

Hi Everyone,

We are coming to the close of another year. All of us are looking forward to 2021 to be a better year. The covid-19 pandemic has plunged the world into uncertainty and fear. Our biggest wish is to be healthy and safe from the pandemic. We only hope and pray that things will improve in the future. For the time being we all have got to adapt to a new way of life, a new normal with wearing face masks, hands sanitising and observing social distancing.

WSFFM has not been able to carry out sporting activities yet due to the 'conditional movement controlled order'. Rather than being dormant WSFFM has organised some activities to keep our members fit and healthy. Some of the activities are aquarobics on Mondays, modern dance class on Tuesdays and personal training on Thursdays. It is free for all WSFFM members and the fees for the trainers as well as the facilities are so graciously borne by our president, Puan Sri To' Puan Datuk Shariffa Sabrina.

Our netball league tournament was abruptly stopped due to the 'MCO'. We hope to continue once the situation improves.

As we move forward with the new digital era, our first venture was a collaboration with "Myheart Health Association". It was an online program which was once a week for 3 consecutive weeks. This event was organized in conjunction with 'World Diabetes Day' which falls on the 14<sup>th</sup> November every year. The focus was on awareness on diabetes and WSFFM's role was to create some coaching exercises to do from home during the pandemic. Keeping a healthy lifestyle can ward off many diseases. The fees collected was used to donate glucometers for the needy.

The manual on SAB20/30 is ready for printing. We are seeking for some kind donors to help us with the printing cost. We now have members from 5 stations namely Bukit SUK, Bukit Jelutong, KGSAAS (Kelab Golf Sultan Abdul Aziz Shah), Section 9 and Section 18. Puan Sri To' Puan Datuk Shariffa Sabrina the founder of this exercise, made a special appearance at Taman Suk on the 20<sup>th</sup> December 2020 for an upgrading session for all SAB20/30 members and to enhance the teaching skills of all the present batch of coaches.

Our SAB20/30 members had a day trip to the 'Sticks' at Kuala Kubu Baru on the 19<sup>th</sup> December 2020.

It was a relaxing trip with forest trekking, river bathing and botanical walk. All done with SOP in tow. We hope to explore more day trips in the next few months.

Puan Sri To' Puan Shariffa Sabrina has earned another feather in her cap. Congratulations to the Managing Director of Tanah Aina Sdn Bhd. She received the Honorary Professor Award of the Oxford Academic Union on 15 December 2020. The awarding of this title is a symbol of appreciation and gratitude to her who promotes the social and intellectual progress of modern society, and the development of integration in science, culture, and education in all areas of human activity. The other award is 'Global Ambassador & Vice President For Malaysia of Fame Times International Excellence Awards LLP' – December 2020

We wish to thank you all for your continuous support of WSFFM and our programs. May 2021 promise a fresh start to a better future.

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

**Events in October, November and December 2020.**



Puan Sri To' Puan Datuk Shariffa Sabrina made a special appearance at Taman SUK – 20<sup>th</sup> December 2020, to demonstrate the correct way to do SAB20/30. This session also served to upgrade the teaching skills of all the SAB20/30 coaches.

The members who attended were from Taman SUK, Section 9, Section 18, KGSAS and Bukit Jelutong.

All members adhered to physical and social distancing.

Refreshments of snacks were kindly contributed by Puan Sri To' Puan Datuk Shariffa Sabrina.



YBhg PPj. Bersekutu (PA) Puan Sri To' Puan Datuk Prof. Dr. Shariffa Sabrina Binti Syed Akil, received the Honorary Professor Award of the Oxford Academic Union on 15 December 2020.



Certificate to : YBhg PPj. Bersekutu (PA) Puan Sri To' Puan Datuk Prof. Dr. Shariffa Sabrina Binti Syed Akil, for appointment on the position of : Global Ambassador & Vice President For Malaysia of Fame Times International Excellence Awards LLP – December 2020