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Scottish Ambulance Service
FIRST RESPONDERS



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DEFIBRILLATORS/FIRST RESPONDERS' PROJECT

Those three magic words “Count me in”

The first meeting of Responder volunteers and supporters took place at Balmedie Leisure Centre in July and Brian Jaffray of Scottish Ambulance Service gave an outline of what is expected of our volunteers. Balmedie resident, Bill Haining, who is involved in the National Training Scheme for First Responders is happy to undertake our training in the Parish. The opportunity will exist after basic training for a Team Leader /Instructor/Assessor to evolve from the group, to take overall responsibility. At our meeting we were delighted to welcome back Davie Gauld, First Responder, Inverurie who followed the Q&A time with a hands-on Kit inspection, demonstrating the defibrillator, and recounting his experiences.

We have volunteers for a Parish-wide First Responder Team and a team of supporters to assist with fundraising, but would also like to provide defibrillators in key locations in the settlements with security key access for those who undertake training. Only these individuals would be able to access defibrillators in an emergency. Clearly the presence of a trained volunteer would be very welcome in such an emergency and with a big enough team we would hope to have a manageable rota of volunteers but **MORE VOLUNTEERS REQUIRED**. I am delighted to announce that Mrs Fiona Clark is willing to take on the administration role.

Our fundraisers got up and running with Mrs Janette Stevenson and her team of ready helpers, Margaret M and Margaret S, Sheila, Catherine, Elma and Joan raising £500 at her garden party (pictured on the cover). More ventures are planned.

We look forward to welcoming Bryan Milne, Area Service Manager and also a neighbouring Responder Co-ordinator to our next meeting. **A.J.**

To contact: email: belhelviebanter@live.co.uk or tel: 07814 254 301

Our current advertising rates:

Full page (A5): £60 (Black & White) £90 (Colour)

Half page: £32 (Black & White) £50 (Colour)

Quarter page: £18 (Black & White) £27 (Colour)

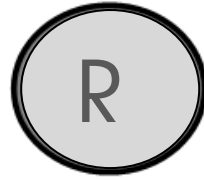
Copy of articles (Font: Times New Roman 10) and adverts for the next edition due out in December 2013 required to be with belhelviebanter@live.co.uk by 1st November 2013.

If you would like to assist in delivering Belhelvie Banters in your area please contact us.

**Read current and back issues of Belhelvie Banter on line at
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YES YOU CAN!

At long last we have spell of weather worthy of the name summer! I hope you have all been active and out and about enjoying this fine spell and not just lying in the garden gently roasting like a sausage on the barbeque! Judging by some of the various hues of red I have seen many have been outside, but still forget the sun cream. However we will all benefit from a good dose of vitamin D.

So why “Yes YOU Can?” Am I going to nag you all further about being active and eating healthily? Or is Barack Obama secretly writing for the Banter? Well no, what I hope to do is to get a few more of you to pluck up courage and come along to learn about being a First Responder and at the very least able to do Basic Life Support (BLS).

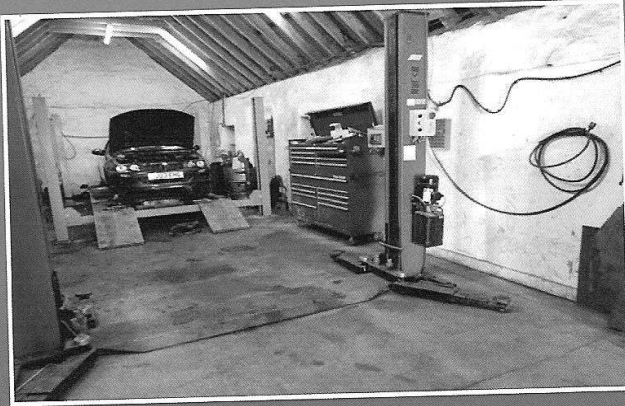
Sadly people still do suffer heart attacks and sudden cardiac problems all too often, despite our best efforts with preventative treatments. When a person suffers a heart attack, there can be a problem called ventricular fibrillation, or for “Casualty” and “ER” fans, “VF”. If this happens there are only a few minutes to be able to do something about it. The reason that this is such a problem is that when the heart goes into VF it ceases to pump effectively, and so no oxygen-rich blood gets to the brain. We medics call this a VF arrest as the heart is effectively stopped. After just 3 minutes a condition called hypoxia, or lack of oxygen, develops and the brain begins to suffer damage, and soon after this the damage becomes irreversible and the person dies.

So even if you have dialled 999, there is just not enough time for the Paramedic to get to you, especially in our area. There is always a vehicle stationed north of the river Don on stand-by, but it is very unlikely that the Paramedic can be in Belhelvie or Balmedie in 3 minutes, even Potterton would be a struggle, which is why we need First Responders.

I really hope that you appreciate that if you do nothing beyond calling 999, the chances of successfully reviving a person with VF are virtually nil, so we need to get as many people as possible to train and become able to be First Responders and at least be able to do BLS. You need to be over 18 to be a First Responder but younger people can learn BLS.

This is where the “yes YOU can” comes in. People often fret that if they try to help, then they may do something wrong, and that they will do harm, but I hope I have impressed upon you that this is not the case. Doing nothing almost certainly guarantees that a person who suffers a VF arrest will die. Doing something, especially once you are trained, gives that person a chance.

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Learning BLS is not too hard, it takes less than a day. Doing BLS buys vital time for the person whilst trained personnel with a defibrillator get to the scene. This vital piece of equipment passes a current through the heart via electrodes placed on the chest, and so “jump starting” the heart. The quicker this is done the better, which is why having locally available devices, and people trained to use them are so important.

The key thing to appreciate is that doing BLS is a straightforward and extremely useful skill to have. It is as simple as ABC; Airway, Breathing and Circulation. You must always check it is safe to approach the person; we do not want 2 patients! Also once you know the person is not responding and not breathing you must call 999 before doing anything else. I also must stress that I am talking about adult BLS in this article.

