

ABWM

Majalah Life

November 2022

FEATURED

Pink Lunch

KLCC Pink Walk



ASSOCIATION OF BRITISH
WOMEN IN MALAYSIA

*Charity
Support
Fun*

Admissions OPEN

Apply within 7 days from date of event / tour to enjoy
100% application fee waiver

** Terms & conditions apply*



BOOK A VISIT TODAY

At Alice Smith School, we want your child to experience the widest possible range of learning opportunities. We are committed to teaching a broad and balanced curriculum that is stimulating, motivating and encourages our students to become independent and aspirational learners.

Download your personalised prospectus to explore the school's range of academic subjects, learning environment and campus life - instant, online and delivered to your inbox!



CREATE PROSPECTUS



Scan here for
more information



Primary Campus
Secondary Campus

Tel: +603 2148 3674
Tel: +603 9543 3688

Email: admissions.jb@alice-smith.edu.my
Email: admissions.ep@alice-smith.edu.my

www.alice-smith.edu.my

A history of *Innovation*

THE ALICE SMITH SCHOOL 195001000092 (1923-A)



CONTENTS

5

A Note from The Editor

Heather McWilliam

7

Chat from the Chair

Debbie O'Neill

8

Charity Fair at BSC

Clare Harraghy

14

Monthly Lunch – J&R Rawlins

Jennifer Abdullah

16

Deepavali

18

Great British Ball

22

KLCC Walk

Cathy Pryor

26

Pink October

Alissa Nelson

31

5 Minutes' Peace

Sally Addington

40

Kids Korner

44

Movie Reviews

45

Book Review

46

School News

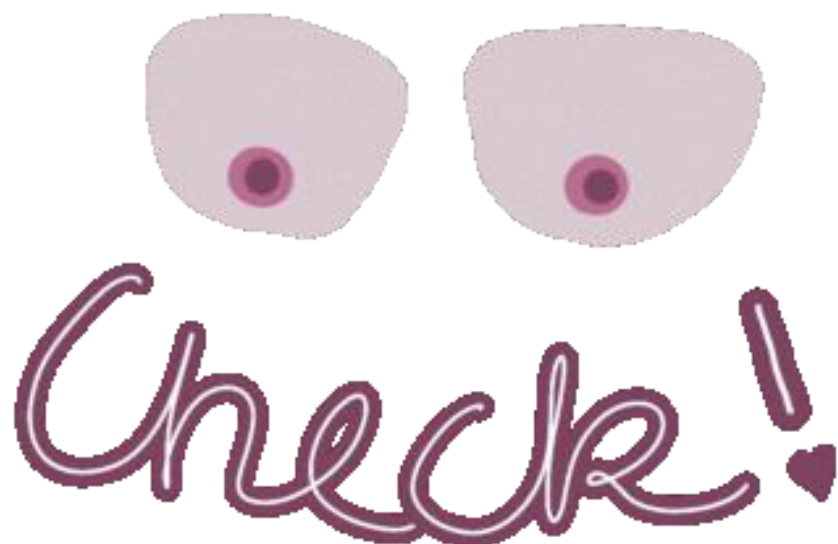
48

Clubs & Activities

Editor
Heather McWilliam
editor@abwm.com.my

Digital Content/Flipbook Designer
Kerry Musgrave
tech@abwm.com.my

Assistant Design and Layout
Annie Nguyen
annie@abwm.com.my



abwm.com.my

PLEASE REMEMBER

All text and photographs in this magazine are subject to copyright. No part may be reproduced in any form without prior written consent of the author or photographer.

November Upcoming Events



02-Nov: Newcomers Coffee

10:30, ABWM House

RSVP preferred

20-Nov: Christmas Bazaar

11am-5pm, KLCC Convention Centre

Volunteers needed, please email the house

23-Nov: Potluck Lunch

11:30-1:30pm, ABWM House

RSVP required

bring your favorite dish



To RSVP and for enquiries:

contact@abwm.com.my

Editor's Note

Hi all!

What a busy month it has been and an exciting time to be able to edit the magazine.

ABWM started off the month with a Charity event at Bangsar Shopping Centre, followed by a great lunch at J&R Rawlins.

The Great British Ball was a wonderful night and to top it all off The Pink October Luncheon.

Being an Editor at ABWM, I get to volunteer with so many dedicated and wonderful ladies who work tirelessly throughout the year and produce many wonderful articles which I hope you will enjoy in this month's e-magazine.

Cheers

Heather

Heather McWilliam

Editor



December Dates for your Diary

08-Dec: Annual ABWM Christmas Dinner

12pm-3pm

Members RM150 w/wine;

Guests RM175 or RM200 w/wine

Limited seats, RSVP required, 28-Nov

FULLY BOOKED!

14-Dec: Christmas Coffee morning

10:30am-12:30pm, ABWM House

Small bites and wine provided

Members RM50, Guests RM75

Limited seats, RSVP required, 07-Dec

Safe Holidays

and we will see you in

2023!

Chat from the Chair

Dear Members,

Happy November!

The winter school break is over and many of us have had a sneaky break away to revitalise after our busy October. Things feel almost back to normal with the Great British Ball having been held at the Shangri-la earlier in the month. It was a really enjoyable evening full of fun and lots of entertainment. Big thank you to the committee and all involved.

This was quickly followed by the KLCC Pink Walk and then our Pink lunch which was held at the Element Hotel, Pink was the colour of the day and a beautiful rainbow of different shades of pink was everywhere. Everyone had a fabulous afternoon. We raised a lot of money, ate a lot, talked a lot, laughed a lot, cried a lot.

All proceeds this year will be donated to The Pink Ribbon Wellness Foundation - supporting the women from the B40 group with their chemotherapy and radiation treatment. Thank you to everyone who supported our event. For me our Pink Ribbon Tree meant so much thank you to Asian Tiger's for finding it for us to use. Not only was the tree a floury of pink but there were lots of different colours of ribbons to be seen. These were all special memories of many of our friends and family who have passed away, recovered or who are continuing the fight

Coming quickly it's our ABWM Christmas Bazaar. Spread the word, Christmas is just around the corner. Help spread the Christmas cheer. Join us at the KLCC Convention Center for a fun day of shopping, meet Santa, visit our charity stalls, listen to some Christmas Caroling. It's guaranteed to be a great day out for all the family.

Enjoy the magazine this month. There is lots happening and we are doing our best to keep you all informed.

Looking forward to seeing you at one of our coffee mornings around KL or events over the coming weeks.

Happy reading.

Till next time take care

Debbie



Debbie O'Neill
Chair

chair@abwm.com.my



The Purpose of ABWM – as outlined in the Constitution. The aim of the Association is to hold Group discussions and to organise social and charitable activities of interest and benefit to members and to the local community.

'The Association shall be non-political and non-profit making'.

Charity Fair at Bangsar Village 1

Over the course of the weekend on October 1st and 2nd, we had 21 charities attend the charity fair and raised over RM60,000 between them. It was a fun event, albeit a little tiring for all who attended both days. Thank you so much to Bangsar Village 1 for hosting the event and especially to Ms. Ai Lynn who helped with the organisation. It is greatly appreciated, thank you.

A big shout out to all the volunteers who manned the ABWM table and answered numerous questions from the public whilst supporting our charities at the event. Thank you so much for coming along and giving up a few hours of your time at the weekend. Lastly, thank you to Asian Tigers who came along and gave out much needed free bags to carry all those goodies home, throughout the weekend and providing some of the sponsorship.

“Great set-up - charities seemed pleased to have the opportunity to sell again. Excellent venue with good footfall. Good atmosphere.”

“I quite enjoy the charity fairs. I like buying earrings, bracelets, pastries for my family, table mats & cushion covers.”

Here are a few quotes from our lovely volunteers:

“Very well organised bazaar. Interesting to see the way the different stall holders work. I’m fascinated by the number of bags being made and sold. I just wonder how easy it would be to have some form of diversification. (Some very busy/& very quiet times.)”

