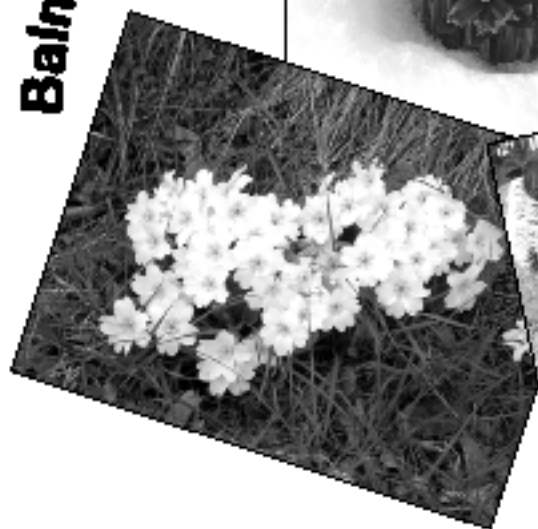


BELHELVIE BANTER

Balmedie: Whitecairns : Belhelvie : Potterton : Blackdog



Belhelvie Banter

Adverts and articles should be sent to

belhelviebanter@live.co.uk

Please include name, address & phone number in case details need to be clarified.

Advertising Prices

Full Page £55.00

Half page £30.00

¼ Page £16.00

Articles

are in font - Garamond 12

We cannot accept anonymous text, but names can be withheld if necessary.

Distribution

We would be grateful for any help with the distribution of this Parish newsletter.

We cover 1800 homes and all deliveries are by far too few volunteers.

We are extremely grateful to those few and would appreciate if you could join them.

We would love to hear from you, if you would be willing to deliver to your nearest neighbours

Please contact the above email address

Copy date for next issue is:

21 May 2010

Front Cover Photos by:

Alan Smith and

Karen Secombes



EDITORIAL

Banter is good-natured teasing, or joking, and since mid December all of us within Belhelvie Parish have needed to keep our sense of humour to cope with the vagaries of the British weather. But times they are a-changing! Spring is just around the corner. And we have changed too. We have gone to a Commercial Printer and we thank our advertisers for embracing this change so readily and the increased cost of advertising.

Change is inevitable and Belhelvie Parish will continue to attract many and varied bids for proposed developments which will significantly change our environs. It is important that we do not lose sight of the need to balance economic, social and environmental demands. There are many opportunities to have your say on the current bids, so look out for advertising on these as well as the planning applications and consultations on changes to the "Local Plan". So as Dylan says "Don't stand in the doorway, Don't block up the hall". Here is a quick and easy way of finding out if there is a planning application nearby that will effect you. Go to: <http://www.planningalerts.com/> and choose the distance from you to be alerted about and any new applications that are found by this independent website will be emailed to you although rural dwellers might find this a bit limited so the alternative is to simply check on: www.aberdeenshire.gov.uk/planning/apps

We hope while reading through the Spring edition of "Banter" you find items to lift the chill and leave you anticipating sunny days ahead and that you find something to take you out and about in Belhelvie - "For the times they are a-changin'" and British Summer Time begins - March 28th.

P.S. we are always looking for more distributors to help get Belhelvie Banter to all households in the parish.

Audrey H. Jeffries
Editor

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POLICE NEWS

It has been an interesting and challenging couple of months and I did see an unusual sight while attending an incident on Balmedie Beach just before Christmas, the sea was lapping up to the couple of inches of snow that was lying on the beach. It has been a relatively quiet time as far as crime is concerned but unsurprisingly we have been to more than double the number of road traffic collisions.

As the nights get lighter we tend to get an increase in calls from unhappy residents regarding annoyance from youths or underage drinking. Before I start on one of my "rants" I have to stress this is not a big problem in the Belhelvie Parish.

While some of these calls have merit, not all of them do and I feel that we tend to tar all youth with the same brush. You see a group of teenagers hanging about so they must be drinking and causing trouble. Not always true.

Those of you who fall into the "youth" culture please be mindful that gathering in groups in public places does give off the perception that you are trouble makers. If you are drinking alcohol don't!

With the better weather arriving some of us start dreaming about getting the motorbike out from under its winter covers and hitting the road, and for some that can be quite literal as they come off their bike. There is normally an increase in the number of Road Traffic Collisions in spring and early summer involving motor cycles and unfortunately some of those are serious and even fatal. Please keep the speed down and remember those riding skills will be a bit rusty.

Remember to fasten the chin strap on your helmet, if its not fastened its not on!

While on the subject of motor bikes a mini moto is classed as a motor bike and like any road vehicle requires Road Tax, Insurance and an M.O.T. if required, and a rider will require to wear a helmet and have a driving licence, don't get caught out they are not a toy!

Midnight football is starting on 5th March for 10 weeks at The Meadows Ellon from 8 -10 PM for 12 to 16 year olds, keep an eye on local press for details and there will be posters in the Leisure Centre in Balmedie.

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BETTER BALMEDIE

Since the last issue of Belhelvie Banter, the Better Balmedie group has continued to meet monthly. On 28th November we held a "Litter Pick" in the village and, despite the rain, picked up 5 bins and 5 bags of cans, bottles and other rubbish around the village. In December we met for a very enjoyable Christmas party. For the January meeting we welcomed members of the Dyce Garden Club and Dyce in Bloom to learn from their considerable experience. On February 25th we will enjoy a talk on "Planting for Wildlife" by Bob Davis.

In April we will take part in the National Spring Clean Scotland month of events with another litter-pick around the village. In June we are visiting the Cruickshank Botanic Garden Aberdeen. Throughout the year we will be planting tubs, baskets and beds around the village. We have lots of plans for future events and projects, but would love to hear from you with your ideas. See notice boards and posters in local venues for details of future meetings and events!

