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March 2023



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A History of Innovation

INTERNATIONAL
WOMEN'S DAY

8 MARCH



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CONTENTS

- 5** A Note from The Editor
Heather McWilliam
- 7** Chat from the Chair
Debbie O'Neill
- 8** International Women's Day
- 12** Greater Action Lunch
- 16** Visiting Chile
Maxine Venter
- 25** 5 Minutes' Peace
Sally Addington
- 32** Movie Reviews
- 33** Book Reviews
- 34** School News
- 37** KLIA Autogate News
- 38** Preferred Suppliers
- 42** Clubs & Activities



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*Save
the date*

**Association of British
Women in Malaysia
Annual General Meeting**

09-May, 10:30am

Location TBD

Limited spots available

RSVP Required: contact@abwm.com.my

Editor's Note

Hi all!

I cannot believe we are already in the month of March, this year is moving too fast.

I hope everyone got to enjoy Valentine's Day with your loved ones

February was a quiet month for me as I could not believe it when I caught measles, I thought that no one caught measles anymore, especially someone in my age bracket, but it should remind us all to keep our body and mind as healthy as possible so when we catch these dreaded things we are able to fight it off and return to normal asap.

Quarantining myself was the hardest as I had naturally assumed after Covid, I would never have to again.



This month celebrates International Women's Day. We've come a long way, and yet there is still a long road ahead for many of us. Remember, each one of you is wonderful and unique and sometimes we just need to reach out and remind someone else how wonderful they are.

For it is only when we help one another can we move forward successfully. every facet of life I am so looking forward to International Women's Day at the Ritz Carlton on the 8th March. If you have not yet reserved your place, please [fill out the Google form here](#), or email contact@abmw.com.my

Cheers

Heather



Heather McWilliam
Editor

editor@abwm.com.my

"Women belong in all places where decisions are being made... It shouldn't be that women are the exception."

Ruth Bader Ginsburg

INTERNATIONAL WOMEN'S DAY

March 8

"There is no limit to what we, as women, can accomplish."

Michelle Obama



Committee Roles



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

CHAIRMAN

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

TREASURER

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

SECRETARY

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

CHARITIES COORDINATOR

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

EVENTS COORDINATOR

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

ABWM PARTNERS - ADVERTISING AND SPONSORSHIP COORDINATOR

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

MAGAZINE EDITOR

Responsible for the production of the online ABWM Magazine.

Chat from the Chair

Dear Members,

March already!

Well, where did January and February go? Spring is in the air as the Crocuses and Daffodils are popping their heads above ground at home. I love this time of the year. We have been busy the last few weeks with our weekly coffee mornings, monthly Coffee and Chat, Mahjong, Bridge, Tennis, Monthly lunch and Potlucks.

Whilst some of the events we had planned were cancelled due to poor sign ups, our groups around the city have been meeting up. Thank you again to all our volunteers, our Link Ladies and you for keeping these going. We are slowly getting things up and running, after the Christmas break but we need your help and support. Remember it's time to Renew. We need your membership and renewals to keep us going.

If anyone has any contacts for advertising or knows of a company or organisation that would be interested in sponsoring one of our events or advertising in our Majallah Life Magazine please let me know, we would love to hear from you.

Our ABWM International Women's Day is coming up on March 8th at the Ritz Carlton, this is a perfect opportunity to support ABWM and to get involved. Whether it's preparing for the event, Volunteering on the Day, supporting us and enjoying networking at the event etc. we would love to hear from you on contact@abwm.com.my.

We also have our AGM coming up on the 9th of May, save the date for more details to follow but we are looking for new volunteers to join the committee. ABWM needs you. We are looking for volunteers in all aspects of running ABWM. If you have the skills like organising, writing, keeping accounts, doing spreadsheets, contacting advertisers, coordinating work for the charities committee or even helping out at the several coffee mornings we host across KL, please reach out to me, any of the committee, or our Link ladies.

We look forward to hearing from you.

Have a great month.

Till next time...

Debbie



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

HELLO.
Spring



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'.

ABWM International Women's Day Panel

Don't miss your chance to learn
from the best in their fields how
to access success through
empowering your fellow females

08-Mar-2023

The Ritz Carlton

9am - 2pm

RM150

Reserve your ticket:

fill out the google form

HERE



Association of British Women in Malaysia
for further info email contact@abwm.com.my



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GROUP



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LAUDER
COMPANIES



VIRCLE



BLUESTAR
AMG

Meet Your Panelists:

Salena (Sally) Ahmad

SURI INSPIRASI



Salena Ahmad (also known as "Sally") who is single mother of two, Social Entrepreneur and the Founder & CEO of SURI INSPIRASI SDN BHD, Social Enterprise based in Sg.Udang Klang Selangor. SURI Lifestyle is a Social Enterprise established in September 2016. Social Enterprise is not a charity. It is a business that aims to maximise profitability, but that enable business operations to help solve a social problem or environmental issue. Profit remains important because only businesses that profit alone can contribute to the country. SURI has established a

Circular Economy Business Models and the S.O.P to assist and empowering struggling single mothers to generate a second income by transforming their recycled jeans into beautiful hand-crafted and highly desirable products and also help the environment by reducing waste from used denim cloth

My strength lies on spotting opportunity and creates a product that fits nicely into the opportunity. Not only that, through the years building my previous companies. I am practically aware that a good product alone will not survive, let alone thrive in a market overloaded with products good and mediocre. I strongly believe equally in the conception and execution of a brilliant marketing and promotion campaign to bolster the product further and to guarantee the product is well received for a good number of years. In other words, I am very much focused in bringing good profitability to the product I introduce to the market.

Mala Dorasamy,

MITEC



Mala who hails from South Africa promotes the empowerment of women by standing with the life philosophy of "Be the change you want to see in the World" and "Think Global, Act Local" which is to lead by example while showing kindness and compassion

Datin Suets

Women of Will

Goh Suet Lan (Suets) is an avid supporter of women's empowerment and is highly invested in impacting change for women and their families living in adversity. Over the past 30 years, Suets has volunteered in various capacities across Malaysia, Canada, South Africa and Nepal, supporting women focused programs on ground level and in promoting awareness building efforts.



In 2016, Suets espoused the founding of Women Of Will, an NGO dedicated to the empowerment of women and their communities in Malaysia. In her current capacity as President of Women Of Will, Suets' champions empowerment programs for women living in poverty in both rural and urban Malaysia, primarily through the development of self-sustaining businesses and financial independence. A firm advocate for change from grassroots level, she has worked with her team to develop community leaders and community based businesses in supporting community self sustainability as well as established strong supportive pathways to strengthen women's access to economic resources and opportunities.

Passionate about life long learning, Suets' subsequent training in early childhood development, positive psychology and suicide intervention have complemented her efforts in bringing about change in the best interests of underserved women, their families and their communities.

Cheryl Joannides

Estée Lauder

Joined the Estee Lauder Companies in 1995 as a Marketing Assistant for Clinique Travel Retail.

