

Hi Everyone,

Selamat Berpuasa to all our Muslim friends and their families.

‘Hari Raya Aidilfitri’ will be celebrated next month which is July. WSFFM takes this opportunity to greet all our friends, colleagues and their families “Selamat Hari Raya Aidilfitri”.

Our e- Newsletter will now be published every quarterly (every 3 months) starting this year. Our next issue will be in September 2016.

Next few months are busy months with lots of activities lined up for WSFFM. Our members are also involved with PEKA’s activities by lending a hand and giving our utmost support.

Our most important event coming up will be our Merapoh Forest Run 2016 (MFR2016) on the 3rd September 2016. This is our 2nd year organising this event. It will be held at Taman Negara, Sg Relau, Merapoh, Kuala Lipis, Pahang. If you sign up early, you can also request for paid accommodation in and around Merapoh. If you prefer to have more comfortable accommodation, the nearest hotel will be at Gua Musang which is 20 minutes by car to Merapoh.. For further information the event flyer is enclosed. You can also view our registration form in WSFFM website and FB.

WSFFM continues to support the Fit Malaysia roadshows with our Stick2stix aerobic workout presentations. We have already been to Malacca, Kedah, Penang and Perak. Next on the agenda will be Putrajaya, 17th July 2016.

Our Madam President, Puan Sri To’ Puan Datuk Shariffa Sabrina has a 2 weekly column in KOSMO in which she shares her view on “Sports and Fitness”.



MERAPOH FOREST RUN 2016
Presented by: WSFFM
Main Partners: PEKA, KEMAJUAN MALAYSIA, VISIT PAHANG 2017
Full Supporters: ...
Sponsor Partners: ...
GPS Coordination: NOLA 4755 E182 03750

6 CATEGORIES (pls tick /):
☐ 25 KM MEN OPEN
☐ 25 KM WOMEN OPEN
☐ 15KM MEN OPEN
☐ 15KM WOMEN OPEN
☐ 10KM B17 MEN OPEN
☐ 12KM B17 WOMEN OPEN
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03 SEPTEMBER 2016 | SATURDAY 17.30 AM | TAMAN NEGARA PAHANG SG. RELAU, MERAPOH, KUALA LIPIS, PAHANG
JOIN US AND REGISTER NOW BEFORE 15 AUGUST 2016 | LIMITED 1000 PARTICIPANTS ONLY
 Reg. Online : www.wsffm.com/regmfr16 or call 60112249782 | 60166084510 | 60179321899 | 60192422625 | 60355240316 (OFFICE)

CASH PRIZES, HOLIDAY PACKAGES, HAMPER & MORE | WORTH MORE THAN RM25,000.00

Name: _____ Age: _____ IC No: _____ Nationality: _____ Passport No: _____
 Home Address: _____
 Gender: M / F Date of Birth: _____ Occupation: _____ HP No: _____ Email: _____
 Emergency Contact Person: _____
 For B17 Men & Women Open Categories: Parent / Guardians Approval: _____ (Parent / Guardian's Name) / HP No: _____
 Signature: _____

IMPORTANT INFORMATION:
 Open for individual men & women, Malaysian, AGAM & Expat only
 For Men & Women B17 categories, participants must age 14 - 17 yrs old and must have parents / guardians approval.
 All registrations are non-refundable and non-transferable.
 All payments by cheque or cash, please bank to: WOMEN'S SPORTS AND FITNESS FOUNDATION MALAYSIA | MAYBANK ACCOUNT NO. 522 0025 0046
 Please email your bank payment slip to info@wsffm.com or reg.mfr2016@wsffm.com or whatsapp to 0011 2249782 / 0011 79321899

DISCLAIMER:
 I hereby certify that I agree the rules & regulations of Merapoh Forest Run 2016. I also declare that I am medically fit and entering this event at my own risk and will not hold the organizer, sponsor and all agents of the organizer responsible for any injuries which may be incurred before, during or after the event or loss of personal data given correctly as stated. I also agree that the decision of the Organizing Committee is final and that no appeal will be entertained. I also give consent for the free use of the images, name and voice in any broadcasted and advertising promotion or for other purposes pertaining to the event.

Signature: _____ Date: _____ For Official Use: (ONLY / CHECK) No: _____ Stamp: _____

Upcoming Events	
17 th July 2016	Stick2stix at Fit Malaysia Putrajaya. Keep you posted regarding the venue.
30 th July 2016	Stick2stix at Fit Malaysia Batu Pahat, Johor. Keep you posted regarding the venue.
30 th August 2016	Stick2stix at Dataran Shah Alam in conjunction with “Merdeka” celebrations.
3 rd September 2016	Merapoh Forest Run 2016 (MFR2016) at Taman Negara, Sg Relau, Merapoh, Kuala Lipis, Pahang.
TBC	Raub Treasure Hunt - date and venue to be confirmed.

Events in April, May and June 2016

	<p>Tanah Aina Eco Resorts was awarded the Green Era Award by Otherways Management & Consulting France! Puan Sri To' Puan Datuk Shariffa Sabrina received the award at the ceremony at the Intercontinental Hotel, Berlin Germany – April 2016.</p>
	<p>Stick2stix at Masjid Tanah Malacca 10th April 2016. The crowd had fun with our aerobic workout using the sticks.</p>
	<p>Tree 4 A Tree Kedah at Pendang, Kedah. A project by PEKA. WSFFM lend a hand with the tree replanting program.</p>
	<p>WSFFM was invited to the launch of "Visit Pahang 2017" by Tourism Pahang on 21st April 2016 at Zenith Hotel, Kuantan.</p>
	<p>Stick2stix at Padang IKBN Kuala Perlis on 8th May 2016. Nana was there on stage to lead the crowd.</p>
	<p>Stick2stix at Balik Pulau, Penang on the 22nd May 2016.</p>
	<p>WSFFM had its 19th AGM yesterday, 22nd May 2016 at Tanah Aina Cafe, Shah Alam. There was an election for new committee members.</p>



Award ceremony for JPAM (Jabatan Pertahanan Awam Malaysia) members from Bentong. Medals were given by YBhg Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Shariffa Sabrina bt Syed Akil on 22nd May 2016 at Tanah Aina Café.



PEKA had its first annual Gala Dinner at Majestic Hotel - 27th May 2016. The occasion was graced by his Royal Highness, the Sultan of Selangor. WSFFM attended the event.



Fit Malaysia took us to Dataran Pavilion, Kuala Kangsar, Perak - Sunday-29th May 2016. Stick2stix was featured at 11.30 pm and again at 3.00pm.



'Threeeler' attracted more than 100 participants. This event was held at Tanah Aina Fitness Centre on 29th May 2016. The 'Threeeler' comprised an hour on Salsation, an hour hip hop and an hour on drumming fitness. Puan Sri To'Puan Datuk Shariffa Sabrina taught drumming. Drumming fitness and Salsation are the "in thing" at the moment. Salsation is a kind of fitness and rhythmic dance. It is a mix of salsa and sensation.



Excos' meeting, break fast and Puan Sri To' Puan Datuk Shariffa Sabrina's birthday cake cutting - 12th June 2016 at Tanah Aina Cafe.



WSFFM and PEKA's President Puan Sri To' Puan Datuk Shariffa Sabrina Syed Akil's column on "Sports and Fitness" in KOSMO every fortnight.

