

ABWM

Majalah Life

May 2023



ASSOCIATION OF BRITISH
WOMEN IN MALAYSIA

*Charity
Support
Fun*



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*We wish
His Majesty King Charles III
and
Her Majesty The Queen Camilla,
sincere warm wishes for a happy
and joyful Coronation.
May you both have a healthy and
successful reign, with the support and
strength from the royal family.*

God save the King!



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PLEASE REMEMBER

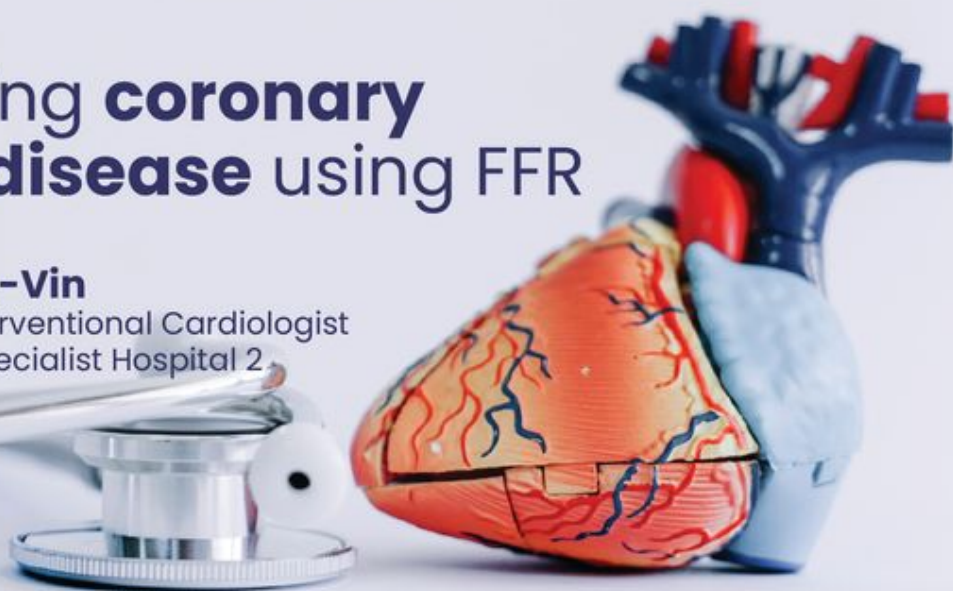
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Assessing coronary artery disease using FFR

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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🌐 www.damansaraspecialisthospital2.com

Care for Life



Best Hospital of the Year in Malaysia
(2017, 2018, 2021 & 2022)

Editor's Note

Hi all!

It's great to be back as the Editor of Majalah Life. ABWM is in full form with all its events like the la Mer event held recently and the upcoming Hammam spa day, which sounds absolutely delightful, lunches, high teas, and planning for Pink October and the Christmas bazaar which is already underway. The magazine will keep you up to date on what's happening and when, and if you missed any event you can read all about it in the magazine.

On a personal note, the break did me good. If I have learnt anything in the past couple of years, it is that you really have to take time out for yourself. There was a lot of catching up to do with a life that had been put on hold. Now, with life being on a 'somewhat' more even keel, no frenetic travel plans and absolutely staggering empty nest syndrome staring me in the face, coming back to Majalah Life feels like coming home.

It's great to be back working with Kerry and Annie and the very supportive ABWM Committee. Heather has promised not to leave me adrift and despite moving roles will keep fingers and toes dabbling with our editorial team. I'm happy that Debbie continues as Chair but sad we will be losing some members who have added so much to the warmth and fun, not just around the committee table, but to the functioning of the association itself. Do consider joining the committee or even just to volunteer your time. It is a wonderful experience and really helps enrich life as an expat.

Hope you enjoy this issue. There are some lovely articles by Dawn and Melanie regarding King Charles III coronation and a pictorial spread of the royal family, so happy reading. As always we would love to hear from you. Any holidays you've been on, activities you've taken part in or hobbies you would like to share with us. Do get in touch with us on editor@abwm.com.my

**When you can't control
what's happening,
challenge yourself
to control the way
you respond to
what's happening.
That's where your
true power is.**



Alia
Alia Dada
Editor
editor@abwm.com.my



Hammam

invites you to

A Hammam Escapade

This Wellness Month, experience the magic of Hammam at this exclusive HAMMAM X ABWM breakfast morning. Luxuriate in our beautiful private spa, while we pamper you with our Hammam 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: Hammam 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!



Chat from the Chair

Dear Members,

The sun is shining and we have all had a lovely few long weekends.

Some of us are away and some of us have chosen to stay in KL and explore the city while it is a little quieter. Whilst there have been lots of long weekends starting with Hari Raya Aidilfitri quickly followed by Labour Day and Wesak Days, we have still been busy at ABWM squeezing in a few events.

This month the committee has also been busy making a few changes with Alia Dada returning to the committee as our Majalah Editor, Heather McWilliams moving into Sponsorship and Events and Jennifer Abdullah focusing on Advertising. We also continue to host our weekly coffee mornings which have been busy although many of us have been travelling.

I'd like to say a big thank you to those of you who have renewed your memberships and take this opportunity to welcome our new members. Hopefully we can find volunteers to fill the vacancies on the committee and some new writers for our magazine. If you would like more information, please drop a note to myself or email the house on contact@abwm.com.my.

We have also finished revamping the garden. On behalf of the committee I'd like to say a special thank you to Ann Greenwood, our green fingers guru, who has kindly been looking after the garden for us for many years. Anne is taking a short sabbatical but will be back with us soon. We promise to do our best to keep the garden looking as good as it has been Anne. We hope you have a great trip and look forward to welcoming you back later in the year.

We also hosted our monthly lunch at DV and our Charity Cheque presentation coffee morning at the house, thank you to those who attended. You can read on through the magazine to find out more.

Phew there really has been lots happening and lots coming up, keep an eye on our regular member's Newsletters, Facebook and our website for updates and ways to get involved. Looking forward to seeing some of you at our AGM on the [9th of May, please sign up here](#) or contact@abwm.com.my to confirm your attendance.

Please get in touch if you have any ideas or stories you'd like to share in our Majalah Life – we are always keen to hear from you.

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'.



