



June 2007 Newsletter & Events Calendar

MABC CALENDAR OF EVENTS

JUNE 17: FATHERS DAY (see poem below from VP Gerald Lau on what it means to be a Dad...he could get a second job at Hallmark!)
(Ahad)

JUNE 23: Join us for a 2-3 hour guided paddle from Deep Cove in North Vancouver. Now is your chance to learn kayaking. Pamela Drakos will be leading the group. For more information go to www.deepcovekayak.com then email Pam at pamela_drakos@hsbc.ca and she will contact you with full details on time, costs and other details.
(Sabtu)

JULY 14: Our member, Peter Young, is our tour leader for any members and friends who wish to participate in an Organic Winery Tour, July 15th. We'll meet at a central point at 8am and it will be a whole day affair visiting a winery, dairy farm, organic vegetable farm, a flower nursery and a trout hatchery. This is a terrific opportunity to learn all about organic farming and the reasons why purchasing and consuming organic food is a better and healthier choice for you and your families. Bring your cameras as a professional photographer will be with us and she will share tips on how to take better photographs. Organizers are Peter and Gina, so please indicate your interest soon so that appropriate transportation and lunch can be arranged. There will be a nominal charge to cover any bus rental, if required, and lunch. Please call or email Gina @ gina@sunclubtravel.com
(Sabtu)

JULY 26: Our Consul General Mat Dris Haji Yaacob, has now completed his term and he will be returning home to the Ministry of Foreign Affairs at the end of July. As part of our Assn's tradition of hosting a farewell for the Consul General and his wife, we will be joining with MSBCA and MCBC to charter an entire yacht, departing from Granville Island at 7pm for a harbor and surrounding area cruise of Vancouver. Free parking is available on Granville Island. There will be a barbeque of salmon/chicken, salads, tea, coffee and dessert. The evening will be a fun send off for our Consul General with speeches, toasts, laughing, maybe some tears.... music and dancing. Other ASEAN organizations and friends of the Consul General will be invited. Tickets are \$45 per person (including taxes and gratuities). To purchase tickets call Gina Hansen 604-321-6012, but don't delay as it will be a sell-out.
(Khamis)

AUGUST: Immediate Past President Andrew Annuar is an outdoor enthusiast (mountain biking, camping, etc), and has offered to lead some connect with nature activities. He poses a few options, if interested to contact Andrew at aannuar@shaw.ca

1) Galiano Island Bike/Ferry Camping (Short Easy Adventure). Group size can be large depending on the availability of campsites.

2) Newcastle Island Bike/Ferry Camping (Short Moderate Adventure). Group

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size can be large depending on the availability of campsites.

3) Lochside Trail Adventure (Medium/long Moderate Adventure). 30 km ride to Victoria and stay over in Victoria IH. Group size can be large depending on the availability of beds.

4) Galloping Goose Trail (Long Moderate Adventure). A 40 Km ride to Sooke. Camping at the Sooke River Flats Campground. Group size limited to between 8 to 12. May have to arrange for support vehicle to carry camping gear, and relief ride.

AUGUST 22: (Rabu) 2007 MALAYSIA NATIONAL DAY GOLF TOURNAMENT, sponsored by the Consul General of Malaysia, Tourism Malaysia and our Malaysian Association of British Columbia will take place August 22nd, 2007 at the Riverway Golf Course, 9001 Riverway Pl., Burnaby, B.C., followed by dinner at Golden Swan Restaurant, 5380 Victoria Street, B.C. Application forms are attached and available at our website: www.mabccanada.com. This year promises to be a sell-out so please send in your application form with payment as soon as possible. Golf & Dinner \$110 per player. Terrific prizes are being finalized and this years event promises to be bigger and better than last year's with exciting prizes and an evening of fun dining and entertainment. If you wish an application form faxed to you please email gina@sunclubtravel.com.

