

ABWM

Majalah Life

June 2023

FEATURED

Photography Classes
48th AGM

*Charity
Support
Fun*



ASSOCIATION OF BRITISH
WOMEN IN MALAYSIA



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Sunday

8 am - 12 pm



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Care for Life

Editor's Note

Hi all!

It's beginning to look a lot like.... a hot, hot summer. Heat wave is not going anywhere it seems and a rhyme from my childhood keeps popping up, with a little twist on words, 'Sun, sun go away, come again some other day....'. We really need a breather, some cool rain laden air

May has been a busy month keeping all committee members on their toes. The AGM was held on the 9th of May. We say a sad goodbye to Maxine and Meredith. Wishing them good cheer on their next steps. A warm welcome to Kerry, Alison and Renae, who join our Committee. I am happy to be back as Editor and yay to everyone else who have decided to spend a little more of their time and tremendous effort in keeping the ABWM functioning at its best. And, of course, a big thank you to all members who renewed and warm welcome to all our new members.

We have a lovely article on our Master photographer, Geoff, who has so graciously been taking photographs for some of our main events and the photography classes he has been offering for ABWM members. Some lovely photographs by those who attended the classes and their reviews on what they learnt or enjoyed most.

For those of you who missed Sally's chicken liver pate at the AGM, she has graciously shared her recipe plus more yummilicious chicken recipes and her usual barrel of laughs shared in the Five Minutes' Peace section.

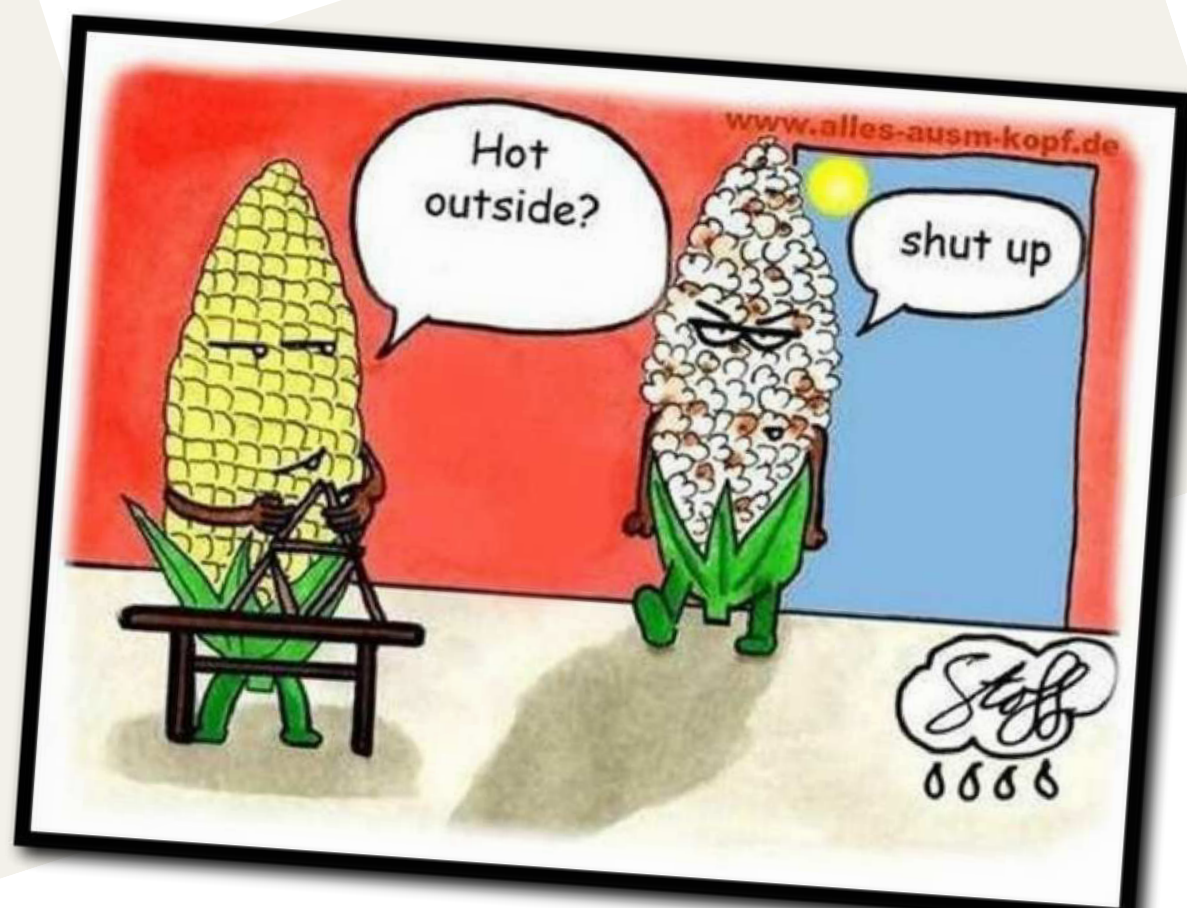
We have some lovely snapshots in our member's gallery, Snapshots in Time section. Do share with us your memorable photos. With a little information about when it was taken and why. Please fill out the [google form](#) or send to editor@abwm.com.my.

To all those flying home or travelling to wonderful destinations around the world for their holidays, happy travels. To those staying here in KL, may this summer be relaxing or wonderfully exciting, depending on your mood. Enjoy reading our June magazine and do consider sharing your stories for our following issues.



Alia

Alia Dada
Editor
editor@abwm.com.my





and

B O B B I B R O W N

08-June

11:30am-1pm &

3pm-4:30pm

KLCC, Suria Mall, C-floor

rm50 members, rm75 guests

Very limited spots

Dress code: Beige, Black, or both

BOOK NOW



Dear Members,

My goodness is it really June already!

Almost half way through 2023 and the summer holidays are almost here. This week the weather has changed in the UK and the sun has definitely come out to say hello. Hopefully the beautiful weather continues. Here in KL the heatwave is still going strong, I should be used to it by now but I am finding it pretty warm these days!

We had our 2nd Annual Charity Fair last weekend at Bangsar Village. It was a great event, well attended by members, friends and guests. It's a great way for us to help our charities raise awareness and help raise some much needed funds to support them. Big thank you to Asian Tigers and to Melbourne Capital for sponsoring this event.

Warm welcome to all our new members who have joined over the last few months. Welcome back to those of you who have renewed. Looking forward to seeing you at some of our events over the next few months. Our events team are busy planning events for the Autumn, more details coming soon.....

Well done to all who came out and supported our Afternoon Tea event to celebrate King Charles III coronation. Big thank you to Heather and the committee for organising and to Asian Tigers for supplying the Bubbles and Wine for our raffles.

This month marked the 48th AGM for ABWM. A nice morning and potluck was had by everyone who attended at the house. It is so nice to see it being used.

Please pop in for coffee anytime. The kettle is always on and there is a friendly ear if you need to natter.

Chat from the Chair

Congratulations and welcome to the new committee. I look forward to working with you all during the coming year

We are a diverse group of women, For me it is all about inclusion. Our committee is made of a very multicultural group of members from England, America, Australia, Canada, Ireland, and Pakistan, our membership is open to all nationalities. We welcome members from all around the world.



I would also like to take this opportunity to say a big thank you, to Meredith Tomkovitch and Maxine Venter who stepped down from the committee this year, for all the hard work and time that you have given to the association. I really enjoyed working with you both and wish you all the best.

Have you been on any adventures in KL or around Malaysia recently? Our members are always looking for tips, trips and recommendations on things to do and see. We would love to hear from you.



Till next time...
Debbie O'Neill
Chair
chair@abwm.com.my

Debbie

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’.



THE 48TH AGM

What is the purpose of an AGM - An annual general meeting (AGM) is a meeting of a committee and general membership of an organisation. These meetings may be required by law or by the constitution, or by-laws governing the organisation.

The purpose of the AGM is to present the financial statements for approval; to inform the members of the charities that have been supported; the Chair to give an overview of the past year and what the organisation has done and finally to elect a new committee