King Charles

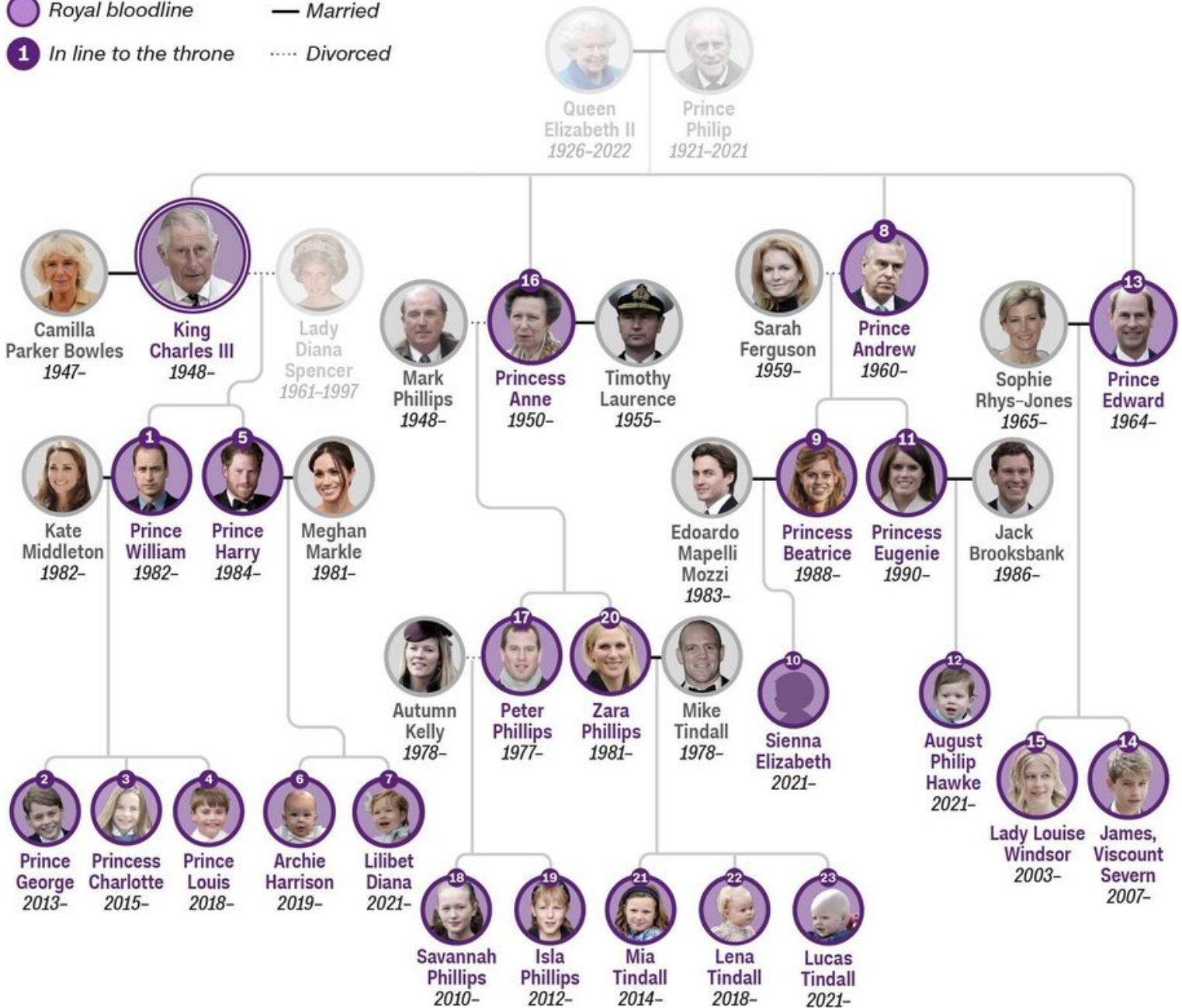


HIS MAJESTY KING CHARLES III
CORONATION 6TH MAY 2023



Line of Succession

-  Royal bloodline — Married
 In line to the throne Divorced





It will be a day that goes down in history when King Charles III will be crowned alongside Queen Camilla. This will be my second coronation. I can remember when Queen Elisabeth II was crowned - It brought much joy to the country as we had just got out of World War 2.

I was only 7 years old so my recollection of the 1953 coronation is quite hazy. But I do remember getting on the bus as there were a number of street parties near where I lived in Lewisham. The streets were very noisy with lots of mums and dads, and children were running everywhere. We had sandwiches, which I didn't like, but I did enjoy the jelly and ice cream, small fairy cakes and fizzy drinks.

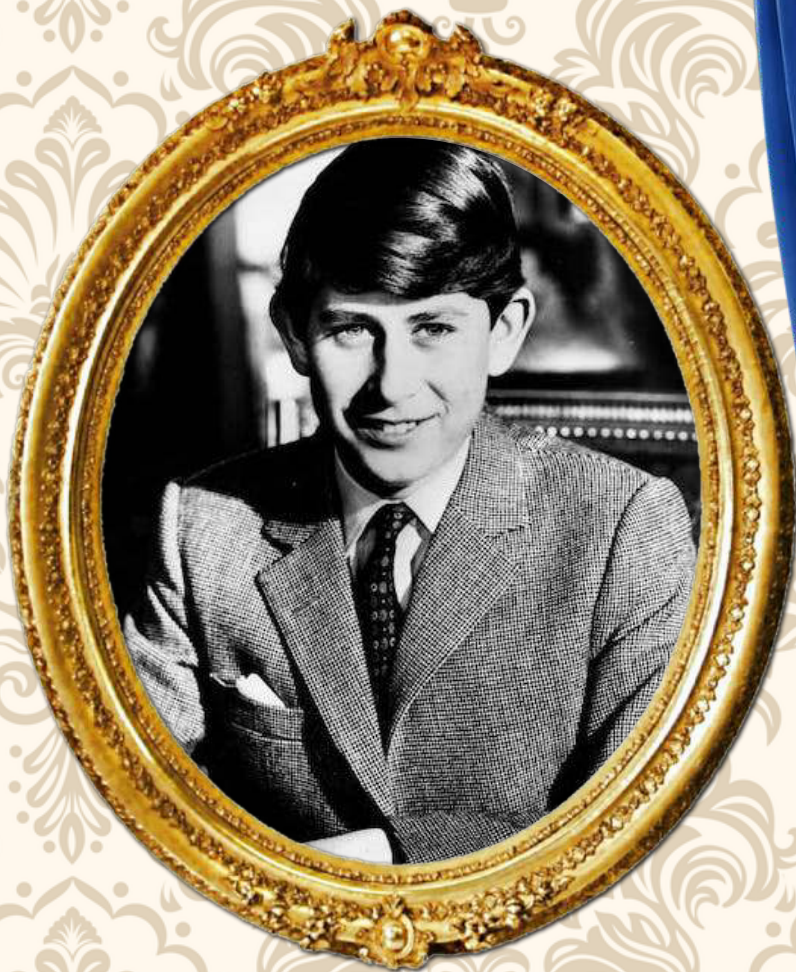
I don't think there will be so many street parties in 2023 as there are so many more cars on the roads now.

