

ABWM

# Majalah Life

March 2024



*Charity  
Support  
Fun*



ASSOCIATION OF BRITISH  
WOMEN IN MALAYSIA





# Annual General Meeting

**MAY 14TH, 2024**

**11:00 AM**

**FOLLOW BY POT LUCK LUNCH**

**ALL COMMITTEE POSITIONS AVAILABLE**

**ABWM House**  
**23 Jalan Telawi 9, Bangsar**  
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PLEASE REMEMBER

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# THE LOST FOOD PROJECT

## Volunteering & Learning Morning

**Come along and meet The Lost Food Project (TLFP) and learn how a British expat wife started a movement for good!**

TFLP rescues surplus "lost" food from within the supply chain and distributes it to charities and those in need. Since 2016 TLFP has distributed more than 19 million meals / 6.9 million kg of surplus food.

**Thursday, March 21st**

**9.00 - 11:30am**

47-I, Jalan Tiga, Chan Sow Lin, 55200

Kuala Lumpur



Please RSVP to [contact@abwm.com.my](mailto:contact@abwm.com.my)

**FEED THE HUNGRY,  
NOT THE LANDFILL**

[THELOSTFOODPROJECT.ORG](http://THELOSTFOODPROJECT.ORG)





*Hi all!*

Welcome to our very special March issue, celebrating women from all walks of life. It's interesting to read how times have changed since most of us stepped out to work, the advancement, the progress and yes the acceptance. We have come a long way but still have a way to go.

It is also important to remember that while women will take to the streets on March 8th, to celebrate the long road women have travelled, to fight for equality and equity for all, those rallies and those celebrations will be in countries where peace reigns and women have the privilege to be able to do so in relative security. At the end of the day, they can go home, break bread with their families and plan the rest of their lives.

International Women's Day is a day for all women, all over the world. A day to fight, for all women, irrespective of race, colour or religion. It is on this day, and every day, that women, all over the world need to band together for all women. For women who don't have that privilege, whose priorities are not for equity or equality in the workplace, whose homes are no longer there, who fear for their lives, for their physical safety, for the lives of their loved ones, for where their next meal will come from, or wonder if there will be even a tomorrow for them.

It goes beyond the norms of politics or sovereignty. It needs to be all women for all women. There is so much strength when women band together and look beyond class, colour of the skin, nationality or what religion one practices. We are united on that one factor. We are women. We love, we dream, we hope for a better life, we are one.

Happy reading to you all. We would love to hear back from you and what you think of our magazine. There is always room for improvement and we welcome any suggestions you may have.

We wish you all Happy International Women's Day and for those celebrating this month, Happy Mother's Day. To all the women, who have stepped up, loved us, laughed with us, and held us while we cried, we will always carry you in our hearts and our words and our deeds will always be a reflection of the richness you have brought to our lives

Happy reading and best wishes from the Editorial Team



*Alia*

Alia Dada

Editor

[editor@abwm.com.my](mailto:editor@abwm.com.my)





# ABWM Membership Renewal

## Early Bird Special

Your membership expires  
31st March 2024

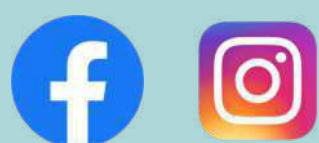
# Renew Now!

RM 230 until 31st March

Regular price RM 260

From 1st April

Early  
Bird  
Promo



[contact@abwm.com.my](mailto:contact@abwm.com.my)



Dear Members,

*A very Happy New Year to you all!*

Greetings from the committee. I've just arrived back in KL after a quick trip home to Dublin for Chinese New Year to see family and to stock up the house for some growing students. Where to begin or should I say continue:

Spring is in the air at the ABWM house and it is safe to say that the New Year started with a bang and continues to move faster than ever. Did I mention it is March! This month has so much going on. It began with St. David's Day, then IWD, Mother's Day. The beginning of Ramadan is coming fast, St. Patrick's Day, Daffodil Day and later in March we will have Easter. On top of our weekly and monthly activities, there is lots happening, and many things to do from coffees, activities, lunches, charity visits, and holidays and there is lots of brainstorming for later in the year going on.

This month at ABWM we are celebrating Women and all things Women with IWD being celebrated around the world on the 8th of March. I love the saying that Renae included in the weekly Newsletter. "There is no limit to what we, as women, can accomplish" - Michelle Obama.

A little reminder that it's time to renew. We need your membership and renewals to keep us going. If anyone has any contacts for advertising or knows of a company or organisation that would be interested in sponsoring one of our events or advertising in our Majallah Life Magazine please let me know, we would love to hear from you.

We have our AGM coming up on the 14th of May at the house, save the date more details to follow, we are looking for new volunteers to join the committee. ABWM needs you. We are looking for volunteers in all aspects of running ABWM. If you have skills like organizing, writing, keeping accounts, doing spreadsheets, contacting advertisers, coordinating work for the charities committee or even helping out with monthly lunches or coffee mornings we host across KL, please reach out to me or any of the committee. We look forward to hearing from you.

Lastly, a big shout out and thank you to our Editorial Team and Tech team, Alia, Kerry and Annie for putting together and producing our magazine each month. Thank you all for all the wonderful articles we have been receiving and thank you in advance to all of you who will hopefully contribute in the future!

Till next time take care

*Debbie*



Debbie O'Neill  
Chair  
[chair@abwm.com.my](mailto: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'.



# “Being one thing” – what will I be?



I never really knew as a child what I wanted to be when I grew up. I was heavily influenced by my mother and grandmother who were both lots of things as women. My grandmother was a cook and caretaker at a boarding school, and my mother was a nurse (and nursing unit manager). My grandmother was also an avid traveller camping around Australia, busing around Europe, climbing the Great Wall of China or sunning herself in Hawaii. She taught me that life needed to be enjoyed and you had to first take care of yourself to be able to enjoy it and take care of others. Both excelled in their chosen careers and as wives and mothers. What I learned was the joy and reward of caring for yourself and for others and that you don't have to grow up to be just one thing!

I initially chose education as my university major and after completing my degree I started travelling instead of “being one thing”. I did several jobs over the years, but it wasn't until I decided to settle a little and put down some roots that I decided to try Paramedicine. Being a paramedic in Brisbane was still a mostly male-dominated industry that stemmed from years of the main skills of the job being lifting people into a van and driving to the hospital.

The industry was experiencing a huge upward trajectory with the profession now including a university degree. The need for knowledgeable and skilled health professionals for meaningful and lifesaving prehospital interventions was increasing and excited me.

The first ambulance station I was placed at was very welcoming although there were only 2 bathrooms/changerooms – a men's and one for the disabled. One of my first comments was where are the women's facilities. The only other female at the station told me that she just used the disabled facilities. I have never in my life felt that I couldn't do something because of my gender, I always just go ahead and do it! So, on my second day at the station, I made a “women's” sign and put it on the door. We weren't disabled and we weren't any less capable than the men at the station.



As my years in the service continued, I started to become accustomed to shift work and my friends group became other shift workers. I mean who else can understand having a G&T at 7am after finishing work or going to the movies on a Tuesday at 11am, but can't attend BBQs, dinners and celebrations on weekends? I was lucky I didn't have small children; I couldn't imagine balancing that. During this time, I also witnessed a huge shift to a workforce of younger, highly educated paramedics which included a lot of females. The advancements in prehospital care, lifting devices and empowered young women had a lot to do with this change. They didn't know they couldn't, so they just did! Sometimes I feel I was ahead of my time with this statement.



**I still came across some people, attitudes and issues in the job as a female.**



I worked as an all-female crew for some years, and I received comments (mostly from the older generation) such as; they let two girls work together, are you nurses, who drives, you will never be able to lift him, is it safe for girls to work together?? I could have let that anger me or hold me back but instead, I would always respond with – Yes! Two paramedics here, how can we help?!

It didn't take too long for me to move into mentor and supervisory roles, and I feel that doing the job well and fairly earned me the respect of all staff including the older males who had been in the job for years.





I loved contributing to the community and helping those at their most vulnerable times, but I also felt the need to be part of the change in the industry. So, I moved into an education role with a focus on helping new paramedics adjust from university to real-life work. I was the second female in this role among many men, but I didn't let it deter me and soon other females joined the team. I was supported by several women and men in the ambulance service who also noticed the changing face of Paramedicine in Queensland and stood right alongside me to support the change.



I witnessed the huge transformation from a male dominated industry to an even split of male/female (and a small percentage of other genders), and the natural changes that had to come with that including family-friendly rostering, maternity and paternity leave, equity, diversity and inclusivity. I was very proud to be part of this change for the future.

As a Paramedic, a senior supervisor and a senior educator I got to do some really cool things – work in the Commonwealth Games command centre, complete a secret mission with Air Force 2 and the Secret Service, a G20 event, sporting events, concerts, training with the SERT Police, Fire Service, Royal Flying Doctor Service, helicopter paramedics and so much more.

Most importantly I had the privilege of bringing babies into the world, caring for people at the end of their lives, sitting with families after a death, and helping the most vulnerable people in my community.

In moving to Malaysia as an expat 2.5 years ago I stepped away from my job and my identity as a Paramedic. This was difficult for me as it was such an important part of who I had become. I hope that I was able to leave a legacy as a role model for new paramedics of what they could achieve in the service and life in general, and that change can happen so be the change.

I know that women are still held back by societal standards and ideals, especially in other countries in the world and I was lucky to grow up and live in Australia. I also think that perhaps we are our own barriers to being empowered women – we stop ourselves from doing more or doing differently because we are not always sure we can or should. We are torn between our lives as mothers, family carers and our careers.

