



AUTUMN UPDATE 2017

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A word from our Chairperson: Karen Grant

Hi, I am proud to be the new Chairperson of **F&S Aberdeen**. Many thanks to **Faye Simpson** and her Committee for all they have done for us over the last two years and I wish Faye every success in the future.

Just to give you a bit of my background I am married with a daughter and I have an energetic, mad Cocker Spaniel. I have been a Medium Jympa leader since 2004 and I work in IT Services for the University of Aberdeen.

I am delighted to welcome new Medium Jympa leader: **Ashwini Rao** into the **F&S** family and excited that **Jackie Leiper** and **Kirsty Thomson** are now qualified to teach "**Flex**" classes which is a new type of programme for our association. In the coming months I intend to try and visit as many classes as possible, so please feel free to come and speak to me with your thoughts and ideas. I look forward to working with you all.



New Leader: Ashwini Rao

(pictured centre – proudly holding her licence!) was crowned by **Emma Jönsson** (right) who had come over from Sweden especially for the Kick-off weekend. Also pictured is **Ashwini's** mentor-**Jackie Leiper**.



**A Warm Welcome
to the F&S family!**



A new class- "Flex"

Jackie Leiper started a new Flex class on Thursdays at St Clements Church Hall at 8.25pm. It will run up until Christmas with a special price of £3 for Flex or £5 for anyone who also does Rosey's Basic Jympa at 7.15pm, too.

Jackie is pictured with **Kirsty Thomson** on the right, who also qualified to lead Flex.

A visitor from Norway!

Guro Martens, a very experienced Basic and Special Jympa leader from **F&S Oslo** flew across for 3 days of classes in September providing inspiration for leaders and members alike. **Guro**, 70 (pictured centre in red) has been a leader for over 20 years and was previously a physiotherapist. She took the Saturday class and then a Q&A session for leaders along with her Special Jympa Class, done with bands as seen below.



On the Monday it was Special Jympa in the morning, **Jackie Richardson's** Soft class in the afternoon and then in the evening - **Rosey's** class! **Ashwini Rao** and **Guro** took the evening class and so she went out with a "bang!" A walk along the beach front on Tuesday morning before she went home was the end of a very successful weekend for everyone.

Thank You Guro!!!

VIKING HIKING NEWS

The 15th anniversary party of **Viking Hiking** on 7th October was celebrated alongside **F&S** as they had their kick-off event over the same weekend! The evening started with a welcome from **Dave Willet** and thanks to all the support from the committee, the **V/H** leaders and all the walkers.

Allan Copland spoke about the 15 years of **V/H** and paid tribute to **John Greig**, it's founder, who passed away a few years ago. His widow **Pat** attended in his honour. We also celebrated **Ashwini Rao** gaining her **F&S** Jympa license.

Over the last few months we have increased our number of leaders for the Thursday and Friday walks and now have a total of 11 who can step in if required. Some will provide leadership for long walks, too. Recently we have had several longer walks:

Clachnaben led by **Diane Bean**

Toms Cairn led by **Eva** and **Stewart Christie**

Portnockie to Portsoy led by **Gordon Price**

November's LONG walk will be *Scolty Hill* to be led by **Alan Murray**. We are still looking for a leader for the Saturday walks.

Jackie Leiper had a successful summer session of evening **V/H** walks, with lots of new walkers as well as regulars. This year they continued until the end of August thanks to **Jill** and **Dave** who led the last couple of walks. We had great weather and even won a prize from **Friends of ANCHOR** for the largest group photographed next to one of their 20for20 campaign anchors at Hazlehead. Twenty-three people (plus photographer) were captured in the photo below.



Summer Themed Classes

F&S held "Summer" classes at Cults Sports Complex in July and September. Several Leaders looked out their best Summer clothes and held the first class to raise funds for Friends of Roxburgh House. The second time was a free class, as part of the **MBC Festival!**

See how many leaders and members you can recognise in the picture on the right...



Deeside Food Festival.

F&S Aberdeen participated in the Deeside Local Food Festival in September at Cults Academy. The Festival's theme was Health.

Pauline Westwood led a short demo of Basic Jympa with the help of leaders & members- **Fiona Aitcheson, Marion Blacklaw, Jill Calendar, Jenny Chapman, Kirsty Fowlie, Karen Grant, John Gregory, Ashwini Rao & Beth Wilson** who showed how much fun Jympa is!

"Shedding" the pounds!

Leader: **Mandy McWilliam** (pictured centre in white top) invited the **Keith Men's Shed** members to come along and join her class if they dared! Eight brave men did and thoroughly enjoyed themselves.

Mandy reckoned a few "Shedders" would have an afternoon nap the day after, having worked out at her **F&S** session at the **Longmore Hall!**

Great fun - thank you to the other ladies who helped out



Something very *different* for **F&S!**

Christmas Jumper Jympa

This special class will be held on Saturday 16th December at Cults Sports Complex 11am with all proceeds going to **Save the Children...** so look out your finest Christmassy accessories and join several leaders with LOTS of Christmas tunes.



PLEASE SEE OUR WEBSITE FOR UP TO DATE INFORMATION: www.fsaberdeen.co.uk

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