

ABWM

Majalah Life

November 2023

FEATURED

Pink October
Charity Fair



ASSOCIATION OF BRITISH
WOMEN IN MALAYSIA

*Charity
Support
Fun*



ABWM CHRISTMAS BAZAAR

JWM Marriott

- Photos with Santa: RM10
- Carolers
- Food vendors
- Kids Corner
- Cash Bar
- Charities
- Giving Tree
- Raffles

26-NOV
10am-6pm
RM25
under 12 FREE

Vendor spots available

CLICK HERE



Editor
Alia Dada
editor@abwm.com.my

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

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



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MOVEMBER DRINKS



**SUPPORTING
= MEN'S HEALTH =**

SUNDAY, NOVEMBER 19TH

AT SID'S PUB - PLAZA DAMANSARA

1PM - 5PM

Featuring:

- Golf balls guessing comp
- Best mo/beard prizes
- Truefitt & Hill Barber chair
- Raffle prizes
- Great DJ

Sponsored by:



**Melbourne
Capital Group**



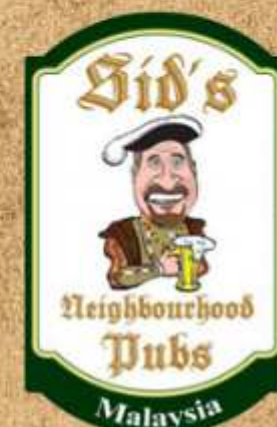
Worldwide Movers
You deserve the best

Proceeds to:



**National
Cancer
Society
Malaysia**

Giving Hope Celebrating Life



contact@abwm.com.my

Editor's Note

Hi all!

October has been a busy month with two of our biggest events being held. Happy to say both events, our Charity Fair at Bangsar Village and Pink October Celebration of Life, held at MITEC went off really well. A lot of time and effort by the committee members and all our volunteers have gone into ensuring these events have gone off smoothly and been a real success. A big thank you to all, including our sponsors.

This month's magazine is bright and beautiful. Lots of photographs of the many, many exquisitely crafted items at the Charity Fair. I know I had a lovely time picking up items as gifts and, of course, myself. Annie has written a lovely article with details on some of the charities.

Our Pink event was, of course, all pink, thrown in with a lot of glitz and glamour. While we all enjoyed the fashion show and the fun of guessing the size of the sexy pink bra, we also remembered the event was held to support those who courageously face and fight their fight with cancer. This year our proceeds will be going to the National Cancer Society of Malaysia.

Check out our events calendar. Our Movember event to support Men's Health is coming up, we have the Christmas Lunch and Christmas Coffee Morning. Let's not forget our Big and Bustling Christmas Bazaar coming up at the Marriott Hotel on the 26th of November. Mark the dates in your calendars and come out to support all our events. We need volunteers, your time and effort will go a long way in ensuring the success of our events. Do contact the house at contact@abwm.com.my and sign up.

Warm wishes to all and hope to see all of you at some, or all, of the events.

Cheers and happy reading,

Alia



Alia Dada
Editor
editor@abwm.com.my





A B W M
Christmas
LUNCH

Thursday 7th December
12.30pm at

TATTO

FABULOUS 3 COURSE LUNCH
RAFFLE
CHRISTMAS QUIZ
CAROL SINGERS
PLENTY OF FESTIVE FUN

MBR WINE RM 165 MBR RM 130

GUEST WINE RM 190 GUEST RM 155

[CLICK HERE FOR MENU](#)

BOOK NOW

tatto



Dear Members,

Chat from the Chair

Happy November!

And a warm welcome to the winter from home. Myself and my family have just been out for a brisk walk on a wintry sunny afternoon by the sea and enjoyed a delicious hot chocolate to keep our hands warm. I'm very glad to be heading back to KL shortly and the sun. What a fun filled October it has been with our October Charity Fair and our Pink October event at Mitec. Big shout out to all involved and to everyone who supported the events this year. Thank you to all our Committee who worked tirelessly to make these happen and to our lovely Volunteers and Sponsors who helped make these events possible.

Special mention to the KLCC Walking group for the amazing amount raised for Pink October this year. I was sorry to have missed the month as it is always a fun but busy time for ABWM but due to family commitments I had to extend my trip.

All proceeds this year for Pink October will go towards the National Cancer Society of Malaysia. Keep reading to find out more.

Coming up this month we have our "Movember" event. Please join us in supporting "Men's Health" this year at Sid's Pub in Plaza Damansara on the 19th of November.

Our Annual Christmas Bazaar is also just around the corner. This year it is at the Marriott Hotel in KL. Help spread the Christmas cheer, we are looking for Volunteers to help out on the day, please drop an email to the house at contact@abwm.com.my. The more the merrier as they say, many hands make light work. Don't forget we will have a special visitor in town ho! ho! ho...

We have our charity stalls and lots of vendors so there will be plenty of opportunity to do all your Christmas Shopping under one roof. It's guaranteed to be a fun day out for all the family especially with the new addition of our Men's Corner. We look forward to seeing you there.

Enjoy the magazine this month.

Looking forward to being back and seeing you at one of the coffee mornings around KL or some of our events over the coming weeks.

Happy reading

Till next time take care

Debbie



Debbie O'Neill
Chair

chair@abwm.com.my



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

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

Pink October 2023

The ABWM held its annual Pink October Event this month at MITEC Convention Centre and what a wonderful fun packed day it was. This year's Pink October Charity Recipient will be The National Cancer Society of Malaysia (NCSM) for women from the B40 group providing education, care and support for women affected by cancer.

Everyone had a wonderful day and the ladies outdid themselves with their pink outfits and looked stunning. The event started with a lovely mix and mingle opportunity for everyone.

Once all the guests were in and seated the entertainment began, with a Belly Dancer (sponsored by Hammam Spa), who spun and dazzled the guests, eliciting some laughter when she got some members off their chairs to dance along with her, followed by a fashion show by Ishiz Studio with models from BCWA (Breast Cancer Welfare Association) and friends of Ishiz Studio.



