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APRIL 2023

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Save the Date!
9th May 2023

ABWM
Annual General Meeting
Join us at 10.30 for coffee
Meeting starts 11am
at the ABWM House
email contact@abwm.com.my
to register

Editor's Note

Hi all!

It has been an absolute pleasure submitting the magazine each month with Kerry and Annie, but all good things have to come to an end with Alia stepping back into the role for May.

I will now be moving into Events and Sponsorship with Allisa which is a role that I love..

The ABWM Committee is a wonderful opportunity to meet and plan wonderful events for our members and I would highly recommend joining and being part of a great group of ladies.



This month's magazine celebrates the International Women's Day event that was held at the Ritz Carlton on the 8th March and Alia has submitted a wonderful article with lots of photos.

It is also the time of the year with Ramadan and Easter:

Wishing you all a blessed and spiritually fulfilling Ramadan

Have a Wonderful Easter all.

Cheers

Heather



Heather McWilliam
Editor

editor@abwm.com.my

HAPPY
EASTER



Committee Roles



The ABWM hosts its AGM every May.
Each year all committee roles are open for nominations
Click on each role for a full job description

CHAIRMAN

One of the three Office Bearers and the official face of the ABWM.

TREASURER

This position is also one of the three Office Bearers. Accountancy knowledge is essential

SECRETARY

The last of the three Office Bearers. Maintaining membership database, minutes for all Committee meetings and correspondence.

CHARITIES COORDINATOR

Responsible for organising and recommending which charities receive the money raised by the ABWM. This role can be for an individual, shared role or working within a team.

EVENTS COORDINATOR

Responsible for organising activities and events for members. This includes organising the monthly lunches and arranging all aspects of the Welcome Back and Christmas Lunches.

ABWM PARTNERS - ADVERTISING AND SPONSORSHIP COORDINATOR

This committee member works to promote the positive high profile of the ABWM by partnering with local businesses and large multinationals in obtaining sponsorship for fundraising events, and advertising within the ABWM magazine issues throughout the year.

MAGAZINE EDITOR

Responsible for the production of the online ABWM Magazine.

Chat from the Chair

Dear Members,

It's April, hot, hot, hot.

I've been lucky to spend a nice week away taking some time out in Kuantan. Nothing like spending a few days away at the beach to rest, relax and rejuvenate.

For many of us it's holiday time with the Easter break just around the corner, but not for our ABWM charity team lead by Clare Harraghy. We have been busy preparing for our annual ABWM Charities cheque presentation coming up shortly.

Meredith has been busy closing out the year end accounts and working with our auditor to have the accounts ready in time for our AGM.

Maxine has been busy over the last few weeks, helping us to renew our membership. Thank you for all the hard work that you do. Remember if you're leaving over summer it is worth renewing, as your membership goes to support a very good cause. We still have a list of items on our charity's wish list that we would like to be able to provide. So think twice before deciding not to renew as your payment helps in supporting our charities.

HAPPY
easter

Next month is our ABWM Annual General Meeting; this year we are holding it at the ABWM house followed by a potluck lunch. All members are welcome. The AGM is a good way to find out any information that you would like to know about the Association. You will be able to view the accounts, watch a presentation about the events and activities we have held during the year, and find out about the charities we support and the good work they do. It is also an exciting time as we vote for our new Association Committee for the coming year.

We are still looking for volunteers to join the committee and some of our teams, so if you would like more information, please get in touch with any of our existing committee or myself. Members, please don't assume others will volunteer and your help is not needed – the future of ABWM depends on you all!

Have a good month.

Till next time...

Debbie



Debbie O'Neill
Chair
chair@abwm.com.my



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

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



On 8th March ABWM held an International Women's Day Panel 2023, at the Ritz Carlton.

The global theme this year was DigitALL: innovation and technology for gender equality. Our focus, on this day, was on the word equality, or the lack of equality women have faced in person or online. It was a first step in creating an awareness of what it takes for a woman to succeed or even just to begin their journey not just in the corporate world but also in their daily life.



Our esteemed panelists were,
 Siobhan Das, CEO of AmCham, American Chamber of Commerce
 Cheryl Joannides, Managing Director of Estee Lauder, Malaysia
 Datin Suets, CEO of Women of Will, our non-profit recipient of funds raised by today's event
 Mala Dorasamy, CEO of MITEC, Malaysia International Trade & Exhibition Centre
 Salena 'Sally' Ahmad, CEO of SURI INSPIRASI

Life - Lifeing - Lived

An interesting concept, introduced by Alissa, showed us how life has life-d us. An enlightening visual aid of two bowls filled with coloured ping pong balls were placed in front of the panellists. As each panelist answered a series of questions pertaining to their experiences of inequality, or as Alissa put it so eloquently, as to how life life-d them, if the audience felt they had similar experiences they were to move one of the coloured balls from one bowl to the other. Examples could be from how we were raised, where we grew up, opportunities offered, and so forth.



'Be the change. Give out what you didn't get.'

'Take responsibility. Give back. Be authentic.'

'Don't care about labels. You be you!'

Some of the questions put to the panelist were about shared experiences of inequality and its impact on each panelist. What advice would you give your younger self? If you were witness to the inequality did you feel empowered enough to step in? Have you ever felt you couldn't fully be yourself for fear of being treated differently? How has social media impacted your field of work? Has social media levelled the field of inequality?

Each panelist had an opportunity to highlight their experiences, both good and bad.

Sally spoke about the stigmatisation she suffered trying to earn a living as a single mother. Her experiences drove her to set up a social enterprise to help other single mothers to be able to start their own sustainable businesses.

Siohban spoke of how she was excluded from the conversation despite being the one who was actually the producer of a movie she was working on. Her work then spoke for itself and clients were more willing to deal with her directly. She left the film industry at the age of 48 to go to University for a year and is now the CEO of AMCHAM. Her advice to women was to take responsibility, work hard, believe in yourself and be willing to share knowledge.

Cheryl mentioned an interview she went to as a 22-year-old. The interview room had a print of a topless Pamela Anderson on the wall. Finding it highly inappropriate she walked out. Now at Estee Lauder, a more women-centric workplace, she said the environment is one where you are set up to succeed rather than set up to fail.

Datin Suets spoke about going to the grassroots of communities and helping empower women living in poverty. She spoke especially about women who had been left in limbo, deserted by husbands but not officially divorced and therefore not eligible for government help as single mothers, which they would be if divorced. They lead marginalised lives, are ashamed and receive little help from society.

‘Surround yourself with those who would support you.’

