2012 *e-voice*

SOROPTIMIST INTERNATIONAL OF BANGSAR

HEALTH AWARENESS PROGRAMME

Suria Bangsar South: Baking

Connecting with Home for HIV + Children

Hunt With A Heart 2012

WALKTHETALK FROM
PERLIS TO SABAH:
STOP VIOLENCE
AGAINT WOMEN





Just a farewell message.....

For the past two years, it has been my privilege and honour to be the President of Soroptimist International Club of Bangsar (SICB). The honour has been made all the greater because we are a group of volunteers, each giving our time and knowledge in the hope that collectively we can make life better for the society, especially for the underprivileged girls and women. None of the members are here because they have to be here but because they want to be here to serve and contribute. And I am proud to be among the most outstanding volunteers in any NGO that I have ever known.

As my term as President comes to an end, I reflect on the changes that took place – the increase in the membership and the various service projects undertaken by the club. I cannot express what an honour it has been to serve as the Club President for 2011 and 2012. I wish to acknowledge and thank all of you who had supported me with your tireless energy and dedication. It has been difficult for me for the last quarter of 2012 when I had to take a short break due to my husband's coronary heart operation and recuperation. But in the spirit of true sisterhood, the SICB ladies had successfully completed projects such as the Health Awareness Project and the annual Treasure Hunt. Thank you for your

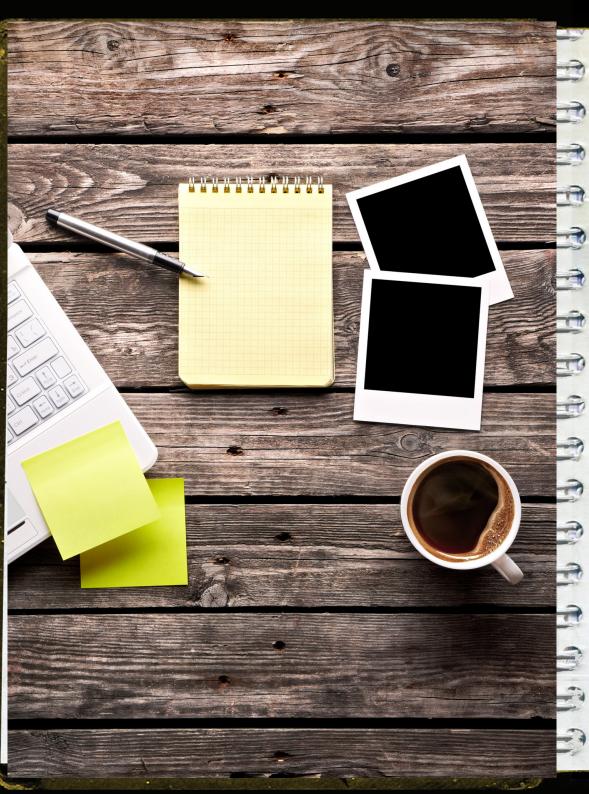
kind understanding and words of courage through those hard times. Thank you and may God bless all of you.

I believe things happen for a reason. People come into our lives for a season or a lifetime. Every day we face obstacles and challenges. Our days tend to be frenetic but together we turn the obstacles and challenges into stepping-stones – towards something better and more rewarding. We are not perfect – but together we'll keep working on that.

I will conclude with a final thank you for the support and wish for continued health and prosperity of our club members for years to come. My best wishes to President-Elect Dr. Chang Lee Hoon who will assume her duties as the president for the term 2013 – 2014. I have great confidence in her as your incoming president and I know that the club will be in good hands. Meanwhile, I will continue to be involved in the club and support in achieving its mission and vision.

And finally "Kindness in words creates confidence, Kindness in thinking creates profoundness, Kindness in giving creates love" Thank you, God bless and have a fantastic 2013!

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Message from the Editor

We are pleased to bring to you our long awaited E-Voice 2012. This issue recaps the highlights of the year-long services of SICB to the community. Although some of the projects are SICB's long-sustaining projects like Janda Baik, Personal Safety for Children, AIDS/HIV+ Education and Suria Bangsar South, new activities were conducted under these projects. In addition, SICB had conducted two major projects in collaboration with SIROM, namely the Health Awareness Programme and the Walk the Talk from Perlis to Sabah. SICB members too had fun with the Baking classes and Hunt with a Heart.