For the general public, there is no longer too much concern about the “kiss of life” as mouth to mouth is thought to be not that useful and time wasted trying to do this properly is time lost. However you DO check that the airway is clear. Learning how to do chest compressions is the key thing, buys time and increases the chance a person has of surviving. Compressions squeeze the heart and get some blood circulating thereby getting some oxygen going to the brain and so giving more time to get a defibrillator to the person.

Most chest compressions you see on TV are not correct as there is usually a perfectly healthy actor lying on the hospital trolley who would not appreciate having their chest compressed! The main difference is that when doing the compressions properly your arms do not bend and you use your upper body weight to effect the compression. As you may know the rate you aim for is about 100-120 compressions per minute. The beat to the Bee Gees “Staying Alive”, or if you prefer, as my better half (also a GP) does “Nelly the Elephant”, helps give you the correct rate. It is quite hard work, but in a highly worthwhile cause.

This is not the place to go through the whole BLS algorithm, you will be taught if you volunteer, however if you want to know more then I suggest that you look at the British Heart Foundation or Resuscitation Council UK websites. There you will find full information and much more detail about how to do BLS, including, on the BHF site, videos.

So please think about volunteering to learn how to do BLS and also consider being a First Responder. Saving a life will change yours.

You all can learn this simple but vital skill.... yes YOU can!

Dr. Alasdair Forbes

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2013 BALMEDIE GALA

Wow!! What an amazing gala!

There was so much to see and do with over 50 stalls, Live demonstrations, Bouncy Castle, Archery, Pony Rides, Vintage Ice-cream Bike, Beverage Tent, Farmers' Market and BBQ. There was something for everybody. And the general feedback from the local community has been amazing, some even saying "it had been the best yet". This makes us all proud to be part of an amazing group. The sunny weather defiantly helped to make this event fantastic!!

This year the Balmedie Gala raised £1666.79!!

After looking at our final figures Balmedie Gala has donated our funds to the following community groups: Belhelvie Pensioners Group: £300, Better Balmedie Group: £200, Balmedie Christmas Lights Group: £500, Balmedie Leisure Centre: £200, Congregational Church: £300, Balmedie House: £300 and the Friendship Club: £200.

A Big Thank You to all our volunteers, stall holders, community groups and demonstrators for coming together and making an amazing day. We definitely couldn't do it without you all.

Now that 2013 Gala has come and gone we are looking to the future and ensuring that Balmedie Gala 2014 is going to be even bigger next year, **but we need you**. Unfortunately after our last meeting there have been some members leave the group. This is due to them moving out of the village or having other commitments. Therefore we are looking for new enthusiastic volunteers. This day cannot be run by a few people and needs a team. So please be in contact with me or come to our next gala meeting 4th September 2013, White Horse Inn Balmedie starts at 7:30pm.

Balmedie Gala is looking for volunteers to help organise the 5-a-side football team competition.



Pictured (not at the San Siro Stadium ed) 5- a-side Football Competition winners:
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BRAMBLES (Belhelvie Rambles)

Since our last mention in the Belhelvie Banter, the Walking Group which meets at the Balmedie Leisure Centre car park on Thursday at 10.00 a.m. have travelled many miles. I do not think that anyone has worn out a pair of shoes or boots yet, but if the walks continue as at present, when Christmas comes around this year, an ideal present from Santa would be a pair of walking socks.



Not only have the walks been around Balmedie village and Balmedie beach but the group have extended the areas selected for the Thursday morning outings. We have been to Aden Park,

Pitmedden, Ellon, Udney Station and Fittie. At each place we visit, someone within the group shares a memory from days gone by and this triggers further Banter (no pun intended) usually generating a good few laughs. If time allows, at the end of the walk we can rest up for a cup of tea or coffee and perhaps a fruit scone. On a recent walk around Fittie we ended up in one of the cafés on the Esplanade for tea and a pancake and were privy to an excellent display by dolphins.

As stated in a previous issue, all the walks are over easy terrain with the emphasis on fun and enjoyment. The first Sunday of each month is allocated for a longer walk and we have visited the Milton of Crathie, the River Don, and by the time this goes to press, Monymusk.

We are always on the lookout for new members and if you feel that you would like to join us for a ramble you will be made most welcome.

Bill McPetrie

BOOKENDS

Our small friendly Book Group meets on the first Thursday of each month in the White Horse, Balmedie, at 8pm. We source our books from those available through the local library, and reading matter is varied.

We still have room for some more members, so if you are interested in coming along to see if this would appeal to you, please contact Ailhin on **07904097795**

e-mail: a.j.clark@abdn.ac.uk, for further details.

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NEW COLLECTABLES AND ANTIQUES SHOP IN NEWMACHAR

Brian Cheyne, a retired accountant from Oldmeldrum recently started trading in collectables and antiques at 33 Oldmeldrum Road, Newmachar which is on the main street a few yards up the road from the Co-op. Brian is not new to collecting and trading and previously operated a popular weekend collectables shop in the stable block at Haddo House.

The business is called **COLLECTING THE WORLD** and the name is aimed at conveying a sense of the very wide range of stock for sale including jewellery, ceramics, glassware, kitchenalia, Militaria, stamps, coins, postcards, furniture and lots more. Brian offers a finder's service and will happily try and source specific items for customers and collectors.

As well as the Newmachar shop which is open every Friday, Saturday and Sunday from 12 to 5, **COLLECTING THE WORLD** has a presence in various other retail outlets including **TOUCHED BY SCOTLAND GALLERY** at Oyne, **ABERDEEN ARTS CENTRE**, King Street, Aberdeen, **GALLERYi** in Inverurie and **FORMARTINES** near Methlick.

Examples of the types of vintage items on offer may be seen on facebook.....

<https://www.facebook.com/pages/Collecting-The-World/485466134853883?ref=hl>

and also on the VISITSCOTLAND website.....

<http://www.visitscotland.com/info/shopping/collecting-the-world-p732611>

Brian also produces a monthly newsletter giving details and pics of new stock and to receive this all you need to do is send your email address to...

briancheyne1@googlemail.com

Though not an expert in antiques/collectables, Brian has a reasonable knowledge gained over 40 years collecting and is always keen to talk to other collectors about their interests and has magazines and reference books available should customers require additional information on specific items.