*Thank
you!*

*everyone who helped make
the event such a success!*

Clare Harraghy

so
to
with



“Well organised, well-run event. It was lovely to be part of this event and help out. Thank you.”





“Loved the time volunteering here! Great exposure to the NGO’s for the general public. Many goodies and varieties.”



“Well organised, lovely diverse selection of charities. Colourful.”



eat
eral

"I quite enjoy the charity fairs. I like buying earrings, bracelets, pastries for my family, table mats & cushion covers."





ABWM PRESENTS:

HOLLY
JOLLY
CHRISTMAS
BAZAAR
2022

KLCC Convention Centre
Hall 1

20-Nov
11am-5pm

Tickets: rm25

Bouncy House

Facepainting

Charity Stalls

Raffle Items

Caroling

Kids Corner sponsored by:

AGS & Charterhouse Malaysia



SANTA
and letters
to Santa!



CHARTERHOUSE
MALAYSIA

AGS

Records Management
Worldwide Movers
Relocation

BLUESTAR
AMG



THE ALICE SMITH SCHOOL
KUALA LUMPUR
MALAYSIA
EST 1946



ASIAN TIGERS
MOBILITY

WELCOME TO MALAYSIA

Bluestar AMG is an investment and financial advisory firm serving the international community here in Malaysia.

We help expatriates plan for their financial futures and achieve their goals through carefully selecting and advising on the correct solutions and investment vehicles.

Visit our website for more information:

[Click here](#)

We know that moving abroad can be overwhelming for the individual and their families, with new cultures and customs to consider, so we work hard to take the stress out of all your financial matters.

- UK Pension Solutions
- Retirement Planning
- Education Fee Planning
- Investments
- Existing Portfolio Management
- Life Insurance

Contact us today to arrange a free consultation:

E: malaysia@bluestar-amg.com

T: +60 3 2633 6800

W: www.bluestar-amg.com

**INVESTMENTS
YOU CAN TRULY
RELY ON**

JARROD & RAWLINS

PURVEYORS OF FINE FOOD & WINE

Our first collaboration with Jarrod & Rawlins was a huge success. Chef Hardeep has outdone himself with the deconstructed breakfast with sunny side up quail eggs on black pudding by Rawlins Foods' and fried bread!

Rawlins Foods' Sausages, made exclusively with prime cuts of pork and definitely NO off-cuts or trimmings. We had a chance to try the Pork & Cranberry Pigs in a Blanket.

Thank you to Denis Rawlins and Michael Dures for hosting us and also the lovely gift of the newly launched Pork & Cranberry sausages.

Jennifer Abdullah





Every month brings new and interesting holidays to explore.

This month I thought I would delve into Diwali, or Deepavali as it is called in southern India. I have had the privilege to experience Diwali in India while we lived there, and let me tell you, I can't put that experience in words. It is a culmination of sights and sounds and smells that envelope you and then overwhelm you. But I never really understood the meaning behind it.

Diwali is the most important holiday celebrated by the Hindus, but it is also celebrated by the Jains, Sikhs, and Buddhists. The name Diwali is derived from 'avali' meaning 'row' and 'deepa' meaning 'clay lamps'.

Thus, it is known as the row of lamps or Festival of Lights, and it takes place over 5 days. It is usually celebrated in October or November on a moonless night according to the Hindu Lunar calendar, this year the main day of Diwali is celebrated on the 4th of November.

Diwali brings happy tidings and a promise of a better tomorrow. Families get together, it is a time to celebrate good times and good fortune. The new harvest and financial year begin at this time. Spiritually it symbolises light over dark, good over evil, knowledge over ignorance.

The weeks leading up to Diwali are traditionally a time of redecorating, buying new clothes, and exchanging gifts such as sweets, dried fruits and nuts, and money. This is a season, generally, for dinner parties, outdoor food festivals and craft fairs.

Happy

PETAL RANGOLI



DIYA

Diwali



On the 1st day, people clean their houses, and it's considered good luck to buy a metal kitchen utensil on this day, or gold.

On the 2nd day, colorful decorations of intricate floral or geometric designs are created, known as rangoli. These can be made from powders, rice, or flower petals. Clay lamps, known as diyas, are arranged inside homes. The aim is to attract Lakshmi's, the goddess of wealth, attention. To guide her toward the lights so she will bestow blessings and prosperity for the year to come.

Day 3 is the main day of Diwali. As the sun sets, prayers are said for the coming year to Lakshmi and Ganesh, the god representing good fortune and wisdom. Grand dinners are had and fireworks are set off.

Days 4 and 5 continue on with similar festivities of welcoming friends and families into homes, exchanging gifts, and of course, lit diyas and fireworks to start the year off bright, spiritually and prosperously.

In addition to Diwali, Hanukkah and Advent begin on the 28th of November. Both of these celebrations use candles to brighten the way in a dark winter, to celebrate miracles, and to provide hope for a better future.

Being an American, November is most known for Thanksgiving and a time to count our blessings. In addition let us not forget to be kind. 13th November is World Kindness Day.

If you are looking for ideas, here is a link: <https://inspirekindness.com/world-kindness-day>. It is a great way to get ready for the holiday season with a little less consumerism.

Sara Quinn



THE GREAT BRITISH BALL 2022



What a fantastic night was the Great British Ball, which was held at the St. James's Hall. It was great to see everyone and to see what stunning gowns the ladies were wearing.

The evening started with Bubba by Titos, followed by a delicious meal. Raffles were then drawn and a beautiful Pewter Chess Set by Royal Society of Victoria was won by Vicknesh.

Then the party really began with a performance by Big Vern "N" the Shooter. People jump onto the dance floor and the night was a success. A big thank you to Joe McBride for his contribution.



had by all at the The Great British
hangri La Hotel on the 8th October.
e dressed in all their finery, and
lies were wearing

bles and Vodka cocktails provided
us three course dinner.

d the top prize was a Star Wars
elangor which was won by Debbie

with an outstanding performance
tahs, I have never seen so many
loor and dance the night away.
ide for letting us use his photos.

Heather McWilliam









KLCC Ladies Walking Group

The KLCC Ladies Walking Group is passionate about Pink October and we use the emphasis of this important month to raise as much money as we can for Breast Cancer Awareness in Malaysia. Current statistics show that breast cancer is the most prevalent cancer in Malaysia; 1:19 women in are at risk of breast cancer; 50% of women diagnosed are under 50 years of age; and breast cancer is one of the leading causes of death amongst Malaysian women.

Our group has a couple of favourite events to encourage people to part with their cash towards this great cause.

The Pink Walk

Traditionally we light up the walking track around the KLCC Park, dressed in as many variations of Pink as we can find, to promote awareness of this great cause and finish the morning with a raffle draw at Traders On The Go.

This year was no exception and on 06 October KLCC Park went Pink as we 'took a hike' around the track.

We were really pleased to have staff from the KL Convention Centre and the Traders Hotel join us for a lap or two. What fun! The Convention Centre and Traders Hotel very generously donate prizes for our raffle and the rest of the prizes come from great donations from our group ... every little bit helps!







RM1 PinkClips

Recently we have started a new initiative of collecting RM 1 notes for a month or so before October – it is amazing how many RM 1 notes you receive in day-to-day activities. The group has a collection of Pink Clips, which are distributed, and we chivvy each other on to collect as many RM 1s as we can. This year we were thrilled to collect over RM 1400 in this venture.

Our 2022 total raised by the KLCC Ladies Group was RM 5800. This was handed over to the ABWM, and together with the money that they raised, will go to fund low income and B40 families who need chemotherapy and radiation treatment.

Cathy Pryor



1923

2023

SATURDAY
13TH MAY 2023

SAVE THE DATE

THE ROYAL SOCIETY
OF ST GEORGE

PRESENTS

CENTENARY
GALA DINNER

SECRETARY@STGEORGESMALAYSIA.COM





Pink October Lunch

Having listened to many members' stories about how cancer has touched their lives, and having my own personal stories revolving around cancer, I knew I wanted to make this Pink October lunch special. So the committee and I set to work to really knock this one out of the park.