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Melbourne Capital hosted the Cancer Trivia Quiz. It gives one pause to think of the seriousness of what ABWM supports, the battle one faces when receiving a cancer diagnosis and the importance of getting check ups done in a timely manner

The Guess the Bra Size was a big hit, with guests having quite a laugh trying to figure out the size, wondering if they could feel up the mannequin sporting the bright and beautiful pink bra. A big shout out to Dawn for volunteering to (wo)man that table!

The beautiful pink remembrance tree, had a number of guest hanging messages in a poignant remembrance of loved ones. A special presentation was made for the ribbons that were sold at last year's Pink October Event, a massive thank you to Alissa for arranging to have them all framed.

The canapés flowed along with dancing and a glass of bubbles or two. Tito's Handmade Vodka once again provided cocktails for all to enjoy.

On a sad note, ABWM had to say goodbye to Alissa, our events coordinator as she sets off on her new adventure to Alaska, thank you for all your hard work and you will be missed by many.

Until next year.



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“Great PO event this year. Made a welcome change from the usual lunch. Very well organised so hats off to all those involved” - Mandy

“Bravo to the Pink October organisers for trying a new format for the event. I enjoyed the fashion parade and the clothes modelled by breast cancer survivors, were floaty and feminine - great for a special occasion. There was an opportunity for a neck and shoulder massage- mmmmm-, henna artwork, shoe shopping and a quiz. Never a dull moment!” - Carole

“Quite good although the food could have been better” - Yun



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“I thought the yearly pink Octo attended. The guessing o amusement to the event, an lady got it right! There w attached to the winner. I hope The belly dancer was ent fashion show went down wel food and good company.” - D



October was enjoyed by all who
of the bra brought some
and to my surprise only one
as a very generous prize
e she enjoyed the vouchers.
entertaining and indeed the
all. There was no shortage of
awn

A special Thank you to our



A big thank you to our Platinum Sponsor Melissa, who along with Gregg from quiz and got everyone involved.

Melbourne Capital also provided raffa Dressed on the Day with Julie Flew tal

Debbie and Margaret attended from sponsored the Pink Remembrance Tre

Cyril from AGS once again provided team helped sell raffle tickets for the c

Hammam Spa provided personalised and neck massages.

A big thank you to Tito's Handmade Vo



Penan Bags were there displaying their beautiful bags. A special thank you to them for donating their bags as prizes for our raffle draw.

Jackson of Jackson shoes displayed his wonderful handmade shoes and Ishiz Studios had a display of their jewellery and clothes drawing quite a crowd after the fashion show.

The raffle prizes were amazing, with prizes donated by Melbourne Capital, Asian Tigers, Hammam Spa, Tito's Handmade Vodka, Penan Bags and Estée Lauder. Many winners left with smiles on their faces.

Heather McWilliam



Sponsors and Vendors.

Sponsor Melbourne Capital, especially the Rosewood Clinic, held a trivia

le prizes and supported the Best making home the prize.

m Asian Tigers and once again ee.

the photo booth and he and his day.

oil perfume gifts along with Henna art

odka for their continuing support.





Back by popular demand, the ABWM Charities Fair was held on Friday 20th and 21st of October, providing an opportunity to 20 local NGOs and educate visitors to their work and from helping different markets and rescuing funds.

Thanks to visitors and curators at the BV mall, these organisations raised more than RM41,000 in sales over these 2 days.

Well done Charities in supporting your organisation and sponsors.



Fair

l, the 2nd edition of the
held at the Bangsar Village
October. The Fair gave the
GOs to display their wares
r different causes, ranging
riginalised communities to
rry friends.

ious shoppers strolling by
sations were able to gross
sales and donations from
2 days!

preaching the word about
see you at the next Fair!



Charity Fair

At the event, I had the pleasure to learn about some of the NGOs present.



Lady Ayaz Sewing Center

Shown in photo: Shanti - founder and managing director of the Center- and her colleague Rabia. Both came into KL as refugees from Pakistan.

Founded in 2016 with a grant from UNHRC, the Center provides sewing training to refugees. They sell fabric and custom-made clothes, bags, etc. for different clients.

They were also selling food at their stall. I was lucky to try their delicious Pakistani pani puri; a crispy shell stuffed



with potatoes, onions and chickpeas served with a tamarind-based sour sauce. Very yummy!



Making Orang Asli Mothers Independent (MOAMI)

Apart from providing education to the youngsters in the community, they also run different projects which the whole community pitches in, from teens making beaded bracelets and upcycling hotel linen into bags to gathering edible vegetables in the jungle to sell at local markets. Sadly with construction projects encroaching into the jungle, this last feat is harder to sustain.

Plastic Shreds Project

Plastic bottle caps are cleaned, dried then shredded before being molded into coasters and turtles by the women. Colorful beads are threaded by the children before being attached to the turtle keychains.





Tapustra Perkim's stall was invaded by potted plants – amongst their many wares for sales: books, snacks, sunglasses... Asked about these plants, Mrs. Norman proudly explains that they all come from their garden at their center. Their gardener-in-training: a young man with cerebral palsy who takes pride in tending to the garden, amongst other tasks. In addition to learning new skills, he is also earning some income to help his family.

Since 1987, Tasputra is the first Muslim, non-profit Day-care, which in later years has become a training centre for multi-racial children with special needs, mostly from the lower income group of parents.



Dignity for Children Foundation

This NGO that has been around since 1988, running many facilities in Sentul to support refugees and the marginalised communities.

Their school provides Montessori program for the young ones and IGCSE for the high school children and is attended by more than 2300 students from 25 nationalities and some local children as well.

For the 16+ teens, they have training centers to teach them working skills. Located in the same shop lot, they also run a café, a sewing studio, a hair salon, as well as a bakery shop.

To learn more about these organisations, make sure to check their social media sites or email us at contact@abwm.com.my

Annie N.