Mala spoke about being a South African-born Indian female during the apartheid regime and having to fight her way to get anywhere. Having to deal with questions like, ‘will you continue working after marriage or children? Will you be capable of handling certain jobs or tasks? She spoke about having to change the mindset of people around her. Her phrase being, ‘needing to have an abundant mindset!’



‘Work for change. Be a m

‘Realise your voice is equally valid, even as a youngster.’

Photos by kind permission of Geoffrey B Johnson





role model for your children.



All in all an interesting afternoon of shared experiences, not just focussed on inequalities but also on how women have helped women, and how women can step up and help those just beginning. An important takeaway too was that social media has helped tremendously in showcasing women in positions of authority and leadership roles, which has helped not only in broadening the minds of communities at large but have helped motivate younger generations in realising the power of their capabilities.

Alia Dada

Thank you to our sponsors!

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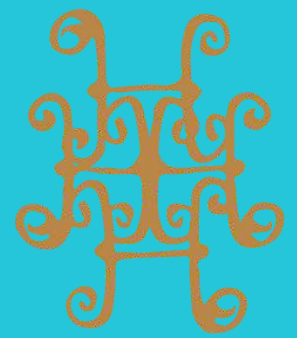
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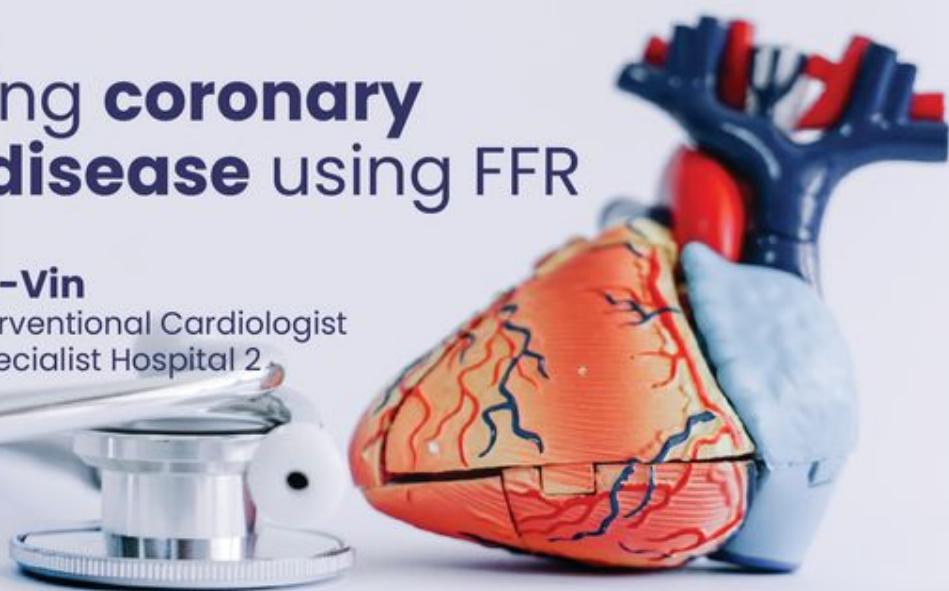
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Assessing coronary artery disease using FFR

By

Dr. Lee Zhen-Vin

Consultant Interventional Cardiologist
Damansara Specialist Hospital 2



Coronary artery disease implies the presence of narrowing or blockages within the arteries that supply oxygen and nutrients to the heart muscles. At present, a coronary angiogram remains the gold standard for the assessment of coronary artery disease. While it may be an invasive procedure, the overall risk of major complications associated with a coronary angiogram remains very low.

A fractional flow reserve (FFR) is an assessment performed as an extension to a coronary angiogram to determine the significance of a particular blockage. The significance of a blockage would depend on the location of the blockage within an artery. If the blockage is at the beginning of the artery, it would lead to more problems as opposed to it being at the end of the artery.

Think of the artery as a water hose with numerous connections to other water sprinklers in the middle of the hose. If there is a blockage at the beginning of the hose, then the effect would be more detrimental as compared to the presence of a blockage at the end of the hose.

Blockages of a similar degree may also confer different consequences if they are present in different arteries as some arteries are larger and are more important compared to the rest.

The FFR assessment is performed using a wire known as a pressure wire. On the wire, there is a pressure sensor located close to its tip to measure the pressure within the artery itself. Pressure will first be measured at the beginning of the artery and once this is done, the pressure wire will then be passed across the blockage to remeasure the pressure after the administration of a medication to ensure that blood flow through the artery is maximal. The FFR is a ratio whereby the pressure after the blockage is divided by the pressure at the beginning of the artery.

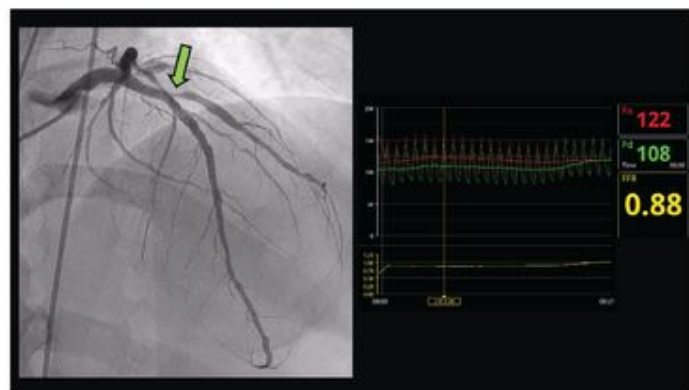
Theoretically, blood flow is proportional to pressure. Hence, if there is presence of a severe blockage leading to a reduction of blood flow, the pressure after the blockage will also be reduced. This would yield an abnormal FFR reading. An FFR value of less than or equal to 0.80 is considered abnormal and a coronary angioplasty is required. In contemporary practice, the ultimate step of a coronary angioplasty would involve the implantation of a stent.

A blockage with an FFR value of more than 0.80 can be left alone without the need for coronary angioplasty and treatment with appropriate medications would suffice. The FFR is particularly helpful when dealing with scenarios whereby blockages are present within multiple arteries or

when multiple blockages are present at different segments within the same artery.

An FFR can be used to accurately determine which blockages require angioplasty and which do not. This leads to an overall reduction in the number of implanted stents as well as the length of the stent(s), both of which are factors known to impact the overall rate of stent failure.

Studies have also shown that the FFR is a very cost-effective modality and its use has been shown to reduce the combined rate of death, non-fatal heart attack and the need for a repeat coronary angioplasty. In summary, the FFR is pivotal in the facilitation of decision-making and its use allows judicious coronary angioplasty to be performed.



Although there appeared to be a significant blockage in the first diagonal artery on the coronary angiogram (green arrow), the FFR value was 0.88 (not significant) and angioplasty was not performed.