In 1953 if you had a car you were considered posh. The streets were our playgrounds and again not many people had TV's. I never watched the coronation in 1953, it was only later that I enjoyed seeing how wonderful it was.

I wonder if this coronation will have the same impact as the one in 1953. I'm looking forward to watching it on TV in all its glorious colour and grandeur. King Charles, in a break from tradition, has chosen to arrive for his coronation in the Diamond Jubilee State Coach built in 2012, instead of the Gold State Coach. He did, however, leave afterwards in the Gold State Coach. What a fantastic sight that was as it made its way through the streets of London.

I'm sure George, Charlotte and Louis are looking forward to the memorable event and to witness history in the making.

Dawn Morris









The Coronation



OK, so I have to own up to the fact that it was my second chance to see a coronation. Admittedly, I was very young for Queen Elizabeth II's coronation in 1953, but I do remember some things. Mostly all the family sitting round my Auntie's new black and white TV bought for the occasion. And riding my trike around and doing some gardening when I got fed up with watching.

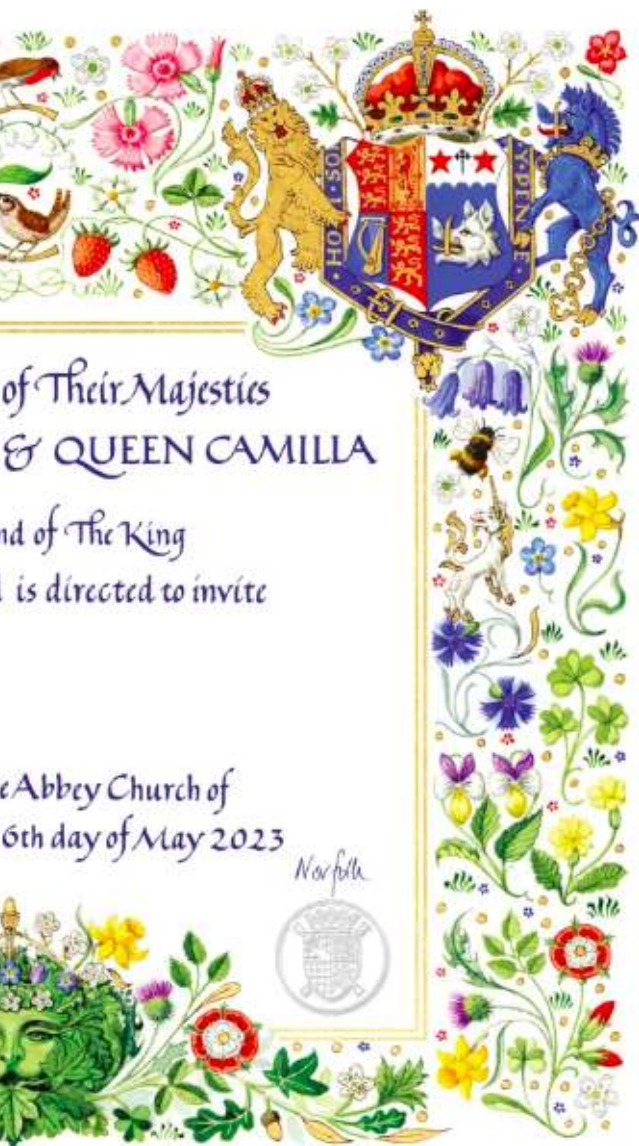
2023 was very different. A King after so many years of being led by a Queen, and now of course we have King Charles and Queen Camilla. We have moved from the second Elizabethan era to a Carolean era.

It was splendid indeed. The pageantry with the military at its bright and shiny best.

The amazing fairytale carriages ooze history with every turn of their wheels. And the public turned out in droves to celebrate and support his Majesty's biggest day.

My only personal link to the Coronation is the fact that my Godson played a large part in the erection of the central London street flag displays, working at night for weeks before the event. I'm so proud of him for his contribution to the special day.

What impressed me most about the Coronation was the ritual of the actual ceremony in Westminster Abbey. It's not something often witnessed and so it was a surprise to see the many stages featuring swords, rings, robes, ancient books and the anointing with Holy oil.



And finally, the placing of the crowns. Truly a weight of responsibility on the monarch's head, only experienced by 62 monarchs before him spread over 1200 years. It was symbolic and significant to see the Prince of Wales and Prince George featured in the ceremonies signifying the royal line extending into the future.

An important moment for our country and somehow grounding and stabilising for us all in these days of rapid social change.

Long live King Charles III !!!

Melanie Bolland



Melanie on Coronation Day 1953





**Melbourne
Capital Group**



**ASIAN TIGERS
GROUP**



CHARITY FAIR BANGSAR VILLAGE

27th & 28th May

10am - 8 pm

**Come and support
local charities**

**Beautiful handicrafts, baked goods,
jewellery and lots more!**



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



Volunteers Needed

CHARITY FAIR

at Bangsar
Village 1



- Do you have a couple of hours spare, to help look after the ABWM table?
- Come and shop, meet the charities and have fun along the way. **2 hours minimum**



Sat 27th & Sun
28th May, 2023
8am - 8pm



Ground floor, Bangsar
Village 1, Jalan Telawi
1, Bangsar Baru 59100

To find out more, email: charities@abwm.com.my



Monthly Lunch

What a wonderful time that was had by all at the April Lunch at DV Ristorante Pizzeria in Bukit Damansara,

We were given the choice of two set menus or pick from the main menu, everyone had a separate bill and paid as you left.

The service and food was exceptional and would highly recommend DV.



The raffle was a gift basket donated by ABWM and was won by Ana Watson who was thrilled.





A Day with MOAMI at the Hulu Gombak Orang Asli Community

by Deirdre Davis

Our most recent adventure was a visit to a community kindergarten in an Orang Asli village in the northern outskirts of Kuala Lumpur. The teaching sessions are made possible through volunteers from MOAMI and are held in a newly built hall by the Jabatan(Dept) Orang Asli, which is a basic hall with lights and fan fixtures but no electricity. Carrol and her team have managed to source sponsors to furnish it with the basics of tables, chairs and storage cupboards. At present the school operates in the morning once a week but their goal is to increase this to twice a week.

The village we visited has 15 children ranging from 3 to 18 years of age. Of these,

only 6 are registered to attend formal education as the local government school is 15 kms away from the village. Due to the distance the families find it difficult to send the children, in terms of petrol and logistics of using their motorbike to carry 2-3 children to and fro. So, the weekly teaching sessions are vitally important to the children of the village.