Brian is always on the lookout for new stock, large and small, especially unusual and decorative items. Also of interest are items requiring restoration like furniture, watches and metalwork as Brian is into restoration. Also of personal interest are coins, medals and banknotes and also old woodworking tools.

If you are looking for anything in the collectables/antiques line or have items for sale then either talk to Brian at his Newmachar shop or give him a call.

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Men! You are included, this is not just a date for the ladies, Hebbie will see that you are waited on by Mary and her willing helpers.

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Thanks to all who took part in our Television Quiz and the winners were :-

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BOOK BUS ZAMBIA

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The best advice for any new venture and certainly true of a trip on the Book Bus in Africa.

The Book Bus, a registered charity, aims to “improve children’s lives one book at a time”, a modest enough aim and the brainchild of publisher Tom Maschler.



The Book Bus runs projects in Zambia, Malawi, India and Ecuador, “providing children with books and the inspiration to read them” and for five ladies from Aberdeenshire, Book Bus seemed to offer a chance to get personally involved. Coincidentally four of us work for Aberdeenshire’s Library Service, the fifth member of the party working in a care home but we are book-lovers all.

Collecting the necessary money took the best part of a year, raising awareness of the work of the Book Bus and receiving generous support from friends, families and work colleagues.

But after months of what-ifs and how-do-we-do-that, the first party of three set off on the morning of Friday 26th April, flying from Aberdeen to London, on overnight to Johannesburg and from there to Livingstone, arriving a little bleary-eyed but incredibly excited.

We were met at the airport by the project leader, Kelly: experienced, knowledgeable and a dab hand at easing people into their new environment. Shown to our tents in the delightful setting of “Grubby’s Grotto” with its little swimming pool and exotic vegetation it didn’t take long to come round from the journey and over cooling drinks Kelly began to explain about life in Zambia and the task ahead.

It transpired we’d arrived during school holidays which added a little edge to the experience as it was impossible to tell how many children would turn up each day. That gave us something to think about for the rest of the weekend as we acclimatised and took a trip to the quite breathtaking Victoria Falls, known locally as Mosi-o-Tunya – the Smoke that Thunders.

Monday morning found us getting down to work. The emphasis for “holiday club” is fun rather than formal learning. Kelly warned us with a smile that though we might start with 50 or so children the number could easily multiply by the end of the week as word spread. And she was right – though in fact as we clambered down from the Book Bus on the Tuesday morning at Zweilopili Community School, about twenty



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minutes from the centre of Livingstone, there were already over 100 children waiting for us with more arriving by the minute.

It's amazing how quickly you can learn to cut out and glue for large numbers of eager children, keeping calm as each child clamours for their elephant headband to be finished first.

So each morning we read books to the ever-growing numbers of children, following up with a craft activity. Every evening we prepared for the next day after an afternoon off exploring Livingstone or simply relaxing.

At the weekend we headed for Chobe National Park for a truly memorable two day safari, especially for one member of our party who celebrated a significant birthday on the Sunday.

But before we knew it we were headed out on the Bus again, this time to Sende, a village outside Livingstone, the last few miles along dusty tracks past homesteads of thatched huts and accompanied by children running after us, calling out "BookBusee!" More reading, cutting out, pasting and improvising and at the end of the week we were able to send each child home with an actual book to keep – a very rewarding finale.

So yes, the expected was there: poverty, dusty roads, children desperate for any scrap of paper or book we could offer, huge smiles, co-operation and friendliness.

But then there was the unexpected, the juxtaposition of modern and traditional: in the village a woman carrying water from the well, bucket in one hand, mobile phone clamped to her ear with the other (and indeed mobile phone masts everywhere): in the town well-stocked supermarkets, an excellent coffee shop and a not-for-profit community-run Italian restaurant offering the best pizza ever.

Would we go again? Like a shot. Would we recommend the experience? Without reservation.



Find out more at www.thebookbus.org
and read the full account of our fortnight
at

www.therewillbechickens.blogspot.co.uk

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BETTER BALMEDIE

Glorious high summer saw our village planters resplendent with their show of beautiful flowers, thriving with the combination of warmth and (not too much) rain... We have had many positive comments from passers-by as we work on planting them out and keeping them tidy. Clearly the villagers enjoy how they have enhanced the look of their village, and indeed the support of the community as a whole is clear. Not only have events been well supported (plant sales raised over £1,300), but in addition villagers have been happy to contribute loose change to our Better Balmedie collection tins in the Co-op and the chip shop. It's amazing how these coins mount up - very many thanks to the staff of the Co-op and the chip shop for helping us with this.

We have very recently been able to purchase a water bowser to help with the growing task of watering our increasing number of planters, it has become a problem to make sure they're adequately watered. This has involved carrying many bottles of water to (often awkwardly situated) planters. Now, you will regularly see members of the group towing this new water bowser around the village.

This year, have been able to add some small planters by the new benches, and a recently-planted 'dolphin' display in place of last year's jubilee crown. We are grateful to the Council for continuing to support us with many of the plants which we supplemented with plants we have grown on in the polytunnel.

We have tried to reach differing sections of the community. Again we worked with the Brownies, who-most enthusiastically!-came along to replant their planter with summer flowers - they are always keen to find out when they can come again. Late July saw a visit, for tea and cakes, from some of the residents of Balmedie House, and the sun shone on us as we ate outdoors amongst the flowers. August 16th we had the summer-play-scheme with Belhelvie Church.

Happily our group of volunteers continues to grow, but there is always room for new members. A great knowledge of gardening is in no way a pre-requisite, as there are many odd jobs available..So don't hesitate if you'd like to come along. There is always a presence at the polytunnel (behind the Leisure Centre) between 10am and 12midday on Wednesdays, and on Saturday mornings. People are most welcome to come by, either to volunteer, or to say hello and see if we have any plants or vegetables for sale.

Sadly, although overwhelmingly we have only had positive things to report, we have had a few cases of unwelcome visitors - in one case some junior members of the village who removed some begonias within days of their being planted! (caught in the act!) ; and an unsuccessful attempt to gain access to the polytunnel by forcing the padlocks!..

