

ABWM

Majalah Life

September 2022

FEATURED

Yoga in Bali

Malay Textiles



ASSOCIATION OF BRITISH
WOMEN IN MALAYSIA

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Support
Fun*

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A history of Innovation



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more information





Splendors of Malay Textiles Page 20

Editor
Heather McWilliam
editor@abwm.com.my

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

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

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

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

Items accepted include:

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

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



If you would like to donate other items, please email contact@abwm.com.my for information how

Editor's Note

Hi all!

My name is Heather McWilliam and I am so excited to be given the opportunity to become the new Editor for the Majalah Magazine for the ABWM.

My passion has always been volunteering for organisations and enjoying travelling and meeting new people. I am normally based in Australia but love to come and visit Kuala Lumpur and that is why I volunteered to become the new Editor as it allows me to work on this great online magazine.

I have met so many wonderful people since becoming a member of the ABWM and know that many of you have been on Summer Holidays travelling afar and catching up with loved ones. I would love to hear your stories so, if you would like to contribute to the magazine, please email me at editor@abwm.com.my

I look forward to hearing from you in the near future.

Heather

Heather McWilliam
Editor

MORE REASONS TO CELEBRATE
MERDEKA & MALAYSIA DAY

31st AUG – 16th SEPT

Do you know the difference between Merdeka Day and Malaysia Day?

Merdeka (National Day) is on 31 August and marks Malaya's independence from the British in 1957. Malaysia Day, however, was established on 16 September 1963 when the former British colony of Singapore and the East Malaysian states of Sabah and Sarawak joined the Federation of Malaya to create the Malaysian Federation.

Hari Merdeka!



September Upcoming Events

07-Sept: Newcomers Coffee
(cancelled)

14-Sept: Jo Malone Scent Event
Pavilion location, 10:30am, rm50
Spots limited, RSVP required

22-Sept: Welcome Back Lunch
Tatto, KLCC, noon, price varies
RSVP required

To reserve your spot: contact@abwm.com.my



Association of British Women in Malaysia

Dear Members,

Hello and welcome September!

Where did those 2 months go since I last wrote. I hope you all had a great summer.

I'm just back from an extended visit home catching up with family and friends. How lucky were we all with the beautiful summer that we had? Now it's time to get back to the new norm and into the swing of things at ABWM and remind you all that the house is Open.

Whilst it was summer holidays for many of us the committee have been busy working on this year's calendar and as you will see we have lots planned over the coming months, so watch out for your newsletters every week or so and get your name down so you don't miss out.

Our first event is our Jo Malone event, quickly followed by our Welcome back lunch at Tatto, and then our Charity Fair at Bangsar Village, please do come along and support our Charities more details can be found in the magazine, facebook, newsletter or drop a note to the ABWM house on contact@abwm.com.my. All members, friends and guests are welcome. We look forward to catching up with you all again soon.

Our New Member/Member coffee morning is the 7th of September at the house. If you're free, pop in and say hello

Chat from the Chair

Many thanks to our lovely link ladies for keeping our weekly coffee mornings around the city going over summer. If you do manage to come to the house you will see there has been a bit of a Spring Clean going on, thank you to [Lynette, Heather and Clare](#) who have been busy clearing, tidying, sorting whilst many of us have been off holidaying.

Some good news and some sad news as we say a big thank you to [Alia Dada](#) who steps down as our Editor this month and hello and big welcome to [Heather McWilliams](#) who joins the committee to take over the Role. Welcome to the team Heather! We are still looking for a Commissioning editor please get in touch if you would like more information. editor@abwm.com.my.

I'll leave you for now to enjoy a cuppa and the rest of the magazine. Lots happening don't miss out! I look forward to seeing you at the house or at one of our ABWM events. Read on to find out more...

Take care and stay safe!

Til next time.

Debbie xx



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'.

Is it time to refresh your Will

Perhaps this is a wake-up call that we should heed? If you had previously drawn up a will, it is likely that your old will would not reflect the changes in your life. It would be prudent to look into revising your will to ensure that it is not outdated, or even draw up a new will.

There are legal events that revoke a will. A will drawn up before marriage is automatically revoked upon marriage, unless your will expressly includes a 'contemplation of marriage' clause. If your will did not include the clause, you would have to amend your will, or draw up a new one. It would be advisable to draw up a new will instead of amending the old will to avoid future complications. On the other hand, a divorce does not affect the validity of a will. A new will is required if you do not wish to have your former spouse as a beneficiary after your divorce. If you neglect to make a new will, it could also mean leaving it to your heirs from your previous marriage to contest with your current spouse for their inheritance

Another question often asked is: Do I need to constantly revise my will every time I acquire new assets? If your will has a residuary clause, which covers all your assets that are not expressly listed in your will, there is no need for amendments. However, if your will does not have a residuary clause, your estate becomes partially intestate.

The assets that you had later acquired may not be distributed according to your wishes. Even if there is a residuary clause, you may want a particular asset to be distributed to your preferred beneficiary, and not the residuary beneficiaries. To prevent these from happening, you should either revise or draw up a new will to clarify the distribution of all your assets.

If you have assets in Malaysia as well as overseas, you may make provisions for all your assets in your will, but it is recommended that you draw up a separate will with regards to your immovable property overseas. This is due to the fact that the distribution of immovable property follows the law in the foreign country. If you have a foreign will, it would be recognised by the Malaysian courts under the Probate and Administration Act 1959, but only with regards to your moveable assets in Malaysia

If you have lived in more than one country abroad, it is highly recommended to consult us to plan your multi-jurisdictional estate. This task is not to be taken lightly as to leave it to your next of kin to sort out not one, but more than one estate in foreign legal systems is both onerous and burdensome. This can cause your estate to be tied up with legal complications which means escalated legal costs which will drain your estate of its' funds.

ll?



To learn more on:

How to draw up a new will or revise your current will in compliance with Malaysian Law to ensure that your intentions can be carried out

How to ensure your estate can be executed by protecting your original will's storage and custody

Book a consultation;

Whatsapp or SMS: +6016 395 5772

Email: kimkhoo@heritancewills.com

heritancewills.com/



Association of British Women in Malaysia

**Charity
Fair
Bangsar
Village 1**

**Sat and Sun
1st & 2nd Oct, 2022**



**Come and support local charities.
Beautiful handicrafts, jewelry, baked
goods, books, clothing, and lots, lots more**

**Address: Ground Floor, Bangsar Village 1, Jalan Telawi 1,
Bangsar Baru 59100**

ABWM and Jo Malone present: A Scent Event with Jo Malone

Tickets: RM50

RSVP by 31-Jul

contact@abwm.com.my

Learn how to layer scents
and create your own
personal scent

14-Sept
10:30am
Level 3, Pavilion



Complimentary hand and arm massage
and

Complimentary 9ml cologne with RM600 purchase





“A yoga retreat is a withdrawal to focus on the self. It can be solitary and/or local, but often involves a trip to a new location for yoga activities.”

Yoga Retreat in Bali

I recently went to Ubud in Bali for a 5-day yoga retreat. This was my third retreat in Ubud and it was a little different. We were a group of ladies (1 yoga teacher - Maya and 8 yoginis who were all known to Maya) from various parts of the world, meeting for the first-time post pandemic and looking to refresh and revitalise ourselves, or at least, I was!

After the last two years, I really wanted to enjoy all that Ubud has to offer, especially in terms of resting, recharging and rejuvenating the mind, body and spirit; from my perspective, this is the reason why we travel. We enjoy visiting other countries to see the sights, learn about their history and immerse ourselves in the culture and cuisine

The yoga retreat takes this to another level. As you dip into the Balinese culture, you are able to experience a very different and spiritual side of Bali. It is often said, ‘travel broadens the mind.’ I would wholeheartedly agree, providing you have an open mind. It helps us to understand the differences between our cultures, whilst quite often realising the similarities.

We may have similar values but achieve them in different ways. Keeping an open mind is key to enjoying a yoga retreat in Ubud with all its beauty, culture, history, people and the lush landscape.

We were staying in a traditional Balinese kampung resort and each room was surrounded by beautiful gardens and rice fields.

*the practice of yoga. A retreat can
up to a location that offers group*
Yogapedia.com



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The group met on the first evening to discuss our itinerary for the retreat. There are many ideas floated and Maya has normally booked appointments with healers, vegan restaurants, a spa, or a visit to a temple. For each appointment, we are taken by a group of delightful local taxi drivers, who look after us and make sure we arrive on time and have the correct offerings and payment.

There is always a wide choice of concepts for us to experience. The yoga retreat is not simply about meditation, breathing and yoga exercises, but about deepening our practise and experiencing the healing vegan diet and ayurvedic medicine, to help balance the body, mind and spirit.





Each morning at 6:30 we would meditate in the yoga space overlooking the rice fields with the sun rising. It is very calming and so different from looking out over KL city at 6:30 in the morning. We then have tea/coffee and fruits in silence to help us maintain our focus, before we commence our morning yoga session. The yoga practice starts off gently and progresses to an intermediate level in the coming days.

It is then time for a much-needed breakfast. Straight after which, we are off to visit a healer, called Pak Made who prods, pummels and puts us into various contortionist poses to release stress, ease problem areas and re-balance the body.

Our trusted taxi drivers act as our interpreters and translate what is wrong with us to Pak Made, who is making plenty of concerning sounds during his session with me.

I tend to scream a little, especially when he has his back and is bending me back offering and pay him to do to him profusely!

Next, we head back and I slip massage and body scrub. We have an hour of restorative yoga followed by a delicious vegan meal.

