

Hi Everyone,

WSFFM has one great big event lined up for 31st October 2015. The “Merapoh Forest Run” will be held at Sungai Relau Merapoh, Taman Negara. The flyers and event summary are published with this newsletter. There will be a Press Conference for this event scheduled for 23rd June at Tanah Aina Café, Shah Alam.

We continue to give our support to Kementerian Belia dan Sukan with our Stick2stix at their Fit Malaysia roadshows.

Kee Poh Siew, Editor

Happy Birthday to Puan Sri To' Puan Datuk Shariffa Sabrina and Puan Noor Hafidzah whose birthdays are in June. May you always be happy, healthy and joyful..

Events in May 2015	
5 th May	Invitation to perform Stick2stix at UiTM 's XOX event.
7 th May	“Merapoh Forest Run” - Meeting with KP Perhilitan at their headquarters, Cheras.
8 th May	Meeting with pengarah Jabatan Belia & Sukan Selangor on Bootcamp workshop scheduled for 7th June 2015. Venue: Tanah Aina Café - 8am – 4 pm
9 th May	NCWO – EXCO meeting. Date : 9 May 2015 (Saturday) Venue : NCWO OFFICE, 26, Jalan 14/29, Seksyen 14, 46100 Petaling Jaya. Time : 9.00 am - 12.00pm
10 th May	Farhana's wedding dinner at Concorde Shah Alam
20 th May	Exco meeting at 8.00 pm at Tanah Aina Café, Shah Alam
23 rd May	“I Volunteer” event organized by UiTM students at Dataran Teluk Kemang, Port Dickson. Time: 11 am – 7 pm
23 rd May	Group Treasure Hunt at Bentong, Pahang, organized by Majlis Perbandaran Bentong in conjunction with their 10 year anniversary.
27 th May	Tourism Industry Malaysia Gala Dinner with the Prime Minister at Dewan Merdeka, PWTC organized by National Tourism Council Malaysia
30 th May	Fit Malaysia at Johor Bahru

Upcoming Events	
10 th June	Invitation to Puan Sri To' Puan Datuk Shariffa Sabrina's birthday party.
7 th June	Women's Bootcamp organized by Kementerian Belia dan Sukan - 7th June 2015. It will be held at Tanah Aina Cafe from 8 am - 4 pm.
9 th June	Meeting with YH Dato' Hj Ahmad, DO of Lipis at Pejabat Daerah & Tanah Lipis at 9.30 am
13 th June	Fit Malaysia in Perlis
15 th June	GST HAND-HOLDING PROGRAMME" fully funded by the Ministry of Finance (MOF) and in collaboration with Jabatan Pembangunan Wanita (JPW) Time : 7.45 am to 4.30 pm Venue : Dewan Perdana Nur, Kementerian Pembangunan Wanita, Keluarga & Masyarakat, No. 55, Presint 4, Putra. Admission is Free
23 rd June	1 st Press Conference for "Merapoh Forest Run" at Tanah Aina Café at 5pm.
31 st July-2 nd August	13 th Asian Breast Diseases Association (ABDA) Teaching Course Sunway Putra Hotel, KL
10 th October	National Sports Day
31 st October	"Merapoh Forest Run"
12 th - 26 th 2015 5 th - 19 th January 2016	CALL FOR APPLICANTS FOR THE 8th & 9th EGEPE 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: EGEPE 8 th -9 th CFA ENG.pdf

**Our next big event "Merapoh Forest Run 2015" - 31st October 2015. For online registration please visit link : www.runningproject.com.my
For further enquiries please call Encik Bukhari at 0167334100**



FEEL THE CHALLENGE

1000 participants only

JOIN US & REGISTER NOW
BEFORE 10 Oct 2015

4 CATEGORIES

- 30KM MEN OPEN RM80/pax
- 30KM WOMEN OPEN RM80/pax
- 15KM MEN OPEN RM50/pax
- 15KM WOMEN OPEN RM50/pax

#Including 1x breakfast, 1x lunch, 1x shirt, 1x finisher medal, online finisher certificate, goodie bag etc.

MAP

GPS Coordination :
N04 57 58.2 E102 05 57.50

TAMAN NEGARA SUNGAI RELAU, MERAPOH, PAHANG MALAYSIA

Saturday 31 October 2015 7.30 am

**CASH PRIZES MORE THAN RM10,000.00
HOLIDAY PACKAGES, HAMPERs AND MANY MORE...**

Organised & JV Partners :

Persatuan Pengusaha Pelancongan Pahang (P4P)
Women's Sports & Fitness Foundation Malaysia (WSFFM)
Tourism Pahang
Tourism Malaysia Pahang
Kementerian Pelancongan & Kebudayaan Malaysia
Negeri Pahang
Kraftangan Malaysia Pahang
PERHILITAN
Media Adaptor
Pertubuhan Berita Nasional (BERNAMA)

online registration :
www.runningproject.com.my

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Congratulations to Tan Sri Syed Mohd Yusof and Puan Sri To' Puan Datuk Shariffa Sabrina on their beloved daughter's wedding. It was indeed a very happy occasion for the beautiful bride, Sharifa Farhana and groom, Mohd Adeal.






Group Treasure Hunt at Bentong, Pahang, organized by Majlis Perbandaran Bentong in conjunction with their 10th year anniversary.



<p>Tourism Industry Gala Dinner with the Prime Minister at Dewan Merdeka, PWTC organized by National Tourism Council Malaysia on 27th May 2015.</p>	
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<p>IVolunteer - an event by 4th semester students comprising Ms Siti Aisyah, Ms Nurul Izzati, Ms Siti Aishah, Ms Nurul Suhada and Muhamad Syafiq. was held on 23rd May 2015 at Teluk Kemang, Port Dickson from 9 am - 7 pm. They chose WSFFM to represent one of their NGOs in this public advocacy subject. Theme for the event : "Women -Philanthropy & Volunteerism". The opening ceremony started off with a performance of "Stick2stix" which was led by our very energetic and beautiful Ms Adilla Idris. Everyone who took part enjoyed the aerobic workout and it was something new for them to learn.</p>	
	

<p>FIT Malaysia 2015 was at Dataran Bandaraya Johor Bahru on 30th May 2015. There is a big following of our Stick2stix in JB and so it came as no surprise that it is getting very popular in the southern region.</p>	 
	

<p>WSFFM was invited by UiTM to perform Stick2Stix at their XOX event on the 5th May 2015. The event had an overwhelming response from the university students.</p>	
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