And while I do think it was a great lunch, there was something so much deeper that I took away that day. YOU are what makes our events special. The caring and community that I saw at our Pink October still brings tears to my eyes.

These last few years have been really difficult: physically, mentally, and financially (for many). What I saw on Thursday (and at the various events throughout the month of October) was a group of women from all walks of life that are truly there for anyone in need. Whether it's a cup of coffee, an ear to listen, a hug to offer, or a hand up when it's needed, you ladies step up and step in.

On behalf of myself and everyone else you have made a difference for (including the ones you may not know about), THANK YOU for being bold, beautiful, amazing women who always show up. Much love to you all.

Alissa Nelson











ST.ANDREWS BALL 2022

Saturday 26th November

Hilton DoubleTree 7:30 pm, Dinner at 8pm,

Tickets from Carol Wallace:

✉ carolwallace336@hotmail.co.uk

☎ 012 2365 939

Ticket Prices:

RM 350 (Members)

RM 400 (Non-members)

Dress code:

Formal/ National Dress



The Selangor St.Andrews Society invites you to join us as we celebrate our patron saint.

- . Four course meal including traditional haggis, neeps and tatties.
- . Free-flow of wine and beer, plus a bottle of whisky per table whilst stocks last

A warm welcome back to our favourite traditional ceilidh band, Clappy Doo, all the way from Scotland.



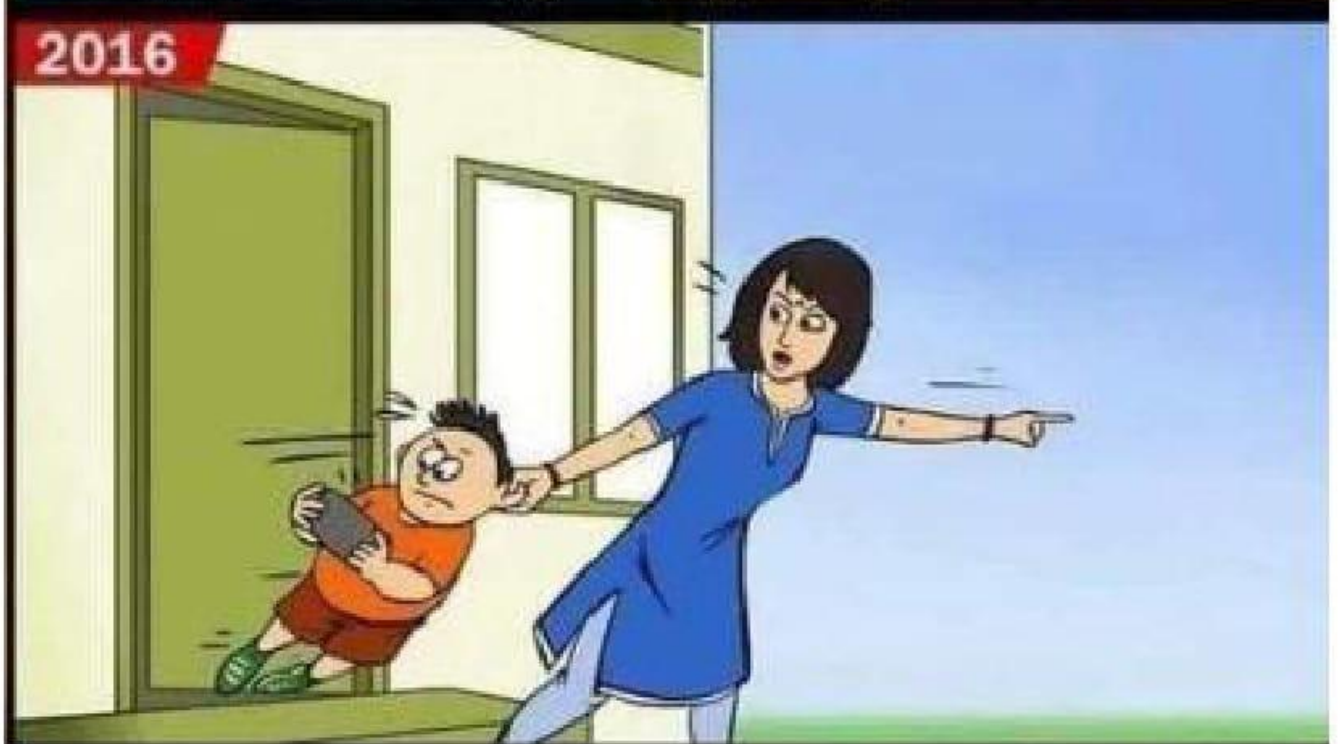
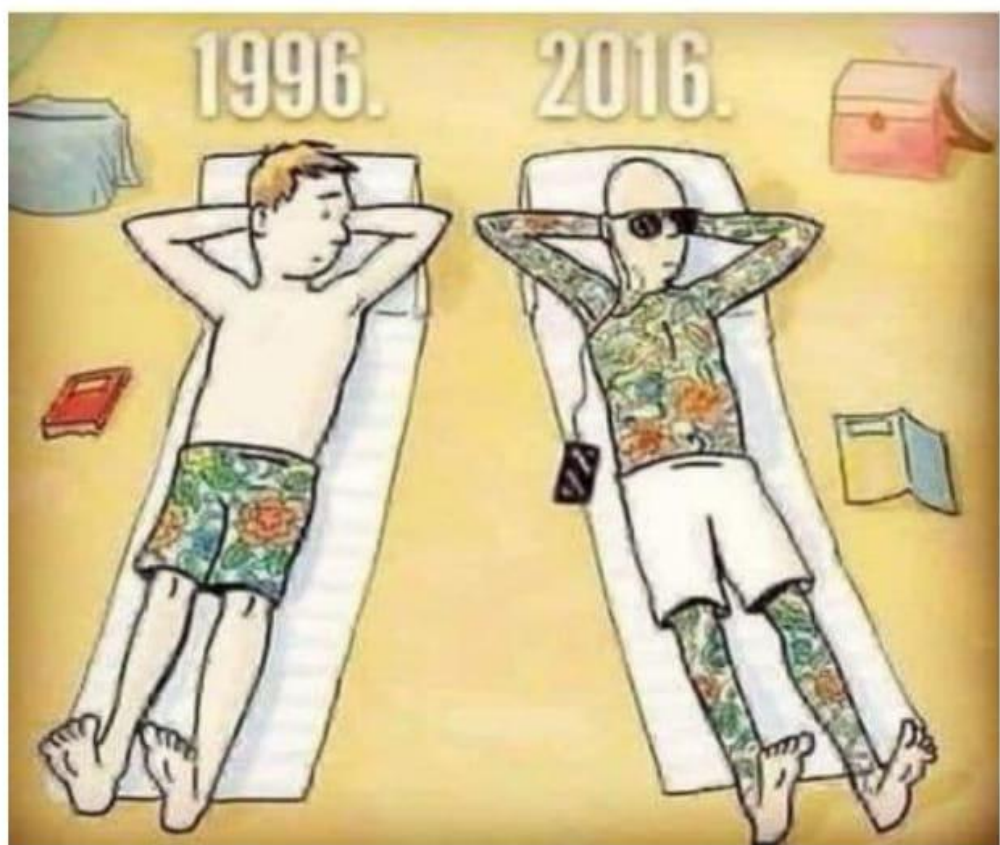
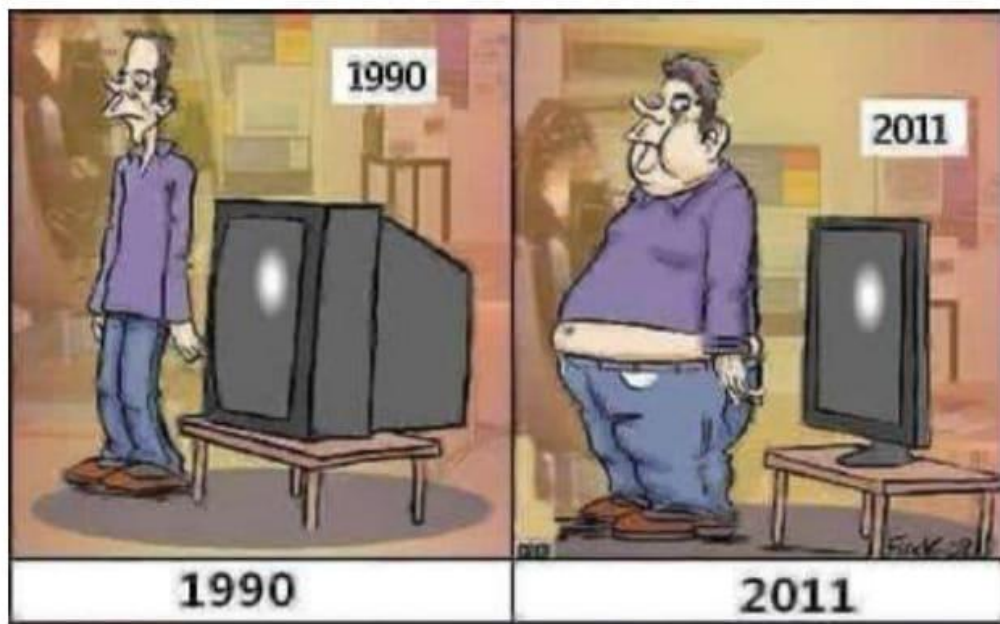
[@scotlandssas](https://www.facebook.com/selangor-st-andrews-society)