With over two decades of experience having served in several roles across regions, channels, countries and brands, she is now the Managing Director for Estee Lauder Malaysia Sdn Bhd arriving in October 2018.



Prior to moving to Malaysia, Cheryl was the Vice President General Manager for Jo Malone London in the UK and Ireland. Cheryl is not new to the Asia-Pacific region. She had previously spent two years in Singapore as the Head of M.A.C for Travel Retail in APAC from October 2009 to September 2011 where she led and motivated M.A.C artists across the 13 Travel Retail countries in Asia-Pacific.

Cheryl also led and launched the M.A.C brand in South Africa; building the strategy, team structure, distribution and equity of M.A.C to become #1 brand in South Africa.

With her exceptional talent for market share development and strategic thinking, amplified by her deep understanding of brand equity and business strategy, together with her passion for inclusion, diversity, sustainability and women empowerment, Cheryl continues to grow the Malaysian business with focus and resilience in today's challenging climate.

Cheryl has a supportive husband Alistair and two children Jack 19 and Ella 16 who have embraced the diversity of cultures and thrived in Malaysia.

Siobhan Das, AmCham



Siobhan Das joined the American Malaysian Chamber of Commerce (AMCHAM Malaysia) as its Executive Director in 2016 and was promoted in 2020 to become the organization's first Chief Executive Officer in its 43 year history.

Siobhan has created an action-oriented policy platform at the Chamber that is designed to address both the strategic concerns of American multinational companies and the tactical day to day challenges faced by operations on the ground.

By working closely with business leaders and various stakeholders in the Malaysian and U.S. governments, Siobhan has been able to represent the membership and ensure that AmCham Malaysia fulfills its role as the Voice of U.S. Businesses in Malaysia.

Siobhan spent 11 years in Shanghai, five of which as a director at AmCham Shanghai. Siobhan is a Sloan Fellow graduate from the London Business School with a Masters in Leadership and Strategy; she also holds two undergraduate degrees from Boston University in Broadcasting and Film, and English.

**Can't make IWD Panel?
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Join us for a buffet lunch at**



**Lunch - RM 100
RSVP**

contact@abwm.com.my

12pm - 2pm Wednesday 8th March



A special ABWM event was hosted by Debbie O'Neill and Clare Harraghy at the Greater Action Center at Bandar Baru, Ampang. The event was kindly organised by Sujata Lulla.

It was an amazing afternoon and a true celebration of Afghan food. The event was attended by 15 ABWM members. Greater Action is a 100% volunteer-driven non-profit social organisation. Their core mission is to improve the lives and the welfare of vulnerable refugee families forced to flee their homeland by supporting them with quality education, sustainable livelihood opportunities and much needed general and mental health.

Their main focus is empowering Afghan refugee women with life and vocational skills in order to thrive and become self-sufficient. This was a novel experience which included a sumptuous meal bursting with flavour. It also struck a social cord

it afforded us the unique opportunity to interact with Julie Das the founder of the organisation and the wonderful Refugee women who put their heart and soul into preparing the meal. All with a little "retail therapy" included in the mix.

The centre is also home to a beautiful boutique which retails bespoke pieces tailored by Afghan refugees that are made from premium upcycled fabrics. Let me not leave out the food which was at the heart of the whole experience.

The first course was mantu served with mint curd dipping sauce and a spicy dipping sauce. Mantu are Afghan steamed dumplings, with a delicate filling of spiced chicken. The vegetarian Mantu is filled with a beautiful mixture of fresh spring onions and delicately spiced, followed by qabuli pulao served with korma -e -sabzi and vegetable koftas

Qabuli Pulao is an aromatic pulao made with a fragrant long grained Basmati rice, served with a chicken and spinach Korma and a vegetable kofta served with a luscious tomato sauce flavoured with spices. The Dessert was Sheer Khorma, a milk pudding with delicate strands of vermicelli, infused with saffron and garnished with assorted nuts.

Debbie O'Neill





COSMETIC SURGERY VS PLASTIC SURGERY



Dr Fatimah Binti Mohd Nor
Plastic & Reconstructive Surgeon
KPJ Ampang Puteri Specialist Hospital



Despite having experienced for 13 years in plastic and reconstructive surgery field, and having practiced in the medical field for 18 years since graduation, I still feel relatively new in this industry, like an infant, if I could use that as a metaphor. I am very honoured to be able to pen down my thoughts and opinion, as I am sure there are many others who are more qualified than I am to provide an input on the difference between cosmetic and plastic surgery.

There has always been a debate on the difference between these two types of surgeries, as a significant number of plastic surgeons are practicing cosmetic surgery. The terms are often used interchangeably, however technically incorrect they may be. While the two types of surgeries are closely related, they differ in terms of training, research and patient outcomes.

For instance, cosmetic surgery focuses on enhancing appearance, improving aesthetic appeal, symmetry and proportion. The procedures, techniques and principles of cosmetic surgery are entirely focused on enhancing a patient's appearance and can be performed on all areas of the head, neck and body.

Since cosmetic procedures make changes to areas that are functioning as intended, cosmetic surgery is designated as elective. Cosmetic elective procedures are performed by doctors from a variety of medical fields including plastic surgeons. There are several types of cosmetic surgery procedures, including breast enhancement, facial contouring, facial rejuvenation, body contouring and skin rejuvenation.



Meanwhile, plastic surgery focuses on repairing defects with the intention to reconstruct damaged areas, returning functionality, and at times, appearance. It is defined as a surgical specialty dedicated to the reconstruction of facial and body defects due to birth disorders, trauma, burn injury, and diseases.

It is extremely important to seek treatment or services from qualified surgeon whom you are most comfortable with. Please consult your specialist for the treatment options available before making any major decisions.



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DATES FOR YOUR DIARY:

MARCH 2023



○3-Mar: Newcomers Coffee
and Monthly Potluck,
ABWM House
1030-230

○8-Mar: International Women's Day Panel
and lunch at Shook!
Ritz Carlton, 9am-2pm
RSVP Required

16-Mar: La Mer Event
La Mer Outpost, The Gardens, 1030-1130am
Limited space available; RSVP Required
Sign up here



RSVP: contact@abwm.com.my



Chile ★

Founded in 1541, Santiago is now a vibrant, cosmopolitan city with museums, theatres, art galleries, fine dining, nightlife, bustling markets, grand architecture and more. The only place in the world where you can ski in the Andes, then stroll the beach and surf in the Pacific Ocean, all in the same day.

Boasting one of the planet's most diverse landscapes, travellers will find an array of stunning sightseeing opportunities from the tall peaks of the Andes, endless beaches to lush temperate forests, ancient volcanoes, an abundance of unbelievably beautiful wineries, a dramatic coastline found at Cape Horn and the stunning Easter Island with its famous stone figures.

