

Hi Everyone,

Welcome to the 12th edition of our eNewsletter. WSFFM has more events lined up. Will keep all of you posted when we have finalized the programs.

April will be a busy month for us. We start off with recce to Gua Musang for our upcoming race.

Look out for our flyers.

In the meantime you can check out for all our future events in our website.

Kee Poh Siew, Editor

Ms Betrina Yeo's birthday will be in April. We wish her the best of health and may she gets all the good blessings.

Events in March 2015	
7 th March	The Blast 2015 Time: 8am – 5 pm Venue: Sultan Abdul Aziz Golf Club, Shah Alam, Selangor. Entrance fee: RM 250/pax
15 th March	Exco meeting at Tanah Aina Café.
21 st March	Puan Sri Sabrina, Hadfizah, Sara and Imelda Haris (Master Chef Malaysia) appeared on RTM 1. Topic for discussion “ Apa Kata Wanita’.
28 th March	“Save Our Rainforest Run” at Hutan Lipur Kuala Woh, Tapah, Perak
28 th March	Aishah's daughter's wedding

Coming Events	
1-2 April	Recce at Gua Musang for “Merapoh Forest Run”. Collaboration between WSFFM and Tourism Pahang. Event is schedule for 31 st October 2015. 2 categories – 36km & 18 km. Open to participants 18 years and above.
12 th April	Fit Malaysia event at Padang Merdeka, Kuching, Sarawak. WSFFM will be there with our “Stick2stix” workout. Catch us there.
18 th April	Special replacement class for Stick2stix at Ladies Fitness Centre, Wisma Tanah Aina, Shah Alam. Puan Sri Shariffa Sabrina will lead the group. This is only for the BLAST 2015 participants who signed up.
18 TH April	DMN's daughter's wedding at Majestic Hotel, KL
26 th April	AGM for WSFFM at 9 am and PEKA at 2 pm. Venue : Tanah Aina Café, Shah Alam. (Sunday)
26 th April	Fit Malaysia at Padang Kota Lama. Pulau Pinang.

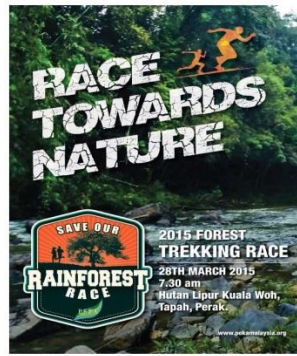
9 th May	NCWO – EXCO meeting will be held as follows : Date : 9 May 2015 (Saturday) Venue : Bilik Ilmuan 4, Anjung Menara Razak, UTM Kuala Lumpur Time : 8.30 am - 1.00pm
12 th - 26 th 2015 5 th – 19 th January 2016	CALL FOR APPLICANTS FOR THE 8th & 9th EGEF Ewha Global Empowerment Program “Transnational Feminisms and Women’s Activism” Ewha Womans University, Seoul, South Korea Application Submission: March 23 ~ April 12, 2015 For more info please go to link: EGEF 8 th -9 th CFA ENG.pdf

The Blast 2015 had over 50 participants taking part in this training program for the "aspiring- to-be -trainers- and- leaders". The response was more than satisfactory as this is a pioneer program organised by Azizah Othman and Sharifah Hanim. Ms Adilla Idris from WSFFM led a very energetic workout for 'Stick2stix'.

7 March 2015 @ Sultan Abdul Aziz Golf Club

Puan Sri Shariffa Sabrina, Hadfifah, Sara and Imelda Haris (Master Chef Malaysia) appeared on RTM 1. The program “ Apa Kata Wanita” was aired for 1 hour. The subject was mainly on Puan Sri’s love of the outdoor and mother nature. She gave her views on the importance of conservation of the environment and her involvement in the tree replanting programs under PEKA - tree replanting in all the states in Malaysia.

“Save Our Rainforest Race” was organized by PEKA. The event was held on 28th March. WSFFM was there to lend a helping hand.



Tahniah kepada Che Aishah Che Wang on her daughter's wedding on 28th March 2015.

