

Hi Everyone,

This is the season to wish all our supporters, friends, colleagues and close ones happiest holidays and a Happy New Year 2020.

This is the last newsletter for this year. Hope you have been kept duly informed of all our activities for this year.

We wish to thank all of you for your continuous support of WSFFM and our programs. We look forward to 2020 with more attractive programs for everyone to enjoy. Here is wishing all of you a blessed 2020. May it bring lots of happiness, good health and prosperity to you and your family.



WSFFM continues to support MBSA's 'Car Free Sunday' on the first of every Sunday of the new month. We provide SAB20/30 and 'Stick2stix as the warm - up exercises for the visitors. For our effort MBSA awarded us with a trophy as a 'token of appreciation'.

Our netball league games will run for 3 months from November 2019 to May 2020. All the matches will be held at University Malaya. Premier Netball League kicked off the 1st match on 16th November 2019 and the matches ended on the 1<sup>st</sup> December 2019 with 6 teams taking part.

Next will be the 1- day Super Senior Netball Championship on 18<sup>th</sup> January 2020 and the Junior Championship on the 8<sup>th</sup> February 2020. The Super Senior Championship is for women age 40 years and above and the Junior Championship is for girls 18 years and below.

For further enquiries please call Puan Salyna at +60122116199 or Encik Akmal at +60134184159.



We look forward to 2020 to bring you more sporting events. We have a few tentative programs lined up of which one is our 'Eco-Challenge' and the other, 'Four Wheel Drive'. We shall keep you posted so tune in to our Facebook and website for more news.

Kee Poh Siew  
Editor

**Events in October, November and December 2019**



MBSA's Car Free Sundays.

- 1) October 13<sup>th</sup> 2019
- 2) November 10<sup>th</sup> 2019
- 3) December 8<sup>th</sup> 2019
- 4) December 29<sup>th</sup> 2019

On behalf of WSFFM Wan Affy received the token of appreciation from MBSA for supporting and taking part in their 'Car Free Sunday' events. The ceremony, "Majlis Apresiasi Rakan Strategik & Komuniti" was held on 19th December 2019 at a hotel in Subang Jaya.



SAB20/30 starts at 7.45 am - 8.15 am Mondays to Fridays at Taman SUK, Shah Alam.  
On weekends SAB20/30 starts at 8.00am - 8.30am.



At the opening ceremony of the Netball premier League, Dato' Hj. Mohamed Nasir Meraslam was there to welcome the organizers and the participants. The event was held at the Assembly Hall, Facilities & Sports Division, University Malaya. He also thanked the young ladies for taking time to exercise which is greatly lacking in our community. He stressed that sports should be encouraged and what better place then to start from school level.  
The premier league kicked off with Volt versus Premier - 16 November 2019



Finals of WSFFM Netball Premier League kick off game- 30<sup>th</sup> November 2019

1st prize of RM1,000 was won by Volts,  
2nd prize of RM800 was won by UPM Firewolf  
3rd prize of RM500 was won by Mirai



1) Women's Sports & Fitness Foundation Malaysia will be organizing a 1- day **Super Senior Netball Championship** :

Date - 18 January 2020 (Saturday)  
Place - University Malaysia Sports Centre, KL  
Time - From 8.30am

2 ) **WSFFM JUNIOR CHAMPIONSHIP 2020**

Date : 8 February 2020 ( Saturday)  
Venue: Versatile Hall of Sports Centre, University of Malaysia

Prize :  
Champion RM500  
Runner up RM300  
2nd runner up : RM200  
3rd runner up : RM150

Fee : RM150  
Age – Girls 18 years and below

Closing Date : 1 February 2020



Congratulation to our president Puan Sri To'Puan Datuk Shariffa Sabrina Syed Akil for receiving the 'Mrs Malaysia World Icon 2019 Champion Of Change' award.

This is for her undying effort in her quest to protect and preserve our pristine rainforest and the environment.