The next day, we visit a large market. Sara as she loves fabrics. I am watching the locals choosing fabrics in bulk. I wandered around the market like a man in a woman's heaven! We were then off for bliss... and onto the evening. The evening is becoming a little more therapeutic. We were now happy and I did not want it to end.



s it can be quite painful,
knees in the middle of my
kwards and yes... I give an
his to me, whilst thanking

p out for a lovely relaxing
return for our evening half
before going for another

ge fabric market found by
I was totally engrossed,
and buying their fabrics in
entire market. It was fabric
or another massage, pure
yoga practise which was
challenging, but still very
half way through our retreat

The following day, most of the group decided to visit Ibu Desak - an energy healer. We all had our own individual experience with her and mine was comparable to a tuning fork vibrating over the centre of my body as she touched my skin.

The session lasted 30 minutes but was very intense, especially when she reached my forehead and it felt as if my whole head was literally buzzing with striking bright lights and whirling stripes of psychedelic purple tones, rushing in and out of the centre of my face. I wanted it to continue; it was an amazing experience which I will never forget. I was very tired afterwards, but still went to yoga which is becoming slightly more challenging now and relies on you breathing into the exercises to help deepen the stretches. I always feel so much better afterwards.

The group has developed into a friendly cohesive group, but sadly, it is our last full day of the retreat. As usual, we begin with meditation which brings a sense of calmness and relaxation and a great way to take a bit of 'time out' for yourself.





After yoga practice and breakfast, we visit another type of spiritual healer and psychic, named Made Lunas, who has become popular following the book 'Eat, Pray, Love'¹. I was rather unsure, as fame is not a good reason to visit; however, I went along as he was highly recommended. I was first in to see him and he was a lovely gentleman! He told me all about my family, my health, my voluntary roles and then gave me his advice. I was also going to live in a house, on a beach, on an island and would visit Bali another 8 times to see him. As I left, he gave me a big hug. We later discussed our readings within the group, only to find out half of the group were going to live in a house, on a beach, on an island!

On the last day, we had our meditation followed by a meditation walk in silence along the roads and onto the Campuhan ridge. Afterwards, we sat chatting about our retreat experiences, whilst enjoying a coffee and looking out at the rice fields, a lovely end to the retreat.

Once again, it was another great experience, shared with a lovely group of people. Thank you to Maya our ever-patient teacher, who looks after us as if we were her own children. Always making sure we are ok throughout these new experiences, whilst strengthening our yoga, breathing and meditation practices.

Clare Harraghy

References: <https://www.yogapedia.com/definition/911>
retreat

¹Eat Pray Love by Elizabeth Gilbert (2007)

If you are interested in trying a yoga retreat,
Maya has 2 upcoming retreats in Ubud, Bali:
October 26–31, 2022 & February 26, March 3, 2023

Contact Maya for further details on her classes in
KL and her retreats in Ubud;
yogayugen@gmail.com
H/P 016-888 3410



Pink October 'In the Garden'

RSVP and payment
required 28-Sept:
contact@abwm.com.my

Welome Drinks:
Tito's Berry Sparkler
Tito's Cucumber Mint Cooler
Tito's Guava Water



Western Buffet
featuring:
Appetizers and Salad
Soup Corner
Carving Station
Desserts Galore

Association of British
Women in Malaysia



Association of British
Women in Malaysia



Pink October 'In the Garden'

20-October

The Element

RM400 – member

RM450 – guest

11:00am – Welcome Drinks

12:00pm – Lunch

2:00pm – Presentation

2:30pm – Raffle prizes

3:00pm – Dancing

4:00pm – See you next year!

RSVP and payment required

28-Sept: contact@abwm.com.my

Photo Wall Door Prizes
Raffles



Tito's



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Worldwide Movers
You deserve the best



ASIAN TIGERS
MOBILITY

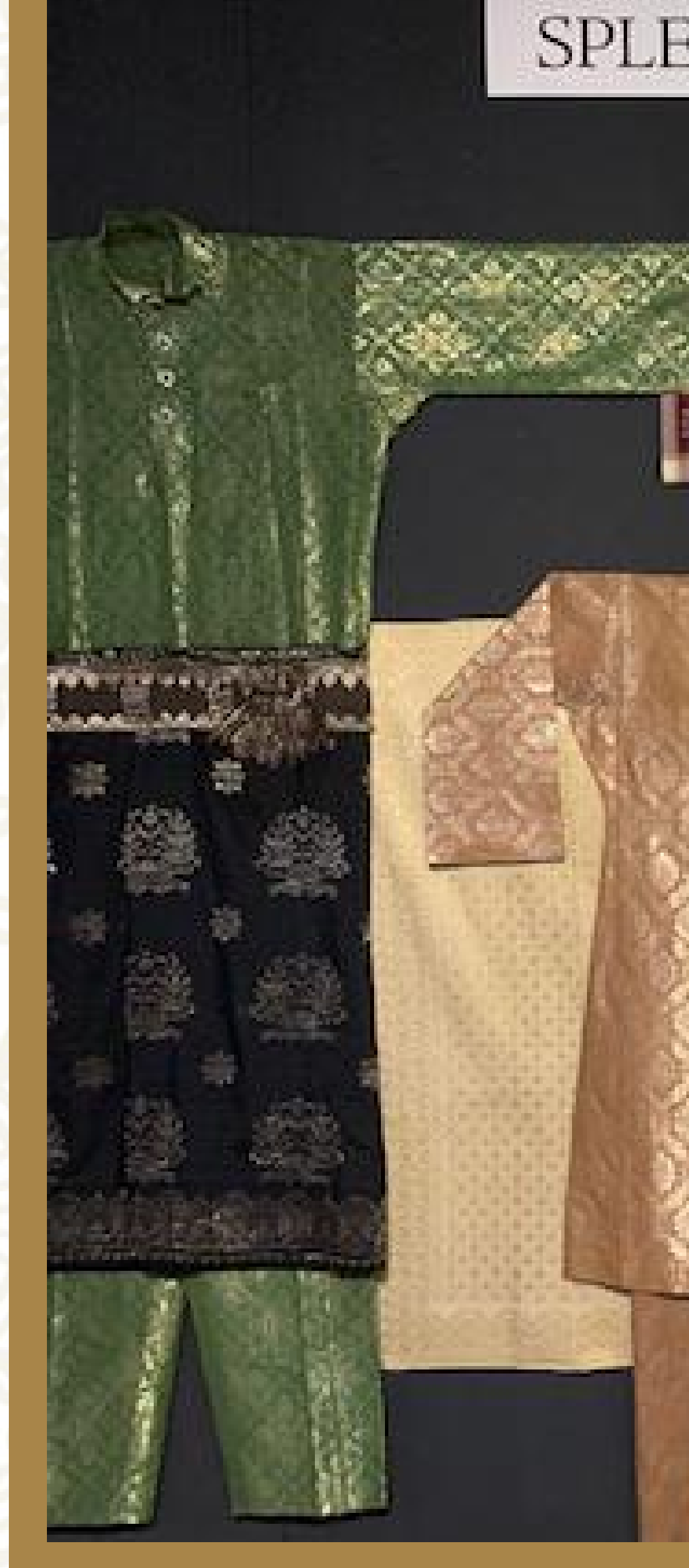
The Splendours of Malay World Textiles is a mouth-watering or, I should say an eye-watering, feast of visual pleasure, brimming with vibrant colours, sumptuous textures and mesmerising designs! This exhibition of fabrics from across the Malay world has been assembled by the passion and energy of John Ang, an Asian antiques specialist and dealer.

In 2014 John Ang came across examples of Malay textiles, which fascinated him, and over the course of the subsequent years, he travelled extensively across the Malay world, adding to his collection and researching the history and manufacturing techniques of the fabrics.

John wants to share the enjoyment of his treasures with the public, and so, over the course of three months of this year, with the help of a dedicated team of volunteers, he has worked on setting up his exhibition, which opened on 24th July. The exhibition displays six hundred and fifty examples of Malay textiles across ten rooms of the gallery space and focuses on the twelve categories of manufacturing techniques identified by John.

My guide through this wonderland of colour and pattern was Azman, a retired civil engineer. As a volunteer interested in art and history, Azman had been involved in the painstaking work preparing for the exhibition, for example, by carefully ironing the delicate fabrics for display

Our tour party was joined by a team of young designers from a fashion business seeking inspiration for their work from the exhibition



Azman talked us through examples across the Malay world of the manufacturing techniques highly influenced the development of a particular technique.

For example, Indian gold and brocades inspired the creation of Songket. Songket is decorative pattern created by weaving additional threads of gold or of silver above the cloth.



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Songket fabric



The skilled crafts people creating these textiles drew upon many and varied sources of inspiration: striped clothes from Turkey, the tree of life design from Persia, observations of the natural world, Chinese motifs, decorative ornaments, Koranic script and even historical events like the moon landing!

The fabrics are alive with the lustre of gold leaf, the glint of Murano glass beads and the scintillation of sequins, as well as being impressive feats of workmanship.

The exhibition is also an insight into olde world Malay customs, with special fabrics for births, weddings and deaths. For example, in line with tradition, a newborn baby's hair was shaved off by the paternal grandfather shortly after birth. Once the baby's hair had been weighed, that weight in gold or silver was distributed in alms to the poor.

As adornments for this ceremony, the baby's paternal grandmother would make a cloth for the baby's head to rest upon, a cover for the baby's body and a sash for the grandfather to wear. Upon the death of her husband, a widow wore a very distinctively patterned shawl to signal her marital status. The wearer would subtly indicate whether she was interested in a new suitor by how she wore the shawl.

Even if you jump-started your imagination with powerful psychedelic stimulants, it would be impossible to conjure up the range of rainbow colours, exotic designs and pleasing textures presented in this exhibition! You will just have to go along and witness the glory for yourself!