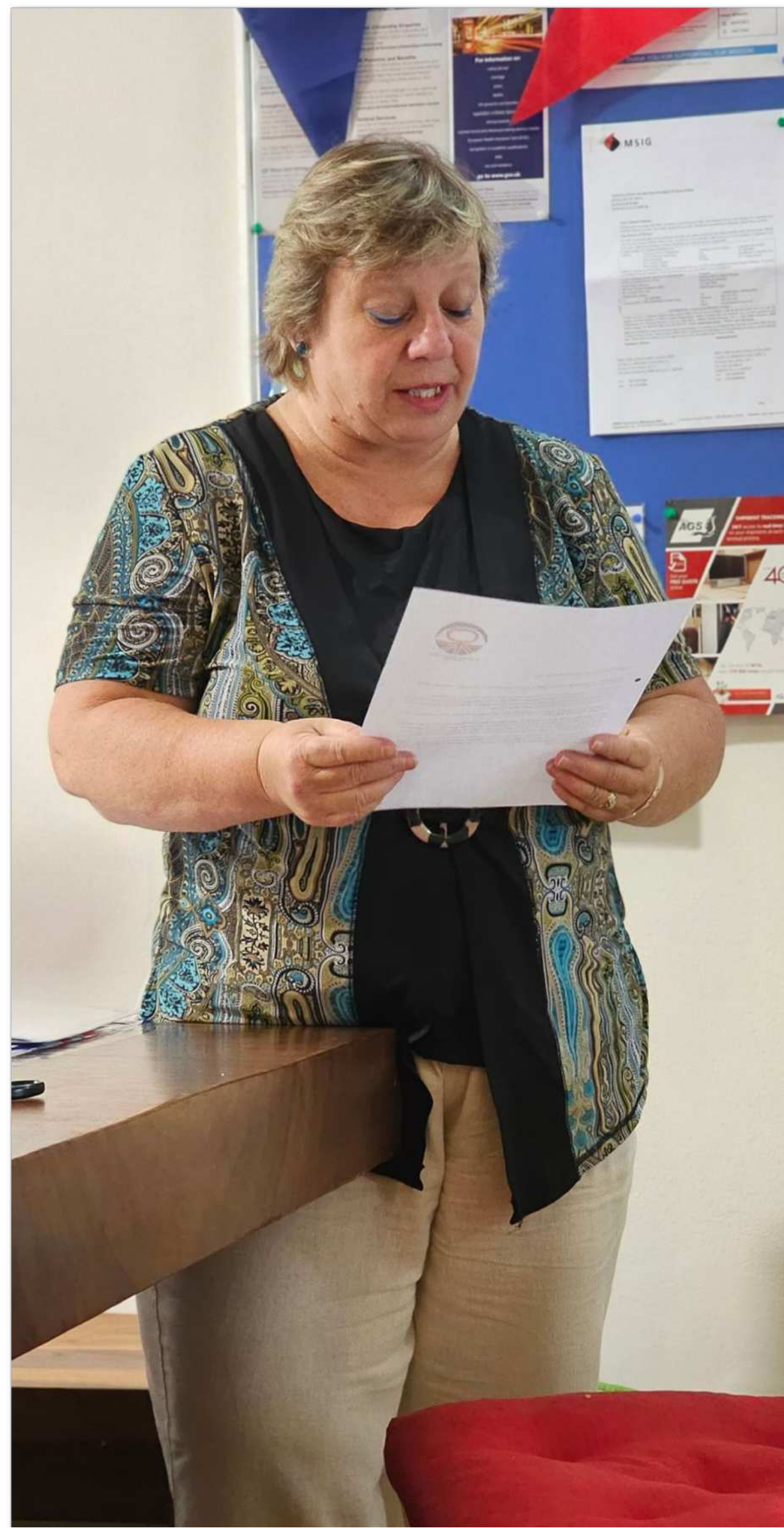
This month marked the 48th AGM of the ABWM held on 9th May 2023. Thank you to all who attended. A big thank you to Meredith Tomkovitch (treasurer) and Maxine Venter (secretary), who served faithfully on the committee and who are unfortunately now stepping down.

Thank you also to our 2022-2023 committee for their hard work and continued commitment; to our wonderful Link ladies who are here to link you with life in Malaysia and who meet once a week in the different areas to be on hand to provide friendly advice and last but not least, thank you to Kerry Musgrave for being our IT support guru.

Our thanks to our Sponsors: Asian Tigers, AGS Movers, Alice Smith School, American Association, Blue Star, Estee Lauder, KPJ, Melbourne Capital for their much valued and continued support to the ABWM.

After the formalities of the AGM, we feasted on delicious pate, mini quiches, chicken, scrumptious salads and decadent cakes.

The ABWM Committee will continue to work hard to ensure that the three tenets of Charity, Fun and Support continue to be at the heart of everything we do. Please get involved, support and contribute as much as you can during this year.





Congratulations and welcome to the New committee who have been voted in. For those of you who didn't manage to attend, the 2023-2024 Committee Members are:

<i>Debbie O'Neill</i>	<i>Chair</i>	<i>Deirdre Davies</i>	<i>Charity 11</i>
<i>Lynette Rock</i>	<i>Vice Chair</i>	<i>Alissa Nelson</i>	<i>Events</i>
<i>Alison Rooney</i>	<i>Treasurer</i>	<i>Heather McWilliam</i>	<i>Events and Sponsorship</i>
<i>Renae O'Connell</i>	<i>Secretary</i>	<i>Jennifer Abdullah</i>	<i>Advertising and Communications</i>
<i>Clare Harraghy</i>	<i>Senior Charity</i>	<i>Alia Dada</i>	<i>Editor</i>
		<i>Kerry Musgrave</i>	<i>Technical support</i>



More information can be found on the website and in our next edition of our 'Majalah Life' Magazine. If you would like to contribute or write some articles for the magazine drop us a note.

The Committee will be getting together early in June for their first committee meeting. They will keep you updated as things progress.

That's a wrap as they say!

Maxine Venter

Welcome new committee members!



TREASURER
ALISON ROONEY

I arrived in KL in August 2022 with my husband on our first expat foray and settled in Bangsar in September. I am originally from Co Antrim, Northern Ireland but had been living in Ennis, Co Clare for 30 years before coming to Malaysia. Does that count as an expat foray? My husband works in aviation and the plan is to be here for 2 years plus, all going well. We have 4 grown up children and 2 granddaughters. Our oldest and youngest children both live in Ennis as do the grandchildren. The middle 2 boys are currently living it up in Sydney, Australia.

Before coming to Malaysia I enjoyed triathlons and generally could have been found running, cycling or swimming in my spare time. The heat/hills here have played havoc with my training regimes so I tend to do more walking and hiking at the moment.

My professional background is accountancy and taxation and I am looking forward to using my skills working with all the ladies in ABWM and to also enjoy the social events throughout the year.

Alison



SECRETARY
RENAE O'CONNELL

Hi, I'm Renae O'Connell and I am excited to join the ABWM committee as Secretary.

I am from Australia and arrived in KL with my husband during the pandemic! My start here was a little tough but it has only improved and I am now loving the expat life. I have a large family back in Australia, adult step kids, grandkids, brothers, sisters-in-laws, nieces, nephews and cousins. Luckily we have a large apartment for them all to visit!

I have a professional background in Education and Health Care, most recently being a Paramedic for 15 years. It was such a change to move from full-time work to no work at all, hence I am really looking forward to volunteering with such a wonderful association.

I enjoy walking, hiking, gym, yoga, sewing, travelling and enjoying all the wonderful food here!

Renae



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Geoffrey B Johnson - Master Photographer



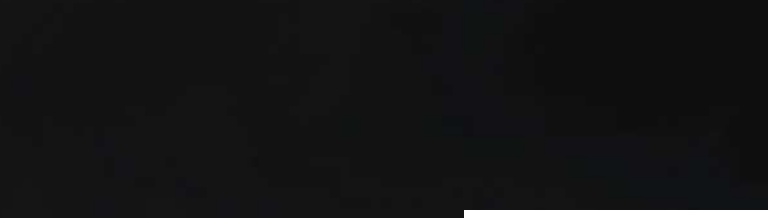
© MMXXI Geoffrey B. Johnson "Up Close & Personal" (Malaysia) | SHOT IT - Mark of Excellence

In April, 1984, Geoffrey began his Portfolio Career, in Photography Founding: Johnson G. B. Limited {Johnson & Kay (Photographic's) Limited}. He has pursued an accomplished Photographic Visualisation of the world since then. Initially using Pentax® & Nikon® Professional Film Cameras, Developing Kodachrome® 35mm Positive / Negative Film, Specialising in Underwater Inspection & Maintenance Photography in the UK, Oil & Gas Industry using Remote Operated Vehicles.

He is now based in Kuala Lumpur, Malaysia, giving him so many opportunities to make his Photographic Visualisation a reality and an enjoyment. Helping also to promote his obsessive passion and enthusiasm for photography, to like minded domestic and international individuals.

Geoff believes that a major part of the technical side of photography is Aperture and Shutter Speed (Exposure) to "Take Control" of your Camera, to match your photographic visualisation to how the camera sees the world, to your own eye and how to control it to resolve the problem.

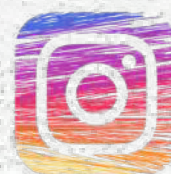
Today he's making pictures in Malaysia in support to ABWM in the form of the Intermediate Photography Class, providing pictures to this publication.



© MCMLXXXIV Johnson & Kay (Photographic's) Limited
(England) One of only seven original (RHD) Ferrari 365/4
(Daytona) Spider's with the RAF Avro Vulcan B2 (XL 391)



Geoffrey B. Johnson
Lifestyle & Candid Photographer.
Born in England, based in Malaysia.



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© MMXX Geoffrey B. Johnson. Lenggong Valley.
2012 UNESCO World Heritage Site Hulu, Perak District, Perak, Malaysia.



Picture Perfect

Geoff's classes have been an amazing way to get back to reconnecting with our cameras. In today's age of photography we tend to whip out our phones and point and click. His aim is to teach us and familiarise us with our DSLR'S to a point that we are just as much at ease with it as we are with our phone cameras. At the end of the day the pictures do really turn out better and there is a certain satisfaction at having mastered the Exposure Triangle (ISO, Aperture and Shutter speed) or as we referred to it 'the Bermuda Triangle'.

With the tentative knowledge of how we can master the Exposure Triangle Geoff took us on a number of walkabouts, covering street photography, night photography and moving objects. It's a practical demonstration in how to get the perfect picture using the above mentioned principles, including the matter of how one needs to compose the shot to make it most effective.