ABWM

Christmas Bazaar

26-Nov 10am -6pm

JWMarriott

**Meet
Santa**



**Professional Photos
Letters to Santa
RM10 per child**





It was one of those typical dreary grey days in Derbyshire, too damp to go sightseeing and yet not wet enough to stay home. We were visiting friends and decided to visit a small holding in the area. Walking in, there were open fields where farm equipment and machine parts were being sold, and produce from the land was also on sale.

I heard the most fascinating voice coming from further in and my interest was piqued. We decided to follow the voice and see what was going on. We came across a cattle auction and the voice we heard was, of course, the auctioneer. I had never heard anyone speak so fast. We decided to sit and watch for a while and I was warned by my hubby to stay still.

No hand movements and no pointing, or we'd be going home with a heifer! I don't think I even dared blink. For the life of me, I couldn't figure out how people were signalling, gestures were barely perceptible. I kept looking around but just couldn't tell.

On our way out of the auction area, we managed to go down to stroke the cows. After putting our hands through the fenced areas all we could reach were their rumps. The one I stroked turned back to look at me and, oh my, they have the biggest and softest eyes. A very satisfying experience but my hand did stink after that.

They also have auctions where the mother cow and her calf are sold together. I was really happy to see that they were not being separated. I must add the auction was only for breeders and not for any other purpose. There was also a sheep auction, but to get to the sheep one had to wade through calf-deep disinfectant and one needed wellingtons for that.

Dawn Morris

Farewell and Thank you! ❤️



It's sad to say goodbye to a friend and colleague. For the last 3 year's Alissa Nelson has been very much a part of ABWM; first helping out with events and for the past 24 months as our ABWM events coordinator.

Alissa has worked tirelessly coming up with new ideas for events. We will miss her, but most of all, we will miss her friendship.

Thank you Alissa and wishing you all the best as you move on to another phase of your life.

Bye for now. ❤️

Debbie



ABWM

Christmas Bazaar

26-Nov 10am - 6pm

JW Marriott, KL

**Volunteers needed from 8am - 8pm.
Please let us know when you can help!**

contact@abwm.com.my





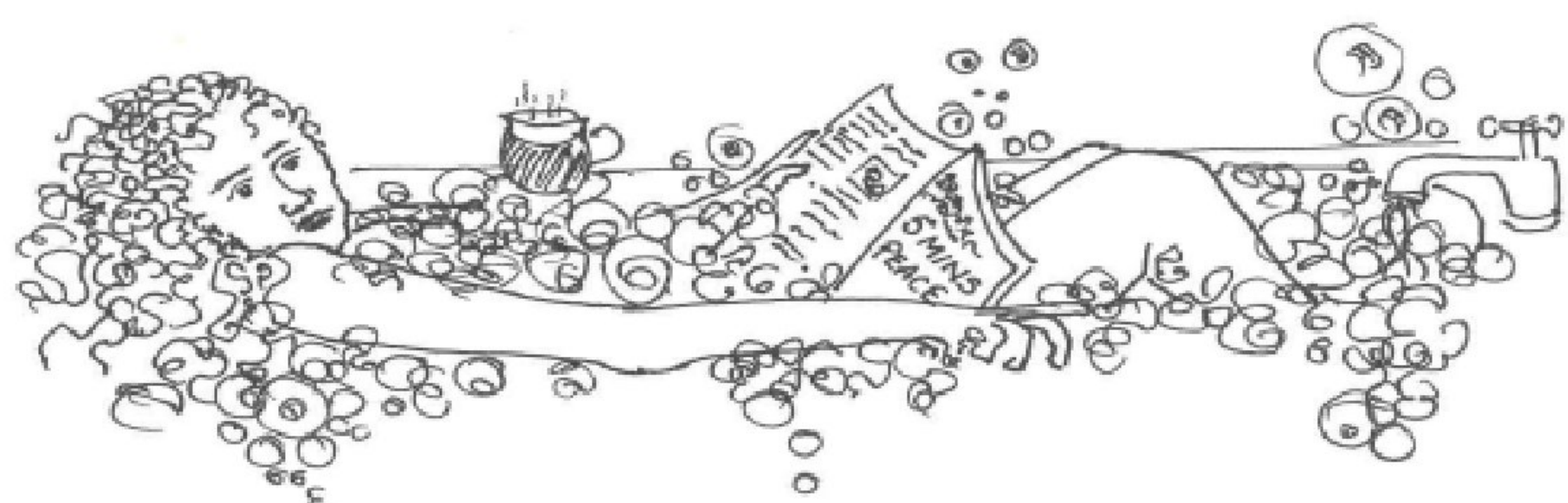
Nyctophilia [nik.tə'fɪl.i.ə]

[n] The condition of being very happy and comfortable in the dark:

Nyctophilia is a condition that makes you want to sit in the dark all by yourself late at night, wide awake.

FIVE MINUTES' PEACE

compiled by Sally Addington



There are 5 things in life you cannot recover:

- 1. A stone... after it's thrown.
 - 2. A word... after it is said.
 - 3. An occasion... after it's missed.
 - 4. The time... after it's gone.
 - 5. A person... after they die.
- Life is short. Break the rules. Forgive quickly. Kiss slowly. Love truly. Laugh uncontrollably. And never regret anything that made you smile! Enjoy Life!!!

An old lady offers the bus driver some peanuts... so the driver happily munches them. Every 5 minutes she gives him a handful more peanuts..

Driver: Why don't you eat them yourself?

Old lady: I can't chew. Look, I have no teeth..

Driver: Then why do you buy them?

Old lady: "Oh, I just love the chocolates around them."

I feel bad for parents nowadays. You have to explain the birds & the bees. The bees & the bees. The birds & the birds. The birds that used to be bees. The bees that used to be birds. The birds that look like bees and the bees that look like birds but still got a stinger.



105 year old woman's remedies to her health



"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."

LET'S LAUGH AWAY OUR STRESS WITH ANTS!