Carole Ferrand



Nini Marini, John Ang and Lee Talbot symbolically cutting a ribbon to launch Splendours of Malay World Textiles.
(Credit: The Splendours of Malay World Textiles)





ABWM PRESENTS:

HOLLY JOLLY CHRISTMAS

BAZAAR 2022

SAVE THE DATE
KLCC Convention Centre
20-Nov
11am-5pm

To confirm your vendor
table, please email:
contact@abwm.com.my



Join us for lunch at
tatto
22-Sept, noon

*Welcome
Back!*

RM125 w/o wine

RM150 with 2 glasses of wine

RSVP, Payment, and menu selection
due by **19-Sept**

contact@abwm.com.my



Association of British Women
in Malaysia



Lunch Menu

Antipasti

Oven baked king mushroom with pesto sauce, mixed nuts,
and parmesan cheese

or

Salmon tartare with crispy bread

or

Cream of tomato soup with clams

Secondi Piatti

Paccheri with mixed mushrooms, walnuts
in a cream sauce

or

Pan seared dory fillet with olive tapenade
and lemon dill sauce

or

Oven baked chicken breast stuffed with cream cheese
and almonds, with porcini mushroom sauce

Dolci

Espresso pannacotta with chocolate sauce

or

Filo pastry apple strudel with custard sauce

RSVP, Payment, and menu selection

due by 19-Sept

contact@abwm.com.my

**Something
is coming to
Kuala Lumpur!**

RIG

The 7th Kuala Lumpur Highland Games Presented by Borr Drilling

Saturday 24th Sept 2022 at Bukit Kiara Equestrian Resort from 8am-8pm
Music & dancing in the Beer Tent from 5pm

THRILLING
TRADITIONAL SCOTTISH
SPORTING EVENTS
RARELY SEEN IN MALAYSIA

MASSED MARCHING
PIPE & DRUM BANDS



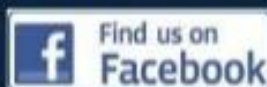
TUG OF WAR
WHY NOT ENTER A TEAM?

ALL DAY
JUNIOR & VETERANS' RUGBY
TOURNAMENTS

GREAT FOOD & BEVERAGE STALLS
LIVE MUSIC IN THE EVENING
KIDS' VILLAGE
MOTORBIKE PARADE

Tickets available at the entrance gates on the day:
Adults RM20 & Children under 12yrs RM10

Hosted by the Selangor St. Andrew's Society



Enquiries please email: secretary@ssas.com.my

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petroleum

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Advisian
Worley Group



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Worldwide Movers
Relocation

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LV
(shipping & transport)

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Oilfield & Energy Services



HEALY MAC'S
IRISH BAR & RESTAURANT



ASIAN TIGERS
MALAYSIA

bmic
Nail Spa Salon

MILAWA



**RAMSAY
SIME DARBY**
HEALTH CARE

FIVE MINUTES' PEACE

A BIT OF A GIGGLE....

compiled by Sally Addington



Retribution!

A woman arrived at the Gates of Heaven. While she was waiting for Saint Peter to greet her, she peeked through the gates. She saw a beautiful banquet table. Sitting all around were her parents and all the other people she had loved and who had died before her. They saw her and began calling greetings to her "Hello - How are you! We've been waiting for you! Good to see you."

When Saint Peter passed by, the woman said to him, "This is such a wonderful place! How do I get in?"

"You have to spell a word," Saint Peter told her.

"Which word?" the woman asked.

"Love." The woman correctly spelled "Love" and Saint Peter welcomed her into Heaven.

About a year later, Saint Peter came to the woman and asked her to watch the Gates of Heaven for him that day. While the woman was guarding the Gates of Heaven, her husband arrived. "I'm surprised to see you," the woman said. "How have you been?"

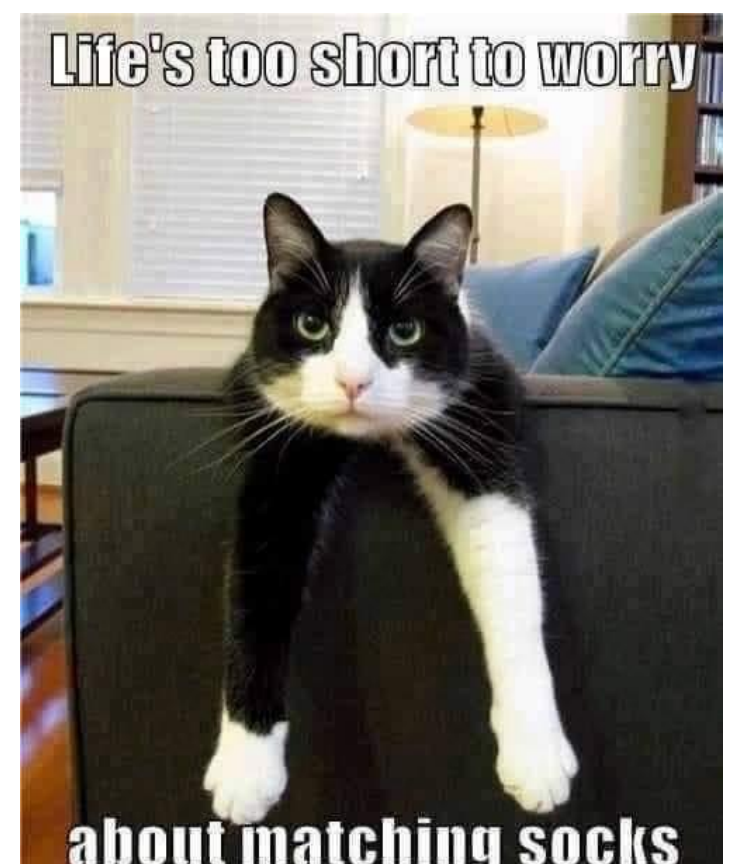
"Oh, I've been doing pretty well since you died," her husband told her. "I married the beautiful young nurse who took care of you while you were ill. And then I won the national lottery. I sold the little house you and I lived in and bought a huge mansion. And my wife and I travelled all around the world. We were on holiday in Cancun and I went water skiing today. I fell and hit my head, and here I am. What a bummer! How do I get in?"

"You have to spell a word," the woman told him.

"Which word?" her husband asked.

"Czechoslovakia."

Moral of the story: Never make a lady angry ... There will be Hell to pay later!





Seen in a Welsh Post Office recently

God's Plan for Pensioners.

Apparently older people never get enough exercise. In His wisdom, God decreed that pensioners become forgetful so they would have to search for their glasses, keys and other things, thus doing more walking.

And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom, He made seniors lose coordination so they would drop things requiring them to bend, reach and stretch.

And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise.

God looked down and saw that it was good.

So if you find as you age, you are getting up and down more, remember it's God's will. It is all in your best interest even though you mutter under your breath.

- Nine important facts to remember as we grow older. . .
- 9 Death is the Number 1 killer in the world
 - 8 Life is sexually transmitted
 - 7 Good health is merely the slowest possible rate at which one can die
 - 6 Men have 2 motivations: hunger and hanky-panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich
 - 5 Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years
 - 4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing
 - 3 All of us could take a lesson from the weather; it pays no attention to criticism
 - 2 In the 60's, people took LSD to make the world weird. Now the world is weird, and people take stuff like prozac to make it seem more normal
 - 1 Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow....





New Hospital Wing?

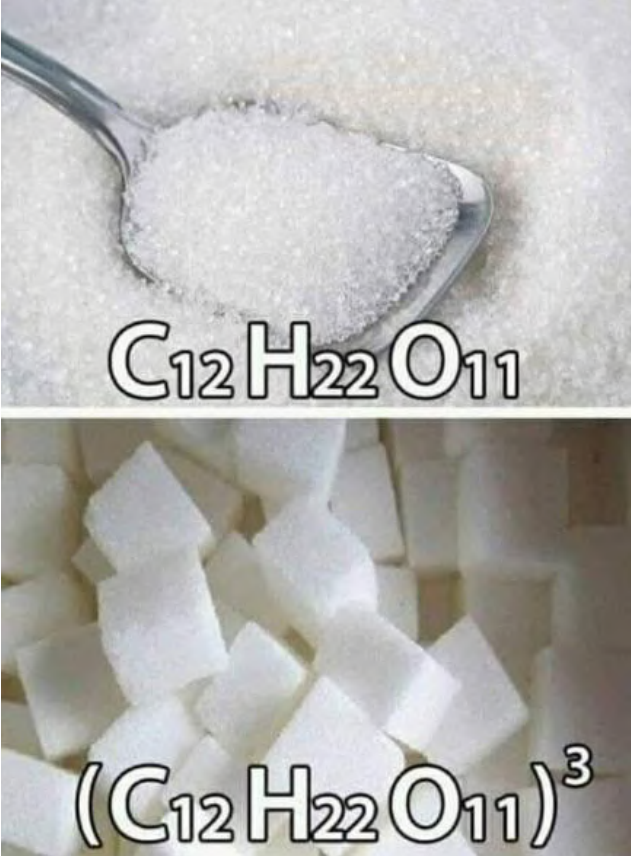
When a panel of doctors was asked to vote on adding a new wing to their hospital, the Allergists voted to scratch it and the Dermatologists advised not to make any rash moves. The Gastroenterologists had sort of a gut feeling about it, but the Neurologists thought the administration had a lot of nerve, and the Obstetricians felt they were all labouring under a misconception. The Ophthalmologists considered the idea shortsighted; the Pathologists yelled, "Over my dead body", while the Pediatricians said, "Oh, Grow up!" The Psychiatrists thought the whole idea was madness, the Radiologists could see right through it, and the Surgeons decided to wash their hands of the whole thing. The Internists thought it was a bitter pill to swallow, and the Plastic Surgeons said, "This puts a whole new face on the matter." The Podiatrists thought it was a step forward, but the Urologists felt the scheme wouldn't hold water. The Anesthesiologists thought the whole idea was a gas and the Cardiologists didn't have the heart to say no. In the end, the Proctologists left the decision up to some a**hole in administration.