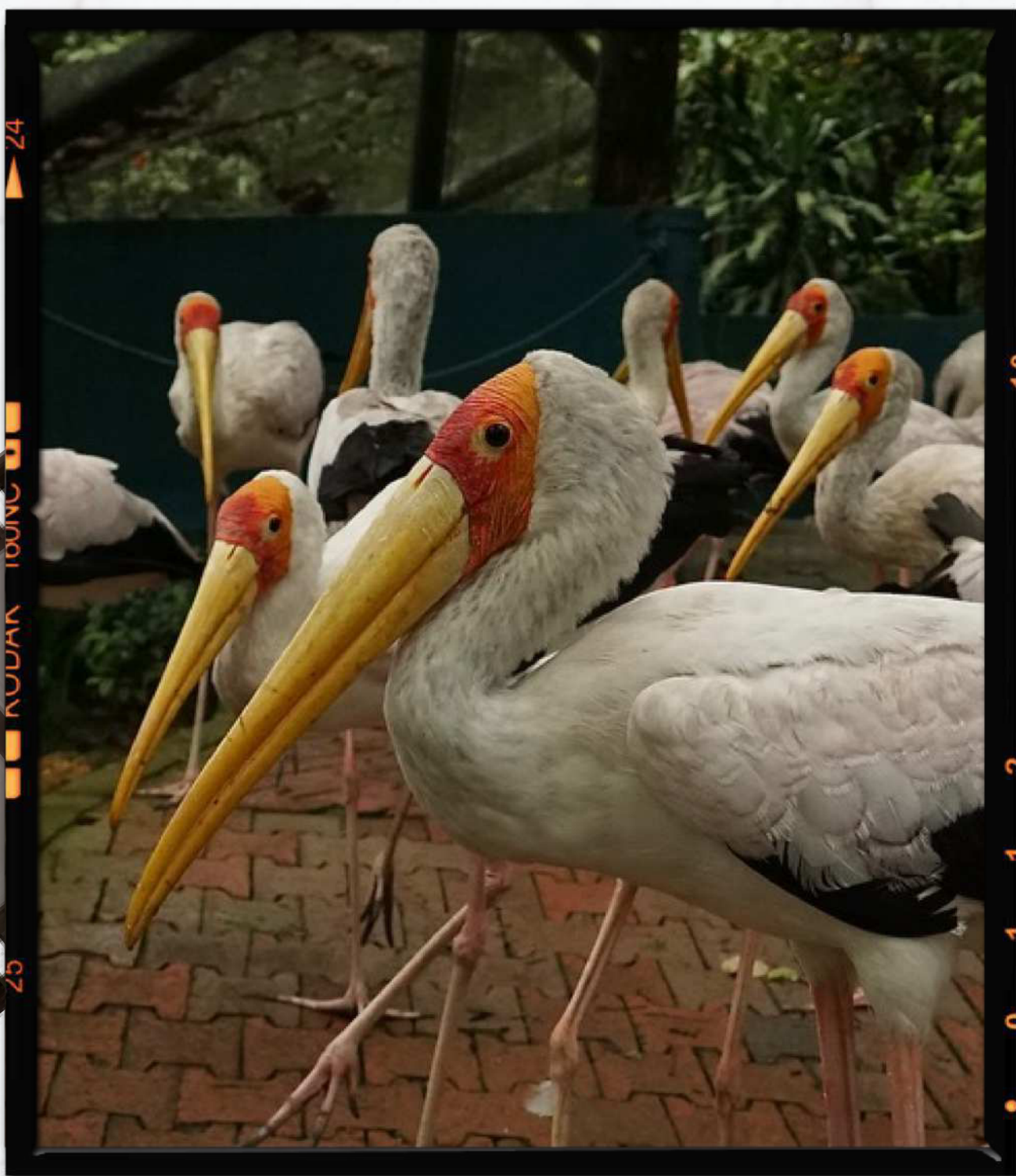


Geoff has a casual style which puts everyone at ease, very hands on and attentive as each one of us had different issues and had different ideas on how we wanted our end picture to look. During our night photography, one major complaint was “that it's become so dark!”, eliciting quite a few laughs. When Geoff took us all the way to KLIA to photograph planes as our moving objects class, the initial laughing complaint was, “they’re moving too fast”! And how thrilling it was to finally manage to capture a shot we were pleased with.

Our last class was a lesson in editing. As Geoff says the aim is to capture as perfect a photograph as possible, but sometimes a bit of editing can enhance it in ways one couldn't imagine. Since I love black and white or giving my photos a vintage look, I was really happy with the editing class.

All in all, I think Geoff managed to impart quite a bit in the 6 classes. We all walked away having learnt something new or finding a deeper understanding of how our cameras work.

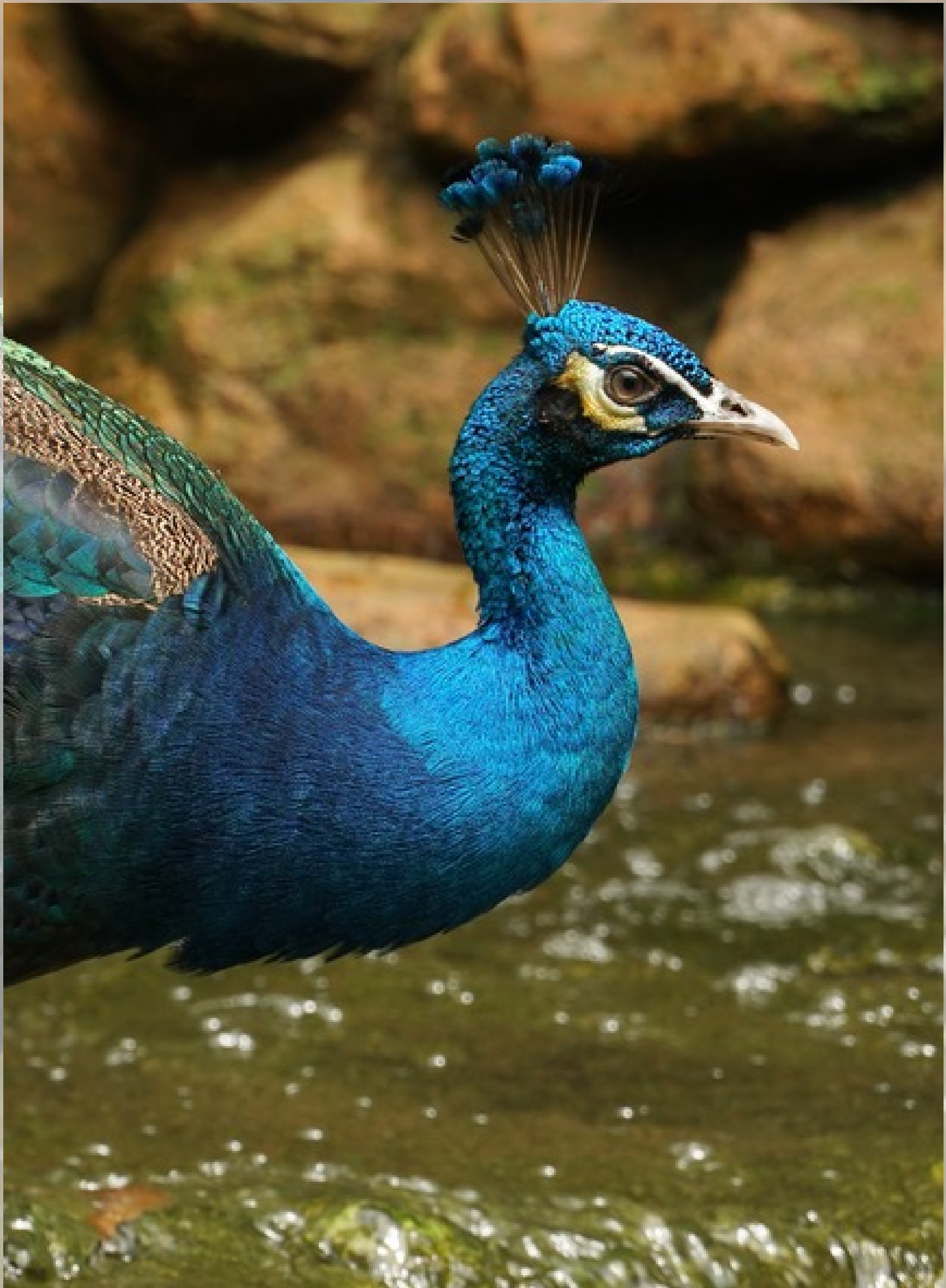
Alia



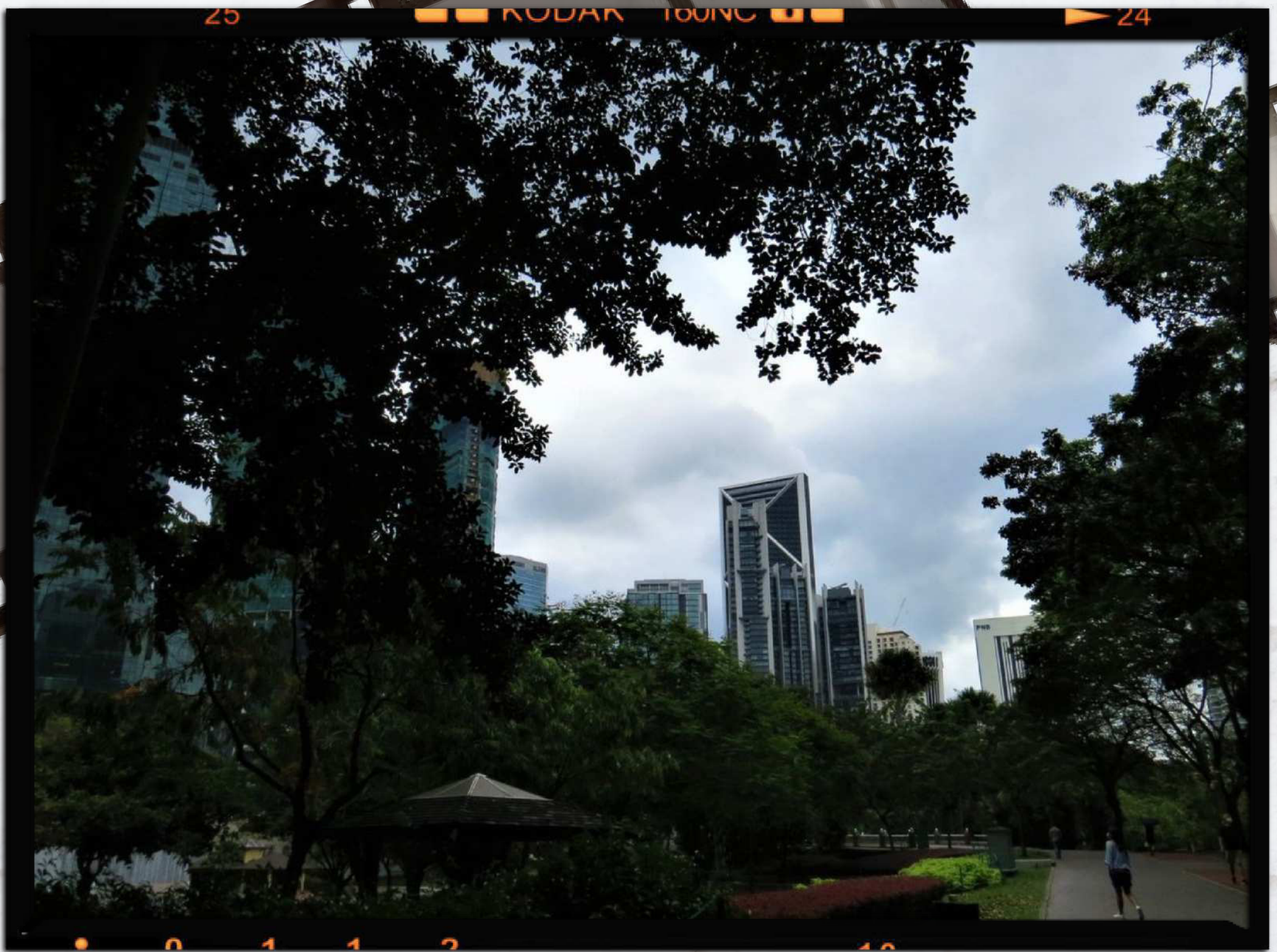
I've had my SLR camera for quite some time already before I actually started learning how to use it with Geoff. It was such an exciting leisure pursuit and all worth the wait! Geoff was very patient and enthusiastic in sharing his personal knowledge of photography with us, teaching us important basic techniques on how to achieve more eye-pleasing photographs.