After navigating the logistics of getting there (thanks to committee member Rose!), we arrived early to an almost invisible village nestled next to a small stream and hidden by the jungle foliage. All was quiet and there was no movement. But then Carrol and her team of volunteer teachers from MOAMI

BALAI RA
ORANG ASLI
HULU GOMB

arrived and suddenly the village came alive. Children appeared out of their houses nestled in the jungle, excited and laughing as they ran towards us. It was obvious their kindergarten time was precious to them. After setting up the room for class everyone settled down for their lessons. The children were grouped according to age

and developmental levels and worked on their different activities. Although we could see some of the children were below expected learning targets, they were all participating and learning how to follow routines and their teacher's instructions.

As the lessons continued, it was great to see some of

the mums arrive with their young babies who absorbed everything around them. Classes always finish with a shared lunch that is supplied by the volunteers who pay for the food themselves.

The Charities Subcommittee got to enjoy a morning in the classroom with the children and volunteer teachers, assisting where we

could. It was such fun getting to know the children and seeing their enjoyment in learning. I personally loved the cheeky kids who made me laugh but must admit teaching a group of children with such diverse capacities must be challenging.

**MAKING ORANG ASLI MOTHERS
INDEPENDENT (MOAMI) IS A COMMUNITY
OUTREACH GROUP OF VOLUNTEERS.**

Their objective is to build the capacity of mothers as their children's first educator, nutritionist, and carer. The main strategy adopted is to encourage and empower Orang Asli mothers to take up an active role in becoming independent and self-reliant to improve their standard of living.

The group supports Orang Asli community kindergartens set up and operated by volunteers in Sg Relang and Bukit 16 Gombak. The group also provides some financial support to families in the villages where they volunteer. To build some self-sustaining capacity in the villages they support, they encourage the women to harvest and grow vegetables to market to their friends and family.

During our visit we became aware of some of the difficulties that must be negotiated. We learnt they needed teaching aids such as reading materials, textbooks and puzzles.

We could also see the importance of providing a nutritional meal for the children.

We are happy to report that, through the generosity of our ABWM members, we have been able to make a small grant to MOAMI to support their kindergartens through learning materials and a year's worth of funding for after class refreshments.

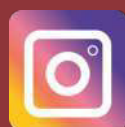


Malaysian Cultural Group

The Malaysian Culture Group or MCG is an organization where people of all backgrounds can come together and learn. It is run by a group of passionate and dedicated volunteers. It started out as a book group 40 years ago, has grown into what is all about culture! The only requirement for joining is to discover all about Malaysia and its surroundings! A celebration of the 40th Anniversary with great pomp and style at The Sky Bridge, a private tour of the sky bridge on the 14th of March.



Let's stay connected



Group

sation that provides a platform for
arn about the culture of Malaysia! It
nteers across all nationalities. What
own and evolved into an organisation
ining is a keen passion to learn and
A little tantaliser, we celebrated our
e Malaysian Petroleum Club with a
his year.



Attend thought-provoking lectures on the first Wednesday of every month, discover new and exciting food destinations with like-minded food enthusiasts in our special interest group Enak, discuss and dissect books on Asia in one of our two Book Groups with fellow bibliophiles. And finally, explore Kuala Lumpur and its surroundings, uncovering hidden gems and unique experiences with yet another special interest group aptly named Explorers Out and About! With MCG, your cultural journey is in your hands!

To date we have close to 150 members, both Malaysian and international, who represent over 20 different nations. To join, please go to our website - mcgkl.org and click on Membership. Our membership fees are very manageable at just RM 100/ per year.

Looking forward to seeing you very soon at one of our events!



Snapshots in Time...



Sun Set in Masai Mara

I took this
photo as it
looked like the
sky was on fire.
The black
clouds were
amazing.

Dawn Morris

Masai Mara National Reserve, Kenya
2000

Be part of our Member's Gallery, share your photo story at editor@abwm.com.my

...Our Members Photo Gallery



Spring is springing

by Gill Shepherd

Edinburgh New Town private walled garden

13 April 2023

Shot with iPhone XR

Magnesium

Magnesium is a of the most wi relaxing muscle much more. An percent is foun is found in bloo magnesium in c

While magnes

- * When preg magnesium c
- * Magnesium
- * Magnesium sufficient ma
- * Magnesium can help eas
- * Magnesium

The rec magnes healthy this am anyone dealing prescrip athletes any way

Various uptake i oral ma magnes magnes popular as it by stomach targeted



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BY JENNIFER ABDULLAH ENTERPRISE 0122872838

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RRP



RM60



RM70



RM70



RM38

Contents

MgCl₁₂

Elemental Magnesium

	Mg Flakes	Mg Oil	Mg Gel	Mg Lotion
Contents	100% Mg Flakes	100% Mg Oil	70% Mg Oil	10% Mg Oil
MgCl ₁₂	47%	31%	21.7%	3.1%
Elemental Magnesium	1200mg/100g	103mg/1ml/ 10 drops	360.05mg/5ml/ 1 tsp	51.5mg/5ml/ 1 tsp

an essential mineral which we are so commonly deficient in, and at the same time, it is one of the most neglected. Magnesium is utilised in over 700 enzymatic reactions in our bodies, from energy production to creating our main energy molecule ATP, maintaining healthy blood pressure levels and bone density. Around 60 percent of our body's magnesium is found in our bones, and approximately 40 percent is found in our cells, muscles and connective tissue. Only 1 percent of the magnesium in our body is found in the blood plasma, thus rendering normal blood tests highly inaccurate for determining the status of our bodies.

Magnesium is important for both men and women, it has a few additional roles in women's bodies:

Firstly, magnesium aids in building and repairing your body's tissues. Severe deficiency in magnesium can lead to pre-eclampsia and hinder foetal development.

Secondly, it helps improve insulin effectiveness, which can prevent gestational diabetes.

Thirdly, magnesium deficiency can be a risk factor for postmenopausal osteoporosis. When there isn't enough magnesium in your body, the metabolism of calcium is affected.

Fourthly, magnesium can help improve PMS symptoms, including changes in mood, cramps and migraines. It also helps with the back pains and leg cramps during pregnancy.

Finally, magnesium is commonly used for relieving restless leg syndrome.

The recommended dietary allowance (RDA) for magnesium is between 300-400 mg for an adult person to prevent a deficiency. However, this amount is insufficient for optimal health, for those living a high-stress lifestyle, persons with chronic illnesses or taking certain medications, and last but not least, for athletes or anyone who pushes their bodies in any way.

There are several methods for increasing magnesium levels. These include supplementing with conventional magnesium supplements, consuming more magnesium-rich foods, and using topical magnesium products. The latter is now a very popular method of magnesium supplementation as it bypasses the gut, eliminating the risk of stomach upsets and diarrhoea, and allows for direct applications.

Furthermore, on average, we can only absorb 20-30% of magnesium that's taken orally while the uptake of magnesium through the skin is a lot higher.