Powerful Message From Electricity Board....:

Power cuts are the only time that the whole family assembles together & members speak to each other. ... as Wi-Fi also remains off... Seeing this, the Electricity Board has decided to have a new tagline that says:

"Connecting People by Disconnecting Power"! 😎



NORMAL IS AN ILLUSION. WHAT IS NORMAL FOR THE SPIDER IS CHAOS FOR THE FLY."

—Morticia Addams



No-Cook Creamy Avocado Gazpacho (for 4)

- 4 cups stock (veg or chicken)
- ¼ cup fresh lime juice
- ¼ cup fresh cilantro (coriander)
- 2 ripe avocados, skin and pit removed
- 2 spring onions, green part only
- 1 clove garlic
- 1 tsp sea salt
- ¼ tsp ground cumin



Place the ingredients into your blender and blend on medium-high speed until smooth. Taste and add more salt if wanted. If you'd like warm soup, pour it into a pot and heat it gently on medium heat. Do not let it boil. Serve on its own or with any desired toppings, e.g. diced avocado, toasted pepitas, hot sauce or chili oil, croutons, crispy bacon, chopped cilantro etc...

Avocado and Corn Salad

- 500g cherry tomatoes, halved or quartered
- 3 ears of corn, cooked, shucked and cut off the cob
- 2 avocados, peeled, pitted and sliced
- 1/2 red onion (medium), thinly sliced
- 1/4 cup cilantro, chopped (fresh coriander)
- 2 Tbsp extra virgin olive oil
- 2 to 3 Tbsp lime juice, from 1 to 2 limes
- 2 garlic cloves, pressed or finely minced
- 1/2 tsp sugar
- 1 tsp salt
- 1/8 tsp black pepper



In a large salad bowl, combine sliced tomatoes, corn kernels, sliced avocado, thinly sliced red onion, chopped cilantro and garlic. Drizzle the top with extra virgin olive oil, lime juice (adding it to taste). Add sugar, salt and black pepper. Toss the salad gently just until combined, check for seasoning and serve.

Healthy Avocado Delights

Easy Prawn-stuffed Avocados (for 2)

1 avocado
220g small prawns, cleaned (frozen or fresh)
2 Tbs mayonnaise
1 Tb ketchup
seasoning to taste
chopped fresh Italian Parsley



In a pot of boiling water cook prawns until tender, drain and rinse under cold water. Drain well (towel dry). In a small bowl mix together mayonnaise and ketchup.

With a sharp knife cut the avocado lengthwise and remove pit, then carefully cut around the edges and slice to make cuts in the avocado to form small cubes. Place in a medium bowl. Add the cooled drained prawns, mayonnaise and ketchup mixture and gently mix to coat, and season to taste. Top with freshly chopped Italian parsley, optional. Serve with fresh crusty bread.

Avocado Hummus (for 4)

1 410g can chickpeas, well drained
2 medium ripe avocados, pitted and peeled
3 Tb olive oil, plus more for serving if desired
1 Tb tahini paste
3 Tbs fresh lime juice
1 clove garlic, peeled
salt and freshly ground black pepper
1/8 tsp cumin
1 - 2 Tbs finely chopped cilantro leaves, for topping
Red pepper flakes, for topping



Pulse chickpeas, olive oil, tahini, lime juice, and garlic in a food processor until smooth, about 2 minutes. Season with salt and pepper to taste (I did a scant 1/2 tsp salt and about 1/8 tsp pepper), add cumin and avocados and pulse mixture until smooth and creamy, about 1 - 2 minutes longer.

Serve topped with more olive oil if desired and sprinkle with cilantro and red pepper flakes. Serve with pita chips or tortilla chips.

Double Chocolate Avocado Banana Bread

1/2 avocado, small, chopped
1 large egg
2 tsps pure vanilla extract
3 ripe bananas, mashed
1 1/4 cups all-purpose flour
1/3 cup unsweetened cocoa powder
3/4 cup brown sugar
1 tsp baking soda
1/4 tsp salt
2/3 cup dark chocolate chips
Mini chocolate chips, for topping



Preheat the oven to 350°F. Grease a 9x5-inch loaf pan with cooking spray.

Puree avocado, egg, and vanilla into a food processor or blender. Add mixture to a large bowl and stir in the mashed bananas. Add flour, cocoa, brown sugar, baking soda, and salt to the banana avocado mixture. Stir to combine. Fold in dark chocolate chips.

Transfer batter to the greased loaf pan. Top with mini chocolate chips.

Bake for 1 hour to 1 hour 10 minutes, until a toothpick comes out clean when inserted in the middle. Let cool in the pan completely before removing from the pan.

Avocado and Lime Ice-Cream (for 8-10)

2 avocados, halved, pitted, and peeled
1 cup condensed milk
2 limes, juice and zest
1 cup heavy cream

Line a rectangular loaf tin with plastic wrap and set aside. Place a large glass bowl in the freezer for at least one hour before preparing the ice cream.

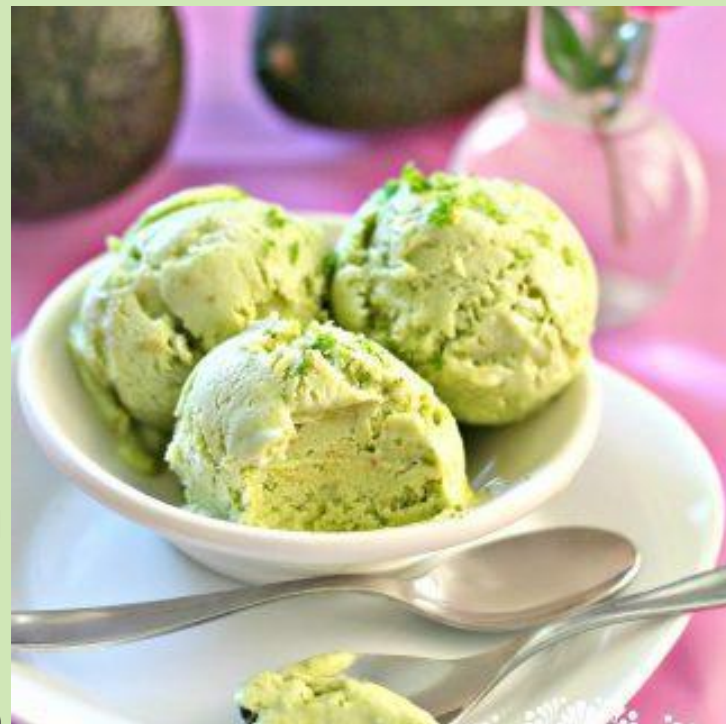
Place the avocado flesh in the medium size bowl, slightly mash with the back of a spoon. Add the condensed milk, lime juice, and lime zest, and stir.

Mix these ingredients using an electric mixer on a low speed for about 2 minutes or until the mixture looks homogenous. Set aside.

Now, wash your mixer beaters and thoroughly dry them with a kitchen towel. Remove a large bowl from the freezer and pour in the heavy cream. Slowly start whipping the cream to avoid any splatters, then increase the speed until the cream is fluffy and it has formed some peaks. Do not over beat it or you will have butter instead of whipping cream. This process takes about 4 minutes.

Gradually add small amounts of the avocado mixture using a spatula, gently folding into the whipped cream. Keep adding the avocado mix until all the mix has been incorporated.

Place this mixture into the already prepared loaf pan, smooth the surface, and cover with the plastic wrap. Freeze your avocado ice cream mixture for at least 4 hours, or better overnight. To serve, thaw the ice cream for at least 5 minutes just to soften it and then scoop the ice cream into small serving bowls.



NOTICE

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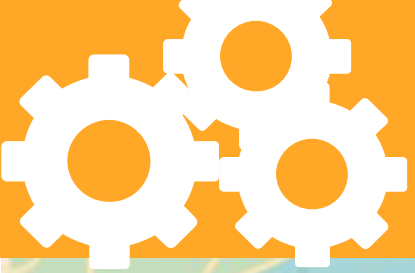
The successful applicant should be confident with:

- MS office
- Google Workspace
- Creating flyers & posters
- Have good communication skills
- Calm and organised
- Work visa / talent corp visa required as this is a paid position
- Position currently 3 days per week 10am-1pm (alternative weeks) but likely to increase to 5 days

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Tell us the story behind this drawing.