- 1. 5 ants + 5 ants = Tenants
- 2. A sarcastic ant = Mordant
- 3. Ant that goes to school = Brilliant
- 4. Ant that is looking for a job = Applicant
- 5. A spy ant = Informant
- 6. A very little ant = Infant
- 7. An ant that uses a gun = Militant
- 8. An ant that is a specialist = Consultant
- 9. A proud ant = Arrogant
- 10. An ant that is cruel and oppressive = Tyrant
- 11. An ant that is friendly and lovely = Coolant
- 12. An ant that is important = Significant
- 13. An ant that has big legs = Elephant
- 14. An ant that lives in a property = Occupant
- 15. An ant that keeps financial account = Accountant
- 16. A huge ant = Giant
- 17. An extremely fast ant = Instant
- 18. An ant that has changed from evil to good deeds = Repentant
- 19. An ant that accumulates lots of food in summer for use in winter = Abundant
- 20. To bring an ant from another country into your country = Important
- 21. An ant that can take anything without complaining = Tolerant
- 22. A noisy ant = Rant
- 23. An ant that doesn't keep moving = Constant
- 24. A dirty ant = Pollutant
- 25. An ant that annoys = Irritant
- 26. An ant that lacks knowledge = Ignorant
- 27. An ant that isn't willing = Reluctant
- 28. An ant that wastes resources = Extravagant
- 29. A very careful ant = Vigilant
- 30. An ant maintaining good hygiene = Deodorant
- 31. An ant that finds it hard to move = adamant
- 32. An ant that refused to move = Redundant
- 33. An ant that is into business = Merchant
- 34. A Political ant = Aspirant
- 35. An ant suing someone in court = Complainant
- 36. A happy ant = Jubilant
- 37. An ant that is patient = tolerant
- 38. An ant that does not cooperate = recalcitrant
- 39. A green ant = Plant
- 40. An ant that runs away from school = Truant



FUNNY BUT TRUE

Alphabet for seniors will make you laugh

A is for apple and B is for boat, that used to be right but now it won't float! Age before beauty is what we say but let's be a bit more realistic instead

The alphabet for seniors:

- ⇒ **A's** for **arthritis**,
- ⇒ **B's** for **bad back**,
- ⇒ **C's** for **chest pains**, perhaps **cardiac**?
- ⇒ **D** is for **dental decay** and **decline**,
- ⇒ **E** is for **eyesight**, can't read that top line!
- ⇒ **F** is for **fissures** and **fluid retention**,
- ⇒ **G** is for **gas** which we'd rather not mention,
- ⇒ **H** is for **high blood pressure**;
- ⇒ **I** for **incisions** with scars you can show,
- ⇒ **J** is for **joints**, out of socket, won't mend,
- ⇒ **K** is for **knees** that crack when they bend.
- ⇒ **L's** for **lots of love**
- ⇒ **M** is for **memory**, I

forget what comes next.

- ⇒ **N** is **neuralgia**, in **nerves** way down low;
- ⇒ **O** is for **osteo**, bones that don't grow!
- ⇒ **P's** for **prescriptions**, I have quite a few, just give me a **pill** and I'll be good as new!
- ⇒ **Q** is for **queasy**, is it fatal or flu?
- ⇒ **R** is for **reflux**, one meal turns to two,
- ⇒ **S** is for **sleepless nights**, counting my fears,
- ⇒ **T** is for **Tinnitus**, bells in my ears!
- ⇒ **U** is for **urinary**, troubles with flow,
- ⇒ **V** for **vertigo**, that's 'dizzy,' you know.
- ⇒ **W** for **worry**, now what's going 'round?
- ⇒ **X** is for **X ray** and what might be found.
- ⇒ **Y** for another **year** I'm left here behind,
- ⇒ **Z** is for **zest** I still have - in my mind!

A cartoon illustration of an elderly man with a long white beard, wearing a blue t-shirt and brown pants, standing with his hands behind his back.

The new version of Snow White, but without the "non consensual kiss" so as not to offend the new generation...





Five Minutes' Peace R

DREADFUL JOKE OF THE MONTH

Tired of constantly being broke and stuck in an unhappy marriage, a young husband decided to solve both problems by taking out a large insurance policy on his wife with himself as the beneficiary and then arranging to have her killed.

A 'friend of a friend' put him in touch with a nefarious dark-side underworld figure who went by the name of 'Artie.' Artie explained to the husband that his going price for snuffing out a spouse was 10,000 quid.

The husband said he was willing to pay that amount but that he wouldn't have any cash on hand until he could collect his wife's insurance money. Artie insisted on being paid at least something up front, so the

man opened his wallet, displaying the single pound coin that rested inside. Artie sighed, rolled his eyes and reluctantly agreed to accept the pound as down payment for the dirty deed.

A few days later, Artie followed the man's wife to the local Waitrose supermarket. There, he surprised her in the produce department and proceeded to strangle her with his gloved hands. As the poor unsuspecting woman drew her last breath and slumped to the floor, the manager of the produce department stumbled unexpectedly onto the murder scene. Unwilling to leave any living witnesses behind, Artie had no choice but to strangle the produce manager as well.

However, unknown to Artie, the entire proceedings were captured by the local news camera. He was observed by the shop's security guard, who immediately called the police before he could even leave the premises.

Under intense questioning at the police station, Artie revealed the whole sordid plan, including his unusual financial arrangements with the hapless husband who was also quickly arrested.

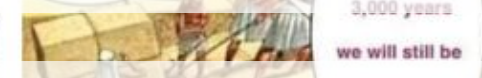
The next day in the newspaper, the headline declared... Apologies for this... "ARTIE CHOKES 2 for 1 pound @ Waitrose!"

