The Official Newsletter of MSBCA Calgary

A Non Profit Organization Since 1989

MSBCA MOSAIC

Malaysian Singaporean Bruneian Community Association

WWW.MSBCA.CA

SEPTEMBER 2019

Food Moments is Back!

Mari Memasak Highlights

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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 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

Like MSBCA Calgary on Facebook!

@msbcacalgary

The President's Message

JONATHAN LOOI

Dear members and friends of MSBCA,

Saturday, August 31, Malaysia's National Day, coincided with our 3rd annual Kopitiam street food sampling event. The clubhouse was packed between 3pm-5pm as dozens and dozens of guests came to try various delicious food from Malaysia, Singapore and Brunei. I'd like to deeply thank Jesse for organizing this event and leading a team of great cooks and other volunteers. In fact, several guests remarked that MSBCA should do this once a month rather than once a year!

Maybe not yet… But what does take place once a month (at the minimum) are our cooking classes, which is another way to learn about and to try your hand in making some of the dishes featured at Kopitiam. I hope that our members' recipes may always be passed on from generation to generation. Very honestly, in Calgary, many are dishes you can't really buy in a restaurant or store, so they must be shared and enjoyed from person to person.

In September, there will be several public performances of MSBCA in local and distant places.

On Sunday, September 15, a tour group consisting of nearly 100 volunteers, performers and assistants will visit the Great Canadian Barn Dance to showcase our heritage and cultures to rural communities around Hill Spring, Alberta. This is a new exciting project for our association and organizers of the GCBD are looking forward to hosting us, meeting us, and showing us a bit of country culture as well! Participating in this group is full; however, all are welcome to visit the GCBD as it is open to visitors by entrance fee.

On Saturday, September 21, our performers will showcase a music-and-dance skit at the Pasar Malam hosted by our friends in the Canadian Indonesian Social Club at the Calgary Chinese Cultural Centre. This is also by paid admission to the CISC.

Members, our annual general meeting is coming up and will be held in mid-October. Our Board of Directors will continue their positions into their second year in 2019-2020, while several new positions will be open for nominations too. I know some of our members may be considering joining the team. My words of encouragement are: get to know your fellow members, join several activities and events, and offer (and receive) a helping hand whenever you can!

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

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

MSBCA COMMITTEE MEMBERS
2018/2019

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YOUR BOARD OF DIRECTORS

Left to Right: Blair, Helen, Jonathan, Charanjeet, Adrine, Agnes, Yenson

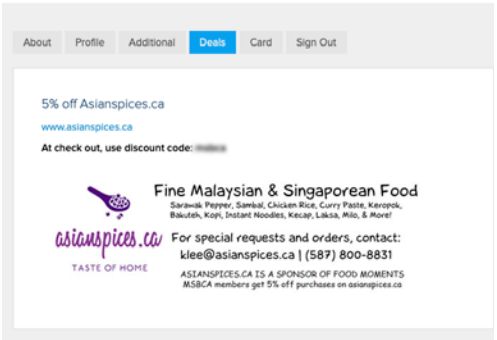
ONLINE MEMBERSHIP

There are a couple of new tabs within your online account! When you log in, you will now see a 'Deals' tab and a 'Card' tab

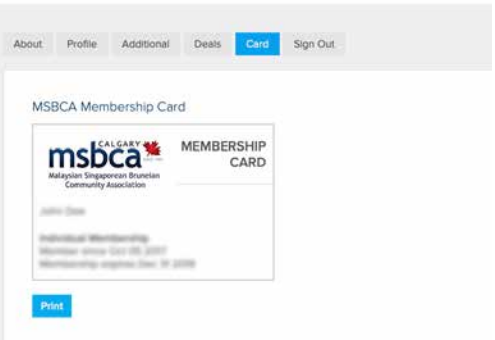
DEALS – Any special offers/discounts, available to members, will be listed in this section. Currently, there are discounts available from Asianspices.ca and Eye Class Optometry.

CARD – This is where you can print out your MSBCA Membership Card. For example, you can show this card to Eye Class Optometry to receive discounts.

My Account



My Account



MPro MATH LEARNING CENTRE INC.