I used to just use my iPhone for easy photography, but after learning how to use my SLR camera a bit better I surprise myself when I try to grab it instead of my iPhone to capture and shoot an interesting subject! Now I thought that was progress! All thanks to Geoff!

Ana Liza

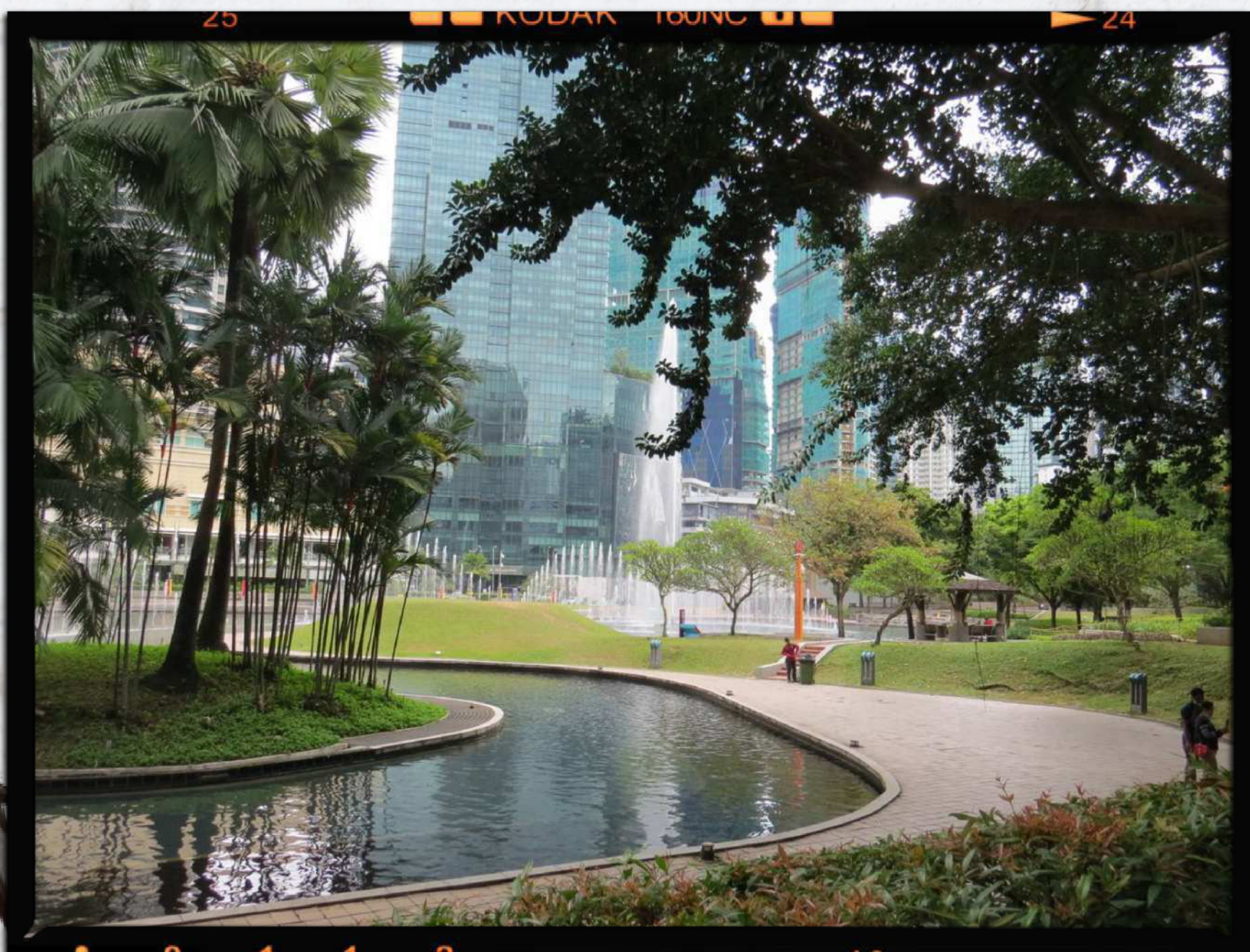






It was very nice to join Geoff's classes, although I only did the first class. However, it was enough to bring my memory back for using my Canon DSLR. I had stopped carrying my camera and tripod when I changed my BlackBerry to Android (Samsung) which is more handy and easy to use. I hope I can join the class again in the future and hunt for the photos together with the lovely ladies in the group.

Vivian





My thoughts of the lessons I got from attending Geoff photography is that whether you're a budding photographer or a hobbyist in search of ways to improve your skills, taking a shot in photography classes is the way to go. Meeting with other photographers and learning from them really help me advance much quicker in our process.

Beyond that, Geoff also provides lessons that would enhance my post-production process, including advanced Photoshop and Lightroom techniques to help improve our craft. The latter involves learning how to correct our photos, digitally change exposure as appropriately needed, and colour grade it to a style that suits our taste.

Cinde



The photography class was very enjoyable. Each class covered a different topic such as night photography, fast moving objects, editing etc. The classes were very hands on and delivered with an emphasis on having fun as well as learning.

The session that really stood out for me was the one at KLIA to film fast moving objects. I've never been to the observation area and the techniques taught delivered some great photos. It was also interesting to see the planes landing close up.

One thing to note is that the classes are outside which means that you can be under the sun for a couple of hours.

Would definitely recommend Geoff's classes and it is great value for money.

Pooi Theng







This is my second time taking photography class with Geoff through the ABWM and I have loved it every time. The first time I did it was to spend time with my friends. I have a very basic old camera. I had no faith that I could take good pictures with it, yet I wanted to learn more about composition. Not only did I have a great time, once a week when we were out and about taking pictures but also, I met new wonderful people.

I have learned a lot from Geoff's classes. I got to know the potential of my camera, like Geoff said: "You can always get good results with what you have 😊 "

Geoff gave us so many useful tips, he taught us how to approach a problem: For example, you like to take a picture of a street but there is something in there that you don't want in the picture. Geoff is a master in framing the picture so it looks it best and then he taught us how to improve it even more using editing.

I really enjoy his practical approach toward these classes. He tried to meet our individual needs and I think he succeeded in doing that. Good energy, good fun!

Selena





A Coronation High Tea

What a wonderful afternoon the ABWM had in celebration for King Charles the 3rd's Coronation with a High Tea at the Ritz Carlton. Ritz Carlton did an amazing job baking and decorating all the lovely cakes to commemorate this special occasion.

The ladies turned up in beautiful summer wear, each one lovelier than the other, some wearing dashing fascinators. Debbie and Margaret from Asian Tigers judged the Best Dressed, with the winner being Ayu Mudiasih. Raffles were also held and many a happy winner left with a smile on their face

Many thanks to Asian Tigers for their support once again, with the donation of wine and bubbles. And many thanks to the Ritz Carlton for the raffle prize of a High Tea for two.

Heather McWilliam







Charity Cheque Presentation 2022-2023

by Clare Harraghy

Thanks to the generosity of our members, we have managed to help over 8 charities with funding for their specific projects.

This year, we thought we would have a small celebration with four of the latest charities to receive funding and have a little update on how they are doing? We enjoyed a lovely coffee morning sharing news from each of the charities.

Following is a brief summary of how each charity has utilised their money.

The annual amount donated to charities for this year is **RM159,806.35** which is a fantastic amount considering it was quite a tough year as we emerged from the pandemic.

Pink Ribbon Wellness Foundation received RM30,000 to provide women in the B40 community with chemotherapy and radiotherapy treatment for breast cancer; which also included a donation from AGS and funds raised by KLCC Walkers.