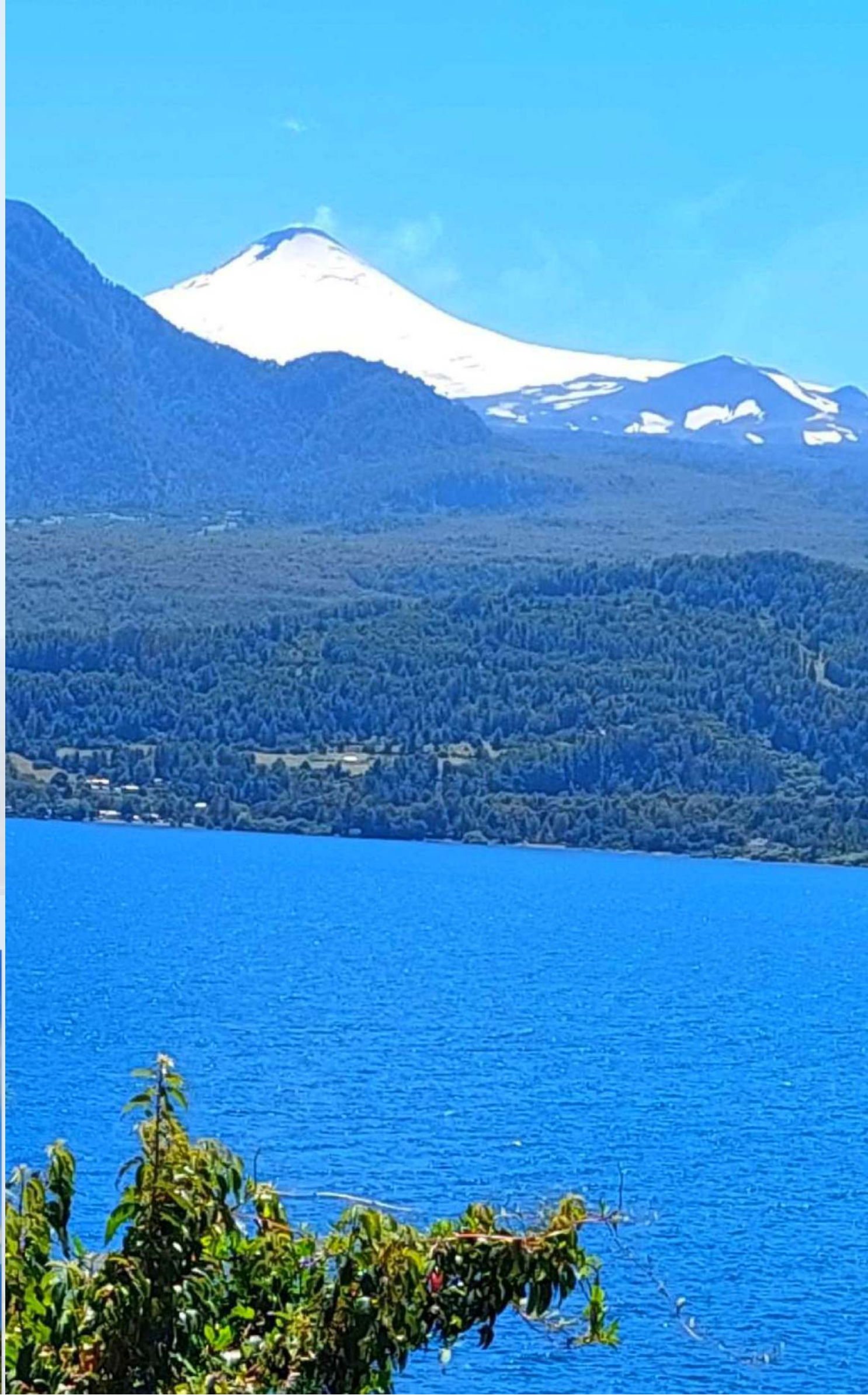
Chile is also blessed with superb national parks and conservation areas, and popular destinations for those into, hiking, trekking, white water rafting, mountain biking and horse riding.

From the Atacama Desert in the North, featuring the planet's tallest volcano, highest geysers (El Tatio Geysers), salt flats of the Atacama and the Valle de La Luna and the clearest skies, you've got a recipe for an epic adventure.

Meander down to the south of Chile, featuring the Lake District in Puerto Varas; Volcan Villarica in Pucon; Glaciers in Balmaceda and Serrano Glaciers in Patagonia and marble caves in Puerto Rio Tranquillo.

Travelling to the Strait of Magellan and Tierra del Fuego is an ideal place for whale watching and spotting other marine animals. You can see humpback whales, sei whales, southern dolphins, oyster dolphins, Magellanic penguins, sea lions, petrels, and cormorants.







We choose to visit

Here are some of the

Pucón is a town located on the southern shore of Lake Villarrica. As a tourism hub, it's renowned for its white-water rafting and snowboarding. From lakeside cafes to Natural hot springs in the valleys.

The Pucon Inca Trail is a 10 km drive from Pucón to a natural swimming pool with temperatures between 35°C and 45°C. There are also hot springs in the area.

Lucan-Ray

Part of the 7 km trail (located on the north bank of Lake Villarrica) and the regions of La Araucanía as a small village. "Rock Flower" is a



Visit the small town of Pucon in December / January 2022-2023.

of the highlights of our vacation:

own in central Chile's Lake District, Villarrica overlooked by the snow-capped volcano. An adventure tourism town known for hiking trails, water sports, fishing and kayaking as well as skiing and snowboarding. The surrounding terrain ranges from sandy beaches to temperate rainforest. Geothermal springs are found in nearby forested areas.

Indómito hot springs is a 30-minute drive from Pucon. These hot springs have three pools; two outside and one covered; temperatures between 30 and 42 degrees. Beautiful hot tubs to relax in.

Los Lagos – seite lagos is situated on the shore of the Calafquen Lake (27 km from Pucon) it marks the boundary between the regions of Araucanía and Los Lagos. Originated in the forties, the name means 'untamed' in the Mapuche Language.

Parque Ojos del Caburgua

Ojos del Caburgua (Eyes of the Caburgua) are formed by three beautiful waterfalls that are 15 to 20m high. Surrounded by exuberant vegetation, there are several paths where you can go from one waterfall to the other among trees and bushes. Ojos del Caburga received its name because from above, the waterfalls appear to be a pair of eyes: one blue and one green.





Parque Nacional Villarica

The Andes mountain range is situated in the region of Araucanía, 8 km southwest of Pucón; its volcanoes, forests, caves, rivers and lagoons characterise this park. Dominating the landscape, the Villarica volcano is its major attraction.

At an altitude of 2,847 m (9,338 ft) above sea level, and with the reputation of being the most active volcano in South America, this volcano is the centre of the tourist activity in the area.

The volcano boasts a ski centre and volcanic caves worth exploring. You can also climb up to the crater of the volcano to admire the boiling lava in the interior or watch molten magma ooze down Mount Villarica. The park has an area of 63 thousand hectares, with extensive forests of araucarias and lenga

These forest zones are home to a variety of fauna, with species like pumas, grey and red foxes, pudúes, coipos, peucos, quiques, chingues and mountain monkeys, one of the three species of marsupials which exist in Chile.



