY 2020

## MSBCA CNY 2020 Highlights



## Food Moments Highlights



### SUBMISSIONS TO THE NEWSLETTER

We are always looking for stories/photos to share in the monthly newsletter! We would LOVE to hear from you!

Send your questions, comments or articles to: [editor@msbca.ca](mailto:editor@msbca.ca) before the 25th of the month for review and it could be shared with the community!

*Note: The newsletter is a monthly publication to 400+ readers*

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# The President's Message



GIVA BALASINGAM

Hi Friends,

Gong Xi Fa Cai to everyone and may you all have a prosperous year of the Metal Rat in health, wealth and all

good things to come. Chinese New Year is a special celebration that we share with our families and friends. It is full of cultural symbolism, ritual, and history. Back home in South East Asia, we celebrate Chinese New Year with pomp and splendour for 15 days. Many of our members with Malaysians, Singaporeans and Bruneians of Chinese heritage can tell you of the significance of each of the 15 days of Chinese New Year.

MSBCA Executive Board and all will like to thank all our volunteers, supporters and friends who had been working hard to make this Chinese New Year, celebration on February 8, 2020, a safe, successful and prosperous one for us all, amidst all the

concerns as to the coronavirus spreading far and wide. I humbly plea to all, if you know of anyone, family and or friends who you have been in contact with or had any form of flu, please do not brush it off and do seek medical opinion. It is always important to have safety in place before anything.

I like to say the Celebration went with a big bang and we all had fun. The pictures posted in our newsletter speaks volumes of it.

We at MSBCA, plan to have many activities and will like volunteers who are young and old to join us to carry these activities.

- We are looking at sports activities that has a cultural element such as dragon boat race, sepak takraw also known as kick volleyball (where using a rattan ball and only allowing players to use their feet, knee, chest and head to touch the ball) and others. This will be fun and some of our pioneers can share their knowledge and experience in these games.

- We have baking and cooking classes coming up for wannabe South East Asian Chef instructors or for some who just want to mingle and have a feast.
- We are planning to have paint nights to explore South East Asian Art and to learn a little about our history as we go along. Why I am sure we have a budding artist who can showcase their talents.

If any members, are interested in organising activities or will like to make suggestions on types of activities they will like MSBCA to host, please email [events@msbca.ca](mailto:events@msbca.ca). There are many more activities lined up and stay tuned to the next edition of our newsletter.

MSBCA is not just a clubhouse, it is a place to NURTURE THE ESSENCE OF SOUTHEAST ASIA (the multiracial community with integrated culture). That is why we should all be proud to be part of MSBCA.



# SHIMLAW

## Local Expertise with International Depth to see beyond conflicts.



GIVA BALASINGAM

[GBALASINGAM@SHIMLAW.CA](mailto:GBALASINGAM@SHIMLAW.CA)

We are a full-service law firm and offer the following:

- a) Wills and Estates;
- b) Family Law;
- c) Litigation;
- d) Setting up Business and structuring;
- e) Employment Law;
- f) Immigration Law; and
- g) Commissioning and Notarization

We provide Shim Law Legal Care, which basically provides affordable and simple legal coverage to your family and business. Learn more at <http://shimlaw.ca/shim-law-legal-care/>

We focus on the needs of our clients so that they can get to their Wants.

# MSBCA COMMITTEE MEMBERS

## 2019/2020

### PRESIDENT

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### VP MALAYSIA

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## YOUR BOARD OF DIRECTORS



The board wishing everyone a Happy New Year! New photo of the board coming soon

## JOKE CORNER

### On an undisclosed Singapore Airline flight.

Passenger: Hello Miss, just want to ask you ah, who and where is this Kevin Khoo ah? He seems to be a very busy man. Everyone is looking for him....

Flight Attendant: ?? Sorry, Kevin Khoo?? Not sure what you mean sir..

Passenger: You know Kevin Khoo la...even the Captain is always looking for him...Kevin Khoo please be seated for take off....Kevin Khoo please return to your station...Kevin Khoo please disarm all doors.....Kevin Khoo please be seated for landing.....aiyo! he's so busy la....why you all never help him one??

Flight Attendant: Sir, I assure you there is no one named Kevin Khoo on this flight.

Passenger: OK Ok, sorry

Few moments later...

