

Hi Everyone,

Last three months welcomed many celebrations and public holidays. There were 'Merdeka' on the 31st August, 'Hari Raya Haji' on the 1st September and 'Malaysia Day' on the 16th September.



September has been a very busy month for WSFFM with lots of events to cover. There was Fitness Drummin' at Cempaka International school on 19th Sept 2017 from 9.00 am - 2.00 pm. This is the start of our Fitness Drummin' roadshows for schools and universities. Fitness Drummin' is the brainchild of our President, Puan Sri To' Puan Datuk Shariffa Sabrina Syed Akil. This is one of her original exercise and dance routine. The next Fitness Drummin' will be at UITM, Puncak Alam on the 10th October from 2.00pm – 6.00pm.

WSFFM in collaboration with Pekawanis (Pertubuhan Kebajikan dan Amal Wanita Selangor) organised a 'keep fit' morning for members of Pekawanis at Dewan Megawati - 20th August 2017. The program included Fitness Drummin', Stick2stix and aerodance. Stick2stix is also WSFFM's own brand of exercise founded by Puan Sri To' Puan Datuk Shariffa Sabrina. Almost 100 participants attended this program which started at 9am and finished at 12 noon. This is the first of our Fitness Drummin' roadshows for societies, associations and NGOs.

'SAB 20/30' is another of Puan Sri To' Puan Datuk Shariffa Sabrina Syed Akil's unique creation. The theme for this event was, 'Health Is Wealth'. This exercise consists of 10 routines and the participants do each routine 20 times. It only takes 30 minutes to complete the whole set of routines. The steps for the routines include a lot of stretching, balancing and squatting. This unique exercise is conducted daily at Tasik SUK, Shah Alam from 7.45 am – 8.15 am. It is suitable for weight watchers. Together with a balance diet, this daily exercise can help one lose up to 10kg in 6 months. The good news is, this program is free of charge.

Together with PEKA, we had a few team-building events at Chengal Besar, Tanah Aina Soraya and Bukit Larut (Maxwell Hill). It not only helps to strengthen both our working relationship but also keeps us fit with hiking and other physical activities.

Kuala Lumpur hosted the inaugural 3-day international fashion week from 7 to 9 September 2017 at the Palace of the Golden Horses. As ambassador for "World Fashion Week Malaysia" Puan Sri To' Puan Datuk Shariffa Sabrina endorsed the green culture and the fight against global warming. She also supported eco-friendly fashion from designers using biodegradable fabrics, such as organic cotton, linen and wool.

Please look out for some of the tentative activities for early next year such as WSFFM Aerobicton to be held in February 2018 and Women Eco- Challenge 2018 at the end of April.

Puan Sri To' Puan Datuk Shariffa Sabrina continues with her tireless effort in forest conservation and protection of the natural environment. Her column on forest conservation and on environmental issues continues in KOSMO! every two weeks.

Events in July, August and September 2017



'Hari Raya' open house continued into the month of July.

- 1) Salina had hers on the 9th July
- 2) Tanah Aina Resorts was held at Tanah Aina Fahad, Raub on the 15th July



TANAH AINA RESORT awarded
"The Peak of Success 2017"

From The Bizz @ Saint Thomas US Virgin Island on 26th July 2017. Puan Sri To' Puan Datuk Shariffa Sabrina bt Syed Akil was there to receive the award.



A guided hiking event for members of WSFFM and PEKA at Tanah Aina Farrah Soraya (TAFS) Raub on 6th August 2017 - Sunday. The hiking trail covered "Save Our Rainforest Trail (SORT)".



Puan Sri To' Puan Datuk Shariffa Sabrina has been teaching SAB 20/30 exercise since 1 year ago by the Tasik SUK, Shah Alam (near Shah Alam High Court Complex, Section 7). The exercise is held from Mondays to Sundays and it starts at 7.45am - 8.15am. It is absolutely FREE of charge.



Pekawanis (Pertubuhan Kebajikan dan Amal Wanita Selangor) in collaboration with WSFFM organized a morning filled with activities for members of Pekawanis at Dewan Megawati (Menteri Besar's residence) - 20th August 2017. The fitness program started at 9am and finished at 12 noon. Almost 100 participants attended the program.



Y.Bhg.Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Shariffa Sabrina bt Syed Akil's (WSFFM and PEKA's president) interviewed by BERNAMA TV. She shared her views on the protection of Mother Nature – 25th August 2017



A retreat attended by members of WSFFM at Chengal Besar, Terengganu from 30th August - 1st September 2017. A time well spent in the beautiful, natural forest of Chengal Besar.