I give thanks to my strong female influences growing up who taught me that I could, and I should! I know that I can be anything when I grow up. Being a paramedic was consuming for a while and it did become my identity but after a while, I decided it was enough just to be me!



# Makissa Sophia Smeeton, Co-founder The Hungry Tapir

A little background about yourself. Why did you choose the field you went into and what it was like?

My background is graphic design which I studied at CSM and LCC (UAL) in London. I turned vegan in my second year of university in 2015 and quickly found a passion for social designs and initiatives connecting world and health issues to the environment.

Fast forward a couple of years and I moved back to KL where my mum and I found a gap in the market with vegan restaurants with alcohol and a bar, or even a nighttime ambience. This combined with my passion for eating and plant-based cuisine (and just being an overall foodie!), The Hungry Tapir was born!







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## **What are some of the biggest challenges you have faced as a woman in your field?**

Finding a balance and respect from certain (male) individuals - being in Malaysia I have personally found that the working culture is slightly different to the overseas in the sense that some individuals don't see women as the ones leading the show. Thankfully, through 4 years and a pandemic to survive, we are proud to say we have great teams who trust and support us in carrying through the business.





**How do you balance your professional and personal responsibilities?**

Time out for myself is very important and was something I struggled to find in the early days of setting up the business, and later on my second business LaGula. As a small business owner and working with my family, we found that we have had to be very hands-on - especially navigating the pandemic after opening The Hungry Tapir - at the end of the day we had to hold on to all moving parts to get where we are now. To find peace, working out regularly, yoga, travelling when able to and simply being in nature whenever I could, always helps soothe the soul! Along with the love and support of my 2 dogs and my fiancé, too!



**What do you think is the most significant barrier to female empowerment?**

Quite simply the misogynistic mindset that cultural norms still have, at least here in Malaysia and many third-world countries. This is rapidly changing which we can see and are submerged in, but it's still something that many have to face daily. Safety is also a topic that shields many from moving forward and this is something we always need to look out for (i.e. not having our female staff close a shift alone etc).

Your personal experiences as a woman, on your way to achieving your goals, both positive and negative.

Resilience through the business has come in many shapes and forms. Standout examples would be receiving feedback, constructive criticism and reviews (good and bad) that always mould the path and create room for change. The success of The Hungry Tapir allowed us to open our vegan bakery and brunch bar up to road, LaGula by Tapir which we opened in May 2023 - this was a huge positive win not only for us, the team and the business, but for the plant-based movement in KL!



**What practical steps have you taken to reduce barriers faced by women, such as flexible working hours, remote working, maternity leave and work-life balance?**

Unfortunately in the F&B scene remote working isn't possible as our front of house/floor team and kitchen team need to be present at our restaurants, however with given reasons we are always open to allowing female employees to take leave when asked, maternity is 3 months long, our accountant has her own office up the road and our social media and marketing manager is able to choose flexible hours to come in, as long as projects, tasks and deadlines are met.



**What advice do you have for women who want to work in a male-dominated field?**

GO FOR IT! Don't ever hold yourself back and know that you will be amazing in the field you choose. There really is nothing that we can't do if we put our mind, soul and conscious effort towards it!!



**How do you ensure that your team is diverse and inclusive?**

We always hire based on character and experience - not where one individual is from. Our ethos is simple: treat all team members and customers the way you want to be treated and leave your problems at the door. We find that our weekly team meetings are a huge asset and improve the overall problems that we face. We make it a point to go around a circle and encourage every employee to speak about anything within the last week so that nothing is passive and is solved on the spot together as a team.

**Who have been your biggest supporters throughout your career?**

Friends and family are number one here! Along with the vegan scene - small yet powerful! We have found that we need to support and integrate with one another and collaborations are always key.



# Women I Admire

I have been thinking about this topic for weeks now. I considered a range of authors, politicians, actresses, and singers and could not settle on any one or indeed, any 2 or 3! I kept thinking..... and then it came to me.

The women who have influenced and guided me in my life, have all been those I have known personally. People who have touched my life, for minutes or for years, and who have impacted my thinking, decisions and actions.



First, of course, are family members: my Mum, my Nanny, my Godmother and aunts and cousins. They created a happy childhood for me and their love is with me every day.

Teachers at school, both primary and secondary, were significant in my development with a word of advice here and a helping hand there. (Not that I always realised their significance at the time!)

Friends are just gold dust, aren't they? Where would we be without them? And it seems to me, that the older I get, the more valuable my female friendships become.

So, I did find this exercise very interesting, with a very different result from what I originally intended! It is the women I have been related to and met in my life who have been formative for me. Wisdom and love abound amongst us women and I am truly grateful to all the women I know who are generous, communicative and supportive with their time.

Happy International Women's Day to you all!

*Melanie Bolland*



# Kim POSSIBLE: Profession and Passions

## I wear many hats...

a wife to one husband for 30 years, mother of two sons aged 26 and 18, a daughter to an aged mother, a public speaker, writer, and a member of the Malaysian legal fraternity for 29 years. My background in civil litigation in property and estate matters to conveyancing of properties has led me to my current focus of practice in International Succession Law.

This pivot into legacy planning for multi-jurisdiction estates internationally is due to my encounters with expat friends and clients who were caught off-guard when the inevitable happened. It is difficult as it is when a demise occurs back home but when it happens overseas, a surviving spouse and family face tremendous stress to handle financial affairs and legal matters left unprotected by the deceased.



As a woman and more so as a wife and mother, I felt a heavenly calling to engage in this area of law and hence, Heritance Wills International was set up with the vision to protect legacies and ensure proper succession, forging family ties and taking family legacies and businesses to the next generation. In addition, my company's objective is to assist clients in crafting wills and other legal instruments in line with our vision.





Being a woman in this sphere of practice, the upside is that empathy can be shown to clients without embarrassment. Once a husband or even a wife consults with me directly, he or she is usually convinced that planning a legacy is for the protection of life and not just mere talk of death.

It is rewarding to me personally as a professional and from the perspective of what a wife and mother would want to protect her family.

In line with my calling, a passion arose to educate the community, especially expats whom I found are lacking protection. Hence, I engaged in numerous talks on how to avoid headache and heartache for the surviving spouse and family to deal with a foreign legal system.



For the local community, my role as a legal aid advisor and speaker at legal forums was recognized by the Governor of the State of Penang by the conferment of the Medal "Pingat Jasa Kebaktian" (P.J.K.) on 16th July 2012. I am humbled by this honour when in my mind, I am merely engaging in my calling and passion.

I thank God for bestowing on me a high EQ and in addition to my motto as a previous litigation lawyer where I always seek to assist the clients to settle out of court instead of fanning the flame of litigation, this gave me and the services that my company offer the edge of empathetic foresight to prevent the worse scenario when a demise occurs.



As part of my God-given talent to influence protection over the spouse and family, women's empowerment emerged as an extended passion. This has led me during the last pandemic where everyone went online to collaborate on webinars with women speakers internationally. A few webinars that were carried out were: Developing The Resilient Woman in You; The FearLESS Woman; MARRIAGE: Crazy & Complicated or Fun & Fulfilling? The details of this passion are under the "Kim POSSIBLE" profile where my webpage can be accessed at: [www.kimkhoo2020.com](http://www.kimkhoo2020.com)



# Suzanne Mooney MBE

## The Lost Food Project

I moved to KL with my family in January 2013. I didn't want to move, and needed a lot of convincing from my husband! but once I arrived, I soon fell in love with the country. After a settling-in period, I decided I wanted to give back and do some part-time volunteering.

I originally went to volunteer to teach English at the UNHCR but discovered many refugees could not attend classes regularly for fear of leaving their lodgings and being arrested and deported. Their lives were fragile and precarious, supporting their children was a daily struggle – so I tried to figure out how best to help them. Then one day an idea popped into my head. The Chin artisan workshop could easily produce high-quality towels with students' names embroidered on them. If we set up a registered charity, the refugees would legally be able to work.

'The Lost Towel Project' was thus established and worked very well for the refugees. However, when we offered additional support (in addition to salaries) all they wanted was food. At first, we were buying food, but I knew retailers were throwing out a ton of food daily. So I tried to find an existing charity collecting surplus food to support them. There was no such charity – that was when I decided we needed to start The Lost Food Project.







## From Journalist To Food Rescuer

My background as a BBC Producer helped. I needed to do a LOT of research into setting up the correct legal mechanisms (ie establish an association through the Registry Of Societies - ROS). Then contacting companies to persuade them to donate food.

The key factors for our success were finding good board members with the right skill sets (legal, finance, branding, fundraising etc etc). In addition, you have to be brave or foolhardy. It's much easier to do nothing. If you think too long and hard, setting up a charity or business in a foreign country can seem very daunting – especially if you're not sure how long you'll be living in Malaysia... However, it is always worth the effort – I don't believe in regrets. Life is not perfect, and having a go and trying your best is more important than waiting for the 'right' moment (which may never come along...).



# The Impact

We have given out over 22 million meals. What is so nice is that approximately 80% of the food we donate is nutritious healthy food – mainly fruit and veggies. We are trying to grow a team of food procurement people (in case anyone reading this is interested!??) and with more volunteers involved in approaching companies, we know we can achieve much much more in the future!



# Award-Winning

We give to any group regardless of religion, colour, or residency status. We focus on those in the greatest need. We have a dedicated charity team, and the aim is to help as many people as we can. We need charity liaison volunteers for all our charities, to ensure the greatest support.