Captain: Cabin crew please be seated for take off



## ADVERTISE WITH US!

**SMALL:** \$15/month (2.25" X 3.0")

**MEDIUM:** \$30/month (5.0" X 3.0")

**BANNER:** \$45/month (7.75" X 2.75")

**HALF PAGE:** \$50/month (7.75" X 5.0")

**CONTACT:** editor@msbca.ca

# YOUR BOARD OF DIRECTORS UPDATE: INTRODUCTIONS



## **Adrine Chong- VP Malaysia**

I was born in Kota Kinabalu, Sabah. I have been in Calgary since 1981 and I have been a MSBCA member since 2007. My husband, John and I have two children, Jessica, and Winston.

I like to travel, shop, dance, try different food, and watch Chinese or Korean dramas. I have been one of the MSBCA cultural dance coordinators for the past few years. I have a wonderful team of dancers who is hard working and dedicated and I love teaching them.

I envision MSBCA to have an increased number of members who would be involved in our clubhouse activities, who will create new activities or crafts that are closely related to our native home.



## **Charanjeet Kaur- VP Singapore**

I joined MSBCA in 2016 as a Diwali volunteer. In 2017, I became a general committee member and was later selected as VP Singapore. Joining this club made me cohesive, which gradually happened without realizing that I could do things beyond my expectations. I never dreamt of holding such responsibilities which have given me opportunities to head cultural events, join dance classes, lead the Masala Spice cooking class, become the games-master MC at the 2018 Chinese New Year banquet.

I am thankful to the club for believing in me and for giving me pride in accomplishing these responsibilities at my best. My contributions will not be successful without the support from fellow volunteers and board members. I am proud to be a vice president for Singapore.

# WHAT'S ON AT THE CLUBHOUSE

The clubhouse will be opened where activities are listed. However, registration is required for all activities and to ensure that we have a spot for you, we ask that you register or send your enquiries to the events coordinator.

We have traditional carrom and table tennis available for public use and if you would like to share a special cultural activity, hobby, art, or cooking, we welcome you to get in touch with our events coordinator at [events@msbca.ca](mailto:events@msbca.ca). *View full event calendar at [www.msbca.ca/events-calendar](http://www.msbca.ca/events-calendar)*

## FEBRUARY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1 10am - Joy of 1pm - CNY dance 3pm - Food
2 10am - CNY dance	3 5:30pm - Mind	4 7pm - Dance	5 7pm - CNY dance	6 10am - Tai Chi- 1pm - Home Visit	7 1pm - CNY dance 7pm - Dance	8 1pm - CNY dance 6pm - MSBCA CNY
9 7am - Regular main 2:30pm - Ping Pong-	10 5:30pm - Mind	11	12	13 10am - Tai Chi- 1pm - Home Visit	14	15 10am - Joy of 1pm - Cultural
16 2:30pm - Ping Pong-	17 5:30pm - Mind	18	19	20 10am - Tai Chi- 1pm - Home Visit	21 1pm - Karaoke-Irene 4pm - Singing 7pm - Rental	22 10am - Joy of 1pm - Cultural 4pm - Mari
23 2:30pm - Ping Pong-	24 5:30pm - Mind	25	26	27 10am - Tai Chi- 1pm - Home Visit	28 1pm - Karaoke-Irene 4pm - Singing 7pm - Rental	29 10am - Joy of 1pm - Cultural



**MEMBERSHIP**

*Join or Renew*

**TODAY**

**Family Memberships**

**\$25/year**

[www.msbca.ca/membership/](http://www.msbca.ca/membership/)

**Individual / Single parent family**

**\$15/year**

# MSB COMMUNITY

Feel like hanging out? Come check out Community Events @ the MSBCA Clubhouse.

## Upcoming Events

### February 2020

22<sup>nd</sup> Mari Memasak

### March 2020

7<sup>th</sup> Food Moments

14<sup>th</sup> Mari Memasak

22<sup>nd</sup> Masala Spice Cooking

28<sup>th</sup> Mari Memasak

29<sup>th</sup> Sunday Lunch

### April 2020

4<sup>th</sup> Food Moments

11<sup>th</sup> Mari Memasak

## MARI MEMASAK

Mari Memasak is Malay for  
"LET'S COOK!"

Cuisine is an underrated way of  
sharing our hearts and culture.

February 22, 2020

4pm to 9pm

LIMITED SPACE.

Please register to participate.

Call Adeline (403) 383-1689

We welcome volunteers  
who are interested to help.



INTERESTED IN  
KARAOKE?

Contact  
events@msbca.ca



Seniors interested in  
Badminton?