Pad Thai with Prawns (for 4)

- 250g rice noodles, broken in half
- 6 Tbs peanut or vegetable oil, divided
- 500g medium prawns, peeled, deveined
- 3 large eggs
- 3 Tbs. palm sugar
- 3 Tbs Thai fish sauce (optional)
- 2 Tbs. tamarind puree (optional)
- 1 tbsp. fresh lime juice, plus lime wedges
- ¼ tsp. cayenne pepper
- 1 medium shallot, finely chopped (about 1/2 cup)
- 3 cloves garlic, finely chopped
- 6 spring onions, cut into 1" pieces
- 1 cup bean sprouts, rinsed and cleaned
- ¼ cup coarsely chopped peanuts
- 2 Tbs coarsely chopped fresh cilantro (optional)



Dads naming boats might be my favorite thing ever



If using dried noodles, soak noodles in water until tender, 20 to 30 minutes. Meanwhile, heat 1 Tb oil in a wok over high heat, heat 1 Tb oil. Add prawns and cook, turning halfway through, until pink, 2 to 3 minutes. Transfer to a medium bowl. In the same wok, heat 1 Tb oil. Whisk eggs until blended. Cook eggs, stirring occasionally and breaking up curds with a spatula, until just set, 1 to 2 minutes. Transfer to a small bowl. In a small bowl, whisk palm sugar, tamarind concentrate, lime juice, cayenne

Five Minutes' Peace Recipes – Pretty Perfect Prawns

Pad Thai with Prawns (for 4)

250g rice noodles, broken in half
6 Tbs peanut or vegetable oil, divided
500g medium prawns, peeled, deveined, tails removed
3 large eggs
3 Tbs. palm sugar
3 Tbs Thai fish sauce (optional)
2 Tbs. tamarind puree (optional)
1 tbsp. fresh lime juice, plus lime wedges for serving
¼ tsp. cayenne pepper
1 medium shallot, finely chopped (about 3 Tbs)
3 cloves garlic, finely chopped
6 spring onions, cut into 1" pieces
1 cup bean sprouts, rinsed and cleaned
¼ cup coarsely chopped peanuts
2 Tbs coarsely chopped fresh cilantro (optional)

If using dried noodles, soak noodles in boiling water until tender, 20 to 30 minutes. Meanwhile, in a large wok over high heat, heat 1 Tb oil. Add prawns and cook, turning halfway through, until just cooked through and pink, 2 to 3 minutes. Transfer to a medium bowl. In the same wok, heat 1 Tb oil. In a small bowl, whisk eggs until blended. Cook, stirring occasionally and breaking up curds with a spoon, until just set, 1 to 2 minutes. Transfer to a bowl with shrimp. In a small bowl, whisk palm sugar, fish sauce, tamarind concentrate, lime juice, cayenne, 2 Tbsp oil, and 1 Tb water until combined.

In the same wok over medium-high heat, heat 2 Tbsp oil. Cook shallot and garlic, stirring frequently, until lightly golden, about 1 min. Add spring onions and cook, stirring frequently, until softened, 1 to 2 mins. Stir in sauce and bring to a simmer. Add eggs, prawns and noodles and cook, tossing constantly, until warmed through and noodles are softened, about 2 mins more. Add bean sprouts and peanuts and toss again to combine. Divide pad Thai among plates. Top with cilantro (if using). Serve hot with raw salad leaves, sliced cucumber, French beans etc...

Pretty Perfect Prawns



Prawn Tacos with Sriracha Slaw (4)

- ¼ cup extra-virgin olive oil
- 3 Tbsp freshly chopped cilantro
- Juice of 3 limes, divided
- Salt and freshly ground black pepper
- 500g large prawns, peeled and deveined
- ¼ head red cabbage, shredded
- ¼ cup mayonnaise
- 1 Tb sriracha or spicy sauce of your choice
- 4 medium tortillas



In a small bowl, mix olive oil, cilantro, and 1/3 of the lime juice. Season with salt and pepper. Add prawns to a baking dish and pour over the mixture. Toss until completely coated and let marinate for 20 minutes.

Meanwhile, make slaw: In a large bowl, toss cabbage with mayo, remaining lime juice and Sriracha. Season with salt. Toss the prawns in a hot pan until cooked, about 3 minutes.

Grill, air fry or toast tortillas until warm, and serve prawns in tortillas with the slaw.

Garlicky Prawn Zucchini/Courgette Boats (4)

- 4 large zucchini, halved lengthwise
- 1 Tb extra-virgin olive oil
- 1 tsp fresh thyme leaves, salt and pepper to taste
- 2 Tbs butter
- 375g large prawns, peeled and deveined
- 2 tomatoes, chopped
- 3 cloves garlic, minced
- ¼ cup heavy cream
- ¼ cup freshly grated Parmesan
- Juice of ½ a lemon
- 1 cup shredded mozzarella



Preheat the oven to 350°. Score zucchini halves and scoop out insides with a small spoon, leaving a ¼"- thick border intact. Chop zucchini pulp and set aside. Place zucchini boats in a large baking dish and drizzle all over with oil. Season with salt and pepper and sprinkle thyme on top. Bake until tender, about 20 minutes.

Cook prawns in 1 Tb melted butter in a large pan over medium heat. Season with salt and pepper and cook until pink and cooked through, 3 to 4 minutes. Remove from heat, let cool, then chop into bite-size pieces.

Return pan to medium heat and melt remaining 1 Tb butter. Add reserved zucchini pulp, tomatoes, and garlic, season, and cook until fragrant, 1 minute more. Add cream, Parmesan, and lemon juice, and cook until slightly reduced, 3 minutes. Remove from heat and fold in cooked prawns.

Fill zucchini boats with mixture and top with mozzarella. Bake until the cheese is bubbly, about 10 minutes more. Garnish with more Parmesan and parsley, if desired, before serving.

Tuscan Butter Prawns (for 4)

2 Tbs extra-virgin olive oil
500g prawns, peeled, deveined, and tails removed
Salt and freshly ground black pepper
3 Tbs butter
3 cloves garlic, minced
1½ cups halved cherry tomatoes
3 cups baby spinach
½ cup heavy cream
¼ cup freshly grated Parmesan
¼ cup basil, thinly sliced
Lemon wedges, for serving (optional)



Heat oil in a large pan over medium-high heat. Season prawns all over with salt and pepper. When oil is shimmering but not smoking, add prawns and sear until underside is golden, about 2 minutes, then flip until opaque. Remove from the pan and set aside.

Reduce heat to medium and add butter. When butter has melted, stir in garlic and cook until fragrant, about 1 minute. Add cherry tomatoes and season with salt and pepper. Cook until tomatoes are beginning to burst then add spinach and cook until spinach is beginning to wilt.