We have been lucky enough to have received a few industry awards that we are very proud of. In addition, on a personal level, I received an MBE in 2020 from Queen Elizabeth II. I was nominated by the UK High Commission in KL. It was a huge surprise and such an honour to go and meet Prince William at Windsor Castle. It was also nice for my children to experience, for they have witnessed how hard I have worked over the years – and sometimes been quite absent. It helps them to understand the importance of our work.







# The Female Expat Challenge

I think the fact we arrive as a trailing spouse sets the tone. We know it is extremely difficult to work, and even getting your own bank account is a challenge! If you are persistent there are always ways to get around the system. It is not easy, and I can understand why women don't want to create waves in a foreign country. We are more vulnerable as we know we have limited rights. However, Malaysians are very kind and forgiving. I have sought help many many times and to my surprise – the authorities have always tried to assist. If they can see you are genuinely trying to help, they will look after you.

So I would suggest to any lady reading this article – if you want to set up a charity please do it. [I am always happy to connect and offer advice if it would be useful]/ If you want to make a difference but don't want to set up a charity – I would say come and help us at The Lost Food Project. We are very open to anyone who shares the same goals as us. Helping local communities, making friends and mitigating environmental problems, partly caused by food overproduction and underconsumption. There are almost 50 million meals worth of food being thrown away daily in Malaysia. Help us to re-direct some of that to those less privileged than ourselves.



# THE LOST FOOD PROJECT

WOMEN SUPPORTING WOMEN, SINCE 2016

**TLFP rescues surplus “lost” food from within the supply chain and distributes it to charities and those in need. Since 2016 TLFP has distributed more than 19 million meals / 6.9 million kg of surplus food.**

Recognising the pivotal role of women in ensuring food security worldwide is crucial. From putting dinner on the table to sowing seeds and nurturing crops, women are the backbone of society. Their expertise, resilience, and dedication sustain families and entire regions.

However they are often the ones suffering most from insecurity; feeding their families first, and even going without. Sometimes enduring situations of domestic violence, when a partner has no job or self-confidence and needs to lash out.

The Lost Food Project was originally built by women for women, to aid the refugee Chin communities who so desperately needed our help. With the help of committed volunteers, we can support and lift the burden for so many more women and their communities.

So please join us and help relieve the burden of women less fortunate than ourselves.

GIVE US A SHOUT AT  
[VOLUNTEERS@THELOSTFOODPROJECT.ORG](mailto:VOLUNTEERS@THELOSTFOODPROJECT.ORG)

 the lost food project

 @thelostfoodproject

 thelostfoodproject

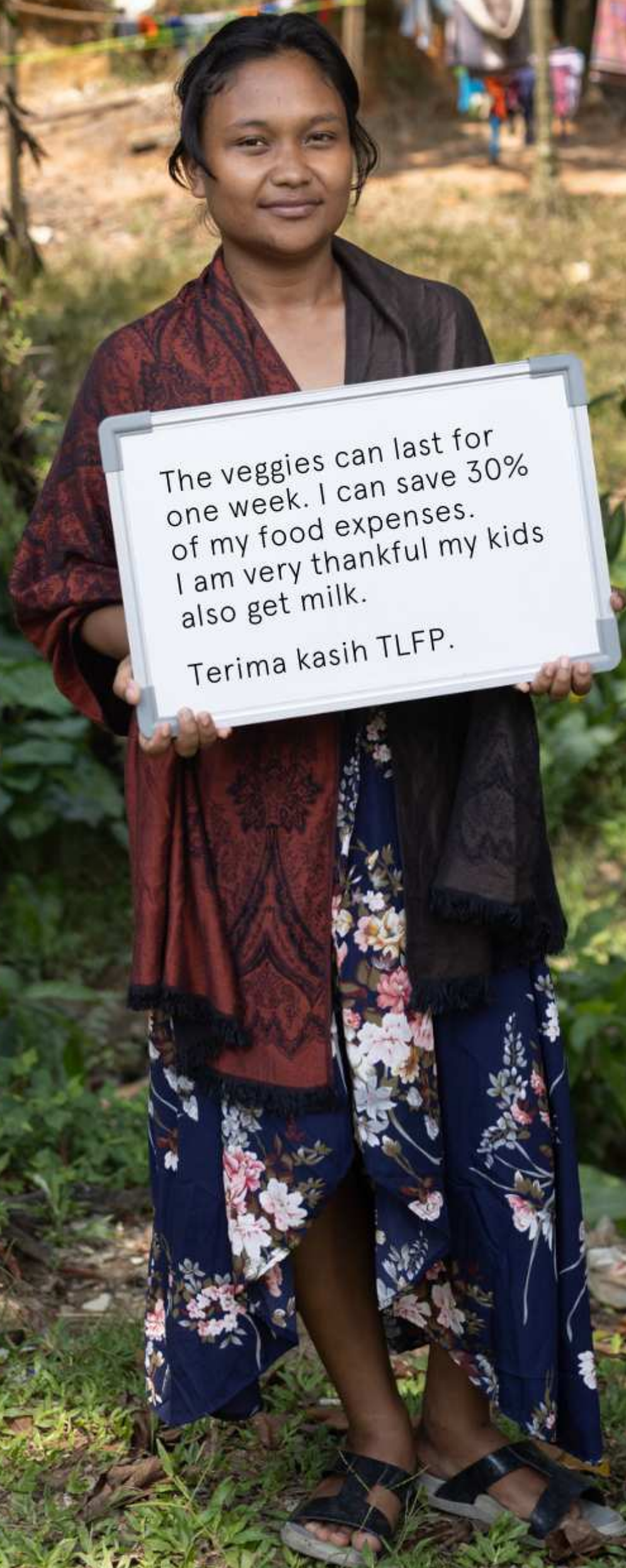
Each month  
delivers vegetables  
& dried goods to  
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Settlement

**FEED THE HUNGRY,  
NOT THE LANDFILL**

[THELOSTFOODPROJECT.ORG](http://THELOSTFOODPROJECT.ORG)



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Orang Asli  
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Norashifa  
3 children at home





# Charity Cheque Presentation:



National  
Cancer  
Society  
Malaysia

*Giving Hope Celebrating Life*

Last year, we successfully raised **RM25,000** for NCSM as a combined effort of our Pink October event, KLCC walking group's **Pink Walk** which raised RM10,500 and the Pokerkeeno group which raised RM1,000 for breast cancer screening. In addition, the **Movember** event at Sid's Pub raised RM12,000 for prostate cancer screening. We would like to give a very special thank you to our sponsors at the events, namely, Melbourne Capital Group and Asian Tigers for their continued support. We are very grateful and would not be able to hold these events without your support.

*Thank you very much!*

We invited Mr Yeap Chong Wei, the marketing director and Ms Michelle Wong Lai Fen, the manager for corporate relations from NCSM, to come and join ABWM, the KLCC walking group and our sponsors for a coffee morning. We presented an oversized cheque of RM37,000 for both projects. Mr. Chong Wei gave a very interesting and informative talk on both projects which will help both males and females in the B40 group, (The bottom 40% of Malaysians who earn below RM3,401 per month) to have cancer screening.

Mr. Chong Wei also explained how NCSM is very active in trying to prevent cancer and is currently embarking on an HPV (Human Papillomavirus) vaccination programme for all young Malaysian girls from underprivileged backgrounds, who missed out on the vaccination during covid pandemic. It is estimated, at least 800,000 girls did not receive the HPV vaccination throughout this period. Cervical cancer is the third most prevalent cancer in Malaysia. The programme is to try and address this need by involving, educating and vaccinating girls across the whole of Malaysia, using mobile units and medical teams to access rural and vulnerable girls.

If you are interested in volunteering or donating to help NCSM, please click on the following links:







NCSM also run Rumah Harapan Kanak-Kanak (Children's Home of Hope) which provides transit accommodation and cancer care and support for children with cancer and their parents or caregivers, as many families have to travel to Kuala Lumpur for treatment, due to the lack of cancer treatment centres in many of the states. The home provides free accommodation with cooking and laundry facilities. NCSM also provides free transport, laundry services, counselling, nutritional support and play therapy, to help the children deal with their illness. There are two special rooms for bone marrow transplant patients, as they are immuno-compromised. All of this is provided free by NCSM and relies on donations from the public.

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We ended the morning with light refreshments and photographs to mark the event. Thank you to everyone who came along to support this small event and for the lovely refreshments.

**Written by  
Clare Harraghy and Mae Robert**



# Events

I'm Georgia and I'm delighted to have accepted the position of Events Organiser for ABWM. I'm really pleased to be working so closely with the committee to try and further our purposes of providing a network to women in Malaysia, whilst also working hard to secure fund raising for our chosen charities.

I know many of you will have been long standing members and have shown great commitment to the work of ABWM. I really hope this continues and we can develop and grow our events in Malaysia whilst we have the privilege of living here.

Many of our events have been a great success. With the help of our sponsors, we hope to continue building on our strengths of women working together in the things we want to achieve.

I've lived in Malaysia for just over a year and am the lucky mum to 3 boys! I left behind a life of crime in the UK where I worked as a criminal lawyer and now spend my days hiking, keeping fit and active, teaching and doing the best I can for my children and family. I have a keen interest in literature and writing and hope to provide you with some interesting material in our Newsletter and other publications and I really hope you'll read them and get involved!

It's been so nice getting to know the membership and I look forward to some great events and meeting more of you soon. And, if you have any ideas about what you would like us to do for you, then please email me.