Dr. Lee is part of a team of skilled Cardiology Specialists in DSH2's Cardiac & Respiratory Centre of Excellence which provides diagnosis and treatment covering conditions such as coronary artery disease, heart failure, arrhythmia and valvular heart disease.

Damansara Specialist Hospital 2 is KPJ's flagship hospital offering advanced treatments in major clinical specialties. Its world-class infrastructure, use of cutting-edge medical technology and AI-driven tools alongside a fully integrated digitalised system for improved clinical and patient management, sets a new benchmark for patient-centric care.



For further information, please contact us at the following address or scan the QR Code

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Just drop your old specs into this gold box at the house and
Have Hope will collect them **Thank you**
<https://havehope190.blogspot.com/>

Have Hope for a Brighter World

MOG enables better vision for a refugee community through Have Hope and the Baha'i Community of KL Central

KUALA LUMPUR: Metro Optical Group (MOG), collaborates with Have Hope and the Baha'i Community of Kuala Lumpur Central to enable better vision for a refugee community.

Through the programme, MOG has allotted resources at M-Trend, its outlet at 3 Damansara Mall in the Klang Valley to help assess prescriptions of spectacles and labelling them before the glasses are delivered to members of a refugee community in Kuala Lumpur who need them.

According to MOG CEO Datin Bernice Low, MOG was moved by the effort of Have Hope, a grassroots community organisation that aspires to change in the world through participation in social discourses and service projects.

Have Hope has an on-going service project to distribute used spectacles to members of needy communities who are in need of visual aids. Over the years, Have Hope had collaborated with several communities to offer this service.

"It is a very meaningful project that is in line with our aspiration to help the world see better through continuous innovation. It also is a good way to give used spectacles a second life and divert them away from the landfill," said Low.

Thankful to MOG for stepping up in lending their expertise and technological know-how to the project, Yuet Mee Ho-Nambiar said that this "is an instance where one act of kindness creates an endless ripple". She added that Have Hope is very grateful to have the participation of MOG who had responded enthusiastically as soon as they learnt of the initiative and agreed to come on board immediately. She added that Have Hope is also very gratified for the kind support from the Association of British Women in Malaysia as they very helpfully collected and donated many pairs of pre-loved glasses too.

Ho-Nambiar explained that the initiative was started by Judyth Gregory-Smith who had for several years collected used glasses in Malaysia, Australia and the UK, and then would personally distribute them to isolated villages around Myanmar for people who have no hope of being able to buy them. Sadly, covid 19 put a stop to her travels. Since then, Have Hope continued Judyth's wonderful work here in Malaysia to needy communities with the help of many friends and well-wishers who would collect and send their used glasses to Have Hope. Yuet Mee shared that she found it heart-warming that pre-loved glasses that are no longer useful to their first owners get a new lease of life with new owners, who would often express much joy when they receive free spectacles, though pre-used, that improve their vision.

"Just like we did last year, we once again collaborated with the Baha'i Community of Kuala Lumpur Central this year in conjunction with the upcoming Intercalary Days celebration (five days starting March 1 dedicated to charity, hospitality and gift-giving) to carry out this project" Ho-Nambiar explained. Having cleaned the pre-loved glasses, the members of the Baha'i Community – from young to old – brought much joy and delight to the members of the refugee community by distributing to them more than 60 pairs of glasses on 25 February 2023.

PRESS RELEASE
27.02.2023

WELCOME TO MALAYSIA

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

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- *Collaboratively discussing what you would like to do and matching children's needs*
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*Each child has inherent potential
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our aim to make them as
independent as possible*



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Badan Warisan Malaysia

talk at BHC



On a sunny February morning I went to an ABWM monthly talk, which was kindly hosted by Pascale Sutherland, ABWM patron, at the British High Commissioner's residence.

I came without any expectations knowing only that it was going to be a presentation about Malaysian National Trust and I knew I wanted to know more about Malaysia's culture. And I am glad I went.

In a space of about an hour, over a cup of coffee (or two), generously supplied by Pascale, we heard from Lim Wei Ling, the President of a KL based local NGO, Badam Warisan (translates as Heritage Body)

Their work is courageous, inspiring and against time in order to preserve Malaysian national heritage through creating public awareness, education and advocacy.

They are dedicated to conservation of both tangible (natural and architectural sites) and intangible (traditions and customs) elements of Malaysia's national history and identity. All those things that make Malaysia unique.

We were shown images of historical buildings Badam Warisan have been working to protect since 1985 and although it was sad to learn that some of them have been already been lost, we were glad to see those that were saved, and those that are hoped to be saved, thanks to the work of Badam Warisan and their supporters.



Stadium Merdeka



No. 2 Jalan Stonor

Among their most notable achievements in KL are the restoration of Stadium Merdeka, the iconic site of the declaration of the nation’s independence, and the restoration of No.2 Jalan Stonor – an example of colonial architecture, which is fast disappearing in Malaysia.

Although I have had many chances to admire Stadium Merdeka, it was the first time I heard of No.2 Jalan Stonor, which is now a Heritage Centre. They have guided tours Tuesday to Friday at 3pm and I am looking forward to visiting them soon to learn more about this beautiful country I have come to live in and to love.

Polina Matheou



Ms Lim Wei-Ling, President
Badan Warisan Malaysia



Interior No. 2 Jalan Stonor

Newcomers Coffee & lunch

What a fantastic Newcomers and Potluck event for March that was held at the ABWM House. It was great to see so many new members, along with old who thoroughly enjoyed themselves. Our members supplied delicious food along with lots of laughter

Jackson the shoe man was in attendance and was busy measuring members for shoes and had the patience of a saint as many of us decided what style and colour we all wanted. I was well behaved and only bought one pair. Be sure not to miss the next event.

Heather McWilliam



La Mer Ladies Morning

ABWM was invited by LA MER to their pop up store at the Gardens at Mid Valley for a morning of pampering and indulgence trying all the wonderful products on offer. After a informative talk on skincare, we were all treated to a relaxing hand massage

Heather McWilliam



The NEW Moisturising Soft Cream helps reverse and resist the look of signs of ageing. Featuring targeted Miracle Broth™ to plump skin from deep within the surface, this innovative moisturiser preserves a youthfully firm, more line less look today — and helps prevent the look of signs of ageing tomorrow.

Ladies Golf Group in Kuala Lumpur

LEGS, or to give the group a name, the Ladies Expatriate Golf Society, is a monthly game of golf organised by the American Association and the British monthly game organised by the Association of British Women in Malaysia.

In 2006, LEGS took on its current name, separate from both the American and British international women's groups, and is run by expatriate ladies. The group has been inclusive, open to ladies of all nationalities, and is now a mix of Malaysian ladies, who have been members since the group was formed.