www.ssas-online.com

FIVE MINUTES' PEACE

A BIT OF A GIGGLE....

compiled by Sally Addington



Two little old ladies were sitting on a park bench outside the local Town Hall where a Flower Show was in progress. One leaned over and said to the other, "Life is so boring; we never have any fun any more. For 5 quid I'd take my clothes off and streak through that stupid Flower Show!"

"You're on!" said the other old lady holding up a 5-pound note.

The first little old lady slowly fumbled her way out of her clothes and, completely nude, streaked (as fast as an old lady can) through the front door of the Flower Show.

Waiting outside, her friend soon heard a huge commotion inside the hall followed by loud applause and shrill whistling. The naked and smiling old lady came through the exit door surrounded by a cheering crowd. "What happened?" asked her waiting friend. "I won 1st Prize as Best Dried Arrangement!"



ERNESTO'S NEWS

"Hello, Señor Rod ? This is Ernesto, the caretaker at your Portuguese country house."

"Ah yes, Ernesto. What can I do for you ? Is there a problem? Urm, I am just calling to advise you, Señor Rod, that your parrot died."

"My parrot? Dead? The one that won the International competition?"

"Si, Señor, that's the one."

"Damn! That's a pity! I spent a small fortune on that bird. What did he die from?"

"From eating rotten meat, Señor Rod."

"Rotten meat? Who on Earth fed him rotten meat ?"

"Nobody, Señor. He ate the meat of the dead horse."

"Dead horse? What dead horse?"

"The thoroughbred, Señor Rod."

"My prize thoroughbred is dead?"

"Yes, Señor Rod, he died from all that work pulling the water cart."

"Are you insane?? What water cart?"

"The one we used to put out the fire, Señor."

"Good Lord!! What fire are you talking about, man??"

"The one at your house, Señor! A candle fell and the curtains caught on fire."

"Wait, wait..... Are you saying that my mansion is destroyed because of a candle??!!"

"Yes, Señor Rod."

"But there's electricity at the house!! What was the candle for?"

"For the funeral, Señor Rod."

"WHAT BLOODY FUNERAL??!!"

"Your wife's, Señor Rod. She showed up one night out of the blue and I thought she was a thief, so I hit her with your new TaylorMade r7 SuperQuad 460 Driver."

SILENCE LONG SILENCE

"Ernesto, if you broke that driver, you're in VERY BIG trouble!!"



"You left the toilet seat up"



"I'm getting another one today. It's another rescue. I take them in for a few months until I can find them a permanent home. I hope this one will be ok but the last one was a nightmare!"



COUNCIL COMPLAINTS FROM AROUND THE COUNTRY
Published before, but worth repeating, these are genuine clips from council complaint letters:

1. My bush is really overgrown round the front and my back passage has fungus growing in it.
2. He's got this huge tool that vibrates the whole house and I just can't take it anymore.
3. It's the dog mess that I find hard to swallow.
4. I want some repairs done to my cooker as it has backfired and burnt my knob off.
5. I wish to complain that my father hurt his ankle very badly then he put his foot in the hole in his back passage.
6. And their 18 year old son is continually banging his balls against my fence.
7. I wish to report that tiles are missing from the outside toilet roof. I think it was bad wind the other night that blew them off.
8. My lavatory seat is cracked, where do I stand?
9. I am writing on behalf of my sink, which is coming away from the wall.
10. Please send someone to mend the garden path. My wife tripped and fell on it yesterday and now she is pregnant.
11. I request permission to remove my drawers in the kitchen.
12. 50% of the walls are damp, 50% have crumbling plaster and 50% are plain filthy.
13. I am still having problems with smoke in my new drawers.
14. The toilet is blocked and we cannot bath the children until it is cleared.
15. Will you please send a man to look at my water, it is a funny colour and not fit to drink.
16. Our lavatory seat is broken in half and is now in three pieces.
17. I want to complain about the farmer across the road; every morning at 6am his cock wakes me up and its now getting too much for me.
18. The man next door has as large erection in the back garden, which is unsightly and dangerous.
19. Our kitchen floor is damp. We have two children and would like a third, so please send someone round to do something about it.
20. I am a single woman living in a downstairs flat and would you please do something about the noise made by the man on top of me every night.
21. Please send a man with the right tool to finish the job and satisfy my wife.
22. I have had the clerk of works down on the floor six times but I still have no satisfaction.
23. This is to let you know that our lavatory seat is broke and we can't get BBC2.

Tesla owners attempting to go on a long roadtrip:



Coffee Mornings



All are welcome at any of the coffee mornings,
not just the one in your area.

Please click the link.ladies below to chat



KLCC

Myra McClusky & Tania Chong
Every Monday from 10.30am at
The Coffee Bean, 2nd floor, Suria
Suria KLCC



Bangsar & Pantai - Lyn Mansour
Every Monday from 11.00am at Starbucks,
Bangsar Village 2 (2nd Floor)



Sri Hartamas & Mont Kiara - Sue Davies
Every Thursday, 11.00am at Coffee Bean,
Ground floor at Shoplex Jalan Kiara



Damansara - position vacant



Valencia & Sierramas - Keeley Ellis
Flexible times, please contact me to arrange
a coffee and chat.



Shah Alam - Melanie Bolland
Jamaica Blue at Setia City Mall Ground Floor.
Day and time varies

Five Minutes' Peace Recipes - Pear-fectly Delicious

Savoury Pear, Apple, Caramelised Onion and Ricotta Galette

2 Tbsp olive oil
1 medium yellow onion thinly sliced
1 Tb apple cider vinegar
500 g ricotta (or cream cheese)
2 Tbs fresh thyme leaves
2 Tbsp honey
2 large apples sliced in ¼" rounds, seeds removed
2 large pears sliced lengthwise in ¼" slices, seeds removed
1 tsp salt and 1 tsp freshly ground black pepper
1 large egg beaten with 1 tsp water (egg wash)
sesame seeds, optional
2 cups all-purpose flour plus 1 tsp salt
1 cup unsalted butter cold and cut in ½" cubes
1 tsp fresh lemon juice
½ cup full fat sour cream
4-5 Tbs iced water

To make galette dough, pulse all-purpose flour and salt in a food processor to combine. Add butter and pulse until mixture resembles coarse meal with a few pea-size pieces of butter remaining. Transfer mixture to a large bowl; drizzle with lemon juice and add sour cream. Mix with a fork, add iced water until dough comes together. You might not need all 5 tablespoons. Lightly knead until no dry spots remain and the dough is smooth. Pat into a flat ½" thick disk and wrap in plastic. Chill for at least 1 hour.