There are two other golf tournaments taking place in July that we wish to mention and encourage you to participate:

1. The Malaysia, Singapore & Brunei Cultural Association is holding their 2nd Annual Golf Tournament July 7th, 2007 at the Northview Golf & Country Club in Surrey. Golf & Dinner \$125 per player. For more information contact Mr. Danny Thong at 604-649-2931.
2. The ASEAN Golf Tournament organized by the Consulate Generals of Indonesia, Malaysia, Philippines, Singapore and Thailand will be held July 27th at The University Golf Club, Vancouver. For application forms call Gina Hansen 604-321-6012. Golf & Dinner \$180 per player. This is a charity tournament with proceeds going to worthwhile local charities.

RECEPTION AT CHINESE CONSULATE

Your President recently attended a reception at the Chinese Consulate.

(Picture)

Attending the reception also was Mr Kwek Teong Sin, newly elected President of the Singapore Association, his wife Tan Yee Hua, Editor and Mr Albert Lee, Sub Editor and his wife Belinda.

MABC Cultural Dance Group

Thank you to all of you who have already volunteered to join us in taking lessons to learn our Malaysian Cultural Dances. We still need a few more and then we can start our lesson program provided, at no cost, by Tourism Malaysia. It is open to all...male, female, all ages and especially to the children. Your children will love it, especially the opportunity to meet and make new friends. For more information call Gina Hansen 604-321-6012 or email her at gina@sunclubtravel.com

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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.

Malaysian Promotion Council (Vancouver)

At the invitation of our Consul General Mr. Mat Dris Yaacob, Malaysian Association of BC, (MABC), Malaysia Singapore & Brunei Cultural Association, (MSBCA) and Malaysia Canada Business Council, (MCBC) have recently formed a Malaysian Promotion Council to act as a liaison with our Consulate, Tourism Malaysia and the various Malaysian Associations. The Council's purpose is to provide a platform to discuss all issues relevant to Malaysia and Malaysians living in British Columbia and to act as an official channel for the exchange of ideas in promoting the image, tourism, trade and business opportunities in Malaysia.

Founding members of the committee are the Consul General, Mr. Mat Dris, President, Malaysian Association of British Columbia, Gina Hansen, President, Malaysia, Singapore & Brunei Cultural Association, Richard Liew and President, Malaysia Canada Business Council, Guilbert Ho

CONGRATULATIONS TO THE FOLLOWING MALAYSIAN BUSINESSES

We wish to highlight our local Malaysian business owners and we want to congratulate the Malaysian Kitchen (formerly Linda's Kitchen). They are local caterers of some of the finest Malaysian food available in Vancouver. They launched their new website www.malaysiakitchen.ca with their attendance at the recent Eat Vancouver show held at BC Place the weekend of May 25-27. They were the highest volume food outlet at the event proving that Malaysian cuisine is becoming as popular an ethnic dish here in Vancouver as any other with the mainstream public. To arrange catering for your next dinner or event, call Linda from the Malaysian Kitchen.

We also wish to congratulate Jonker Street Restaurant located in Yaletown at 1128 Pacific Boulevard, Vancouver. The owner is originally from Malacca and is providing authentic Nyonya cooking. Several of our members have sampled the food, especially the Prawn Mee, their specialty dish. It's well worth a visit on your next trip to downtown Vancouver. Their location is small so reservations are suggested 604-688-8565.

We also wish to congratulate the Tamarind Restaurant in New Westminster where our Makan Club held its 1st dinner get together. They received a full page write up from the Food Critic for Metro Newspaper and the restaurant received a top rating. Malaysian food is becoming very popular with non Malaysians which is good for us, as it will encourage more Malaysians to open more Malaysian restaurants.

FROM WASTE TO A GREEN PURPOSE!

Ever since that Al Gore movie came out, everyone is trying to do their part to be green; especially large corporations and governments. Shannon Boase is a Canadian who used to work for many years in the Malaysian Multi-Media Supercorridor (MSC). When she decided to come back to Vancouver, she developed a business idea of taking waste from the palmoil industry, effectively the palm husks, and making the husks into environmentally conscious, compostable packaging material for produce and foodstuffs. Very interesting, another Malaysian export!

<http://www.theglobeandmail.com/servlet/story/RTGAM.20070307.wliveboase0307/BNStory/specialComment/home>

MEMBERS WE'D LIKE TO HEAR FROM YOU!