The group meets every Tuesday at a different golf course around Kuala Lumpur. The group is a mix of experience Kuala Lumpur and expatriates.

The LEGS organisers are usually expatriates and usually manage to get a discount on the green fees. The cost can be up to seven flights home a year with LEGS. As the organisers do flight groupings, you have the opportunity to get to know new people and pick up some tips from watching the pros.

The tee times usually start at 7.30am onwards, to allow the members time to travel to the course and get themselves with a roti before the round! There is a friendly competition on the day, either individual or a team event. The winners are awarded a trophy and have had their lunch and a drink.

For details contact Ha



group its full name, Society, evolved from self organised by the and, from a separate d by the Association aysia.

ts own lease of life, of the official, groups, but organised e group has always to ladies of all now run by two o have been loyal p's beginning.

y other week on a golf course in and his is a great way to r's local courses

re good negotiators o get a competitive for the round. There nts of ladies playing organisers decide the ve the opportunity to e and to maybe pick nning them play.

start from 8.30 hrs embers enough time and maybe fortify canai and teh tarik is always a different which could be an ent. Cash prizes for ed after everybody a chat.

There is a range of golfing talent in the group with handicaps ranging from 12 to 36, just as there is a range of different ages attending. A love of golf and a pleasure in playing the sport is the common bond.

If you enjoy playing golf with an element of gentle competition, exploring different courses around Kuala Lumpur and meeting new people, why not give LEGS a try?

Carole Ferrand



The Mines Resort and Golf Club



Pause, Breathe, Release:

The Power of Water and a Woman Named Fatima

I'm driving down Ampang, about to make the U-turn at the light at Yap Kwan Seng to head back to my place when some idiot pulls out of the lane in front of Suria, crosses over the five lanes, nearly sideswiping me into the concrete divider full of birds of paradise, all so they don't miss the light that I was patiently waiting my turn to take.

Normally, I'd say a few very choice words (rhymes with 'ducking' and 'basshole' among others) and go on about my day. But since covid, my mental bandwidth to deal with things going the slightest bit off is null and my inability to deal has really started to impact the relationships in my life. But how do you fix a problem you can't define? Where do you start? Water.

Cultures around the world equate water with healing and energy and I have loosely believed something along those lines as well; like knowing I needed to see the ocean and put my feet in its waters or how taking a shower on a bad day can sometimes be a bit of a reset. What I was not prepared for, however, was the almost spiritual experience I would have at my first Turkish bath with a lady named Fatima.

Having never been to a Turkish bath before (and having skipped out on them in Spain due to my fear of possible nudity), when I was given the opportunity to go to the newest Hammam Spa location in Lot 10 in Bukit Bintang, I knew I had to take it.

You are ushered into this other world of heat, steam, the sound of dripping and splashing water, and the most gorgeous, glowing white marble slab tables. There is something entirely decadent about this room and it overwhelms your senses and for me, all thinking stopped and the healing began.

Part of what made this process so beautiful and profound was a lovely woman named Fatima. I remember two distinct things about Fatima: her shoes squeaked on the wet floor, and she brought 'nothing' into the room. She had no judgments, no ideas on how I should be or behave, no drama; just a matter of fact 'sit here, go there, do this, etc.' I was not responsible for any part of my participation.

For the first time that I can remember, my only job was to exist. As I sat on that hot stone slab and had layers of my skin scrubbed off and buckets of hot water thrown on (and at) me, I noticed that my stress started to wash down the drain with the water. I was able to let go of the past few years. And for the first time in a very long time, I took a deep breath.

I don't think Hammam Spa makes claims of healing pieces of your mind and soul, but if I were you (and you're as stressed as the rest of us seem to be), I'd go test the theory for myself and just see. The most you have to lose is some dead skin and a few ringgits. But you have so much to gain.

Alissa Nelson



Hammmam

invites you to

A Hammmam Escapade

This Wellness Month, experience the magic of Hammmam at this exclusive HAMMMAM X ABWM breakfast morning. Luxuriate in our beautiful private spa, while we pamper you with our Hammmam treats as you enjoy a sumptuous Turkish breakfast, delightful activities, and a wellness talk. There are even some lucky draw prizes to win!

Date: May 23, 2023

Time: 10am – 12pm

Venue: Hammmam Publika, Level 4G,
Publika Shopping Centre, Mont'Kiara, Kuala Lumpur

Fee: RM50 for members; RM75 for guests
(ABWM will donate this to charity)

Sign Up Now!

Organised by



FIVE MINUTES' PEACE

A BIT OF A GIGGLE....

compiled by Sally Addington



My doctor says I
need glasses.



When Your Doctor Says You Need Glasses!
Choose the right glass when the doctor recommends
it 😊

Behind every husband
who thinks he wears
the pants...

Is a wife who told him
which pants to wear.

WE ALL KNOW THAT
MIRRORS DON'T LIE...
I'M JUST GRATEFUL THAT
THEY DON'T LAUGH.



Scary

One Sunday morning, the village church Vicar noticed little Alex standing in the foyer of the church, staring up at a large plaque. It was covered with names with small Union Jacks mounted on either side of it. The seven-year-old had been staring at the plaque for some time, so the Vicar walked up, stood beside the little boy and said quietly, "Good morning, Alex."

"Good morning", Alex replied, still focused on the plaque, and then he asked, "What is this?"

The Vicar replied, "Well, Son, it's a memorial to all the young men and women from this parish who died in the service."

Soberly, they just stood together, staring at all the names on the large plaque.

Finally, he heard little Alex's voice, barely audible and trembling with fear, "Um, which service do you mean, the 9am or the 11am one?"

Useful Items

On a golf tour in Ireland, Tiger Woods drives his BMW into a Petrol station in a remote part of the Irish countryside. The pump attendant, who knows nothing about golf, greets him in a typical Irish manner completely unaware of who the golfing pro is.

"Top o' the mornin' to yer, sir," says the attendant.

Tiger nods a quick "hello" and bends forward to pick up the nozzle. As he does so, two tees fall out of his shirt pocket onto the ground. "What are those?" asks the attendant. "They're called tees," replies Tiger.

"Well, what on the good God's earth are dey for?" inquires the Irishman.

"They're for resting my balls on when I'm driving", says Tiger.

"Begorrah!", says the Irishman, "BMW tink of everyting..."

Since Youngsters of Today have their Texting Codes (**LOL, OMG, TTYL**, etc.) the Oldies decided not to be outdone by these kids, and now have developed our own codes too :

- ATD** - At the Doctor's
- BFF** - Best Friend's Funeral
- BTW** - Bring the Wheelchair
- BYOT** - Bring your own teeth
- FWIW** - Forgot Where I Was
- GGPBL** - Gotta Go, Pacemaker Battery Low
- GHA** - Got Heartburn Again
- TFT** - Texting From Toilet.