Stir in heavy cream, Parmesan and basil and bring mixture to a simmer. Reduce heat to low and simmer until sauce is slightly reduced, about 3 minutes.

Return prawns to pan and stir to combine. Cook until heated through, garnish with more basil and squeeze lemon on top before serving. Delicious with pasta or rice.

Prawn and Pea Coconut Curry (for 4)

1 Tb virgin coconut or vegetable oil
1 small yellow onion, finely chopped
1 (2") piece ginger, peeled, finely chopped
½ serrano chili, very thinly sliced
4 cloves garlic, finely chopped
2 Tbs tomato paste
2 tsp garam masala
2 tsp sweet paprika
1 tsp ground turmeric
1 (14-oz.) can/carton full-fat coconut milk
1 tsp brown sugar
1 kilo jumbo prawns, peeled and deveined
1 (10-oz.) bag frozen petit peas
1 packed cup fresh baby spinach
2 Tbs fresh lime juice



Cooked white or brown rice and lime wedges, for serving, salt and pepper to taste

Heat oil in a large pan over medium-high heat. Add onion, ginger, chili, garlic, and ¼ tsp salt. Cook, stirring frequently, until onion is translucent, and ginger and garlic are fragrant, 3 to 5 mins.

Add tomato paste, garam masala, paprika, and turmeric and cook, stirring, until fragrant, about 1 minute. Add coconut milk, brown sugar, and ¼ teaspoon salt; bring to a simmer. Add prawns and cook, tossing a few times, until just about cooked through, 3 to 5 mins. Add peas and spinach and cook, tossing, until spinach is wilted, peas are warmed, and prawns are cooked through, about 2 mins more. Stir in lime juice; season with more salt and pepper if needed.

Divide rice among bowls. Top with shrimp mixture. Serve hot with lime wedges on the side.



Sunrise in Kuantan

by Dawn Morris

It was 4am in the morning and this was the wonderful view from the hotel.

Hyatt Regency, Kuantan, Malaysia
March 2023
Shot with iPhone11, 26mm f1.8

Snapshots in Time..

...Our Members Photo Gallery



A Blessing After a Donation

by Amanda Collins

A little ritual at this hotel where every Friday morning these local monks would come by to receive food offerings from staff and guests. In exchange, they give them prayers and blessings as thank you's.

Anantara Hotel. Bangkok, Thailand
Nov 2023
Shot with iPhone XS

Be a part of our Members Gallery.

Share your photo story at [Snapshot In Time](#) or email to editor@abwm.com.my



THE WOMAN IN THE WALL

Director: Harry Woodtiff
Starring: Ruth Wilson, Daryl McCormack
Rating: 15+
Length: Six 1-hour episodes
Release Date: August 2023
Star Rating: 4 ****

This six-episode physiological thriller is set in Ireland. Albeit the accents are hard to understand, the story isn't, its chilling, frightening and unbelievable atrocities.

This series is fictional but it's based around harrowing stories retold from ladies who lived and worked in Magdalene Laundries in Ireland.

Lorna, is a chronic sleepwalker and wakes to find a dead body in her house. She has no recollection of why and how. The story starts to unfold around Lorna when an old Priest who ran the Laundry is found dead in his house and Lorna's car is nearby. She is questioned as part of a murder investigation but the local policeman knows her history and wants to go lightly, while the rookie out of town cop doesn't.

At the age of 15, Lorna was sent to the Laundry. As soon as she delivered her baby girl, she was taken away. Common practice in those days was to part mother and child for her sins and the trauma Laura endured is the reason she is a reclusive sleepwalker with flashbacks and trauma.

One to watch for sure, but not a binge watch as of the content being heavy in a disturbing kind way.



PRETTY WOMAN

Director: Garry Marshall
Starring: Julia Roberts. Richard Gere
Rating: 15+
Length: 119 minutes
Release Date: March 1990
Star Rating: 5 *****

A classic, a romantic comedy and if you haven't watched it – where have you been?

Vivian is a prostitute working the red light district of Hollywood Boulevard when Edward appears, driving a Lotus Esprit car, terribly! He offers to pay Vivian to drive the car to the hotel, of which when they arrive, impulsively he asks her to stay the night.

Edward is in town for the week so he asks Vivian to stay. He offers her a shopping spree to purchase suitable attire for the dinner and events they'll be attending.

One of the most iconic scenes happens when Vivian, who had originally been shunned in a boutique, returns laden with bags, to point out to the attendant that working on commission is a big mistake when you don't wait on a stranger!

At a polo match and as Vivian is with Edward's clients, his business partner crudely propositions Vivian for her services, after she's done with Edward! Vivian is hurt and upset. To make amends Edward takes her to see La Traviata at the Opera, which is about a prostitute who falls in love with a wealthy man. That night, Vivian confesses her love for Edward.



THE LET DOWN

Director: Trent O'Donnell
Starring: Alison Bell, Celeste Barber, Noni Hazelhurst, Sacher Holer
Rating: 18
Length: 2 seasons, 6 episodes of 40 min each
Release Date: July 2019
Star Rating: 4 ****

This Australian comedy series is a good depiction of Motherhood and its highs and lows, baby brain and the general juggling of all things that life with babies throws at you.

Audrey enrolls in a mother and Baby group and meets new like-minded people although doesn't quite get the sympathy she sought. Her work stressed husband seems to talk to her like it's a walk in the park and Audrey even manages to find a friend in a local, comedic, drug dealer as he's more available than he is!

A few months in, panicked by the thought of baby brain and concluding full time stay-at-home Mum isn't for her, Audrey secures a job with a Mum who went back to work immediately after the birth.

The first series roles seamlessly into the next and it starts with the parents celebrating their children's first birthdays. Audrey has gone overboard on an elaborate party for Stevie; maybe a cover for her insecurities? In the meantime, Jeremy has been offered a new job in Adelaide, but has to go immediately which is extra stress for Audrey and now a long-distance relationship to navigate.