We helped 21 charities at the October Charity Fair and raised over RM60,000

35 charities were at the Christmas Bazaar and raised a total of RM35,155.00

Making Orang Asli Mothers Independent (MOAMI)

A community-based group of volunteers, encouraging and empowering Orang Asli mothers to become independent within their community. They have received RM5,400 to help provide after-class refreshments for the children and educational materials to help re-start the school in Sungai Relang, after the pandemic; whereby, the children had not received any education for two years. There are now 2 classes a week and the children are eager to learn. There is no website available, please contact the [Charity Team](#) if you wish to know more about MOAMI



Women of Will (WoW) provide micro-loans (RM2,000) to help B40 women start up micro-enterprises and provide them with mentors and also workshops in business skills. Their projects are wide and varied, including how to fish, organic farming, sewing and baking amongst other valuable projects. They received a total of RM12,000 including RM2,000 raised by KLCC Walkers to help with their projects. [Click here for website.](#)

TANMA is a refugee organisation founded in 2010 by three Burmese communities who joined forces to provide a fair-trade co-operative and form solidarity among the women in Myanmar. They wanted to become a strong and united force where other women from different segregated Myanmar communities could join. They were donated RM5,800 to provide furnishings for their new fit for purpose centre, where the women sew their handicrafts and have a showroom, to display their beautiful items for sale. [Click here for website.](#)

Suri Inspiri Sdn Bhd is a social enterprise providing financial support and skills for single and underprivileged mothers who are struggling financially. They use unwanted clothing and fabrics, particularly denim and recycle them into fashionable accessories for sale. They have been given a total of RM4,500, including RM1,500 from KLCC walkers. They have used part of the money to buy clothes for the women to celebrate Hari Raya, which they cannot normally afford. [Click here for website.](#)

If you would like to chat about volunteering, or want to know more about any of the charities we meet, please do get in touch with the charity team and we will be very happy to assist with your enquiries.

Once again, a huge thank you to all of you who have donated so generously, your help is much appreciated by the charities. It really does make a difference to their lives.

Thank You!



TASPUTRA PERKIM CHILDCARE AND TRAINING CENTRE

The Charities subcommittee continues to get out and about to touch base with local charities. In March we had the opportunity to spend time with the children, staff and volunteers at Tasputra Perkum childcare and training centre.

Tasputra is the first Muslim, non-profit day-care centre in Malaysia. It was established over 34 years ago to provide day-based support to multi-racial children with special needs and their families. The centre operates from 7:30 am to 5 pm on weekdays under the steady leadership of long-term Chairman and cofounder Elahe Norman.

The centre provides breakfast when the children arrive and their famous homemade apple sauce at 11.30am, as they are firm believers in an apple a day keeps the doctor away! This is followed by lunch and afternoon tea at 3pm.

The children accessing the centre are 1 year old and above and come from around the local area. Prior to the pandemic there were 52 children accessing the service, but the Health Order requirement to close face-to-face services has had an impact and at the time of our visit there were about 20 attending. These children have a diversity of conditions and a wide range of needs. Some are mobile and can walk, some are wheelchair bound, some are bed bound and totally dependent. A few children are tube fed and some are unable to make eye contact.

Tasputra's mission is to support children to reach their developmental potential and be as independent as possible. To reach these goals they provide the children with physiotherapy, occupational therapy, speech therapy, massage and aromatherapy, multi-sensory stimulation, aqua and spa therapy to name a few. In addition, they give the children a chance to try other stimulating activities like music and art. Because of strong relationships fostered with other services over many years the children at Tasputra are given free medical care by private clinics.



Little Heaven for

Special Needs Children



Another key aim of the service is to enable better access for children with special needs to the therapy and training they need, regardless of socioeconomic background. Therapy is carried out one-on-one with the child and is time consuming and expensive. Many families cannot afford these necessary services. Hence the importance of the work that Tasputra does.

There is a small body of staff at the centre, however they are heavily reliant on the support of volunteers. They don't just take volunteers from a caring background. Over the years they have had volunteers from backgrounds as diverse as civil engineering, aviation, banking, cosmetic industry, research and academia. The essential criterion is a real interest and commitment to being involved. The challenge for them though, is employing and retaining health professionals.

As a charity reliant on funding and sponsorship, they have limited resources and experience ongoing difficulties meeting salary constraints. As a strategy to overcome this they recruit new university graduates and through good relationships with specialist health professionals, who give their time voluntarily, to upskill and train them. Unfortunately, new graduates generally move on once their training is complete.

As with many charities the pandemic had a devastating impact on Tasputra. Not only did they lose volunteers and staff, but government funding was also considerably reduced. Their resilience and resourcefulness has kept the centre going and ensured the children and families continue to receive the support they need.

For more information or to get involved and support Tasputra, you can go to their [website](#) or contact them by email at tasputraperkim@gmail.com or on WhatsApp 011 210 25515.

Dee Davies

Snapshots in Time...



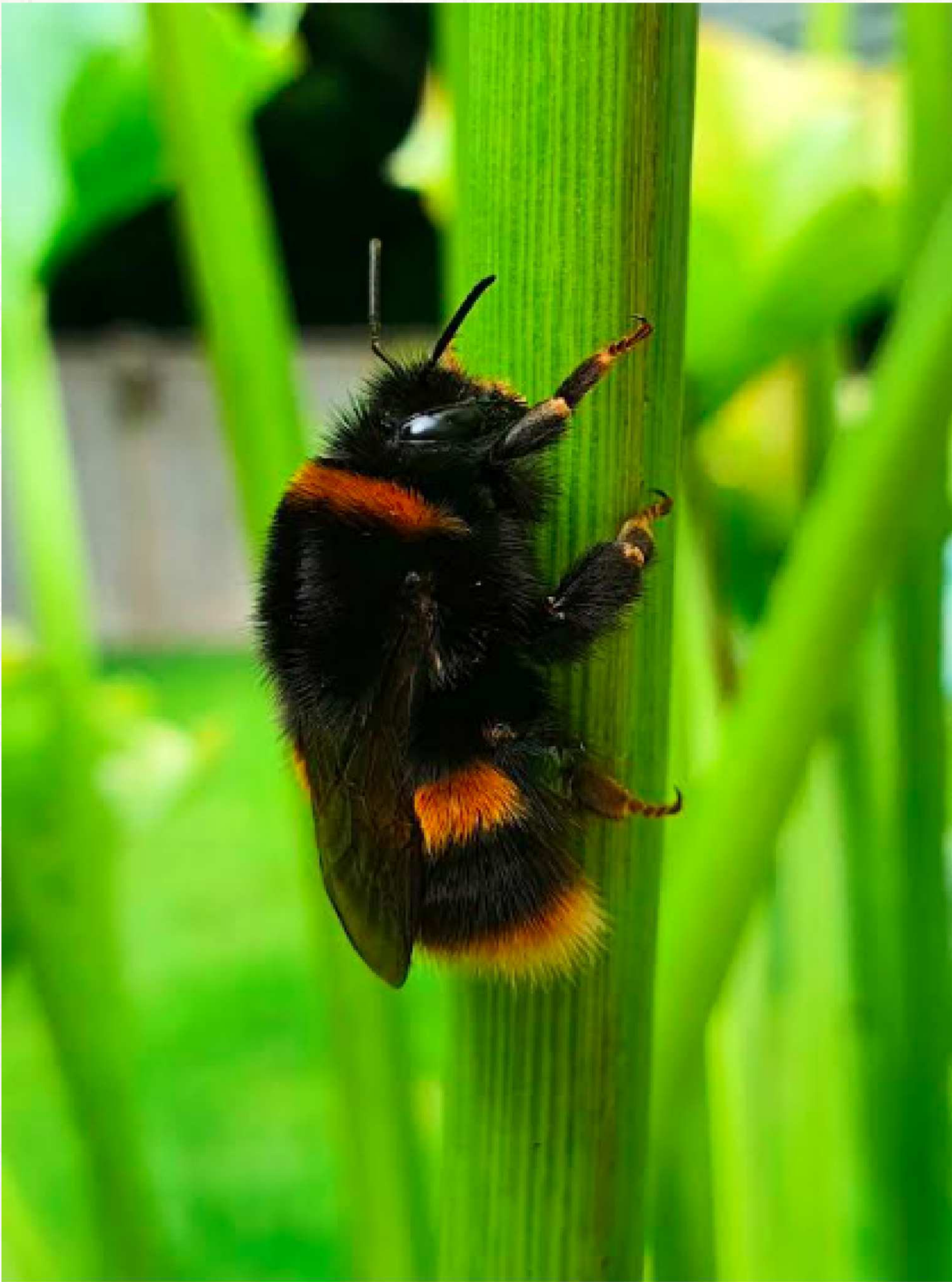
Villarrica Volcano

by Maxine Venter

Pucón. Chile. South America
 December 2022
 Shot with Samsung phone

Holidaying in the South of
 Chile.

...Our Members Photo Gallery



Bee

by Kerry Musgrave

I love bees and was sad when this one flew into a web in my brothers garden, so I aided an escape and popped it on this stem. I was pleased it made a recovery.

Staplehurst, Kent (UK)
August 2020
Shot with Samsung S10

FIVE MINUTES' PEACE

compiled by Sally Addington



PARAPROSDOKIANS are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous.

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you ... but it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up -- we only learn how to act in public.
6. War does not determine who is right, only who is left.
7. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. I didn't say it was your fault, I said I was blaming you.
10. In filling out an application, where it says, "In case of emergency, notify..." I answered "a doctor."
11. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
12. You do not need a parachute to sky-dive. You only need a parachute to sky-dive twice.
13. I used to be indecisive, but now I'm not so sure.
14. To be sure of hitting the target, shoot first and call whatever you hit the target.
15. Going to church doesn't make you a Christian, any more than standing in a garage makes you a car.
16. You're never too old to learn something stupid.
17. I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.



Mozart



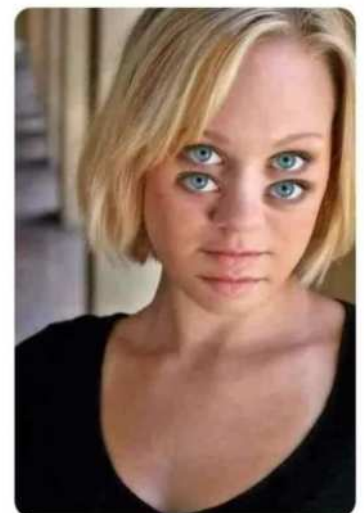
Cinderella



Started growing my own pot...
Not sure if I'm doing it right...