The articles were written by our members for your reading pleasure. Without their contributions, there will be no e-Voice. A big thank you to all contributors in this issue. On our out-going president, Rohayah Ahmad, has been exceptional

at involving our members in anything that they want to be involved with. On behalf of SICB members, I wish to thank her for being the "captain" of SICB team for two years, 2011 and 2012.

We hope you will enjoy reading this newsletter as much as we enjoy compiling it. Finally, special thanks to Datin Indira Naidu for compiling the articles, Lee Hoon for her assistance, and Lynda for the creative design of this newsletter.

Happy reading!



Health Awareness Programme

On 30th September 2012, Soroptimist for breast examination and pap smears. International Club of Bangsar held a Public Free mammogram facilities were also made Awareness Forum on menopause and early available at selected partner hospitals for detection of cervical and breast cancer, at Life women above 40 with breast lumps or family Care Diagnostic Medical Centre from 8am to history of breast cancer. 4pm, for the urban poor and underprivileged women, specifically aged 40 and above, in the About 200 women and their spouses attended Kg Kerinchi locality.

This is the second programme in the pilot phase and gynaecologists from the General Hospital of the Health Awareness Campaign launched by Kuala Lumpur. The participants enjoyed a SI Region of Malaysia on 17th June 2012 at Desa further bonus, free bone screening, as the Mentari Sunway. The campaign is supported Centre opened its doors to the public as its by the Malaysian Health Promotion Board (Lembaga Promosi Kesihatan), the National Family Planning Board (Lembaga Penduduk Simple Life Vegetarian Restaurant provided us dan Pembangunan Keluarga Negara), and the Malaysian Menopause Society. The third programme would be organised by SI Petaling Jaya in November.

educating women to understand the natural Menopause I gather there is much awareness changes in their body and to adapt to these amongst the general public especially women changes, to detect early signs of diseases and to on health. But many are reluctant to go for stress regular medical checks ups.

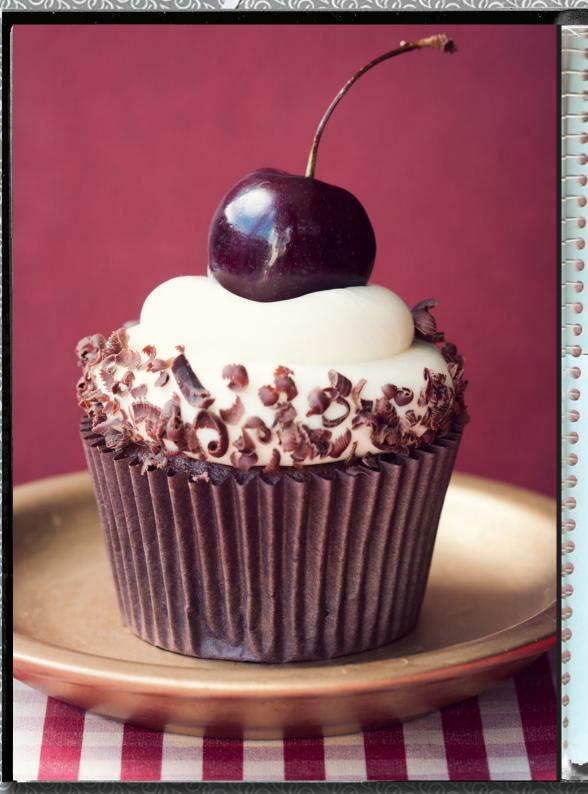
The Health Ministry through its Health similar programme conducted at various Promotion Board supported this programme localities and with the recent announcement with a grant whilst the National Family of the government of free mammogram for Planning Board provided the staff at the more women. venues for conducting free health screening for blood pressure, cholesterol, high blood sugar, BMI measurements, and a mobile van

the talks on Menopause. Breast and Cervical cancer, conducted by consultant obstetrician promotional activity.

a healthy organic 3 meal package at a very discounted rate in a cosy environment.

