

Hi Everyone,

The second quarter of this year has been fairly quiet due to the fasting month and followed by 'Hari Raya'. Here is wishing all our Muslim brothers and sisters, 'Selamat Hari Raya'.



We welcome Encik Abdul Wahab Bin Mohamed Rejab and Encik Ramlie Bin Tan to our exco line up.

MBSA is back with their monthly 'Car Free Sunday' after a two month break. The next 'Car Free Sunday' will be on the 14th July 2019. Tentatively, WSFFM will start the morning at 7.00am with SAB20/30 followed by Stick2stix at 8.00am "Hari Sukan Negara' will be in October at Shah Alam. Keep that in your diary.

SAB 20/30 continues every morning at Taman SUK, Shah Alam. The key to success at this station is because the coaches are committed and so are the participants. Most of them put in great effort to keep fit.

WSFFM is conducting a nationwide series of roadshows for SAB20/30. The purpose of the roadshows is to teach the people the importance of exercise. Hopefully this will create an awareness especially for the retired pensioners, housewives and younger adults to keep active and fit. Age is no barrier when it comes to SAB20/30. New coaches in each state will be given training by our present group of trainers.

The roadshows will start off with Johor. Will keep you posted on our FB and website regarding the impending date and location.

WSFFM will be starting a netball league in August. The league games will run for 3 months. We will keep you posted.

There has been a request for some health seminars. In the pipeline are seminars for health and etiquette, reducing obesity in children and eating healthily - making wise food choices. Learning new things often gives one great feeling of inspiration. Attending workshops and seminars are very fun. It is a day away from all the hustle and bustle of the city life and workplace. It also helps one to connect with other people who share the same ideals.

Our president Puan Sri To'Puan Datuk Shariffa Sabrina Syed Akil continues with her quest to save the rainforest and preserve the environment. She is actively expanding her chain of Tanah Aina Restaurants. Her latest is 'Tanah Aina Banana Leaf Restaurant' in Taman Mesra next to Tanah Aina Café.

Kee Poh Siew
Editor

Events in April, May and June 2019



MBSA's Car Free Sunday on 14th April 2019. Jasmin led the crowd with Stick2stix on 'pentas utama', Dataran Kemerdekaan, Shah Alam from 8.00am - 8.40 am.



In conjunction with Earth Day 2019 - MBSA invited WSFFM to kick off the event with SAB20/30, part 2 workout exercise.

This event saw the sale of vegetables grown by the community of Section 8, Shah Alam

Date : 21 April 2019 (Sunday)

Time : 7:30 am – 12 noon

Venue : Kebun *Komuniti Fasa 1, Jalan Jaluran 8/3, Seksyen 8, Shah Alam.





WSFFM successfully had its AGM on the 10th May



Dedicated to the most inspiring, enthusiastic, creative and dedicated teacher, mentor and friend, Puan Sri Shariffa Sabrina, president of WSFFM and PEKA on Teachers' Day – Happy Teachers' Day.



Congratulations Puan Sri Sabrina on your BIZZ award 2019 which was held in Amsterdam. Another feather in the cap for your eco-friendly chain of Tanah Aina resorts.

June is also Puan Sri Sabrina's birthday. Happy Birthday Puan Sri and may you always stay healthy, happy and beautiful.



Our president, YBhg Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Shariffa Sabrina Binti Syed Akil had a 'berbuka puasa' at Tanah Aina Fareena Cafe & Restaurant for Excos of WSFFM, PEKA Malaysia & members of APM Bentong (Angkatan Pertahanan Awam Bentong) on 23rd May 2019.

Thank you Puan Sri Sabrina for your kind hospitality and the food was just 'yummy-yummy'.





PEKA and WSFFM's Excos' day out to visit the Semenyih Eco Venture, Resort and Recreation place- 24th June 2019.



Hi.....from our gals from SAB20/30 Taman SUK, Shah Alam



Puan Sri Sabrina has opened a new restaurant called, Tanah Aina Banana Leaf Restaurant, No 3, Jalan Mesra 1, Taman Mesra Batu Tiga Shah Alam (next door to Tanah Aina Cafe}. Opening hours are from 8am - 10.30pm every day. The banana leaf rice originates from south India and it is a top 10 most famous and affordable food in Malaysia. Meals are served on a banana leaf and not a plastic plate. The rice comes with an assortment of vegetables and curries. Meat is optional. You can have other alternatives like puri, idli or thosai. It is indeed value for money and you can enjoy your meals in a nice cool surrounding.