To make filling, in a sauté pan, heat oil over medium heat. Add onions and sauté for 7-8 minutes until onions have turned golden. Add vinegar and season with ½ tsp of salt and ½ tsp of pepper. stir and sauté for another 1-2 minutes until caramelised. Set aside to cool. In a medium bowl, mix ricotta, 1 tbsp thyme, 1 tbsp honey and remaining salt and pepper. Place apple and pear slices in a bowl, toss with remaining honey and thyme.

Preheat the oven to 375F and line a large baking sheet with parchment paper.

Remove dough from the refrigerator and let it rest to soften for a few minutes. Dust clean surface with flour and roll out dough to 14 inches round with even thickness. Carefully transfer to a lined baking sheet. Spread ricotta cheese evenly on dough, leaving about 2 inches around the edges. Spread onions evenly on ricotta and lay pears and apples evenly and slightly overlapping on top. Drizzle any juices from the bowl over.

Fold in the sides just enough to meet up with the apples and pears to make a frame around them.

Brush the frame of the dough with the egg wash and sprinkle sesame seeds (if using) on top of egg wash around the pastry frame. Bake for 45-50 minutes until the crust is dark golden and the fruit has softened. Let cool for 5 minutes prior to serving. You can also drizzle additional honey on top.

Savoury Baked Pears with Gorgonzola, Walnuts, and Cranberries

(8 halves)

- 4 large pears
- 2 Tbsp olive oil
- 1 tsp fresh thyme (or 1/2 teaspoon dried)
- ½ tsp salt
- ½ tsp black pepper
- ⅓ cup gorgonzola cheese (or blue cheese)
- ⅓ cup chopped walnuts (or pecans)
- ⅓ cup dried cranberries (or fresh)
- 2 Tbsp honey or port (optional)



Preheat the oven to 375F.

Cut the pears in half from top to bottom. Leave the stems on if desired for presentation.

Use a melon baller or sharp spoon to scoop out approximately 1/2 Tablespoon sized holes where the seeds are. Make the hole larger or smaller as desired.

Place the pear halves in a large baking dish, cut side up.

Drizzle the pears with olive oil.

Sprinkle the thyme over the pears, and sprinkle with a little salt and black pepper.

Bake the pears for 20 minutes (12-15 if you want firmer pears in the end).

While the pears are baking, combine the cheese, chopped nuts, and cranberries in a small bowl.

Remove the pears from the oven and stuff the hole of each pear with the cheese mixture, so it is mounding up. You may need more or less cheese mixture based on how large the holes you made are.

Place the pears back in the oven and finish cooking for about 10 more minutes until the cheese is melted.

Remove the pears from the oven. Drizzle with some honey or port and serve immediately.

Apple and Pear Salad with Lemon-Poppy Seed Dressing

(for 6-8)

- | | |
|---|-----------------------------|
| 500g Romaine lettuce, thoroughly washed | Dressing: ⅓ cup white sugar |
| 180g block Emmental cheese, shaved | ½ cup lemon juice |
| 1 cup roasted, salted cashews | 2 tsps finely diced onion |
| ½ cup sweetened dried cranberries | 1 tsp Dijon mustard |
| 1 large apple, thinly sliced | ½ tsp salt |
| 1 large pear, thinly sliced | ⅔ cup vegetable oil |
| | 1 Tb poppy seeds |



To make the dressing, blend sugar, lemon juice, onion, Dijon mustard, and salt in a blender until smooth. Stream oil in a thin stream into the mixture while the blender is running. Add poppy seeds and pulse blender a few times, just to mix seeds into the dressing.

Toss together the first 6 ingredients in a large bowl with Lemon-Poppy seed dressing.

Large Pear (or Apple) Scone - makes 8 slices

3 large pears (or Granny Smith apples)
200 g self-raising flour
1 tsp baking powder
½ tsp salt
50 g butter
50 g caster sugar
120 ml milk
For the glaze:
Milk
Demerara sugar



Preheat the oven to 190°C/170°C /gas mark 5/375°F Grease a large baking sheet with butter or use a liner.

Peel, core and chop the apples - fairly small, but not too fine Add the salt and baking powder to the flour and stir well. Rub the butter into the flour with your hands until all the butter is incorporated and the mixture looks like fine breadcrumbs. (or use a food processor if you prefer).

Stir the sugar and milk into the butter/flour and mix to yield a fairly sticky dough. Add the apple and mix well

Coat your hands in flour and mould the dough into a rough ball. Place on the baking sheet and flatten with your hands to make a circle of about 20cm (8") in diameter Brush the top with milk and sprinkle with demerara sugar. Cook for 15 to 20 minutes or until golden on top. Cool on a wire rack, or even better, serve whilst still warm.

NB Serve hot or cold with butter or cream (or just as it is)

Like all scones, this is best eaten on the day it is made. Warming it will improve it on subsequent days. Freeze any leftovers for up to a month.

Steamed Asian Pears with Honey (for 6)

1/4 cup lemon juice
3 Tbs minced fresh parsley
6 nearly ripe Asian pears
2 lemons
6 Tbsp honey
4 Tbsp apricot kernels
3 garlic cloves, minced
Pepper to taste
500g fresh mushrooms of your choice



Cut a thin slice off the bottom of each pear so that it will stand upright. Peel the pears and rub the surface with a cut lemon half to prevent them from turning brown. Cut the top squarely off each pear, slicing about 2 inches from the top, and with a melon baller or spoon, carefully remove the core and seeds. Do not cut through to the bottom of the pear. Reserve the tops.

Arrange the pears on a pie plate or some kind of a heatproof plate. Spoon a tablespoon of the honey into each pear and sprinkle some of the almonds on top. Place the reserved tops on the pears, if necessary, securing them with toothpicks. Place the plate in a steamer tray if using. Fill a wok or large pot with enough water to reach the bottom of the steamer tray and bring to a boil. Cover and steam for 40 to 45 minutes, or until the fruit is tender when pierced with a knife. Serve the Asian pears warm, at room temperature or cold.

Variation: Add star anise and/or vanilla pod/cinnamon for a festive taste.

Pear and Ginger Upside-down Cake

3 Tbsp butter

⅓ cup packed dark brown sugar

2 medium pears, peeled and thinly sliced

½ cup milk

1 Tb apple cider vinegar

1 large egg

½ cup packed dark brown sugar

⅓ cup molasses

1/4 cup butter, melted

1-1/4 cups all-purpose flour

2 tsps ground cinnamon

1 tsp baking soda

1 tsp ground ginger

1/4 tsp salt

1/4 tsp ground cloves

Preheat the oven to 350°. In a small saucepan, melt butter over medium heat and stir in brown sugar. Spread over the bottom of a greased 9-in. round baking pan. Arrange pears as you like over top.

For cake, mix milk and vinegar. In a large bowl, beat egg, brown sugar, molasses, melted butter and milk mixture until well blended. In another bowl, whisk sifted flour, cinnamon, baking soda, ginger, salt and ground cloves and gradually beat into molasses mixture. Spoon carefully over the pears.

Bake until a toothpick inserted in the centre comes out clean, around 25-30 minutes. Cool 10 minutes before inverting onto a serving plate. Serve warm or at room temperature, with whipped cream/sour cream/crème fraiche or ice cream if desired.



NOTICE



Volunteers Needed

**Do you have some free time to help with
the Christmas Bazaar on 20th
November?**

**If you can spare a few hours please
come to a volunteer briefing on
Wednesday 16th November at 11.30 at
the ABWM House**

For further information email

contact@abwm.com.my



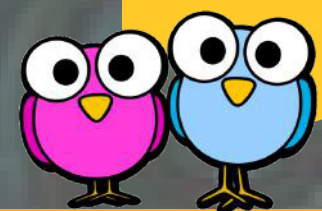
What if one day you found a **secret door** in your house?