Feel free to contribute articles, recipes, ideas, events, feedback that you wish to share with fellow members, kawan kawan!!! Participation by members, friends, relatives and volunteers is the reason for our growth and success. We sincerely welcome everyone's participation and suggestions. Thanks to our member, Mr. Peter Young, Manager of Capers Community Market, your Organic and Natural Food Supermarket who submitted the following article:

HEALTHY AGING

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Canada is facing an increasingly aging population. Arguably more concerning than the resulting strains on the health care system and the changes in urban planning needed to accommodate Canada's aging population, is the fact that the majority of Canadians are not making the simple lifestyle choices that can lead to a long and healthy life.

Four out of five seniors currently suffer some chronic health problem such as heart disease, diabetes, cancer or osteoporosis. These diseases are largely preventable – and often reversible – through simple healthy lifestyle choices. For example a recent study showed that participants who ate at least 2 servings of dairy and 6 servings of fruits and vegetables on a daily basis lowered their risk of becoming feeble by 30%. Studies are conclusive on the nutritional and health benefits of a nutrient dense diet based on super foods. For example, green tea, ginger, fermented soy, fish, seafood, sesame, seaweed and a variety of deeply colored vegetables such as spinach, contain antioxidant nutrients that are protective of brain health. In fact, these foods form the basis of the Okinawa diet followed by a group of Japanese people renowned for longevity and good health.

It is easy to increase the amount of age defying antioxidants to your diet by cooking with fresh herbs and spices. Turmeric and ginger contain antioxidants known to help prevent inflammation linked to Alzheimer's and heart disease, while cinnamon helps to moderate blood sugar. Also needed is a diet rich in fiber and Omega-3s, but low in saturated and trans fats, which can help maintain a strong hearth, healthy circulation and balanced cholesterol – all of which are vital to longevity. Proper hydration, regular exercise and a diet infused with Omega-3 fatty acids (found in B.C.'s wild salmon) and vitamins E, C, A and B help keep the mind sharp by protecting memory and enhancing concentration.

For healthy joints, foods high in bioflavonoids, such as citrus fruits and leafy greens, help slow the inflammation process, support collagen production and help prevent cell damage that speeds aging. Health and youthful skin can be maintained by eating a diet rich in vitamin A, fruits and vegetables and Omega-3 fish, drinking plenty of water, practicing a daily skin care routine with natural products, and by not smoking.

The presence of flowers also triggers happy emotions. Flowers have a long term positive effect on a persons moods, and being in the presence of flowers promotes increased contact with family and friends. Summer is the perfect time to treat ourselves to flowers... either in the home or garden.

TRAVEL CORNER by Gina Hansen, CTC, ECC

Remember, this is the year to visit Malaysia to help celebrate their 50th year of independence. If you don't like to travel alone then join me as I travel to Malaysia the end of August for 14 days. I'm the Executive Producer of Talk Travel TV, which is a travel television show currently seen on Channel M, Saturday nights after the Chinese movie. Soon the program will be carried coast to coast on satellite and cable and I'm taking my film crew to Malaysia for 14 days of filming to include Malaysia in future episodes in the Talk Travel series. Join us as we cover an exciting itinerary, and if you've always wanted to be a "movie star" then maybe we can include you in some of our scenes and watch yourself on television. We are also producing a series called "Make Mine Malaysian" which will be a 13 week series featuring the curries and dishes of the 13 states of Malaysia which will be carried on the Food Network next year. Talk Travel Media's website is www.talktravel.ca. The tour will be all inclusive with airfare, hotels, tours, most meals, shopping for the ladies during Malaysia's "Mega Sale Carnival" and golf for the men. Call me at 604-321-6012 or email me at gina@sunclubtravel.com for more information.

PRESIDENT'S MESSAGE

Did you know that Malaysia has now become a world destination for Medical/Health Tourism? Surprisingly, many do not. Overseas patients are traveling to Malaysia each year by the tens of thousands for immediate and affordable medical treatment. After treatment they combine a recuperation period in a 5 star resort close to their Doctors. Hence the term Medical/Health Tourism.

