



Website: www.wsffm.com & Facebook

Be A Sport, Life Gets Better

March 2020 / Q1

Hi Everyone,

We started the New Year 2020 on a happy and joyful note with much anticipation and expectations for the coming months. Alas, not knowing the Covid-19 would appear to disrupt our lives. For this reason, all sporting activities have been put on hold until the pandemic settle down. No one knows when the 'MCO – movement control order' will be lifted. For health and safety, stay at home. Enjoy your quiet time and bonding with family members.

This is the first newsletter for 2020. Hope you have been kept duly informed of all our activities for last year.

Chinese new Year saw a few SAB20/30 stations, namely SUK and Bukit Jelutong chinese members hosting a get together celebration for their members.

WSFFM Women's Super-Senior Netball Championship on 18th January 2020 at Sports Complex, University Malaya was a great success. Cik Norsham Bt Abdullah, the Chief of Staff for Youth and Sports at University Malaya (division of facilities and sports services) encouraged WSFFM to make this an annual event. There was a coverage of this tournament by TV3. The Junior Netball Championship was held on the 15th February 2020. However, the Netball Premier League tournament has been postponed until further notice.

We continue to support MBSA's Car Free Sunday which falls on the second Sunday of each month. We participated with SAB20/30 exercises on 9th February and 8th March 2020.

The yearly PEKA's 'Save Our Rainforest Race – SORR 2020' which was scheduled for 28th March 2020 has been put on hold as well. A later date will be announced once normal activities resume. We work closely with PEKA to run the 'SORR' events.

Heartiest congratulations to our president, YBhg Penolong Pesuruhjaya Bersekutu (Pertahanan Awam) Puan Sri To' Puan Datuk Shariffa Sabrina Binti Syed Akil on receiving the Professional Doctoral Certificate Award In Global Leadership In Social, Corporate And Hospitality from the European International University which carries the title 'Doctor' - 29th February 2020. Prior to this she was invited to speak at the United Nation in Geneva. Her speech for this occasion was entitled, 'Science's Environment In Education'. - 20th February 2020.

We wish to thank all of you for your continuous support of WSFFM and our programs. Here is wishing all of you a blessed 2020. May the world overcome the Covid-19 soon and may there be calm, peace and good health for all.

We shall keep you posted so tune in to our Facebook and website for further notice of our coming events.

Kee Poh Siew
Editor

Events in January, February and March 2020.



MBSA's Car Free Sundays.

- 1) 9th February 2020
- 2) 8th March 2020

WSFFM started the day with SAB20/30 exercises for the public.



Hiking at Frasers Hill and durians at Tanah Aina Farouq – 14th January 2020



14 teams participated in the Women's Super-Senior Netball Championship on 18th January 2020 organised by WSFFM in collaboration with University Malaya. Dato' Hj. Mohamed Nazir Meraslam gave away the challenge trophy and the cash prizes to the winning teams. The winners are:
 Winner - MBPJ Black Widow
 Runners up - Pink Diamond
 3rd Prize - Sweet 40's
 4th Prize - P2 Angels





Netball Junior Championship - WSFFM in collaboration with University Malaya at 'Dewan Serbaguna Pusat Sukan' University Malaya - 15th February 2020. The event started at 8.00am and ended at 6.00pm. 19 teams took part. The teams were from Kuala Lumpur, Selangor and Pahang. The team that came first was from Pahang. WSFFM's treasurer, Dato' Seri Hj Mohamed Nazir Meraslam, gave away the prizes.

1st Prize of R500 and a Challenge Trophy - Handal
 2nd Prize of RM300 - Scorpinezz
 3rd Prize of RM200 - Elektra
 4th Prize of RM150 - Wildcats



Pekawanis (Pertubuhan Amal dan Kebajikan Wanita Selangor) in collaboration with WSFFM provided a fitness program for its members at Dewan Megawati, official residence of the Menteri Besar Selangor - 22nd February 2020.

The morning started off with SAB20/30 as a warm-up exercise before Fitness Drummin'.

Yabhg Puan Masdiana Muhamad, wife of Menteri Besar Selangor, participated in both the exercises.



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Adilla invited coaches of SAB20/30 to promote the exercise in her TV channel.