Easy watching, well written and enjoyable.





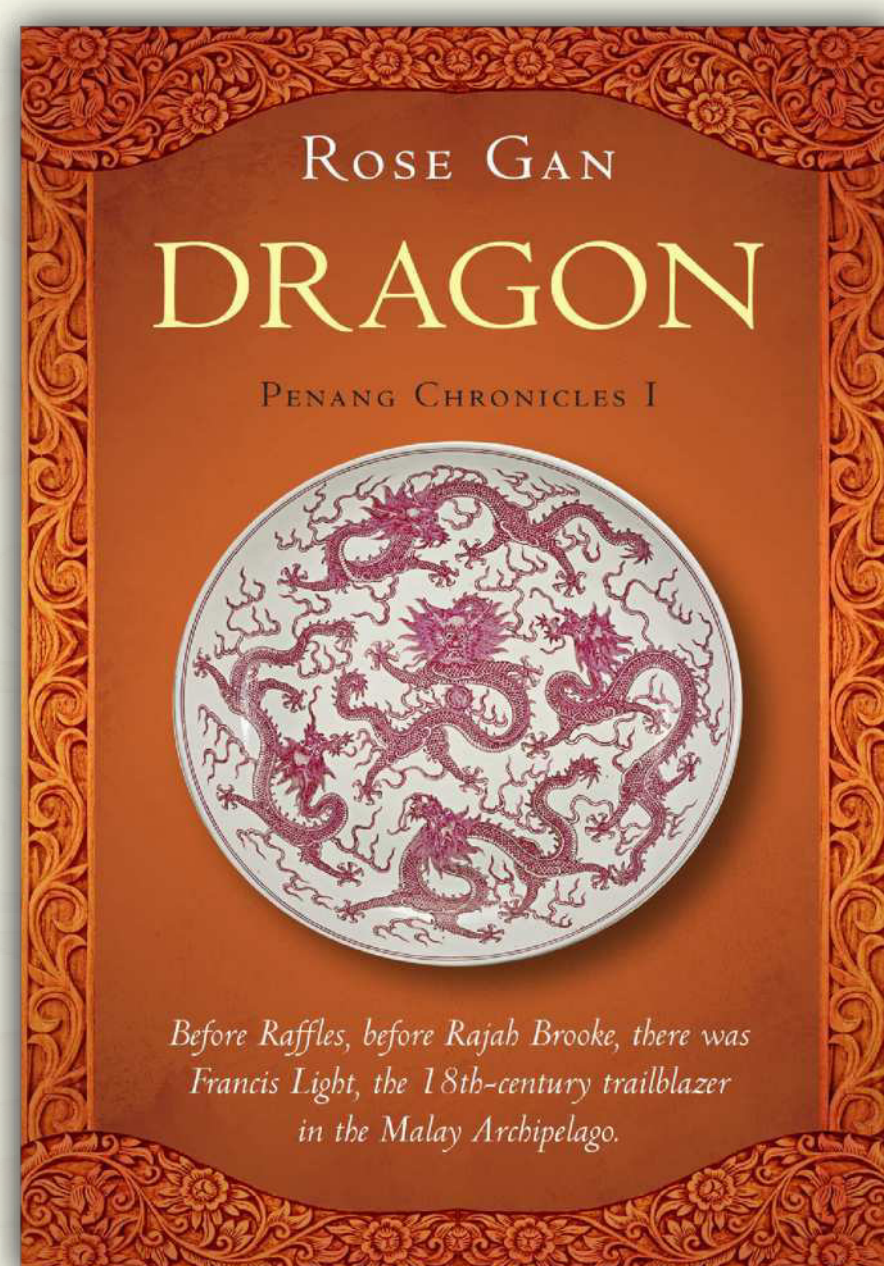
DRAGON

by Rose Gan

Here is a great novel for those who want to know more about the history of Malaysia from the eighteenth century.

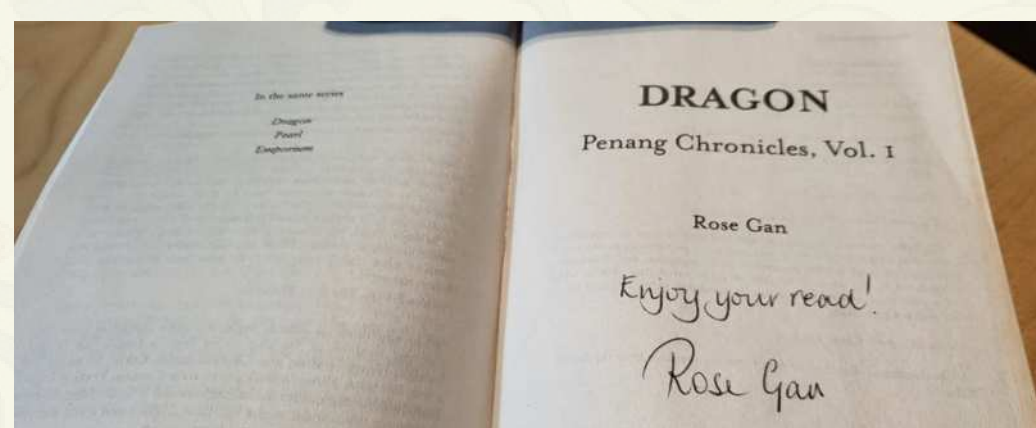
Dragon is a novel but is also packed with historical and cultural detail. It tells the story of Francis Light, the British adventurer and Sea Captain who developed Penang into a key international trading hub. We hear of Light's youth in Suffolk, England and what drove him to venture overseas and make his living in the competitive trading situation of the times. You may well have visited his grave in the old cemetery in Penang opposite the E and O Hotel. His partner was Martina Rozells and their son, William Light, was the founder of Adelaide in Australia. Now here is the chance to learn more of the man who had so much impact in Asia and beyond.