Georgia



# IPOH



The city is also well known for its cuisine and a highlight was Greentown Dim Sum Cafe, located near Ipoh park. The menu is varied and extensive, with dishes suitable for all ages and palates.



The year of the dragon began with a family trip to Ipoh. This was our first visit to the former tin-mining town and it certainly did not disappoint.

Ipoh's rich heritage remains very much alive and is evident in the numerous street murals which are dotted around the city. The eponymous Mural art lane, located at Taman Jubilee, is well worth a visit and can be enjoyed by both young and old. A 10 minute walk will take you to Concubine lane which is also worth adding to your list, but do keep in mind that many of the city streets are difficult to navigate with a stroller.



If you find a break from the sun is needed, younger kids will certainly enjoy a trip to TiniTin Town, located a 10 minute drive out of the city. Based on the concept 'tiny tin town', the indoor play area features kid sized shops, stores and restaurants along with numerous slides, ballpits and trampolines. A miniature steam engine runs on an elevated track above the cafe, which is conveniently located, allowing parents to relax while keeping kids in view. Overall, Ipoh is an ideal place for a short break with kids of all ages.



# Embracing Prosperity: The Yee Sang Tradition



In many parts of Asia, the Lunar New Year is celebrated with great favour and joy. One of the most vibrant and symbolic traditions associated with this festive occasion is the **Yee Sang** event. This joyous custom, which originated in China and has been embraced by communities across Southeast Asia, is a captivating spectacle that embodies the spirit of prosperity, togetherness, and good fortune.

The Yee Sang event is a communal affair that typically takes place during the first 15 days of the Lunar New Year, with a particular emphasis on the seventh day known as “Ren Ri” in Chinese culture. Families, friends and colleagues gather at restaurants or homes to partake in this joyful ritual. The focal point of the occasion is the preparation and tossing of the Yee Sang, a colourful and delectable salad that holds deep symbolic meaning.

Preparations for the Yee Sang event begin with the arrangement of a larger platter filled with an assortment of ingredients, each of which carries its own auspicious significance. Thinly sliced raw fish, often salmon symbolizes abundance and prosperity, while shredded vegetables represent a fresh start and growth. Accompanying condiments such as plum sauce, sesame seeds and crispy crackers add texture and flavour to the dish.

As the Yee Sang is assembled, participants engage in a collective act of tossing the salad high into the air using chopsticks, accompanied by lively chants of well wishes and blessings. This act of tossing, known as “lo hei” in Cantonese, symbolizes the rising of good fortune and abundance. The higher and more vigorous the tossing, the greater the prosperity and luck that is anticipated for the coming year.

In conclusion, the Yee Sang event is a captivating celebration that embodies the essence of the Lunar Year, bringing people together in a spirit of hope, abundance, and togetherness. As we usher in a new year, let us embrace the joy and symbolism of the cherished tradition, and may the act of tossing the Yee Sang herald a year filled with prosperity and blessing for all.

*by Lily Low*





## ***Ushering in the Year of the Dragon at the ABWM House***

On the 19th of February, members gathered at the ABWM House to partake in this special Lunar New Year (LNY) tradition of the Yee Sang.



After an introduction about this popular Malaysian must-have for LNY by our member Lily, it was time to dig in with boisterous well-wishing and high tossing to usher in the Year of the Wood Dragon.



The event was followed by a table full of dishes that members brought in to share: from beautiful salads to delectable mains and yummy desserts!



### ***Happy LNY to All!***



*by Annie Nguyen*





# ਦਰਾਦਖ਼ਤਿਕ, ਲੱਖੁ ਦਰਾਦਖ਼ਤਿਕ!

**M**y place of birth is Calcutta but I moved to England with my parents when I was eight. While I still have memories of my time there, the memories are a bit like snapshots of old, a bit hazy around the edges, covered by the mist of time.

Since then I've been back to Calcutta three times and it was on my third trip there that I decided to visit Darjeeling, where my mother and father had gone to school. My mother had gone to Loretta Convent and my father, to North Point. I wanted to see the places where my parents had spent their formative years, a sentimental journey for sure, but one I was very keen to take.

My journey from Calcutta to Darjeeling was on the main train. When I got to the Howrah Station, my taxi driver decided to charge me double and after a lot of arguing back and forth I forked out the original amount and turned to face the station.

Standing on the road all I could see was a sea of bodies, stepping over each other in an attempt to get to the platform and the trains. 'How was I going to wade through that', I thought in horror, 'and find my train and then my compartment!' As everyone surged forward towards the trains I turned around hoping for a miracle, and what did I see, three nuns standing right behind me. I sighed in relief as they assured me they would find my compartment before moving on to theirs. They kept an eye on me on the entire ride up to Darjeeling.

From Darjeeling, I had to take one of their famous Toy Trains up to the schools. The train went at what seemed like two miles an hour, it took forever, but it was the way my parents had travelled, so I was following in their literal footsteps, so to speak. Finding the schools made me feel my parents' presence more strongly around me, it gave me a sense of contentment and peace and I was so glad I had made the journey.



The journey back to Darjeeling and then on to Calcutta was an entirely different experience from the one coming up. The crowds at Howrah station were child's play compared to the experience of getting back. From the station where the school was located,

I got onto the toy train to go back to Darjeeling. Halfway down the mountain, the toy train came off the tracks. As horrifying as that sounds, it was not that bad, as it moves so slowly. All we felt was a little shudder as the train popped off the tracks and we came to a stop. There was no damage and no injuries, but that train was not going anywhere, fast! We all had to disembark, collect our luggage and walk on the tracks till we got to an area where we had to scramble up a steep embankment to get to the road.



Now just visualise, we are standing on the tracks and being told we had to scramble up an area that was almost head height, and I can assure you it wasn't my head height! I, and most of the other ladies, of course, had to be helped up by some of the sturdy and willing lads who were with us on the train. We were pulled and pushed, with hands literally under our bottoms, and we finally made it onto the road where we had to wait for a bus to get us down to Darjeeling.

My troubles, unfortunately, did not end there. I'm now standing on the platform at Darjeeling, ticket in hand, waiting for the train to take me back to Calcutta. I can see the train approach and a young couple seeing that I was alone, and probably looking a little apprehensive, approached me and asked if they could be of any help. They looked at my ticket and said it seemed I did not have a berth on the train that I was supposed to be travelling back on. They very kindly took me to the train driver and explained the situation. The train driver confirmed that I had no seat on the train back, my blood ran cold. I was in a foreign country, with no skill in the language and no seat on the only train going back to Calcutta that day.







The train driver was very helpful and said not to worry they would find a place somewhere, somehow, for me. So off I go, saying goodbye to the young couple with my little suitcase trundling along behind me. I followed the driver down the narrow corridor of the train, looking for some place where I could sit. The driver opens the door to one berth, imagine tiny me standing in the doorway, eyes almost bugging out, at about 15 men in their native garments and the train driver gesturing to me to sit with them. I pleaded with him that there was no way I could do this and he was like 'Mam, there are no other seats on the train'.





However, I managed to convince him to keep searching and after about 20 minutes, we finally found one compartment where there were just four Indian ladies, and I was like, 'Yes! I can do this!' The ladies gave me quite a sceptical once over, they must have thought I was some young gadabout, out on my own. Females travelling alone is not quite done in their culture, so I could understand where their askance looks were coming from.

I quietly sat in one corner and pulled out a book to read. For the life of me I can't remember even turning the page, I think the book was just a protective cover from the inquisitive stares I was getting

Come night and time to sleep, I noticed people had chained their belongings to the legs of the seats under them, probably to keep their things from being stolen. What to do, I stuffed all my valuables down my pants, tucked my case under my head and slept. Come morning, the ladies seemed to have decided I was harmless and were more friendly. We chatted for a while and they got me a cup of their local tea, a friendly gesture that unfortunately ended up giving me dysentery by the time I reached home.

Despite the harrowing return journey, I had a wonderful trip to my beloved India. It will always hold my heart.

## ବେଙ୍ଗଲ ଚିତ୍ରାଂଶୁ





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**ASIAN TIGERS**  
GROUP



# Sillage [sijaʒ] {French}

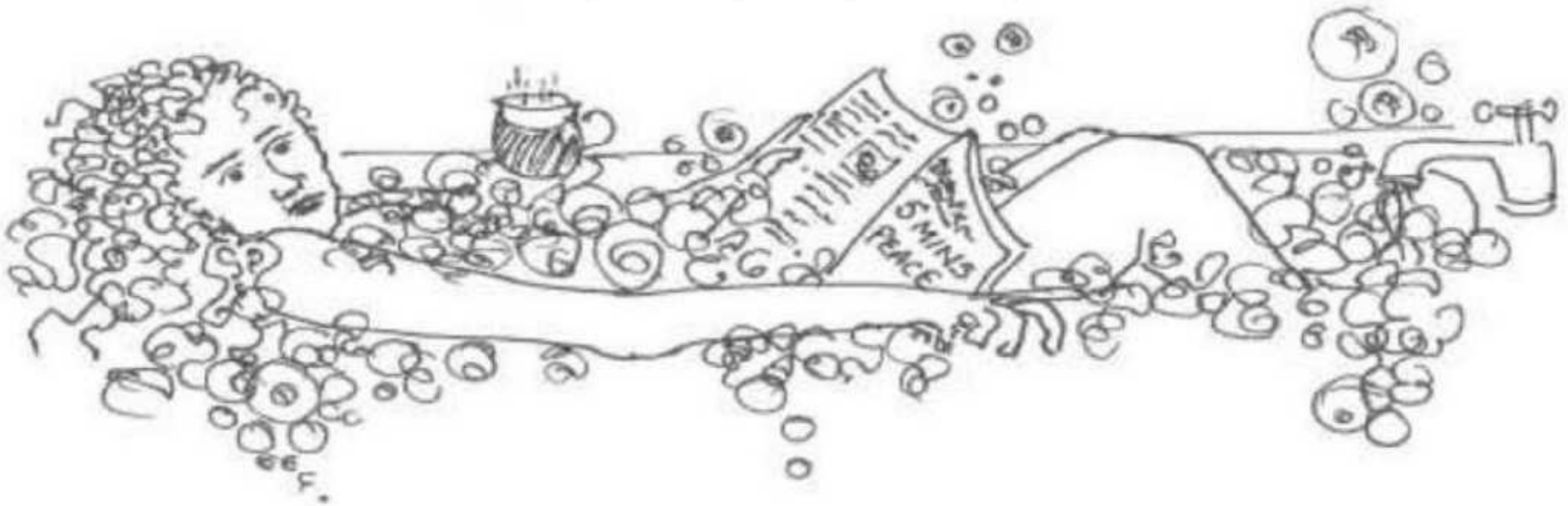
[n] the scent that lingers in the air

The trail left in water, the impression made in space after something or someone has been and gone; the trace of someone's perfume



# FIVE MINUTES' PEACE

compiled by Sally Addington



My husband asked if he had any annoying habits, and then got all offended during my PowerPoint presentation...