Tues, Thurs & Fri - 9 am to 3:30 pm

\$3.50 only for Age 60 and above!  
MSBCA members & non-members are  
welcome. The more the merrier.

Please contact Ivan Teo  
ivanteo@shaw.ca or 587-432-7955.

## **Our Condolences**

*Rosie Brodie Phung, sister Katherine Yong and Family thanked MSBCA Calgary, kindly for their condolences on their recent loss. Words of Comfort and prayers meant a lot, especially coming from strangers. It seems like we are family. God Bless you all. The Yong Family, Coquitlam.*

## **Tai Chi Practice**

**Thursdays 10am - 12pm**

Drop-in session for those interested in practicing.

Contact [events@msbca.ca](mailto:events@msbca.ca)

**CLASSES  
SUSPENDED  
TEMPORARILY**

## **Qigong**

**Every Monday &  
Wednesday**

Contact [events@msbca.ca](mailto:events@msbca.ca)

## **Recruiting New Dancers**

If you like to dance and perform cultural dances, come join us every Tuesday night at 7pm.

Contact Adrine Chong - [adrine@msbca.ca](mailto:adrine@msbca.ca)

## **JOY OF DANCING**

**Every Saturday from 10am to 12 pm**

Lead by Adrine Chong

A low impact, recreational dance class that caters all ages. We dance to a variety of music, using cha cha, mambo plus many more steps and movement.

Contact Adrine at [adrine@msbca.ca](mailto:adrine@msbca.ca) to register.



## **Singing Program**

**FRIDAYS**

**4pm - 7pm**

Contact [events@msbca.ca](mailto:events@msbca.ca)

# MSB SPORTS

Upcoming sports events. Register online at [www.msbc.ca/events-calendar](http://www.msbc.ca/events-calendar) or email [yenson@msbca.ca](mailto:yenson@msbca.ca)



## PING PONG SUNDAYS

We welcome everyone to play, learn and compete in our Recreational Ping Pong on Sundays.

**When:** Sundays (except when there is Sunday lunch or special event. Please refer to our MSBCA calendar for updates or contact [events@msbca.ca](mailto:events@msbca.ca))

**Time:** 2:30pm to 4:30pm | **Where:** MSBCA Clubhouse

**Cost:** Free-of-charge. However, donations are appreciated.

**Note:** Please bring your own refreshments and if you wish, bring some snacks to share.

MSBCA would like to thank Edward Lee and Sunridge Badminton Center for their continued sponsorship.

## Sunridge Badminton Centre

401 33 St NE #4, Calgary, AB T2A 7R3

[www.sunridgebadminton.com](http://www.sunridgebadminton.com)

Canada's largest privately owned badminton facility with  
16 professional courts. Located in Calgary, AB



Call Edward Lee for details and bookings (403) 263-9222

# UPCOMING FOOD MOMENTS COOKING CLASSES

Please follow us and register on [www.msbca.ca/events-calendar](http://www.msbca.ca/events-calendar) for more info!

## MARCH 7 - Gelatin Art Cakes

Learn how to make wonderful, edible, glass-like, gelatin art cakes! Participants will learn to use different gelatin art tools and how to draw different flowers.

Cost: \$15.

Volunteer Instructor: Cherrie Koetruambun (Thailand)

When: March 7th, 2020 (Saturday)

Time: 3:00 PM – 6:00 PM

Where: MSBCA Clubhouse

Register by March 4, 2020 online at [msbca.ca/events-calendar](http://msbca.ca/events-calendar)

The cooks and assistants are volunteering their time to facilitate the class, so we would appreciate that all participants help with the cleaning and tidying of the kitchen after the class. Thank you!



# “MASALA SPICE” COOKING CLASS MALAYSIAN-INDIAN CUISINE

MARCH 22, 2019 (SUNDAY) | 11:00AM - 1:00PM

VENUE: MSBCA CLUBHOUSE

MAX PARTICIPANTS: 15

## MENU - VEGETARIAN SPECIAL



Stuffed Okra with Spices



Salad



Shahi Paneer (Indian Curd Cheese) Curry w/vegetables



Punjabi Paratha



Masalah Chai



Fennel Cooling Drink

NOTE: CONTENT/MENU MAY BE SUBJECT TO CHANGE AT THE DISCRETION OF THE INSTRUCTOR.