Where
would
lead to

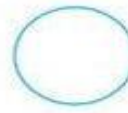
What
you

Don't forget to share with us your
writings and drawings by emailing
them to editor@abwm.com.my





1.



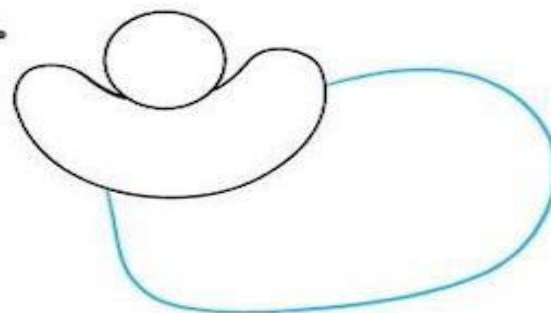
How to Draw the Cheshire Cat

EasyDrawingGuides.com

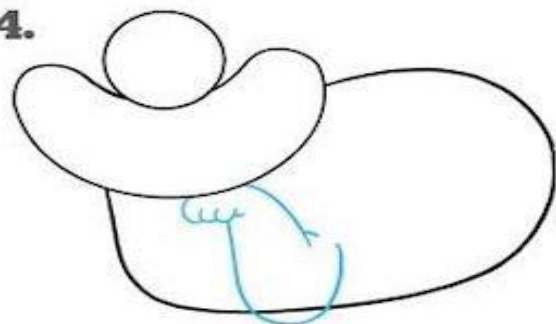
2.



3.



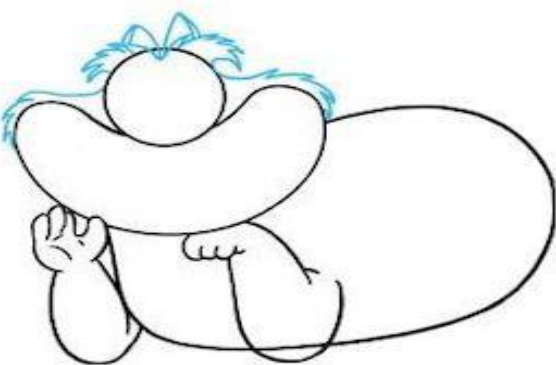
4.



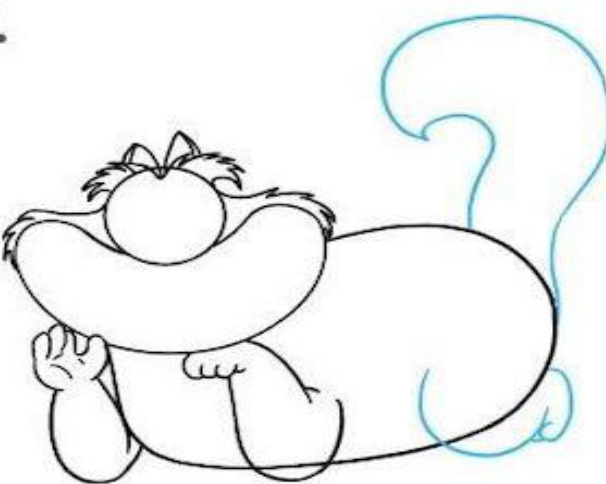
5.



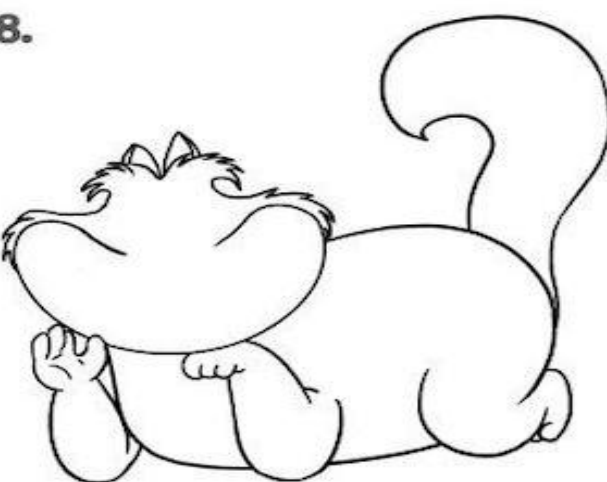
6.



7.



8.



9.



EasyDrawingGuides.com

e
it
?

would
see?

FUN FACTS



A queen bee can live for years
but workers only live for weeks



A hippopotamus can open its
mouth up to 3.3 feet wide



Hummingbirds can flap their wings
up to 80 times per second



Whales can
swim up to 30 miles per hour

or five years,
for 40 days.



ings 80 times per second.



es have belly buttons.

TRIVIA QUESTIONS

1. Which land animal can open its mouth widest?

2. What is the largest living animal?

3. How many eyes does a honey bee have?

4. Which bird can fly backwards?

5. How many noses does a slug have?



Trivia answers: 1. A hippo 2. The blue whale 3. Five 4. A hummingbird 5. Four



OPERATION MINCEMEAT

Director: John Madden
Starring: Colin Firth, Kelly Macdonald, Mathew MacFadyen, Jonny Flynn
Rating: 13A
Length: 128 minutes
Release Date: April 2002
Star Rating: 4 ****

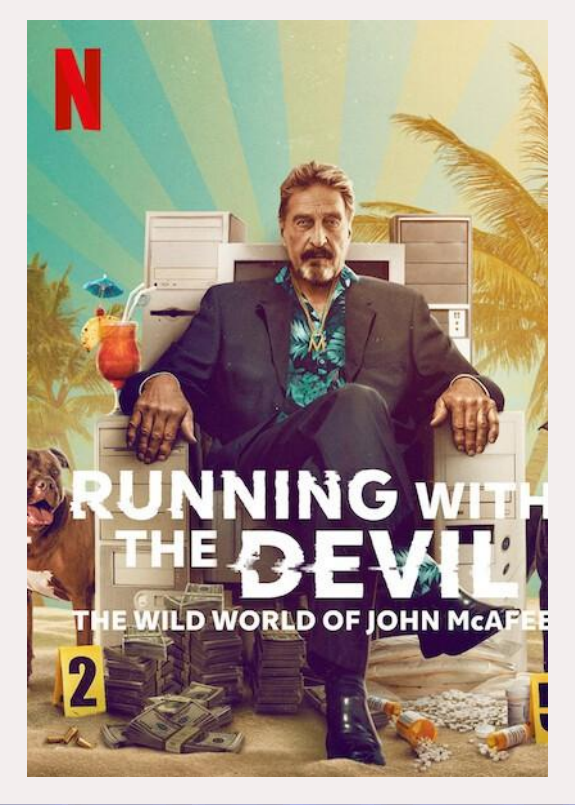
Set in the midst of World War II, former lawyer Ewen Montagu is appointed to the twenty commission (counter espionage), to help Britain & Churchill uphold their promise of entering Sicily then moving forwards through Europe. The Germans too, know it's an easy route, so the Brits plan is to mislead the Nazis into thinking they will attack Greece instead.

Intelligence officer Charles Cholmondeley proposes the plan to plant a corpse carrying false information. A body of a vagrant is used, they concoct a whole back story to ensure the realism when he found washed up on the shore, as this is the plan to get him to foreign waters. Upon his person is ID, full uniform and even photograph of a fake fiancé.

Found by a fisherman in Spanish waters, a British Naval attaché in Madrid meets with the Spanish secret police in a last-ditch attempt to get the information to the Nazis. When the documents are returned to Britain its confirmed by a specialist they have been tampered with, therefore assuming Germany has received the false information.

A great movie with credits at the end commemorating the war work they all did and even showing the grave of the vagrant with his real name and credit to his service to the cause.

MOVIE FACT: Ewen Montagu wrote a book called "The Man Who Never Was" in 1953.