See how many of these words can you use in your story:

horrified

petrified

halloween

upset creepy

JACK-O-LANTERN
paralyzed

skeleton

spooky

haunted

mystery

TRAPPED

freaked-out

heart racing

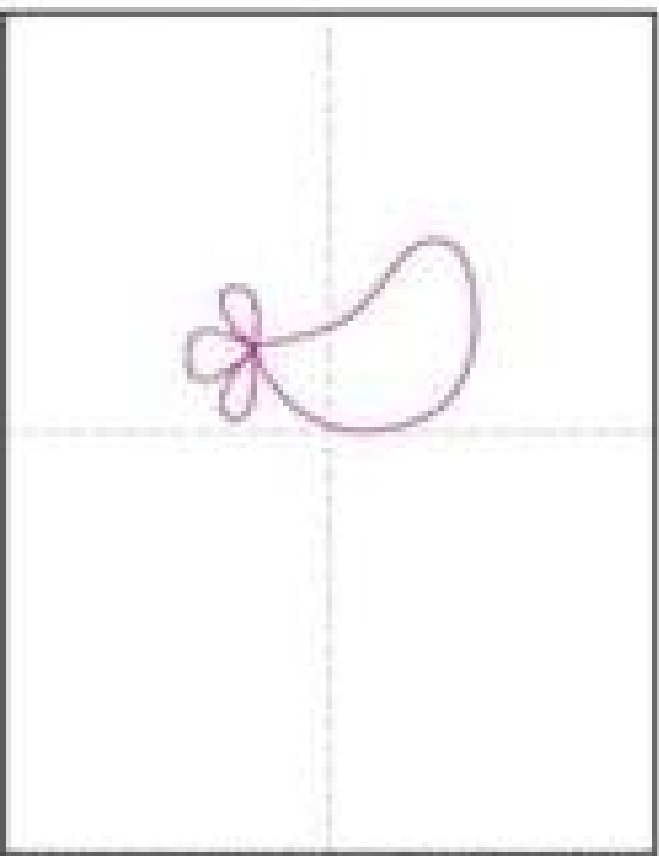
Don't forget to share with us your writings and drawings by emailing them to editor@abwm.com.my



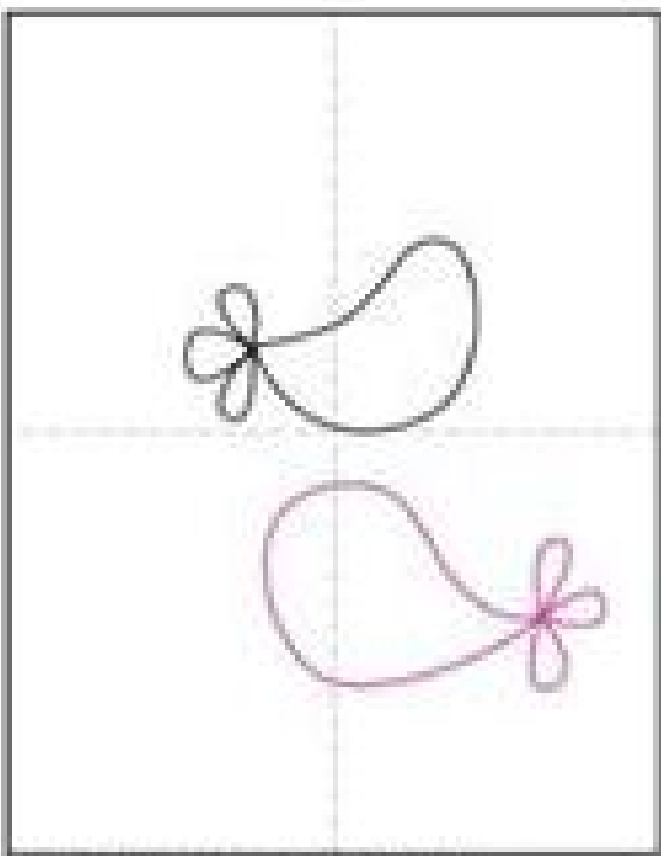
Draw Stacked Birds



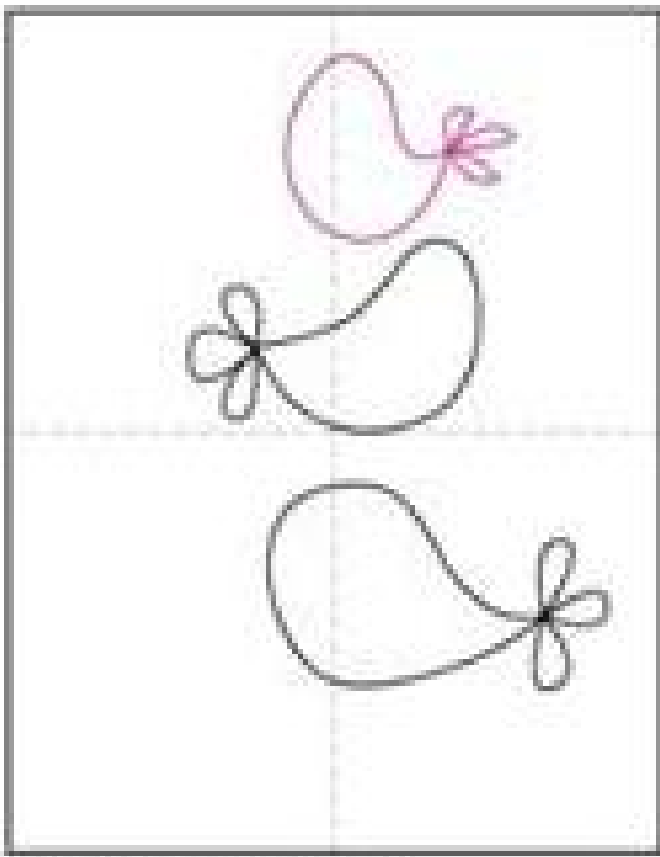
Supplies: Marker, crayon



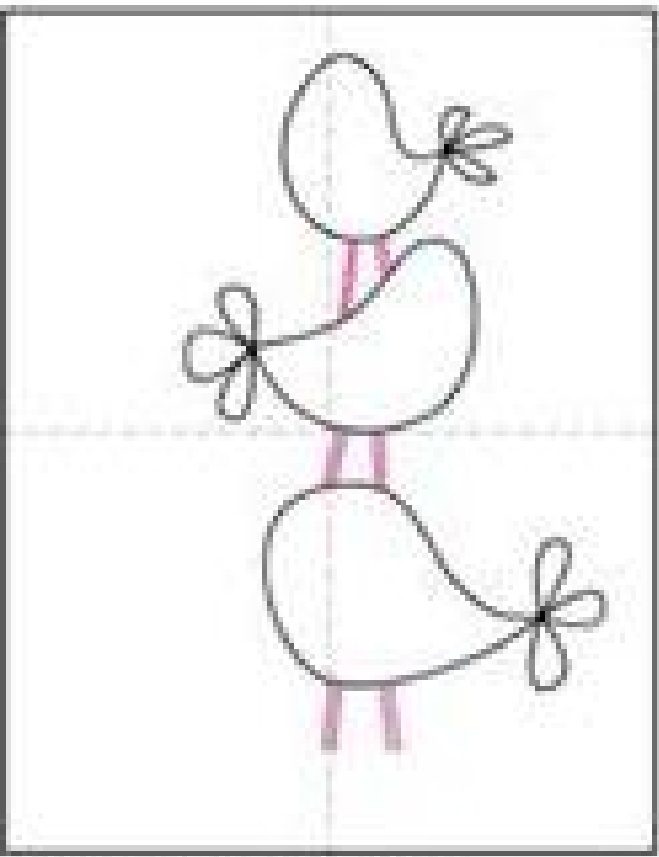
1. Draw guides. Draw middle bird.



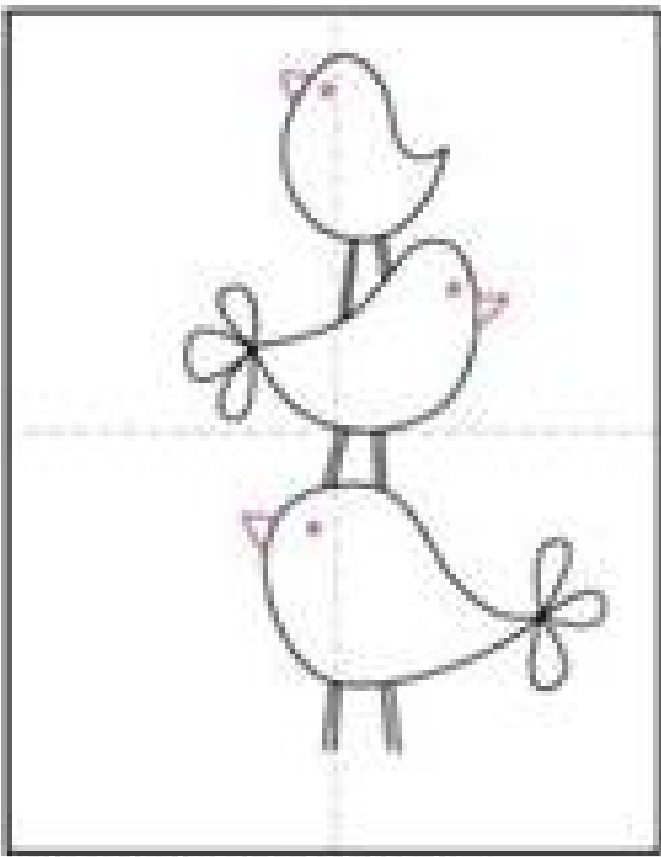
2. Add bottom bird body.