Last but not least we feasted on some scrumptious typical Chilean / Peruvian foods and drinks during our stay in Chile:

Pisco Sour - Pisco brandy with lemon juice, egg white and sweetener/sugar shaken together

Provoleta - Provolone cheese cooked over coals until brown and served as a starters

Aji de Gallina - Spicy chicken dish

Pulpo (octopus) on a causa - Octopus in a bed of yellow mashed potatoes with lemon, avocado, chilli, mayonnaise

Cordero de Tierra Fuego - Lamb with potatoes

Parrilla para 2: selection of beef, lamb, chicken, sausages & potato

Plateada con papa duquesas - Brisket in a creamy mushroom sauce with deep fried potato balls

Lomo Salteado - Beef on a bed of French fries, onions & tomatoes and rice

Decadent dessert - Tres leche cake - light sponge cake soaked in 3 kinds of milk & Pie de Maracuya - passion-fruit tart

Whatever your travel preferences, you'll find no shortage of delicious foods, wines, speciality drinks, and beautiful places to visit and photograph in Chile.

Maxine Venter



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FEBRUARY, 2023

MARCH, 2023

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The aim of this short photography course is to mix a little theory with a lot of practical over a six week period, i'll give both group and one to one tuition to all participants to help them develop a new interest, alongside new skills in photography.

2023 Photography Course shall be held weekly at different locations within Kuala Lumpur W.P. State, over six weeks at 09:00 on Tuesday mornings beginning February 21, 2023 at the "Malaysian National Monument Tugu Negara"

ABWM Members: RM 30.00/week
ABWM Non Members: RM45.00/week
Association of British Women in Malaysia
Bank: HSBC, **Acc. No.:** 303 661276 101.
Contact email: contact@abwm.com.my
with payment receipt attached.



ABWM Membership Renewal



**Early bird renewal:
RM220**

Now thru 31st March

**From 1st April:
RM250**

Sign up



FIVE MINUTES' PEACE GROWING OLD GRACEFULLY

compiled by Sally Addington



Growing up isn't what it used to be, is it?

Someone asked the other day, 'What was your favourite 'fast food' when you were growing up?'

'We didn't have fast food when I was growing up,' I informed him, 'except for Fish & Chip shops and we ate it all so unhygienically from newspaper wrappers. All the other food was slow.'

'C'mon, seriously.. Where did you eat?'

'It was a place called 'home,' I explained. 'Mum cooked every day and when Dad got home from work, we sat down together at the dining room table, and if I didn't like what she put on my plate, I was allowed to sit there until I did like it.' By this time, the lad was laughing so hard I was afraid he was going to suffer serious internal damage, so I didn't tell him the part about how I had to have permission to leave the table.

But here are some other things I would have told him about my childhood if I'd believed his system could have handled it:

Some parents NEVER owned their own house, wore jeans, set foot on a golf course or travelled out of the country, and credit cards had not been invented.

My parents never drove me to school. I had my mother's bicycle that weighed probably 50 pounds, and only had one speed, (slow).

We didn't have a television in our house until the Queen's Coronation.

It was, of course, black and white, and the station went off the air at 10 pm, after playing the national anthem and epilogue; it came back on the air at about 4 p.m. and there was usually locally produced news and everything was live.....or a film.

I never had a telephone in my room. The only phone was on a party line. Before you could dial, you had to listen and make sure some people you didn't know weren't already using the line.

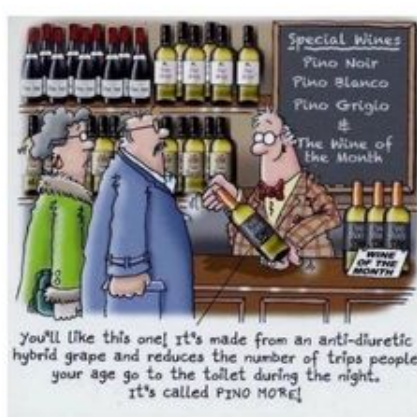
Pizzas were not delivered to our home... but milk was.

All newspapers were delivered by boys and many boys delivered newspapers --My brother delivered a newspaper, seven days a week. He had to get up at 6AM every morning.

Film stars kissed with their mouths shut. At least, they did in the films. There were no movie ratings because all movies were responsibly produced for everyone to enjoy viewing, without profanity or violence (except cowboy films) or almost anything offensive.



Pre internet chat room using
An old version of windows...



When you finally pay
all your debts and start
enjoying your life.



GROWING OLD IS NOT FOR THE FAINT-HEARTED!

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%

The elderly gentleman went back in a month to the doctor and the doctor said, 'Your hearing is perfect. Your family must be really pleased that you can hear again.'

The gentleman replied, 'Oh, I haven't told my family yet.'

I just sit around and listen to the conversations. I've changed my will three times!

Two elderly gentlemen from a retirement centre were sitting on a bench under a tree when one turns to the other and says: 'Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?' Slim says, 'I feel just like a newborn baby.'

'Really!? Like a newborn baby!?'

'Yup. No hair, no teeth, and I think I just wet my pants.'

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen.

The two gentlemen were talking, and one said, 'Last night we went out to a new restaurant and it was really great. I would recommend it very highly.'

The other man said, 'What's the name of the restaurant?'

The first man thought and thought and finally said 'What's the name of that flower you give someone you love?'

You know... The one that's red and has thorns.'

'Do you mean a rose?'

'Yes, that's the one,' replied the man. He then turned towards the kitchen and yelled, 'Rose, what's the name of that restaurant we went to last night?'

Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet. He insisted he didn't need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator.

On the way down I asked him if his wife was meeting him.

'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.'

A couple in their nineties are both having problems remembering things. During a check-up, the doctor tells them that they're physically fine, but they might want to start writing things down to help them remember.

Later that night, while watching TV, the old man gets up from his chair.

'Want anything while I'm in the kitchen?' he asks.

'Will you get me a bowl of ice cream?' 'Yup.'

'Don't you think you should write it down so you can remember it?' she asks.

'No, I can remember it.'

'Well, I'd like some strawberries on top, too. Maybe you should write it down, so's not to forget it?'

He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

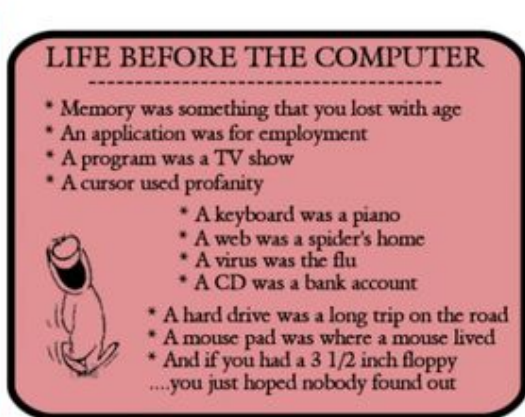
'I'd also like whipped cream, from the can in the fridge. I'm certain you'll forget that, write it down?' she asks.