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Over the past several years, private hospitals have been established in Malaysia for the treatment of both local and foreign visitors. Many locals are not aware of their services because private hospitals are not allowed to advertise. Hospitals treating foreign patients have state of the art medical equipment and in many cases are better equipped than hospitals here. They have the very latest in CT scanners, and other state of the art diagnostic equipment. The majority of Doctors have completed post-graduate training in the United Kingdom, United States and Australia. All major hospitals have internationally recognized accreditation. The Doctors, after returning from overseas, bring back home the latest in surgical techniques and with a higher nurse patient ratio than North America, 1-3, patients are well cared for.

There are two main motivators for patients to travel to Malaysia.... immediate surgery and affordable prices. For example, make a same day appointment with a Hospital and you will be examined by a specialist the very same day. If surgery is required it can be scheduled within days. There is no rush to leave the hospital as hospitals rates including meals are less than C\$50 a day. One common procedure that is attracting foreign patients are hip replacements. With waiting lists in Canada of up to 2 years and longer, patients are discovering that they can travel to Malaysia for immediate surgery with a total cost, including surgery and hospital care, of approx. C\$5000 compared to over US\$30,000 if you wish to travel to the United States. Factoring in airfare, and a recuperation period in a 5 star resort foreigners are quickly discovering Malaysia as the destination for Medical/Health Treatment.

In addition to other very affordable treatments such as cosmetic surgery and dental care, most hospitals offer anti-aging and Executive Health Screening tests for C\$150-C\$300. If your last check up in Canada only lasted a few minutes because your Doctor had too many patients that day, these checkups are almost an entire day of testing and screening with a complete life assessment to live longer and healthier. Well worth the investment.

To better promote Medical/Health Tourism in Malaysia, there will be a seminar in Vancouver when Datuk Dr. Jacob, representing the Private Hospitals of Malaysia will be visiting Vancouver, sometime in July, with a delegation, to better inform and educate the Canadian public on medical treatment options available in Malaysia. We will advise you of their schedule when it is finalized. In the meantime if you require treatment or know of anyone who is on a waiting list for surgery visit www.healthtourism.ca and you can be referred to appropriate hospitals and Doctors for treatment or consultation.

Summer months are always very busy, but it's a time to take a bit of a breather, enjoy the warm weather, do some traveling and rejuvenate for the Fall season.

MABC has a full slate of upcoming events, to mingle, cakap cakap and network. Please continue to access our website www.mabccanada.com for updated activities.

Have a safe and happy summer!!!

Fathers Day Poem (by Gerald Lau)

A Dad is a person
who is loving and kind,
And often he knows
what you have on your mind.

He's someone who listens,
suggests, and defends
A dad can be one
of your very best friends!

He's proud of your triumphs
but when things go wrong
A dad can be patient

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and helpful and strong.

In all that you do,
a dad's love plays a part
There's always a place for him
deep in your heart.

And each year that passes
you're even more glad,
More grateful and proud
just to call him your dad!

Thank you, Dad ...
for listening and caring
for giving and sharing
but, especially, for just being you!

Happy Father's Day

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: Gina Hansen	604-321-6012	gina@sunclubtravel.com	Owner, SunClub Travel	Penang	everything!
Vice-President: Gerald Lau	604-945-3646	gcplau@shaw.ca	President, Invenacom	Kuching	everything too!
Secretary: Luke Tham	604-270-3031	luke_tham@hotmail.com	Owner, Bridgeport Postoffice	KL	Secretary & Membership
Treasurer: Helen Yeoh-Leong	604-942-6966	helenyeoh23@hotmail.com		KL	Social
Directors: Edward Lee	604-879-8616	e99lee@hotmail.com		Malacca	Sports
Kel Tang	604-803-5843	keltang@shaw.ca	Graphic Designer Madmoles Communications	PJ	Communications & website
Richard Ong	604-240-0088	richardong@mdi.ca	Ellie Tropical Cuisine	KL	Asst Special Projects
Robin Lau	604-512-6430	robinlau12155@hotmail.com	Marketing, Toyota Canada	Kuching	Special Events
Webmaster: Dominic Wong	604-719-3025	dominicw@shaw.ca			Webmaster
Immediate Past-President: Andrew Annuar	604-218-4536	aannuar@shaw.ca		KL	
Previous Past President, Pamela Yoon Drakos	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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