Pun Fun.....

I told my wife to embrace her mistakes. She gave me a hug.
I accidentally sprayed deodorant in my mouth. Now when I talk, I have a weird axe scent.
I married my wife for her looks. Just not the ones she's been giving me of late.
I am thinking of having my ashes stored in a glass urn. Remains to be seen.
What do you call a bedpan in Russia? A Poo-tin.
6:30 is the best time on the clock. Hands down.
I think his grandma is 80% Irish. People call her Iris.
What does a house wear? Address.
My brother has been trying to make my dad wear his hearing aid. He just won't listen.

No flies on him...

A woman walked into the kitchen to find her husband stalking around with a fly swatter.
"What are you doing?" she asked.
"Hunting flies," he responded.
"Oh! Killing any?" she asked.
"Yep, 3 males and 2 females," he replied.
Intrigued, she asked, "How can you tell them apart?"
"Oh, that's easy," he said, "3 were on a beer can and 2 were on the phone."

Happiness Chemicals & How to Hack Them

DOPAMINE
The Reward Chemical

- Eating Food
- Achieving a Goal
- Complete a Task
- Self-Care Activities

ENDORPHIN
The Painkiller

- Exercising
- Listening to Music
- Watch a Movie
- Laughter

OXYTOCIN
The Love Hormone

- Socialising
- Physical Touch
- Petting Animals
- Helping Others

SEROTONIN
The Mood Stabilizers

- Sun Exposure
- Mindfulness
- Be with Nature
- Meditation



Five Minutes' Peace Recipes -

Good Friday Garlic Parmesan Fish (serves 4)

- | | |
|--|--|
| 1/4 cup extra-virgin olive oil | 1/4 cup breadcrumbs |
| 4 fillets white fish
(lemon sole, cod, flounder etc.) | 4 cloves garlic, minced |
| Salt and freshly ground black pepper | Juice and zest of 1 lemon |
| 1/2 cup grated Parmesan cheese | Optional: Fresh chopped
parsley for garnish |



Preheat oven to 425°. Drizzle 2 Tbs oil on a large baking sheet. Season fish fillets with salt and pepper. On a large plate, combine Parmesan, breadcrumbs, garlic, and lemon zest. Season with salt and pepper. Dredge fish in bread crumb mixture, pressing to coat. Place fish on prepared baking sheet and drizzle with remaining oil and lemon juice. Bake until golden and fish flakes easily with a fork, 20 minutes. Squeeze a bit more lemon on top and garnish with chopped parsley. Even quicker with less oil when baked in an air fryer!

Homemade Hot Cross Buns (12-16 buns, depending on size)

- | | |
|---|---|
| 300ml full-fat milk, plus 2 Tbs more | 75g sultanas |
| 50g butter | 50g mixed peel |
| 500g strong bread flour | zest 1 orange |
| 1tsp salt | 1 tsp ground cinnamon |
| 75g caster sugar | 1 tsp mixed spice |
| 1Tbsp sunflower oil | For the cross: 75g plain
flour, plus extra for dusting |
| 7g sachet yeast (fast-action or easy-blend) | For the glaze: 3 Tbs apricot
jam |
| 1 egg, beaten | |
| 1 apple, peeled, cored and finely chopped | |



Bring 300ml full-fat milk to the boil, then remove from the heat and add 50g butter. Leave to cool until it reaches hand temperature. Put 500g strong bread flour, 1 tsp salt, 75g caster sugar and 7g sachet fast-action or easy-blend yeast into a bowl. Make a well in the centre. Pour in the warm milk and butter mixture, then add 1 beaten egg. Using a wooden spoon, mix well, then bring everything together with your hands until you have a sticky dough. Tip on to a lightly floured surface and knead by holding the dough with one hand and stretching it with the heel of the other hand, then folding it back on itself. Repeat for 5 mins until smooth and elastic. Put the dough in a lightly oiled bowl. Cover with oiled cling film and leave to rise in a warm place for 1 hr or until doubled in size and a finger pressed into it leaves a dent.

With the dough still in the bowl, tip in 75g sultanas, 50g mixed peel, zest of 1 orange, 1 finely chopped apple and 1 tsp ground cinnamon. Knead into the dough, making sure everything is well distributed. Leave to rise for 1 hr more, or until doubled in size, again covered by some well-oiled cling film to stop the dough getting a crust. Divide the dough into 15 even pieces (about 75g per piece). Roll each piece into a smooth ball on a lightly floured work surface. Arrange the buns on one or two baking trays lined with parchment, leaving enough space for the dough to expand. Cover (but don't wrap) with more oiled cling film, or a clean tea towel, then set aside to prove for 1 hr more.

Heat oven to 220C/200C fan/gas 7. Mix 75g plain flour with about 5 Tbs water to make the paste for the cross – add the water 1 Tb at a time, so you add just enough for a thick paste. Spoon into a piping bag with a small nozzle. Pipe a line along each row of buns, then repeat in the other direction to create crosses. Bake for 20 mins on the middle shelf of the oven, until golden brown. Gently heat 3 Tbs apricot jam to melt, then sieve to get rid of any chunks. While the jam is still warm, brush over the top of the warm buns and leave to cool.



Falafel Scotch Eggs (makes 8)

- | | |
|--|---|
| 9 large eggs | ½ small pack coriander, leaves only |
| 1 Tb olive oil, plus extra for rolling | 200g wholemeal breadcrumb |
| 2 large onions, chopped | 5 Tbs plain flour, plus extra for dusting |
| 2 garlic cloves, crushed | 25g panko or dried breadcrumbs |
| 1 Tb ground cumin | 3 Tbs sesame seed |
| 1 Tb ground coriander | Sunflower or vegetable oil, for frying |
| 400g can chickpea, drained | |



Put 8 of the eggs in a pan of cold water. Bring to the boil, cook for 5 mins, then quickly lift out of the pan and plunge in a big bowl of cold water to cool. Once cool enough to handle, peel. While the eggs cool, put the oil, onions and garlic in a frying pan. Fry very gently until really soft and just starting to turn golden. Add the spices and fry for a few mins more. Tip into a food processor and whizz to a paste, then add the chickpeas and coriander leaves, and pulse until finely chopped but not pasty. Stir in the wholemeal breadcrumbs, flour and final egg, beaten first with a fork, with a good amount of seasoning.