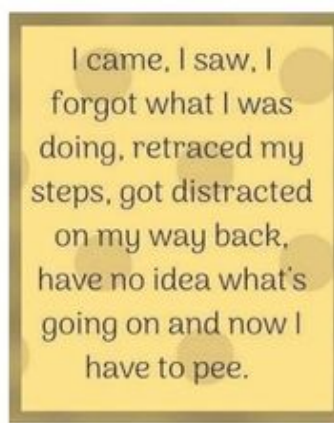
Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream – I've got it, for goodness' sake!' Then he toddles into the kitchen.

After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs.

She stares at the plate for a moment.

'Where's my toast?'





MEMORIES

My Dad was cleaning out my grandmother's house (she had died three months earlier) and he brought me an old Royal Crown Cola bottle. In the bottle top was a stopper with some holes in it... I knew immediately what it was, but my daughter had no idea. She thought they had tried to make it a salt shaker or something. I knew it as the bottle that sat on the end of the ironing board to 'sprinkle' on clothes because we didn't have steam irons. Oh dear, I am old! How many of these do you remember?

Headlight dip-switches on the floor of the car.

Ignition switches on the dashboard. There were two postal deliveries per day.

Trouser leg clips for bicycles without chain guards. The street lights were turned off at about 11pm each night.

Soldering irons you heated on a gas burner.

Using hand signals for cars without turn indicators.

Corona fizzy drinks were delivered in glass bottles by lorry each week, and the empties returned.

Proof That You're Old Quiz

Count all the ones that you remember, not the ones you've been told about. Ratings at the bottom.

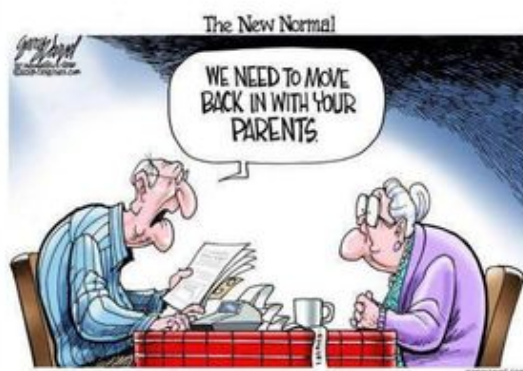
1. Sweet cigarettes
2. Coffee shops with juke boxes
3. Home milk delivery in glass bottles
4. Party lines on the telephone
5. Newsreels before a film in the cinema
6. TV test card patterns that came on at night after the last show and were there until TV shows started again. There were only 2 channels (if you were fortunate)
7. Peashooters
8. 78 RPM records
9. 45 RPM records
10. Hi-fi's
11. Metal ice trays with levers
12. Blue flashbulbs
13. Cork popguns
14. Wash tub wringers

If you remembered 0-3 = You're still young

If you remembered 3-6 = You are getting older

If you remembered 7-10 = Don't tell your age

If you remembered 11-14 = You're positively ancient!



Five Minutes' Peace Recipes -

Asian Chicken Mandarin Salad (for 8)

225g shredded lettuce
200g shredded red cabbage
200g shredded chicken
65g tinned mandarin oranges, drained
1 instant ramen packet, crushed (flavour packet discarded)
25g grated carrot
35g sliced spring onions
35g sliced almonds



In a large bowl, toss together lettuce, red cabbage, chicken, mandarin oranges, crushed ramen noodles, carrots, spring onions, and sliced almonds.

Make dressing: In a small bowl, whisk together vinegar, honey, sesame oil, hoisin sauce, soy sauce, ginger, and garlic. Slowly drizzle in vegetable oil, whisking constantly until emulsified.

Just before serving, drizzle dressing over salad and toss to combine.

Sesame, Spring Onion and Sea Salt Crispbreads (8)

1 tsp sugar
sesame oil
1 tsp + 1 heaped Tbsp sea salt flakes
7g sachet or 2 tsp fast-action yeast
250g stone-ground rye flour, plus a little extra
100g spelt flour
50g strong white bread flour
4 Tbsps sesame seeds
(or any other seeds, eg chia, sunflower or pepita)
8 spring onions, sliced as finely as you can



Mix 275ml hand-hot water, 1 tsp sugar and 1 tbsp sesame oil. Mix 1 tsp sea salt flakes, yeast and the flours in a mixing bowl, then tip in the liquid and stir to a sticky dough. Knead in the bowl for a minute – just until it's smooth – then cover with some cling film and leave for at least 2 hours at room temperature. The dough will rise a little, in a craggy way, but don't expect a big ball of puffy dough. Heat the oven to 220C/fan 200C/gas 7. Divide the dough roughly into eight. Line a baking tray with a sheet of baking parchment and, using plenty more rye flour, roll out each as thinly as you can. Don't worry about the shape. Scatter over some sesame seeds, sliced spring onion, and 1/2 tbsp sea salt flakes, and roll over once to push all the bits into the dough. Use a fork to stab holes all over the dough – don't skip this stage, it's important to help the bread dry out and crisp up. Bake the bread for 10 minutes, then, using tongs, turn the bread over and bake for another 5 minutes, until crisp on both sides. Repeat with the remaining dough – if you can fit two or more crispbreads on a baking sheet at a time you can cut down the cooking time – but don't under-roll to fit them on, they need to be as thin as possible. If you bake two trays at a time the lower crispbread will take longer to cook, and might cook unevenly – the sides tend to be ready before the middle if the bread cooks at a lower, slower pace. The breads can be layered on top of each other as you roll them out on their sheets of paper, but let them cool unstacked so they don't soften with condensation.

Keep the cooled crispbreads in an airtight tin, snapping off smaller crackers to eat over 2 weeks. In this climate, you sometimes need to re crisp them for a few minutes in an oven or airfryer.

Spring has Sprung!

Cheese, Spring Onion and Marmite Muffins (makes 10 or 12)

butter for the tin
2 Tbsp Marmite
250ml milk
200g cheddar (or other hard tasty) cheese, grated, plus extra
6 spring onions, thinly sliced
140g self-raising flour
70g wholemeal flour
1 tsp bicarbonate of soda
1 egg



Heat the oven to 200C/fan 180C/gas 6 and butter 10 or 12 muffin tins. Warm the Marmite and milk in a saucepan, whisking until the Marmite has totally melted. Take off the heat and leave to cool for a couple of minutes.

Mix the cheese, spring onions, flours and bicarb in a big bowl.

Whisk the egg into the Marmite-milk mixture, then pour over the dry ingredients and fold together briefly, being careful not to over-mix.

Divide between the muffin holes so all are 3/4 full, sprinkle with more cheese then bake for 12-15 minutes. These are great eaten warm, or buttered for school lunch boxes. You can split and toast (or airfry to warm) 2-3 day old ones and eat with more butter and Marmite.

