



Dear Community Members,

On behalf of the Blairlogie Community, I would like to take this opportunity to say thank you to Angus Annan for his generosity of time given to the Bugle over the years. It takes time, patience and perseverance, all of which Angus has shown over the years with good grace.

I have big boots to fill!

This is your new look Blairlogie Bugle. To ring the changes I invite you to send in your suggestions for a new name. No doubt it will take me a while to wade through the deluge of responses; all will be revealed in the next issue.

The Newsletter is essentially that: to communicate **YOUR** news.

In order for it to have any worth, I need **YOUR** news. This might take the form of: information concerning classes in the hall; family announcements you might wish to share; charity fundraising; advertisement of goods for sale; local events etc.

You may be sure of news from the Entertainment Committee and any important issues that arise.

I welcome your suggestions.

Email: [una\\_t\\_bryce@msn.com](mailto:una_t_bryce@msn.com)

Tel: 07517510131

*Una Bryce*

### **Important Dates**

Burnt Supper 2<sup>nd</sup> February 7pm 2019

Community Council Meeting 26<sup>th</sup> March 7pm 2019

Stirling Marathon 28<sup>th</sup> APRIL 2019

(A91 will be open with access to Bothy but there will be no access to Manor Loan from the by-pass)

## Yoga Classes in the hall

There are three classes on Mondays.

10 am with Derek Doyle

Om Shanti

My name is Derek and I have been teaching Yoga in Alloa and district for over 20 years, having completed a two year training course with Yoga Scotland in 1997. Having retired last year, I was

eager to take up Una's request to teach in your lovely hall. Our little group of 8 or so started in May when we were blessed with glorious sunshine over the summer; it was so warm we held one of the sessions barefoot in Mary's lovely garden.

The Yoga we practise is Hatha, very gentle, following the breath, each pose flowing into the next, we stretch and open our bodies. I do, however, throw in a wee challenge and the odd dreaded plank. We finish each class with a lovely relaxation, allowing our bodies to let go and absorb the work it has done. Our class is very welcoming and open to all abilities. I have spare mats for anyone dropping in and there are blocks and belts available to help make some of the poses achievable or more comfortable. After each class you're welcome to stay and join us as we put the kettle on and have a cup of coffee and biscuits.

During those warm summer mornings last year we would set out chairs outside the hall and have our cuppas al fresco. Please feel free to contact myself if you'd like more information: our class is £8 for an hour and a half session.



Monday morning group enjoying a cuppa

Derek Tel: 07540226434 [derek\\_doyle@hotmail.co.uk](mailto:derek_doyle@hotmail.co.uk)

### **6pm and 7:10 pm with Mari Kovandzic**

Yoga with Mairi is a gentle, yet deeply relaxing and powerful yoga practice, suitable for adults of any age in a good general health. You can read more about the teacher and the classes here:

<https://yogawithmairi.com/> but even better come along and try it!



The first class, from 6-7pm, is for beginners and people who prefer slower and less 'acrobatic' yoga. The second class, from 7.15-8.15pm is an intermediate level class, for people who have already practiced yoga with confidence. In this class we do quite a few Sun Salutations at the beginning, continuing with stronger slow practice and some of the more complex postures (so in this class you may end up standing on your head!). Both classes include meditation and development of deep body awareness through mindful body movement.

In both groups we have only a few more places available and would love to welcome curious Blairlogians.

Contact details:

e: [mairi.kovandzic@gmail.com](mailto:mairi.kovandzic@gmail.com)

m: 07723719024

w: <https://yogawithmairi.com/>

fb: <https://www.facebook.com/yogawithmairi/>

## **Table Tennis Wednesday evenings 8-9pm**

Fancy a quick spot of light exercise, a chance to let off steam and to have a catch-up on the issues of the day? Look no further than Blairlogie Table Tennis in the Reading Room (8pm – 9pm on Wednesdays).

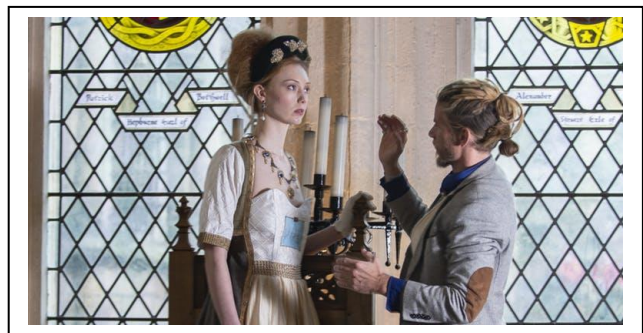
Friendly atmosphere with occasional noisy high spirits. Contribution £1 per evening PAYGO.

Once the subs have exceeded the rent by a sufficient margin to buy in a few bottles, the table tennis table is put to even better use as the bearer of food and drink for a party for players and any non-playing other halves. What's not to like, as they say? Try it THIS Wednesday!

Mary Maxell Irving

## **Sustainable fashion at the Engine Shed**

Jeff Garner, fashion designer & Artist, founder of Prophetik Clothing believes that Bioaccumulation is a word of tomorrow. Everything one wears influences the body's health. Follow Jeff Garner, Smithsonian Artist and international sustainable fashion designer, on a journey to discover awareness in textiles and design. Mr. Garner will also showcase some of his latest Catwalk designs that will be shown for the first time at Edinburgh Castle in February called "Women of the Crown" inspired by Mary Queen of Scots.



Date And Time

Mon, February 4, 2019

1:00 PM – 3:00 PM GMT

Location

The Engine Shed

Forthside Way

Stirling

FK8 1QZ

You're Welcome!

The Blairlogie and District Scottish Women's Institute meet once a month from 7.30 to 9.30 for an evening of fun and entertainment at the Scout Hut in Menstrie.

We welcome visitors to any of our scheduled meetings. Admission is £3.50 and includes a talk by a guest speaker, raffle tickets and refreshments. We offer a varied programme over the course of the year.

Forthcoming topics:

13th Feb: Feed the Mind

National Charity

Helen Russell

13th Mar: Book Folding

Demonstration

Angela Watt

10th Apr: RSPB Black Devon

Wetlands

Alison Leonard

Please contact Katanya Hamilton if you would like more information:

Tel: 07713757744

**THE END**