As the coordinator of this programme held by SI Bangsar and the committee member of The Awareness programme is aimed at the SIROM Public Awareness Campaign on regular check-up because of fear of diagnosis. I am hopeful this trend will change with





Suria Bangsar South: Baking

Baking obsession amongst the Suria Oh... it's piping jelly..... I thought the Bangsar South ladies drove SICB to conduct shiny thing was gelatin. Hahahaha.... yet another four baking classes for them this year. The ladies, together with some SICB members certainly had loads of fun and Slice the kiwi fruit together with the skin. laughs in the classes that were wonderfully If not, you will lose the shape of the fruit. conducted by Chef Chee Seng and his assistant, Chef Hody. Tips were shared. Each class ended with the ladies trucking Hustle and bustle was at every hands-on home more knowledge and confidence session of each class but one could see the to bake. good coordination, teamwork, enthusiasm and focus of the "students"....

The following are some of the conversations during the class . . .

This floating egg white must be removed; otherwise, the texture of cooked egg custard would look inconsistent.... Not beautiful lah.....

Instant custard does not require cooking. Custard powder does. So, don't buy the wrong ingredient....)







Hari Raya Aidilfitri Celebration Suria Bangsar South

With the joy and spirit of sharing and giving of the Festive Celebration, SICB, together with UOA Group, once again hosted another Annual "Majlis Sambutan Aidilfitri" at Bangsar South on 8th Sept, 2012, to bring together 113 single mothers and their little ones from the Kampung Kerinchi neighbourhood to enjoy a day of a good spread of delicious food. The single mothers were also presented with a festive hamper each while their little ones received duit raya, courtesy of UOA Group as part of the group's corporate social reponsibility.

To top the event, the pioneer batch of Suria Bangsar South single mothers who were introduced to the skill development programmes throughout the year had the opportunity to share and demonstrate their achievements. The ladies had the opportunities to show their

entrepreneurship through the sales of some of their products.

The event ended with more sharing. A further courtesy of UOA Group.; the cakes and tarts that the single mothers made were donated to the inmates at Little Sisters of the Poor Home, Lovely Home for the Disabled in SS3, Centre for Disabled Children at Taman Megah PJ, Orang Asli/Orphanage in Janda Baik and an orphanage in Bangsar. SICB also extended invitation to all the single mothers to participate in the health screening and talk programmed scheduled for 30th September 2012 in their neighbourhood.

















Suria Bangsar South Project: Visit To Zoo Negara

On 22nd December 2012, Suria Bangsar South ladies, including single mothers and their children visited Zoo Negara. The main aim was for them to experience and share valuable quality moments bonding with their children and among themselves. The visit was also to provide the children with a learning experience about nature and the animals in the Zoo. This visit was fully sponsored by UOA under the Suria Bangsar South project.

Thirty-one adults, three senior citizens and 43 children gathered as early as 8.00 am at the grounds of the Kerinchi low-cost flats, eager to start their journey to the Zoo. They were given a briefing on safety especially the care of the young ones. At about 9.30 am they boarded the two chartered buses. Each was given a packet of fried meehoon, one burger, two types of kueh and two bottles of mineral water on boarding the bus. There was a lot of laughter and excitement amongst them. They reached the Zoo at about 10.15 am and Lieza, Suria's administrator, then purchased the tickets for the group.

They were divided into four groups, each headed by Suria committee member. Due

to the heavy rain, they started with the visit to the snake house and the Aquarium. When the rain stopped, they proceeded to the Insect Zoo and the Butterfly Park. After lunch, they made way to watch the Animal Show for about an hour. They watched the antics of the penguins, parrots, storks and the bears. After lunch they continued to the other parts of the Zoo. In spite of the rain, the group's enthusiasm was not the least dampened. The group ended their day with a tour around the Zoo in the Zoo bus and was sent directly to the exit.

They boarded the bus at about 5.00 pm – tired but happy and satisfied from the long day experience in the Zoo. In fact, all slept in the bus during the journey home.

They had one thing to say — "THANK YOU UOA FOR GIVING US THIS PRECIOUS EXPERIENCE TO EXPLORE NATURE WITH OUR FRIENDS AND FAMILY MEMBERS!!"



Personal Safety For Children: Three In One For SI Kota Kinabalu

What could be more exciting than sharing a good project over the sea?