Tuna Melt with Baked Spring Onions (for 4)

1 bunch of spring onions
1 bay leaf
butter
1 Tbsp cider vinegar
200g posh tuna in oil, drained
2 Tbsp mayonnaise
1 tsp capers
1/3 stick celery, very finely chopped
1 lemon, zested and ½ juiced
1 tsp Dijon mustard
2-4 muffins, halved
4 slices strong cheddar



Heat the oven to 180C/fan 160C/gas 4. Clean and trim the spring onions and cut into 4 cm lengths. Put them on a sheet of foil and fold the sides up around them to make a container leaving enough at one side to fold over the top. Add the bay leaf, a large knob of butter, the vinegar and a splash of water, fold over and seal the parcel. Cook for 30 minutes or until the spring onions are completely tender. Alternatively use an air fryer or a microwave, which is quicker.

Heat the grill. Mix the tuna with the mayo, capers and the celery. Use the lemon zest, juice and mustard along with salt and pepper to season the mix.

Toast the muffin halves then divide the tuna mix between them, add the spring onions followed by a slice of cheese and grill until the cheese has melted, then add the muffin tops or leave open if you like.

Sweetcorn, Feta and Spring Onion Pancakes (makes about 12)

2 cooked corn on the cob, kernels removed
3 spring onions, thinly sliced
150g feta, crumbled
1/2 a bunch coriander, roughly chopped
2 eggs, medium
100ml milk
60g plain flour
1 tsp baking powder
1 tsp dried chilli flakes, optional
oil, for frying



Mix the corn, spring onions, feta, coriander, eggs, milk, flour, baking powder and chilli (if using) in a bowl and season with salt and pepper. You can always substitute a large can of sweetcorn kernels for the fresh cobs to make life easier.

Heat a large frying pan over a medium heat with a splash of oil and spoon heaped tablespoons of mixture into the pan. Fry in batches for 2-3 minutes on each side until golden brown. Keep warm in a low oven while you cook the rest of the pancakes.

Add a drizzle of honey, maple syrup or chilli sauce and serve with bacon.

Spring Onion Bhajis with Mint and Coriander Chutney

160g gram flour (chickpea flour)
25g plain flour
1 tsp ground turmeric
1 tsp ground cumin
1 tsp ground coriander
2 tsp black mustard seeds
½ tsp sea salt, plus extra to serve
250ml lager, chilled
250g (about 12) spring onions, finely sliced at an angle
2 shallots, finely sliced
for deep frying vegetable oil
CHUTNEY
a small bunch mint, leaves only
a small bunch fresh coriander, chopped
1 green chilli, chopped
a thumb-sized piece of ginger, chopped
a pinch ground cumin
1 lemon, juiced



Put the gram flour, plain flour, spices and salt into a large bowl, and slowly whisk in the lager, until a batter forms. Stir in the spring onions and shallots.

Fill a pan no more than 1/3 full with oil and heat until 180C or until a cube of bread browns in 30 seconds. Take a heaped tbsp of the spring onion batter and carefully drop into the oil. Fry for 3-4 minutes, in batches, or until crisp and brown. Drain on kitchen paper, season with sea salt and keep warm in a low oven while you fry the rest. Serve with the chutney for dipping.

For the chutney, put all the ingredients in a blender with 2-3 Tbsp of cold water and whizz until really smooth.

NOTICE

May I?

ARE YOU LOOKING FOR A NEW AND EXCITING CARD GAME TO PLAY?

- LOOK NO FURTHER THAN **MAY I**, THE THOUGHT PROVOKING GAME BASED ON RUMMY THAT IS SURE TO KEEP YOU ENTERTAINED FOR HOURS!
- IN MAY I, PLAYERS AIM TO CREATE SETS AND RUNS IN THEIR HAND, JUST LIKE IN RUMMY, BUT WITH A TWIST: THE GAME ALSO INCLUDES WILD CARDS THAT CAN CHANGE THE COURSE OF THE GAME IN AN INSTANT. MAY I ADDS A LAYER OF STRATEGY THAT WILL KEEP YOU ON YOUR TOES.
- WHAT SETS MAY I APART FROM OTHER CARD GAMES IS ITS EMPHASIS ON COMMUNICATION AND NEGOTIATION. EACH TURN, PLAYERS MUST ASK FOR PERMISSION TO MAKE CERTAIN MOVES, SUCH AS PICKING UP A CARD FROM THE DISCARD PILE OR REARRANGING THEIR SETS AND RUNS. THIS CREATES A FUN AND DYNAMIC ATMOSPHERE WHERE PLAYERS MUST CONSTANTLY WEIGH THEIR OPTIONS WITH EACH OTHER TO STAY AHEAD.
- WHETHER YOU'RE A SEASONED CARD PLAYER OR NEW TO THE GAME, MAY I IS EASY TO LEARN AND ENDLESSLY FUN. WITH A BLEND OF LUCK AND STRATEGY, EVERY GAME IS DIFFERENT AND EXCITING. SO LET THE GAMES BEGIN!



Want to learn more?
contact@abwm.com.my



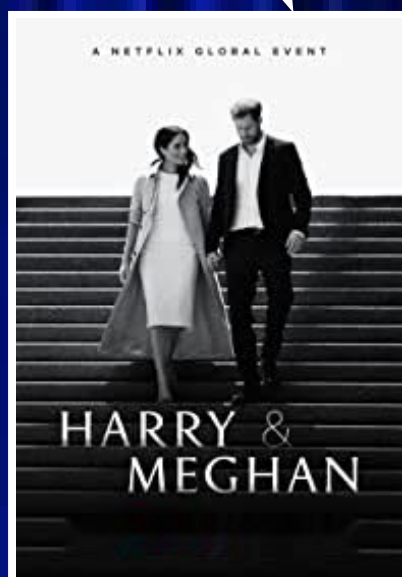
THE WOMAN KING

Director: Gina Prince-Bythewood
 Starring: Viola Davis, Thuso Mbedu, Lashana Lynch, Sheila Atim
 Rating: 15
 Length: 135 minutes
 Release Date: September 2022
 Star Rating: 4 ****

While traveling to Spain, I had the opportunity to watch 'The Woman King' and I was moved to tears and touched deeply by what, on the surface, seems to be an action movie but in reality, is an homage to women and the deep, meaningful relationships we are capable of and how those relationships (literally) save lives.

'The Woman King' fits many boxes for movies: it has plenty of action, it's a clean movie in the sense that there isn't a lot (if any) curse words, there is no over the top blood or gore, and there isn't any gratuitous sex (which is very hard to find in Hollywood these days). There is a solid story line, well developed characters, and historical data sprinkled in. But it also fits the box for a feel-good movie; the kind of movie you watch with your close girlfriends and remember why you're all friends all over again.

'The Woman King' recounts the story of the Agojie and their leader, General Nanisca as they defend the Kingdom of Dahomey in the 1800s. The Agojie share a similarity with the legendary Amazonians in the fact that they are all women, and they are feared for their fighting skills. And while director Gina Prince-Bythewood does a great job of creating a riveting action story, she does an even better job of capturing the true power of women united and how, when we have each other's backs, we are truly unstoppable.