Better Balmedie members are enthusiastic, friendly folk who enjoy working together to improve our village. The group is open to everybody of all ages in the parish. Please get involved; grow or plant some plants, pick up litter, learn from our speakers – you will be very welcome at meetings, last Thursday of every month, 7.30 at Balmedie School.

Find out more by contacting:

Rosie Nicol on 01358 742557
email: rosie.inform@lineone.net

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FAIRTRADE IN FORMARTINE

In 2008 a steering group was formed with the aim of getting Formartine recognised as a Fairtrade zone thereby linking Aberdeen and Ellon who already had city and town status respectively.

To achieve this we had to demonstrate that fair-trade goods were available in local shops, that local businesses, schools, church and community groups used Fairtrade teas and coffees for their break times and catering establishments included some fair-trade products in what they offered their guests. There also had to be a programme of events and press articles to raise awareness of Fairtrade issues in this area. In Summer 2009 the certificate was presented to Mid-Formartine

Why Fairtrade? The Fairtrade label is a guarantee that the product is of a good standard and that the producer has received a fair price for his product. Fairtrade is a universal aspiration - the group have made a point of stressing that they also advocate fair prices for locally produced food. However, when our farmers have financial problems their children still receive education and families have access to a national health service. For most producers in developing countries failure to sell a crop at a reasonable price results in withdrawal of children from school as they can't pay the fees, nor is there money for medical treatment.

Getting the certificate was only the beginning as to keep the status the group has to see that present usage is maintained and, indeed, increased. They would like to hear from anyone already using Fairtrade goods in their business or community group, or who would like information as to where to obtain Fairtrade products.

At the end of the month, on March 25th, the main event of our year will be an "Acoustic Cafe" in Udney Green Hall with nationally renowned folksingers and fair-trade campaigners, Rob Halligan and Gareth Davis-Jones, a chocolate cookery demonstration, fair-trade wine bar, and produce and craft stalls.

For more information contact:
Joan Orskov - 01651 862351
Email - joanorskov@hotmail.co.uk





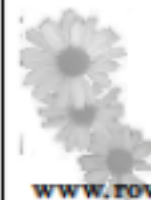
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SELF-HELP HAYFEVER ALLEVIATION

Now is the time for hayfever sufferers to start planning to alleviate sneezing, runny noses, itchy eyes, blocked sinuses or wheezy chests.

Many hayfever sufferers are sensitive to dairy produce, meaning they start the hayfever season with excess histamines already circulating & inflamed mucous membranes already sensitised when pollen arrives and irritates further. Try removing all milk, cheese, butter, yoghurt and products containing whey and caseinates from your diet for a fortnight and watch for sinuses and chest becoming clearer. Yoghurt can be often be re-introduced without any problems and butter may be similarly OK. Go very gently with cheese and milk – some people tolerate products from goat or sheep better. If dairy sensitivity is a problem, then avoid milk products prior to & during the hayfever season. Other irritating ingredients worth avoiding/reducing are caffeine, alcohol and sugary foods.

Foods that may ease symptoms include honey (especially from local bees), carrots, garlic, green tea, oily fish (or fish oils), nuts, seeds and whole grains, while yoghurt is also mildly anti-histamine.

You can gather some useful “weeds” for symptom-relieving herbal infusions (“teas”). Either use fresh picked or spread out in a warm dry dust-free place like the airing cupboard to dry then store in paper bags. Use a tablespoonful of fresh chopped herbs or a teaspoonful of dried per cup of boiling water and infuse for 5-10 minutes before straining and drinking. Herb teas also keep well in a Thermos or can be cooled and drunk throughout the day.

Try:

- Nettle leaf – anti-histamine like effect - either in an infusion or pick young leaves and add to soups, stews and omelettes.

Elderflowers – reduces allergic effects and soothes passages –

- infuse or make elderflower cordial or add to sweets.
- Mint – cooling and clearing – use to flavour other herb teas.
- Ground ivy and plantain leaves, chamomile flowers and yarrow (flowers and leaves) are all soothing and anti-inflammatory.

After use, chamomile teabags can be laid over itchy eyes for relief. Distilled witch-hazel eyebaths also help.

Essential oils of chamomile and eucalyptus can also ease symptoms either inhaled or added to cold cream smeared round nostrils to act as a pollen barrier. Shading eyes on sunny days also seems to reduce symptom severity.

Make sure you are confident in identifying the plants mentioned before using and pick from clean areas away from traffic fumes, animal excrement, chemical fertilisers and pesticides.

Erica Hollis BSc MNIMH
Medical Herbalist and Aromatherapist
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ARCTIC CHALLENGE

Lauren Welsh, who runs Flawless Beauty Spa, is set to drive a team of huskies 250km from Norway to Sweden, to raise money for the Intensive Therapy Unit at Aberdeen Royal Infirmary.

Lauren is one of 12 people from across the UK joining the trail which has been organised by Global Adventure Challenges. She will be accompanied by her partner Mark Donald, and they hope to raise in excess of £18,000 through sponsorship and donations. Lauren will have to endure 14 hour days and overnight temperatures of -20°C, while also taking care of her own sled and team of huskies. We wish her luck as she travels far from her usual comfortable surroundings in her beauty salon and health spa at Millden.

You can support Lauren and Mark at:

www.justgiving.com/lauren-welsh-mark-donald



Lauren and Mark with Sid and Saskva. in training at Edzell

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BALMEDIÉ SCHOOL

The school held a 'Dress As You Please' event in aid of the Haiti Earthquake Appeal and raised a staggering £964 which has been sent off to the appeal committee.