Many parents find that topical magnesium is the most convenient and effective method for supplementing their babies and children with. Without having to struggle in getting them to eat their leafy greens, swallow pills, tablets or liquids, they're able to see the results of increased magnesium just through baths and applying lotions. Among the benefits commonly experienced: calmer children, improved immune systems (fewer incidences of coughs and colds), better focus, and generally happier kids.

Topical magnesium products include: magnesium oil, magnesium lotion, magnesium gel and magnesium flakes. All of which are available through the Elementz brand in Malaysia.

Jennifer Abdullah



Join us in celebration of
His Majesty,
King Charles III



High Tea at
the Ritz Carlton

1pm - 3pm

18-May

rm90 with a glass of bubbles

Raffles and prize for most uniquely dressed

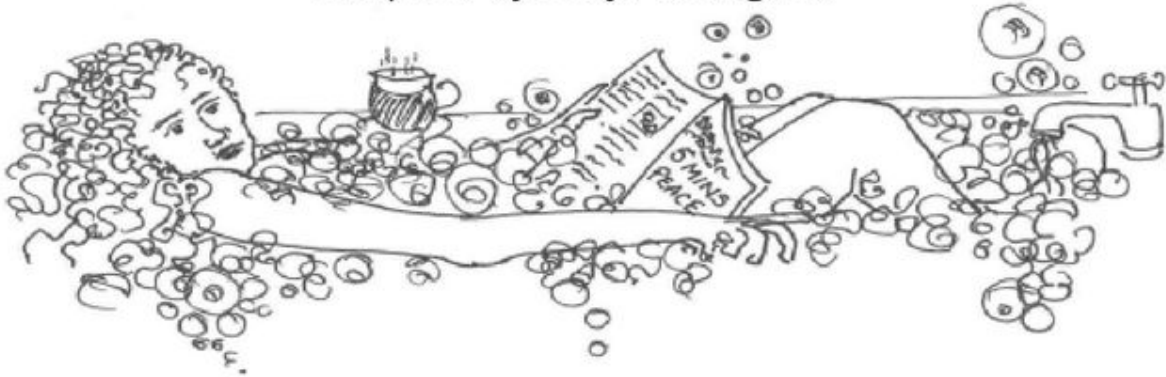
RSVP: 15-May, contact@abwm.com.my



ASIAN TIGERS
GROUP

FIVE MINUTES' PEACE

compiled by Sally Addington



I just flipped our microwave on it's side, and he absolutely loves it



**DENIAL, ANGER,
BARGAINING, DEPRESSION,
ACCEPTANCE...
THE 5 STAGES OF
WAKING UP.**

FOR ALL, WHO MAY BE HAVING
A BAD DAY..



It Can Always Be Worse.

A man and a woman were having a quiet, romantic dinner in a fine restaurant.

They were gazing lovingly at each other, kissing, and holding hands. The waitress, taking another order at a table a few steps away, suddenly noticed the woman slowly sliding down her chair and under the table - but the man stared straight ahead.

The waitress watched as the woman slid all the way down her chair and out of sight under the table. Still, the man stared straight ahead.

The waitress, thinking this behaviour a bit risqué and worried that it might offend other diners, went over to the table and, tactfully, began by saying to the man "Pardon me, sir, but I think your wife just slid under the table." The man calmly looked up at her and said, "No, she didn't. Unfortunately, she just walked in."

**Yesterday my
husband thought he
saw a cockroach in
the kitchen. He
sprayed everything
down and cleaned
thoroughly. Today I'm
putting the cockroach
in the bathroom.**

What do we learn from hippopotamuses?

That it's impossible to reduce weight by
eating greens and salads and walking.



**I'm opening a gym called
Resolutions. It will have
exercise equipment for
the first two weeks and
then it turns into a wine
bar for the rest of the
year**



Repent, O Scottish Sinner.....

There was a Scottish house painter named Smokey MacGregor who was very interested in making a penny where he could, so he often thinned down his paint to make it go a wee bit further. As it happened, he got away with this for some time, but eventually the Baptist Church decided to do a big restoration job on the outside of one of their biggest buildings. Smokey put in a bid, and, because his price was so low, he got the job. So he set about erecting the scaffolding and setting up the planks, and buying the paint and, yes, I am sorry to say, thinning it down with water... Well, Smokey was up on the scaffolding, painting away, the job nearly completed, when suddenly there was a horrendous clap of thunder, the sky opened, and the rain poured down washing the thinned paint from all over the church and knocking Smokey clear off the scaffold to land on the lawn among the gravestones, surrounded by tell-tale puddles of the thinned and useless paint. Smokey was no fool. He knew this was a judgement from the Almighty, so he got down on his knees and cried: "Oh, God, Oh God, forgive me; what should I do?" And from the thunder, a mighty voice spoke.... "Repaint! Repaint! And thin no more".



Not

- Erin Hanson

You are not your age, nor the size of clothes you wear,
You are not a weight, or the color of your hair.
You are not your name, or the dimples in your cheeks.
You are all the books you read, and all the words you speak.
You are your croaky morning voice, and the smiles you try to hide.
You're the sweetness in your laughter, and every tear you've cried.
You're the songs you sing so loudly when you know you're all alone.
You're the places that you've been to, and the one that you call home.
You're the things that you believe in, and the people whom you love.
You're the photos in your bedroom, and the future you dream of.
You're made of so much beauty, but it seems that you forgot
When you decided that you were defined by all the things you're not.

FUN FACT: a majority of archeologists are women due to their natural ability to dig up the past



Portaloo, couldn't escape if i wanted to...



**I woke up this morning
determined to drink less,
eat right and exercise...
But that was 4 hours
ago...when I was younger
and full of hope.**

**90% of being
married is
just shouting
"What" from
other rooms.**

**Only a woman who
delivered a baby
without epidural can
understand a guy who
is having a cold.**

Noah in 2023

In the year 2023, the Lord came unto Noah and said, "Once again, the earth has become wicked and over-populated, and I see the end of all flesh before me. Build another Ark and save 2 of every living thing along with a few good humans." He gave Noah the blueprints, saying, "You have 6 months to build the Ark before I will start the unending rain for 40 days and 40 nights."

Six months later, the Lord looked down and saw Noah weeping in his garden - but no Ark.

"Noah!" He roared, "I'm about to start the rain! Where is the Ark?"

"Forgive me, Lord," begged Noah, "but things have changed. I needed a building permit. I've been arguing with the inspector about the need for a sprinkler system. My neighbours claim that I've violated the neighbourhood zoning laws by building the Ark in my garden and exceeding the height limitations. We had to go to the Development Appeal Board for a decision.

Then the Department of Transportation demanded a bond be posted for the future costs of moving power lines and other overhead obstructions, to clear the passage for the Ark's move to the sea. I told them that the sea would be coming to us, but they would hear nothing of it.

