

ABWM

# Majalah Life

OCTOBER 2023

FEATURED

Badshahi Mosque  
Making Mooncakes



ASSOCIATION OF BRITISH  
WOMEN IN MALAYSIA

*Charity  
Support  
Fun*



# Secondary Campus Open Morning

Tuesday 17<sup>th</sup> October 2023  
9am to 12pm

*Scholarships* for  
the academic year  
2024-2025 entry  
are now **OPEN** for  
Year 10 and Year 12.

Apply by **Monday**  
**30th October 2023.**



Scan here for  
more information



THE ALICE SMITH SCHOOL 195001000092 (1923-A)

Secondary Campus  
No. 3 Jalan Equine, Taman Equine, 43300 Seri Kembangan, Selangor, Malaysia.  
Tel: +603 9543 3688

[www.alice-smith.edu.my](http://www.alice-smith.edu.my)





Editor  
Alia Dada  
editor@abwm.com.my

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

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



Cover photo  
Alia Dada

# CONTENTS

**5** A Note from The Editor  
Alia Dada

**7** Chat from the Chair  
Debbie O'Neill

**9** Lunch at BHC

**12** Women Of Will  
Claire Hart

**14** Badshahi Mosque  
Alia Dada

**18** Monthly Lunch – Ra-ft

**20** KLCC Walking Group

**24** New Words

**25** Word of The Month

**30** 5 Minutes' Peace

**36** Snapshots in Time  
Members Gallery

**38** Movie Review

**39** Book Review

**40** School News

**44** Member Discounts

**46** Clubs & Activities

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.





# ABWM CHRISTMAS BAZAAR

## JW Marriott

- Photos with Santa: RM10
- Carolers
- Food vendors
- Kids Corner
- Cash Bar
- Charities
- Giving Tree
- Raffles

26-NOV  
11am-7pm  
RM25

Vendor spots available

RSVP Now

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



## Editor's Note

*Hi all!*

We're in the last quarter of the year. For me, the start of the year was slow, picking up pace around the beginning of summer, gathering momentum and now its full speed ahead till the end of the year. October, November and December promise to be full of activities. The ABWM committee and our lovely volunteers are working around the clock to ensure each event, big and small, is full of entertainment for our members and guests.

October, being Breast Cancer Awareness Month, brings us our Pink October event. It is one of our biggest charity events of the year and one which is close to all our hearts. This year's event promises to wow, with a fashion show, free flow of canapes and drinks, a chance to mix and mingle, shop at some very exclusive stalls, and a whole bag of other surprises. And if you get tired and want to relax, and maybe not mingle so much, there's plenty of seating for everyone! Remember all proceeds go for a very good cause.

My summer travels took me to visit a historical landmark in Pakistan, with an interesting history going back over 300 years. You can read about it in this issue. Claire, our newest Committee member, has written a lovely piece on members making mooncakes on a visit to Women of Will's Community Kitchen

We have our Charity Fair coming up, the KLCC Pink Walk, the Pink October event and our Welcome and Pot Luck get-together at the house and that's just October! Do show up, help out, volunteer and of course spend some money! Every little bit adds to what ABWM gives back to the charities it supports.

A reminder to all our lovely readers to contribute to the magazine. Send us your memorable photographs, a small write-up on your travels, something interesting you stumbled across or a hobby you picked up.

Warm wishes to all and hope to see all of you at some, or all, of the events.

Cheers and happy reading,

*Alia*



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

We don't know how  
**STRONG** **WE**  
**ARE**  
until being strong  
is the **ONLY** **CHOICE**  
**WE HAVE.**  
 **BREAST Cancer awareness**



Bangsar  
Village

Ground Floor, Bangsar Village 1,  
Jalan Telawi 1, Bangsar



# Charity Fair

Fri/Sat  
20th - 21st Oct  
10am - 8pm

Come and  
support  
our charities

Beautiful Malaysian handicrafts,  
home baked goodies, gifts, jewellery,  
bags and much more!



## DONATE YOUR BRAS FOR BREAST CANCER



BRING YOUR CLEAN BRAS IN GOOD USED OR  
NEW CONDITION FOR DONATION TO THE  
ABWM HOUSE BEFORE 24 OCTOBER.  
OPEN MON/WED/FRI 10AM-1PM



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



*Dear Members,*

*Hi everyone, greetings from the committee.*

October greeting from the Committee. I am currently in Ireland sending my youngest off to Equine College in Co. Offaly. It's been an interesting few weeks with lots of sun, wind and plenty of rain. I am looking forward to getting back to KL and some sunny warm weather shortly. In the meantime, our wonderful committee has been holding the fort and as you know from our newsletters we have lots coming up over the coming months.

October is a busy month for ABWM. Our Autumn Charity Fair is quickly coming up on the 20th and 21st of October. We are currently looking for Volunteers to help man our ABWM table over the two days. Sign up, even if you can only manage a few hours. The more volunteers the less work for everyone. It is a great way to meet people, find out about what our charities do and give back to the community. We look forward to hearing from you. **Please email the house on [contact@abwm.com.my](mailto:contact@abwm.com.my) to help VOLUNTEER.**

Oops, I forgot to mention a warm welcome to our newest committee member Claire Hart, Claire joins Clare Harraghy as part of our charity team. Welcome, we look forward to working together during the year. Big thank you to Claire Hart and to Renae for organizing and hosting our Moon Cake Baking with "Women of Will".



## *Chat from the Chair*

Our KLCC Walking group is hosting their Pink October Walk on Monday the 16th of October at 8 am. All are welcome! Get on your walking shoes and join the Walkers for an early morning walk in the park and help raise awareness for Breast Cancer. We hope to see you all out in your pink gear. Let's get moving...

Our Annual Pink October event is on the 24th of Oct at MITEC. Make a note in your diaries, you don't want to miss this year's event. We have a fun-filled afternoon planned, with a Fashion Show, some great raffle prizes and lots more. Why not get a group of friends together, dust off your pink attire, put on your dancing shoes, join us for an afternoon of friendship, and fun and help raise funds for "The National Cancer Society Malaysia."

We also have a few small events coming up over the next few months, with our Christmas Bazaar towards the end of November in the Marriott Hotel, just in time for some Christmas Shopping. We will have some very special guests dropping in for the day Ho ho ho! A Men's corner and a great kid's corner are all planned for this year.

Spread the word and let everyone know.

Members keep an eye on our Facebook page and in our newsletter so you don't miss out. We look forward to catching up with you all soon. As they say, if you're not in you can't win. Remember if you feel like a cup of coffee or a chat we are always here for you.

Till next time...

*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'.



# October Dates for Your Diary



**06-Oct: Newcomers Coffee, MSF virtual event and Potluck**

**ABWM House, 10:30am - 1pm**



**12-Oct: Elemis Skincare event, Elemis, Gardens Mall, 10am - noon**

**Members: rm50, Guests: rm100**



**20, 21-Oct: Charity Fair, Bangsar Village I, Ground Floor  
10am - 8pm**



**24-Oct: Pink October Fashion Show  
MITEC, North Entrance, 1pm - 5pm  
Members: rm275, Guests: rm350**





## LUNCH AT THE BRITISH HIGH COMMISSON

On the 13th of September ABWM, along with the other loyal societies, were invited to join the new British High Commissioner for lunch at her new residence.

As ABWM secretary I was very grateful to attend and welcome Her Excellency Ailsa Terry to Malaysia and her new position.

On a more personal note, Her Excellency was very pleased to hear about the great charity work that ABWM does in the community

she mentioned that she would be happy to attend some of our events and join in the fun with our members.