Recent additions to the outdoor facilities at the school include a traverse climbing wall and basketball stand. As part of the ongoing outdoor improvements, the school's Eco-Committee has purchased benches and additional litter bins. The school has also bought wooden planters for each year group and have enlisted the help of the Better Balmedie group to give advice and assistance in planting and maintaining these.

The school will be encouraging pupils to cycle to school as soon as the newly installed cycle racks are operational. This is to encourage healthier lifestyles and also to help reduce traffic congestion around the school.

The PTA are holding a Summer Fair at the end of May, which will be the main fundraiser for the school. All sorts of attractions and fun ways to help folks part with their money! All funds raised will be used to further develop the outdoor learning opportunities for pupils.

BALMEDIÉ LIBRARY

Eggle Road, Balmedie Tel: 01358 742045

OPENING TIMES

Monday	2.30 – 4.30	5.30 – 7.30
Tuesday	Closed	
Wednesday	2.30 – 4.30	5.30 – 7.30
Thursday	10.00 – 1.00	
Friday	Closed	
Saturday	10.00 – 1.00	

The first Thursday of each month (term time only), there is a Rhymetime session for under-fives from 11.30 – 12.30 come along and join in the fun.

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How to Drug Proof Your Kids (***DPYK*** for short) is here to help.

DPYK gives ideas and inspiration on how to be effective in encouraging and supporting your children through their teenage years, and informs and equips parents with information about drugs in our society today.

DPYK is an education, prevention and intervention programme developed by the national charity *Care for the Family*, in association with *Hope UK*, specialists in drugs education. See www.dpyk.org.uk.

Foveran Parish Church, Ellon Parish church, Ellon CSN (Community Schools' Network) and Grampian Police all support ***DPYK***

There are three courses planned for 2010 on different days to suit all household diaries:

Wed 24th Feb – 31st March in Ellon Kirk Centre,
Ellon

Mon 10th May – 14th June in Foveran Church Hall, Main Street,
Newburgh

Tues 31st Aug – 5th October in Ellon Academy,
Ellon

Session times: 7.30-9.30pm, each course runs for 6 weeks

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COUNCIL

Balmedie Meander Saturday 27th March 1.00 – 3.00pm

Meet at the Balmedie Car Park where we will be looking at evidence of how the sand dunes are constantly changing including some interesting archaeological features along the way. Bring along waterproofs and sturdy footwear.

Booking essential contact : the Coastal Ranger on 01358 751337

Nordic Walking at Balmedie (Adult Event) Saturday 24th April

1.00 – 3.00pm Want to get fit

and healthy? Why not try Nordic Walking? Learn the technique, under the guidance of trained Nordic UK leaders, while enjoying a social walk at Balmedie. Bring waterproofs along with a snack and drink. Sturdy footwear recommended. Cost: £3 inc. pole hire or £1.50 for concessions or if you have your own poles.

MEET: at the play park at Balmedie (car park charges apply)

Booking essential contact: the Coastal Ranger on 01358 751337

BALMEDIE CONGREGATIONAL CHURCH

We meet in Balmedie Leisure centre at 11am on Sunday mornings. Just like our sister Church at Potterton we are informal and family friendly.

Our services comprise of a children's address and an adult address with prayer time and some singing interspersed. We enjoy traditional hymns right up to more modern worship songs including action songs. We aim to make everyone feel at home.

We appreciate all the help and support we have received from the people of Balmedie over the last 16 years or so. We look forward to continuing to be the Church in the village of Balmedie.

We are here to serve the community. If we can help you or your family in any way please contact our Minister.

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CHARITY CORNER

Do you work for or volunteer with a particular charity?

If there are local events you want to publicise or if you would like to feature, do get in touch. In this edition we feature :

ABERDEEN CYRENIANS Information obtained from www.aberdeen-cyrenians.org and approved by Alisdair Cauldfield, Fundraiser.

The Cyrenians believe that homelessness is one of the most destructive and degrading experiences any human being can ever undergo. Each year in Aberdeen over 2,000 people do not have a key to their own front door. The Cyrenians' aim is to meet the needs of people who are homeless, at risk of homelessness or affected by homelessness in any way. We listen to their difficulties, understand their needs, share their burden, provide support and ultimately find permanent solutions for their problems. Each has lost stability, independence, identity, privacy, the opportunity to make even the simplest of choices and all basic material comfort. Life becomes a survival situation. Is it any wonder that someone has not got a clear idea of their long term future when they don't even know when they will be able to eat again?

History - The Cyrenians began in 1968 with a soup run in the city's Castlegate. Organised by students from Aberdeen University, this service provided basic food to a growing number of people. It became increasingly obvious that there was a high demand for further support services and eventually a night shelter was opened. Over the next 4 decades the Cyrenians opened the first ever wet hostel in Britain, the first Women's hostel in Aberdeen, day centres, emergency accommodation for young people, medium-term accommodation for young and old, community & housing support services and an employment and education service.

An estimated 50,000 homeless people or people at risk of homelessness have been supported by the Cyrenians over the past 40 years.

