

Appendix 3

Jackie Leiper

Jackie has been a member of Swedish Exercise/Friskis&Svettis for excess of 20 years. Over time she has invested a significant amount of time in the Association not only in being a Jympa and Dans Leader but also many other ways including serving on the Committee as Secretary and on the Election Committee until recently. Jackie is our Education Officer who keeps us up to date on all things Education related as they become available from Sweden. She plays a key role in the development of trainee leaders in that she liaises with Sweden around training dates, books travel and accommodation and ensures they are looked after at the other end on arrival. Jackie is always heavily involved in the annual Kick Off weekend, in particular she is our voice in Sweden in the securing of educators to travel to Aberdeen for a fun filled and inspiring weekend.

In respect of Viking Hiking Jackie has been extremely helpful in organising previous Viking Hiking celebrations in particular the design and printing of tickets. Jackie's initiative on leading evening VH sessions during the Summer months helped the overall popularity of VH. She is also the person who organises and undertakes the VH training sessions such as that which took place in October 2016. She also regularly attends Sunday sessions of VH always contributing in the various discussions. She also ensures our long walks are well publicised via our Facebook page and indeed gives us further cover by posting various pictures of these walks also on Facebook.

All in all Jackie is a credit not only to Viking Hiking but Friskis&Svettis Aberdeen as a whole.

Nominated by Allan Copland

Susanne Johnston

Susanne has been a member of Swedish Exercise/Friskis &Svettis for approximately 20 years. As a member she has always been active in that she has been a Jympa Leader and a Viking Hiking Leader also involved in various duties within the group.

For the past few years she has been Membership Registrar – keeping the membership database and producing membership cards for F&S Aberdeen including outlying areas. No small feat when upwards of 700 persons are involved.

Susanne was one of the first persons to be involved with Viking Hiking/Nordic Walking when it was started by Gunnila Smith and continued into John Greig's time and my own leadership roles. She has always been very supportive of both Hazlehead walks and also completed several longer walks.

With regards to membership cards and membership spreadsheets she has always given Viking Hiking a first class service with a very speedy turnaround between membership fees/card returns and of course the spreadsheets on members details are

invaluable for flow of information. She is excellent at giving new members in-walk coaching into the use of the poles and other advice.

In summary, Susanne is an invaluable member of F&S Aberdeen and Viking Hiking in particular.

Nominated by Allan Copland

Rosey Leiper

Rosey is our longest serving leader who started attending classes in the 1980s at the Beach Ballroom with Gunilla Smith in the days when it was called Swedish Disco Gym. At the first class she thought it was called Swedish because of Abba being played in the class but she soon became a regular attendee and went on to train as a leader with Swedish Scottish Exercise Association. She shared a couple of classes with Aileen Davidson where they led 'Duo Jympa' style in Medium Jympa where one leader demonstrated the lighter intensity of the exercises. Rosey then followed Gunilla when she set up Swedish Style Exercise before we became Friskis&Svettis Aberdeen in 2005 and became more involved in the training and education of new leaders and has continued to lead a variety of classes including taking over the Jympa Special classes from Gunilla when she retired.

Rosey is well known for hosting social occasions for members such as a Christmas get together or the special viewing of a classic film such as 'Summer Holiday' all of which are greatly appreciated by those who attend and high in demand! Her love for F&S shines through in her enthusiasm during any class she leads as those who have attended will be able to attest.

Nominated by Friskis&Svettis Aberdeen Main Committee

Joan Thain

Joan was working as a Health Visitor specialising in Cardiac Rehabilitation when she saw the potential for Jympa style classes as rehabilitation for her clients. Gunilla Smith developed the Cardiac Rehab classes which were carried out by specially trained Health Visitors using Gunilla's programmes. Joan worked with Gunilla to set the classes up in and around Aberdeen. Joan even did a parachute jump to raise funds Cardiac Rehab! Joan then went on to train as a Jympa leader in 1999 and led Senior and Basic Jympa classes in Aberdeen and led the Viking Hiking session at the Beach before retiring to Buckie where she started up another Basic Jympa class and a Viking Hiking session both which are very well attended thanks to Joan's great personality and enthusiasm.

Nominated by Friskis&Svettis Aberdeen Main Committee.