The day was lovely and she was very interested to learn about all the societies and their activities in KL. She also shared her goals and priorities for her time in the role of High Commissioner.

RENAE O'CONNELL



Her Excellency Ailsa Terry CMG started as the British High Commissioner to Malaysia in August 2023 in succession to Charles Hay MVO.

During her time in the British diplomatic service, she has been posted to Islamabad and the UK Mission to the EU in Brussels. Ailsa was also the Political Adviser to the EU Special Representative to Afghanistan in 2011.

Ms Terry is married to Adam Terry and they have twin sons. She read English Literature (BA Hons) at Oxford University. In her spare time Ailsa enjoys reading, cooking and spending time outdoors with her family



# ELEMIS

## LONDON

Experience Personalised Transformative Skin

Complementary Elemis Skincare Kit (worth RM 136), curated on completion of HD Skin Analysis by Beauty Experts.

Receive a RM 50 cash voucher with no minimum spend!

Light refreshments will be served

12th October 2023, 10am - 12pm

Elemis London

The Gardens Mall,  
F-229, Ground Floor

Members RM 50

Guests RM 100

**Register Now**

CLICK  
*here*





# *It's That Time of Year; White Elephant is Here!*

Bring your good condition, pre-loved items to the ABWM house for the month of September during our open hours



## Items accepted include:

- Home goods
- Kitchenware
- Fully functioning electronics
- Children's toys (*must include all pieces/be complete*)

Please, no books, clothes, shoes, or other softgoods

If you would like to donate other items, please email [contact@abwm.com.my](mailto:contact@abwm.com.my) for information how





# Making Mooncakes with Women

Women of Will is a registered Non-Profit, Non-Governmental Organisation. It has been active in Malaysia since 2009, transforming the lives of disadvantaged women and their communities through Entrepreneurship Development Programmes.

WoW's efforts are focused on the B40s (households with a monthly income of below USD\$550), prioritising on single mothers as they are the economically most vulnerable. They have empowered women to initiate their own small businesses and today, these women are financially independent and able to care for themselves and their families without having to rely on handouts.

One such initiative is The Women of Will Community Kitchen in PPR Batu Muda, where we were fortunate enough to join in the making of snow skin covered mooncakes. Most baking undertaken is made using preservative free ingredients, so in order to save time, Ezza and some of her team had prepared the lotus seed paste and red bean paste the day before. We then helped with the colouring and rolling of the snow skin and putting the mooncakes together. After which we had lunch and aided by our young interpreter, Nadrah (a college student who is currently interning with WoW) we had a good chat with the ladies, who it turns out were just as inquisitive about our backgrounds as we were of theirs.





# Women of Will

A lot of the women have a background in food and ran their own small businesses before joining the Community Kitchen. They have been helped to tap into their own potential and develop self-sustainability. The kitchen began with 10 women, each of which have graduated from the requisite foundation training of food handling programs as well as being equipped with the skill sets necessary for baking in a professional environment. They have completed numerous courses, from Food Handling to Costing to Manpower Planning. The skills learnt not only help the women realise their ambitions at the Community Kitchen but are easily transferable for any future endeavours.

Through their baking efforts the women have secured sustainable incomes. As well as individual sales, some of the baked goods are pledged to orphanages, the elderly or refugee homes. Others are sold to companies, whom the women work closely with to design packaging etc., these are then used for such things as corporate gifting and festival hampers.

The kitchen had such a good vibe, the women clearly enjoyed working together and as most of them are single parents they are able to use the flexibility and vicinity of the kitchen to take time out for childcare etc. They are quite rightly very proud of their success and now visit other Community Kitchens giving advice. As well as being able to take our mooncakes home to share with family and friends we were also given the privilege of being able to distribute some with the local elderly and school children who called by to collect our spoils. Overall a good day was had by all!

Claire Hart





# The Badshahi Mosque



The Badshahi Mosque in Lahore, Pakistan, is an iconic must-see landmark. It was built between 1671 and 1673 by the order of the Mughal Emperor Aurangzeb. The mosque is an important example of Mughal Architecture, with an exterior that is decorated with carved red sandstone and what is considered to be the finest carved marble inlay of that time. It is the largest mosque of the Mughal era and the 3rd largest mosque in Pakistan.

The approach to the Badshahi Mosque is through the old walled city, so the lanes are narrow and congested. Buildings are crowded on one side of the road, yet retain some of their old-world charm and facade, which is a contrast to the greenery and wider modern roads leading to the old city. On the other side of the road, one first passes the Lahore Fort and then we come to the Badshahi Mosque.

We timed our visit for early evening as Lahore, in August, is like a furnace. The timing was perfect as we were able to fully appreciate the beauty of the carvings and the architectural perfection of the arches, domes and minarets. It was also lovely to see the courtyard being visited by families having a small outing, and spending time together. As the sun set and the call for evening prayers went out, men, women, and children entered the main building of the mosque to pray.











The M  
of Lah  
80 sm  
soldie

In 184  
a mili  
open

Around  
use of  
garris  
to the  
overse

- The  
100,00
- The  
area o
- The  
and de
- It has  
minor)
- Mina





Mosque came under the control of the Sikh Army of Ranjit Singh in 1799, after the capture of Lahore. The courtyard of the Mosque was then used as a stable for his army horses and the small study rooms ( Hujras) surrounding the vast courtyard were used as quarters for his officers and as munitions store rooms.

In 1849, the British seized control of Lahore from Sikh rule. The mosque continued to be used as a military garrison. In 1857, the 80 hujras were demolished and the rooms were replaced by arcades known as 'dalans'.

In 1868, rising Muslim resentment against the use of the Mosque, a place of worship, as a military garrison led to the British handing over the mosque to the Badshahi Mosque Authority, who began to oversee the restoration of the Mosque.

The Mosque has a capacity to accommodate 25,000 worshippers.

The sandstone-paved courtyard spreads over an area of 276,000 square feet.

The main building is also built from red sandstone decorated with white marble inlay.

It has 3 large domes and 8 minarets. (4 major and 4 minor)

Minaret height: 226 feet 4.5 inches ( 68.999 metres)

*Alia Dada*



*photos by Alia Dada*





# Monthly Lunch



The ABWM had its September lunch at Ra-Ft Café/Bistro at Binjai 8, Ampang on the 24th.

It was a great attendance and the food was delicious! As everyone paid their own meal, we got to choose from the menu. I had the chilled Asian Salad and would highly recommend it.



photo by Penny Williams

We were joined by Violette Tan and Lily Lui from **Helping Hands Penan**, a wonderful NGO that sells handwoven bags which a few ladies wore on the day. All proceeds from the sale of the bags directly benefit the Penan communities.

We were all given a hand woven christmas decoration to take home. To support this wonderful organisation, you can email Violette at [violettetan@gmail.com](mailto:violettetan@gmail.com)



Debbie Viknesh from our sponsor Asian Tigers was in attendance and supplied a bottle of wine and a beautiful scented candle. The winners were Penny Williams for the wine and Lily Lui for the scented candle.

Thank you Debbie and the team at Asian Tigers for your ongoing support.

Looking forward to seeing you all at **Pink October**.



*Heather McWilliam*  
*Photography by Gill*



# KLCC LADIES' WALKING GROUP PINK WALK 2023

## MONDAY 16TH OCTOBER

### 8AM

Meet at ON THE GO at TRADERS.. walk.. then  
FUND-RAISING RAFFLE after the walk



1. Dress or accessorise in Pink
2. Donate a prize for the raffle
3. Collect your RM1 notes to donate on the day
4. Bring money to buy raffle tickets
5. Bring your friends
6. Have Fun!