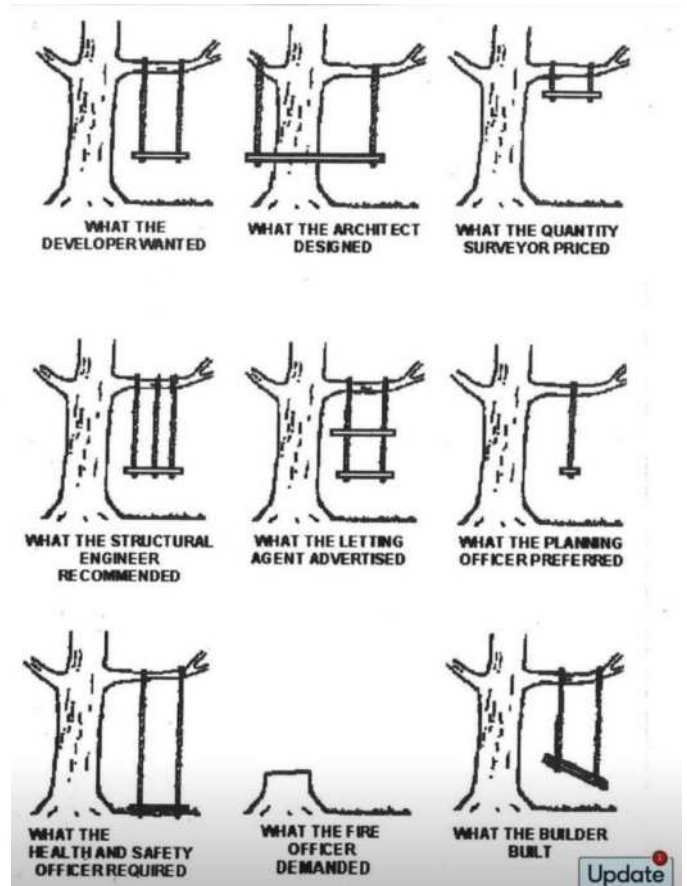


when you come home from
the pub 4 hours late and
she gives you this look





**"For better digestion – I drink beer. In the case of appetite loss, I drink white wine. In the case of low blood pressure, I drink red wine. In the case of high blood pressure, I drink scotch. And when I have a cold, I drink Schnapps."
 "When do you drink water?"
 "I've never been that sick."**



INSULTS, when coated with humour and wit, make for a great combination. Here are some for you to enjoy.....

She has a supreme court figure - no appeal.
 He is a real big gun - of small calibre and immense bore.
 She dresses to kill - and cooks the same way.
 He was a premature baby - he was born before his parents were married.
 He was born in the United States -- terrible things happen in other countries too.
 His obesity is surplus gone to waist.
 He left his job because of illness and fatigue - his Boss was sick and tired of him.
 His credit is so bad, he cannot even borrow trouble.
 He kept learning more and more about less and less, until now he knows everything about nothing.
 What he lacks in intelligence, he makes up in stupidity.
 He may talk like a fool and act like a fool, but don't get the wrong idea about him - he IS a fool.
 It is not that he does not have presence of mind - his trouble is absence of thought.
 Her photographs do her an injustice - they look like her.
 He is as phoney as a dentist's smile.
 He started out in life as an unwanted child - now he is wanted...in 5 countries.
 She has a keen sense of rumour.
 He is Jack of all trades, and out of work in all of them.
 They are in the Iron & Steel Industry -- she irons the clothes and he steals.
 She thought she was getting a model husband - too bad he is not a working model.
 He is so boring, he cannot even entertain a doubt.
 He gave a very moving performance; everyone moved to the nearest exit.

"I doubt I can do this. It's a major part of many many words. Omitting it is as hard as making muffins without flour. It's as hard as spitting without saliva, napping without a pillow, driving a train without tracks, sailing to Russia without a boat, washing your hands without soap. And anyway, what would I gain? An award? A cash bonus? Bragging rights? Why should I strain my brain? It's not worth it!"
 What's particular about this paragraph above, written by the genius poet Michael Madhusudhan Dutt?

Presumably good at helping people stay alive.



IT'S GAM ON A COLD WINTER MORNING

Dog people:



Cat people:



Job Interview Gone Wrong....

Paddy Murphy applied for a forklift operator post at a famous Irish firm. A Norwegian also applied for the same job. Since both applicants had to sit for a test and were led to a quiet room where they would not be in. When the results were in, both men had scored 19 out of 20.

The manager went to Paddy and said, "Thank you for coming to the interview. The Norwegian the job."

Paddy said, "And why would you be doing that? We both got 19 questions and me being Irish, surely I should get the job?"

The Manager replied, "We have made our decision, not on the correct answer, but on the wrong."

Paddy started to get annoyed and asked, "And just how would one incorrect answer make a difference?"

The Manager said, "Simple; on question number 7 the Norwegian wrote 'Neither do I'."



Sal's Chicken Liver Pastry

- 1kg cleaned fresh chicken livers
- 2 large onions, diced
- 2 large cloves garlic, chopped small
- 4-6 rashers smoked bacon (optional)
- 2 packs butter (480g)
- 1tsp marjoram
- 1tsp thyme
- 1tsp mixed herbs
- 3 bay leaves
- 4 rounded tsps turmeric powder
- Seasoning to taste
- 3Tbs brandy

Chuck everything into a large heavy pan. Heat until the butter has melted, then turn heat up to medium. Cook for 20-30 mins, stirring occasionally.

Allow to cool. Fish out the bay leaves. Put in a food processor until smooth, add brandy/cointreau/grandmarnier or whisky. Pour into earthenware or pottery containers. Makes 4 or 5 pots and can be frozen.

Homemade Melba Toast

- 1 ordinary commercial sliced brown bread

Heat oven to medium-low heat. Lightly brush with oil. Cut off the crusts. I do 2-4 at once. Cut each slice into 2 pieces of each slice so you end up with 2 pieces. Bake each square in its own way through. Slice each square into 4 pieces. Lay out with 4 pieces per bread slice. Bake for around 15 minutes until golden. Take out, cool and store in an airtight container.

Balsamic Onion Marmalade

- 1 Tbsp oil
- 8 cups onion, peeled and thinly sliced
- 1 tsp salt
- 2 tsps freshly ground black pepper
- 1/3 cup sugar
- 2/3 cup balsamic vinegar

Sweat the onions, salt and pepper for 10-15 mins, stirring occasionally so the onions don't burn. Stirring continuously until the onions are soft. Add sugar and continue stirring over a low heat. Add vinegar. Simmer, stirring occasionally until the marmalade is goeey. Cool and put into clean jars.

Five Minutes' Peace Recipes - Chicken-Lickin' Good

Sal's Chicken Liver Pâté - by special request for the AGM!

1kg cleaned fresh chicken livers
2 large onions, diced
2 large cloves garlic, chopped small
4-6 rashers smoked bacon (optional)
2 packs butter (480g)
1tsp marjoram
1tsp thyme
1tsp mixed herbs
3 bay leaves
4 rounded tsps turmeric powder
Seasoning to taste
3Tbs brandy

Chuck everything into a large heavy-based pan on low heat until butter has melted, then turn heat up so mixture simmers gently for 20-30 mins, stirring occasionally.

Allow to cool. Fish out the bay leaves, then blend well in a food processor until smooth, adding a couple more Tbs brandy/cointreau/grandmarnier or whatever you fancy!

Pour into earthenware or pottery containers with lids and chill.

Makes 4 or 5 pots and can be frozen for up to 3 months.



Homemade Melba Toast

1 ordinary commercial sliced brown loaf

Heat oven to medium-low heat. Lightly toast all slices (about 10) except the end crusts in a toaster.

Cut off the crusts. I do 2-4 at once to save time. Then, using a sharp knife, cut through the soft part of each slice so you end up with 2 thin squares. If you slice gently, you'll find that the knife finds its own way through. Slice each square into 2, either in rectangles or triangles, as you like... so you end up with 4 pieces per bread slice. Lay them all onto a large baking sheet, soft untoasted side up, and bake for around 15 minutes until golden brown. If you have the oven on too high they will curl up!

Take out, cool and store in an airtight container. Great with the pâté and onion marmalade.

Balsamic Onion Marmalade

1 Tbsp oil
8 cups onion, peeled and thinly sliced
1 tsp salt
2 tsps freshly ground black pepper
1/3 cup sugar
2/3 cup balsamic vinegar

Sweat the onions, salt and pepper in the oil over a very low heat in a covered heavy-based pan for 10 mins, stirring occasionally so the mixture does not brown. Take the lid off and continue to cook, stirring continuously until the onions are soft and transparent – about 10 more minutes. Add the sugar and continue stirring over a low heat until the onions appear dry, about 10 minutes. Add the vinegar. Simmer, stirring occasionally, until the mixture has reduced and the onions are drier and gooey. Cool and put into clean jars. Will keep for several weeks in the fridge.



Chicken-Lickin' Good

Chicken Noodle Soup/ Grandmother's Medicine (Serves 4)

1 cooked roasted chicken
2 carrots, cleaned and left whole
1 large onion, peeled and left whole
1 litre chicken stock
Salt, pepper,
1 bay leaf, 1 tsp dried parsley, 1 tsp mixed dried herbs
1 Tb sugar
150g short thin noodles, alphabetti or orzo - any pasta you like



Chop up 1 cupful of chicken meat into very small pieces and set aside. Use the rest of the roast chicken meat for other meals.

Simmer the chicken carcass in 1 litre (double the recipe if you're freezing some) of chicken stock with the veggies, herbs, sugar and seasonings until aromatic and the veggies are cooked – at least 30-40 mins, half that time if you're using a pressure cooker. Cool. Drain through a colander into another saucepan. Remove the carcass and take off the meat sticking to the bones. Put this meat back into the soup and discard any skin and all bones. Take out onion and carrots and chop finely. Bring soup to the boil again and add the chopped veggies, cup of chicken pieces and dried noodles. Cook until noodles are al dente. They will continue to cook in the hot soup so don't overcook!

