



## Feb 2007 Newsletter & Events Calendar

### PRESIDENT'S MESSAGE

"Keong Hee huat chey" (in Hokkien), translated to mean "Congratulations and be prosperous". When I was young, Hari Raya and Chinese New Year were the two festivals I most looked forward to. The festivities of these two events were fun. Not to mention, they were financially rewarding too. As a child, one could really make some serious money on these two occasions when Duit Raya and Ang Pows were handed out.

For Chinese New Year, my memories are filled with hectic preparations in the morning when we would visit the elders. We would also have a weekend when we hosted our family's "Open House" day. I remember my mom would spend 2-3 days cooking and preparing all kinds of dishes. I can see now that it was a lot of work on my mom's part but the merriment and spirit of the season stayed with me till this day.

Living in Canada has given me a chance to reflect and search for an identity that makes me who I am. The sense of belonging has eased the adaptation and perpetuated towards a desire to build a home...far away from home. Many of us arrived in Canada, without our families but have been able to find a sense of community through our Associations instead. It is important that we gather frequently to socialize and celebrate festivals that are unique to both ours and Canadian culture. The friendships and close family ties many of us have built over the years has created a small well knit Malaysian community in Vancouver that we all cherish.



### CHINESE NEW YEAR

The Board of Directors wish all members "Gong Xi Fa Cai" (ok, in Mandarin now!). Feb 18<sup>th</sup> is the first day of the first lunar month in the Chinese calendar. This is a time of year when Chinese travel home to have reunion dinners with their families on Chinese New Year's Eve (Feb 17<sup>th</sup>). The new year is celebrated for 15 days and ends with a Lantern Festival or Chap Goh Mei (literally translated to 15<sup>th</sup> night) in Hokkien.

It is that magical time of year again - Chinese New Year - and 2007 is the Year of the Pig. Pigs are models of sincerity, purity, tolerance and honor. They are careful, caring, obliging and chivalrous. Put your trust in him, he won't let you down and he will never try to. Pigs simply want to do everything right. Pigs are the people everyone admire most. Make a list of the Pigs in your life: aren't they the nicest, most loving and scrupulously caring people around?

Have you swept your house of all dust & dirt in preparation for CNY? Have you bought your new clothes for the whole family? How's that CNY-eve dinner prep going? Open house anyone?

More Chinese New Year info avail at the following blog: <http://webs-of-significance.blogspot.com/2007/02/traditional-chinese-new-year-practices.html>

Aberdeen Center in Richmond is having their annual dragon and lion dance event. Sunday Feb 18<sup>th</sup> at 11am. My kids look forward to this event (and the requisite dressing up in Chinese clothes!) each year! <http://www.aberdeencentre.com/en/activities.php>

### BADMINTON TOURNAMENT A SUCCESS

On January 20<sup>th</sup>, 2007 your club held it's 3<sup>rd</sup> Annual Badminton Tournament. There was a great turnout with over 50 players. Congratulations to the following winners:

#### Beginner Level:

Champion VincentTan/Molly Chew  
Runner-up Quisha Girard Lau/Clement Yapp

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### **Intermediate Level:**

Champion Kel Tang/Richard Ong (2<sup>nd</sup> time!)  
Runner-up David Bol/John Bol

We thank everyone who participated and congratulations to all the players who took part in the tournament. Thanks to Consul General, Vice Consul and VP Tourism Malaysia Harris for being "sporting" and joining us that day. Consul General, Mat Dris Hj Yaacob presented the Piala Pusingan (we like to call it the MABC Thomas Cup!) to the winning teams.



The Thomas Cup presented to Kel & Richard!

### **MALAYSIA VOTED WORLD'S BEST DESTINATION**

Malaysia was voted the world's best destination for 2006 in a survey conducted by US-based business travel publication, Global Traveler after collecting the opinions of over 13,000 of the magazine's readers who are regarded as an elite group of international travelers.

Malaysia was selected over other renowned destinations such as Hawaii, Bali, Singapore, Hong Kong, Italy, Phuket, South Africa, Fiji and Australia. In another report, global financial services company, UBS, reported that Malaysia was the "Best Bargain" for business travelers.

OK....we all knew that!....but since the secret is now out, lets share it with all our non-Malaysian friends and tell them that 2007 is the year to visit Malaysia to help celebrate our 50<sup>th</sup> year of Independence. For specific 2007 Visit Malaysia events go to our new website [www.mabccanada.com](http://www.mabccanada.com) and click the Resources link. Then click the link to Malaysia Tourism for a full listing of events in 2007.