I never understood how the Little Drummer Boy's parents could just send him outside alone at night to play his drum until my daughter brought a recorder home from school....

What's the difference between ignorance and apathy? Don't know.... Don't care.....

How come my ancestors navigated using the stars, and now here I am missing my exit using GPS....?

You can live to be 100 if you give up all the things that make you want to be 100.....

I've reached the age where I'm seriously thinking about what I want to be when I come back....

My ducks are absolutely not in a row. I don't even know where some of them are, and I'm pretty sure one of them is a pigeon.....





Woman has man in it.  
Mrs has Mr in it.  
Female has male in it.  
She has He in it.  
Madam has Adam in it.  
Ever noticed how all women's problems start with MEN?  
MENTal illness,  
MENstrual cramps, MENTal breakdown, MENopause, GUYnecologist ... & when we have REAL trouble, it's a HISterectomy!  
But just remember, when we can't take it anymore it's CALLED MANslaughter.



the correct place for the phone is below and slightly to the left of the bread plate



The doctor, after an examination, sighed and said, 'I've got some bad news. You have cancer, and you'd best put your affairs in order.'

The woman was shocked but managed to compose herself and walk into the waiting room where her daughter had been waiting.

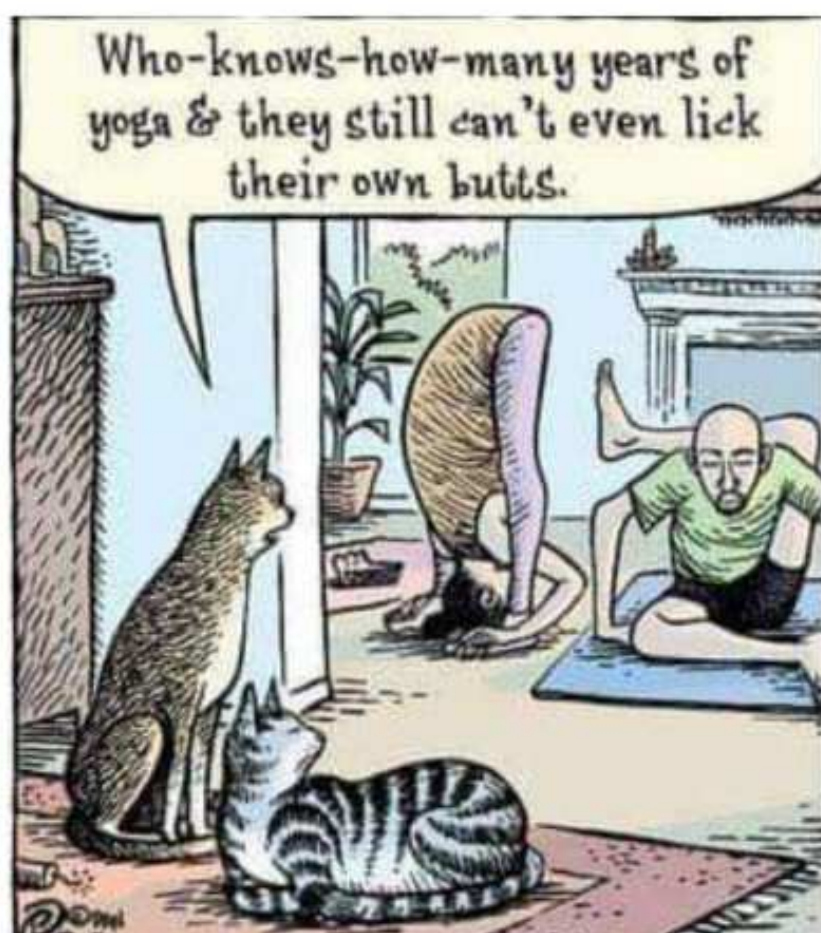
'Well, daughter, we women celebrate when things are good, and we celebrate when things don't go so well. In this case, things aren't well. I have cancer. So, let's head to the club and have a martini.'

After 3 or 4 martinis, the two were feeling a little less somber. There were some laughs and more martinis. They were eventually approached by some of the woman's old friends, who were curious as to what the two were celebrating.

The woman told her friends they were drinking to her impending end, 'I've been diagnosed with AIDS.' The friends were aghast, gave the woman their condolences and beat a hasty retreat.

After the friends left, the woman's daughter leaned over and whispered, 'Mamma, I thought you said you were dying of cancer, and you just told your friends you were dying of AIDS! Why did you do that??'

'Because I don't want any of those bitches sleeping with your father after I'm gone.'



This is what irony means. You buy an electric car to save the planet and a tree kills it!





## Hard-hitting Humorous Quotes on Government, Politics and Bureaucracy

"In my many years I have come to a conclusion, ... that one useless man is a shame, two [useless men] is a law firm and three or more [useless men] is a government." ~John Adams

"If you don't read the newspaper you are uninformed, if you do read the newspaper you are misinformed." ~ Mark Twain

"I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle." ~ Winston Churchill

"A government which robs Peter to pay Paul can always depend on the support of Paul."  
~George Bernard Shaw

"Foreign aid might be defined as a transfer of money from poor people in rich countries to rich people in poor countries." ~ Douglas Casey, Classmate of Bill Clinton at Georgetown University

"Giving money and power to government is like giving whisky and car keys to teenage boys."  
~ P.J. O'Rourke, Civil Libertarian

"Just because you do not take an interest in politics doesn't mean politics won't take an interest in you!" ~ Pericles (430 B.C.)

"No man's life, liberty, or property is safe while the legislature is in session." ~ Mark Twain (1866)

"The government is like a baby's alimentary canal, with a happy appetite at one end and no responsibility at the other." ~ Ronald Reagan

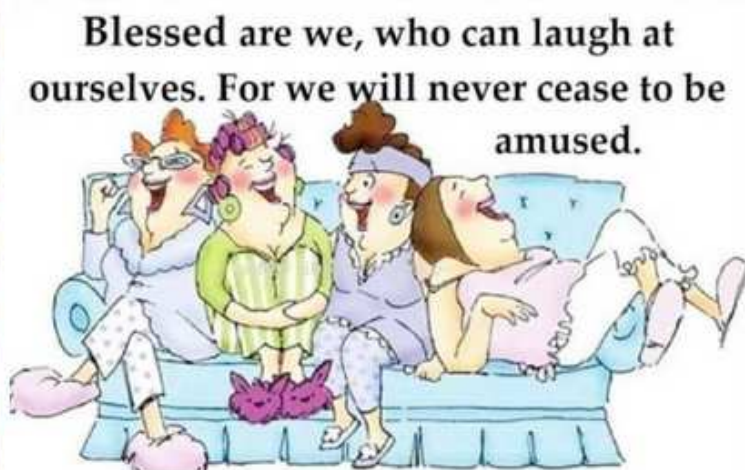
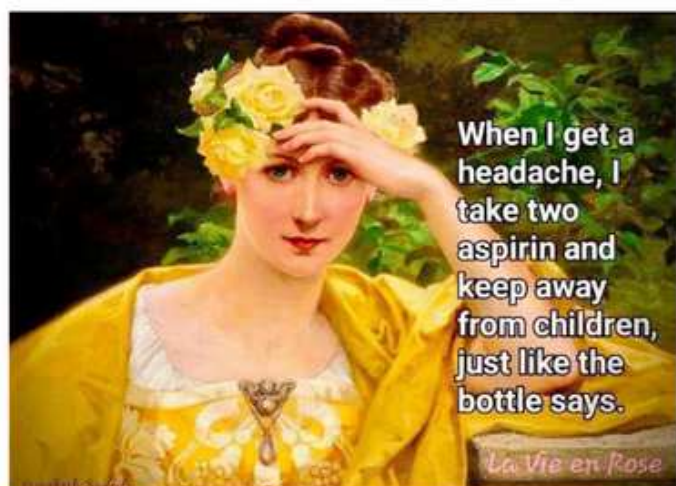
"The only difference between a tax man and a taxidermist is that the taxidermist leaves the skin."  
~ Mark Twain

What this country needs are more unemployed politicians." ~ Edward Langley, Artist (1928-1995)

"A government big enough to give you everything you want, is strong enough to take everything you have." ~ Thomas Jefferson

"We hang the petty thieves and appoint the great ones to public office." ~ Aesop

"If you think health care is expensive now, wait until you see what it costs when it's free!"  
~ P.J. O'Rourke





## Homemade Limoncello

10 medium lemons  
1 bottle (750 ml) high alcohol vodka  
3 cups water  
1½ cups sugar

Using a vegetable peeler, peel rind from lemons (save lemons for another use). With a sharp knife, scrape white pith from peels and discard. Place lemon peels and vodka in a large glass

or a plastic container. Cover and leave to stand (preferably in the fridge in tropical climates, but at room temperature anywhere else) for at least 2 weeks, stirring once a week.