Kids' Coding Fun Class

- $99 (10 Saturdays)
- Text-based Coding, Python, Javascript
- Grade 4+, Small Class Size

visit: www.mathpro.ca/coding

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. *View full event calendar at www.msbca.ca/events-calendar*

SEPTEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 7am - deep main &	2	3	4 11:30am - Basic 1:30pm - Qigong - 6pm - Shared Space-	5 10am - Tai Chi - 1pm - Home visiting	6 1pm - Karaoke - 4pm - Singing	7 10am - Joy of 1pm - Dance 3pm - Food
8	9 11am - Advance 1:30pm - QiGong - 5:30pm - Mind	10 7pm - Dance	11 11:30am - Basic 1:30pm - Qigong - 6pm - Shared Space-	12 10am - Tai Chi - 1pm - Home visiting	13 1pm - Karaoke - 4pm - Singing	14 10am - Joy of 1pm - Dance 4pm - Mari Memasak
15	16 11am - Advance 1:30pm - QiGong - 5:30pm - Mind	17 7pm - Dance	18 11:30am - Basic 1:30pm - Qigong - 6pm - Shared Space-	19 10am - Tai Chi - 1pm - Home visiting	20 1pm - Karaoke - 4pm - Singing	21 10am - Joy of 1pm - Dance
22	23 11am - Advance 1:30pm - QiGong - 4:30pm - Shared	24 7pm - Dance	25 11:30am - Basic 1:30pm - Qigong - 6pm - Shared Space-	26 10am - Tai Chi - 1pm - Home visiting	27 1pm - Karaoke - 4pm - Singing	28 10am - Joy of 1pm - Dance 4pm - Mari Memasak
29	30 11am - Advance 1:30pm - QiGong - 5:30pm - Mind	1	2	3	4	5

Family Memberships $25/year

Individual / Single parent family $15/year

www.msbca.ca/membership/

MSB COMMUNITY

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

Upcoming Events

September 2019

7th Food Moments
14th Mari Memasak
28th Mari Memasak

October 2019

5th Food Moments
12th Mari Memasak
20th AGM
26th Mari Memasak

November 2019

2nd Diwali Night 2019

MARI MEMASAK

Mari Memasak is Malay for

"LET'S COOK!"

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

September 14 & 28, 2019

4pm to 9pm

LIMITED SPACE.
Please register to participate.
Call Adeline (403) 383-1689

We welcome volunteers who are interested to help.

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**.

MSB COMMUNITY

Qigong

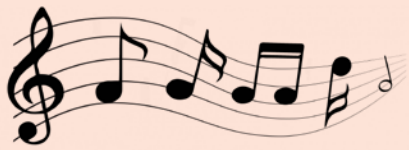
Every Monday & Wednesday
1:30PM - 3:30PM
Contact events@msbca.ca

Basic Qigong

Every Wednesday | 11:30AM - 12:30PM
Contact events@msbca.ca

Tai Chi Practice

Thursdays 10am - 12pm
Drop-in session for those interested in practicing.
Contact events@msbca.ca



Singing Program

FRIDAYS
4pm - 7pm
Contact events@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 to register.

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

MSB SPORTS

Upcoming sports events. Register online at www.msbca.ca/events-calendar or email yenson@msbca.ca

PING PONG TOURNAMENT

Date: TBA
Venue: clubhouse
Cost: Free for member, $2 for non-member
Register by: TBA
Capacity: max limit 20 people

Been wanting to show off that new skill you have been practicing all winter? Sign up now for the MSBCA Ping Pong Competition! All games will be played in singles format. This is a social event, family or those who are not participating in the competition are welcomed.

- Bring your own racquet, ball provided
- Light snacks and drinks provided

EYE CLASS
OPTOMETRY

#123, 233-16th Ave NW, Calgary | Phone: 403-984-EYE3 (3933)

Email: info@eyeclass.ca | Contact: Jing Jing Wang | www.eyeclass.ca

BENEFITS FOR MSBCA MEMBERS AND FAMILY OF MEMBERS.

Members will provide their name to Eye Class Optometry who will verify through the membership list provided by membership director.