Let's defeat

Breast Cancer  
and  
FIGHT

LIKE THE STRONG  
WOMEN WE ARE





# KLCC 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*





Association of British Women in Malaysia

# 2023 PHOTOGRAPHY COURSE

... Capture Your Photographic Vision ...



**NOVEMBER . 2023 . KUALA LUMPUR . MALAYSIA**

---

**One two hour Photography Class per week, completed over four weeks**

**RM 80.00** per Class for Members

**RM 95.00** per Class for Non Members.

**Register & Pay:** [contact@abwm.com.my](mailto:contact@abwm.com.my)

---

Spaces are limited, maximum six to a group, so secure your spot now and get ready to unleash your creative potential.



## Practical Expertise:

- Discover the science of photography through hands-on, classes.
- Mastering your camera settings to capture stunning compositions.
- Gain confidence to capture life's most precious moments.

## Technical Proficiency:

- Unlock the basic secrets of photography's technical side.
- Learn how to harness light & control exposure.
- Demystify technical jargon and make your camera work for you.

## Professional Insights:

- I'll provide expert advice to help you achieve photographic visions.
- Develop your skills as a photographer & see the picture.
- Elevate your photography skills, this course is designed just for you.

Capture memories together, one click at a time.  
using

**Phone . DSLR . Mirrorless. Compact . Full Frame . Large Format  
any Make . Model .**

Join my Exclusive ABWM Photography Course, today.  
Embark on a captivating journey into the world of photography.



Contact us here  
to register

GBW  
PHOTOGRAPHY



As of September 2023, the Merriam-Webster English dictionary have added 690 new words to its pages; ranging from slang and informal to food vocabs.

Test out your knowledge of some of these words (and impress your friends)!



**cromulent** adjective, informal + humorous: acceptable, satisfactory

**doggo** noun, slang : dog;

**doomscore** verb: to spend excessive time online scrolling through news or other content that makes one feel sad, anxious, angry, etc.

**edgelord** noun, slang: someone who makes wildly dark and exaggerated statements (as on an internet forum) with the intent of shocking others

**GOATED** adjective, slang: considered to be the greatest of all time

**green chemistry** noun: an approach to designing and creating chemical processes and products that are safer for humans and the environment, that minimise waste, and that are energy efficient

**jorts** plural noun: shorts made of denim or jean : jean shorts

**kiss-and-cry** noun: an area adjacent to a skating rink where figure skaters wait for their marks immediately after performing in a competition

**nurdle** noun a plastic pellet that is usually less than 0.2 inch in diameter or length, that is the raw material from which plastic products are manufactured, and that is a common pollutant of global waters and beaches

**padawan** noun, informal: a young person especially when regarded as naïve, inexperienced, etc.

**quiet quit** verb: to do the minimum amount of work required for a job

**rewild** verb 1: to return to a more natural or wild state: to make or become natural or wild again; 2: to return (an animal) to the wild

**rizz** noun, slang: romantic appeal or charm

**simp** verb, informal: to show excessive devotion to or longing for someone or something

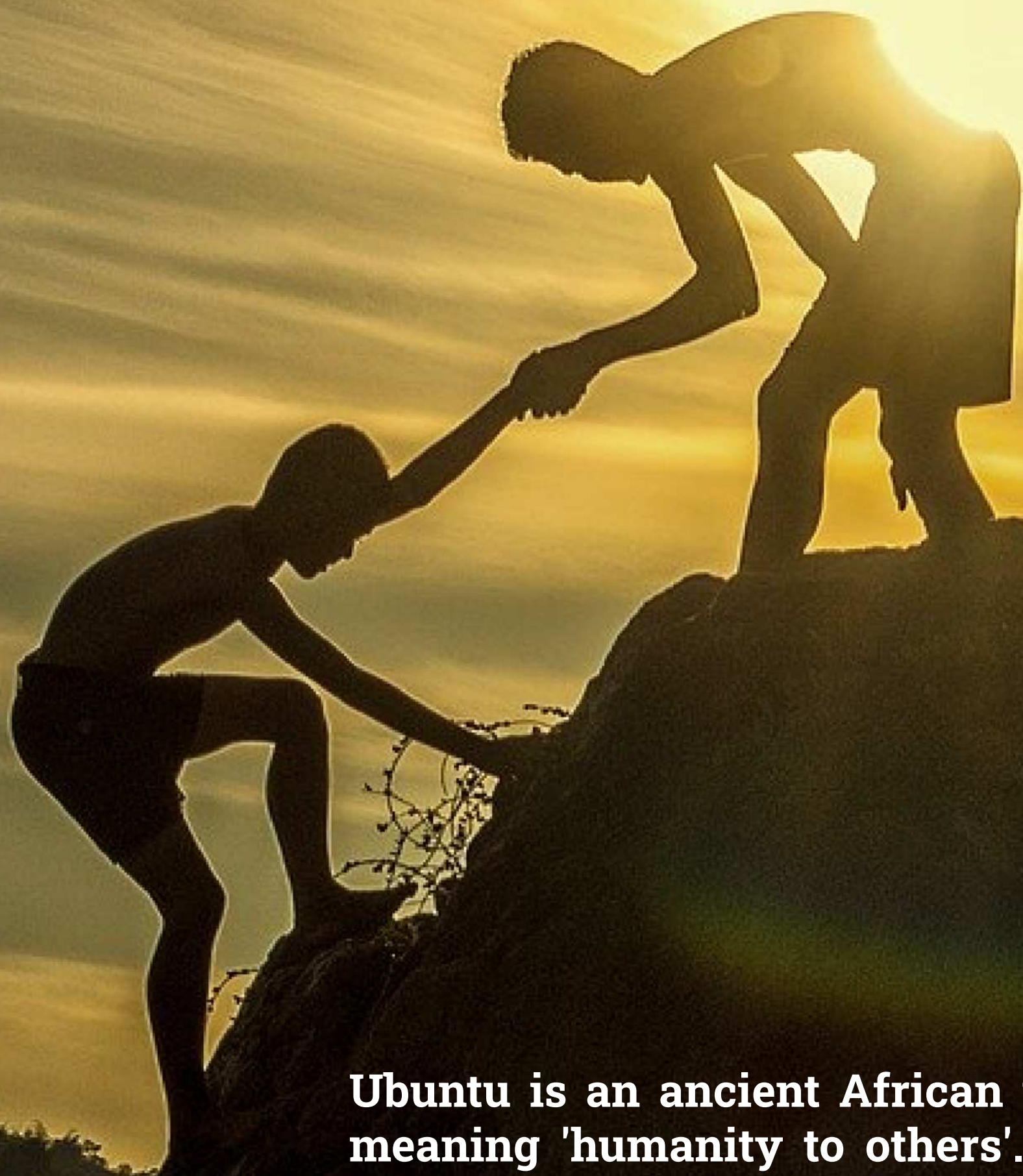
**smishing (SMS phising)** noun : the practice of sending text messages to someone in order to trick the person into revealing personal or confidential information which can then be used for criminal purposes

**zhuzh** noun: a small improvement, adjustment, or addition that completes the overall look, taste, etc. of something; verb: to improve in flavor or appearance by way of a small improvement, adjustment, or addition — often used with up



# Ubuntu [ùbúntú]

[n] The belief that we are defined by our compassion and kindness towards others



Ubuntu is an ancient African word meaning 'humanity to others'. It is often described as reminding us that;  
'I am what I am because of who we all are'.