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Plans for the upcoming months - our sensory garden is still in the planning stages; hopefully next year will see some progress with this. We will be present at the last Farmers' Market of the season in mid-September.

Meetings will resume on the last Thursday of the month, 7pm in the Leisure Centre. See 'Dates for Your Diary' at www.betterbalmedie.org or www.facebook.com/BetterBalmedie or contact allan_jeffrey@ymail.com - [tel:01358 743851](tel:01358743851) **Kathleen Laming**

SWRI

Our first meeting after this lovely summer break is on Wed. 11th Sept. 2013 when Wendy Buchan from Mary's Meals is going to give a talk and presentation on this very worthwhile charity. You are very welcome to come along to Eigie House, a very comfortable lounge awaits you. We meet on the 2nd Wednesday of the month at 7-30pm.

Eigie House has easy access for the less able and we would love to see some new faces. A cuppa and biscuit or cake is served during the evening. Any further information required phone me **Elaine Strachan 01358 743173**

NEW PATHS AT BALMEDIE

Leisure Services at Aberdeenshire Council must be congratulated on installing new pathways through the Magic Woods that lie between Balmedie School and the Football Pitches at Balmedie Country Park. The walks provide a circular route linking existing pathways north and south of the school. The new paths offer the opportunity for residents to explore a completely new area around the village for recreation, exercise, and wildlife spotting. Unfortunately some associated works by the Conservation Volunteers along the route including wooden animals, a bird hide, a sensory path, a leaf tunnel and a wood xylophone, have been partially damaged by mindless vandals. Nevertheless, enjoyment of the woods can still be had by anyone who cares to go and look! **Ian Nicol**

BETTER BROADBAND FOR BELHELVIE

In May, questionnaires were sent to 118,000 homes and businesses to help gather evidence which can be used to demonstrate the demand for ultrafast broadband in and around Aberdeen. If you either did not receive one or did not reply, All is not lost!!

Aberdeen and Aberdeenshire have the highest levels of broadband uptake in the UK, at 74% and 72% respectively but some of the slowest speeds. Given the incredibly poor computer line speed for residents in the Parish, can I encourage people to register their interest to BT in the hope they modernise our exchanges in Balmedie and Newmachar to accommodate BT Infinity. I am grateful to Scott Masson for this information and link. This takes you to the site to register an interest: **AJ**

<http://www.productsandservices.bt.com/products/broadband/infinity#services-checker>

BALMEDIE CONGREGATIONAL CHURCH

Our Services at **Balmedie Leisure Centre**
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POTTERTON CONGREGATIONAL CHURCH

Services now **Potterton Community Centre**
Every Sunday at 6pm
Everyone Welcome

Excitement is building, about the building.

Officialdom seems to take forever as we still await the final go ahead with our small "Hall" Church. We are trying to be patient, but that is a gift we do not have in abundance.

Hopefully by the time the next edition comes out, we will have started to build.

Summer has been busy. We supported the Balmedie Gala and have run a Playscheme for children. (Our thanks to Aberdeenshire Council for their help). The young folks really enjoyed their time together and joined in a joint away day to The Safari Wild Life Park at Blair Drummond.

Our Services are informal and family friendly - everyone is welcome and you are invited to come visit us - without any obligation. If you have questions, please telephone me

Rev. Andy Cowie 01224 703248

Boys' and Girls' Brigade - We would like to restart the Companies, but to do so, we need leaders, so this is an appeal to any ex- Boys' or Girls' Brigade members / leaders to come and help. But it's also a call to any adult, with or without experience, to volunteer, training will be given. Without help, this venture cannot get off the ground. Please phone Andy 01224 703248

During the month of July, we held joint Services with Balmedie Congregational Church.

We were part of a joint Churches Picnic at Balmedie Beach and were blessed with good weather. Our joint Churches young peoples residential, at Perth, was also blessed with great weather. Some 15 attended and it was very successful, activities included ice-skating, a day at the Deer Park, a treasure hunt, swimming and cinema.

SUGGESTIONS

We are still open to suggestions for activities for adults, that we can perhaps help to get up and running in the village. We are now looking to restart Boys' and Girls' Brigades in the village. We appeal for help, from ex members, Officers or adults who would like to help. Training will be given. For more information contact Andy on 01224 703248.

Later this year, our Minister and his family are to travel to Tanzania, where he was born, to visit places of family interest, his grandfather in the 1920's built bridges and harbours, but also to visit a small project, to help widows, which they established near Dodoma (the capital) some 9 years ago. More information later.

Our Church is here to help and support, be it a happy occasion or sad, we are here for Baptisms, Weddings, Funerals or if you simply need a listening ear.

For further information, please contact our Minister, Rev. Andy Cowie 01224 703248

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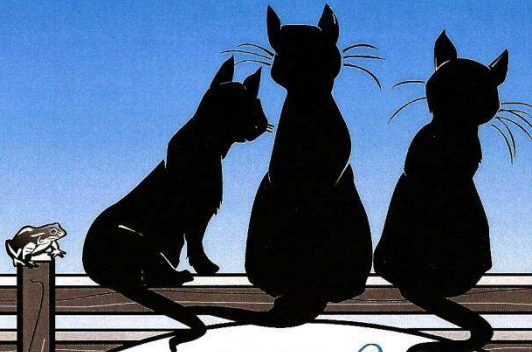
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BELHELVIE COMMUNITY COUNCIL

BELHELVIE FOOTBALL PITCH

The Belhelvie football pitch has been drained and we have been advised that the contractor will be re-constructing the level of the football pitch soon and have the works completed before the end of this summer's growing season.

BLACKDOG FOOTBALL PITCH & LEISURE AREA

Community land owned by the residents of Blackdog is to be upgraded and turned into a small football pitch with space available for a play park. This project has been in the pipe-line for several years and construction work began on 29th July. Funding has been obtained from planning gain and other Aberdeenshire Council sources. The Community Council would like to thank Keith Newton, Aberdeenshire Council Area Manager, for his help and support in getting the project off the ground, and also Graeme Webster from Team Niblick, the main contractor, for his assistance.