- 20% OFF Comprehensive vision & eye health examination which includes complimentary photos of your retina and laser scans of your eyes using state-of-the-art ocular coherence tomography for first time patients.
- 50% OFF all brands of eyeglass frames or lenses (the lesser of the two) when you make a complete eyeglass purchase
- 30% OFF all sunglasses with no brand or style restrictions.
- 20% OFF contact lens fitting fees

FOOD MOMENTS PRESENTS

Green Curry Chicken, Papaya Salad and Glutinous Rice Balls

When: September 7th, 2019 (Saturday)
Time: 3:00 PM – 6:00 PM
Where: MSBCA Clubhouse

Instructors: Kaew McKinnon and Pana Verhaest
(Our friends from the Alberta Thai-Canadian Association)

Note: Content/menu may be subject to change at the discretion of the instructors.

Register online at: www.msbca.ca/events-calendar
Registration deadline: September 4th, 2019
Limit of 15 participants.

For more information, please email kitchen@msbca.ca

Estimated cost sharing amount: $15 – $20. Please bring cash to the class.

Note: All participants will be expected to help clean and tidy the kitchen.

Cooking equipment generously funded by The Alberta Gaming, Liquor and Cannabis Commission

asianspices.ca
TASTE OF HOME

Fine Malaysian & Singaporean Food
Sarawak Pepper, Sambal, Chicken Rice, Curry Paste, Keropok, Bakuteh, Kopi, Instant Noodles, Kecap, Laksa, Milo, & More!

For special requests and orders, contact:
klee@asianspices.ca | (587) 800-8831

ASIANSPICES.CA IS A SPONSOR OF FOOD MOMENTS
MSBCA members get 5% off purchases on asianspices.ca

MSBCA IS PROUD TO BE A COMMUNITY PARTNER OF THE 20TH CALGARY INTERNATIONAL FILM FESTIVAL IN SUPPORT OF

FLY BY NIGHT

An electrifying neo-noir that dives deep into the Kuala Lumpur underworld and depicts a taxi extortion operation fuelled by two brothers. Directed by Zahir Omar.

https://www.calgaryfilm.com/films/2019/fly-by-night | @calgaryfilm #CIFF20

Limited free tickets will be available shortly. Stay tuned!

SHOWINGS: SEPT 24 6PM & SEPT 25 9PM

20TH CALGARY INTERNATIONAL FILM FESTIVAL
presented by ATB

CALGARY msbca SINCE 1989
Malaysian Singaporean Bruneian Community Association

Mari Memsask Highlights

Dishes that were made:

Main Dish: Chicken Rice, Chicken Vegetable Soup, Hainanese Chicken, Spicy Dried Prawn Beans, Soya Sauce Chicken

Condiments: Chicken Rice Chili, Fresh Chili in Soya Sauce, Sesame Soya Dipping Sauce, Onion Ginger Dipping Sauce

Desserts:, Kek Sarang, Steam Yam Cake, Kueh Bingka, Kaya Jam Seri Muka, Gula Melaka Jello, Red Bean Jello, Chiffon Pandan Cake

Wai Kwan Senior Home Visit

Story and photos by Frances Ng

19 Volunteers from MSBCA participated in Wai Kwan Manor Performance on Aug 8, 2019. We had a great time with around 80 seniors who attended this event that morning. This event took place at the ground floor hall of Wai Kwan Manor.

Programs included Singing, Dancing, Qigong, and Lucky Draw. It was a great success.

A huge thank you to Rosalind Lee, Kendy Lo and Muriel Tsoi who organized this event; to all volunteers that worked on this event; and to the following individuals who made gift donations:

Deng Xiang Ying, Thi Cam Diep, Rosalind Lee, Elsie Sze, Muriel Tsoi, Frances Ng.

This was a good experience for all of us.

Otmasuri Festival 2019 Performance

MSBCA dancers performed at Otmasuri festival on August 10.

East Meets West

MSBCA Bus Tour to the Great Canadian Barn Dance

Featuring performances, cultures & stories from Malaysia, Singapore & Brunei!

SEPTEMBER 15, 2019
11am to 5pm

Great Canadian Barn Dance

For inquiries, please contact
events@msbca.ca

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