Test for seasoning. Either cool and freeze or enjoy hot.

Always tastes better the next day!

Chick Frick (Fricassée) One Of Our Kids' Family Favourites, For 4)

2 cups cooked bite-size pieces of chicken
1 large diced onion
60g butter
1 pack frozen mixed veggies
3 rounded Tbs flour
2 cups milk or milk/veg stock
cooked chopped carrot, beans, or any other leftover veg you like
Seasoning to taste plus 1 tsp sugar (optional)



Cook frozen veg in a pan or microwave.

Sweat onion in butter very gently with the lid on so the onion becomes transparent and does not brown. Add flour and stir well. Cook for a few minutes then add milk bit by bit making sure the mixture boils well as it thickens, stirring all the time so it does not burn on the pan bottom.

Turn heat down and cook for several minutes (this cooks the flour properly). Add the chicken and veggies of your choice, then the seasoning and sugar to taste. Adjust consistency to the thickness you like with more milk or some white wine and serve hot with rice.

Thai Coriander Chicken Salad (For 4)

1 or 2 cooked chicken breasts, shredded
½ cup chopped fresh coriander
2 cups beansprouts, cleaned and blanched in boiling water
4 spring onions, chopped
1 cucumber and 1 carrot, julienned
Any salad leaves - Baby spinach, romaine, iceberg or rocket
Cherry tomatoes, halved
A large handful of cooked rice beehoon noodles – optional
A large handful of dry-roasted plain peanuts

Dressing:

1/3 cup olive oil
1 Tb soya sauce plus 1tsp sesame oil
2 Tbs sweet chilli sauce
1-2 cloves garlic, grated (fresh grated ginger too, optional)
¼ cup lime juice, 1 Tb fish sauce – optional
¼ cup crumbled palm sugar

Pour boiling water over the noodles if desired, leave for 2 mins and drain.

Bung all salad ingredients into an attractive bowl. Add cooled noodles.

Shake dressing ingredients together in a jar.

Chill both until mixing them together just before serving. Sprinkle dry-roasted plain peanuts (toss them in a pan with no fat till browned) on top and enjoy!



Chicken Marbella (Serves 10-12)

2-3 skinned and boned chicken thighs/drumsticks per person
3 large cloves garlic, peeled and crushed
Quarter cup oregano (dried or fresh)
Salt and freshly ground black pepper to taste
Half cup red wine vinegar
Half cup olive oil
1 cup pitted prunes
Half cup pitted Spanish green olives
Half cup capers with a bit of juice
6 bay leaves
1 cup brown sugar
1 cup white wine
Quarter cup of chopped parsley/ coriander



In a large bowl combine the chicken with the first 9 ingredients, cover and leave to marinate, refrigerated, preferably overnight.

Preheat the oven to 350F.

Arrange the chicken pieces in a single layer in one or two large shallow baking pans, and spoon over the marinade. Sprinkle the chicken pieces with brown sugar and pour white wine around them.

Bake for about 50 mins/1 hour, basting frequently. Chicken is done when the juices run clear when pierced. When cooked, remove chicken, prunes etc with a slotted spoon onto a serving platter, and keep warm. Reduce the remaining juice a little by boiling and then spoon over the chicken just before serving. Sprinkle generously with the chopped herbs. Delicious with rice, potatoes, polenta, crusty bread etc. and a fresh green salad.



UNFORGOTTEN

Director: Chris Lang
Starring: Nicola Walker, Sanjeev Bhaskar, Caroline Main, Peter Egan, Lewis Reeves
Rating: 12A
Length: 55 minutes per episode
Release Date: 2015-2023
Star Rating: 5 *****

Unforgotten is a British crime drama into its fifth series. I picked It up again from series two and binge watched until the end of series five! Each series is now an historical murder that previously was a case closed on a missing person.

Piecing together old and new evidence they work hard to establish why and how, one victim was found in a motorway reservation and the case dates back to her going missing, on the eve of the Millennium. Another is found in the chimney of a very old house but the victims last sighting is only around a decade ago. There's also the finding of a headless corpse found in an old fridge freezer which is another series story.

The detectives work throughout all the stories is gripping, add in modern technologies too, this enables the storylines to accelerate and delve deep into finding the causes of death. And, throughout the stories, you see flashbacks, some of guilt and dishonesty, some just of memories they tried to forget. These suspects are ladened with some level of deceit and lies that they have used to protect themselves and other guilty parties. It does make you question who is guilty and what part did they play in it all.



WELLMANIA

Director: Erin White, Helena Brookes
Starring: Celeste Barber, JJ Fong, Lachlan Buchanan
Rating: 15
Length: 8 episodes of 30min each
Release Date: March 2023
Star Rating: 4 ****

Just securing the job of a lifetime, now New Yorker Liv Healy makes a quick trip back to Sydney to see her best friend Amy for her 40th Birthday.

During her short visit there, Liv finds her green card is lost/stolen and, upon applying for a new one at the consulate, she faints! Waking up in the doctor's office, Liv is told she'll not be issued with a new card until she reduces her cholesterol and changes her lifestyle. On a mission (and a tight schedule) the Bondi cleanse starts with hilarious results.

Always working, she hears the 'King of Meat' chef Gabriel Wolf is now cooking Vegan food and it's taking Australia by storm. Eating in several restaurants she manages to track down the elusive chef and get into his exclusive party. Still upholding the promise to herself and family of her clean routine, she regretfully turns up to spin class next morning, straight from the party.

Eventually, after days of trying, she passes the mental health check and is reissued with her green card. With her brother's wedding, the stress of giving a speech and timeline to catch the night flight to New York another fainting episode happens but with a hallucinogenic storyline which is funny to say the least!

Movie Fact: Based on the book: "Wellmania: Misadventures in the Search for Wellness" by Brigid Delaney



PURPLE HEARTS

Director: Elizabeth Allen Rosenbaum
Starring: Sofia Carson, Nicolas Galitzine, Chosen Jacobs, John Harlan Kim
Rating: 12A
Length: 122 min
Release Date: July 2022
Star Rating: 3.5 ***

Cassie is a bartender and singer songwriter making ends meet after recently being diagnosed with Type 1 Diabetes. Luke and his fellow marines, who are ready to be stationed in Iraq begin to flirt with Cassie but she turns him down continuing to chat to longtime friend and Luke's friend, Frankie.

In need of medical and financial help Cassie proposes to Frankie in order to benefit from spousal medical insurance. He refuses, but Luke who was vehemently against the idea originally, decides that actually, this could benefit him as well as Cassie, as he owes money to a drug dealer he got involved with years ago when his mum died.

They agree they'll divorce after a year and proceed to speak to each other on the daily to keep up the pretense, she even performs her songs to boost morale. After an accident involving Luke which means he has to come home and an already strained marriage is put to the test when Luke's Father becomes involved, doubting the authenticity of the situation.

Rumbled, they are taken to court where Luke takes responsibility for the whole event and is sentenced to six months, and on the same day Cassie's big break comes as she fronts for Florence & the Machine. Managing just to see him before he goes in Luke gives her a ring and tells her it's for real.

Movie Fact: Netflix announced the movie was the 3rd most watched movie of 2022 spending 6 weeks in the top 10





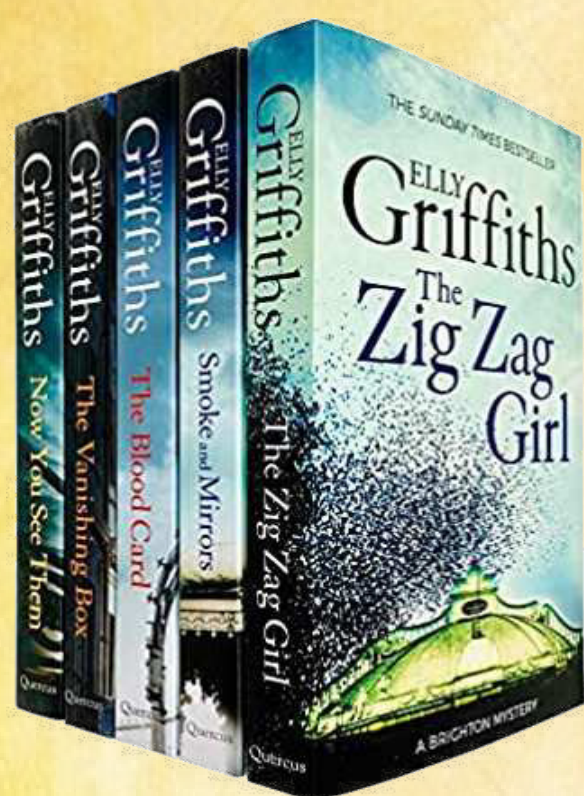
ELLY GRIFFITHS

This month I thought I'd write about an author rather than one of her specific books.

Elly Griffiths is a very prolific writer and a delightful character. She regularly contributes to Facebook groups about her books and has a wonderful sense of humour.

Rather like Ann Cleeves who I wrote about last month, Elly writes series of books and there are currently three she works on and releases. She did write earlier under her real name of Domenica de Rosa, but I have not yet read any of those – a treat to come I suspect!

Her major series is the **Ruth Galloway mysteries** and there are fifteen novels in this series. Ruth is a forensic archaeologist living and working in North Norfolk. The settings are very atmospheric with sea mists and mystical old buildings creating intriguing and spine-chilling locations. She is called in to advise and guide on mysterious deaths that require her professional input by a detective with whom she develops a complex on-going relationship. There are many other quirky characters, Cathbad being one who is a druid mystic married to a Police Sergeant. Each book is excellent in its own right, but they are best read in order to get the most from them. I thoroughly recommend them.



The next series is **The Brighton Mysteries**, set in Brighton of course and featuring a magician and the mysterious darkness of music hall. There are six books so far in this series and again Elly triumphs with her atmospheric settings and attractive characterisations.