Getting the wood was another problem. There's a ban on cutting local trees. I tried to convince the environmentalists that I needed the wood - but no go!

When I started gathering the animals, an animal rights group sued me. They insisted that I was confining wild animals against their will. They argued the accommodation was too restrictive, and it was cruel and inhumane to put so many animals in a confined space. Then the council ruled that I couldn't build the Ark until they'd conducted an environmental impact study on your proposed flood.

I'm still trying to resolve a complaint with the Human Rights Commission on how many minorities I'm supposed to hire for my building crew. Immigration and Naturalization is checking the worker status of most of the people who want to work. The Trade Unions say I can't use my sons. They insist I have to hire only Union workers with Ark-building experience. To make matters worse, the government seized all my assets, claiming I'm trying to leave the country illegally with endangered species.

So, forgive me, Lord, but it would take at least 10 years for me to finish this Ark."

Suddenly the skies cleared, the sun began to shine, and a rainbow stretched across the sky. Noah looked up in wonder and asked, "You mean you're not going to destroy the world?"

"No," said the Lord. "The government beat me to it."



Five Minutes' Peace Recipes -

Mango Salsa

4 mangoes, chopped
1 red bell pepper, chopped
3 small tomatoes, chopped
1 small red onion, chopped
1/2 cup loosely packed cilantro chopped
1 jalapeño, finely chopped
Salt, black pepper and lime juice to taste

Add the first five ingredients to a large bowl, toss.

Add chopped jalapeño, salt, pepper and lime juice to taste.

Taste and adjust. Cover and chill. Great to serve as an appetiser with nachos, or accompanying salmon, chicken or prawns.



30-Minute Sesame Mango Chicken Teriyaki (for 6-8)

15 medjool dates, pitted and soaked in 1/2 cup hot water
3/4 cup soy sauce
1/4 cup rice vinegar
3 cloves garlic
1 Tb fresh ginger, minced, smashed, or in paste form
1/2 cup chicken broth
1 yellow onion
Optional veggies of your choice, eg. chopped green beans, eggplant etc.
800g boneless skinless chicken breasts
1/4 cup flour
a generous pinch of salt and black pepper
a generous pinch of chilli powder
1 Tb oil
2-3 cups frozen mango chunks (fresh also works)



In a food processor or blender, puree the soaked dates and their water, soy sauce, rice vinegar, garlic, and ginger. Continue to blend or process until very smooth. Set aside.

Thinly slice the onion. Cut the chicken breasts into bite-sized pieces. Combine the flour, salt, pepper, and chilli powder in a shallow dish and dredge each piece of chicken in the flour mixture to get a light coating.

Heat the oil over medium high heat in a large pan. Add the onions and stir-fry for a few minutes. Add the chicken and stir-fry for a few minutes until browned. Add the sauce and the broth (turn heat down to avoid splatter) – adding more broth if needed to thin out the sauce. Add any optional vegetables at this point. Cover and simmer for 10 minutes. Add the mango chunks, stir, cover and simmer for another 5-10 minutes.

Serve over rice topped with garnishes of your choice: toasted sesame seeds, chopped spring onions, sesame oil, fish sauce, lime juice, or anything else that strikes your fancy.

Mango Delights!

Chilli Lime Prawn Tacos with Mango Salsa (makes 6)

500g medium fresh prawns,
peeled and deveined
1 Tb cooking oil
1 Tb butter
4 garlic cloves, finely chopped
2 limes, juiced
1.5 tsp chilli powder
1 tsp cumin
1 tsp oregano
1/2 tsp salt and black pepper
1/2 tsp crushed red pepper
1 Tb chopped cilantro

Sauce: 1 avocado
1/4 cup sour cream
1/4 cup milk
1 lime, juiced
1/4 tsp salt
1/4 tsp pepper
3 Tbsp chopped cilantro
2 cups Mango Salsa (see above)
6 corn or flour tortillas
1/4 cup grated cheese, optional



Marinate prawns with garlic, lime juice, dried herbs and spices in the fridge for at least 30 minutes, preferably several hours. Heat oil and butter in a pan over medium high heat. Add prawns, cook 1 minute undisturbed, then toss for 3-4 minutes, until cooked through. Meanwhile, add all ingredients for avocado sauce into the food processor and blend until smooth. Add water to desired consistency. Make mango salsa according to the recipe above.

Assemble tacos by adding mango salsa, prawns, avocado sauce and cheese. Garnish with cilantro and lime. For more kick, add your favourite hot sauce!

NB: We like to slightly char our tortillas. Get a flat non-stick pan nice and hot, add tortillas and flip - watch them closely to avoid burning. If you have a gas stove, put them directly over low flame, again watching closely. Alternatively you can use an air-fryer, or wrap them and heat in a microwave for 30 seconds.

Mango Kulfi (makes 4 cups)

1 cup mango puree (blend from fresh mangoes)
1 cup double (heavy) cream
1 cup whole milk or evaporated milk
1 can condensed milk, adjust to taste
1/4 tsp salt
1/4 tsp cardamom powder
10 almonds coarsely powdered
10 pistachios coarsely powdered



Blend all ingredients except nuts in a food processor until smooth and creamy. Add the coarsely crushed nuts and mix until well combined. Pour the mixture into moulds of choice: popsicle moulds, small paper cups or ramekins.

Cover with aluminium foil and add the wooden ice cream sticks or the ones that come with your popsicle mould. Freeze for 6-8 hours, preferably overnight.

To serve, just hold the moulds under running water for a few seconds and the kulfi should slide out easily.

If you're serving lunch or dinner, leave in the ramekins and decorate prettily with nuts and flowers.

Mango Margaritas (for 2)

3 ounces (6 Tbs) Tequila
2 ounces (4 Tbs) Cointreau
1½ ounces (3 tablespoons) fresh lime juice
1½ cups diced frozen mango pieces
1 Tb agave syrup or simple syrup
1 cup ice
Chunky or flaky sea salt, for the glass rims
For the garnish: Lime wedges



ut a notch in a lime wedge, then run the lime around the rim of 2 glasses. Dip the edge of the rims into a plate of salt. Add the Tequila, Cointreau, lime juice, frozen mango, agave and ice to a blender. Blend until frothy and fully combined. Pour into the glasses and serve immediately!

Coconut Brown Butter Mango Bread

1 cup plus 1 tablespoon unsalted butter divided
1/2 cup plus 2 Tbsp packed light brown sugar divided
3 cups diced mango plus a few slices for garnish
2 tsps plus 1 pinch salt divided
2 Tbsp dark rum
1 3/4 cups self-raising flour
2 1/2 tsps ground cinnamon
2 tsps baking soda
1/2 cup granulated sugar
1 Tb vanilla extract
3 large eggs room temperature and lightly beaten
1 cup plus 1 pinch raw coconut flakes, divided



Heat the oven to 350°F and arrange a rack in the middle. Meanwhile, place 1 cup butter in a medium frying pan over medium heat, cook until melted and begin to brown and smell nutty (about 8 mins). Immediately remove from heat, pour into a heatproof bowl, and set aside until ready to use.