World Fashion Week Malaysia held at the "Palace of the Golden Horses" from 7-10th September 2017. Our president is also the ambassador for World Fashion Malaysia.



Terrarium Workshop organised by PEKA Malaysia in collaboration with Great Eastern Life on 17th September 2017. Some WSFFM members rendered their support as facilitators for the workshop.

The workshop was held at Menara Great Eastern, Jalan Ampang from 9 am - 2 pm. The workshop was attended by 105 orphans age 7 - 12 years old. They come from 3 orphanages around KL and Selangor. This was a nature education workshop. The workshop helped the children to value and appreciate nature and also to keep the environment clean.



Fitness Drummin' at Cempaka International school on 19th Sept 2017 from 9.00 am - 2.00 pm. The 3 expert instructors were Nana, Shake and Salleh. 120 students and about 20 teachers and staff took part in this program. The program entailed theory and practice. Fitness Drummin' featured innovative workouts which was enjoyed by the students and staff. Dato' Freida Pilus, founder and mentor for the Cempaka International schools was on stage to do some aerobic workout which incorporated hitting the 'kompang' with drum sticks.



A 3-day 2 nights' retreat at Bukit Larut or better known as Maxwell Hil on 21st - 23rd September 2017. This was a team building and 'keep fit' event for excos of WSFFM and PEKA. PEKA Malaysia contributed 20 Gaharu trees which were planted at various spots near the bungalows.



'SAB 20/30 Health Is Wealth' exercise, at Tasik Taman Lembah Bukit SUK, Shah Alam on the 24th September 2017. As you know 'SAB 20/30 is founded by Puan Sri To' Puan Datuk Shariffa Sabrina.

It is indeed something new, easy to follow and an enjoyable workout especially for the overweight. For the normal weight person, it will keep you supple, fit and healthy. And it is free of charge.



Banteras penjenayah alam sekitar di Malaysia

BARIKAD di kawasan hutan di Selangor, Kuala Lumpur, dan Johor Bahru, telah berjaya menghalang penjenayah alam sekitar daripada melakukan aktiviti mereka. Pihak berkuasa alam sekitar di ketiga-tiga negeri ini telah berjaya menghalang penjenayah alam sekitar daripada melakukan aktiviti mereka. Pihak berkuasa alam sekitar di ketiga-tiga negeri ini telah berjaya menghalang penjenayah alam sekitar daripada melakukan aktiviti mereka.

Pihak berkuasa alam sekitar di ketiga-tiga negeri ini telah berjaya menghalang penjenayah alam sekitar daripada melakukan aktiviti mereka. Pihak berkuasa alam sekitar di ketiga-tiga negeri ini telah berjaya menghalang penjenayah alam sekitar daripada melakukan aktiviti mereka. Pihak berkuasa alam sekitar di ketiga-tiga negeri ini telah berjaya menghalang penjenayah alam sekitar daripada melakukan aktiviti mereka.



ENUT-ENUT SEMUT

Jadikan Bukit Fraser Tapak Warisan Negara

TERLEBIH 100 tahun, Bukit Fraser telah menjadi destinasi popular untuk aktiviti rekreasi. Namun, ancaman kepupusan flora dan fauna di kawasan ini telah menjadi perhatian utama. Pihak berkuasa alam sekitar di ketiga-tiga negeri ini telah berjaya menghalang penjenayah alam sekitar daripada melakukan aktiviti mereka.

Pihak berkuasa alam sekitar di ketiga-tiga negeri ini telah berjaya menghalang penjenayah alam sekitar daripada melakukan aktiviti mereka. Pihak berkuasa alam sekitar di ketiga-tiga negeri ini telah berjaya menghalang penjenayah alam sekitar daripada melakukan aktiviti mereka. Pihak berkuasa alam sekitar di ketiga-tiga negeri ini telah berjaya menghalang penjenayah alam sekitar daripada melakukan aktiviti mereka.



ENUT-ENUT SEMUT

WSFFM and PEKA's President Y.Bhg. Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Shariffa Sabrina bt Syed Akil's column on forest conservation and on environmental issues in KOSMO! every fortnight.

Jiwai kemerdekaan, selami Aidiladha

KEMERDEKAAN, nilai yang paling berharga dalam kehidupan manusia. Nilai yang paling berharga dalam kehidupan manusia. Nilai yang paling berharga dalam kehidupan manusia. Nilai yang paling berharga dalam kehidupan manusia.

Setelah kita merayakan kemerdekaan negara yang ke-59, kita perlu mengambil masa untuk merefleksikan makna kemerdekaan. Kita perlu mengambil masa untuk merefleksikan makna kemerdekaan. Kita perlu mengambil masa untuk merefleksikan makna kemerdekaan.



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