RUNNING WITH THE DEVIL

Director: Charlie Russell
Starring: John MacAfee
Rating: 18
Length: 60 minutes
Release Date: August 2022
Star Rating: 3 ***

We've all seen the name on the antivirus software, but never did I think the 80's super cybersecurity genius would be so messed up and insecure in his personal life. He looked after everyone else's security but his own, was a simple armament of guns and bullets, people and places.

This scatty, back and forth documentary on his life leaves you thinking is it real or fabricated paranoia? It starts with the 66-year-old leaving Belize abruptly after becoming wanted for the murder of his neighbour. Apparently, that feud started because of noisy dogs – John had several and his neighbour had no enemies so it was assumed John would be charged. Next, we see - him hurriedly and illegally entering Guatemala. Using connections to get him in, he is followed and documented by the two people he trusts the most – and that's a lot for a paranoid kind of person.

We watch him get raided on his boat and his ammunition taken away, only to later see him in America refilled and ready to run for election?

Flabbergasted is my only and sole descriptive word for this film.

MOVIE FACT: What you watch is what happened, nothing left out.



UNCOUPLED

Director: Andrew Fleming
Starring: Neil Patrick Harris, Tuc Watkins, Tisha Campbell, Marcia Gay Harden
Rating: 18
Length: 8 episodes of 30 minutes each
Release Date: July 2022
Star Rating: 3 1/2 ***

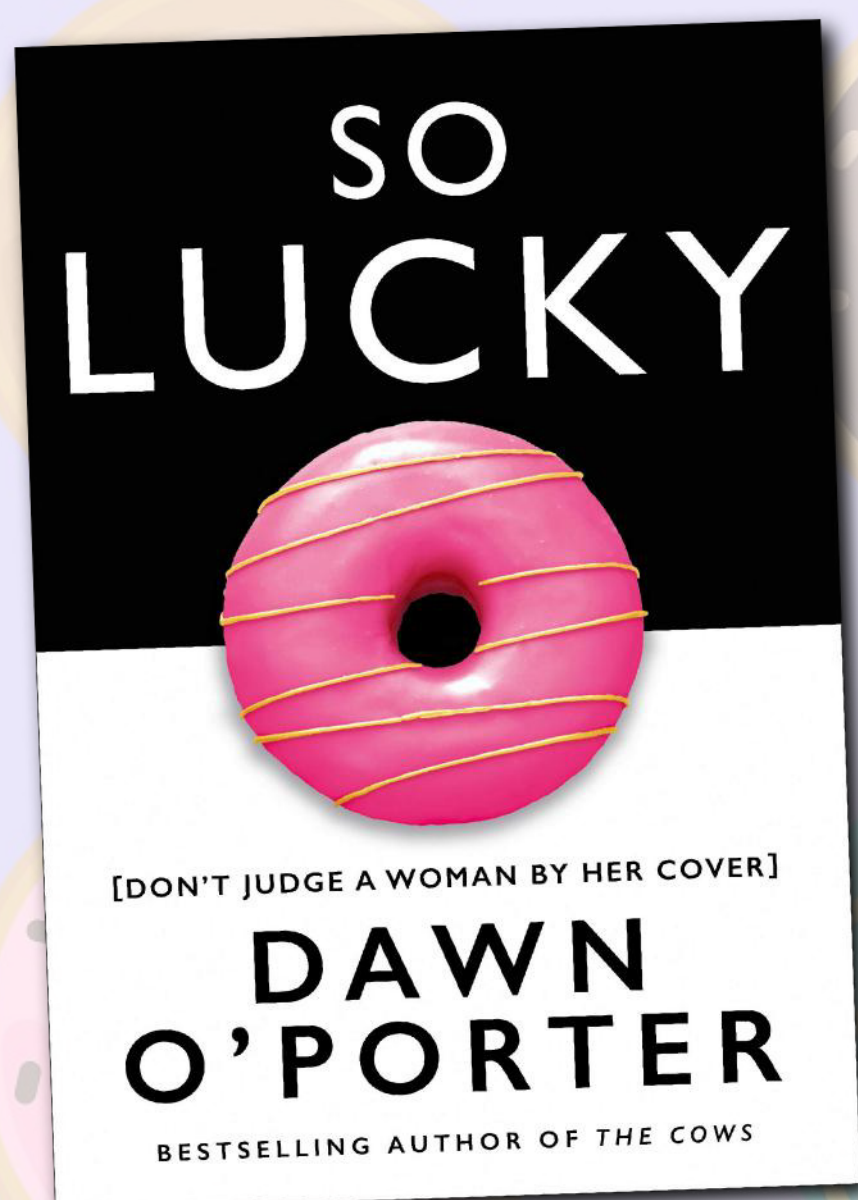
This American romantic comedy series is as funny as it is true when it comes to being single again in your 40's.

Michael, oblivious that anything is remotely wrong, throws a surprise 50th birthday party for his partner of 17 years, Colin. Having just taken a phone call from his housekeeper who tells him the 'best' towels are missing along with the 'good' wine and Colin's clothes, he's confused but only joins the dots when Colin, who hates surprises, tells him that he's moving out to 'figure things out'.

Michael, a real estate agent, starts to work for a newly divorced but wealthy lady called Claire. As she receives only one offer but holds out for higher, Michael questions her that she doesn't want to leave the apartment, realising that he too, doesn't want to let go of what he thought he had either.

Hilariously, his friends take him out several times and couldn't be more obvious and even his dad sets him up on a date too! There are lots of meets, dates, disasters, frenzied rebounding and innuendo. It's not a bad binge watch if you're not prudish, don't mind nudity and want to laugh out loud.





So Lucky by Dawn O'Porter

I am always intrigued by books that I begin by thinking one thing about it and then end up having a totally different view of the book.

For me, this is one of the best things about belonging to a book group. You read books you would never have picked off the shelf yourself. Your repertoire is extended and you are forced to enter different worlds.

So it was for me with *So Lucky*. I started off thinking it would be pure chicklit. Nothing wrong with that per se, but often not much behind the stories. Sometimes, I think the publisher's marketing team gives out misleading messages as this was far from chicklit, despite the cover.

There are three parallel stories being told. Ruby is an artist and a single Mum at odds with her difficult three and a half year old daughter. She has trouble bonding with her and doesn't even spend much time with her. As the book progresses we learn what holds Ruby back from this and other relationships in her life.

Beth is apparently happily married but behind the scenes in her marriage, everything is far from good. Issues exist that are unseen by the outside world and her friends and colleagues.

Lauren is an influencer, putting all her energy into her screen image as marriage to her wealthy fiancé fast approaches. She appears vacuous and lacking in substance, and yet, again, under the surface, lie real issues not often discussed.

The author tackles several taboo issues as the story progresses and the lives of the three women weave together in a natural way that unfolds seamlessly. Outside appearances are not what they seem as we are confronted with key issues of our times; work/life balance, social and physical pressure for conformity, how to be a good parent when your own parents did not offer positive role models, when to call time on relationships that bring no joy.

So Lucky definitely had hidden depths to it. Perhaps the biggest issue it encompassed was 'sisterhood' – the importance of women supporting each other without prejudice or judgement. I find myself going back to it and thinking about the issues O'Porter raises and in the end isn't this what we want from a book? Our usual views and perceptions being challenged and the opportunity to think about issues in a very different way.

And, also very important, *So Lucky* had some very funny and amusing moments amidst the important issues it raises for our consideration - and a good laugh can demystify issues and help us all come to terms with them.

Do read it if you get the chance!



At Alice Smith School, We Have Always Been Innovators



As the first British international school in Malaysia and the only 'not for profit' British international school in Kuala Lumpur, the Alice Smith School is proud to be celebrating 76 years of innovation and success this November.

Our history of innovation started with the founding of the school in 1946 by Alice Fairfield-Smith, the original innovator. Unable to find a suitable school for her daughter in Kuala Lumpur, Alice Fairfield-Smith, set up the school in her home in Jalan Eaton. In doing so, she founded the first British international school in Malaysia.