VOLUNTEER INSTRUCTOR: CHARAN JEET KAUR

COST: \$15

REGISTER BY MARCH 18 ONLINE AT [WWW.MSBCA.CA/EVENTS-CALENDAR](http://WWW.MSBCA.CA/EVENTS-CALENDAR)

*The cooks and assistants are volunteering their time to facilitate the class, so we would appreciate that all participants help with the cleaning and tidying of the kitchen after the class.*

*Thank you!*

# SUNDAY CULINARY ART LUNCH EVENT PENANG CHAR KWAY TEOW



Next Upcoming Lunch:  
April 26 - Kway Teow Th'ng (soup)

**SUNDAY, MARCH 29, 2020**  
**MSBCA CLUBHOUSE - 11AM TO 2PM**  
**#301 114-3RD AVE SW**

By Team Ah Hock  
Limited servings - 50 servings

Members: \$10 per plate  
Non-Members: \$12 per plate

Book your spot online [msbca.ca](http://msbca.ca) by March 25  
After deadline, call or text Ah Hock at 403-880-8885 to  
pre-order or for an update.

*Complimentary Chinese tea*

**We Aim for Quality!**

# MSBCA Members Performed at the Cultural Centre on CNY Day

Once again our Ladies from MSBCA has outshined at the Cultural Centre on January 25, 2020, with their amazing performance.

Our Premier Kenny was at the event and our ladies each received an angpows from him.



# Food Moments Indian Cooking Highlights

On February 1st food moment cooking class, we had a wonderful small team of seven who had made cooking class super-duper a memorable one again. The initial menu was only Butter Chicken, Naan, Salad and Yoghurt Drink, but having a wonderful team made me want to cook more, so I added sweet desert, Gulab Jammu, Papadam, Lemon Pickles and Herbed Rice and Chai Tea, I enjoyed cooking.

Following is quote from Ms Lucie Dodd who attended for the first time my cooking class...

«The cooking class on February 1st, which was Food Moment was a delightful one.

All seven of us were willingly participating and jumping in and helping from chopping, to stove work to dishes. Charan Jeet, showed

us how to prep and make Butter Chicken, Garlic Naan, Lemon Pickles, Gulab Jammu from scratch. We also enjoyed fresh tomato salad, herbed rice, papadam, chai tea, and cumin mint yoghurt. All of this in two hours with an amazing teacher who made everything flow with grace and patience. I am on for other cooking classes!!!

What was an integral part of the cooking was sitting down and having a great meal and wonderful conversation with a very diverse group of people from a variety of places.”

I really appreciate each and every one for helping out.

*Thank you.  
VP Singapore  
Charanjeet Kaur*



# MSBCA CNY 2020 Celebration

Chinese New Year Banquet on Saturday, February 8, 2020 at Magnolia Banquet Hall. More photos available on [www.msbc.ca](http://www.msbc.ca)



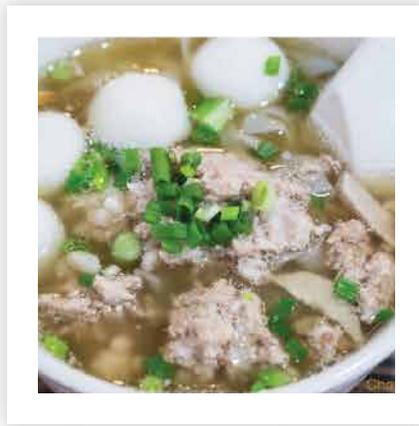
# SUNDAY CULINARY ART LUNCH EVENT

## SAVE THE DATES FOR 2020



**March 29**

Penang Char Kway Teow  
By Team Ah Hock



**April 26**

Kway Teow Th'ng (Soup)  
By Team Jill



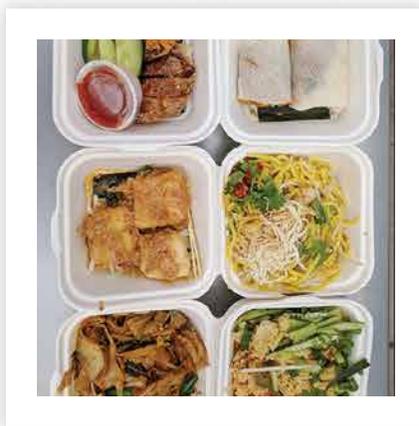
**May 31**

TBA  
By Team Mari Memasak



**June 28**

TBA



**July 25 (Saturday)**

KOPITIAM  
2020

*Limited Servings - more details to come.  
Please note that the proposed menu is subject to change*

*Complimentary Chinese tea  
Call or text Ah Hock at 403-880-8885 for more information.*

**We Aim for Quality!**