ABWM P



# Pink Octo

## A Celebrat

24-Oct, 1p

MITEC, North

Fashion

Raf

Shop

Photo

Henna

Chair M

Pink Mem

Welcome Dr

Personalized

Free flow drink

Members: RM 275

No-alcohol: Members: R



resents:

ber 2023

ion of Life

om -5pm

h Entrance

n Show

fles

pping

o Wall

Artist

assage

orial Tree

inks Station

Essential Oil

ks and canapés

5, Guests: RM 350

RM 175, Guests: RM 250



ASIAN TIGERS



ASIAN TIGERS  
GROUP

*Tito's.*



*Handmade*  
VODKA  
AUSTIN ★ TEXAS



Hamman

BOOK  
NOW





**Damansara  
Specialist Hospital 2**

# LIVING BEYOND BREAST CANCER

*Early Detection Is The Best Treatment*

**Book Your Screening Slot Today!**

## Package 1 (Below 40)

**RM 250**

- > Consultation by MO
  - Physical Assessment
  - Blood Pressure
  - Body Mass Index
- > Ultrasound Breast
- > Bone Densitometry (2 part)
- > Administration Fee
- > HOMESOI 1L (Complimentary)  
\*while stock last

## Package 2 (Above 40)

**RM 350**

- > Consultation by MO
  - Physical Assessment
  - Blood Pressure
  - Body Mass Index
- > Bone Densitometry (2 part)
- > Ultrasound Breast +  
Mammogram 3D
- > Administration Fee
- > HOMESOI 1L (Complimentary)  
\*while stock last



**SCAN TO BOOK  
YOUR APPOINTMENT**

**Care for Life**

According to KPJ Damansara Specialist Hospital 2 (DSH2) Consultant Radiologist Dr Nur Faradisha Azmin while breast cancer awareness has increased significantly, some women still don't prioritise regular breast exams due to various factors include psychological "Optimism Bias".

Women may acknowledge the general risk of breast cancer but might not perceive themselves as personally susceptible.

For women at average risk, ages 50 to 74, 1 mammogram every 2 years is recommended. However, women should have the option to start annual screenings as early as 40 if they wish.

High Risk: Women with a first degree relative with breast or ovarian cancer, or those who have certain genetic markers like the BRCA1 or BRCA2 mutations, may need to start screening earlier, sometimes as early as their 20s or 30s. This screening may also include MRI in addition to mammograms.



“Digital Breast Tomosynthesis (DBT) also known as 3D mammography, takes multiple X-ray images of the breast from different angles (makes an arc). It offers the advantage of lower false-positive rates compared to traditional mammography and higher cancer detection rates.

We also offer stereotactic breast biopsy using mammographic guidance for targeting sampling of suspicious breast tissue.”

“Ultrasound utilised high-frequency sound waves to create images of the breast. No radiation exposure, useful for women with dense breast tissue. However, its limitation includes a higher rate of false positives;

A recently developed method of minimally invasive breast biopsy involves use of a directional, vacuum-assisted instrument. Use of this instrument enables confident biopsy of breast lesions under both ultrasound (US) and stereotactic guidance. At the end of the procedure, a radiopaque, non-magnetic clip is placed through the needle into the biopsy site to identify the area on future imaging.

Preoperative hook wire localization under ultrasound or mammography is an essential tool in the surgical management of nonpalpable breast lesions.

Dr Faradisha elaborates on the different types of screening and procedures that can be done to detect breast cancer.

“Mammography also known as full-field 2D digital mammography is the conventional method

“Magnetic Resonance Imaging (MRI) KPJ Damansara Specialist Hospital 2 offers advanced 3T MRI using magnetic fields and radio waves to generate images. It has high sensitivity and is excellent for imaging dense breast tissue. It allows for characterisation of lesions- excellent discrimination between benign and malignant breast lesions.

The limitations include expensive, may require contrast injection, and higher false-positive rates. So, MRI is primarily used for high-risk women or when other imaging results are inconclusive.

Each breast imaging technique has its unique strengths, limitations, and optimal use-cases. The choice of modality often depends on multiple factors, including the patient's risk profile, breast density, and the healthcare system's available resources.

Dr Faradisha shares there are ongoing efforts to enhance accessibility to breast imaging technologies and reduce radiation exposure through ongoing advancements in the field. These developments hold promise for a brighter future for breast cancer screening and diagnosis.



Dr Nur Faradisha Azmin

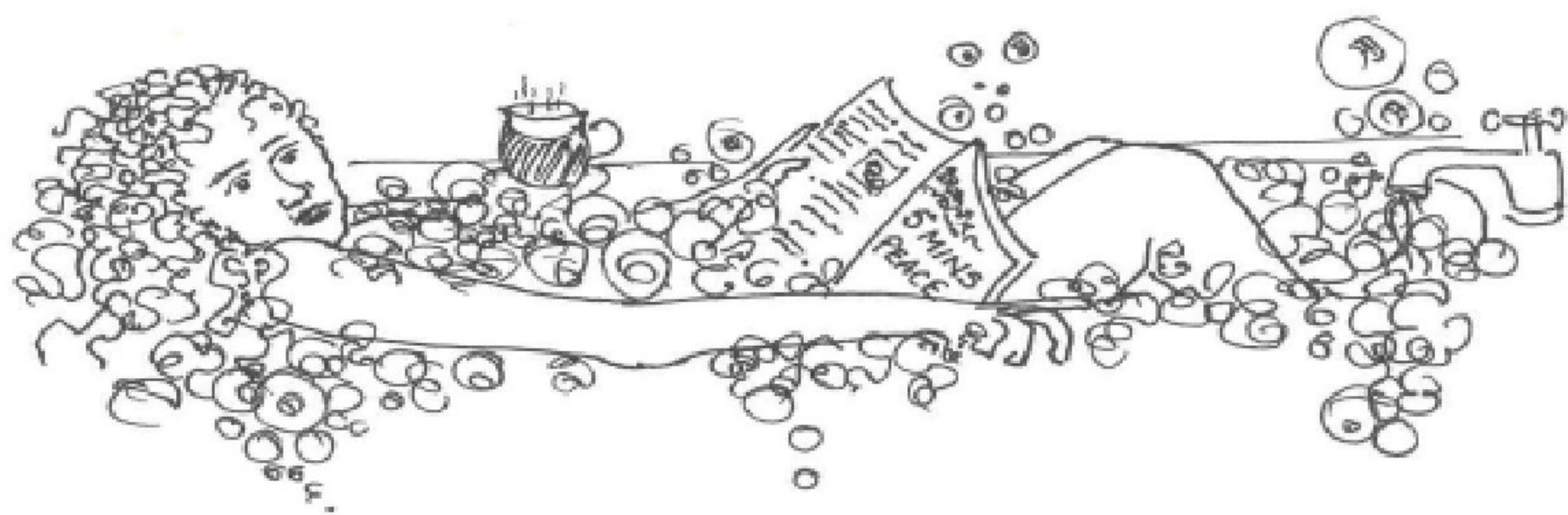
#### Acknowledgment:

Diagnostic Imaging Department, KPJ Damansara Specialist Hospital 2 For more information, call 03-7717 3000.