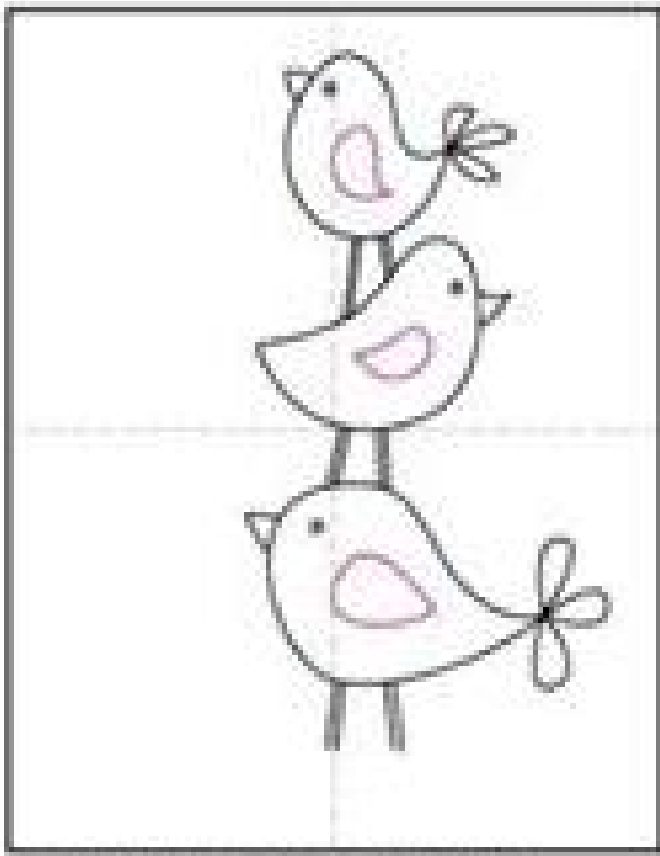
3. Add top bird body.



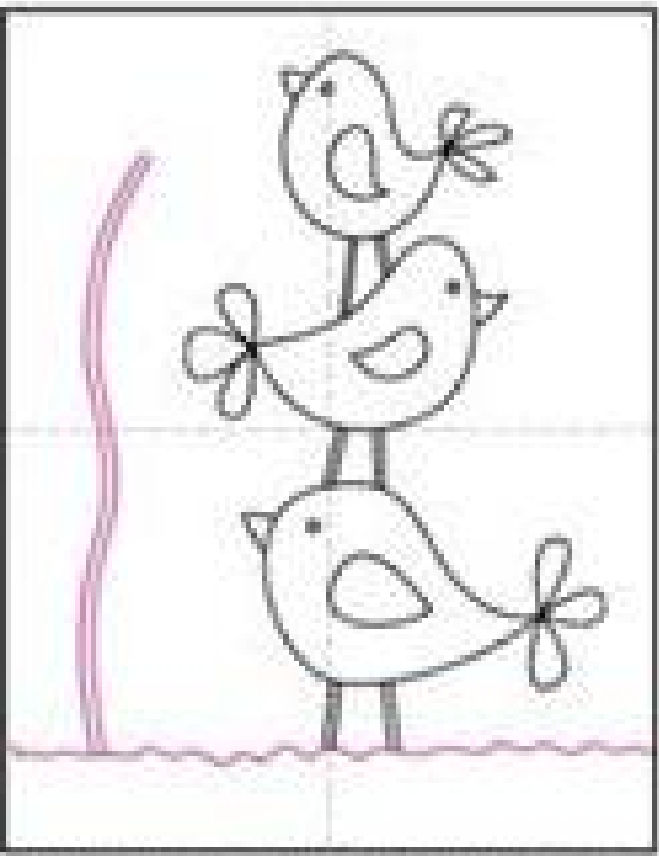
4. Add legs to each bird.



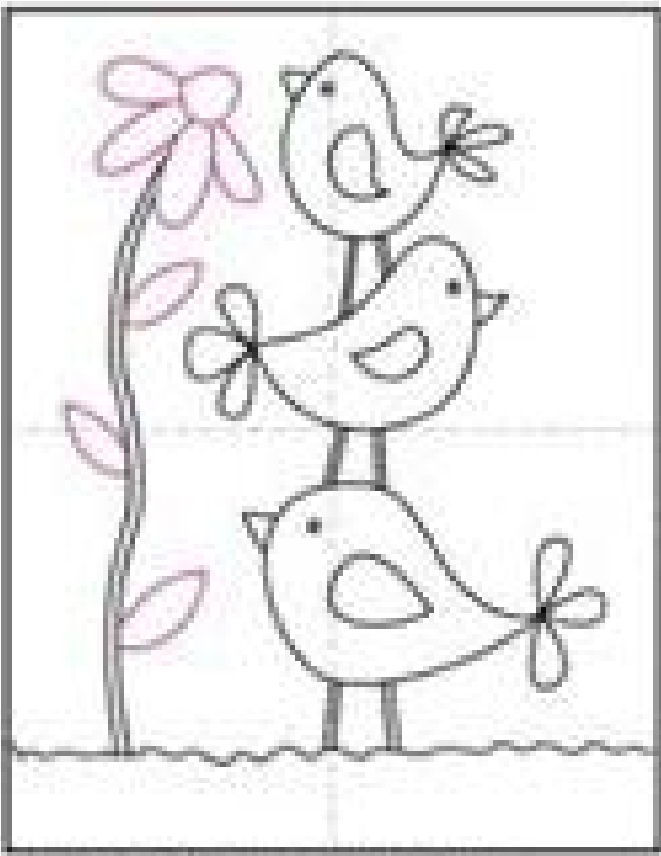
5. Draw beaks and eyes.



6. Add wings on each bird.



7. Draw ground and flower stem.



8. Finish flower and leaves.

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FUN FACTS

A queen bee can live for five years, but workers only live for 40 days.



A hippopotamus can open its mouth up to 3.3 feet wide.



The lettuce sea slug eats lettuce, because it is photosynthetic. It gets all its energy from the lettuce.



There are more than 7000 species of amphibians.

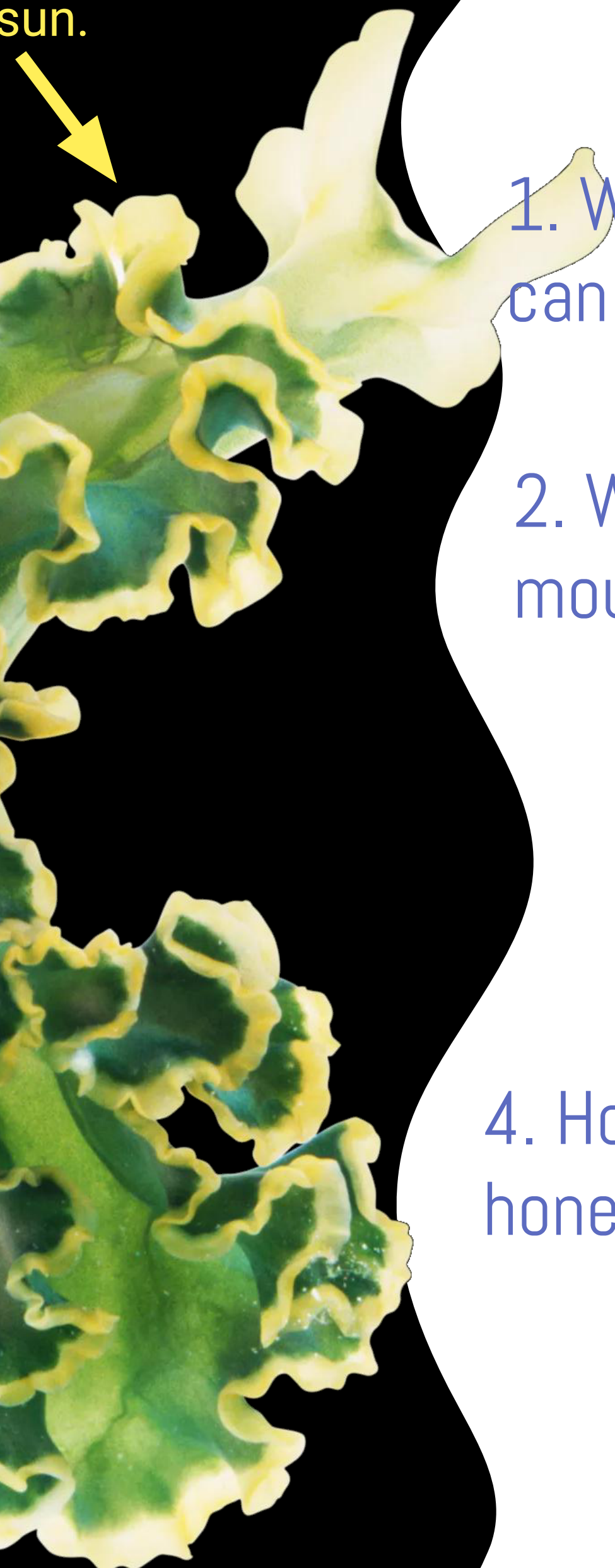
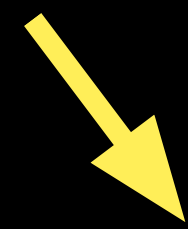


Sea slug



Whale

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Trivia Questions

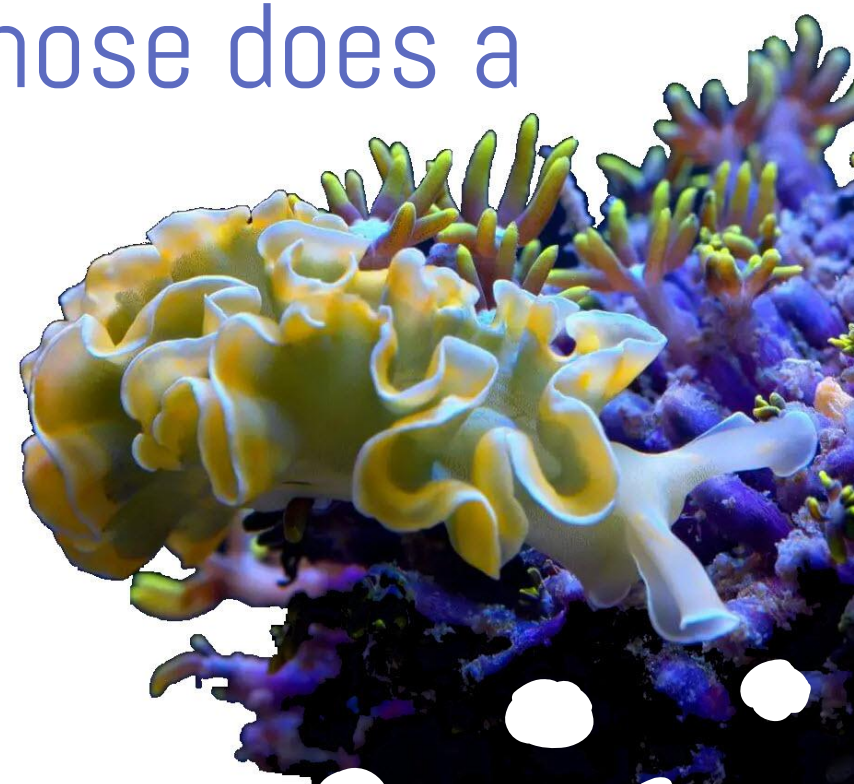
1. What do you call an animal that can live on land and water?