Last but not least is the latest series around **D.I. Harbinder Kaur**, an Indian policewoman whose character is just emerging but who promises to be just as engaging as Ruth and Max Mephisto from Brighton. The third Harbinder book has recently been released – Bleeding Heart Yard.

So, in summary, Elly Griffiths is a great storyteller and reading her titles is rather like a Netflix binge, you can't wait to get hold of the next one and you're not disappointed as she produces at least one new book a year and often two.

Try her out and let me know what you think!





Courageous Explorers

A YEAR IN THE LIFE OF THE INTERNATIONAL (DUKE OF EDINBURGH) AWARD

Not all learning happens in the classroom!



Alice Smith School students and staff have celebrated the return of the Adventurous Journeys in the Duke of Edinburgh's International Award following restrictions in previous years.

Students take on the challenge of the International Award and choose to complete either their Bronze, Silver or Gold Award.

The International Award equips our young for life regardless of their background, culture, physical ability, skills and interests. Doing the Award is a personal challenge and not a competition against others; it pushes young people to their personal limits and recognises their achievements.

We look forward to seeing many more students achieve success in the International Award and that "*The Duke of Edinburgh's legacy will continue to grow – and in doing so, champion and challenge young people from all corners of the globe – for many years to come.*"





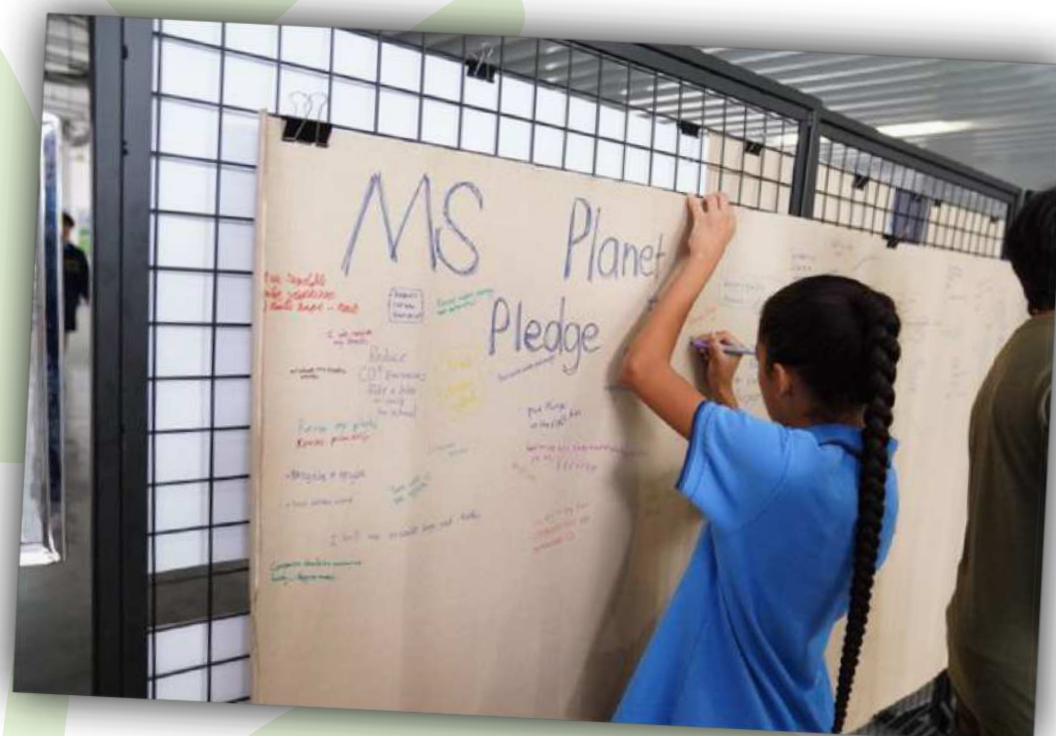
Empowering Students to Nurture a Greener Tomorrow!

The International School of Kuala Lumpur (ISKL) held a week-long celebration in honor of Earth Week, emphasizing the importance of environmental stewardship across all divisions.



Elementary School students participated in the "Panther Swap," a clothes exchange event promoting recycling and reusing garments. Through swapping clothes, students learned the value of extending the life of garments and minimizing waste while fostering a sense of community.

Middle School students took part in various eco-conscious activities, such as compost planting, made "Planet Pledges" to commit to personal environmentally-friendly actions, and showcased their artistic talents in a drawing competition centered around environmental themes.



Middle School students took part in various eco-conscious activities, such as compost planting, made "Planet Pledges" to commit to personal environmentally-friendly actions, and showcased their artistic talents in a drawing competition centered around environmental themes.



Overall, ISKL's Earth Week celebration was just one of the ways the school is encouraging students to develop the skills, attitudes, and knowledge they need to take on new responsibilities, face challenges, and become socially responsible global citizens.

Discover how ISKL empowers students to create a better world by visiting iskl.edu.my.

Shaping Futures : Sudar and Diviya at Charterhouse Malaysia

Charterhouse Malaysia, in partnership with Teach for Malaysia (TFM) and Closing the Gap (CTG), offers scholarships to deserving students from less fortunate backgrounds. Sudar and Diviya, two remarkable students graduating in June 2023, have benefited from this collaboration.



Sudar reflects on his experience: "Throughout the journey with Closing the Gap, I gained knowledge and skills to choose my path after SPM." Diviya recalls her support from CTG: "With numerous online workshops, the efforts put by Teach for Malaysia alumnus allowed me to be prepared for exams and pre-university applications."

Both students embraced Charterhouse Malaysia's holistic approach. Sudar says: "Enrolling for A level in Charterhouse Malaysia was one of the best decisions I made as a first step for a better future." Diviya highlights the value of 'Spectra SMARTS': "It helped me to reflect on my decisions and view situations from different perspectives."

Charterhouse Malaysia focuses on character development. Sudar appreciates the school's dedication to cultivating well-rounded individuals: "The school's character education program teaches students important life skills, such as critical thinking, problem-solving, and communication."

Diviya credits the school for helping her develop essential personal qualities: "Through the ups and downs of this A-Levels journey, I have learned to bounce back from setbacks and stay focused on my goals."



Sudar and Diviya are grateful for the opportunities and growth provided by Charterhouse Malaysia, TFM, and CTG. Sudar reflects: "The support and guidance provided by the teachers and mentors enabled me to achieve my goals, and the confidence and sense of accomplishment I gained from completing the project have had a lasting impact on my overall well-being."

Diviya concludes: "Both Charterhouse Malaysia and Teach for Malaysia have been an invaluable source of learning, growth, and opportunity for me... I am grateful for the many ways in which they have shaped me as a person."

By highlighting the journeys of these two exceptional students, we underscore the importance of collaboration between organisations like Charterhouse Malaysia, Teach for Malaysia, and Closing the Gap in transforming lives and nurturing future leaders.



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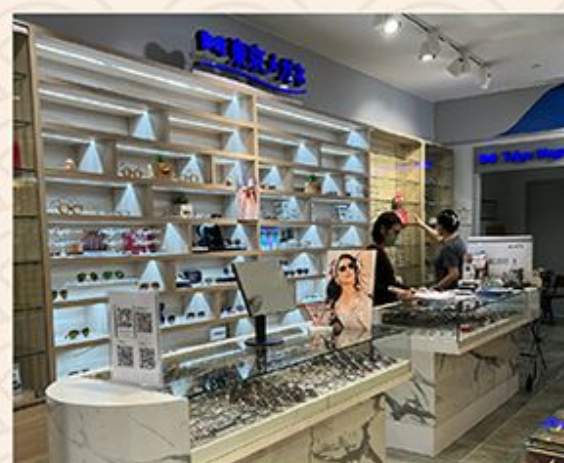
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*Kindly mention this offer when making appointment for a colour service.
3. Any ABWM members having a haircut/colour service in our salon from 1st March - 31st May 2023 will be entered into a lucky draw. The winner selected from the lucky draw will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

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

Tel: 03 21688802

FB: Toni&Guy Troika Kuala Lumpur

IG: toniandguytroika



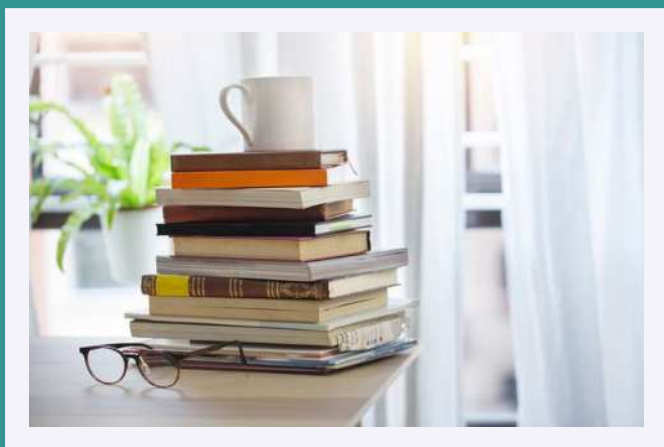
CLUBS & ACTIVITIES

HELLO KL!

A must for all newcomers!

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

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



ABWM BOOK CLUB

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

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

PHOTOGRAPHY CLUB

All levels welcome!

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

Hosted by Geoffrey B. Johnson, photographer.

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



TENNIS CLUB

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

BRIDGE CLUB

ABWM BRIDGE

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

IMPROVERS GROUP

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



MAHJONG CLUB

All levels welcome. Happy to teach from scratch!
Play is at the ABWM House on:
- Mondays 1:30pm-3:30pm
- Fridays 10:30am-12:30pm
For more info, contact the House at contact@abwm.com.my

MAY I ?

Also known as Continental Rummy, May I? is a progressive partnership Rummy card game related to Rumino.
Hosted by Tracey Dhinsa.
Play is at the ABWM House on Wednesday mornings.
For more info, contact the House at contact@abwm.com.my





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