FLOWER PLANTING and VILLAGE TIDY UP SCHEME

All flower planting in the settlements has been completed. Thanks goes out to all volunteers for their hard work, especially during the spell of dry weather where continual watering of the plants has been required. Mention has to be made of Better Balmedie as always for their display of flowers in the village. The village tidy up scheme is in operation again. 'Better Balmedie' covers Balmedie, George Sinclair covers Belhelvie and Cyd Proud covers Potterton.

WESTER HATTON LANDFILL SITE

The Formartine planning service is currently waiting on a response from the operator with regard to proposals to restore Wester Hatton landfill site. We will keep you updated on progress.

BALMEDIE FOOTBALL PITCH

Turfing and repairs were done in early August in time for the start of the football season. The pitch has now been included within the Balmedie Leisure Centre lease and the pitch will now be maintained by the Leisure Centre.

BALMEDIE GALA

A successful gala was held again at Balmedie Primary School on 8th June. This is the 4th Balmedie Gala which has been held since its resurrection. Work will start soon organising next year's event. I am sure you will all agree that it is due to the hard work and commitment of the organisers and we have to thank them for making this annual event a resounding success.

BLACKDOG SUBSTATION PROPOSALS

Campaigners who fought for a land survey to be carried-out at Blackdog, fearing dangerous substances had previously been dumped there, anxiously await the results. The survey will be analysed and results considered by councillors before a final decision is made.

David Watson

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CUBS

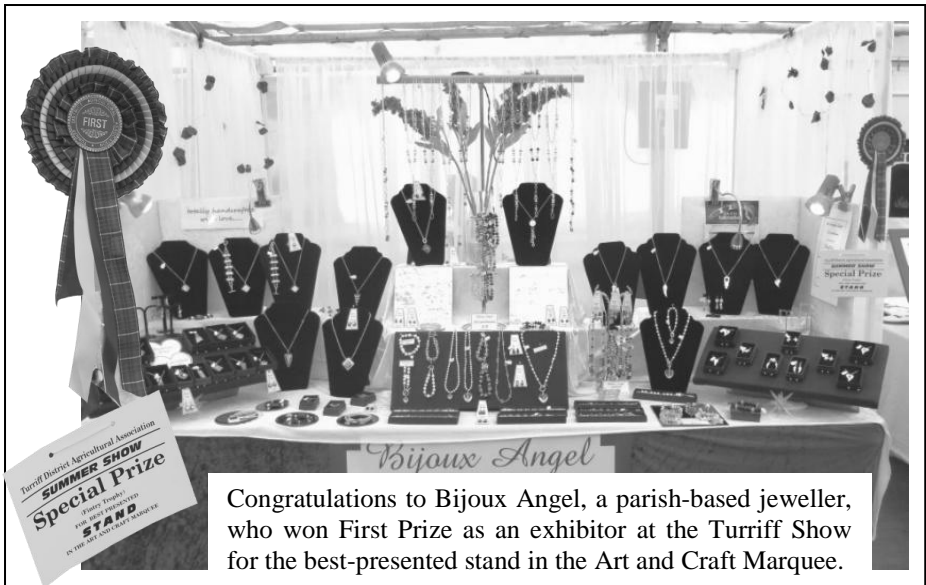
On Sunday the 28th, we took a handful of Cubs to Potterton Community Centre to get green fingered. 5 of our Cubs showed up in what can only be described as very wet weather. After a mad dash to erect an emergency gazebo things were ready to begin. Both Mrs Jenkins and the Playgroup kindly donated us a number of planters to use.

After realising the main activity of the day was planting and not playing in the rain, the boys wasted no time in getting stuck in. Making drainage holes, deciding on what should go where, and then in record time, filling them with compost.



When it came time to start transplanting the flowers across, (a task we imagined might resemble a scene from a Tarentino film) they did so with surprising care and dexterity. In no time the flowers were sitting in their new homes, and most of the work was done. The Cubs did an excellent job, and in doing so completed the final part they needed to earn their Global Conservation Activity badges.

A huge thanks to everyone who came along and helped out, and to the parents who kindly drove out in that weather to bring the Cubs. **Ian Isted, Cub Leader.**



Congratulations to Bijoux Angel, a parish-based jeweller, who won First Prize as an exhibitor at the Turriff Show for the best-presented stand in the Art and Craft Marquee.

NEW PATHS AT BALMEDIE

Leisure Services at Aberdeenshire Council must be congratulated on installing new pathways through the Magic Woods that lie between Balmedie School and the Football Pitches at Balmedie Country Park. The walks provide a circular route linking existing pathways north and south of the school. The new paths offer the opportunity for residents to explore a completely new area around the village for recreation, exercise, and wildlife spotting. Unfortunately some associated works by the Conservation Volunteers along the route have been partially damaged by vandals. Nevertheless, enjoyment of the woods can still be had by anyone who cares to go and look!

Ian Nicol, Better Balmedie

BELHELVIE VILLAGE NEIGHBOURHOOD WATCH

We had our recent meeting on June 13th in The Green Hut. We had less than expected turn up for the meeting, which was attended by the representative from Absafe, who coordinate Neighbourhood Watches around Aberdeen and the North East of Scotland. Each household were issued with a useful free Home Security Pack which included small safes and alarms.

You may have noticed the Neighbourhood Watch signs have been erected at the 4 entry points to Belhelvie. These cost £20 each and we are still hoping villagers will sign up to the scheme and then donate towards the cost. Having these signs displayed and being a member can reduce the cost of your home insurance!!

We've heard reports of break-ins in Potterton and Balmedie...but it seems a few homes and cars were left unsecure.... **remember to lock your doors!**

www.neighbourhoodwatchscotland.co.uk We're hoping more Belhelvie households will join and then sign up to the Belhelvie scheme. Some people have signed up but not joined the Belhelvie scheme...that's the important bit!

We're hoping to arrange our next meeting in September...keep an eye on the village noticeboards.
Paul Collier

CALLING ALL VOLUNTARY GROUPS IN BALMEDIE.

A few months ago, Community Learning & Development held a funding workshop, which many voluntary groups attended. If you did attend, I hope you have been putting the information shared at the session to good use. At the workshop, we advised that Ellon Community Development Group had funding available to support any voluntary group working with residents of Balmedie.