HARRY & MEGHAN

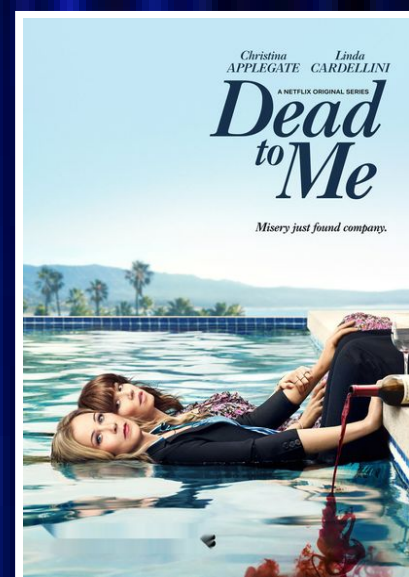
Director: Liz Garbus
 Starring: Duke & Duchess of Sussex, Prince Harry & Meghan Markle
 Rating: 12
 Length: 6 episodes, approx 1hr long
 Release Date: December 2022
 Star Rating: 3 ***

It's that marmite moment – love it or hate it, or them, in this case! I'm not a royalist by any stretch of the imagination but I'm not a hater either. I watched for general viewing purposes and sheer curiosity. The fact my husband suggested it too makes me think there's a wider, more curious audience than I thought.

There is no story to tell really; it's just a documentary with two main characters, taking a swipe at a life that has given them a stage to do it on. A (divorced) actress marrying a younger prince. Its all-young girls dream about except she's not young and not naïve. Quite the opposite.

Understandably, there are parts where you think, 'yes, that makes sense' for example she didn't realise that even Harry had to bow to the Queen so therefore, she didn't realise she had too. But no one will convince me that she hadn't seen a televised royal engagement before and that she hadn't noticed the Queen's children bowing and curtsying?

I would say to watch it if you haven't just to put curiosity to bed and to make your own judgment – personally, I think she's conniving and assumptious where the family was concerned but also if you come into a high and mighty family with your own high and mighty ways – you will fall, and it will hurt – you just shouldn't pull others with you.



DEAD TO ME

Director: Liz Feldman
 Starring: Christina Applegate, Linda Cardellini, James Marsden
 Rating: 15
 Length: Season 3, 8 episodes of 45min each
 Release Date: November 2022
 Star Rating: 5 *****

Around May 2019, when season one was released, I recommended watching Dead to Me. Now, as the third season hits Netflix, I still advise the same. If you haven't caught up yet, best to binge watch to catch up on this hilarious, gritty, unbelievable but sad series.

In the first season, Jen & Judy meet at a grief counseling session after Jen's husband died in a hit and run accident. Jen and Judy are now like sisters, inseparable and now hiding secrets and covering each other's back.

Season three sees Jen fall for Ben; Steve's dead twin brother and controlling ex-boyfriend of Judy. It also sees Judy receive some life changing news to which Jen receives some too but in a totally different context.

Well written, totally unbelievable in parts but hilarious nonetheless.





I'M WATCHING YOU

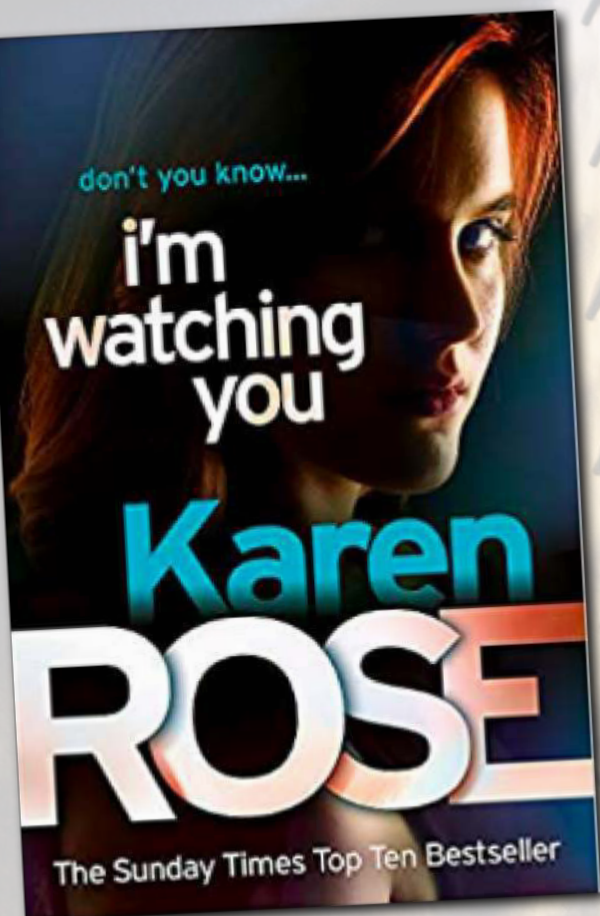
by Karen Rose

I am a huge thriller and suspense reader and thought I would introduce you to my favourite writer: This is book three in her series.

As a star prosecutor for the Chicago Public Defenders Office, Kristen Mayhew has a secret stalker that will kill for her in particular all the cases that she has lost. He follows her every move and kills the criminals that he feels deserves it and then sends her letters as tokens of respect.

The killer seems to know her every movement and thoughts and starts to turn Kristen into a target herself

Detective Abe Reagan and his team work with Kristen trying to catch the killer. This book has a bit of everything: mystery, romance and suspense to the very end.



internationally bestselling, RITA-award winning, author Karen Rose was born and raised in the Maryland suburbs of Washington, DC. She met her husband, Martin, on a blind date when they were seventeen and after they both graduated from the University of Maryland, (Karen with a degree in Chemical Engineering) they moved to Cincinnati, Ohio. Karen worked as an engineer for a large consumer goods company, earning two patents, but as Karen says, “scenes were roiling in my head and I couldn't concentrate on my job so I started writing them down. I started out writing for fun, and soon found I was hooked.”

Her debut suspense novel, *DON'T TELL*, was released in July, 2003. Since then, she has published more than twenty-five novels and two novellas. Her twenty-sixth novel, *QUARTER TO MIDNIGHT*, will be released in 2022.

Karen's books have appeared on the bestseller lists of the New York Times, USA Today, London's Sunday Times, and Germany's *der Spiegel* (#1), and the Irish Times, as well as lists in South Africa (#1) and Australia! To date, her books have been translated into more than twenty languages.