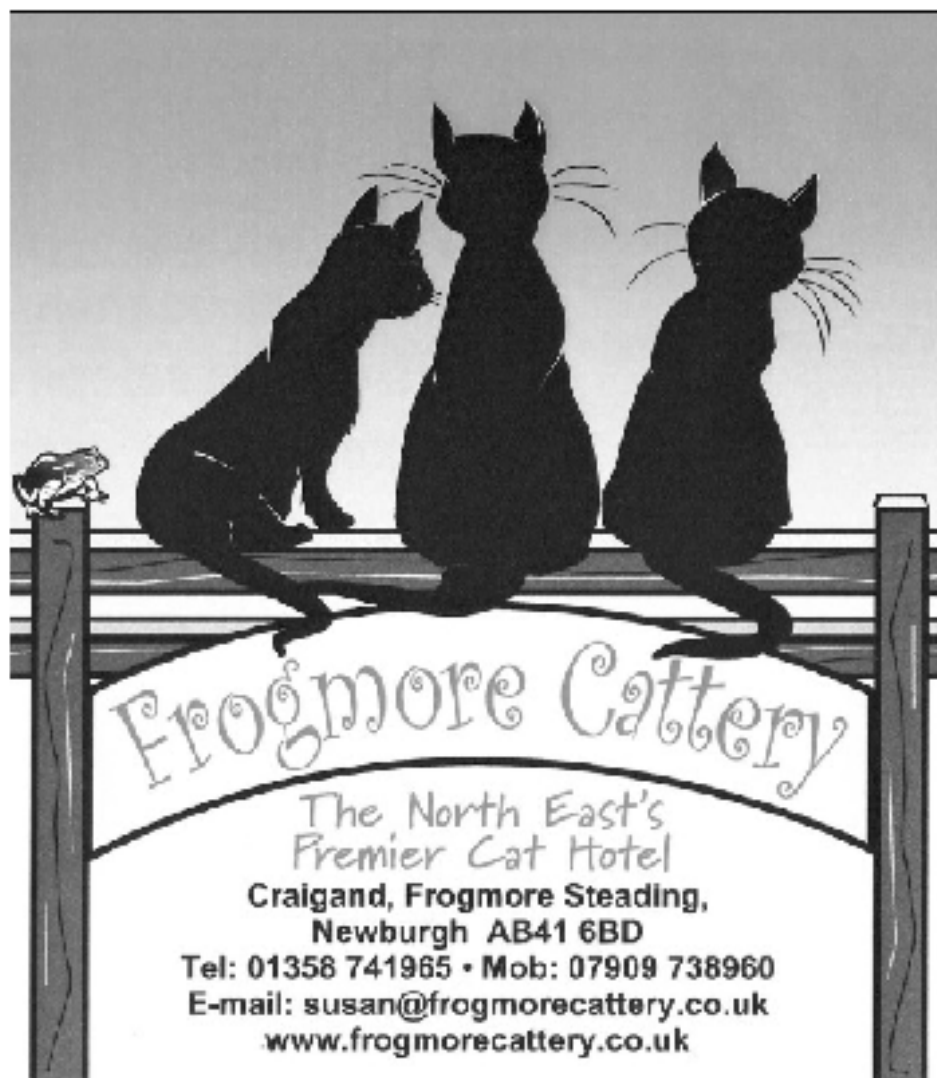
Projects -We continue to provide an appropriate range of unique, leading edge services - from prevention to resettlement - that make a real difference to the lives of individuals. There are a number of projects including the [Clifton Road Project](#); [Community Resettlement Support & Advice Service \(CRSAS\)](#); [Cyrenians Supported Accomodation Service \(CSAS\)](#) [Integrated Community Drug Rehabilitation Service\(ICDRS\)](#); [Margaret House](#); [Wernham House](#) and [Woman's Issues Worker](#)

Fund raising - The event Sleepout 2010 is organised by the charity and has been running for the past 19 years. Over this time the event has raised over £350 000 for services for homeless people locally.

Volunteers - The Cyrenians are constantly looking for volunteers to support fundraising events and help out at Street Alternatives in Summer Street during the week, 2 evenings per week or at lunchtimes at the weekends. All Cyrenians volunteers MUST be disclosure checked. This process can take up to 8 weeks and requires proof of identification and address. The Cyrenians will administer this process.

The Cyrenians is a registered Scottish Charity (SC014849) and a company limited by guarantee (SC070903). The organisation is managed by a Council of Management and a Senior Management Team. If you require any further information about us please contact us on: 01224 625732 or at

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Susan Barrowman

NEW COURSE AT BALMEDIE: COMPUTING FOR THE PETRIFIED

If you are a complete novice when it comes to computers a new course is being launched at Forsyth Hall to help beginners get started.

Aberdeen College in the community is running 'Computing for the Petrified' for 13 weeks on Friday mornings from March 12. Classes will run from 9.30 until 11.30am at Forsyth Hall, next to Belhelvie Church near Balmedie.

The sessions are designed to help absolute beginners get to grips with basics like switching the computer on, using the mouse and compiling simple documents.

The course may be free for people on some state benefits or who are on lower incomes and may be eligible for an ILA Scotland Account.

Belhelvie Church Minister Paul McKeown said: "We're delighted to be starting courses at the hall and we hope to be able to add more vocational and leisure courses to this one in the future.

"It's a great chance for people who are absolute beginners to get started learning about all the fantastic opportunities we can access through computing. So I hope some of 'the petrified' will take up the opportunity to learn."

For more information call **Freephone 0800 027 0405** or if someone can help you access the Internet information is online at www.abcol.ac.uk/community

Places on the course can be booked at the Information & Booking Centre on 01224 612330 or at the Learning Centre in Peterhead on 01779 479295.

The course reference number F2MCP-D093B.

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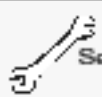
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QUEEN'S SCOUT AWARD

In January Lesley Cruikshank, from Belhelvie, was awarded her Queen's Scout award by the Lord Lieutenant of Aberdeen. This is the highest



award which can be gained in the Scout Organisation and involves a lot of hard work and commitment on the part of the recipient. Lesley started her association with the uniformed organisations as a Brownie and Guide. Then in 2003 she became a Young Leader at Balmedie Cubs and subsequently attained her Assistant Cub Scout

Leader's warrant. In this capacity she has taken an active part in organising trips and events, camps and programme planning.

