

Hi Everyone,

A belated 'Selamat Hari Raya' greetings to all our friends and their families, colleagues and our supporters who are celebrating this happy and joyous occasion.

Our president, Puan Sri To 'Puan Datuk Shariffa Sabrina had her 'open house' on the first day of 'Raya' and another one on the 30th June at Tanah Aina Fahad, Ulu Dong for all the excos of WSFFM, PEKA, friends, family and her business associates.



SAB20/30, the exercise created by Puan Sri Sabrina continues to expand to other parts of Shah Alam. Even during 'Ramadhan', our conscientious girls continued with the workout every day. SAB 20/30 welcomes everyone to Tasik SUK, Shah Alam from 7.45 am – 8.15 am, Mondays to Fridays and start at 8.00am on weekends. You can view the workout in a video in WSFFM's whatsapp and website. There are 2 other locations where you can enjoy SAB20/30. Every Wednesdays and Tuesdays at 7.30 am, Jalan Bidai U8/21, Bukit Jelutong and another venue is at Bandar Putera 2, Jalan Kebun Nenas, Klang (Bassella Park) but for now SAB20/30 is only once a week on Saturdays at 7.00am. In order to make the SAB20/30 exercises effective and safe for the public to follow Puan Sri Sabrina held a train-the-trainer-workshop whereby the regulars of SAB20/30 brushed up their skills so that they would be more proficient in teaching other new learners. The overall goal of this Trainers' Workshop was to reinforce training and instruction methods and proper techniques for SAB 20/30. It is also to ensure the trainers convey information effectively and correctly for positive results and to prevent injury.

WSFFM had its 21st Annual General Meeting on 19th May 2018 at Tanah Aina Studio, Wisma Tanah Aina, Batu Tiga. New office bearers were elected.

'I VOGUE FOR GREEN' was launched by Puan Sri Sabrina at Tanah Aina Cafe. This project is a collaboration partnership between PEKA (Pelindung Khazanah Alam Malaysia) and C8 Media. This is a first of its kind to involve fashion and the lifestyle industry to help with the conservation of green forest in our country. The highlight for this year will be a fashion show to be held in the forest. Wow.....we look forward to that.

Launched of "BlocksToBlocks", a project by PEKA and # BlocksToBlocks on 23rd April 2018 at Publika.

It is an exhibition to highlight the plight of the Orang Asli Community in Gua Musang whose livelihoods have been greatly affected by the rampant deforestation of their ancestral land and to raise funds through the sale of painted blocks. WSFFM helped to man the exhibition booth.

A belated 'Happy Birthday' to Puan Sri Sabrina whose birthday falls in the month of June and she launched her 2nd book entitled "Tanah Aina Cookies and Cakes". The book is available for sale at Tanah Aina Café.

Kee Poh Siew
Editor

Events in April, May and June 2018



SAB 20/30 Trainers' Workshop was held on 1st April (Sunday) 2018 at Tanah Aina Studio.

Puan Sri To' Puan Datuk Shariffa Sabrina was the trainer with Assoc. Prof. Dr Saniah Ahmad Zaki and Datin Rosmawati as facilitators.

SAB 20/30 is a set of exercise created by Puan Sri To' Puan Datuk Sabrina. It is a combination of some qigong, taichi and aerobic movements. It is a train-the-trainer-workshop whereby the regulars of SAB20/30 will learn to be more proficient in teaching the newcomers.



'I VOGUE FOR GREEN' was launched today by Puan Sri To' Puan Datuk Shariffa Sabrina Syed Akil at Tanah Aina Cafe. This project is a collaboration partnership between PEKA (Pelindung Khazanah Alam Malaysia) and C8 Media

Some of the activities will include:

- 1) The making of a Fashion Jungle Storybook
- 2) 1st Forest Fashion Walk
- 3) To bring nature closer to the people
- 4) Forest Awareness movie and tree replanting



Launched of "BlocksToBlocks" a project by PEKA and # BlocksToBlocks – 23rd – 29th April 2018 at Publika.

It is an exhibition to highlight the plight of the Orang Asli Community in Gua Musang whose livelihoods have been greatly affected by the rampant deforestation of their ancestral land and to raise funds through the sale of painted blocks, orang asli handicrafts and T- shirts.



The 21st Annual General Meeting of Women's Sports And Fitness Foundation Malaysia was held on 19th May 2018

Time: 3.00 pm - 4.30 pm

Venue: Tanah Aina Cafe, Wisma Tanah Aina, Taman Mesra, Batu 3, Shah Alam, Selangor.

New office bearers were elected for the next 2 years 2019-2020.

Since it was Ramadhan, we proceeded for an 'ifthar' session after the meeting.



Puan Sri Sabrina launched her 2nd book, 'Tanah Aina Cookies and Cakes' recipe book. Her 1st was 'Tanah Aina, Journey of a Malaysian Woman'.



Y.Bhg.Kol. Bersekutu (PA) Puan Sri To'Puan Datuk Shariffa Sabrina's fortnightly write up in KOSMO!. Her article is mainly on preservation and protection of our natural rainforest, on eco-tourism and other environmental issues.



SAB20/30 continued even during Ramadhan. Please join us at 7.45am, Taman Bukit SUK, Sek 5, Shah Alam.





Puan Sri To Puan Datuk Shariffa Sabrina celebrated her birthday with relatives, close friends and excos of PEKA and WSFFM in June 2018.

There were lots of delicious food prepared by Concorde Hotel.

There was a live band who rendered us with lovely music and songs. Adilla sang a 'Hari Raya' song followed by the girls doing various dances e.g. line dance and cha cha.

We wished Puan Sri Sabrina a very Happy Birthday and may you always be blessed with good health and happiness.



Puan Sri Sabrina held a Hari Raya Open House at Tanah Aina Fahad, Ulu Dong, for her family, friends, excos of WSFFM and PEKA and her business associates – 30th June 2018



Hari Raya Open House at Salina's residence at Bandar Kinrara – 30th June 2018