We have successfully provided some local groups with financial help.

Does your group need a small grant?

If so, please email Annette.holland@aberdeenshire.gov.uk for an application form.

There are criteria to qualify for the scheme, the main one being that the funding should be used by local Balmedie groups. Hope to hear from you soon.

Annette Holland
Senior Community Learning & Development Worker Tel. 01358 721946

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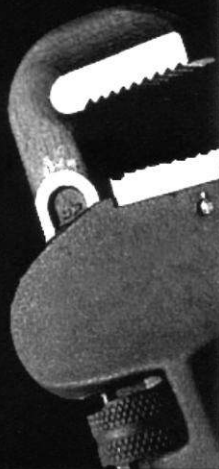
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PARISH THREADS - SANGUINE by Mary Cane

July has continued to be really warm. When the edges of the garden are being mown there is a foreign spicy fragrance, redolent of tobacco and old roses. The wild geranium Herb Robert has reddened in the dry heat, the three hens lie lethargically in their dust bath. When we were shown round this garden in February 1986 and the owner said, "It can get too hot in here," we nodded and smiled politely. She was right though because in the garden today, nearly thirty years later it is, at last, too hot.

To help combat climate change we have been trying to reduce our carbon footprint when buying a new heating system. We have read and researched, seen demonstrations and attended a seminar. We have committed to an Austrian boiler fuelled by wood pellets from Banff and are preparing for its installation.

Clearing out a dark corner we re-found an ancient wooden wheelbarrow. Made from timber and iron, it is wood wormy and rusty but the Ash handles are still silky smooth from, well, hands. It's so heavy that it's no wonder gardeners didn't seem to be in a hurry when they were pushing them. The iron wheel rim, the brackets and the fixings look as if they were made locally. At one time in this parish you would never be far from a blacksmith. When sitting quietly, listening, at Belhelvie Kirk the other week I found myself contemplating the simple iron holders used to stow the empty communion wine glasses, they are attached to the Pitch Pine pew backs at knee height below the Bible shelf. They look old and have a soft metallic patina. They are fashioned from two narrow straps of iron crossed and curled forward, not quite touching... like little arms. It's tempting to imagine the 'Belhelvie Blacksmith', the Minister Alexander Forsyth forging, shaping and quenching by the little anvil, still kept in the porch of the Kirk, but the dates probably don't fit so we must leave it there in our imagination although it's true his skill was in making small iron components. During the early 1800's he made locks and penknives, appropriate enough as ministerial activity. He would have helped to keep his congregation and their possessions safe and presumably enable them to lock-up their homes to attend services or sharpen quills ready for biblical instruction. Later though he went on to develop the percussion lock so guns could fire faster. This new technology replaced the old flintlock and loose gunpowder. 'That's a bit ironic.' we say to one another in Belhelvie when the subject comes up.

We went to give blood for the first time the other day. I have never got around to it on my own and Pilots aren't encouraged to give any of their bodily fluids away. Now he has retired from flying we decided to brave it together. It turned out to be not too challenging but memorable. I found I was a universal donor, he fainted

and I left my jacket behind. Whilst down at Foresterhill we saw from a distance the interesting looking white igloo of the nearly completed Maggie's Centre by the Norwegian architect Snohetta. Aberdeen is catching up with the other Scottish cities by providing beautiful surroundings for families enduring the cancer process.

We are looking forward to our American family visiting this summer with our grandsons. We have noticed that a lot of effort and attention is invested in the choice of language when interacting with children nowadays so I shall have to be on my toes. Let me share the following short play-let sent to us via face book from their kitchen table.

Scene: Boys staring empty-eyed at their lunch, not eating.

Mom (stern) - Seems like that donut earlier wasn't a good idea.

Fin (5 year old, serious tone) – *We're not talking about the donut. We're talking about this lunch.*

-and curtain.

We are thinking of local activities that would entertain them. We shall go to Balmedie beach of course and do the usual things. While we are there we could take the opportunity to point out the 5 miles of absolutely flat land at exactly 100 feet above sea level, used by the Ordnance Survey as a baseline to take their calculations from when they mapped the country in 1817. It will give their parents the perfect opportunity to explain to those receptive children the principles of trigonometry.

The North East of Scotland was late in the map-making department. Before the Ordnance Survey team arrived we were largely map-less. There is however a sketchy map overseen by Robert Gordon drawn in the 1640's (held by the National Library of Scotland) which shows our area. There are no roads marked just little hillocks marked in brown ink. It was possibly used to show the aristocratic owners their territory. Ardo is the last place marked to the west before the unfinished blank area east to the coast. It is marked as 'Glamis Ardo', referring to its ownership by the Earl of Glamis from 1543 to 1653. After that The Earl of Panmure incorporated Ardo into the Belhelvie lands. However Craibadonna, Bal-ne-kettill, Kyng seat, Achlounne, Hillbrae and Tuliry are names marked on the map that we recognise today. This summer visitors have had to use G.P.S. to find a way around the parish road works including Panmure Gardens. These days the Earl would be able to look at Google maps to check his property.

Soon the weather will change and we Belhelvians will again be wrapped up and be-scarved watching Beech leaves roiling in the wind against a bruised dark sky. Meantime here in the past I skip across dry lawns in bright sunshine chasing shadows, my tiny carbon feet leaving hardly a trace.

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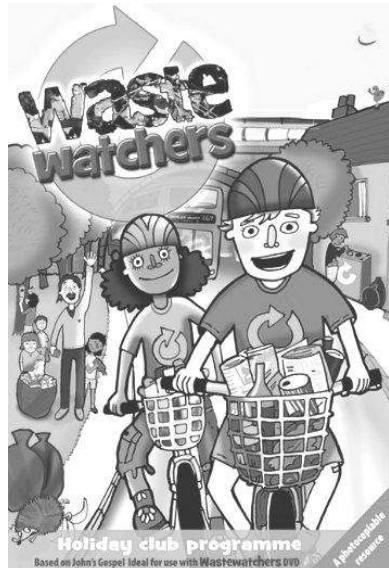
BELHELVIE CHURCH NEWS

“WASTEWATCHERS”

This year’s holiday club ran from **14th August – 16th August** in The Forsyth Hall (from 10-12), and they were thinking about this wonderful world we live in, and how to take care of it and one another with God’s help.