2. Which land animal can open its mouth the widest?

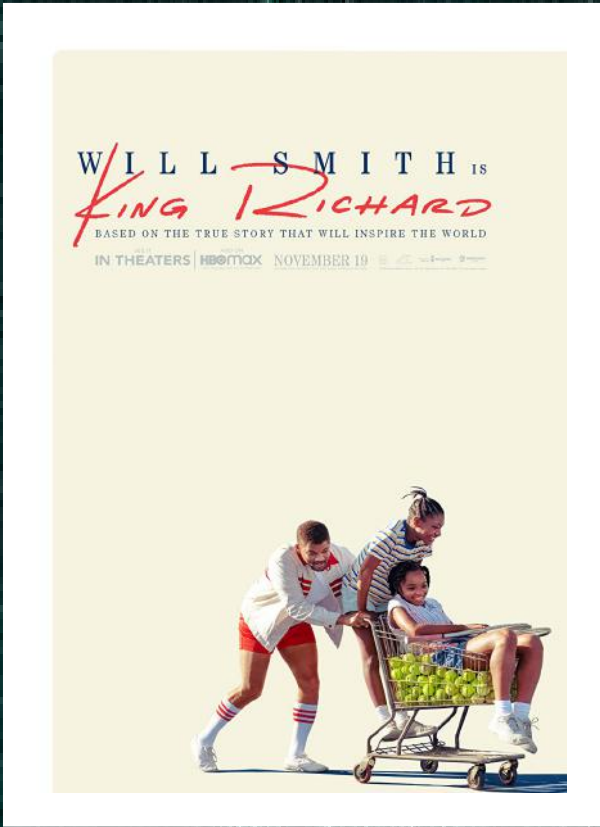
3. What is the largest living animal?

4. How many eyes does a honey bee have?

5. How many nose does a slug have?



Trivia answers: 1. An amphibian 2. A hippopotamus 3. The blue whale 4. Five 5. Four



KING RICHARD

Director: Reinaldo Marcus Green
Starring: Will Smith, Aunjuane Ellis, Saniyya Sidney, Demi Singleton
Rating: 13
Length: 144 minutes
Release Date: September 2021
Star Rating: 4 ****

This biographical sports film is about the rise of Serena and Venus Williams, and their father and coach. Richard has had a plan for the girls before they could walk. They were always going to be tennis stars come hell or high water and the film portrays this sentiment very well. Richard literally stops at nothing to get the girls the coaching and training he thinks they deserved.

After securing Coach Rick Macci, he takes the girls and the family and relocates the family to Florida. Richard still finds it hard to let go and has fears the girls will end up like Jennifer Capriati and burn out, so he says no to all junior competitions.

Eventually, he relents and Venus, the underdog, is against Arantxa Sanchez Vicario. During the match, Vicario takes an extended bathroom break as an apparent act of gamesmanship and then wins in the last set. A dejected Venus leaves the game to the rapturous applause and shouting from newly acquired fans outside the game. From then on, major companies are interested in signing and sponsoring her and the epilogue reveals Venus signed with Reebok for 12 million.

MOVIE FACT: Venus is the first African American lady to be ranked No.1 in the world.



HOUSE OF GUCCI

Director: Ridley Scott
Starring: Jared Leto, Lady Gaga, Salma Hayack, Al Pacino
Rating: 15
Length: 158 minutes
Release Date: November 2021
Star Rating: 4 ****

Maurizio Gucci is an awkward geeky law student with no interest in the family business. He meets Patrizia, an office manager for her Father's company. Rodolfo Gucci, Maurizio's father is adamant that Patrizia is only after his fortune and disinherits him.

But, married and now pregnant, Patrizia sees the baby as a way to get the family back together and Uncle Aldo takes the two under his wing. They manage to reconcile with a terminally ill Rodolfo in enough time to reinstate Maurizio's inheritance. Unfortunately, upon his death they discover the 50% share stake document has not been signed. Patrizia forges the signature.

Coerced, Maurizio takes a more prominent role in the firm whilst also discovering Uncle Aldo has been avoiding taxes. He is sentenced to prison. In the meantime, the Police learn the signature on the share document is a forgery. Maurizio flees to Switzerland, Patrizia and their daughter follow. Then, he realises how controlling she has become and he dissociates himself. Starting afresh, Maurizio recruits up and coming Tom Ford to revamp the brand, but his bad management has cost him a business and is offered a way out by an investor. Infuriated with this, Patrizia hires a hitman to kill Maurizio.

MOVIE FACT: Lady Gaga stayed in character for 9 months in order to perfect the accent.



BELFAST

Director: Kenneth Branagh
Starring: Judi Dench, Jamie Dornan, Jude Hill, Catriona Balfe
Rating: 13
Length: 97 minutes
Release Date: September 2021
Star Rating: 4 ****

Predominantly shown in black and white the movie starts with Buddy and his friends being helplessly involved in an attack on their street by a gang of Protestant Loyalists at the start of the riots in 1969.

Buddy's Father works in England and rushes back after hearing the news. From that moment on he knows they should all leave and maybe even emigrate. Promotion for Pa results in Buddy breaking down at Christmas and him going back to England alone. In the meantime, the local sectarian leader tries to coerce Pa into joining the cause and Buddy finds himself falling for a high achieving Catholic girl although they are not allowed to be friends.

Tempted by his cousin, Buddy is involved in looting from the local shop. When Ma finds out, she berates him, takes him back and returns the goods only to be in the midst of another Protestant looting.

Later, after a standoff at the end of the street involving Buddy and the family, the British army is in control. The perpetrators are arrested then the movie ends with Granny, now widowed, watching Ma, Pa and Buddy leaving on a bus to the airport.

MOVIE FACT: Kenneth Branagh wrote and directed the movie and said it was his 'most personal' of films.



The Long Call + The Heron's Cry by Ann Cleeves

The crime mystery genre was one that I'd had no interest in. But, being a big fan of Vera on TV, and hearing many good things about Shetland, I decided to give their author, Ann Cleeves, a try.

I started with her new series that I knew nothing about. Following on from lead characters, Vera Stanhope (Vera) and Jimmy Perez (Shetland), this series introduces us to Detective Matthew Venn. He is a local of North Devon and the series is set there with police HQ in Barnstable. Beautiful and often desolate settings always create atmosphere in Cleeves' books and after Northumberland and Shetland, North Devon with its moors and rugged coastline and seascapes provides another intriguing locale for our tales to unfold.

The first book is **The Long Call** and introduces us to the leading characters. Venn is a respected loner with a complex personal history. Cleeves brings in several current social issues to her plot including same sex marriage and disability in the community. That is all alongside a gripping murder mystery. Cleeves is adept at developing compelling characters and Venn is assisted by a highly driven single Mum from Merseyside and a second married, male local detective with high ambition and contacts in high places. The interrelationship between the three of them is key to the unfolding of the plot.

The novel works on many levels and the characters interested me enough to proceed straight away to read the second in the series. That is **The Heron's Cry** which continues the lives of our investigating trio with a multi-murder scenario that holds the interest till the final pages

I am not attempting plot summaries as this only serves to give the game away, but I now thoroughly recommend the crime mystery genre and Ann Cleeves in particular.

While waiting for the third in this series, I will now seek out the Shetland series as I've not seen any of these on TV. I am looking forward to more of the Cleeves' knife-edged crime thrillers set in bleak and mysteries countryside adding to the suspense of the reads.





Meet the Head of School, Sian May



The Alice Smith School started the new academic year on a high note as the school welcomed its new Head of School, Sian May.

Sian's appointment was made last summer after a five month search by the school's Council of Governors to ensure the right successor takes over leadership from Mr. Roger Schultz who retired at the end of the last academic year.

Sian is a passionate British educator with a strong track record of strategic success in developing exciting education provision across a range of international schools including teaching and leadership positions in the UK, Hong Kong and Switzerland.

When asked what attracted Sian to Alice Smith, she shared, "I want to join a community with a rich history but which also balances the spirit of innovation. I believe Alice Smith balances both of these values. Alice Smith has many wonderful qualities but what most attracted me

was the school's incredible learning community; a talented, caring and dedicated faculty, parents who care and are invested in the school's future and of course amazing students! The relentless focus on inspiring students to achieve their best personal growth within a British and Global context is absolutely in tune with my own values".

Sian brings a passion for student-centred education and a collaborative and inclusive leadership approach. Her authentic, engaging personal style will allow her to connect powerfully with the Alice Smith community.

Alice Smith Breaks Its Own A Level Record

Year on year, the academic results at Alice Smith consistently rank as excellent placing the school among the best British international schools in the world and this year's results are no exception.

The Sixth Form cohort achieved a 100% pass rate with 34% of all grades at A* and 86% A* to B, the school's highest ever rate.