Lesley has celebrated the Scout Centenary at a sunrise ceremony at the top of Bennachie, the 90th Cub Scout birthday celebration camp at Aden Park, twice assisted with the catering at Blair Atholl Jamborette, an international camp hosted by Scottish Scouts at Blair Atholl, assisted at the Cally Rally Scout camp near Inverness and gained her Nights-away Permit by organising an Olympic themed camp at Haddo for the Eastern District cubs. With four members of Gordon Scout Network, of which she is treasurer, she hiked 100 miles in 10 days across Iceland, visiting The Blue Lagoon, Geysir and Gulfos and undertaking a major and several minor projects en-route. In addition Lesley has also completed her Gold Duke of Edinburgh, surviving the midges in the Cairngorms and a leadership course for the Scouts, all whilst studying for a MA (Hons) in Geography and a post graduate teaching qualification.

In 2011 Lesley is off to Sweden as a unit leader for the 22nd World Scout Jamboree. Lesley, we wish you all the very best.

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BELHELVIE CHURCH

As usual Christmas was a busy but enjoyable time in Belhelvie Church with all the extra services and the buzz about our Right Christmas Appeal. This year we supported the New Life Home Trust who rescue abandoned babies in Kenya, of whom there are 300 every single day.

A big thank you to everyone in the church and community who helped raise the magnificent sum of £5720 which will go to provide formula milk for rescued newborns.

LOOKING AHEAD, our Easter services are on:

Thursday 1st April @ 7:30 pm, Maunday Thursday Communion

Friday 2nd April @ 7:30 pm, Good Friday Service (@ Holyrood Chapel, Newburgh)

Sunday 4th April @ 11am-Easter Sunday All-Age Service

On the last Sunday in May we also have our annual Memorial Service when we remember loved ones who've passed on, especially those who've died in the past year.

All are welcome to this service at 11am on **Sunday 30th May**

The Social Committee are promoting a **Family Ceilidh on Friday 26th February**, music by the **Tartan Quavers**. Posters with full details will be displayed in the local shops, businesses and notice boards in the next week.

On **Friday 23rd April** we are having the widely acclaimed guitarist singer/songwriter **Bruce Davies** in a **Cabaret style concert** – posters etc will appear later.

Both these events will be in The Forsyth Hall and both start at 7:30 pm.

Further information from Doreen on 742309 or Arthur on 743628

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BALMEDIÉ FRIENDSHIP GROUP

The club welcomes members aged 50+. Meetings are held in the lounge Eigie House, Balmedie on Tuesdays fortnightly from 2-4pm. Although the group meets in Balmedie, it is open to all residents of Belhelvie Parish and new members are made very welcome.

This is our Programme up to our summer break:

April 13 th	Rev John Mack with Stories and Poems
April 27 th	Rev Paul McKeown on Guitar
May 11 th	Ythan Singers
May 25 th	The Golden Girls entertain
June 8 th	Summer Outing – destination to be decided.
June 22 nd	Whist and Triominoes or Bingo

Members pay £2 per meeting and bring a small raffle prize, this covers tea and biscuits and the raffle ticket.

For further information please contact

Mrs Vic Deans	President	01358 743634
Mrs Margaret Murison	Secretary	01358 742285

BALMEDIÉ YOUNG PEOPLES PROJECT

By the time this has gone to print we will have completed a 6 week programme of events for young people. Over these weeks we have introduced taster sessions on DJ training, Hip Hop dancing, Street Sport (a movable football court), and Personal Safety from Grampian Police along with First Aid from Community Learning. During these events we have been carrying out a youth consultation to gauge the views, issues and needs of young people.

The final report is now out and can be viewed on <http://www.ouraberdeenshire.org.uk>. Part of this research looked at youth work in the area. Hopefully the six week programme will encourage young people to get involved with the development of youth premises in the area. If you are interested contact CLD at the Ythan Centre in Station Road, Ellon on 01358 721946 -Annette Holland, Snc Community Learning & Development Worker.

BELHELVIE YOUNG FARMERS CLUB

Belhelvie Young Farmers Club is a charity based organisation of around 30 members ranging in ages from fourteen to approximately twenty six years old. We meet, usually on alternate Tuesdays. Our meetings include a variety of activities which are not all farm based. We enjoy working together, team building and generally having a good time. Meetings can include visits to different places, fund raising activities, gaining experience in judging farm stock, and various out-door activities including farm walks and general leisure activities.

If anyone would like to find out more, or want to know about coming along to our meetings or want to get in touch with a general query regarding the club, please don't hesitate to contact Lynne Cumming on 0776 345 8837 or lynne2108@live.co.uk or George Jamieson on 0781 434 6719.

POTTERTON CONGREGATIONAL CHURCH

We meet in Potterton Community Centre every Sunday at 10am. We are very informal and very much family friendly.

We continue to hold discussions on Sunday mornings on a wide variety of topics. This is the place to be if you have questions about the Christian faith.

We believe that everyone is entitled to their own opinions and find that open discussion allows people to hear different points of view and then establish their own conclusions.

So if you have questions or are curious about Christianity please come and join us some Sunday morning and enjoy refreshments and the company of friendly folks who are exploring their faith and beliefs together.

More information **Rev Denise Cowie** **Tel 01224 709102**

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BELHELVIE BOWLING CLUB

Belhelvie Community Centre (Green Hut), Minnes Road, Belhelvie

The opening of the bowling green for the coming season will take place on Sunday 24th April 2010. **Haven't played before? Come along and give it a try!** Equipment can be supplied.