In a large saucepan, bring water and sugar to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Cool completely.

Strain vodka mixture, discarding lemon peels. Return mixture to container; stir in sugar mixture. Pour into glass bottles and seal tightly. Let stand for 2 weeks. Serve chilled.

Lasts up to 3 months in sealed bottles in the fridge, but it never gets a chance to!



# Easy Three- Dish



## Cloud Bread (serves 3)

3 eggs, separated  
1/8 tsp cream of tartar  
3 Tbsp cream cheese, softened (or Greek yoghurt)

Preheat the oven to 300°F (150°C). Separate the eggs into two bowls.  
Add the cream of tartar to the egg whites and whip into stiff peaks.  
Add the cream cheese or yoghurt into the yolks and mix until combined.  
Fold half of the egg whites into the yolks until just combined. Add the rest and fold again until incorporated.  
Line a baking sheet with parchment paper and place six dollops of the mixture on the tray.  
Spread out the circles with a spatula to about 1/2 inch (1 cm) thick.  
Bake for 30 minutes or until golden. Allow to cool for at least an hour.

## Goosey Cheese Stick Appetisers (makes 12)

6 spring roll wrappers  
12 sticks string cheese  
water  
oil, for frying  
marinara sauce

Slice the spring roll wrappers in half.  
Place a stick of string cheese on the edge of the egg roll wrapper, then fold the sides of the wrapper over the ends of the cheese.  
Wet the other edge of the wrapper with water, then roll it up tightly, pressing the edge to make sure it's sealed.  
Repeat with the remaining wrappers and cheese.  
Heat oil in a pot.  
Fry the sticks until golden brown, then drain on a paper towel.  
Alternatively (and more healthily), cook in an air fryer at 180 degrees for a few minutes.  
Serve with marinara or any other sauce of choice.  
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Serve with marinara or any other sauce of choice.



# Ingredient hes

## *No-Churn Ice Cream (for 6-8)*

Half a 397g can sweetened condensed milk  
600ml pot double cream  
Optional flavour, eg  
1 tsp vanilla extract or  
Grated rind and juice of 1 lemon or orange  
Blended strawberries, raspberries or blueberries  
100g chocolate, melted and cooled a little  
Whatever takes your fancy!



Put the condensed milk and cream into a large bowl. Beat with an electric whisk until thick and quite stiff, a bit like clotted cream. Add flavour of your choice and beat for a few more seconds. Scrape into a freezer container or a large loaf tin, cover with cling film and freeze until solid.

## *Easy Pesto Pasta (serves 4-6)*

500g pack spaghetti or other pasta, fresh or dried  
3 Tbs pesto from a jar, or make your own  
½ cup cream  
50g parmesan, shaved or grated

Boil pasta in a large pan according to pack instructions. Drain well, then return to the pan with the pesto, cream and half the parmesan. You can add other ingredients to mix it up a little, e.g. chopped cooked spinach, shredded cooked chicken, chopped cooked prawns etc...  
Toss well, then tip into serving bowls and sprinkle with the remaining parmesan.



## *Quick Teriyaki Chicken (for 4)*

1 kilo boneless, skinless boneless chicken thigh meat  
1 cup soy sauce  
½ cup brown sugar



Heat a large non-stick pan over medium-high heat. Add the chicken and sear until golden brown on both sides.  
Add the soy sauce and brown sugar and stir to combine, then bring to a boil. Cook until the sauce reduces and coats the chicken. Serve with rice, if desired.





*Napping Time*  
by Annie Nguyen

Walking around Istanbul, you quickly realize that there are **a lot** of stray cats in the city. But the locals do love them and will feed them. It was a warm afternoon when we encountered these cats, napping away on someone's doorstep.

Istanbul, Turkey  
August 2023  
iPhone XR, f1.8



# ...Our Members Photo Gallery



## *Cuddling Koalas*

**by Renae O'Connell**

You're never too old for a cuddle. This Koala mummy and her big joey look so comfy and happy in their cuddle. So happy to capture this tender moment .

Redlands, Queensland (Australia)

2020

Canon EOS80D, 55-250mm, ISO200, f5

*Be a part of our Members Gallery.*

Share your photo story at *Snapshot In Time* or email to [editor@abwm.com.my](mailto:editor@abwm.com.my)



## CAN YOU HELP?

The ABWM Committee are currently looking for new volunteers to join the team.

You don't need any prior experience working in the field.

### POSITION:

## ADVERTISING AND COMMUNICATION

The role includes:

- Developing and maintaining business relationships to generate advertising in the newsletter and e-magazine
- Obtaining member discounts and raffle prizes
- Social Media postings
- Great communication skills, be very organised, able to multi-task
- Use of email, excel and word/Google Docs etc.



WANT TO KNOW MORE?



## newcomers coffee morning

15 MAR 2024 - 10:30AM  
ABWM HOUSE



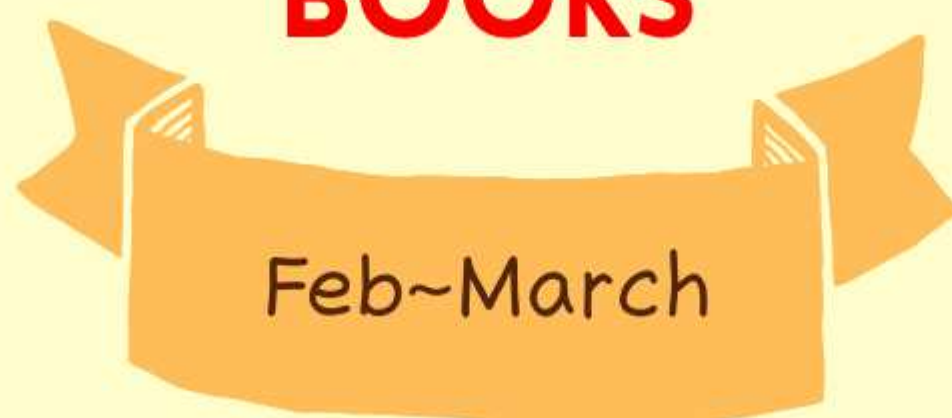
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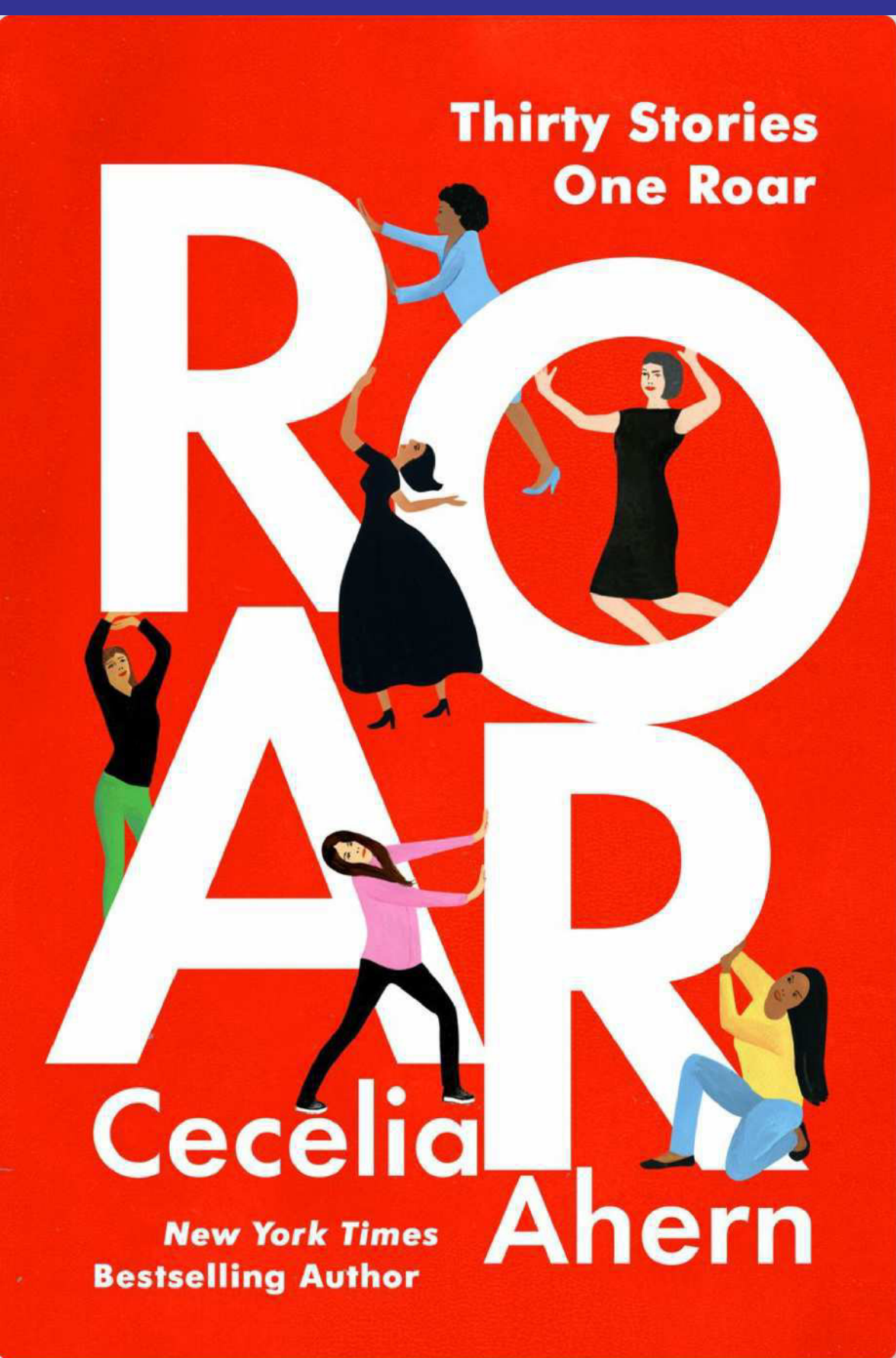
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by  
Cecilia Ahern