### **NEW EVENTS**

1. All members of MABC are invited to attend a **Chinese New Year Countdown** at Richmond Pro, Unit 130-5800 Minoru Blvd., Richmond. Tel: 604-231-0999 from 11:00pm to 1:00am on February 17, 2007. Cakes and refreshments will be served. Bring your racquet and bird for a complimentary fun game. Drop in rules apply. There will also be a raffle draw and 20 prizes to be given away.
2. **Join the MABC Gourmet Makan Club** on February 21<sup>st</sup> (Wednesday) starting at 6:00pm at Tamarind Hill Malaysian Restaurant, Unit 103 – 628 – 6<sup>th</sup> Avenue, New Westminster. Tel: 604-526-3000. This will be a Dutch Treat and members can order separately from the menu. No reservations required...just show up with your family and friends. We have seats blocked. The Gourmet Makan Club will be a monthly event at a new restaurant (selected from a majority of member suggestions). This will be a great opportunity to mix and socialize with fellow Malaysians and friends. The Gourmet Makan Club will sample many gourmet selections over the course of the year including other Malaysian, Thai, Vietnamese, Korean, Indonesian, Singaporean, Indian and maybe the odd Canadian Restaurant....(on second thought, let's forget the Canadian Restaurants....too bland!!)
3. **Snowshoeing, March 3<sup>rd</sup>, 2007 (Saturday) 10:00am-12noon.** Arrive early at 9:30 for registration and shoe fitting. This is our 3rd Snowshoeing event and it is open to all ages. Discover the winter world of animal tracks, bird life, special trees, and snowflakes. We will be supervised during the entire program by qualified naturalist guides. Experience this fun and unique educational adventure. Pre-registration is required. Cost \$25.00 for adults. \$20.00 for children/youth/seniors. Includes: Snowshoes, pre-trip information, interpretive guide, area pass and hot chocolate at end of trip. Please e-mail: [gina@sunclubtravel.com](mailto:gina@sunclubtravel.com) or call her at 604-321-6012 to reserve your spot.

### **OTHER NEWS**

1. Our new website for our club is now live at [www.mabccanada.com](http://www.mabccanada.com). Please e-mail us your favorite Malaysian recipes that can be posted on our site and shared with all our members. If you have a business please e-mail us so we can include your business in our Business Directory so that our members can support our fellow Malaysians.

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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.

2. Our Annual General Meeting is coming upon us soon and we will be proposing a Special Resolution to increase our Board of Directors from 8 to 15. All our Board Members are volunteer and by increasing the number of Directors, we propose to increase the number of activities that can be organized and held each year. We have several ambitious plans in the works and we will welcome your participation as a Board member to assist us in our continued growth and success for our Club. Call Gina for further information at 604-321-6012.

## **FOOD: by Pamela Yoon Drakos**

**Starting the month, we will feature one city/regional cuisine each month. So, we start with Ipoh (why Ipoh, cuz I am from Ipoh!) food this month. Next month, we will feature Seremban food. Hopefully, you will find this as inspiration to start cooking some delicious mouth watering local fare and invite some friends to share with you.**

