



MABC NEWSLETTER – DECEMBER, 2007

PRESIDENT'S MESSAGE



Christmas is a favourite of winter celebrations – a time for traditions such as parties, baking cookies, trimming the Christmas tree, decorating the home and family get-togethers. It's enjoyed by all, children and adults with parties and the exchanging of gifts.

As we approach the end of 2007 we enjoyed many Hari Raya open houses and parties and with Christmas fast approaching and the close out of a very enjoyable and successful year 2007.... December is the month to celebrate with gifts and parties lah!!!

Participate in the excitement of the countdown to New Year 2008! Then on January 1st, 2008, at 2:30pm let's all meet at English Bay and start the New Year with a crisp new outlook. Watch and for the really brave, dive into the ice-cold waters of English Bay for the annual Polar Bear Swim. Started in 1920 with only 10 swimmers the event now attracts over 2000 yearly. Take the plunge and become an official member of the Vancouver Polar Bear Swim Club.

With the lunar New Year dawning upon us, MABC is kicking off the "New Year of the Rat" with our Chinese New Year doodah!!! Come Friday, February 15th, 2008 starting at 6:30pm. Enjoy a 10 course Chinese dinner with entertainment, dancing, singing and prizes. Invite all your family, friends and business associates to celebrate Chinese New Year with us at Royal Chinese Restaurant, Richmond (Garden City & Blundell). Your Board has been working hard in preparing and organizing this event to ensure its success. You do not want to miss it! Tickets are \$35.00 per person and are available from any MABC Director.



Apa khabar? Khabar baik! Terima kasih!!! Once again I invite you all to put your fingers to the keyboard, email us and drop us a line. This is also your corner and we'd love to hear from you. Or call me (604-306-1956) if you don't like to write. I'll be happy to be your ghost writer lah. Boleh lah... Apa lah??? I'll continue to seek your response and hope one day I'll get lucky and hear from more of you.

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As we close off this year I'd like to acknowledge all the assistance and advice I have received from our Past Presidents, Pamela Drakos, Andrew Annuar, Guilbert Ho (Founder Director), Aria Ganesan (Founder Director & Director), Datuk John Bell (Former Canadian High Commissioner to Malaysia), Brian Nosko (VP Walmart), Sam Carter (Professor, Emily Carr Institute), our Patron, Consul General Mr. Hassan Bal, Ex Officio/Vice Consul, Mr. Aliman Saad and Mr. Abdul Haris, Vice President Malaysia Tourism. And not forgetting my other fellow Directors Stan Ghanason, Luke Tham, Helen Yeoh, Patrick See, Boo Jock Chong, Philip Woo and all our members for your past and future support in continuing to build MABC into a growing, strong and vibrant Association.

Selamat Hari Natal dan Selamat Tahun Baru!!!
Merry Christmas! Seasons Greetings and Happy New Year!!!
Good Health, Love and Peace!



WELCOME TO NEW MABC MEMBERS

Congratulations to our Membership Director, Stan Ghanason for the effort in recruiting the following new members:



Mr. Nava Namasivayam and Mrs Kamala Namasivayam
Krishna Reddy and Roshni Reddy
Swen Mahasen
Raymond Lim
Michael Loh
Jaga Segaran
G.K. (Lal) Bangah
Mr. Sivanasen Namasivayam
Mr Chee Yang and Mrs Florence Yang
Mr Ron Barker
Dr Denis Thanh

Let's all set a News Year's goal of recruiting at least one new member and our membership size will double allowing us to undertake more substantial projects and events.

WELCOME NEW LIFE MEMBERS

Tony Eng
Luke Tham
Stan and Sally Ghanason

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POINSETTIA **THE PLANT FOR THE HOLIDAY SEASON**

Poinsettias are recognized as the plant for Christmas and the Holiday Season. Poinsettias originated in Mexico and were brought in the United States and Canada in the early 1800's. These plants come in many colors and sizes and will surely add to your Holiday spirit.