They had the usual blend of music, songs, fun and games to help get the message across, and this year they worked alongside folk from Better Balmedie to help them get even more eco-friendly!

The holiday club catered for children of Primary age (those entering P1 to those entering P7 after the summer.



“THE STORY”

Adam and the Apple. Noah and the Ark. Jonah and the Whale. Joseph and his Techni -coloured Dreamcoat. Moses and the Ten Commandments. Daniel and the Lions’ Den. Jesus and his Cross.

We know the stories, most of us. We learned something of them in childhood. But what, if anything, do they mean to us now as adults?

What do we make of these kinds of stories in the modern world of quarks and chemistry and semiconductors and wi fi?

Does this ancient book have anything to say to us that’s worth hearing?

Generations of people would say that it has, though they’d also admit that it’s not the easiest book in the world to begin reading.

That’s why over the next year at Belhelvie Church we’re going to be stepping back and taking an overview of the bible using a resource called “The Story”.

“The Story” is a selection of key bible stories, condensed and arranged chronologically so that it reads much more like a narrative, and the interaction between God and humanity is thrown into sharp relief.

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“The Story” takes us from Genesis through to Revelation in 31 chapters, each of which takes about 20 minutes to read. We’re encouraging our congregation to buy their own copies and read the chapter in advance before we come to the Sunday, and if they have questions or observations they want to make, they can feed those back to me before I preach and teach on it at the weekend.

The children will be following the same curriculum at a level appropriate for their age range, and we’re looking at the possibility of having an evening discussion group during the week as well, for those who want to think about the story some more.

The aim of all this is simple – to understand the story better and find our place in it, because we’re convinced that the Bible’s there to help us work out our own story with God in our place and time.

If the Bible’s new to you, or it’s lain for too long in a dusty drawer like an embarrassing secret, or you doubt that it’s got anything worth saying in today’s world, then this process is exactly for you. Why not join us on September 8th as we kick off this new series? We’ve designated this day as ‘Back To Church Sunday’ and will be encouraging friends, family and neighbours to come along and join us in worship that day. There’s no better time to start coming around and finding out more.

POT LUCK SUPPERS

Another new venture for us is our Pot Luck suppers which we’re hosting, the first was Sunday 25th August and the second is Sunday 29th September from 4:30 – 6pm. There will be a mixture of teaching, eating and contemporary worship with an all-age flavour. All are welcome to come along and join us.

SOCIAL EVENTS

Lastly, please note the Social Committee events in the late summer and early Autumn. We’ve pencilled in a walk outing on September 7th (details still to be arranged), and on September 13th in the evening @ 7pm we’re hosting the Osiligi Warriors – a Maasai tribe from Kenya who will bring stories, song and dance from their native tradition. Cost will be £8 adults and £4 concessions with all profits going to support community initiatives in Kenya. Information on those projects will be presented on the evening.

Keep an eye out on our Facebook page for more details, or contact me by phone or email if you want to know more.

Looking forward to seeing you along at some of the above.

Blessings

Paul McKeown (minister) – 01358742227
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POTTERTON UNDER 5'S GROUP

I hope everyone enjoyed the school holidays!! The Potterton Under 5s Group had a fab time at Smugglers Cove on the last day of term. It was a great turn out and the kids (and adults) had a great time playing and having lunch.

Before the end of term we invested in a lot of “pink” toys, buggys, dollies etc.... so can't wait until August to get playing housies.

Everyone is very excited to see the new community centre renovations, lots of vans have been coming and going but its all a big surprise!

First week back was Friday 23rd August. £2.50 per child (+ £1 per sibling). New comers always welcome. We run every Friday (term time) 9.30-11.30a.m. at Potterton Community Centre.

For more information please contact **Kelly (07764747183)** or **Leyonee (07545634550)**.

POTTERTON PLAYGROUP

After a very busy term we finished with a lovely graduation ceremony to say good luck and farewell to the 8 children moving up to P1 at Balmedie Primary School.

It's a very exciting time for them and also exciting for the remaining children as they get to meet new friends when the new starts arrive in August. We wish all the children the best of luck in their new adventures and friendships!

This term, time will be spent settling the children back into the routine and also celebrating Halloween and Bonfire Night which of course will include how to be safe when out in the dark, with fireworks and with strangers.

Panda retired at the end of last term, he will remain in the playgroup while a new panda takes over the weekend visits to the childrens' houses. Everyone is looking forward to lots of cuddles from new Panda as he is very fluffy and a lot younger!

August brought a refurbished Potterton Community Centre. We are all very excited to see the finished project as it's all been kept under wraps for so long.



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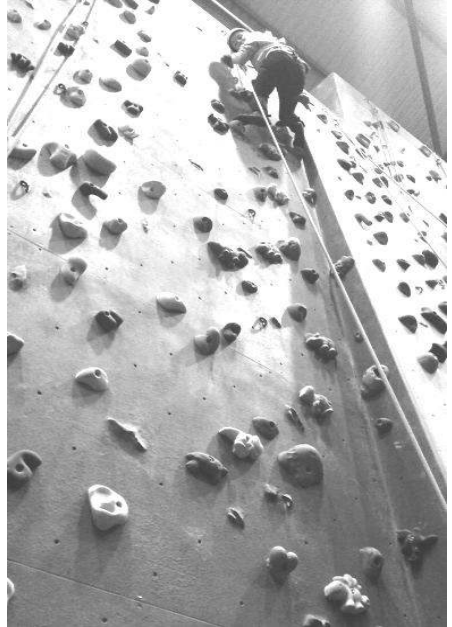
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1ST BELHELVIE RANGER

We finished our last term on a high as the Rangers went to Transition Extreme to get some climbing lessons.

We even had a Promise made at the top of the climbing wall. It was a bit difficult to make the salute but Ellie managed somehow!

Activities for next term are yet to be decided as it's always up to the girls what they choose to do. We will probably be starting back in September rather than straight away after the summer holidays.