Any queries or for further information contact:
Marion Donald, Club Secretary, Tel: 01358 723126
Email: marion.donald@btinternet.com

3RD BELHELVIE BROWNIES

We have just celebrated three girls completing their Brownies Adventure. During this time the girls are encouraged to make choices about their activities and involvement. They learn to consider what would be needed to complete the ideas and activities they choose. These ideas and activities have included decorating eggs, making Eid-ul-fitr cards and picture frames, baking gingerbread, planting seeds, learning sign language, making memory boards and much more. Not forgetting the biggest Adventures of all, we usually go away twice a year, once indoors and once in tents.

We planted lots of daffodils bulbs in the verge alongside Manse Road, Potterton. Hopefully we'll see the results of our work soon.

At the end of their adventure the Brownies choose how they would like to celebrate. This time there was a very noisy party involving lots of food and lots of balloons.

We are very pleased that these three girls are joining guides. This creates space for more children to join us.

Contact **Katherine Hebron-Scott 01330 833448** for details.

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1ST POTTERTON BOYS' AND GIRLS BRIGADES

We meet in Potterton Community Centre on Fridays from 6.15 – 7.15pm. Boys and Girls from Primary one upwards are welcome.

We are Christian uniformed youth organisations that have to be attached to a Church - we are attached to Potterton Congregational Church.

Over the year we work towards badges, which we gain around Easter time. We cover a variety of topics but the emphasis is on fun, friendship and teamwork.

We would be delighted to see you any Friday night.

BB Captain **Bruce Cowie** **Tel 01224 709102**
GB Captain **Denise Cowie** **Tel 01224 709102**

BALMEDIE PLAYGROUP

Community Room, Primary School.

Telephone 0792 347 0741

We are a friendly group offering fun activities and learning for pre school children. Working in partnership with Aberdeenshire Council we provide pre school education for children aged 3-5 years. Sessions are led by playgroup staff and we have a rota for parental help. Activities are planned around the "Curriculum for excellence" and children may attend up to five sessions per week with a mixture of morning and afternoon sessions available.

We have had a busy few weeks this term. Children have had fun dressing up as Kings, Princesses and Knights and playing in the Castle role play area. We made crowns and bracelets and some of us drew pictures for our own Castle book. This week we have enjoyed finding out about China and are making Dragon masks so that we can dance to some Chinese music. Outside play has been hindered as our play surface has been icy. We are looking forward to the arrival of spring and being able to do some gardening again. The bulbs planted in the Autumn are growing well and the pansy plants planted by last years children continue to flourish. For further information or details regarding current vacancies please contact us on the above number.

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ROMAN CATHOLIC CHURCH

There is no RC church in Balmedie, there are house groups (read on!) The nearest church is St Columba's, Braehead Way, Bridge of Don. The Parish Priest is Fr Keith Herrera, 01224 621581. We are a friendly, welcoming community, with a lot going on. We share our building with St Columba's Church of Scotland. <http://stcolumbas.bridgeofdon.org.uk>

Mass times

Sunday: 9 45, inc. Children's Liturgy
There is also Sunday Mass at Our Lady & St John the Baptist, Union St, Ellon, at 10 30, Wednesday at 10.00 and Saturday at 10.00

Other activities

Monday 6 30: Youth Group
Tuesday 7 30: Prayer Group.
Currently the Prayer Group is running Life in the Spirit seminars. If you would like a deeper experience of God in your life, then come along. We will shortly be running an Alpha Course, with St Peter's, Aberdeen
Wednesday 7 30.

House groups. There are groups in Potterton and Balmedie. For details contact Elida Brooks via the website, or call the parish office 01224 626359.
Thursday 6: Silent prayer before the Blessed Sacrament. Come for as long as you like, for a time of peace and tranquillity.

1st Thursday of each month at 7 30: Healing Service
Friday 2 30: Divine Mercy Devotions
1st Friday of each month 9 30: First Friday Devotions
Parishioners also take part in a wide variety of activities, including helping with meals for the homeless and Bethany Trust Winter shelters.

Music Group

We are an enthusiastic group of singers and instrumentalists whose repertoire ranges from Gregorian Chant to Graham Kendrick, with a bit of Palestrina, some Taizé and St Louis Jesuits thrown in. New members are welcome; contact Shelagh Noden via the website

Parish School

Free transport is available to St Peter's Primary School in King St, just before the St Machar roundabout. Have a look at the website of this very successful school www.st-peters.aberdeen.sch.uk or contact the head teacher, Mrs Jo Martin 01224 485611
Catechism classes, including preparation for the Sacraments of First Holy Communion and Confirmation are available at the church for those children who don't attend St Peter's. Contact Mrs Martin for details.

BELHELVIE COMMUNITY COUNCIL

Belhelvie Community Council was reformed in January, 2009 with the election of 10 members to serve on the council for a period of 2 years.

Our AGM was held on 15th February and we are delighted to welcome two new councillors onto the council and to thank the two retiring members for their support over the last 12 months.

2010 will be a very busy year for us with a number of major projects such as the Tipperty Bypass and the appeals on the various landfill sites. We also have planning proposals to consider for developments within our villages and these along with a number of smaller projects which we wish to undertake will ensure a very active year.

Due to the retiral of our Treasurer, we are looking for someone who would be able to take on this responsibility and also require councillors to represent Blackdog and Potterton. Anyone interested in these posts should contact the secretary, Michael Slaughter or any council member.

We normally meet on the third Monday of each month and welcome comments and views of the villagers within our district covering Balmedie, Belhelvie, Potterton, Blackdog & Whitecairns.

In June, 2008 a Planning for Real event was held at the Leisure Centre for Balmedie which produced a 'List of suggestions for improvements' which **YOU**, the residents wanted to see in your village. Many of these have either been achieved or are in our planning for 2010 along with other projects for the coming year.