Hints on Choosing and Caring for a Poinsettia Plant

With so many varieties available you should have no problem finding one with the colour that's just right for you. When shopping for your poinsettia, select one with the most blooms. These are the one of highest value. These plants are very sensitive, so don't expose them to extreme temperatures. Always cover them in plastic when transporting them in cold weather and keep them away from drafts and heat sources. Water the plant only when the soil is dry.



MABC SKI EVENT

In anticipation of our MABC Ski Event to take place in the New Year, our sports committee member, Peter Young has contributed the following article for first time skiers. Thank you, Peter.

SKIING FOR THE FIRST TIME CAN BE FUN



Skiing can be a wonderful way to enjoy the outdoors in the winter, but to the novice, mastering the mountains, the lifts, and the equipment can be quite intimidating. When learning to ski, it is advisable to take a lesson with a licensed ski instructor before hopping on the lift. Every ski resort offers lessons for beginners. For starters, here are a few tips on beginning the climb up to your very first, powder-covered mountain.

The most important thing you will learn when beginning to ski is control. It is advisable to select shorter skis than longer ones as this will help you control your initial steps on the slopes. Use the poles as a balancing device, and shift your weight back and forth on both skis. As a beginner, the poles will act as your crutch, giving you legs the confidence they need to experiment shifting weight back and forth on the snow.

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As a first time skier, it is advisable not to head right on to the lift. As you will learn in our lesson, it is important to learn the basics of skiing on firm ground before descending down a mountain. After you begin moving on your skis, sliding back and forth from leg to leg, you must learn how to stop. In order to slow your momentum, you simply invert your skis, pressing the tips of the skis closer together. It is important not to every cross your skis, this will most likely result in a tumble in the snow. Another way of progressing more moderately down a hill is to ski from side to side, not straight down the hill. As you begin to descend down the hill, think about moving from right to left on your skis. The skill will come along, but it requires shifting your weight from side to side, the skis will then naturally turn in the direction you are trying to head. As you shift to the right side, your left ski should slightly come off the ground, while your weight shifts to the right ski in the direction you are heading. Going from side to side down the mountain will help the beginner retain control, by helping you to slow down, and will also allow you to work on your technique.



One of the best ways to learn how to turn on your skis is to take all the weight off the ski that is going to be on the inside of your turn. For example, if you want to turn right, take all your weight off your right foot and ski. Taking weight off the one foot is the same thing as transferring your weight to the other foot. Then, if you want to turn down the hill, take all of your weight off your downhill ski. The easiest way to take your weight off of a ski is to lift the heel of your foot slightly off the ski. It is really as simple as this: to turn right, lift the right heel, to turn left, lift the left heel. Be careful all the while not to lift the entire foot, this may result in a fall. Also, resist the temptation to twist your skis, because they will turn on their own, with your shift in body weight.

It is advised that beginning skiers should practice balancing on just one ski before hitting the slopes. To do this, lift one ski a few inches off the floor and observe how your body adjusts its balance. You should become comfortable with skiing on one foot, before becoming proficient skiing on two.

Of course many beginners will most likely fall at the start. This might be perhaps the biggest challenge when learning to ski. Falling will seem like a natural way to avoid flying down the hill at a high speed, and it is relatively pain-free, since you will land on powdery snow, but the challenge lies in getting off the ground. For most people, learning to get off the ground with skis on is a very frustrating task. You will have to learn the best way of balancing your weight, using your poles helps, and planting your stronger side on the ground is also helpful. All it really takes is a little practice to master getting up.



A good skier is one who shifts his or her weight back and forth, kicking the skis out from side to side in the snow. The best skiers tend to ski with their feet further apart. Their skis even get slightly out of parallel, making them almost look bowlegged. An open

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stance allows the feet and legs to work independently. An open stance also allows one to get on a high edge when turning.