- **Bean Sprouts Chicken, and Hainanese chicken rice** (Cantonese *nga choy kai*). This consists of chicken meat, assorted chicken innards and beansprouts (served in the case of Bean Sprout Chicken, may be omitted in Hainanese chicken rice) boiled in the abovementioned hard water and served with soy sauce and sesame oil. As mentioned above, due to Ipoh's water, Ipoh's bean sprouts are shorter, thicker and difficult to find elsewhere.
- **Chee cheong fun** (Cantonese). This is a breakfast dish which consists of large flat pieces of flat rice noodles rolled up and served with sweet or spicy sauce. Unlike the chee cheong fun in Kuala Lumpur, Ipoh has it with minced pork sauce and mushrooms, topped with preserved green chilli, a sprinkle of deep-fried shallots and sesame seeds.
- **Dim sum**, or dumplings and other delicacies typically served for breakfast or lunch, are also widely enjoyed by the locals of Ipoh.
- **Flat noodles** or Ipoh "Hor Fun" (from Cantonese *hor fun*). These are flat rice noodles prepared in the hard water. There are two varieties. *Sar hor fun* - is served in a clear chicken and prawn soup with chicken shreds, prawns and spring onions. *Chau hor fun* is fried with a little dark gravy, as opposed to Penang char kway teow which has no gravy but is fried with egg, prawns and cockles. It is also different from Cantonese-style *wat tan ho* which is completely immersed in clear, egg-starch gravy.
- **Fried cuttlefish vegetables** (Cantonese *yau yee oong choy*). This is a dish of cuttlefish with *kangkung* and sweet and spicy sauce on top.
- **Hakka Mee** is a type of noodles. It is yellow in color, normally served in soup and with meat such as pork or chicken fillet. *Hakka Mee* originated from the town of Seremban further south.
- **Ipoh laksa**. Laksa in Ipoh tastes sour and spicy, different than Penang laksa, which is sweet. The noodle soup contains prawn paste.
- **Salt-steamed Chicken (Yim gouk kai)**. This dish is prepared by using paper to wrap one whole chicken together with salt and certain Chinese herbs and double-steamed for several hours. With this cooking technique, the meat will not lose its tenderness and the essence of chicken can be preserved as well. The combination of salt and herbs gives the meat a unique flavor.
- **Satay** is meat served on a skewer, served with peanut sauce. The Ipoh satay is similar to satay served elsewhere in Malaysia.
- **Tempoyak** is a popular Malay delicacy. It is durian extract which is preserved and kept in an urn. Commonly eaten with chillies and other dishes; it is well known due to the popularity of its key ingredient, durian, among the locals.
- **Fragrant biscuits** (Cantonese *heong peng*). These are flaky biscuits with a sweet filling, and are bought as souvenirs by tourists to Ipoh. Among locals, 'heong peng' is famous in the suburb of Gunung Rapat, which is purportedly the pioneer in their production.
- **Fruits**. Ipoh is famous for its fruits, such as seedless guava, pomelos and durians. Pomelos are sold in front of *Sam Poh Tong*, along Gopeng Road (the old Route 1 that links the towns in Perak and neighbouring states). These stalls cater mainly for tourists driving into Ipoh. Alternatively, one can go right into the Tambun-Ampang area where most of the pomelo plantations are located to have more choices (and more competitive prices).
- **Ipoh white coffee**. This is made from coffee beans specially roasted with palm oil margarine. Ipoh white coffee is abundant in the Old Town of Ipoh. Many locals strongly believe that the aroma, taste and texture of the traditional "white" coffee blend is superior to commercially-packed sachets or those found outside Ipoh.

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- **Kampar Chicken Biscuits** (Cantonese *kai zhai peng*). They are also a popular souvenir for tourists to Ipoh. These are famous in Kampar, a neighboring town of Ipoh.
- **Kaya Puff**. These are pastries consisting of flaky pastry (akin to currypuffs) with coconut jam (kaya) filling.

**Your MABC Board of Directors for 2006-2007 are:**

<u>Name:</u>	<u>Telephone #:</u>	<u>Email address:</u>	<u>Occupation:</u>	<u>Where from?</u>	<u>MABC Responsibility</u>
President: <b>Gina Hansen</b>	604-321-6012	gina@sunclubtravel.com	Owner, SunClub Travel	Penang	everything!
Vice-President: <b>Gerald Lau</b>	604-945-3646	gcplau@shaw.ca	President, Invenacom	Kuching	everything too!
Secretary: <b>Luke Tham</b>	604-270-3031	luke_tham@hotmail.com	Owner, Bridgeport Postoffice	KL	Secretary & Membership
Treasurer: <b>Helen Yeoh-Leong</b>	604-942-6966	helenyeoh23@hotmail.com		KL	Social
Directors: <b>Edward Lee</b>	604-879-8616	e99lee@hotmail.com		Malacca	Sports
<b>Kel Tang</b>	604-803-5843	keltang@shaw.ca	Graphic Designer Madmoles Communications	PJ	Communications & website
<b>Richard Ong</b>	604-240-0088	richardong@mdi.ca	Ellie Tropical Cuisine	KL	Asst Special Projects
<b>Robin Lau</b>	604-512-6430	robinlau12155@hotmail.com	Marketing, Toyota Canada	Kuching	Special Events
Webmaster: <b>Dominic Wong</b>	604-719-3025	dominicw@shaw.ca			Webmaster
Immediate Past-President: <b>Andrew Annuar</b>	604-218-4536	aannuar@shaw.ca		KL	
Previous Past President, <b>Pamela Yoon Drakos</b>	604-623-3263	pamela_drakos@hsbc.ca	Investment Advisor Global Private Client Services HSBC Securities (Canada) Inc.	Ipoh	Newsletter editor & coordinator

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