A departure from her usual books, Cecilia Ahern brings us 30 short stories about 30 nameless women. Each story highlights a different issue that women all over the world, at some point in time, may have experienced themselves or witnessed in the lives of their mothers, sisters, daughters or friends. Some tales seem too fantastical, but all are an allegory of actual life.

Her first story, “The Woman Who Slowly Disappeared” deals with how a woman feels she is turning invisible, in a world that no longer notices her presence, as she ages. Another story deals with a woman being eaten up by guilt as she juggles home, kids and work, never seeming to be able to devote enough time to each without thinking she is neglecting the other.

Women often go by so many names and very seldom are addressed just simply by their given name. The story of “The Woman Who Forgot Her Name” highlights how our individual identity can get swallowed up by being referred to as ‘Honey, Darling, Mummy, Mum, Mrs so and so’.

These are all stories which are thought-provoking in one way or another. With some, it resonates and some may find it too fantastical or even stereotypical in its gender role portrayals. Unfortunately, even in today's times, there are far too many women who will still identify with one or more of the 30 women portrayed in “ROAR”

These stories illustrate what it means to be a woman, how society defines us and how we often perceive ourselves. A quote from the book sums it up quite well. “Women need to see women, too. If we don’t see each other, if we don’t see ourselves, how can we expect anybody else to?”

Alia Dada



# DARLING

by Jackie Kay

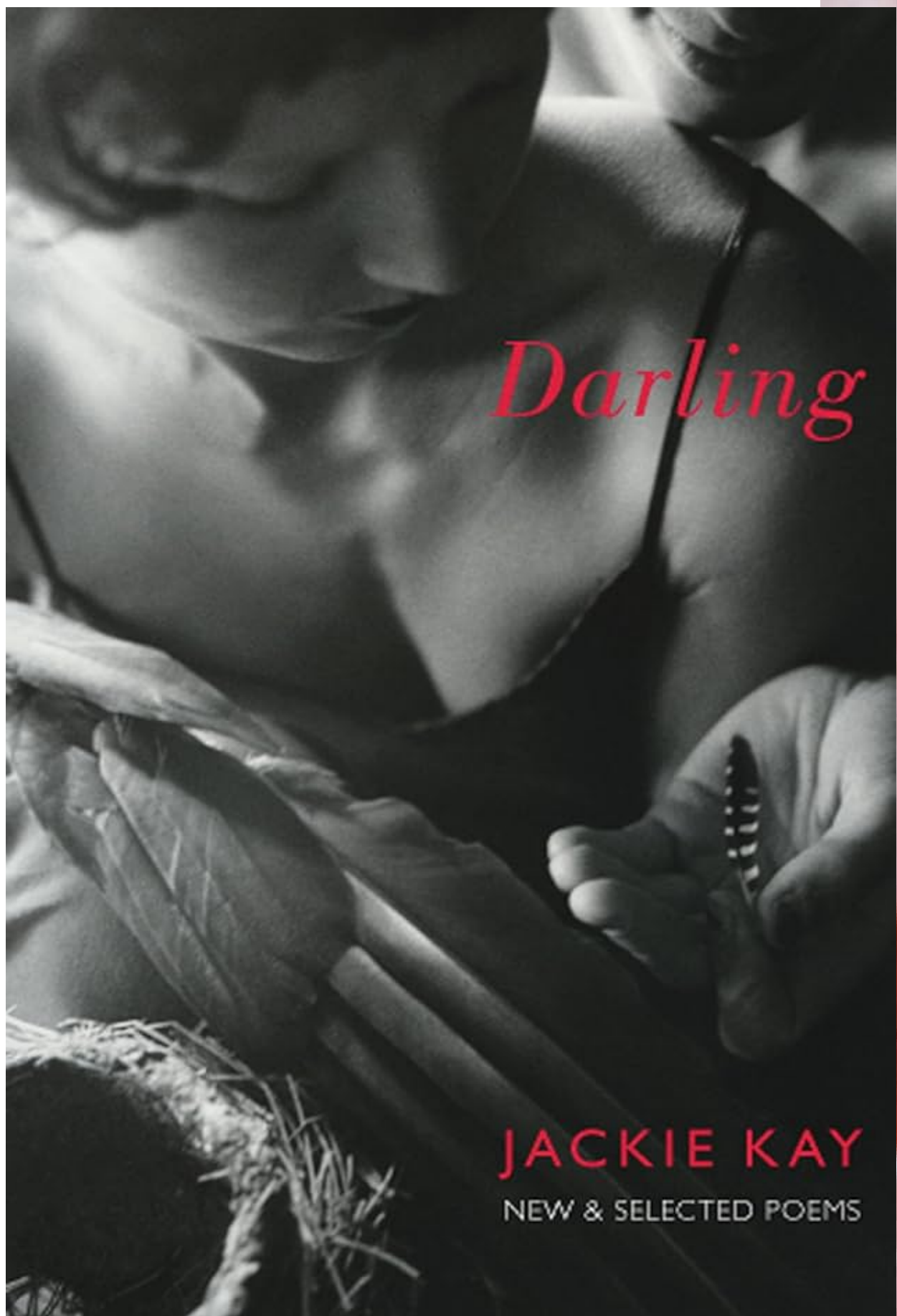
*New & Selected Poems*

**For International Women's Day 2024, here's a short review of my favourite selection of Poems, *Darling* by Jackie Kay, CBE.**

Kay is a Scottish writer of Nigerian descent. Many of her famous texts draw on her experiences as a mixed-race child, growing up in Glasgow in a period of sometimes barbaric racism. She is internationally celebrated and has appeared widely on television. Kay's striking features have been captured by various artists and a bronze statue of her head can be found in The Edinburgh Business Park. She is the recipient of numerous literary awards as well as holding the title, Poet Laureate for Scotland. Kay is a Professor of Creative Writing at Newcastle University and in 2020, received a CBE for her Services to Literature.

I love everything about the selected poems in *Darling*. I know that every time I read anything from it, I will learn something new about Kay's universal experience of love, loss, suffering, betrayal, separation and segregation. Kay's work encapsulates her steely grit and all-knowing eye, whilst revealing a vulnerable side to her borne out of a desire to love and be loved. Her poem, "Her", describes Kay's experience of falling in love with a woman who she knows is not capable of commitment. But she falls for her anyway. "I Try My Absolute Best" will resonate with parents everywhere. It describes the torture of trying to do one's best for one's children with no guarantee of anything!

*Georgia Baker*



I'm back on Valium,  
My Kids are stuffing Monster Munch  
and Mars Bars down them.  
My youngest son even ate a  
hamburger yesterday.  
It's driving me crazy.  
I says it's your pocket money,  
Do what you want with it.

**Kay's work is some of the greatest to hail from Scotland and we celebrate her on this International Women's Day!**





FOOL ME ONCE

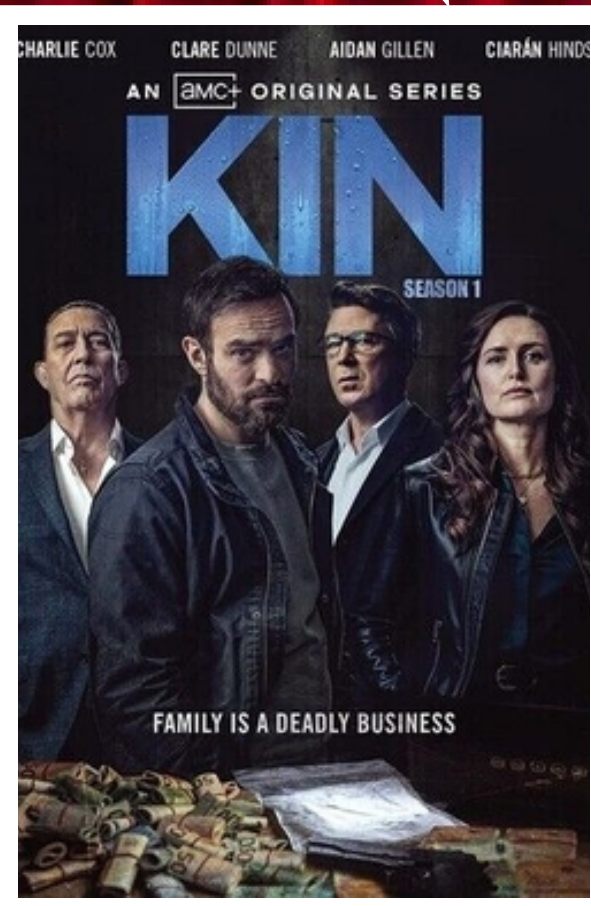
Director: Harlan Coben  
Starring: Michelle Keegan, Joanna Lumley, Richard Armitage, Emmett J Scanlan  
Rating: 15  
Length: 8 episodes 35-55min each  
Release Date: January 2024  
Star Rating: 5 \*\*\*\*\*

The Stern family is a hard, wealthy, impenetrable family who, it transpires, is involved in a pharmaceutical cover-up. The story opens with the funeral of Maya's husband on the family estate. He was murdered. Maya is grieving and is still haunted by her time in the army and the whistleblower story that meant she was released from her post and essentially her career.