Divide the mixture into 8. Take a portion at a time and flatten between your hands (rub your hands with a little more oil if it's sticking to your fingers too much). Roll 1 of your peeled eggs in a little flour, shake to remove the excess, then wrap the falafel mixture around it, moulding it to completely cover the egg and squishing it together at the joins to seal. Repeat to cover all the eggs. Tip the panko or dried breadcrumbs onto a plate and mix in the sesame seeds. Roll each egg in it to coat. Can be made 1 day ahead, loosely covered with cling film and chilled.

Get a large, deep saucepan and half-fill it with oil, or use a deep-fat fryer. Heat until a bit of bread browns in about 30 secs. Add a couple of eggs at a time and fry, turning, until really golden and crisp, about 2 mins. Lift onto kitchen paper to drain while you cook the rest of the eggs in batches. Season with a little more salt and eat warm or cold.

Easy Greek Roast Leg of Lamb (serves 8)

- | | |
|--|---|
| 1 large leg of lamb, about 3kg/6lb 8oz | 1½ kg new potatoes |
| 6 garlic cloves | 400g can chopped tomato |
| 1 bunch oregano | large handful pitted baby kalamata olives |
| zest and juice 1 lemon | |
| 6 Tbs olive oil | |



Heat oven to 240C/fan 220C/gas 9. Pound the garlic, half the oregano, lemon zest and a pinch of salt in a pestle and mortar, then add the lemon juice and a drizzle of olive oil. Stab the lamb all over with a sharp knife, then push as much of the herb paste as you can into the holes.

Tip the potatoes into a large roasting tin, then toss in the remaining olive oil and any remaining herb paste. Nestle the lamb amongst the potatoes, roast for 20 mins, then reduce the temperature to 180C/fan 160C/gas 4. Roast for 1 hr 15 mins for medium-rare, adding another 15 mins if you prefer your lamb medium. Baste the lamb once or twice with the juices and toss the potatoes. When the lamb is done to your liking, remove from the tin and let it rest. Throw the rest of the oregano in with the potatoes, scoop from the tin and keep warm.

Place the roasting tin over a medium flame, add the canned tomatoes and olives to the pan juices, then simmer for a few mins. Serve the lamb with the potatoes and sauce and a simple salad.

Easter Egg Cheesecake (serves 10-12)

Vegetable oil, for the tin	400g full-fat soft cheese
200g digestive biscuits	150g icing sugar
80g unsalted butter, melted	1 tsp vanilla bean paste
250g chocolate mini eggs or leftover Easter eggs	400g double cream



Oil a 20cm deep springform cake tin and line with baking parchment. Tip the digestive biscuits into a food bag or the bowl of a food processor and crush or blitz to a fine crumb. Mix with the melted butter, then press into the base of the prepared cake tin and chill for 30 mins.

Roughly chop half the chocolate mini eggs. Beat the soft cheese with the icing sugar and vanilla until just combined using an electric whisk. Clean the beaters, then beat the double cream to stiff peaks in a separate bowl. Gently fold the whipped cream into the soft cheese mixture along with the chopped chocolate mini eggs. Spoon the cheesecake mixture over the biscuit base, then smooth the surface with a palette knife or spatula. Chill overnight.

The next day, carefully release the cheesecake from the tin (you may need to run a cutlery knife around the edge to loosen it) and top with the remaining whole chocolate mini eggs to decorate.

Easter Simnel Cake (serves 10-12)

250g mixed dried fruit (sultanas, currants, raisins and candied mixed peel)	175g plain flour
1 orange, zested and juiced	100g ground almonds
500g pack marzipan	1 tsp baking powder
250g pack butter, softened	1 lemon, zested
200g light brown soft sugar	2 tsp mixed spice
4 eggs, plus 1 beaten to glaze	1 tsp vanilla extract
	100g glacé cherries, halved
	3 tbsp apricot jam



Put the mixed dried fruit in a bowl with the orange juice and zest and 2 tbsp water. Cover and microwave for 2 mins, then leave to cool completely. Alternatively, heat gently in a pan, stirring now and then until the liquid has been absorbed and leave to cool.

Heat oven to 150C/130C fan/gas 2. Roll out a third of the marzipan and use the base of a deep 20cm cake tin as a template to cut out a circle. Wrap any offcuts and the remaining two-thirds of marzipan and set aside for later. Butter and line the cake tin with a double layer of parchment. Beat the butter and sugar together until creamy. Add the eggs, flour, almonds, baking powder, lemon zest, mixed spice and vanilla (all in one go) and mix until well combined. Mix in the cooled soaked dried fruit and fold in the cherries.

Scrape half the cake mixture into the tin. Top with the disc of marzipan, then the remaining cake mixture, and level the top with a spatula. Bake for 2 hrs. Check it's cooked by inserting a skewer to the centre of the cake, if any wet mixture clings to the skewer, return to the oven for another 10 mins, then check again. Cool in the tin for 15 mins, then turn out onto a wire rack and leave to cool completely.

Brush the top of the cake with apricot jam. Roll out half of the remaining marzipan and use the base of the cake as a template to cut out another disc. Place it on top of the cake and crimp the edges, if you like. Roll the remaining marzipan into 11 equal-sized balls for the apostles. Brush the marzipan with beaten egg and arrange the apostles in a circle on top around the outside, and brush them with a little egg too. Put under a hot grill for a minute or two until just starting to caramelize – be very careful as the marzipan will burn easily. Leave to cool and wrap a ribbon around the cake, if you like. Will keep for up to a week in a sealed tin.

NOTICE

ABWM is looking for
volunteers for the following
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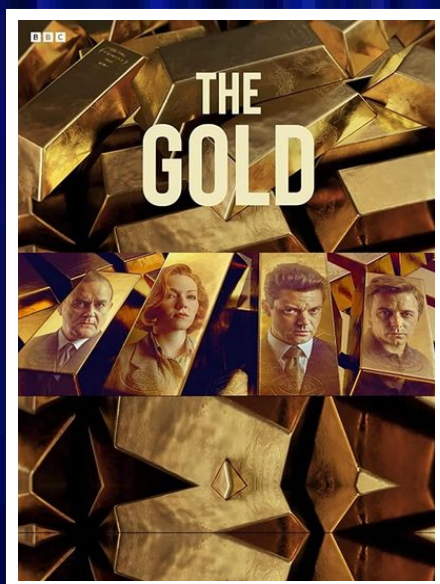
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**JOIN
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TEAM**

For details and job description
please click on the role
or email

chair@abwm.com.my



THE GOLD

Director: Neil Forsyth

Starring: Hugh Bonneville, Dominic Cooper, Sean Gilder, Charlotte Spencer

Rating: PG-13

Length: 6 episodes of 55 min each

Release Date: January 2023

Star Rating: 5 *****

If you like historical true crime drama, The Gold is for you!