Add the remaining tablespoon of butter along with the 2 tablespoons of brown sugar, the diced mango, and the pinch of salt. Stir and cook until the mixture bubbles and the mango begins to soften. Stir in rum then cook until the alcohol smell is cooked off (about 1 minute). Remove from heat and set aside until ready to use. Sift together the remaining salt, flour, cinnamon, and baking soda into a large bowl. Add the brown butter, remaining brown and granulated sugars, vanilla extract, eggs, and 1 cup of coconut flakes. Stir until the mixture is thoroughly moistened. Add the mango with the sauce and stir until just combined.

Divide the mixture among 2 or 3 well greased (6-inch by 2.5-inch) metal or paper loaf pans. Top each loaf with 3 slices of mango and a pinch of coconut.

Bake until the loaves are well-risen, golden brown, and a toothpick inserted comes out with just a few crumbs, about 40 to 45 minutes. Cool before slicing and serving.

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JOHN WICK - CHAPTER 1

Director: Chad Stahelski

Starring: Keanu Reeves, Michael Nyqvist, Alfie Allen, Adrienne Palicki

Rating: 15

Length: 101 min

Release Date: October 2014

Star Rating: 3 ***

John Wicks is a legendary hitman suddenly forced out of retirement. He and his grief puppy are assaulted in their home, after not succumbing to intimidation from a Russian mafia gang who wanted his car.

Viggo, head of the Mafia family, hears it was John they attacked and stole from. He offers to make amends for his son's misdoing - John does not accept. Subsequently, he kills all of the hit squad sent to his home.

Now, John has 2 million bounty on his head so he retreats to the Hotel Continental. This luxury hotel is well known as a criminal's hangout but you can't do business there! Hearing Viggo's son is in a nightclub nearby, John tries to assassinate him but only to retreat. On his return, he finds undercover agent Ms. Perkins in his room, she informs him the bounty has doubled; he escapes but is captured by Viggo. John tells Viggo he will kill his son, as he killed his puppy, which was his only way of coping after losing his wife.

John races to the Harbor to fulfill his threat but is so badly injured in the fight that he has to break into an animal clinic to self-medicate. He rescues and leaves with a dog that was due to be euthanized.

Movie Fact: Considering the lack of faith and initial interest in the movie, it made 86 million worldwide out of the first movie alone



MURDER MYSTERY 2

Director: Jeremy Garelick

Starring: Jennifer Anniston, Adam Sandler, Enrique Acre, Melanie Laurent

Rating: 13A

Length: 89 min

Release Date: March 2023

Star Rating: 4 ****

Audrey and Nick are now full-time investigators. They're excited to have accepted a wedding invite from their friend, Vikram 'The Maharaja' Govindan, on a private island. At the party, as the groom enters on an elephant, Audrey spots a cloaked figure to the rear, just as the (supposed) groom falls dead from the elephant.

Suddenly, everyone realises Vikram is not dead but his body guard is! Nick and Audrey suspect everyone, Nik even chased the kidnappers but they escape by speed boat. This has now become the biggest job of Nick and Audrey's career.

Suddenly, their hero and hostage negotiator, Connor Miller from MI6 arrives to take over. Then, they receive a ransom call to take 70 million to the Arc de Triomphe in Paris. Coincidentally, Audrey has always wanted to go to Paris!

At the exchange point, they're bundled into a van and end up in a fight and suspect they're being framed. They get through unscathed, many dangerous situations to find Vik; but he's strapped into a bomb vest. The end of the hostage saga is funny albeit predictable and the ending of the movie is hilarious giving way for a third movie!

Movie Fact: The actual streets of Paris were used for the scenes and Oahu in Hawaii for the island wedding.



THE NIGHT AGENT

Director: Shawn Ryan

Starring: Gabriel Basso, Luciana Buchanan, Eve Harlow, Hong Chau

Rating: 15

Length: 10 episodes of 60 min each

Release Date: March 2023

Star Rating: 5 *****

Newly promoted FBI special agent Peter Sutherland has just saved countless civilians from a bomb blast on the DC Metro. On duty in the White House, he receives an emergency call from Rose Larkin. Her Auntie and Uncle are under attack in their home and as a result, hand her a piece of paper with a phone number and password and tell her to save herself.

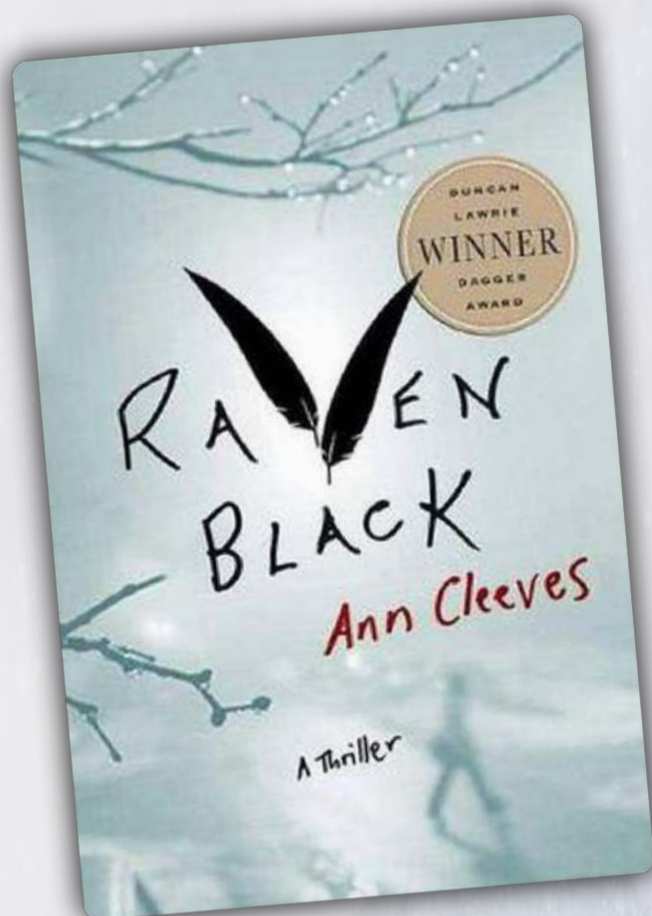
Chief of staff Diane Farr, instructs Peter to take Rose into protective custody. Rose confides in Peter but not Farr. She'd overheard her Auntie say that 'someone in the White House could not be trusted' and is unsure currently, who that is.