Whilst being constantly questioned and perused by the police in the case of her husband's murder she looks deeper into her sister Claire's death to get answers.

Claire's children find some untouched belongings and share them with Maya. She is piecing together the reasons for how and why Claire could have been murdered. What did she discover when employed by the Stern family – would it have been enough to expose them and they killed her before it was common knowledge?

Yet again, a brilliant adaptation of the book by Harlan Coben. Suffice it to say, I want you to be on the edge of your seat and enjoy this mini-series and I will give no clues as to the outcome of a fantastic storyline.



KIN

Director: Diarmund Goggins  
Starring: Clare Dunne, Emmett J. Scanlan, Aiden Gillen, Charlie Cox  
Rating: 15+  
Length: 2 series of 8 episodes each  
Release Date: September 2021  
Star Rating: 4 \*\*\*\*

Be ready for drugs, murders, and copious amounts of bad language and then settle in for a great two-series about the Kinsellas, the local drug lords of Dublin.

The story centres around the Kinsella family who, while Bren is in prison, are currently running the business and in charge is Frank. Frank is uncle to Jimmy and Michael and father to Eric (Viking), he is the brother of Bren and Birdy.

Amanda is Jimmy's wife, and you are led to think she's not involved so much and just wants her boys to stay clear. However, it soon becomes apparent she's very astute and money laundering is her forte through her car sales business and, at holding her own she definitely can.

Drug wars, murders and shocking revelations play out so well in these series. You change your mind and opinion so often. It's a good story and a frightful insight into the underworld of drug smuggling but each episode keeps you keen.

A third series is apparently on its way later this year.



ONE DAY

Director: Molly Manners  
Starring: Ambika Mod, Leo Woodall, Eleanor Tomlinson, Timothy McInnerny  
Rating: 15  
Length: 12 episodes of 30 min each  
Release Date: February 2024  
Star Rating: 5 \*\*\*\*\*

This Netflix miniseries will have you hooked on what is essentially, a 20-year platonic friendship that turns into all that you would hope for, while watching.

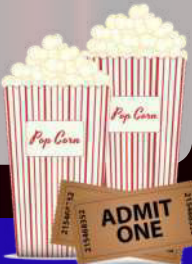
Emma and Dexter meet at their graduation ball in July 1988 – they know the next day they have to go their separate ways, but even so, they cannot stop thinking about each other and remain friends, even when their lives take them in different directions.

Dexter is caught up in the limelight and lives life to the full while Emma continues to study and becomes a teacher with the ambition of writing a book one day. As the pair keep in touch, they meet up sporadically, even going on holiday together and their bond never weakens.

As they each embark on new romances; Emma knowingly feels it's not working while Dexter is literally papering over cracks in his and he is now a husband and father.

Emma, who successfully had a book published, is in Paris researching her next storyline and welcomes Dexter for the weekend. With palpable feelings between them, they are temporarily quashed by Jean-Pierre, Emma's boyfriend. The weekend is a memorable one and is the catalyst to them both to admitting their feelings for each other.

Not to ruin the ending, have your hankies at the ready and schedule time to continuously watch until the end.







## *International Day* Celebrating Diversity, Unity and Cultural Pride



***International Day holds a special place in our hearts at the Alice Smith School, and there's a good reason why we look forward to it each year. It's more than just a day on the calendar; it's a celebration of diversity, unity, and the rich tapestry of cultures that make up our global community.***

International Day provides us with a precious opportunity to come together as a school community and celebrate the myriad of cultures, languages, and traditions that enrich our lives.

By immersing ourselves in the customs and practices of different cultures, we not only gain a deeper appreciation for the world around us but also foster empathy and understanding.

Beyond the colourful displays and mouth watering feasts, International Day plays a pivotal role in broadening the horizons of our students and shaping their character for success. By exposing them to diverse cultures, traditions, and perspectives, we empower them to become compassionate, open-minded global citizens who are equipped to thrive in an increasingly interconnected world. Through these experiences, our students not only learn to appreciate the beauty of diversity but also develop the essential skills of empathy, tolerance, and cultural sensitivity that are important in today's multicultural society.







# EMBRACING UNITY:

## ISKL's Inclusive Schools Week Journey

Orange you glad to be included?



**Orange** was the vibrant theme resonating throughout The International School of Kuala Lumpur (ISKL) during Inclusive Schools Week. This annual global event celebrates unity and plays an important role in shining an extra spotlight on ISKL's ongoing inclusion journey.



At ISKL, fostering a culture of inclusion, cultivating **DEIJ (Diversity, Equity, Inclusion, and Justice)** mindsets, and embracing the diversity of identities within its community are integral to the school's Guiding Statements, ingrained in everyday school life.

While ISKL's focus on inclusion and equity is practiced daily, Inclusive Schools Week provides an opportunity to raise additional awareness and

remind the entire community of the importance of building a school culture where everyone - regardless of their differences - feels included, valued, supported, and successful.

Centered around the theme of 'Unity Within Our Community,' the week comprises events and activities for students, learning sessions for employees, and learning opportunities for parents.

Head over to [www.iskl.edu.my](http://www.iskl.edu.my) if you'd like to join a community that embraces diversity and continues to learn, grow, and thrive together!





# Discovering the *Magie* of the *Lantern Festival* with Our Young Explorers at Toddler Town International Preschool!



In a whirl of colours and lights, our preschoolers embarked on an exciting journey into the heart of the Lantern Festival during our recent Discovery Friday class, where kids every Friday can learn about different cultures and traditions.

This fun and happy celebration, which marks the end of the Chinese New Year, caught the attention of our young learners with its beautiful lantern displays, yummy tastes, and fun things to do.



Our little explorers learned about different kinds of lanterns, like the shiny red ones and the bright LED ones. They looked closely at the pretty designs and shapes, learning about the special meanings behind each one.

And guess what? They also got to try some of the festival's delicious foods, like tangyuan. These sweet, sticky rice balls with fun surprises inside made everyone smile and want more!



After a little snack, the teachers introduced the children to the concept of light and shadow, using flashlights to create amusing shapes and stories with their shadows. Laughter filled the room as the kids enjoyed playing with light and dark.

And then, it was finally time for our special lantern activity to bring home. Our kids got to create their own lanterns. With guidance from our teachers, they transformed paper into beautiful lanterns. They were thrilled to add their own personal touches, making their lanterns unique and special.

To conclude our celebration, we had a mini parade. Our little explorers proudly displayed their handcrafted lanterns, illuminating the room with their infectious energy and joy. It was a magical moment that filled everyone's hearts with happiness and excitement.

It was a celebration of culture, tradition, and the joy of discovery, reminding us all of the magic that exists within the world around us. We can't wait to see what exciting things we'll discover next time!

In our Sri Hartamas and Bangsar Branches, we are having special Discovery Friday sessions in the afternoon from 3:30 to 4:30, open to the public, and everyone is invited!







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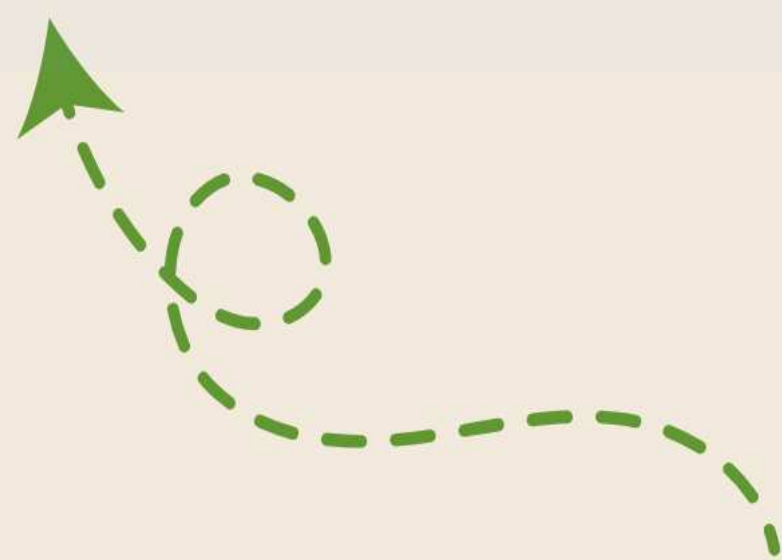
# PHOTOGRAPHY

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, email: [contact@abwm.com.my](mailto: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, email: [contact@abwm.com.my](mailto:contact@abwm.com.my)



Fancy starting an activity with us? Let us know: [contact@abwm.com.my](mailto:contact@abwm.com.my)



# MAHJONG

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, email: [contact@abwm.com.my](mailto:contact@abwm.com.my)



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Play is every Thursday morning  
at the Bangsar Sports Complex.  
For info contact Caroline Barber  
at [carolinebarber@hotmail.com](mailto:carolinebarber@hotmail.com)







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