# FIVE MINUTES' PEACE

compiled by Sally Addington

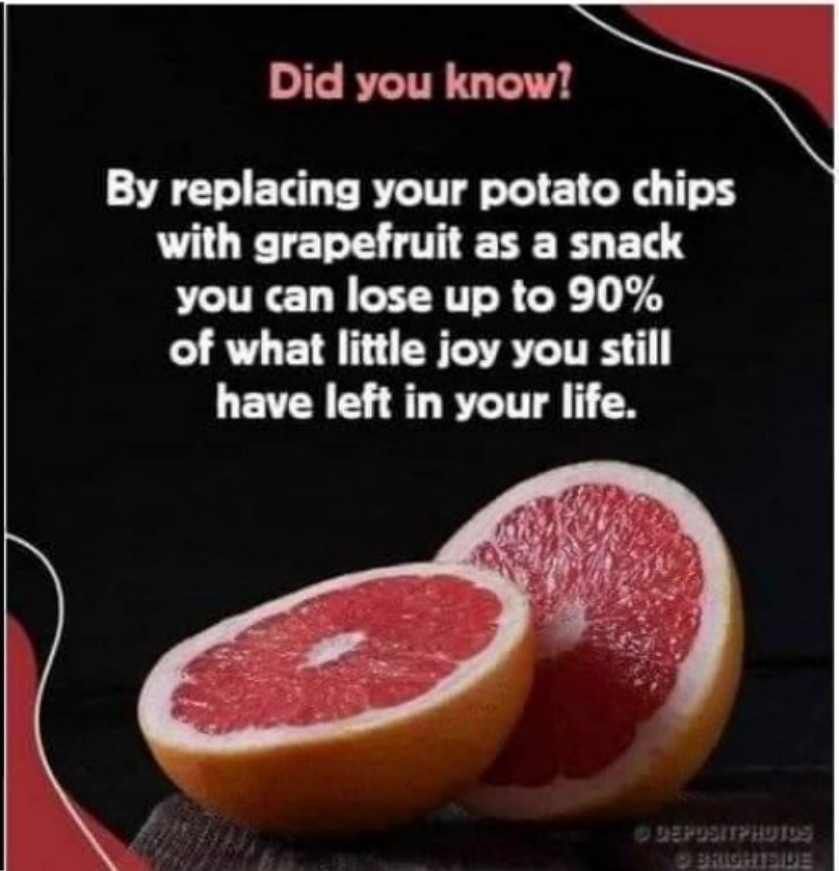


## A tribute to the letter "T"

The tongue's terrible tendency to tell tall tales totally tarnishes traditional trans-communication theories. The tempestuous tirades traceable to the tongue testify to the traumatic tactics of this tiny tab of tissue. Thousands that take the time to think, try to tame the tumultuous torrent of the too talkative tongue. Temporarily, the tide turns. Towering tempers turn to tenderness. Then, tragically, the trend tapers. The tongue trips, teeters, then takes a tumble; the temptation to trifling twaddle triumphs.

Take time to tabulate this timeless truth: to train the tongue takes the tremendous talent of trust. Theology teaches that trust thrives through toil. Therefore, throttle the testy tongue! Terminate the trivial topics that tinge the tenor of talk! Trim the trashy, tasteless terms that transgress traditions of truth! Trounce the trite themes that toady to thoughtless tattling!

Theoretically, the tantalizing target of a true, tactful, temperate tongue torments and teases those that tackle the task. To tell the truth, thrilling triumph throngs the tracks of the tough, tenacious thwarter of tawdry talk!!!





## **Enjoy Wonderful English from Around the World ...**

In a Bangkok Temple:

IT IS FORBIDDEN TO ENTER A WOMAN, EVEN A FOREIGNER, IF DRESSED AS A MAN.

In a Cocktail Lounge in Norway:

LADIES ARE REQUESTED NOT TO HAVE CHILDREN IN THE BAR.

In a Doctor's Clinic in Rome:

SPECIALIST IN WOMEN AND OTHER DISEASES.

In a Nairobi Restaurant:

CUSTOMERS, WHO FIND OUR WAITRESSES RUDE, OUGHT TO SEE THE MANAGER.

On the main road to Mombasa, leaving Nairobi:

TAKE NOTICE: WHEN THIS SIGN IS UNDER WATER, THIS ROAD IS IMPASSABLE.

On a poster at Kencom:

ARE YOU AN ADULT THAT CANNOT READ? IF SO, WE CAN HELP.

In a City restaurant:

OPEN SEVEN DAYS A WEEK AND WEEKENDS.

In a Cemetery:

PERSONS ARE PROHIBITED FROM PICKING FLOWERS, FROM ANY BUT THEIR OWN GRAVES.

A Tokyo hotel's rules and regulations:

GUESTS ARE REQUESTED NOT TO SMOKE, OR DO OTHER DISGUSTING BEHAVIOURS, IN BED.

On the menu of a Swiss Restaurant:

OUR WINES LEAVE YOU NOTHING TO HOPE FOR

In a Hotel in Japan:

YOU ARE INVITED TO TAKE ADVANTAGE OF THE CHAMBERMAID.

In the lobby of a Moscow Hotel, across from a Russian Orthodox Monastery:

YOU ARE WELCOME TO VISIT THE CEMETERY, WHERE FAMOUS RUSSIAN AND SOVIET COMPOSERS, ARTISTS, AND WRITERS ARE BURIED DAILY, EXCEPT THURSDAY.

A sign posted in Germany's Black Forest: IT IS STRICTLY FORBIDDEN ON OUR BLACK FOREST CAMPING SITE, THAT PEOPLE OF DIFFERENT SEX, FOR INSTANCE, MEN AND WOMEN, LIVE TOGETHER IN ONE TENT, UNLESS THEY ARE MARRIED WITH EACH OTHER FOR THIS PURPOSE.

In a Hotel in Zurich:

BECAUSE OF THE IMPROPRIETY OF ENTERTAINING GUESTS OF THE OPPOSITE SEX IN THE BEDROOM, IT IS SUGGESTED THAT THE LOBBY BE USED FOR THIS PURPOSE.

Advertisement for donkey rides, Thailand: WOULD YOU LIKE TO RIDE ON YOUR OWN ASS?

At an Airline ticket office, Copenhagen:

WE TAKE YOUR BAGS AND SEND THEM IN ALL DIRECTIONS.

In a Laundry in Rome:

LADIES, LEAVE YOUR CLOTHES HERE AND THEN SPEND THE AFTERNOON IN THE CITY HAVING A GOOD TIME.

In a hotel in China:

THE WATER HERE IS PERSONALLY PASSED BY THE MANAGER AND FIT FOR CONSUMPTION.



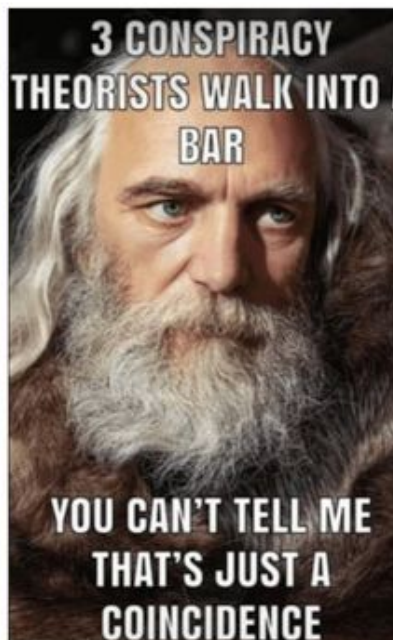


### The Flannel

I was due for an appointment with the gynaecologist later in the week from the doctor's office to tell me that I had been rescheduled for the packed everyone off to work and school, and it was already around 8. The trip to his office took about 35 minutes, so I didn't have any time to take a little extra effort over hygiene when making such visits, but I made the full effort. So, I rushed upstairs, threw off my pyjamas, went to the sink, and gave myself a quick wash in that area to make sure I was all clean. I threw the washcloth in the clothes basket, donned some clothes, and went to my appointment. I was in the waiting room for only a few minutes when I saw a woman as I'm sure you do, I hopped up on the table, looked over at the other woman, and said, 'I was in Paris or some other place a million miles away. I was a little surprised you have made an extra effort this morning, haven't we?' I didn't respond. After the appointment, I heaved a sigh of relief and went home. The rest of the day was normal...Some shopping, cleaning, cooking, and my daughter was playing, she called out from the bathroom, 'Mummy, what's that?' I told her to get another one from the cupboard. She replied, 'No, I don't want it. It had all my glitter and sparkles saved inside it.' Never going back to that doctor. Ever!!!!!!