At (I)GCSE, 57% of students were awarded grades 8-9 (equivalent to A* and above), 76% A* or A (grades 9-7) and 90% were awarded A* to B (grades 9-6).

Secondary Principal, Dr Maria Osowiecki, congratulated everyone who sat for the exams this year adding, "We couldn't be prouder of our A Level and (I)GCSE students. Our Year 13 students were unable to sit their (I)GCSE exams back in 2020. They have been through so much and yet they have achieved our highest ever A* to B results at A Level. This is incredible."





ISKL's Malaysia Week: An Experience Like No Other!



Meaningful connections, magical moments, and going beyond comfort zones- ISKL is thrilled to share that last May; our students were able to experience, for the first time since the start of the pandemic, the Middle School outdoor interdisciplinary education camp program, Malaysia Week!

A long-standing tradition at ISKL, Malaysia Week is outdoor experiential learning at its best and has been a core component of the Middle School experience for over 40 years. The two-week trip takes place in the tropical reefs and lush rainforests of Malaysia, as well as a special one this year with our on campus activities in the heart of Kuala Lumpur.

Whether students are visiting one of the world's most beautiful rainforests to learn about our planet's lungs or ocean conservation, the trip encourages them to work together as a community and deal positively with new situations. Beyond catching their first fish, making Orang Asli traps, and building catapults, this experience creates lasting memories for our Panthers!

We invite you to experience the Malaysia Week program at ISKL by watching the playlist on ISKL's YouTube channel:

<https://iskl.site/3JPuSib>



Record Breaking IGCSE Results for Year 11

We are delighted to be able to celebrate record-breaking IGCSE success this afternoon in person with our students. The results reflect the hard work and determination shown throughout this difficult time from our Year 11.

Examinations were taken in May and June of this year, under uncertain circumstances due to the pandemic. Students confidently entered their examination rooms knowing they were well prepared and determined to do their best. Our year 11 students have spent a vast amount of their secondary education and examination preparation online. These are significant achievements and ones for which we are incredibly proud.

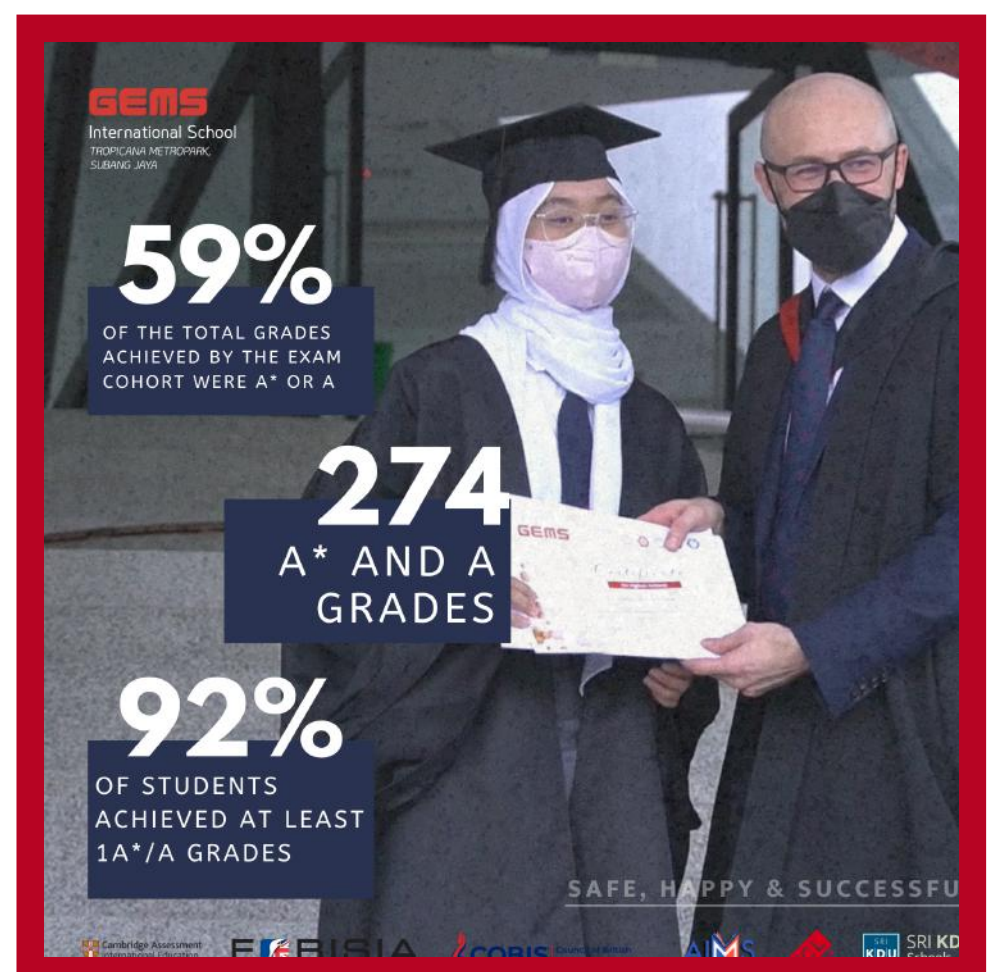
The results reflect the support that parents have given and the tuition of our dedicated teachers, who have gone above and beyond to ensure that students achieve their very best. Very well done to our students, the skills you have developed in your time with us allow you to enter your next phases of education with the ability to thrive, be safe, happy and successful.

Some overall highlights from their wonderful achievements are:

- 59% of the total grades achieved by the examination cohort were A* or A
- 274 A* and A grades
- 92% of students achieved at least 1 A*/ A grade

Subject specific celebrations are noted with:

- 100% of students achieved A*-B in First Language English
- 100% of students achieved A* in Accounting
- 92% of students achieved A* in Foreign Language Chinese
- 84% of students achieved A*-A in Physics
- 84% of students achieved A*-A in Biology
- 78% of students achieved A*-A in ICT
- 74% of students achieved A*-A in Chemistry
- 70% of students achieved A*-A in Mathematics
- 68% of students achieved A*-A in English Literature
- 61% of all Languages grades were A* or A
- 53% of students achieved A*-A in Geography
- 50% of students achieved A in Music
- Four students scored 98% in Mathematics and one student achieved 99% in Mathematics
- One student achieved 98% in MFL BM and another achieved 98% in MFL BM



Mr Anthony Partington, Principal, said: "Our IGCSE students began their studies for these examinations remotely and under the restrictions caused by the pandemic. The fact that they have applied themselves with tenacity and dedication during these difficult times and worked just as hard online, as when they returned to the real-world classroom, demonstrates not only their academic ability, but also the strength of character that they have developed whilst learning with us. That these results are record-breaking for the school is due to the combined efforts of students and their families and all the teachers and staff. Thank you to all involved and I wish our students the very best for their continued studies with us and elsewhere."

Mrs Fleming, Head of Secondary, said: "The results are a credit to the hard work and commitment of our students and staff. Our students have shown the strength of character to persevere in difficult circumstances and highlights their resilience and determination to achieve. Congratulations to everyone on their excellent achievements. We look forward to continuing study through A Level with some students and wish those who are moving on the very best of luck in their new adventures."

For more information about our school visit
<https://metropark.gems.edu.my/>


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CLUBS & ACTIVITIES

HELLO KL!

A must for all newcomers!

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

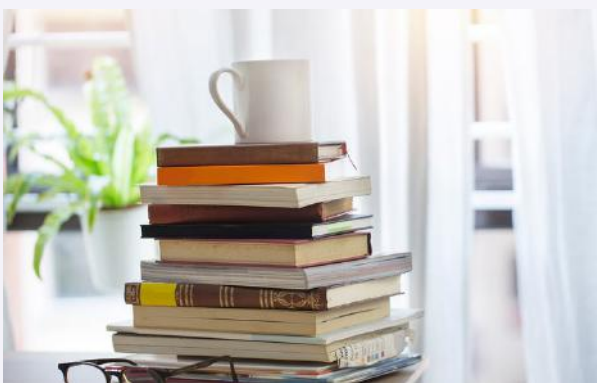
For more info, contact the House at contact@abwm.com.my



ABWM BOOK CLUB

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

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



PHOTOGRAPHY CLUB

All levels welcome!

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

Hosted by Geoffrey B. Johnson, photographer.

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



TENNIS CLUB

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



BRIDGE CLUB

ABWM BRIDGE

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

IMPROVERS GROUP

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



MAHJONG CLUB

All levels welcome. Happy to teach from scratch!

Play is at the ABWM House on:

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

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

MAY I ?

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

Hosted by Tracey Dhinsa.

Play is at the ABWM House on Wednesday mornings.

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



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

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

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

We WANT to hear from you!

Contact - editor@abwm.com.my

A woman with long brown hair, wearing a black blazer, is smiling and holding a large, colorful sign. The sign is divided into sections with various topics listed in speech bubbles. The top section is blue with the text 'ABWM Majalah Life'. Below this is a yellow banner with the text 'Your magazine needs you!!'. The bottom section is blue and contains several speech bubbles with the following topics: 'Hobbies', 'life stories', 'Fitness', 'Tips', 'Pets', 'Restaurant reviews', 'Fashion & Beauty', 'Travels', and 'Recipes'. The woman is pointing her right index finger towards the 'Tips' bubble.

ABWM
Majalah Life

Hobbies

life stories

Your magazine needs you!!

Fitness

Tips

Pets

Restaurant reviews

Fashion & Beauty

Travels

Recipes

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For more information or questions please click below;
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here

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

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membership*



*Your continued
support is greatly
appreciated*

*Renewals and New memberships
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March 31st, 2023.*

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ABWM

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