You may have seen in the news that the Guide Promise is changing. The promise is very special to Girlguiding members and the change is designed to make it more open to those who have a faith and those who have none.

The new Promise reads:

I promise that I will do my best:

To be true to myself and develop my beliefs,

To serve the Queen and my community,

To help other people

and

To keep the (Brownie) Guide Law.

If you are interested in joining as a member (women 14-26 years) or as a helper (18 years +) please feel free to get in touch. I am very much looking forward to welcoming new members and volunteers to help us celebrate the new promise as it takes effect in September. **Susan 01224 703335**

s.osbeck@rgu.ac.uk

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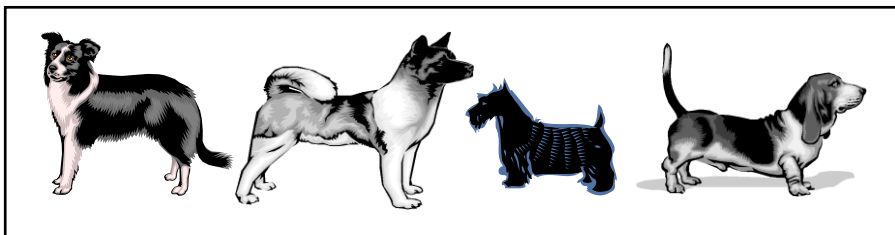
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FRIENDSHIP GROUP

Friendship group resume their meetings on 27th August in the lounge at Egie House, Balmedie at 2 pm. Any member of the the Parish who is over 50 is very welcome to attend. We have a varied programme of entertainment, talks and bingo. Our first meeting of the new session is a bingo afternoon. New members are very welcome. We ask for £2 per meeting to cover costs of refreshments and ask that you bring a small raffle prize along For more details please contact:

Mrs Margaret Murison 01358 742285 or Mr Vic Dean 01358 743634

BEAVERS CUBS SCOUTS EXPLORERS

BEAVERS – For 6&7 year old boys & girls. The Wednesday night colony is very popular, supported by 4 Beaver leaders. They meet in Balmedie School at 6p.m.

CUBS – For boys & girls aged from 8 to 10½. Our Cubs regularly get out and about. Our two Packs meet Monday & Tuesday nights in Potterton Community Centre at 6:30p.m.

SCOUTS – Our Scout Troop for 10-14 year old boys & girls. Meet Friday nights 7-9:30p.m. in Potterton and are always out and about.

EXPLORERS – Our 14-18 group for girls & boys usually meet in Potterton on Fridays from 7:00-9:30pm.

HELP, HELP, HELP.

To better facilitate both boys and girls at Scouts we are seeking to add a female adult or couple to join our team of Leaders at Scouts. We currently have five leaders at Scouts so you would join an established team.

We are the victims of our own success and are overly in demand at Beavers. We are considering forming a second Beaver Colony, possibly in Potterton or Belhelvie. Whilst this is a genuine wish, it can never become a reality without sufficient adults, both women and men coming forward with the will to make it happen. Training and support would be available to get things moving.

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

FURTHER HELP

We had a right disaster – our 4 wheeled trailer that we use for camps and activities is broken. As it needs replaced we are appealing to business to help us out. If your business is likely to contribute, please get in touch – they are very expensive.

To contact any of our sections give me a call.

IAN THOMSON Group Scout Leader. 01358 743156
e-mail - balmedie.scouts@btinternet.com



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***Copy date for Autumn Edition: Friday 1st November

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DATES FOR YOUR DIARY			
August			
Tues 27	Friendship Group	Bingo	Eigie House 2 – 4pm
September			
Sun 1	Guild Dedication Service		
Wed 4	Balmedie Gala group meeting	Whitehorse Inn	7.30pm
Thurs 5	Bookends	Whitehorse Inn	8pm
Sat 7	Church	Social Walk	TBA
Sun 8	Back to Church Sunday	Belhelvie Church	11am
Tues 10	Friendship Group	Eigie House	2pm
Wed 11	SWRI Talk on Mary's meals	Eigie House	7.30pm
Fri 13	Osiligi Warriors Presentation	Forsyth Hall	7pm
Sun 15	Invitation Communion	Belhelvie Church	11am
Tues 24	Friendship Group	Eigie House	2pm
Wed 25	WRI Whist	Eigie House	7.30pm
Thurs 26	Better Balmedie	Leisure Centre	7pm
Fri 20	School holiday	BoDA	
Mon 23	School holiday	BoDA, Balmedie	
Sun 29	Pot Luck Supper (Harvest theme)	Forsyth Hall	4 – 6pm
October			
Thurs 3	Bookends	Whitehorse Inn	8pm
Sun 6	Harvest Thanksgiving Service	Belhelvie Church	11am
Tues 8	Friendship Group	Eigie House	2pm
Wed 9	SWRI	Eigie House	7.30pm
Fri 11	End of School term	Balmedie, BoDA, Ellon	
Wed 12	WRI meeting	Eigie House	7.30pm
Tues 22	Friendship Group	Bingo	Eigie House 2pm
Mon 28	School term starts	Balmedie, BoDA, Ellon	
Wed 23	WRI Whist	Eigie House	7.30pm
Thurs 31	Better Balmedie	AGM	Leisure Centre 7pm
November			
Tues 5	Friendship Group	Talk	Eigie House 2pm
Thurs 7	Bookends	Whitehorse Inn	8pm
Sun 10	Remembrance Sunday	Belhelvie Church	10.50am
Mon 11	In-service day	Balmedie, BoDA, Ellon	
Tues 12	In-service day	Balmedie	
Wed 13	SWRI	Eigie House	7.30pm
Tues 19	Friendship Group	Talk	Eigie House 2pm
Wed 27	WRI Whist	Eigie House	7.30pm
Thurs 28	Better Balmedie	Slideshow	Leisure Centre 7pm
December			
Tues 3	Friendship Group	Eigie House	2pm
Thurs 5	Bookends	Whitehorse Inn	8pm
Tues 17	Friendship Group	Christmas Party	Eigie House 2pm
Fri 20	Term ends	Balmedie, BoDA, Ellon	