**When I get old, I don't want people thinking, "What a sweet little old lady." I want them saying, "Oh dear, what's she up to now."**



### Five Minutes Peace

#### Papaya and Mango Yellow Rice

- 2 tsps oil
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- 2 dried red chillies
- 5-6 curry leaves
- 1 Tb ginger, finely chopped
- ½ tsp turmeric powder
- ½ cup green or unripe papaya, grated
- ½ cup green or unripe mango, grated
- 2 Tbsp coconut, grated
- 3 cups rice, cooked
- Salt to taste
- ¼ cup roasted peanuts

Heat oil in a large pan. Add mustard seeds and let them begin to crackle, add ginger and turmeric powder. Add grated papaya and mango and cook for a few minutes. Add the coconut and sauté for a few minutes. Now add the cooked rice and gently fold it in. Serve with a side of raita, pickle and poppadoms. Though filled with nutritional goodness, it has a bit of spicy flavours. So green mango is added here. You can like to change it up!





# Five Minutes' Peace Recipes – Pawpaw Papaya

## *Papaya and Mango Yellow Rice*

2 tsps oil  
½ tsp mustard seeds  
½ tsp cumin seeds  
2 dried red chillies  
5-6 curry leaves  
1 Tb ginger, finely chopped  
½ tsp turmeric powder  
½ cup green or unripe papaya, grated  
½ cup green or unripe mango, grated  
2 Tbsp coconut, grated  
3 cups rice, cooked  
Salt to taste  
¼ cup roasted peanuts

Heat oil in a large pan. Add mustard seeds, cumin seeds, dried red chillies and curry leaves. When the seeds begin to crackle, add ginger and turmeric powder. Sauté for a few seconds on low flame to fry the ginger. Add grated papaya and mango and cook for 3-4 minutes, stirring frequently. When papaya and mango are soft, tip in the coconut and sauté for a few more seconds.

Now add the cooked rice and gently fold in to combine. Season with salt. Add the roasted peanuts. Serve hot with a side of raita, pickle and poppadoms.

Though filled with nutritional goodness, unripe green papaya is somewhat bland, but still great at absorbing flavours. So green mango is added here to give the rice a tangy flavour. You can add any other ingredients you like to change it up!



# Pawpaw Papaya

## *Tropical No-churn Ice-cream*

- ½ a large RIPE Papaya, cut into cubes and frozen (about 2 cups)
- 1.5 cups frozen Pineapple cubes
- 1 cup frozen Mango cubes
- 1 350 mls can Coconut cream
- ¼ cup Agave Syrup or runny honey
- 1 tsp Vanilla extract



Add the ingredients to a food processor. Add the thick part of the coconut cream and reserve the liquid. Blend the ingredients in a food processor or high-speed blender until smooth. If the mixture is too thick, add a bit of the reserved liquid from the coconut can until you reach your desired consistency.

Transfer the mixture into a metal loaf pan or freezer-safe container.

Freeze until firmer, approximately 2-4 hours. If using a loaf pan, place a piece of parchment paper over the surface of the ice cream, then wrap the pan in plastic wrap to prevent ice crystals from forming along the top.

## *Thai-style Papaya Salad*

- ½ cup lime juice
- ¼ cup fish sauce (optional)
- 4 tsps palm sugar
- 2 Thai chillies, thinly sliced
- 2 cloves garlic, grated
- 100g dried prawns (optional)
- salt
- 4 Chinese long beans, cut into 2-inch pieces
- 750g - 1kg green (unripe) papaya, peeled and seeded
- 1 cup shredded carrots
- ½ cup roasted peanuts, chopped, plus more for garnish
- 6 cherry tomatoes, quartered
- 3 spring onions, thinly sliced
- ¼ cup fresh coriander (cilantro) leaves, plus more for garnish



Add the lime juice, fish sauce, palm sugar, chillies and garlic to a small bowl and whisk to combine. Add the dried shrimp if desired and set aside for at least 15 minutes.

Cook the long beans in salted boiling water until just tender, about 5 minutes. Drain and cool in iced water.

Julienne the papaya in a food processor or with a mandolin and put in a large bowl. Add the carrots, peanuts, tomatoes, spring onions and drained long beans and toss to combine.

Toss the salad with the dressing, then add the coriander leaves and mix to combine. Transfer to a large serving dish and top with additional roasted peanuts and coriander leaves.



## Super-moist Papaya Bread

butter or spray oil for greasing

2½ cups flour

2 tsps baking soda

¼ tsp salt

2 scant cups sugar

1 cup butter, softened

4 eggs

½ tsp vanilla

3 cups pawpaw/papaya pulp



Preheat the oven to 350°F. Grease a bundt pan or 2 standard-sized loaf pans (8 x 11) or 5 mini loaf pans.

Whisk together flour, baking soda and salt. Set aside. Cream sugar and butter until light and fluffy. Add eggs one at a time, beating well after each addition. Add the vanilla. Add the papaya pulp, and beat to combine. Add the dry ingredients and mix only until the flour is incorporated – don't overmix. Pour batter into prepared pans and place in the oven. (If using mini pans, place them on a sheet pan first.) Bake for 40 to 45 minutes for mini pans or 45 to 60 minutes for the bundt and larger loaf pans. Cake should be brown and should start to leave the sides of the pan.

Let cool on the rack for 15 minutes before removing from the pan.

NB. An equal amount of mashed ripe bananas can be used in place of the papaya, or half and half is delicious too, and you can add any extras you feel like: cranberries, raisins, nuts etc...

## Papaya Salsa

⅓ cup ripe papaya flesh, diced

⅓ cup diced white or yellow onion

½ medium size green bell pepper diced

1⅓ cups Roma tomatoes, seeds removed and diced

2 Tbsp fresh lemon juice

2 cloves garlic, minced

1 tsp cumin powder

1½ Tbs fresh coriander, chopped

¼ tsp red chili pepper, minced

¼ tsp salt



Gently toss all ingredients together and serve immediately, either as a dip with tortilla chips, or in sandwiches, tacos, or salads.

## Roasted Papaya with Brown Sugar

2 Tbsp light-brown sugar

¼ tsp ground ginger

2 medium Solo papayas, halved lengthwise and deseeded

¼ tsp cayenne pepper

1 lime, cut into 4 wedges



Preheat the oven to 450°F. Stir together sugar and ginger in a small bowl.

Arrange papaya halves, cut sides up, in a 10 x 13-inch baking dish. Sprinkle sugar mixture evenly over halves.

Bake the papaya, brushing the edges with melted sugar mixture (it will collect in well of fruit) 2 or 3 times, until mixture is bubbling and papaya edges are beginning to darken, 35 to 40 minutes.

Sprinkle each serving with a pinch of cayenne. Serve with lime wedges.



# Snapshots in Time..



## *Picture Perfect*

by Alia Dada

Khao Lok, Thailand  
September 2023  
Shot with Samsung phone

Sunset wedding, family and friends. Perfect setting.



# ...Our Members Photo Gallery



## *I'm Watching You!*

**by Renae O'Connell**

This beautiful barking owl, native to Australia, was staring at me while I was staring back through my camera lens. I was lucky to find this nocturnal owl out while it was still light.