After extensive coordination with SI Kota Kinabalu (SI KK) President Faridah and member Olivia, Pei Li and I finally landed in KK on 3rd November 2012 to conduct and coordinate the three-in-one Personal Safety for Children Workshops.

One

Train the Trainers (TOT) Workshop on 3rd November 2012

A total of 8 members (plus 1 member's friend) from SI KK attended the training which was held in one of the members' office.

After the training session, SI KK members were given the task of planning and conducting the workshop for children on the next day. It was a very hands-on TOT for those who attended.

Two..

Children Workshop – 4 Nov 2012

A total of 28 children attended the Personal Safety workshop held at the Girl Guides Hall in KK. The workshop was conducted by the newly trained SI KK members with Sim's assistance. It was a very good practical training for the members. With this practice, they should be able to conduct the workshops on their own.

Three ...

Parents Workshop – 4 Nov 2012

A talk for parents was being held concurrently in another room at the same venue. Five parents attended the round table talk given by Pei Li and Faridah (SI KK President).













Connecting with Home for HIV+ Children

Since January 2012, SI Bangsar has been sponsoring expenses for the education of the children at Rumah Jaireh, a home for HIV+ children, in Rawang. On 13th October 2012, a rainy Saturday morning, Dr Chang Lee Hoon, Datin Indira and Sim went on a trip to the home and met Dr Lucy Campos, who started this home. With the help of my good friend (named GPS), it took us about one hour to reach the home, located in a remote residential area in Batu Arang, Rawang.

We met and chatted with the children and handed them goodies. Dr Lucy informed us that the home took the responsibility of sending the children to the local school as well as to the hospital. As a medical doctor, she ensured that the children followed strict regimented medication intake. She further informed us that the home now provides shelter for disabled

children and women. In view of this, the children will be moved to another location at Bukit Beruntung to provide them with better environment.

We noticed that there were other groups of volunteers assisting the home. There were three kind ladies who would once a month bring cooked food. Another group of volunteers from Tzu Chi, a Buddhist NGO would read to the children and provide guidance on their school work on monthly basis. We were told that the home did not receive any financial aids from the government (although they had submitted their application) and survived solely with the support of individuals and NGOs.

At the end of our visit, we told Dr Lucy SI Bangsar will organize an outing for the children at Kidzania on 26th November, 2012.







Children starting off their day at Kidzania bank Children working at a fast food restaurant After which they can eat the burger prepared by them.

Fun-Day at Kidzania for Rumah Jaireh Children

On 26 November 2012, Shamla and I were I gave out the Christmas presents at Kidzania to meet the group from Rumah contributed by members to all the Jaireh, a home for HIV+ children. Nine children before they boarded their van children and three caretakers came in an back to Rawang at 4pm. They were all pre-arranged van from Rawang to Kidzania smiling happily as they waved bye-bye in Kota Damansara. They left Rawang at to me. 8am and I was told the children had been waiting for this trip since they were told of the news months ago.

Kidzania was overwhelming even for me. I felt quite lost at first in the multistorey building housing different learning experience centres such as Immigration Department, Airport, banks, hospital, high court, theater, school, restaurant, factory, fire station etc Children were supposed to learn real life experience there. Each child was given a \$50 Kidzania money to start off. They could spend on whatever they wanted and earn money when they work at the various centres. After the brief lunch break at one of the restaurant there, the children continued till 3pm when the center closed for the afternoon session.





Janda Baik Report

SICB stays committed with providing services to the different communities in Janda Baik. Let us take a tour . . .

English Classes for Orang Asli children

The English classes were conducted by a friend of SICB, Datin Sabera Sheik and at times assisted by Suzana, Sofia, Noraini and Priscilla. The classes were conducted on a weekly basis either on Saturday or Sunday. The Orang Asli students were taught English in an interactive manner – with questions, quizzes, songs, role plays, acting and dancing incorporated into the teaching modes. The outcome – the children are now more confident to converse in English





Dance classes by Guna, a renowned dancer cum choreographer cum teacher. He is one of Malaysia's most evocative performers in contemporary and Indian classical dance.