This mini series is the story of the Brinks Mat robbery in 1983 where a six-man gang, headed up by Micky McAvoy, stormed the warehouse at Heathrow and took 23 million worth of gold bullion.

Needing to get it in the system and with value to match, Micky enlists the help of Kenneth Noy, a corrupt businessman, who enlists the help of John Palmer, a gold trader. With such value at stake, the flying squad are on the case. Elsewhere, another accomplice Gordon Parry is in talks with a lawyer Edwin Cooper, who can help launder the money.

Without too many spoilers, Palmer is chased around the continent trying to evade arrest. However, Micky is arrested and imprisoned quite quickly after the robbery but is reluctant to share any details. Noy has been under surveillance and is about to be arrested too when there is a kerfuffle and he claims self-defense and kills a police officer.

The squad gathers enough information to get to court and to get convictions. Palmer manages to convince the jury he's innocent while Noy admits to being rich from being corrupt but not being part of the gang who stole the gold.

Movie Fact: Based on the true story of the robbery and the case of the missing money was never properly concluded as not all six men stood trial.



A MAN CALLED OTTO

Director: Marc Forster

Starring: Tom Hanks, Truman Hanks, Mariana Trevino, Mack Bayda

Rating: PG-13

Length: 126 min

Release Date: December 2022

Star Rating: 4 ****

Having just retired and still mourning the loss of his wife, Otto is one grumpy old widow. So much so he feels he has nothing to live for and therefore, attempts suicide by hanging.

His new neighbours, unknowingly, thwart his attempt. He tries for a second attempt by carbon monoxide poisoning, again quite comically, he is interrupted again by Marisol, his pregnant neighbour. She needs him to take the family to the hospital as her husband has just fallen from a ladder of which Otto lent him.

Otto succumbs to Marisol and sees her for the fighter she is. He even agrees to give her driving lessons. They drive to a café that Otto and his wife used to frequent. Together, they discuss their neighbour Rueben and how he and Otto used to be friends. They talk of Rueben's health decline and about the accident that paralyzed Otto's wife Sonya that also led them to lose their only baby.

Malcolm, an ex-pupil of Sonya's accidentally stops Otto's next attempt at suicide by calling at the house explaining his father has thrown him out due to him being transgender. He reminds Otto that Sonya was the first person to accept him for who he was.

A great story well written and a one where the tears flow before you even realise.

Movie Fact: Tom Hanks' son Truman, plays the younger Otto.



THE TOURIST

Director: Florian Henckel von Donnersmarck

Starring: Angelina Jolie, Johny Depp, Paul Bettany, Timothy Dalton

Rating: PG-13

Length: 103 min

Release Date: December 2010

Star Rating: 3.5 ***

In a Parisian café, Elise receives a hand delivered note. Promptly, she reads it, burns it and walks away evading the police and Scotland yard who are tailing her. She catches a train to Italy - the note read "Board the train, find a man and make out he is Pearce".

Both police forces believe she is going to meet notorious criminal, Alexander Pearce, who owes taxes amounting to 744 million and who, they believe, has had extensive surgery to disguise his looks.

Arriving at a Venice hotel with Frank - the man she met on the train to keep up the ruse - the hotel leaves a note in the suite telling Elise to meet Pearce at a ball in a few days.

Frank gets chased by a mobster's gang. More people whom Pearce owes money too. Elise manages to save Frank from a long boat chase and packs him off to the airport with a bag of cash and belongings. Elise then enters a private waterway where she reveals her identity as an undercover agent who is prepared to help in the sting to find Pearce.

It's a predictable ending with both main characters looking flawless from start to finish despite their chases, boat trips and hostage situations.

Movie Fact: This romantic thriller is a remake of a 2005 French film "Anthony Zimmer".





The Seven Sisters

by Lucinda Riley

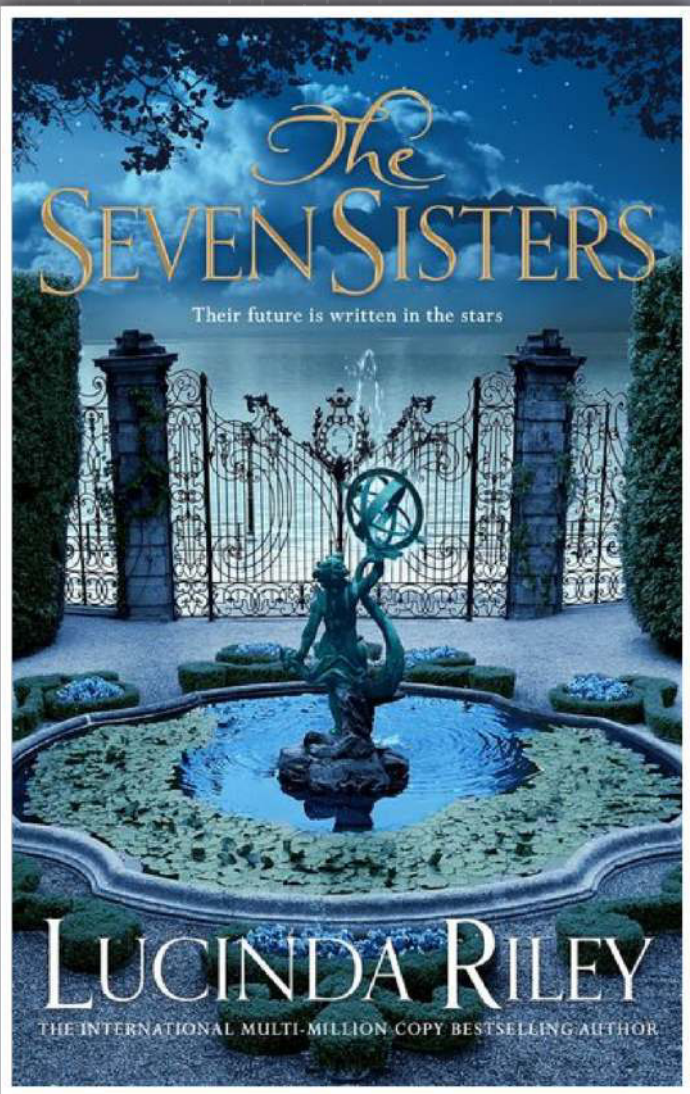
I had been meaning to read this series for some time, but there are 7 books and all of them are really long. I had to wait for a time when I could see myself starting and finishing them.

Well, I have just finished the second one and am enjoying them a lot. The big picture is that the Seven Sisters of the title are all adopted and named after the stars of the Pleiades constellation. Their stories are tales of how they found their original birthplaces and families. We therefore have both the intriguing lives each of the sisters is living at this point in time interwoven with historic family revelations about their ancestors. The icing on the cake is that their stories cross the world and are set in very exotic locations.