Brisbane, Queensland. Australia  
2019

Shot with Canon EOS80D, IOS200,  
194mm, f5.6, 1/250sec

*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)*





GREATEST DAYS

Director: Coky Giedroyc  
Starring: Aisling Bea, Mathew McNulty, Jade Adams, Laura McDonald, Alice Lowe  
Rating: 12  
Length: 112 minutes  
Release Date: June 2023  
Star Rating: 5 \*\*\*\*\*

This feel good, sing a long movie is predominately based on the music of Take That. It's a great, colorful and vibrant movie with a little tinge of sadness.

Five girls in their teens are all in love with Take That (referred to in the move as 'the band') and 25 years ago they took a trip to see them in Manchester. After that last night of pure exhilaration and total enjoyment only four friends returned home.

That night changes them. Now, 25 years later and all estranged, Rachel receives a phone call from a local radio station to say she's won an all-inclusive trip to Athens, including ticket to see the band on their reunion tour. She knows, to move forward, she has to get the girls back together and confront their painful memory of 25 years ago when five became four.

Along with 90's references, a great Take That back catalogue and some hilarious one liners this is a great one to watch home alone or all together.

Movie Fact: A cameo appearance is made by Take That



LOVE AT FIRST SIGHT

Director: Vanessa Caswill  
Starring: Haley Lu Richardson, Jameela Jamil, Ben Hardy, Rob Delaney  
Rating: PG  
Length: 91 minutes  
Release Date: September 2023  
Star Rating: 5 \*\*\*\*\*

If you're a true romantic and love a happy ending then this is the movie for you!

Hadley Sullivan has just missed her flight to London. With little phone battery and little option but to book another ticket she waits in the lounge next to Yale statistics student and Englishman, Oliver. On being offered his charger (as he can see her distress) they begin to talk about their reasons for travel.

After spending the flight together, they are separated at customs. They both have to rush to their respective events, but quickly swap numbers only for Hadley to drop and break her phone. Despite the rush, Hadley feels relief when she sees her dad and also sees how happy he is, and considering her apprehension, his new wife is nice too!

Across London, Oliver is in-fact at a Shakespearean themed living memorial for his mother. She has refused cancer treatment after being in remission for 12 years. The event is heartwarming to say the least. Throughout the story, Jameela Jamil, takes on the role of narrator in various forms and relays the story and statistics at every eventuality, giving the story a will she/won't be narrative.

Movie Fact: Based on the book "The statistical probability of love at first sight".



THE OUT-LAWS

Director: Tyler Spindal  
Starring: Pierce Brosnan, Adam Devine, Ellen Barkin, Nina Dobrev  
Rating: 12  
Length: 95 minutes  
Release Date: July 2023  
Star Rating: 3 \*\*\*

Owen is a strait laced, very proud, bank manager and is happily about to marry Parker. Just days before the wedding, Parker's estranged and strange (as she calls them) parents arrive much to the disdain of Owens parents who can't but help say they're upset about their aloofness in Parker's life.

Proud of his work and maybe trying to impress he over shares in an attempt to be liked. He takes the day off with Billy and Lilly to do what he thinks are crazy things whilst they see them as normal. Skydiving and having a tattoo to name but a few!

At work the next day, Owens bank is held up with the 'Ghost Bandits' With a strong scent of men's cologne and the fact they knew so much about the bank, Owen has flash backs to the night before and starts to wonder are Parkers parents the robbers?

It all then goes a little too wild and Owen finds out Parkers parents owe 5 million dollars to a renowned Crime Boss. As they haven't got all the money, they need to make another robbery otherwise Parker will be killed. As they plot together its just too far fetched and Owen assists in another robbery of a colleague's bank.

Movie Fact: Pierce Brosnan added a line to the movie, referencing his James Bond days as he stands with a gun.



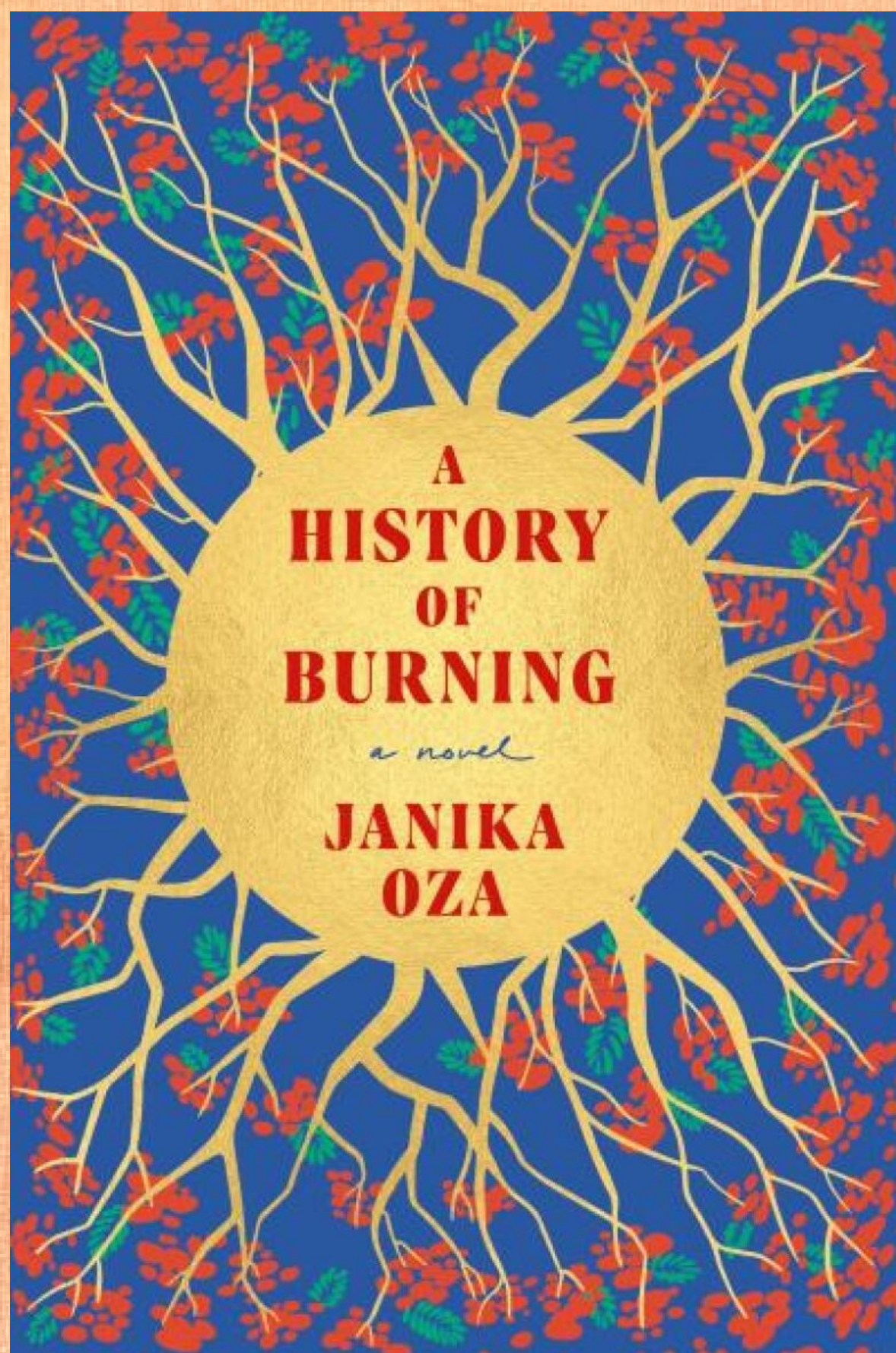




# A History of Burning

JANIKA OZA

**Immigration is a burning issue of our times, but leaving your homeland for another is nothing new.**



This book tells a multi-generational story of a family that faced kidnapped displacement from their homeland and then forced expulsion from their adopted home. No voluntary immigration here. From an Indian family based in India we move to an Indian diaspora with later generations moving to Kenya, Uganda, Canada, UK and even back to India.