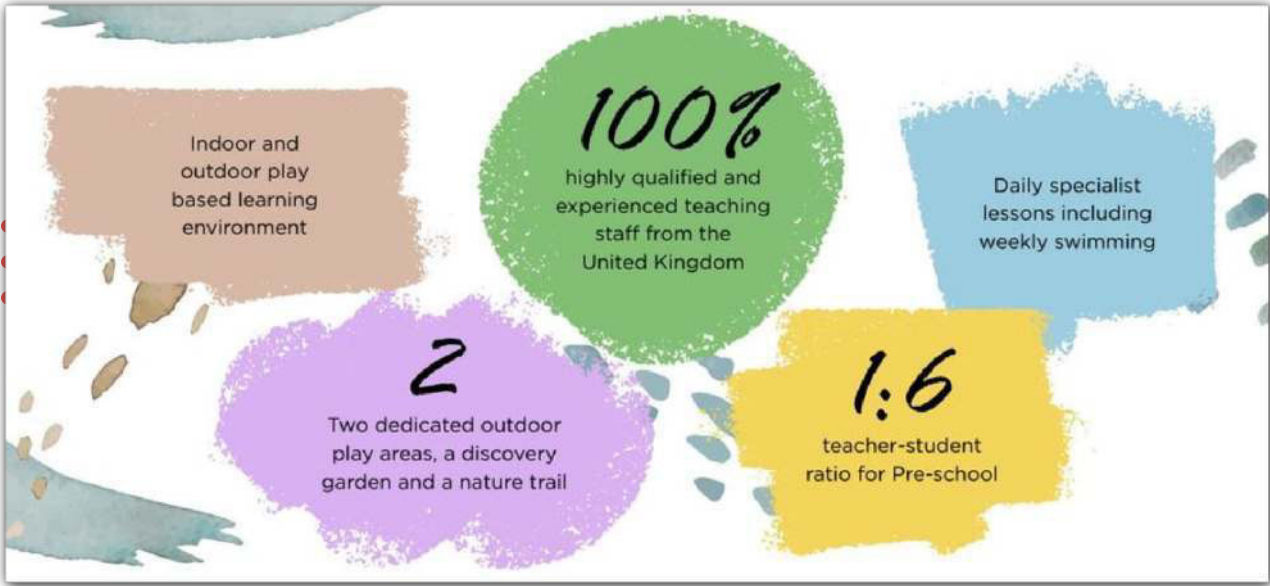
A former high school teacher of chemistry and physics, Karen lives in Florida with her husband of more than thirty years.



Alice Smith Early Years

Experience Alice Smith School’s Early Years learning environment, meet world-class teachers, learn about the dynamic curriculum and inspiring learning spaces. Children within the Early Years are offered a broad range of learning opportunities through play alongside direct teacher instruction for areas such as reading, phonics, writing and maths.

For a limited-time offer, students joining Preschool and Reception in the calendar year 2023 will enjoy over RM12,000 savings. This offer is subject to availability of a place in Early Years and a successful assessment.



Not sure if your child is ready to start school? Use Alice Smith School’s [age grade calculator](#) to find out which year your child would join. Speak to the [friendly Admissions](#) team for more information on starting school.

Practical Skills

- Being able to confidently go to the toilet without assistance.
- Being able to open their own lunch boxes and water bottles.
- Feed themselves independently.
- Being able to dress and undress themselves with minimal assistance.

Social Skills

- Being able to share and take turns with others.
- Understanding the boundaries of acceptable behaviour.
- Being able to talk about their likes/ dislikes.
- Being able to express their needs.

Click to learn more or connect with the Admissions team today!



Building Social and Emotional Learning at ISKL

The International School of Kuala Lumpur (ISKL) recently held a workshop facilitated by experts from the [Institute for Social and Emotional Learning \(IFSEL\)](#) as part of its VOX ISKL series.

The experiential session discussed the approaches to building student social and emotional learning for academic success, balance, and community. The facilitators, Nick Haisman-Smith and Joe Tchen explored practical tools to help nurture the social and emotional well-being of the entire family, the importance of social and emotional learning, strategies for managing and regulating our emotions, and coaching our children to manage theirs better.



Past VOX events are recorded on ISKL's YouTube and Spotify channels.

Head over to www.iskl.edu.my/community/events/ to learn more about events at ISKL.



CHARTERHOUSE MALAYSIA

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

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

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

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



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

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

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

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

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

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

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



Autogate registration now available for friends & family visiting Malaysia (non long term pass holders)



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WHO IS ELIGIBLE?

- VISITORS FROM 10 COUNTRIES**

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Brunei	New Zealand	United Kingdom
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- PASSPORT MUST BE VALID FOR AT LEAST 6 MONTHS
- COMPLETE AND SUBMIT MALAYSIA DIGITAL ARRIVAL CARD (MDAC) 3 DAYS BEFORE ARRIVAL (EXCEPT FOR PERMANENT RESIDENT AND LONG TERM PASS HOLDER)
- ARRIVALS AND DEPARTURES VIA KLIA & KLIA2



“ For NEW AUTOGATE REGISTRATION you will NEED to pass all requirements at the MANUAL COUNTER

You will be issued an arrival immigration endorsement on your passport AFTER SUCCESSFUL ENROLLMENT. NO IMMIGRATION ENDORSEMENT will be issued when using AUTOGATE

** Please provide a valid details in your 'MDAC' submission to receive the conditions of your visit pass and validity of staying in Malaysia WHEN USING AUTOGATE

”

#UNSUCCESSFUL APPLICATIONS WILL NOT BE ELIGIBLE TO USE AUTOGATE

HOW TO REGISTER ?

BEFORE ARRIVING TO MALAYSIA

STEP 1

COMPLETE AND SUBMIT “MDAC” WITHIN THREE (3) DAYS PRIOR TO YOUR ARRIVAL IN MALAYSIA



STEP 2

ENROLL & VERIFY YOUR PASSPORT AT MANUAL COUNTER



STEP 3

DEPARTURE AFTER SUCCESSFUL ENROLLMENT



ON SUBSEQUENT VISIT

BEFORE ARRIVING TO MALAYSIA

STEP 1

COMPLETE AND SUBMIT “MDAC” WITHIN THREE (3) DAYS PRIOR TO YOUR ARRIVAL IN MALAYSIA

*** (FOR EVERY VISIT)



STEP 2

ARRIVAL AND DEPARTURE



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* Promotion available at Hammam Bangsar Village 2, Hammam Publika, and Hammam Isetan Lot 10.

* Please present your membership card to redeem this promotion.

* Also available as gift vouchers, and can be shared with friends and family. Gift vouchers are valid for 12 months from the date of purchase.

* Valid from 1 March – 30 September, 2023. Terms and Conditions apply

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tuesday 4.30pm
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friday 8.15am
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ABWM

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

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


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IG: toniandguytroika

Tokyo Megane

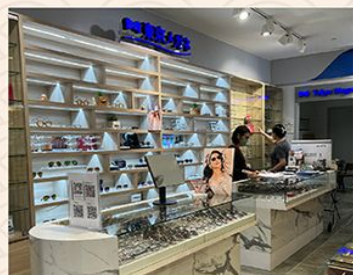
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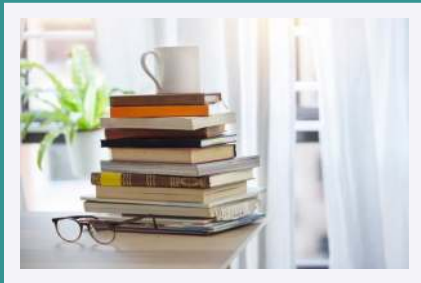
CLUBS & ACTIVITIES

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





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