Back to school 2012 Project for Orang Asli children was held on 18th December and 21st December 2012. They were each given a pair of shoes, socks, school uniforms and school bag. 16 children benefited from this yearly project.

Community Centre

Volunteers from McGraw —Hill and friends did their voluntary work by painting the Community Centre where English and dance classes are being held on a weekly basis. Soon.... a Resource Centre in the Community Centre will be set up for the Orang Asli children.





Hari Raya lunch for Orang Asli children was held on 27th October 2012



Baking classes

Two baking classes were conducted free of charge for Janda Baik women folks in August 2012. Datin Sabera Sheik (ex-owner of Topaz Cafe) was kind enough to share 3 recipes and tips in preparing and baking:

- 1. Butter cake
- 2. Pizza
- 3. Carrot cake

and last but not least,

Charity work for 7 needy families in Janda Baik and Hari Raya clothes for Nur Zaharah children was carried out on 12th August 2012.





Hunt With A Heart 2012

SICB in collaboration with Etiqa Insurance & Takaful had successfully held another chapter of its Treasure Hunt with a Heart on the 11th of November 2012 to raise fund for the disadvantaged women and girls. The event was flagged off from Etiqa's head office in Bangsar and the six-hour-long hunt ended at Putrajaya Marriot Hotel.

In its third chapter, the annual event gave the teams a run for their money with mind-boggling puzzles, word games and challenges which required a good knowledge of Kuala Lumpur's businesses and landmarks.

This year, the Hunt saw the participation of 27 teams and RM13, 000 was successfully raised. The proceeds will go to fund courses and training programmes on income –generating skills especially for single mothers.









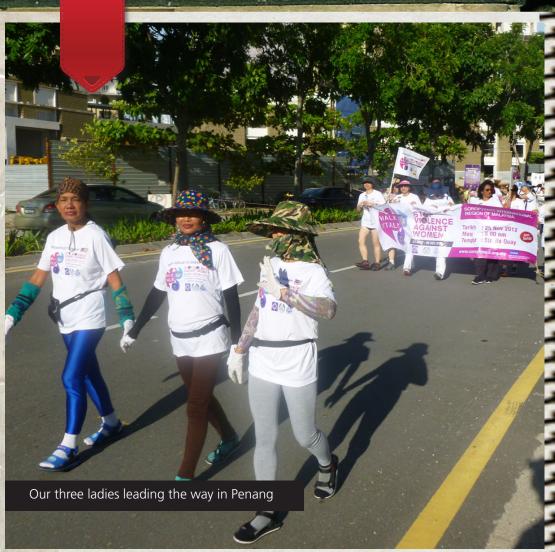
Walk The Talk From Perlis To Sabah: **Stop Violence Against Women**

Walk the Talk (WTT) From Perlis to Sabah – Stop Violence Against Women was organised by SI Region of Malaysia in Partnership with the Ministry of Women and supported by the Royal Malaysian Police. Body Shop was the main Sponsor. It was held in conjunction with the UN declared "16 Days of Activism Against Gender Violence".

The Walk . . .

After months of preparation by our WTT committee and training by our three SI Kota Kinabalu members, Datuk Elizabeth Maurice, Rose Moguloi and Clarice Mojugoh, SISWP President, Puan Sri Siew Yong Gnanalingam, National Representative Malaysia, Datin Indira Naidu and I set off for Arau, Perlis in our rented car early on 21st November 2012 morning. Armed with snacks and water, we took turns driving, dropping off posters and banners to lpoh and Penang on the way. Arriving in Arau shortly before lunch, we met up with SIROM President, Joanne Yeoh, who was there earlier to ensure all arrangements were made. The launch was scheduled for 4 pm on that day.

The Raja Muda, DYTM Tuanku Syed Faizuddin Putra ibni Tuanku Syed Sirajuddin Jamalullai arrived with his family to launch the Walk. After various speeches, the Raia Muda and his wife, DYTM Tuanku Hajah Lailatul Shahreen Akashah Khalil, flagged off the walkers led by the police band. About 800 people joined the walk.