Their adoptive father, Pa Salt, left them clues of how to find their original homes if they chose to do so. Apparently the very final book of the series is about Pa Salt himself. Tragically Lucinda Riley died 2 years ago but her son Harry has completed Pa Salt and this final tale in the saga will be released this May 2023.

The books are easy to read so don't be put off by the length as I was originally! You will skip through the pages as the stories are compelling. After reading 2, I can see there is a bit of a formula to her revelations, but the books are nonetheless enjoyable for that. And I suggest that you read them in order although they will still be fine as individual stand-alone.

So pack one, or two, for your summer reading and I'm pretty sure you will really enjoy them.





Alice Smith School Foundation Fundraising Dinner

Let's get together to experience a night of spectacular performances and be entertained with good cause at the Alice Smith School Fundraising Dinner to be held on Friday, 26th May 2023, Pullman Kuala Lumpur City Centre Hotel.



Alice Smith secondary students will entertain and delight guests by delivering a prestigious silver service and provide outstanding performances. This annual whole school event will unite all members of the Alice Smith community and partners through the common goal of giving to better the lives of others and help secure the long term sustainability of the school. Since its inception in 2018, the [Alice Smith School Foundation](#) has been supporting various [philanthropy work](#) in the community.

Watch the video [here](#) to know more. With limited tickets available on a first come first served basis, don't miss out on the event of the year. Purchase your tickets [here](#). Partnership and sponsorship opportunities are available.

Contact foundation@alice-smith.edu.my to know more.





The Highly Anticipated IASAS at ISKL!

The International School of Kuala Lumpur recently hosted the Interscholastic Association of Southeast Asia Schools (IASAS) Swimming Championships and the IASAS Cultural Convention.

Established in 1982, the IASAS involves six international schools in Southeast Asia and is recognized as one of the world's premier international school activities and athletics conferences. Hosting the IASAS is more than just showcasing immense talent; it is also an opportunity to foster cultural exchange and understanding between schools.



Whether out on the pool or under the illuminating stage light, the events allowed students to grow their appreciation of each other's culture and develop a shared appreciation of different schools' unique customs, traditions, and experiences.

Learn more about the IASAS experience and how ISKL creates a world of opportunities for your child at iskl.edu.my



CHARTERHOUSE MALAYSIA

Future Ready has become a tag line for many schools. However, at Charterhouse Malaysia it is genuinely our vision and it is accompanied by a strategic mission statement that guides our "Future Ready" programme. Study, Create and Inspire. The advantage that we have over other schools in Malaysia, and beyond, is that our programme was designed in the 21st Century for the 21st Century.

Yes, we have a heritage of 400+ years with our sister school Charterhouse, in the UK, and the Core Values upon which their significant success has been built over the years are fully embraced by us at Charterhouse Malaysia, and yes, we have inherited their exactly high academic standards.

4 Year Programme designed to help you stand out from the crowd, to make you 'Future Ready'

However, the programme that is built around the rigorous IGCSE and A Levels, on our futuristic campus is unique to us at Charterhouse Malaysia. We are a school that is 100% dedicated to the preparation of our students for life at and beyond university. We deliberately only cater for students taking IGCSE and A Level. Our specialist 4 year (IGCSE and A Level) and 2 year (A Level) programmes provide our students with the platform they need to grow into the future change makers.



Universities and employers of the future are looking for students that have high academic grades backed by a breadth and depth of intellectual curiosity demonstrated by their ability to apply what they have learned to solving real world problems and contributing positively to communities and society.

They expect to see applicants that have a broad range of co-curricular activities, that have undertaken academic research and writing, that are established leaders and active service learners. The challenge is that all students applying to the top universities, all schools supporting the students in their applications know that this is what the universities and employers want, which makes the decision as to which identical student gets the university place or job very difficult to make.

At Charterhouse Malaysia it is our goal to make this decision, the decision to choose our students the obvious one, by ensuring our students are "Future Ready".

With the future so uncertain, with us not even knowing what the jobs market will look like 10 years from now, being prepared is crucial and this does not happen by chance.

Being future ready requires our students to learn how to think critically, creatively and inquisitively, to be life long learners. Visit us to find out how our Spectra Smarts intelligence based curriculum supports this development.

Come and discover how we deliver the IGCSE and A Level programme through project and problem based learning, and how we use independent learning projects and design thinking to ensure all of our students have the depth of learning needed to have a demonstrable positive impact on the community.

Come and find out how our leadership and community outreach programme develops students that really do stand out from the crowd.



Majalah life needs you!

The Majalah life team is currently looking for new volunteers to join the team.

You don't have to have any prior experience of working on a magazine, publishing or writing. More important are people with:

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ABWM

**Welcomes Toni&Guy
as a 2023 Preferred Partner**

TONI&GUY
HAIRDRESSING

The Troika, Lot G03A Ground Floor, 19 Persiaran KLCC, 50450 Kuala Lumpur

Toni&Guy is delighted to offer the following exclusively for ABWM members:

1. **10% discount for all hair services**
2. Complimentary KERASTASE Express Treatment with any colour/highlight service.
*Kindly mention this offer when making appointment for a colour service.
3. Any ABWM members having a haircut/colour service in our salon from 1st March - 31st May 2023 will be entered into a lucky draw. The winner selected from the lucky draw will win vouchers worth RM500 redeemable against any hair service.

*ABWM member to show membership during check out at Reception.

Tel: 03 21688802

FB: Toni&Guy Troika Kuala Lumpur

IG: toniandguytroika



CLUBS & ACTIVITIES

HELLO KL!

A must for all newcomers!

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

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



ABWM BOOK CLUB

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

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

PHOTOGRAPHY CLUB

All levels welcome!

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

Hosted by Geoffrey B. Johnson, photographer.

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



TENNIS CLUB

Play is every Thursday morning at the Bangsar Sports Complex.

For info contact Caroline Barber at carolinebarber@hotmail.com

BRIDGE CLUB

ABWM BRIDGE

At the ABWM House on Fridays 09:30am to 1:00pm

Duplicate bridge for experienced players.

Contact The House at contact@abwm.com.my

IMPROVERS GROUP

At the ABWM House on Mondays 1:15pm-4:30pm

Contact The House at contact@abwm.com.my



MAHJONG CLUB

All levels welcome. Happy to teach from scratch!

Play is at the ABWM House on:

- Mondays 1:30pm-3:30pm

- Fridays 10:30am-12:30pm

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

MAY I ?

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

Hosted by Tracey Dhinsa.

Play is at the ABWM House on Wednesday mornings.

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





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