Discovering her relatives were counterintelligence agents and working on something big, the story cleverly goes back and forth with multiple, relevant scenes that link the bombing and espionage to the story well. Rose, a cybersecurity CEO, uses her knowledge to work out code Osprey and breaks into a file and things begin to click and fall into place.

Double crossing, backstabbing, self-preservation and edge of the seat drama is what Night Agent is about. Fantastic story line. A great watch.

Movie Fact: Filmed mainly in British Columbia, Canada, this Washington DC series used sights in Vancouver for the film.





Raven Black

First of the Shetland Series

by Ann Cleeves

I have only recently 'discovered' Ann Cleeves' books, despite the fact that I've been watching and loving 'Vera', her Northumberland detective series, on TV for years.

I have started with her latest two books which begin a series of North Devon novels – 'The Long Call' and 'The Heron's Cry'. I thoroughly enjoyed these two latest crime novels and recommend them to you. I am waiting for the third in the series!

What I love most about Ann Cleeves' writing is her sense of place. You can quickly find yourself transported to the part of the world where the tale is set. You feel the desolation of the wild places and the eternal call of nature.

And so it is that I have set out to read the Shetland series of novels. I have not followed this TV series so the stories are fresh to me. Again, the raw emptiness of these northern islands grabs you and pulls you into the people and places of the stories. Cleeves' characterisation is perfect – a hint of how the character looks but more about how they think and feel, quickly wins us into empathy with them and gets us hooked.

Jimmy Perez is the detective here and he is already a favourite of mine after reading the first book 'Raven Black'. (However, I have no idea why Douglas Henshall was cast as Perez as in the book is clearly dark haired!). Never mind, I am committed to the series now and don't intend to watch the TV series. I usually find the books are better than any filmed version of them! (Maybe 'Vera' is an exception!)

'Raven Black' is a prize-winning and addictive detective tale and I am now rearing to go on the second book of the series 'White Nights'. A real benefit of discovering a series after its completion by the author, is the fact that all the books are out there already – I don't have to wait for the author to finish the next one – it's just sitting on my shelf ready and waiting! And in this case I have six more to read over the next few months! Bring them on!

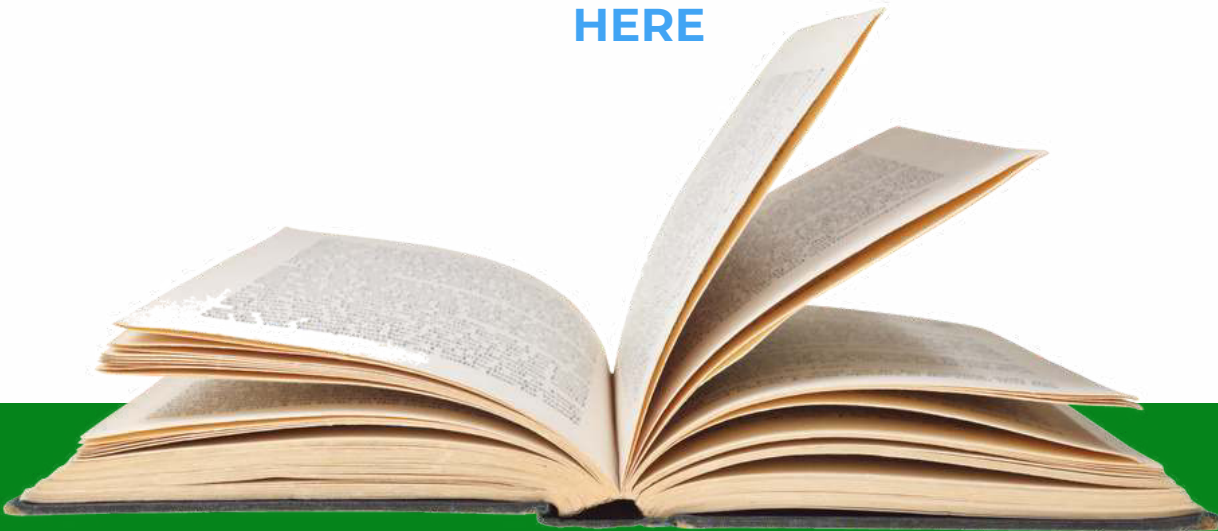


Bringing Literature to Life UNESCO World Book and Copyright Day 2023



On Thursday 20th April, we celebrated UNESCO’s World Book and Copyright Day at KLASS. Led by our English and Media Faculty and Library team, we embraced the opportunity to immerse ourselves in the world of literature and reading. Our English Department has written this week’s Secondary Blog for you to read more about our day.

Read more about the event
[HERE](#)





More Than Just *Locks!*

At The International School of Kuala Lumpur (ISKL), we are guided by our vision to 'know yourself, care for all, and create a better world.' This was exemplified recently when four Grade 3 students, Emma, Lino, Minseo, and Angela decided to run a hair donation campaign.



The project started last semester when best friends Emma and Lino decided to donate their hair after hearing about Locks of Hope, an association in Malaysia that allows the public to donate their hair to be turned into wigs for cancer patients.

Their actions then inspired two of their close friends, Minseo and Angela, to follow suit this semester. Together with their teachers, Yuka Kominato and Alex Lancia, the project culminated in a student-led donation campaign involving 18 students, three parents, and two teachers!



**Learn more about how ISKL is
helping students create a
better world at iskl.edu.my**



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Performing Arts are creative keys that unlock a child's imagination, creativity and confidence. Sports instil teamwork, drive, and perseverance. Maths boost critical thinking, problem solving and improve reasoning.

Many schools rigidly focus on attaining excellent academic outcomes that they forget school is so much more than just examination results. The pandemic has accelerated and changed the learning method and in turn demanded adaptability and constant upskilling. Although this puts an emphasis on immediate response, a good school should still find the right gear to maintain a perfect momentum for students to grow and excel.

Over the past few years, plenty of enhanced initiative for our students to showcase their talent, explore various interest and develop knowledge and skills through engaging projects set around challenges and problems they may face in the real world. We have had successful Swimming Galas, School Camps, Inter-House and Inter-School Competitions, and recently, Project Based Learning along with various other sporting and extra-curricular activities that brought much joy and happiness to our students.

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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.

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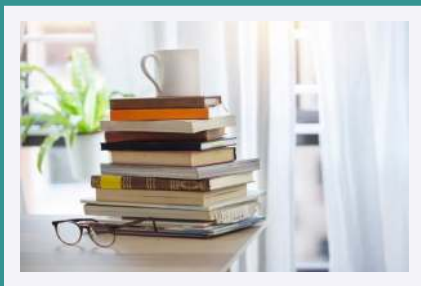
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HELLO KL!

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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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