

Hi Everyone,

We have come to the third quarter of 2019. How time whizzes by. Another 3 months before 2020.

The haze has cleared tremendously compared to the unhealthy levels for the past 2 weeks. Puan Sri Sabrina offered the use of her Tanah Aina Studio at Taman Mesra, Shah Alam at no charge for the SAB20/30 exercises during those hazy times. Much appreciated and thanks to our president, Puan Sri Sabrina for her kind gesture. The members of Taman Suk took that opportunity to continue with the daily exercises at the studio.

SAB20/30 trainers' workshop was held on 7<sup>th</sup> September 2019 and was attended by 28 SAB20/30 enthusiasts wanting to be leaders and teachers. SAB20/30 is gaining a foothold in Shah Alam. WSFFM will be holding roadshows in different states to encourage more people to take up this simple yet effective exercise to keep fit and healthy and to lose weight.

WSFFM will be starting a netball league in October. The league games will run for 3 months. Salina Chew is the event manager. The tentative schedule and rules for the league is as per below:

#### C. TAKWIN NETBALL LEAGUE 2019-2020

GAMES	AGE GROUP	NO OF PLAYERS	NO OF TEAMS	DATE OF TOURNAMENT	TOURNAMENT FEE
NPL KICK OFF CHAMPIONSHIP	OPEN	20	10 TEAMS	OCT – DECEMBER 2019	RM300 PER TEAM
SUPER SENIOR CHAMPIONSHIP	45 YEARS ABOVE	20	10-20 TEAMS	END OF JANUARY 1 DAY CHAMPIONSHIP	RM150 PER TEAM
JUNIOR CHAMPIONSHIP	18 YEARS OLD BELOW	20	10-20 TEAMS	FEBRUARY 2019 1 DAY CHAMPIONSHIP	RM150 PER TEAM
NPL LEAGUE	OPEN	20	10 TEAMS	MARCH – MAY 2020	RM800 PER TEAM

#### PRIZE MONEY

GAMES	CHAMPION	1 <sup>ST</sup> RUNNER UP	2 <sup>ND</sup> RUNNER UP	3 <sup>RD</sup> RUNNER UP
NPL KICK OFF CHAMPIONSHIP	RM1,000	RM800	RM500	
SUPER SENIOR CHAMPIONSHIP	RM1,000	RM800	RM500	
JUNIOR CHAMPIONSHIP	RM500	RM400	RM300	
NPL LEAGUE	RM3,500	RM2,500	RM1,500	RM1,000

WSFFM continues with our participation in MBSA's car free Sundays. The event for the month of September was cancelled due to the unhealthy PSI reading from the haze. Let's pray that the haze keeps away.

Kee Poh Siew  
Editor

**Events in July, August and September 2019**



**MBSA's Car Free Sundays.**

- 1) July 14<sup>th</sup> 2019
- 2) August 4<sup>th</sup> 2019
- 3) September – cancelled due to the haze.

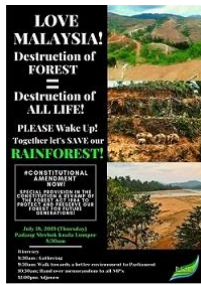


SAB20/30 teams at Taman SUK, KGSAAS Hill, Section 13, and at Bukit Jelutong ( with all the red shirts). All the teams mentioned are from Shah Alam, Selangor.



PEKAWANIS (Pertubuhan Kebajikan Dan Amal Wanita Selangor) had a 'Get Together' with all the NGOs in Selangor on 7<sup>th</sup> September 2019. Pekawanis took this opportunity to collaborate with NGOs to implement various activities in order to improve the welfare of the people in the state of Selangor.

400 people from 70 NGOs were present and WSFFM was represented by Yati and Pushpa.



## WSFFM participation in PEKA's activities

1. March to Parliament by PEKA and several environmental groups to hand over memorandum to curb logging activities and to preserve our pristine rainforest and to preserve the land of orang asli.
2. WSFFM and PEKA had an outing to the gibbon sanctuary situated in Pahang - 9th September 2019. Ms Mariani Ramli fondly known as Bam by her friends is the dedicated caretaker for the rescued gibbons. There are 6 of them under her care.



SAB20/30 coach training workshop was held on the 7<sup>th</sup> September 2019 and was attended by 28 participants.

Puan Sri Sabrina was the head instructor assisted by Datin Rosmawati, Zarinah, Wahab and Ushdi. The aim of this workshop was to train and motivate the present SAB20/30 participants to lead, guide and instruct part 1 and part 2 of SAB20/30 routines to new members.

The new trainees will be our new batch of coaches. For the newcomers joining for the first time, they would have an idea of what SAB20/30 involve and the benefits of doing these exercises. Participants were given certificates of attendance by WSFFM.