As a community council we are constantly looking at ways of improving the appearance and amenities within the villages and you can contact the following with any issues or concerns

David Watson. Chairman		01358 743070
Michael Slaughter. Secretary		01358 743646
Treasurer, Currently vacant		
George Sinclair	Belhelvie	01358 742492
Ian Edwards	Balmedie	01358 743873
Howard Kershaw	Whitecairns	01651 863317
Joyce Macdonald	Balmedie	01358 742821

Drew Robertson	Balmedie	01358 742196
Wishart McBride	Balmedie	01358 742884
Alex Laird	Belhelvie	01358 742894
David Briggs	Balmedie	01358 743562

2010 will see the completion of The Magnificent 7 area, situated at the southern entrance of Balmedie on Eigie Road, developed as a leisure park. We are also looking at improving the various paths in and around the villages.

Around May we will be planting flower beds within the settlements and need to enlist volunteers to help with this. Aberdeenshire Council has kindly agreed to supply approx. 5000 plants to allow us to add colour and beauty to our borders and verges but we do need your help in planting them.

2010 will also see the opening of two 5-a-side football pitches in Balmedie beside the Leisure Centre and this should prove a great success. This and many other projects form part of our "To-Do" List but can only succeed with the help of everyone.

During 2009 we saw the World Cafe event in the White Horse and the Balmedie Views Research Project an initiative of Aberdeenshire Council and supported by Community Learning and Development. Two of the outcomes being the formation of the Better Balmedie Group who were responsible for the planting of Daffodil and Crocus bulbs around the village and several other environmental projects and the Christmas Lights Group who organised our Festive activities culminating in the Christmas Parade and lighting ceremony for the Christmas Tree and the decorative lights on the lamp standards along Old Road and North Beach Road. The Balmedie Views report document is now available at Balmedie Centre and Balmedie Library.

Aberdeenshire Council grants are available to carry out various projects but we can only achieve these aims with the help and cooperation of the villagers and we welcome comments and suggestions from you as well as your help and support in carrying out these projects.

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The café serves a variety of delicious home bakes, hot and cold drinks, savoury snacks and soups. We can cater for most people with special dietary needs. The café is staffed by volunteers.

In addition to being a café, we are an art gallery exhibiting paintings by local artists. We stock a wide range of crafts made locally. Browse for that special gift, some of which can be personalised while you relax with a coffee.

Craft classes will be running every 4-6 weeks, but we are hoping to start drop-in groups. Take along your own project or get crafty with our bits and pieces.

BALMEDIE TWO'S GROUP

Balmedie Two's Group is a non-profit making organisation which is run by the Balmedie Leisure centre. It is run by two qualified members of staff, Shonaugh Farquhar and Alison Bonner for two year olds in the local area.

The sessions are 10am– 12pm Monday, Tuesday, Thursday and Friday. It is £3.70 per session payable on a term basis. There are spaces for up to 18 two year olds in each session, parent helpers take turns on a rota system to help set up and run the session.

Twos group is a lot of fun helping two year olds socialise with other children their age and to give them the opportunity to try new experiences, also giving the carer the knowledge that their child is being looked after in a safe environment.

If you would like further information, or to put your child's name forward for a place at Two's Group please contact Balmedie Leisure Centre on 01358 743725, or indeed pop in for a chat.



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DIGITAL SWITCHOVER

TV is going digital all over the UK. This will happen region by TV region, transmitter by transmitter and will be completed by 2012. The digital TV switchover affects any TV not connected to a satellite service. Our area is covered by STV North and the Durriss transmitter and will switch to digital in two stages.

Stage 1 - 1st September 2010 This means that if you haven't switched, you'll lose BBC Two or if you have Freeview, BT Vision or Top Up TV you'll need to re-tune your equipment

Stage 2 15th September 2010 All the remaining analogue channels will switch to digital and the remaining digital channels will become available. This means that if you haven't switched to digital, you will lose your TV service. If you have Freeview, BT Vision or Top Up TV you'll need to re-tune your equipment again

There is some help available from The Switchover Help Scheme, which has been set up to help people switch one of their TV sets to digital. You are eligible for their help if you fall into the following categories:

- are aged 75 or over; or
- get or could get Disability Living Allowance, Attendance Allowance, Constant Attendance Allowance or mobility supplement; or
- have lived in a care home for six months or more; or
- are registered blind or partially sighted

Contact information for The Switchover Help Scheme Freephone: 0800 40 85 900; Contact via fax on 0800 40 86 045 Textphone users call free on 0800 40 85 936

Email info@helpscheme.co.uk
<http://www.helpscheme.co.uk/en/aboutswitchover>

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- enjoy what they are doing;
- learn by doing;
- participate in varied & progressive activities;
- make choices for themselves;
- take responsibility for their own actions;
- work in groups;
- take increasing responsibility for others;
- take part in activities outdoors;
- share in prayer and worship;
- make and live out their promise.
-

BEAVERS – For 6&7 year olds & are very busy. The Wednesday night colony very popular, supported by 4 Beaver leaders. They meet in Balmedie School at 6pm. Currently long waiting list. See below.

CUBS - Pack meets Tuesday night in Potterton Community Centre at 6:30pm.

Ours Cubs regularly get out and about. For youngsters aged from 8 to 10½.

SCOUTS – Our Scout Troop FOR 10-14s. Meet Wednesday nights 7-9pm in Potterton and are always out and about.

EXPLORERS – Our 14-18 group meet in Potterton on Wednesdays from 7:00-9:30pm.

All our sections are for boys and girls alike.

HELP! HELP! HELP!

