



In this issue: AGM 2017 update, Trainee Leader Ashwini Rao, Golden Games, Viking Hiking, Summer Fun, Warm-ups

AGM 2017 News

This year's AGM in April was held at **Inchgarth Community Centre** followed by a **Dans** class for all members led by **Jackie Leiper**. **Faye Simpson** (pictured below far left) stood down as chairperson and Leader; **Karen Grant** stepped up to this important role. We were delighted to award **FOUR Honorary F&S Memberships** to individuals who have made outstanding personal contributions to **F&S Aberdeen** over the years.



From left; **Rosey Leiper** (seated) who is our longest serving leader who started attending classes in the 1980s at the Beach Ballroom - when it was called "**Swedish Disco Gym**"! Second left is **Jackie Leiper** who is our **F&S Education** officer. **Jackie** has been a member of **Swedish Exercise/F&S** for over 20 years. She has invested a significant time across the Association as a **Jympa** and **Dans** leader, leading summer **Viking Hiking**, and serving on our Committees. Next is **Susanne Johnston** who has been a very active member of **Swedish Exercise/F&S** for approximately 20 years, including time as a **Jympa** and **Viking Hiking** leader. **Susanne** is now our **F&S Membership Registrar**. Pictured right is **Joan Thain**. Joan was a Health Visitor specialising in Cardiac Rehabilitation when she saw the potential for **Jympa** classes as *rehabilitation* for her clients. **Joan** helped set up classes in and around Aberdeen, and then went on to train as a **Jympa** leader in 1999. **F&S Aberdeen** thanks you all for your tireless contributions.



F&S trainee leader: **Ashwini Rao** (pictured above left, next to **Emma Jönsson**) has had a great time undergoing Stage 1 of her **Jympa** training, in Stockholm. As she said "it was intense but in a good way". The educators **Emma Jönsson** and **Nick Atkinson** have a wealth of knowledge on the subject and **Ashwini** reckons they could not have asked for anyone better. She really enjoyed the team building activities and is now very much looking forward to stage 2 training beginning 28th June. Good luck to you, **Ashwini**!!

Golden Games Sessions 2017

F&S was represented again this year at the Golden Games for the over 65's in early June. There was **Special Jympa** with **Rosey Leiper** at The Beach Leisure Centre and a **Viking Hiking** walk at Hazlehead.



VIKING HIKING NEWS

Viking Hiking has made good progress since the February Update and we have been successful in bringing on some new leaders for the Hazlehead Walks. The new leaders are **Alan Murray, Gill Murray** and **Dave Willett**. **Dave Curry** has also stepped in when required. We have also been successful in attracting new members to the walks which is always good as we strive to get people moving!

Our longer walks have also continued to attract a good attendance this year. So far **Eva** and **Stewart Christie** have planned - and *led* the following walks:

January - River Dee and Duthie Park

March - Ballochbuie forest, Balmoral Estate

February - Drum and Drumoak from Culter

April - Glen Tanar Estate circular walk

Photos were taken of all the walks and can be seen on the main **F&S Facebook** page. May's longer walk was a circuit of Loch Muick in fabulous weather - see photo on right.

Meanwhile, our **Viking Hiking 15 year celebration** is also in the planning stage and we hope that this will go ahead in October on the weekend when the Swedish **F&S** educators visit.

Viking Hiking is open to all F&S Members and you are welcome to join us Thursday thru to Sunday each week; 10.00am at the Hazlehead car park behind the café. Why not also join us on the longer walks that are on the last Thursday or Friday of any month? Please see the main **F&S** web site or contact **Dave Willett** on: 07850 982442



Temporary change of venue for Buckie class.

From 8th May until further notice **Joan Thain's** popular **Basic Jympa** class is moving into the North Church Hall, East Church Street/Cluny Square, Buckie - the same time: 6 - 7pm

Summer Film Show & Afternoon Tea

The theme is **SUMMER** so please dress appropriately!! Thursday 29th June, Aberdeen Squash Rackets Club, £6.00 a ticket. Contact **Rosey Leiper** 01224 310380 or see your Leader for information. Tickets are very limited. It's a jungle out there!



Warm Up Season is upon us!

F&S leaders warmed up the adult and kids races at the **Balmoral Races** in April and at the **Dunecht Dash** in May. Great support from the kids and adults and then our Leaders joined everyone by running with them - with representation in the 5k, 10k and the 15 miler races.....and it was dry! Pictured below at Balmoral, from left: **Christine Richardson, Rosey Leiper, Pauline Westwood** and **Karen Grant**



PLEASE SEE OUR WEBSITE FOR UP TO DATE INFORMATION: www.fsaberdeen.co.uk and on: www.facebook.com/fsaberdeen

Printing courtesy of

S
Stena Drilling
CARE INNOVATION & PERFORMANCE