

Hi Everyone,

It is nice to be back. We had a long break during the 'MCO' and now we are moving into the era of new normal which is wearing face masks and observing social distancing. The coronavirus crisis has taken a toll on our lives and our well-being.

Many outdoor activities have resumed with precaution to don face masks and social distancing. Since travelling abroad has been restricted, what more than to visit our very own tourist attractions in Malaysia. That is exactly what WSFFM has done by visiting various attractive natural rainforest locations.

We eagerly took advantage of the natural energy found in the natural environment of the rainforest to relax and be stress free.

WSFFM's SAB20/30 continues every day at all the 4 main stations namely Bukit SUK, Bukit Jelutong, KGSAAS (Kelab Golf Sultan Abdul Aziz Shah) and Section 18. We are currently in the process of compiling all the exercises into a booklet. There were several photo taking sessions by members of SAB20/30 for the book. The publication of the new booklet should be out soon.

WSFFM is currently organising a re-training and upgrading program for all its present batch of trainers of SAB20/30.

On July 5th there was a 'Durian Fest' organised by Tanah Aina Café partnering with Autism Association. There were 'Kampung' durians, D24 and Musang King. All the durians came from Tanah Aina Farouq which is owned by Puan Sri To' Puan Datuk Shariffa Sabrina (WSFFM & PEKA's president). The 'Kampung' and the Musang King varieties were the most popular. Part of the proceeds from the sale of the durians went to the Autism Association. WSFFM rendered its assistance by helping with selling tickets, weighing durians and welcoming the guests. The organisers would like to thank all the people who came to render their support for this noble cause.

To relieve us of the pandemic stress, WSFFM jointly with PEKA (Pertubuhan Pelindung Khazanah Alam Malaysia) organised several social activities to connect with nature and to seek mental and physical well-being. The activities and outings were visits into the jungle at different locations.

Some of the activities were:

- 1) Sungai Sedim, Kedah (July 7-8)
- 2) Gunung Jerai Geopark (August 10-12)
- 3) 4x4 Off road expedition Lubuk Kawah, Ulu Slim, Perak (August 26-27)
- 4) Berdebu Waterfall, Sungai Kelemin, Terengganu (September 25 -27)

We wish to thank you all for your continuous support of WSFFM and our programs. May the world overcome the Covid-19 pandemic soon and may there be calm, peace and good health for all.

We shall keep you posted on our programs so tune in to our Facebook and website for further notice of our coming events.

Kee Poh Siew
Editor

Events in July, August and September 2020.



Durian Fest organised by Tanah Aina Café teaming up with Autism Association at Tanah Aina Café, Jalan Mesra 1, Taman Mesra Batu Tiga, Shah Alam – 5th July 2020



Sungai Sedim, Kedah - 7th – 8th July 2020



Gunung Jerai Geopark, Kedah – 10th – 12th August 2020



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4x4 Off road expedition Lubuk Kawah, Ulu Slim, Perak – 26th – 27th August 2020



Waterfall Berdebu, Sungai Kelemin, Terengganu - 25th – 27th September 2020