Hardships and the emotional trauma of losing your family are graphically told here and it definitely pulls at your heartstrings.

Many of us may remember the expulsion of Asians from Uganda but probably we had little idea of the physical dangers they had to undergo before they could get out of the country and the turmoil of family disasters that accompanied them.

The book is fiction yet the harsh reality beneath the family's journeys is a testament to the lives many expatriated communities are forced to live. Tough, hard, heart-breaking, unrelenting. Yet through it all, the love and strength of family shines through.

Not an easy read, but I thoroughly recommend this book as a background to key international social issues of our times, and also as an inspirational and thought-provoking read.

**Melanie Bolland**

25.09.2023

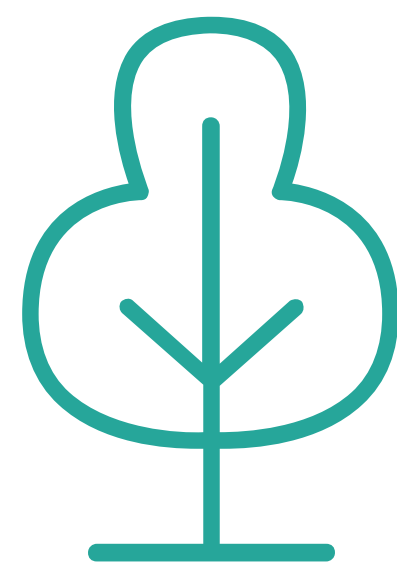


## Alice Smith School wins prestigious Eco School Bronze Award



We are excited to share the incredible news that the Alice Smith School Primary Campus Eco Club has been awarded the prestigious Eco School Bronze Award from Green Growth Asia Foundation. Throughout the year, students have undertaken numerous tasks that have contributed to this fantastic achievement. Some notable examples include the polished plates initiative, where food waste was reduced by encouraging students to only take what they can eat. Additionally, a generous donation was made to Kloth Cares, an organisation dedicated to repurposing and recycling textiles. By doing so, this has not only reduced textile waste but also supported a worthy cause.

Other initiatives included an eye-opening session with The Lost Food Project, educating students about food wastage and setting up a food donation drive that received an overwhelming response from the community. This milestone is just the beginning of Alice Smith's journey towards creating a greener and more sustainable future.







# Community, Joy, and Sun-Kissed Fun:

## ISKL's Back to School Bash 2023!



**It was a sun-kissed Saturday that brought together The International School of Kuala Lumpur (ISKL) community members at the annual Back to School Bash!**

The campus became a buzzing hub of activities as children and adults dove into a medley of carnival games, including mini golf, tug of war, ring toss, and many more. Eruptions of laughter can be heard echoing as our community tested their strength in tug-of-war battles, tried their hand at dunking faculty and staff in the ever-popular Dunk Tank, and put their teamwork to the test while they tried to make it out of the escape room.



But the fun didn't stop there! The grassy Zurich field featured a fun slip-n-slide that invited attendees to cool down and add a splash of fun to their day, leaving everyone with beaming smiles and soaked to the bone in the best possible way. Amid all the fun and games, food trucks around the grounds serve delectable bites, offering a gastronomic journey through various cuisines, satisfying every palate, and providing the much-needed fuel to keep the energy high and the spirits higher.



The Back to School Bash 2023 was more than an event; it was an experience that fostered community, unity, and, most importantly, joy. It encapsulated the vibrant spirit of ISKL, showcasing a community coming together to celebrate learning, friendship, and fun, offering a PAWEsome beginning to the new academic year.

**Learn more about ISKL's dynamic community at [iskl.edu.my](https://iskl.edu.my)**





# Mont'Kiara International School Tennis Courts Launched By YB Hannah Yeoh, Minister of Youth and Sports

**12 September, Kuala Lumpur** - Mont'Kiara International School (M'KIS) had a smashing celebration for two new tennis courts built on the campus. The event was graced by YB Hannah Yeoh, Minister of Youth and Sports, who commended M'KIS for investing in the tennis courts, adding to the sports facilities that are available for students to stay active.



**OFFICIALLY OPENED!:** Youth and Sports Minister Hannah Yeoh flanked by M'KIS Business Director Dato' Clinton Ho (left) and Head of School Robert W Cody at the ribbon cutting for the opening of Mont'Kiara International School's tennis courts. Looking on is school mascot Stripes.

M'KIS Head of School, Mr Robert Cody said "physical fitness and well-being are pillars of the school's educational philosophy, inclusive of academic excellence. The campus also houses a swimming pool; a sports field for football, touch rugby, softball, track and field; two air-conditioned sports halls for basketball and volleyball; two climbing walls; a futsal court and now, tennis courts. Our students actively participate in competitive sports and have achieved numerous championships and medals in tournaments." The event introduced the M'KIS tennis team, composed of students from the middle and high schools, who will be training at the courts for upcoming tournaments.



**COURTING FUN:** Youth and Sports Minister Hannah Yeoh with the M'KIS tennis team and students at the opening of Mont'Kiara International School's tennis courts.

Mont'Kiara International School is one of a select group of IB Continuum Schools in Malaysia, offering fully accredited school programmes from Pre-Kindergarten through to Grade 12, with a world-class curriculum, state-of-the-art facilities, and dynamic teachers from across the globe, for students from more than 50 nationalities. M'KIS prides itself in providing students and teachers with an engaging learning experience, empowering our students to become knowledgeable, kind, thoughtful, and transformative leaders of tomorrow.





## 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?



## 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:

## EVENTS COORDINATOR

The role includes:

- Organising activities and events for members
- Liaising with sponsors, venues, private providers, ABWM team members.
- Great communication skills, planning, attention to detail & organising skills.
- Working within budgets
- Use of email, excel and word/Google Docs etc.



WANT TO KNOW MORE?





20rm off for ABWM members  
whats app message  
Tanya  
0126215024

Pre/Postnatal  
specialist work  
Hip and Back Care  
Sports Rehab  
posture & pilates

Group classes  
monday 8am & 11.30am  
tuesday 4.30pm  
wednesday 12pm  
friday 8.15am  
saturday 10.30am  
The Sanctuary Studio  
Ampang Hillir

Become an ABWM member  
today to take advantage of  
these and many more  
**AMEMBER DISCOUNTS**

**Join Now**





# PORTFOLIO

HAIR STUDIO

**15%**  
DISCOUNT ON  
ALL HAIR SERVICES

**PLAZA BATAI**  
JALAN BATAI, DAMANSARA HEIGHTS  
50490, KUALA LUMPUR  
**WHATSAPP 011 11018188**  
FOR APPOINTMENT



*15% Discount  
on a la carte menu*

Malaysian Flavours  
PHOTOGRAPHY





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



## 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](mailto: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](mailto:carolinebarber@hotmail.com)





## 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](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, contact the House at [contact@abwm.com.my](mailto:contact@abwm.com.my)







# ABWMM



**British by Name, International by Nature**

**for support during your time in Malaysia**

VISIT  
[ABWM.COM.MY](http://ABWM.COM.MY)



CHARITY – SUPPORT – FUN – SINCE 1975