We are the victims of our own success and are overly in demand both at Beavers and Cubs. In the short term the only way to clear the waiting lists is to form a 2nd Beaver Colony and a 2nd Cub Pack. Both would be needed and several new leaders would have to come forward before we could establish them. Additional lets would be needed too. There is no magic wand for this one.

If you would like more information about becoming an adult volunteer in Scouting and what the commitments are in becoming a leader, get in touch.

To contact any of our sections call 01358743156

E-Mail balmedie.scouts@btinternet.com

Ian Thomson Group Scout Leader

BALMEDIE CRAFT CLUB

Balmedie Craft Club meets in Balmedie Primary School on Thursday evenings from

6.15 – 7.15pm. It costs £1.50 per child per Thursday night. All boys and girls from primary one upwards are welcome to attend.

We participate in all sorts of craft – weather charts, ceramic tiles, cards, bracelets, coasters, spinning tops and mobiles to name a few of the projects we have covered. Just recently we decorated biscuits for Valentines Day. When it comes to special occasions e.g. Christmas, Valentines Day, Mothers Day and Easter we aim to do crafts that the children can take home and give as gifts.

We aim that the children should take home a craft every week. However sometimes if it is a bigger project it takes a couple of weeks.

If you want to try some new crafts come and join us!

For more information:

Denise Cowie Tel 01224 709102

INDEX OF ADVERTISERS

B&B	Pg.	Pets & their needs	Pg.
Avalon B&B	42	Ardene House Vet	34
Chapelpark B&B	45	Frogmore Cattery	22
Viewfield B&B	44	Lady and Tramp Pet Grooming	18
		Petpals	44
Education & Leisure		Retail	
Dyslexia at Bay	45	Balmedie Chip Shop	44
Jazzercise	26	Barret & Coe - Photography	2
Karl Watson Martial Arts	45	MacKenzie Kilt Hire	12
Kip McGrath	16	Potterton Shop	10
		Reid Butcher Newburgh	18
Garages and Transport		The Store	8
Cadgers Garage	19	Services	
Cadgers Taxis	26	Aberdein Considine Dyce	14
Don Cabs	4	Ardo Classics	8
Lawrence of Kemnay	24	Pet Crematorium	12
		Servicemaster	28
Garden Services		Trades	
Carle's Sheds	18	Balmedie Heating & Plumbing	29
Martin Stallard	26	Graeme Isaac Joiner	10
		Nu Look Windows	36
Health & Beauty		Reid Plumbing	6
Balmedie Hair and Beauty	42	Training	
Balmedie Pharmacy	36	Bikesmart	34
Chiropodist - Leal	12	Flying Colours Driving School	32
Complementary Therapist	45		
Flawless Beauty	40		
Rowancott Herbs	8		

QUICK CONTACTS:

Emergencies -Fire, Police, Ambulance,Coastguard	999 or 112
Police – Non Emergency Calls	0845 600 5700
National Gas Emergency Service	0800 111 999
Scottish Water (Water Supplies and Emergencies)	0845 601 8855
Electricity	0800300 999
NHS 24 (Calls from 6pm to 8am)	08454 24 24 24

COUNCIL

Aberdeenshire (General Inquires)	0845 608 1207
Clr Gifford	01651 869493
Clr Hendry	01358 743091
Clr Johnston	01651 851198
Clr Loveday	01651 872591
Balmedie Library	01358 742045
Eigie House	01358 743506
Community Centres - Bookings (Belhelvie and Potterton)	01358 727910
Balmedie Leisure Centre	01358 743725

CHURCHES

Church of Scotland	(Rev Paul McKeown)	01358 742227
Congregational Church	(Rev Denise Cowie)	01224 709102
Catholic Church	(St Columba's)	01224 621581
Parish Office		01224 626359

SCHOOLS

Bridge of Don Academy		01224 707583
Bad Weather	0870 054 1999	PIN 011020
Balmedie Primary		01358 742474
Bad Weather	0870 054 4999	PIN 021290
Ellon Academy		01358 720715
Bad Weather	0870 054 4999	PIN 021040

DOCTORS

Danestone Medical Practice	01224 833866
Ellon Group Practice	01358 720333
Oldmachar Medical Practice (Jesmond Drive and King St)	0845 337 0510
Scotstown Medical Practice	01224 702149
Udny Surgery	01651 842204

DATES FOR YOUR DIARY

Belhelvie Community Council meets the third Monday of the month but this date and the locations vary so please check. See p. 38

March

Wed 10	Lights group Fundraiser Coffee Morning Leisure Centre	10-12am
Mon 15	Community Council Meeting, Balmedie School	7.30pm
Fri 26	End of School term, (Balmedie, BoDA, Ellon)	
Sat 27	Balmedie Meander, Balmedie Country Park	1-3 pm

April

Thurs 1	Maunday Thursday Communion Belhelvie Church	7.30pm
Fri 2	Good Friday Service Holyrood Chapel, Newburgh	7.30pm
Mon 12	School Term begins (Balmedie, BoDA, Ellon)	
Fri 23	Concert, Forsyth Hall	7.30pm
Sat 24	Nordic Walking (Adult event Country Park)	1-3 pm

May

Mon 3	School Mayday holiday (Balmedie, BoDA, Ellon)	
Tues 4	School in service day (Balmedie, BoDA, Ellon)	
Mon 10	Drug Proof your kids course starts in Foveran Church Hall Newburgh	
Sat 29	Balmedie School Summer Fair	

June

Mon 7	Ellon Academy local holiday	
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July

Fri 2	End of School term (Balmedie, BoDA, Ellon)	
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Future Dates

31 Aug	Drug Proof your kids course starts	Ellon Academy
1 Sept	Digital switch over stage 1	
15 Sept	Digital switch over stage 2	