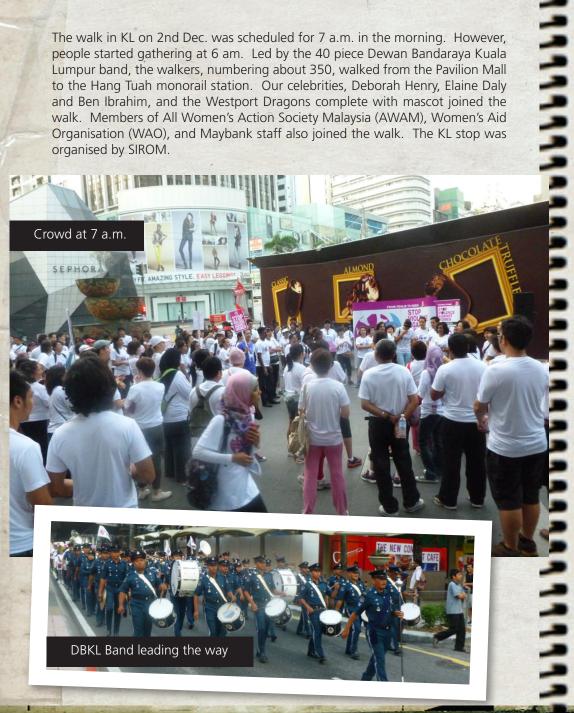


Next stop . . . Penang. The Penang walk was from Straits Quay to Gurney Plaza on 25th Nov. The event was organised by SI Penang and Women's Centre for Change (WCC) Penang. About 250 people joined the walk. There were goodie bags for the participants.

About 150 people joined the walk in Ipoh on 27th Nov. It was organised by SI Ipoh and Women for Women Perak. After various rousing speeches, the walkers set off on a 3 ½ km circular walk starting and ending at Jusco.



The walk in KL on 2nd Dec. was scheduled for 7 a.m. in the morning. However, people started gathering at 6 am. Led by the 40 piece Dewan Bandaraya Kuala Lumpur band, the walkers, numbering about 350, walked from the Pavilion Mall to the Hang Tuah monorail station. Our celebrities, Deborah Henry, Elaine Daly and Ben Ibrahim, and the Westport Dragons complete with mascot joined the walk. Members of All Women's Action Society Malaysia (AWAM), Women's Aid Organisation (WAO), and Maybank staff also joined the walk. The KL stop was organised by SIROM.



We went on to Seremban for the walk event scheduled for 5 p.m on 2nd Dec. After various exercise routines, we set off for a 3 km walk starting and ending at the LPPKN. About 100 people attended.

The Johor Bahru walk on 8th December was led by the Falun Dhama band from Kuala Lumpur. We were joined by some of our sister Soroptimists from Singapore. SI Johor Bahru organised talks on violence against women which were well attended.







The Kuching event was held in the morning of 9th December and we walked from the Kuching airport to Green Heights Mall. The event ended with speeches and refreshments.



The Kota Kinabalu homecoming was a grand affair where the three ladies were welcomed by a group in colourful native costumes at the Dewan Bandaraya Kuching after a 6 km walk from the airport. The Walkers' families were also there to welcome them home. Body Shop hampers and certificates of appreciation were given to the Walkers and the Department of Women's Development (JPW). This brought to an end the successful campaign to increase awareness to Stop Violence Against Women which also raised the profile of SI in Malaysia.

Presentation of certificates in KK

Syabas SIROM.



A Tribute to All Women

You are mother,

Daughter,

Wife

You are the backbone of family structure

You are the conserver of biodiversity

The custodian of SEED

You nurture the earth

With abundance of your love

You sow the SEED with compassion

And suddenly your hopes are dashed when

globalisation hits

You lose your traditional knowledge passed on from generations to generations from mother to daughters.

You lose the power of your custody,

It is stolen from you.

You are suddenly deskilled of your knowledge

All you see is diversification,

Important element, source of water is taken away by building canals and privatising water resources, you have to look for another alternative to get water, to feed

your family, animals and plants.

You lose the custody of SEEDs which was

once your very own

pride but now it is stolen from you and patented by big companies who claim it is their right.

Women your life has always been a struggle and always be one,

But you never lose your hope and keep on fighting for your rights.

Note: This poem was written in 2006 for women in agriculture. Sukhveer Kaur is a motivator and Life skills trainer. She is also a rare cancer survivor