Finally, it is important to remember that equipment is an important part of learning to ski. Remember to choose shorter skis for an initial run, this will allow you to gain more control. Also, make sure you have chosen a ski boot which is not too tight or too loose. The ski boot is the most important piece of equipment you will wear when skiing, so make sure they fit comfortably. Remember to dress in warm, waterproof clothing, and have fun on the slopes. See you there!!!



WOULD YOU LIKE TO LEARN TO DANCE?

Join our resident MABC Dancing Queen and King. Crystal Ballroom, 768 S.W. Marine Drive, Vancouver is offering the following Special:



Beginners: Half Price Sale! \$45 for 8 Group Lessons (Regular \$90)

This Half Price Special is for all Group Classes – Beginners, Bronze, Silver, Gold and Gold Star and purchase of Half Price Special must be made before December 15th, 2007. Group classes can be joined at anytime during the year. Packages purchased are valid for 12 months. There are Free Nightly Dance Practice Parties for Beginners and Bronze students Monday to Thursday.

Come and discover the joy and health benefits of dancing! Crystal Ballroom Dance School is considered by some to be the most successful Ballroom Dance School in Vancouver. The quality of professional instruction and the flexibility of the teaching program make it FUN while you learn at your own pace. When you buy a package of lessons you have a whole year to use them up. Impress your friends at your next party! Call Gina Hansen for more information 604-306-1956.



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“Join us on a Dance Cruise!”

Come and Experience the Diamond Princess



MABC is hosting a fully escorted group tour on a 7 day, 6 night repositioning cruise Los Angeles – Vancouver May 4 – 10th, 2008

**Special Group Pricing Includes Air from Vancouver,
3 Nights Hotel – Disneyland – 3 Nights Cruising plus all Transfers**

**Interior Staterooms from: \$559,
Oceanview from: \$629 Balcony from: \$689
(PP, Double Occupancy, Port Charges and Taxes \$235)**



Come aboard a vessel shimmering in elegance and grandeur. Princess will be your host for delightful dining and creative relaxation.

**During Cruise: Free Professional Dance Instruction
Jive, Waltz, Tango and more for all levels**

***Note: 3 & 4th passenger sharing same cabin, total package from \$329pp
plus port charges taxes \$235**

For availability & more information call Gina Hansen, 604-306-1956

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Your MABC Board of Directors for 2007-2008 is:

Name	Telephone #	Email Address:	Occupation	Where from:	MABC Responsibility
President:					
Gina Quah Hansen	604 306 1956	gina@sunclubtravel.com	Owner, SunClub Travel	Penang	Everything: Special Projects, Editor
Vice-President:					
Boo Jock Chong	604 724 5625	cebejay@gmail.com	Businessman	Penang	Everything too: Special Projects, Golf, Business Development
Secretary:					
Luke Tham	604 781 8988	luke_tham@hotmail.com	Owner, Bridgeport Post Office	Ipoh	Secretary, Building Fund
Treasurer:					
Helen Yeoh Leong	604 942 6966	helenyeoh23@hotmail.com	Homemaker	KL	Treasurer, Social
Directors:					
Patrick See	778 895 8168	patricksee@canada.com	Realtor	Cameron Highlands	Sports
Stan Ghanason	604 326 0022	ghanason@shaw.ca	Retired	KL	Special Events, Membership
Aria Ganesan	604 924 5490	aganesan@shaw.ca	Retired	KL	Director At Large
Philip Woo	778 238 1498	philipwoo@shaw.ca	Land Project Development, Consultant		Special Projects, Fund Raising, Building Fund
Ex Officio:					
Aliman Mohd Saad	604 685 9550	mwvcouvr@axion.net	Vice Consul		
Auditor:					
Guilbert Ho	604 926 4642	guilbertho@shaw.ca	Businessman	KL	
Web Master:					
Azroy Kandan	604 222 1411	gokun2@gmail.com	Java Developer	Petaling Jaya	Sub-Editor

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The Malaysian Association of BC (MABC) was founded in January 2002 to promote Malaysia to Canadians and to bring together Malaysians living in BC through educational, economic, social & cultural activities.