The East India Company plays a key part and we learn more of the strategies and manoeuvres taken to achieve their blatant ambitions. On the way we learn so much about the emergence of Singapore, the Bugis people, Phuket and Sumatra and the warring factions that clamoured for the riches of the East Indies. As it's a novel enhanced with many true historical references we also have some great characters in the seafarers, diplomats and royalty Light met on his exciting journeys.



The author, Rose Gan, is a long-term KL resident who is a historian and shares her knowledge generously. Rose is a member of the Malaysian Culture Group and often speaks at their functions. There are two further books in this trilogy, Pearl and Emporium. Dragon takes us to Light's arrival in Penang and I'm very much looking forward to reading the follow up which details Penang's growth as well as Light's personal life and journeys through the region.

If you want to know more about the past and development of South East Asia in a very digestible way, I can thoroughly recommend Dragon to you.



Mel's signed copy by the author



Experience Awaits at the Alice Smith School



The formative years are a crucial time for your little one's development, and choosing the right nursery can make all the difference!

In the first five years, a child's brain develops rapidly from a quarter size of an adult brain at birth to around 80% of an adult brain by the age of 3, and then almost 90% of an adult brain by the age of 5. Brain connections start to develop from birth through their experience and interactions and by using their senses to learn about the world around them.

The first five years is also when they have the capacity to learn social and emotional skills, and start to develop their own personality and discover who they are. They start to build relationships with others and identify what emotions they are feeling and how they should interact with others.

Join the Alice Smith School's **taster sessions** taking place on Thursdays between 1pm and 2pm. Discover how the school sparks curiosity, inspire creativity, and nurture a love for learning in our little ones.

When students are agents in their learning, they are more likely to have “learned how to learn” – an invaluable skill that they can use throughout their lives. ~ OECD.org



Why choose Alice Smith Early Years?

Multiple opportunities for your child to achieve agency throughout their experience with at Alice Smith

Your child will be shaper rather than feeling they are being shaped

The environment is an important learning tool for your child! Your child is free to explore multiple indoor and outdoor spaces with open ended resources which promote high levels of wellbeing, involvement and challenge

Built on a foundation of knowing every child, the Alice Smith School Early Years educators know when and how to question, when to observe, when to support, scaffold or extend and, most importantly, to listen to your child. They get to know your child and therefore are able to facilitate the right next steps.

VOX ISKL: Approaches to Build and Repair Relationships

The International School of Kuala Lumpur (ISKL) hosted a VOX ISKL event entitled 'Communication and Conflict: Approaches to Build and Repair Relationships,' the eighth in the VOX ISKL series, a platform specially created to inspire, inform, and ignite conversations both within the school itself and the wider community about topics that matter.

The session, led by global Social and Emotional Learning experts Nick Haisman-Smith and Joe Tchen from the Institute for Social and Emotional Learning (IFSEL), focuses on the practical tools to build and maintain positive approaches to communication and conflict resolution within the family.

Over 50 parents and caretakers attended the workshop as Nick and Joe delved into practices to deepen listening skills with children, explore communication styles, and model simple, evidence-led practices for conflict resolution that works for children and parents alike. These skills are key to helping students successfully navigate their future and lead positive, fulfilling lives, and it was a delight to share this learning with participants.



Watch the VOX ISKL playlist on ISKL's [YouTube channel](https://www.youtube.com/channel/UC...) and head on to iskl.edu.my/community/events/ to keep up with future ISKL events!

For more information, please visit
www.iskl.edu.my



UN DAY

at Garden International School

UN Day at Garden International School (GIS) was a vibrant celebration of diversity, uniting the school community in a colourful showcase of cultures. Parents played a crucial role in making this event unforgettable, as they set up stalls that offered an immersive experience of different cultures through food, national dresses, and games. The tantalising array of international cuisines, beautifully adorned costumes, and engaging traditional games provided a fantastic opportunity for students, parents, and staff to connect and learn.



The highlight of the day was the children's parade, where flags representing different nations fluttered in the breeze. This symbolic display was a testament to the rich tapestry of cultures that make up the GIS community. It was heartwarming to see the students proudly donning their national attire, marching with enthusiasm, and waving their flags with pride. The parade demonstrated the school's commitment to fostering a global perspective, promoting tolerance, and celebrating the beauty of diversity.

UN Day at GIS not only celebrated different cultures but also highlighted the importance of unity and mutual respect, reinforcing the school's commitment to creating well-rounded, globally aware citizens. It was a day that showcased the power of cultural exchange and the beauty of embracing our global family.



CAN YOU HELP?

The ABWM Committee are currently looking for new volunteers to join the team.

You don't need any prior experience working in the field.

POSITION:

ADVERTISING AND COMMUNICATION

The role includes:

- Developing and maintaining business relationships to generate advertising in the newsletter and e-magazine
- Obtaining member discounts and raffle prizes
- Social Media postings
- Great communication skills, be very organised, able to multi-task
- Use of email, excel and word/Google Docs etc.



WANT TO KNOW MORE?



CAN YOU HELP?

The ABWM Committee are currently looking for new volunteers to join the team.

You don't need any prior experience working in the field.

POSITION:

EVENTS COORDINATOR

The role includes:

- Organising activities and events for members
- Liaising with sponsors, venues, private providers, ABWM team members.
- Great communication skills, planning, attention to detail & organising skills.
- Working within budgets
- Use of email, excel and word/Google Docs etc.



WANT TO KNOW MORE?



20rm off for ABWM members
whats app message
Tanya
0126215024



Pre/Postnatal specialist work
Hip and Back Care
Sports Rehab
posture & pilates



Group classes
monday 8am & 11.30am
tuesday 4.30pm
wednesday 12pm
friday 8.15am
saturday 10.30am
The Sanctuary Studio
Ampang Hillir

Become an ABWM member today to take advantage of these and many more

MEMBER DISCOUNTS

Join Now



PORTFOLIO
HAIR STUDIO

15%
DISCOUNT ON
ALL HAIR SERVICES

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JALAN BATAI, DAMANSARA HEIGHTS
50490, KUALA LUMPUR
WHATSAPP 011 11018188
FOR APPOINTMENT





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



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



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





ABWMM



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