Celebrating 76 years of success is a wonderful milestone, a testament to the strength of stewardship, belonging and commitment past and present.

[Visit](#) our campuses to discover what makes our school unique...one many are proud to be a part of!





Mont'Kiara International School Brings Hope for Children with Cancer

Mont'Kiara International School (M'KIS) initiated a Madeleine Children's Fund (MCF) to help provide monetary support for hospitals treating childhood cancer. The fundraising campaign was inaugurated by M'KIS Parent Association and has been organised yearly as the Madeleine Children's Fund Week at M'KIS to raise awareness and inspire action for childhood cancer prevention and survival.

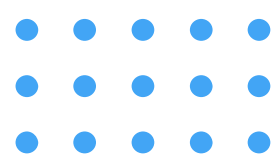
MCF was seeded in 1999 in memory of Madeleine Sjonell. Madeleine was a kindergarten student at M'KIS who bravely fought but eventually succumbed to cancer. Before the memorial service, Eva Sjonell, Madeleine's mother, conveyed her wish that, instead of flowers, donations be made to help support other children in Malaysia who are fighting their own cancer battles. M'KIS Parent Association continued the fundraising endeavour yearly at the school, even after the Sjonell family had returned to Sweden.

Dr. Gary Melton, M'KIS Head of School, reflected on this year's MCF Week. He said, "A heart-wrenching loss and the strong sense of community at M'KIS kick-started MCF over 22 years ago. Our school is grateful to the Parent Association, students, teachers, and staff who support this important cause each year. We honour and remember Madeleine by overcoming grief with service to others. M'KIS students not only strive for academic excellence, but they are also motivated to develop a sense of purpose, nurture kindness, and contribute to making the world a better place."

The MCF has raised over RM130,000 for hospitals treating childhood cancer, such as Hospital Universiti Kebangsaan Malaysia (HUKM) and Universiti Malaya Medical Centre (UMMC). The paediatric oncology wards at the hospitals have received support from MCF for medical supplies and financial assistance for patients and parents who cannot afford cancer treatment.

Professor Dr. Hamida Alias, Senior Consultant Paediatric Haemato Oncologist and the Head of Unit at UKM Medical Centre, expressed her gratitude to the M'KIS community for the continuous MCF fundraising effort. She added that it had provided hope to families whose children have been diagnosed with cancer.

This year's MCF week was held from 3 to 7 October 2022. The MCF week was launched by Dr. Matthew Boomhower, M'KIS Elementary School Principal, at an assembly with the students and teachers to explain the purpose and activities of MCF. This was followed by a week of activities aimed at helping keep the students healthy and resilient. Donation drives, merchandise sales, and other events were held to help raise funds. The events include fun activities such as a "lap-a-thon" for the older students and a "move-a-thon" for the younger students. These sessions allowed students to participate in physical exercises such as running, jumping, skipping, and dancing while raising funds from those in our community who made monetary pledges to support their exercise efforts.





CLUBS & ACTIVITIES

HELLO KL!

A must for all newcomers!

This 4-week course gets small groups of newcomers together to explore their new city together. The course is jam packed with information about where to shop, the best restaurants, how to get around and how to entertain your family. It's also a great way to have all your questions answered. So, if you're new to KL put yourselves in our capable hands and let us help you settle into this exciting city, make some new friends and have fun.

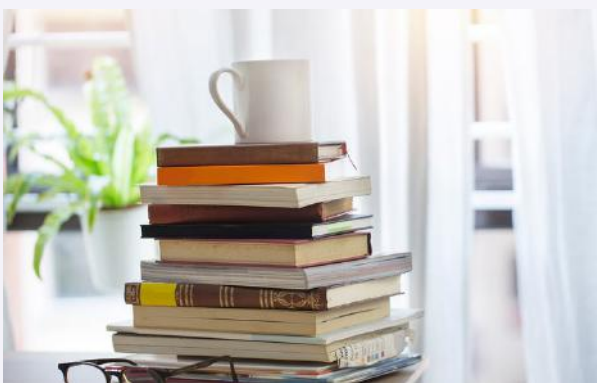
For more info, contact the House at contact@abwm.com.my



ABWM BOOK CLUB

Each member of the group takes a turn to choose a book. Meetings are about six weeks later on zoom to discuss out thoughts on the chosen book. Everyone is welcome!

For more info, contact Carole at thefarrands@btinternet.com



PHOTOGRAPHY CLUB

All levels welcome!

We organise regular technical or creative workshops at the ABWM house or go out together on a 'photo break' around KL.

Hosted by Geoffrey B. Johnson, photographer.

For more info, contact the House at contact@abwm.com.my



TENNIS CLUB

Play is every Thursday morning at the Bangsar Sports Complex.
For info contact Caroline Barber at carolinebarber@hotmail.com



BRIDGE CLUB

ABWM BRIDGE

At the ABWM House on Fridays 09:30am to 1:00pm
Duplicate bridge for experienced players.
Contact The House at contact@abwm.com.my

IMPROVERS GROUP

At the ABWM House on Mondays 1:15pm-4:30pm
Contact The House at contact@abwm.com.my



MAHJONG CLUB

All levels welcome. Happy to teach from scratch!

Play is at the ABWM House on:

- Mondays 1:30pm-3:30pm
- Fridays 10:30am-12:30pm

For more info, contact the House at contact@abwm.com.my

MAY I ?

Also known as Continental Rummy, May I? is a progressive partnership Rummy card game related to Rumino.

Hosted by Tracey Dhinsa.

Play is at the ABWM House on Wednesday mornings.

For more info, contact the House at contact@abwm.com.my



The ABWM Magazine is only as good as the contributions it receives, so come on people, share your stories, reviews, tips, peevs, anything, really anything at all!

We aren't looking for a novel or the next Pulitzer Prize winner, we just want our lovely members to engage and share.

YOU are the ABWM and we don't work without you

We WANT to hear from you!

Contact - editor@abwm.com.my

A woman with long brown hair, wearing a black blazer, is smiling and holding a large, colorful sign for ABWM Majalah Life. The sign is divided into sections with various topics listed in speech bubbles. The woman is pointing her right index finger towards the 'Tips' bubble.

ABWM
Majalah Life

Hobbies

life stories

Your magazine needs you!!

Fitness

Tips

Pets

Restaurant reviews

Fashion & Beauty

Travels

Recipes

Advertise
with ABWM!

Support us in Raising funds for our Charities by Helping you spread the word about your business.
Check out our [Advertising section on our website click here](#)

For more information or questions please click below;
[partners](#)
or
[chair](#)

Your advertisement
here

Share your latest news with ABWM's 300 members, 2200 social media followers, and 200 financial partners. Maximum 50 words. Make sure to tell us your website and telephone number! Any special pricing or discounts? What about special events and open house invites? Cost? Only RM50 for the September edition

Your advertisement
here

Share your latest news with ABWM's 300 members, 2200 social media followers, and 200 financial partners. Maximum 50 words. Make sure to tell us your website and telephone number! Any special pricing or discounts? What about special events and open house invites? Cost? Only RM50 for the September edition

Your advertisement
here

Share your latest news with ABWM's 300 members, 2200 social media followers, and 200 financial partners. Maximum 50 words. Make sure to tell us your website and telephone number! Any special pricing or discounts? What about special events and open house invites? Cost? Only RM50 for the September edition

Your advertisement
here

Share your latest news with ABWM's 300 members, 2200 social media followers, and 200 financial partners. Maximum 50 words. Make sure to tell us your website and telephone number! Any special pricing or discounts? What about special events and open house invites? Cost? Only RM50 for the September edition

Your advertisement
here

Share your latest news with ABWM's 300 members, 2200 social media followers, and 200 financial partners. Maximum 50 words. Make sure to tell us your website and telephone number! Any special pricing or discounts? What about special events and open house invites? Cost? Only RM50 for the September edition

Association of British
Women in Malaysia



Pink October

Thanks to all our sponsors!

Benefitting:

