

BELHELVIE BANTER



EDITION 26

MARCH 2016

Balmedie : Whitecairns : Belhelvie : Potterton : Blackdog

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EDITORIAL



At last, we enter the promise of Spring and look forward to leaving behind the short days and cold temperatures of Winter. Leo Tolstoy reckoned that “Spring is the time of plans and projects” and the contents of this edition of Banter certainly reflects the positive moves towards change and planning for the future.

The AWPR A90 project is moving ever forwards, promising us improved transport links. Community groups are planning activities for the rest of the year. Folk are champing at the bit to get The Sand Bothy up and running. First Responders are pushing forward to get defibrillators sited at various points in our communities and are offering CPR training. Litter Picks, Plant Sales, Pop-Up Cafes, Easter Fairs, Food Trains and so much more are all getting underway. Just like flowers desperate to bud and blossom, Belhelvie Parish is awash with enthusiasm and new ideas to grow.

Spring is a time to celebrate and we are always delighted to share the successes within our community. Whitecairns resident, Charlotte MacDonald’s Special Olympics Gold Medal certainly deserves mention as does Balmedie House’s “Care Home of the Year” Award. The Cubs have started planning for their 100 Year Celebrations too. So, as you can see, Spring is here – and Belhelvie Parish is raring to go!

Jess Petrie, Editor

Email us at: belhelviebanter@live.co.uk

We welcome feedback and suggestions as to how we can make Banter better. We would also love you to send in any articles, views, stories, or information about community groups and gatherings that you would like to share. Deadline date for articles/ adverts for next edition (Summer) is Friday 29th April 2016.

Deliveries starts from 21st May. 2030 Banters are delivered quarterly to all homes across Belhelvie Parish by a dedicated team of volunteers. If you have any queries or would like to volunteer as a distributor, contact us at Banter or phone Paul Collier (07825 216233).

The work involved in producing The Belhelvie Banter is all done voluntarily. At the time of going to press, the information within this edition is understood to be correct, but no responsibility shall be attributed to the Banter Team for any errors. We try our best!

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PARENTS' SUPPORT GROUP

Most parents breathe a sigh of relief as their child emerges from the testing time of the "Terrible Twos". (I find it interesting that in the very politically correct Sweden they prefer to use the term "Transitional Twos"!)

There then emerges a little individual with a more mature understanding of the world around them. They are often more confident with their own ideas – and their own will! This shift in parenting can bring its challenges

Annette Holland, Senior Community Learning and Development Worker for the Ellon network (covering rural settlements) has highlighted this opportunity for parents of 3 and 4 year olds in the area. Sessions started in Peterhead in February but this will also be running in Ellon, starting May 2016. If you would like to be involved, do get in touch with Annette.

PoPP

PSYCHOLOGY OF PARENTING PROJECT



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BELHELVIE BANTER FACEBOOK PAGE



To everyone who has been telling us that Banter needed a Facebook page, you'll be pleased to see that we've finally got our act together – and here it is:

<https://www.facebook.com/belhelviebanter> .

Within the first 24 hours, we had received 200 Page Likes, so, we now think it's a great idea! We'd love you to use the Page to give us feedback, let us know what we're doing wrong -and right. Share your ideas for new articles and tell us what you'd like to see in Banter.

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DICKIE'S PHARMACY TEN YEARS ON



It is hard to believe that it has been ten years, in May, since we opened our doors for business. The pharmacy has come far since those long lonely days when I was the sole worker. After a few weeks, business began to take off and I gained another member of staff, Lyndsay. Since then our workforce has increased and we have gained some valued members of staff over the years.

Left: Carol, Gayle and Lyndsay hard at work in the Pharmacy.

Our team now consists of two pharmacists, Louise and myself, a dispenser, Alice, a medicine counter assistant, Carol, an administrator, Lyndsay, and not forgetting our Saturday "loon", Kieran. Since opening, the pharmacy now provides many more services such as:

- Chronic Medication Service - for those on long term prescription medicines
- Minor Ailment Scheme - for those entitled and registered for free medication
- The updated Emergency Hormonal Contraception Service
- Treatment of Uncomplicated Urinary Tract Infection in Women
- Gluten Free Service - for those diagnosed as Coeliac
- Smoking Cessation Service –supplying Champix/ Nicotine Replacement
- Provision of Offshore Supplies

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- Dispensing of NHS and Private prescriptions
- Collection of prescriptions from local Doctors' surgeries
- Delivery of prescriptions to those less able
- Disposal of unwanted and expired medication
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Do ask at the pharmacy for more details about any of our services.

Dickies pharmacy is now an established business due to the support the customers. On behalf of our pharmacy team, I would like to thank you very much for your loyalty and hope you will continue to give us your custom. Hopefully with the help of the community we will be here for another ten years and can expand our services further. Remember to look out for our ten-year birthday celebrations in May!

Gayle, Pharmacy Manager



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MIDDLEFIELD WASPS

Our football club, Middlefield Wasps was founded in 1968 and is based in Balmedie. The Club President is Mark McCready.

We are about to start up a team for players born in 2010. This will be our youngest team and we have all age groups right up to amateur level. We are currently looking to recruit players and would love to hear from anyone born in 2010 who would like to join us. Our home pitch is at the Beach Park, Balmedie and we train at various times and days of the week, depending on the team, We are also looking for players born in 2001 to join us.

If anyone is interested in playing for our club or wants any more info, they can contact us through the Facebook page "Middlefield Wasps 2000" or telephone Keith Robertson on 07711 418015 or email keithr@globalpipecomponents.co.uk.

SWI (BELHELVE RURAL)

I realise how quickly time flies, as a reminder to submit an article for the *Spring Banter* takes me by surprise. We have lots of exciting plans for Spring.

The "Rural" has been front page of Farming Magazine recently highlighting that many changes have taken place within the organization. However, as an institute, we are continuing our meetings with a few changes but certainly nothing drastic. So please ladies, don't be put off by the recent press. We welcome new members and hope some of you will give us a try.

By the time you read this we will be organising our Mini Show on the 9th March - Bulbs, Crafts and Baking. Yes it is a competition but only if you wish to enter, nobody twists arms but the ladies do usually put on a good show. Come along and see for yourself! The 13th April meeting is our AGM this year and we are also having a Taste and Try evening where all members bring along a dish of their choice, either starter, main or sweet and we all have a taste. The SWI is a great way to get out and meet people.

We meet in Eigie House lounge in Balmedie at 7.30pm on the second Wednesday of the month and we also run Whist Evenings – 23rd March, 27th April and 25th May, same time, same place. The facilities are first class, with easy access and a cuppa and fine piece are always on offer. For more information, or help with transport please get in touch (01358 7431730).

Elaine Strachan

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“WITH A LITTLE HELP FROM OUR FRIENDS...

Part of the role of Belhelvie Community Trust is to act as an “umbrella” group to support new initiatives throughout the Community. With this in mind we are particularly keen to identify vulnerable groups such as the elderly and those with medical conditions, which prevent easy access to shopping and cause growing isolation that comes with failing health.

An organisation called “The Food Train” was established in 1995 in Dumfries, following a community survey of older people who were struggling with their weekly grocery shopping. A partnership of local shops and volunteers was formed and “The Food Train” began making deliveries of fresh groceries to older people in need with the help of volunteers and shops. This service has now expanded to other parts of Scotland but, so far, goes no further north than Dundee.

I am sure there are many folk out there in the Belhelvie community who would benefit greatly from a service like this. There may also be some of you who would consider being a volunteer. If we are to move forward with this initiative, we need the help of neighbours, friends, relatives or any groups who can identify those in need of services to enable the older person to stay in control of their lives, and to remain part of the local community. Do get in touch if you want to know more. I can be contacted by phone (01358 742674) or email rosemarynixon@hotmail.com. Do give it some thought.

Rosemary Nixon

BALMEDIE FRIENDSHIP GROUP

This group is open to all residents over the age of 50 who reside in the parish of Belhelvie. We meet every second Tuesday in the Eigie House lounge from 2-4pm and have an interesting mix of musical entertainment and talks. There is a small charge to cover refreshments and a raffle. New members are always welcome.

Spring 2016 programme:

23 February	Talk by Chris Wardle, Head Gardener, Crathes Castle
8 March	Ray Meres Entertains
22 March	Don Forbes and Chris Shepherd
5 April	“Sounds Familiar”
19 April	Myra Dorna Entertains
3 May	Who am I?
17 May	“Audacity” Entertains
31 May	Raymond Mack + another entertainer
14 June	Summer Outing – to be arranged

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

BALMEDIE HOUSE SUCCESS

Banter would like to congratulate Balmedie House staff on a job well done! The Church of Scotland Care Home has won Care Home of the Year Award at the final of the Scottish Care Awards.



CrossReach chief executive Peter Bailey, Ann Reid (holding award) and her team at Balmedie House.

Service Manager Ann Reid said she could not express the emotions felt by staff at the 32-bed mansion house home, who were all very proud to be working with Cross Reach, the social care arm of the Church of Scotland. Balmedie House was also previously awarded top grades from the Care Inspectorate when it was inspected last year, showing that its standards are indeed excellent.

Ann is rightly proud of her members of staff, who are all committed to maintaining high quality care which has a positive effect on the lives of the residents. She feels that receiving the award is recognition of their hard work and dedication. We think Ann, at the helm, has certainly done her bit too!

Editor

COFFEE HAVEN continues the first Tuesday of each month from 10 am to 12 noon in the Forsyth Hall (behind Belhelvie Church). Enjoy home bakes in a friendly atmosphere. All ages welcome – there are toys to keep little ones amused and there is ample parking with easy access to the hall.

ZUMBA GOLD runs every Monday 9.45 to 10.30 am in the Forsyth Hall

Marianne Wray



BELHELVIE COMMUNITY TRUST CHAIRMAN'S REPORT 2015

Following on from the first embryonic year of BCT's existence, much hard work has been undertaken to improve the community within the Parish of Belhelvie. Some endeavours have been successful, others perhaps not so. We are riding on the crest of a wave having bobbed up from some of the deeper troughs.

It was recognised that charitable status was essential for most funding applications for be successful and it was a great sense of achievement when BCT was granted Scottish Charitable Incorporated Organisation (SCIO) status. This opened up a whole new area of funding.

12 applications have been made for funding, 9 of which were successful (raising £10,401.44) from Landfill Tax, Aberdeenshire Council, Lawrence of Kemnay, Forestry Commission, Ellon Lets, David and June Gordon Trust, CSV Action Earth and the Co-op Local Fund. I think it is of great encouragement to all involved with BCT that others have seen the community benefits of our ideas / plans and are already recommending that future applications continue. 9 other possible / probable funding sources have already been identified and applications will follow.

Projects

- 12 people were trained in drystone dyking through two courses where one wall was reinstated and a new planter completed at the entrance to the Sensory Garden at the Magnificent Sevens Wood. Three walls in total have now been completed throughout Balmedie. Signposts have been ordered for footpaths in Balmedie.
- An application was made for Community Asset Transfer of the Rangers Hut (The Sand Bothy) to be used as a venue for community activities. The second stage of approval was granted and we await the issue of a license to occupy.
- An interest was expressed to Aberdeenshire Council regarding occupancy of the Tarts and Crafts building as a possible community hub and upcycling centre. However, the recent major fire damage has caused a reconsideration of the safety of the building, restoration costs and the possible use of the site as a medical centre. A meeting was attended with Aberdeenshire and NHS representatives where it was indicated that demolition was the preferred course of action. BCT was assured that the slates would be donated for use in the Sensory Garden.
- BCT was invited to chair a meeting in Potterton where residents were hoping to create a new community venue. 45 people attended and a steering group was set up with a view to adding a hall extension to the existing football changing rooms. BCT wishes them every success in their endeavours.
- The Trust continues to support placing of a bench and planters at Balmedie House. We were however unsuccessful in our attempts to win a minibus to be used as community transportation. Support continues for First Responders, Sensory Garden, Local Health and Social Care and Community Planning. We also work to support many local groups / organisations in various ways.

I would like to thank everyone for all the dedicated work completed over the last year, especially to the BCT secretary, Rosie Nicol, for keeping me on the very bright and narrow path, on an even keel and ensuring all the crew on-board are working together for the common good. The seeds were sown in the first year, growth has been steady the second year; BCT is set to blossom in this third year as all things are now in place to surge forward.

Allan Jeffrey

Belhelvie Community Trust would also like to say a big thank-you to:

- the David and June Gordon Trust for their donation of £750 towards the restoration of The Sand Bothy
- the Co-operative Community Fund for their donation of £1500 towards the restoration of the Sand Bothy - thanks to local customers who voted for us.
- Lawrence of Kemnay who have bought a bench and planters for the entrance to Balmedie House. See Dates Page for details of BCT meeting times. Everyone welcome. Contact

See Dates Page for BCT meeting details. Everyone welcome. Contact BCT at 01358 742557 or email rosie.inform@lineone.net or contact us on BCT page on Facebook.

NEIGHBOURHOOD WATCH

Reports of thefts in our local area can be found on the Police Scotland website: www.scotland.police. One report is of a Porsche being stolen from a house in Potterton in January, along with a motorcycle, two mountain bikes and a quantity of personal items. The vehicle was found the next day in Newmachar. A similar theft was also reported in Pitmedden on the same day.



During a recent trip to Aviemore, it was interesting to see Police Scotland were visiting villages, giving demonstrations on marking and protecting property. They were promoting a product called 'Selectadna', which is easily found if you google "property marking kits". They sell a home marking kit for under £50, which allows you to mark up to 50 items of property including TVs, Smartphones, PCs, laptops, digital cameras etc.

A thief will target your most valuable items first - anything they can sell on quickly. Marking your property with these kits - a formula of DNA, UV tracer and microdots - and displaying a warning sticker, will often dissuade the thief. This might be the best £50 spent to protect your property. However, the cheapest way is to make sure your property is securely locked, with the key removed and placed somewhere safe.

The Belhelvie Neighbourhood Watch Group is always looking for people to sign up. You can do this at www.neighbourhoodwatchscotland.co.uk and then locate the Belhelvie Group to join it there. The same website is your route to getting information should any others in the area wish to set up their own Neighbourhood Watch group.

Paul Collier



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POTTERTON COMMUNITY GROUP “MAGIC WAND”

The Potterton Community Group has been formed by local residents with the support of Rev. Andy Cowie to start looking at the possibility of improving facilities and the environment within Potterton and the surrounding area as well as organising events for the local Community. We are a small group at present, but are keen to get members of all ages who are interested in getting involved in local community projects. The Belhelvie Community Trust are currently supporting us through the early stages until the Group have a constitution and we would like to thank them for all their support to date.

To help the group ensure that we are working on the right projects, and on things that the local Community would like, we have developed a small “MAGIC WAND” questionnaire. This has been delivered by members of the group to houses within Potterton, but we are keen to hear from the surrounding areas who may also benefit from more local services and wish to be involved. Please discuss the following question with your whole family as we would like to hear from all ages.



If you had a magic wand, what would you like to see change or improve about your local community - whether this be the provision of local services, facilities or improvements to the surrounding area?

Is there anything that you or your family can offer the Potterton Community Group? Whether you would like to join the group, have skills that you could offer for helping to improve the environment or would you be interested in Volunteering or provide services/groups in the future. If you are interested in any of the above, or wish to provide any comments, you can do this by:



Commenting or Private Messaging on our Facebook page
“POTTERTON COMMUNITY”



Email us at : Pottertoncommunitygroup@gmail.com



The Potterton Community Group Meet on the 2nd Monday of every Month at 7.15pm in the Stead Inn – please feel free to come along.

POTTERTON COMMUNITY GROUP POP-UP CAFÉ

The Potterton Community Group held it's first Pop Up Cafe on Saturday 30th January at the Potterton Community Centre. The main objective of the first cafe was to start fundraising and to get local people along to start chatting about the work of the Potterton Community Group and receive feedback and ideas on future projects.



We would like to say “Thank You” to everyone who came along and supported us on the day. Over 60 people joined us at the Potterton Community Centre, which also had a child friendly section set up with arts and crafts to keep the kids occupied whilst the Adults enjoyed their tea/coffee and cake in peace (well almost in peace!).



The feedback was very positive about what the Potterton Community Group are trying to achieve and residents highlighted some ideas of what they would like to see more locally including christmas lights, a summer gala, friendship clubs, exercise classes for different age groups, youth club, improved bus service, coffee mornings, improved pathways, more dog fouling bins, social evenings for different age groups, bingo, poem/writing groups, card school, BMX track, Potterton in Bloom, Craft Groups etc.

The Cafe raised over £180 and due to its success and comments received that people would like a local place to meet and chat, the Potterton Community Group will continue to open the “Pop Up Cafe” on the last Saturday of every month. The next Cafe will take place on **Saturday 27th February** from 10.00 – 12.00noon. Home bakes will also be available to buy. All money raised will go towards future local projects.



POTTERTON COMMUNITY GROUP (PCG) EASTER FAIR

The Potterton Community Group are currently in the process of organising an Easter Fair on **Saturday 26th March from 11.00am – 3.00pm** that will coincide with the March Pop-Up Cafe. We are planning an Easter Egg Hunt around the village, decorate your eggs, Stalls and loads of fun and games for all as well as the usual refreshments available at the Cafe. More information will be posted nearer the time on our Facebook Page “POTTERTON COMMUNITY” - please watch this space.



PCG TOWN AND VILLAGE ENHANCEMENT GRANT SCHEME

The Potterton Community Group have until the end of February to apply for a grant up to £500 from the above scheme which is designed for projects to improve the overall appearance of the community, village or town.

Due to the timescale, we have selected a project raised at the Public Meeting at the end of last year. This is around improving the path between the Stead Inn pub and the Kirkhill/Edgehill Estate. This is a public right of way, which was previously maintained by the Community. We will keep you updated on progress but are keen to hear from anyone interested in volunteering to support this project and ongoing maintenance. Please e-mail pottertoncommunitygroup@gmail.com.

All PCG articles by **Caroline Anderson**



THE BANTER TEAM

Belhelvie Banter is brought to you by a group of five volunteers. We are delighted at the positive feedback we have had from the communities across the Parish, but we feel we would benefit from a bit of extra support to help us maintain and improve the quality of our quarterly publication. We would be particularly pleased if there were someone out there with advertising/marketing or IT skills who would like to join us. If that's YOU, please contact us at belhelviebanter@live.co.uk or phone 07763314579.

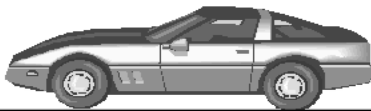
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THE GP... AN ENDANGERED SPECIES?



Time is still racing by, and 2016 is a month old already and most resolutions are distant memories! So far the year has hardly been kind, with biblical amounts of rainfall, some people flooded out and gloomy news about job prospects locally to match the prevailing weather. Some may feel the need to turn to professionals for advice, but another problem is the shrinking availability of people like a GP to speak to. Is your local GP an endangered species??

If you read the newspapers or listen to reports from professional bodies such as the BMA or the Royal College of General Practitioners (RCGP), then you'd be right to be concerned. Many full time GPs are over 50, and a significant number plan to retire in the next few years. Indeed one in four of all GPs plan to retire from practice in the next five years. This is a UK wide statistic that is not too far off what is the likely local picture. The biggest issue is that there are not enough people coming through to replace the doctors who are leaving, so in one way the GP could be viewed as an endangered species. Why is this the case?

The answer is not straightforward, it seldom is! In recent years there has been a significant rise in consultant posts, which, unfortunately, some still regard as being somewhat "superior" to general practice. My reply is that if you want an easy life focussing on a few things, then fine, but true clinical challenge and ability to use your brain fully lies in primary care as a GP! Of course this is said in jest, but there is a kernel of truth in this. The notion that GP is an easy life of seeing a few colds, sore throats and the odd bad back, then off to the golf course by 3pm still hangs about some hospital corridors. If only! I doubt that it was ever like this, and certainly not in my, almost 25 years, of exposure to working in primary care.

The attractiveness of working in primary care (hospitals are referred to as secondary care) as a GP has waned somewhat. Perhaps this has not been helped by apparent relentless negativity, and sometimes downright hostility from some political and journalistic quarters. Primary care is "the Front Line" of the NHS and we deal with almost anything that comes into the surgery. Believe me, some stories I could tell you about real life would be rejected by a TV soap as being too far-fetched! The challenges of not only seeing patients, but also running a business seem difficult as well, so many doctors seem to be "turned off". Last year the 300 places for training new GPs were not fully filled in Scotland, so we are already "behind the curve", and the number of places will soon be expanded to 400, but will the doctors come?? Many people who choose GP are female, as there can be good flexibility in working and it can offer better hours than the shifts in hospital. Indeed about seventy percent of all current trainees are female. This has caused another problem as many of these doctors wish to work on a less than full time basis so that they can also raise families.

So to replace one of the old dinosaurs, like yours truly, you often need more than one doctor, so a rise in trainee numbers to 400 per year may not adequately replace the legions leaving, even if all places are filled.

Trainee GPs do work in the NHS, but in the five years it currently takes to train a doctor for general practice, only eighteen months are spent in primary care. After five years at university, a newly qualified doctor will do two years as a Foundation doctor, almost all of this in hospital posts, with only a lucky few doing a four month stint in primary care in their second year. Thereafter they start Specialist Training in their chosen field, and for GP this means at least three more years, with an exam costing almost £2000 to pass before they are able to be GPs in their own right. This is increasingly regarded as too short for the complex job GP has become, and could rise to a minimum of five years. Again of the current three years training, only half the time is spent in primary care, the rest in hospitals.

So is it all gloom and doom? It may well seem to be, but there is a glimmer of hope! There will be GPs around in the future, but your experience of primary care may well be different, and indeed these changes are already happening. Some of you will have been seen by a Nurse Practitioner, a Prescribing Pharmacist or a Paramedic in the out of hours service, and new to primary care are Physician's Associates, currently being trialled in the New Dyce practice, which serves the Dyce and Newmachar area.

In the future when you call your surgery for an appointment you may well not see a GP, but one of the aforementioned professionals - this is because they will be trained and able to help you. This will help the GPs of the future cope with the rising workload, and mean that the important people, you dear reader, the potential (or actual!) patients can be seen by the most appropriate person for your clinical need on that particular occasion. So GPs are not yet critically endangered, but do need to be helped, a bit like the pandas, but at least you can see us for free!!

So all is not lost, and, not to miss my chance to gently nudge you all in the right direction, you can try and reduce the chances of needing to call on the health service by eating well, staying active and trying to lose the weight gained over the festive season!

I do hope that this gives you all some idea of the challenges and some of the solutions that are being worked on to try and make sure that you still have effective primary medical care in the future.

Dr Alasdair Forbes

BELHELVIE PARISH FIRST RESPONDERS

Belhelvie Parish First Responders are offering CPR training in exchange for a £10 donations to funds. The plan is to hold classes once a month if sufficient people are interested. If you would like to know more, please contact Belhelvie Parish First Responders Facebook Page or email Marc Wood on marcandrewwood@gmail.com

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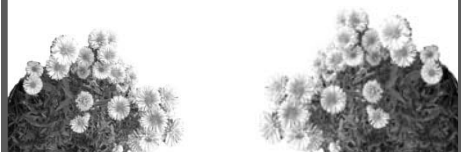
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3rd BELHELVIE BROWNIES (POTTERTON)

This article is written by the Brownies themselves! Here are their comments:

- In Brownies I like the games and my favourite games are dodge ball and spacemen. Also doing brownie bells and my favourite day of brownies was when I did my promise. I love to do activities in my brownie adventure book. I like to do some good turns like feed Cloud and Poppy.
- At Brownies we have the time of our life. We play fun fabulous games, one of my favourites is spacemen. When you arrive you get a buddy. She will help you, it might be me or anyone else, and we have leaders like Barn Owl, Snowy Owl and Brown Owl, Little Owl and Tawny Owl and Sooty Owl there.
- I wanted to go to Brownies because my friends were going, they were crazy about going to Brownies I wanted to go too. I was nervous to start but everyone was so kind and caring.
- Some of my favourite things about Brownies are: we get to play games, we are in Sixes and we get to have Sixers who are the boss of the Six and finally we have the time of our lives every Thursday.

Looks like we're getting something right! If you would like more information, please contact me on 01330 833448 or email katherine@hebron1.orangehome.co.uk

Katherine Hebron-Scott

1st BELHELVIE RANGERS

The Rangers have another busy term planned. We've started off by hand making our own calendars and notebooks using a die cutting machine. There will be a short two week break to allow for study leave but then it's onto fimo clay modelling, quilting, and planning our Senior Section 100th Birthday celebration. We might join the big Jail Break to Cologne, or the escape to Dublin but we will definitely have our own celebration, which will include a party. We're also still working on our Commonwealth Award in between the other activities.

I'd be very interested to hear from anyone that remembers being a Ranger over the years. Whether you were a Young Leader or a Sea Ranger, we'd be delighted to hear your memories and can hopefully invite you to one of the celebrations.

Rangers are for young women aged 14 to 26 years old and we meet fortnightly in Potterton. Each meeting costs £3 and you don't have to attend every meeting. Volunteers for Rangers need to be 18+ years and how much time you give is up to you, but you get lots of free training. Please give me a call (01224 703335) or drop me an email (s.osbeck@rgu.ac.uk) if you are interested in joining us.

Susan Osbeck

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Changes to

'DATES FOR YOUR DIARY'

On the back cover, you will notice a change to the layout of our Dates page. Hopefully this will help you keep track of events. Belhelvie Parish has so much going on, that unfortunately, we don't have the space to enter all events and dates. However, rest assured, you will be able to find this information elsewhere in Banter. If you do not see details in the 'Dates' page, just look for the relevant article, which will have the information you need. Please feel free to comment on any changes like this in Banter. Your feedback helps us to make Banter better.

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100 YEAR OLD CUBS



Cubs are 100 Years old in 2016. Well, not the actual members but the organization! Throughout this year, many fantastic events are being held to celebrate this achievement. There will be a Regional Cub camp in September for all packs in Grampian & Shetland. Gordon District are holding a Birthday Party at the Inverurie Pantomime (Oh no they're not!) in December.

Locally both our Packs are organising fun events and activities as part of their yearly programme. In tribute, we've even themed our bi-annual Family camp in June around the Jungle Book.

AN INVITATION

We would like to invite all adults who were Cub Scouts (or Wolf Cubs) in their youth, or were at one time Cub Leaders themselves, to visit us at our Family Camp on Saturday 11th June at Haddo Country Park. You are all welcome to come along and see where Cubs are now and how enthusiastic our youngsters are at being able to enjoy all the experiences Cubs have to offer. You can even enjoy a celebration Picnic lunch while you're there.

Strictly RSVP (please get in touch with Mr T - contact details below).

Balmedie Scout Group offers opportunities for youngsters and adults alike at Beavers (6&7yrs), Cubs (8,9&10yrs), Scouts (10-14yrs) and Explorer Scouts (14-18yrs). All sections are for girls as well as boys.

Beavers meet in Balmedie School and all other sections in Potterton Community Education Centre.

Contact Ian (Mr T) Group Scout Leader on 07743844040 or email

Balmedie.scouts@btinternet.com

Ian Thomson

SCOUTING VOLUNTEERS

Balmedie Scout Group, which offers Scouting for boys and girls from age 6 to 18 in Belhelvie Parish, is always on the look out for additional volunteer adults to join their leadership team. Any potential volunteers who would like to know more about volunteering with any of the sections (Beavers, Cubs or Scouts) should contact Ian Thomson (details above).

CHARLOTTE'S SUCCESS STORY

Belhelvie Banter loves to celebrate success within our community and we are delighted to note that we have an Olympian champion within our midst! Charlotte MacDonald of Moss Side Farm, Whitecairns is that high achiever who took part in the Special Olympic World games in Los Angeles last year, winning a handful of medals! She competed in Equestrian Sports, which is one of the most fascinating events, where the balance, the stability and the right communication between horse and rider is essential for success.

The Special Olympics Movement was founded by Eunice Kennedy Shriver (sister of ex-President J.F. Kennedy, in 1968, with the belief that people with intellectual disabilities benefit from participation in individual and team sports. Consistent training is considered to develop sport skills, and promote confidence and self-esteem in participants. This year Los Angeles played host to 6,500 Special Olympics athletes from 165 nations competing in 25 Olympic-type sports. Great Britain sent a team of 112 athletes. Charlotte was one of five members making up the equestrian team.

Charlotte is now 23 years old and has been horse-riding most of her life, despite never having owned her own horse! She began with pony-trekking lessons at the age of five. Pushing herself on to more challenging rides, she found that riding helped her to concentrate and focus. Hailing originally from Northumberland, Charlotte's family moved north to Whitecairns in 2004 when Charlotte became a pupil at St Andrews School in Inverurie.

Charlotte was able to continue her hobby of horse riding with Gordon District Riding for the Disabled Association, based at Tweed Dale near Inverurie. Here, Charlotte worked hard to excel at dressage. Dressage is when a horse carries out very precise patterns of movement in response to special signals from its rider. Charlotte's mother, Carol was so impressed that her daughter, who has great difficulty identifying left from right, could learn and remember such complicated dressage routines. Charlotte loved a challenge however, and has continued, by dint of hard work and determination, to go from strength to strength in the equestrian world.

Selection for Team GB in 2013 was followed by two years of hard work and dedication by Charlotte and her family as Charlotte travelled to training sessions at Strathorn, Pitcaple and coaching sessions around the UK.

The hard work certainly paid off – Charlotte won a Gold medal (English Equitation) and two Silver medals (Equestrian Dressage and Equestrian Working Trails). Not only did she make her parents and coaches proud, but she also delighted everyone she met with her happy, friendly personality, making many friends along the way.

You may think that this is the end of the story – yet Charlotte has continued to achieve. She was nominated for the Pride of Aberdeen Awards in November last year. Out of 500 nominations and 60 finalists, she was voted one of only 13 winners, winning the Sporting Achievement category. Charlotte is seen in the photograph, receiving her award from Fred MacAulay, at the Awards ceremony at the AECC. What an achievement! Congratulations Charlotte – you are an inspiration to all.



Charlotte and her mum, Carol, would like to say how much they appreciate the support they get from RDA Tweed Dale. Riding for the Disabled, which has been operating in the north-east of Scotland since 1971, offering both children and adults with disabilities the opportunity to ride. Riders may be self referred, referred from schools, Adult Training Centres or family doctors. Volunteers too are very welcome. More information can be found at the website: www.rda.org.uk.



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Ask the Tattie Bogle



Dear Belhelvie Tattie Bogle,

I don't mean to be rude but why do farmers think a bundle of rags and a root vegetable nailed to pieces of wood would keep birds from eating corn? There must be better ways. It's not logical. Yours,

Will Gunner.

A good question Will. I think it boils down to time. You people always try to be in two places at once. Farmers want to be out here on the hill waving and shouting at the birds flying between Orrock and Cannahars. At the same time they want to be working in their yards or talking about their cares and woes.

Those crows and rooks that swoop through the sky without thinking about cares or woes fly down to the corn for a free meal. When they see me, the Belhelvie Tattie Bogle, out of the corner of their eye ... they don't see a bundle of old rags and a root vegetable, (you are cruel Will) they think it's the farmer and off they fly, faster than you can say 'What a handsome Tattie Bogle! Things are not always logical Will and that's a fact.

B. Tattie-Bogle

Editor's note: If you have a question you would like to ask the Belhelvie Tattie Bogle on the subject of Belhelvie Natural History, please send your question to us at Banter and we will make sure he gets it.

BALMEDIE LIBRARY

Library opening times are:

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Tuesday	CLOSED	Saturday	10.00 - 13.00
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The first Wednesday of each month (term time only), from 14.00 to 14.30, there is a Rhymetime session for under-fives. Come along and join in the fun.

Our very popular Knit & Natter Group is going from strength to strength and producing some really lovely garments for participants and for various charities. They are a very friendly group and a warm welcome is always extended to new members. The group meets at the library every Thursday morning from 10.30-12.30.

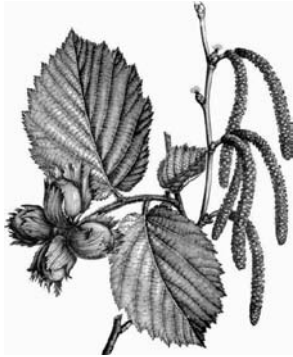
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Maureen Muirden, Librarian

NATURAL BELHELVIE

Hello folks, I trust that 2016 has to date been a good year for you and continues to be so. Despite what we mere mortals may believe, or what the weather Gods send our way, Dame Nature ignores all and has already pushed the start button for spring.

Snowdrops will be nodding their wee heads and other early flowers will be coming back to life. It will surprise many folk to learn that in the main, snowdrops are pollinated by insects! Many early flowering plants rely on the wind to blow pollen about and hence cause pollination. A number of our native trees, species that can be found around Belhelvie included, use this method to produce seed. Willows come into flower as early as the end of February and even hazel will have its catkins (male flowers) ripening and ready to shed clouds of yellow pollen to tempt mummy flowers. Willows are dioecious (a great word if you like scrabble!) and that means that each willow tree is either a male or a female, each with the accompanying male and female flowers. Male willow flowers are really showy, beginning soft and silvery before turning yellow, while female flowers are green and inconspicuous, but they 'do the business' and produce the seed. To help the pollen get from dad to mum, willows flower well before they produce any leaves, leaves that would get in the way of pollen carried on air currents, it is only once female willows have set seed that the trees then grow a set of new season's leaves. A rather clever dodge eh?



Hazel is not like willow, it does not have separate male and female trees but has both male and female flowers on the one tree; or bush if you prefer. It also produces flowers well before leaves in the spring for the same reason: to allow freedom of movement for pollen. Like a lot of flowering plants, hazel prefers to avoid self-pollination of its flowers; that is it tries to stop pollen from its own male flowers pollinating its own female flowers. It has a sneaky way of doing this, once again proving that plants truly are amazing. Male flowers on tree 'A' will produce pollen but at that same time the

female flowers will remain closed. On tree 'B' the reverse happens; female flowers open while male flowers stay closed. Therefore pollen has to come from A to fertilise B, isn't that clever? Oh yes and by the way if you find some hazel, the male flowers will be very obvious: long dangling yellow catkins, but have a look for the female flowers? They take some locating, as they are not obvious. They occur at the end of twigs and are tiny swollen buds with a group of red filaments poking out of the top; you have to look closely to see them! With luck, and the help of a friendly wind, these wee things might provide you with a nutty feast much later in the year.

Enjoy the spring and the wealth of goodies to come in the natural world, in and around Belhelvie.

Bob Davis

BETTER BALMEDIE

(après le deluge!)

Following the dreadful weather of the last few weeks, we are pleased to only have to worry about rain damage to our plants and bulbs, and not face the dreadful damage inflicted on our shire neighbours by the recent flooding. We have had other problems however – we had a break-in at the poly tunnel and a number of our tools were stolen, including a first aid kit and fire extinguisher and four pairs of secateurs. These items were bought by Better Balmedie with money earned from our plant sales, plants being bought by the folk of Balmedie, so in effect, these thieves are stealing from their own friends and neighbours. The thieves also broke a number of panes of glass in our greenhouse, which we had newly installed. We would be very grateful to receive any unwanted panes of glass that you may have lying around. You could drop them off (carefully!) at the poly tunnel and that would certainly help us with our repairs.

It's not all bad news though! We are delighted to have received a cheque for £250 from Bruce Deans of the Balmedie Fish and Chip Shop (part of the money raised by charging for carrier bags). We are very grateful for these donations and the money will certainly be put to good use in the near future. We would also like to thank Malcolm Taylor who not only presented us with a large garden shed, but also helped us to assemble it. Thanks also to whoever dropped off a composting bin, which will be most useful to us.

It's not all work and no play either at Better Balmedie. The group had a very pleasant evening at The White Horse in early January to celebrate the New Year. It was unusual to see everyone dressed up for a change instead of in their gardening attire!



The work continues. We are still chopping up our felled trees for logs for sale. They are still rather wet at the moment, but we have stacked them under cover and hopefully they will be dry soon, and ready for sale. Hopefully in the next month or so, the tubs and planters will be showing some signs of life. We could certainly use some more volunteers to help us with this, so if you

could spare a few hours any Wednesday or Saturday morning, you will be made most welcome. No gardening experience necessary, as there is always someone around to help and guide.

If you feel you would like to join us at Better Balmedie, or maybe just get some more information, do visit our website at betterbalmedie.org or find us on Facebook. Alternatively, you can phone Allan Jeffrey on 01358 743851. Also, here are a couple of future dates you can put in your diaries – our Plant Sale is on the 28th May – and we are arranging a Litter Pick for the 21st May. Do come along!

Alan Leith



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THE SAND BOTHY

Balmedie Country Park

You will know from previous Banterers that Belhelvie Community Trust applied to Aberdeenshire Council to take on the restoration and running of The Sand Bothy. This process has taken a long time but by the time you receive this Banter, we should have a licence to occupy the building!

Now the work starts. Between February and June, there are repairs to be carried out to make the building safe, cleaning, painting, and everything else that will make this an excellent building for use by the Community.

Now we need your help. We want to hear from you if you would like to be involved in any way. In addition to all the restoration work we need people to commit to volunteering to keep the building open in short shifts, to serve teas and coffees, talk to people, find out how folk would like to use the Sand Bothy.

Now we need to hear from you. We have lots of ideas about classes, groups, activities, displays and events but we want to know your thoughts and ideas, whatever your interests, age or ability.

Now we need funds. We have already been lucky enough to be awarded some funds, but we will need a lot more, and once the licence to occupy is confirmed we can push on with these applications. However, if you know of any possible funders or sponsors, please get in touch.

In other words, The Sand Bothy will be run by Belhelvie Community Trust, for the benefit of the community and to enhance our wonderful Beach and Country Park. It can only work though, if we all muck in and make it work.

The Sand Bothy Facebook page is now live! Please visit, 'like' and share our page to keep up to date with all that's being planned for The Bothy. You can also visit the BCT Facebook page for information. We value your feedback and want to hear your views. Use this opportunity to share your interests and tell us what you would like to see happening at The Bothy. We appreciate however, that not everyone uses social media, so please feel free to contact us via the Banter, or by phone (call Rosie at 01358 742557).

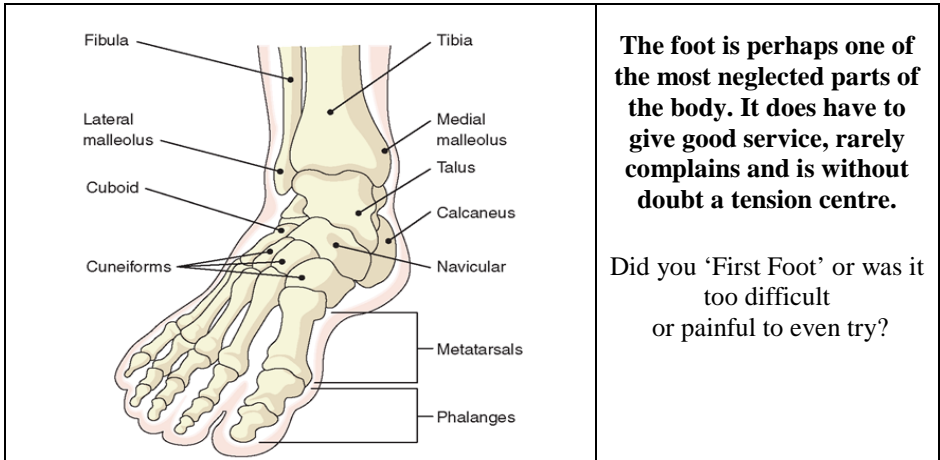


The **co-operative**
food

We are delighted to have received a very generous donation from the Co-op Community Fund to help restore The Sand Bothy

HAPPY FEET

PUT A SPRING IN YOUR STEP THIS SPRING 2016!



The foot is perhaps one of the most neglected parts of the body. It does have to give good service, rarely complains and is without doubt a tension centre.

Did you 'First Foot' or was it too difficult or painful to even try?

Each foot consists of an ankle, an instep and five toes. Indeed, 26 bones, many joints, muscles, tendons and ligaments all have to be working properly to have happy feet and legs. The Achilles' tendon is so important in walking, running and jumping. It attaches the calf muscles (responsible for us going up on toes) to the heel bone. These and the muscles at the front of the leg (which can suffer from 'shin splints'), plus the tiny muscles in the foot itself, all need to work in harmony for your health and comfort! If they don't ... you may suffer from sad feet, painful legs and more.

The joints are all vulnerable to sprains when the ligaments get overstretched. When damage occurs, there is inflammation, which is essential for repair, but can feel very hot, swollen and painful as the body sends in its healing agents. This inflammation also prevents movement aided by the muscles going into spasms, to splint the area. In the olden days, when we had to keep going to survive, this was essential.

This extra splinting often delays or prevents us going back to normal activity. Self-massage helps but often a professional can speed up recovery.

Foot pain can come from old injuries e.g. ankle or foot sprain or a broken foot bone. Shin splints or leg and knee injuries may have left scarring in the muscles and soft tissues. The nerve supply/electricals come from branches of the sciatic nerve so assessing further up in the lower back where the nerve begins, may be necessary.

Some problems are **acute/sudden** or **chronic** when the pain/problem keeps coming back for no apparent reason and doesn't really ever go away for good.

Ball of the foot pain can be acute, but can become a chronic source of discomfort and is frequently the result of the arch that goes across the foot 'dropping'. High heels can make things worse as they force the heads of the long foot bones against each other and forward. This may in turn cause a swelling on the nerve in between (usually the fourth and fifth) toes, causing extreme discomfort/burning in the foot. There can also be tingling and pain in some of the toes. (Morton's Neuroma).

Heel pain can be excruciating: the commonest cause is 'plantar fasciitis' affecting the longest ligament in the foot. It forms the long inside arch of the foot and supports the weight of the body providing cushioning.

In all foot problems, we will assess the foot to determine boney misalignments. We also check tightness and spasm of muscles that move the foot, toes and/or ankle, knee, hip and pelvis for causes or for aggravating factors.

The aim of any treatment is to allow healing. We work to reduce pain and improve motion. Over stretching is not the answer – it may cause more tearing and inflammation while the tissues are vulnerable.

Treatment will involve massage work and mobilising to encourage proper positioning of the bones improving mechanics, while cleaning out the area. Manipulation and/or Ultrasound may be required. Daily stretching will then help, along with strengthening exercises e.g. for your arch.

We all want to improve performance and we all want to be without pain.
As we enter this season, here's wishing you Happy Feet – and a Spring in your step!

Maggie Brooks-Carter, Osteopath

BALMEDIE LEISURE CENTRE

Firstly I would like to wish all our customers a very happy year, now that 2016 is underway. BLC could not survive without the continued support of the community - thank you.

BLC had some wonderful events over the festive period. Belhelvie Church held their family fun Christmas Eve service for folk with young children which was well attended. Our Michael Buble tribute night was a fantastic evening and feedback indicates that you want more like this. We're always happy to get suggestions.



On behalf of all Leisure Centre staff and committee I would like to wish Emily Davidson (left with friend Louise Morgan), Steve and Nicola a very Happy Birthday (giving nothing away about ages!). Each celebrated their special day at the LC with a disco to the wee small hours. The Beachside Coffee shop now has a full licence to sell alcohol during opening hours and these hours can be extended for special events.

There's more to come - a Quiz Night at 7pm on 18th March in the Beachside Coffee Shop and a gymnastic competition on Sunday 27th March. Also to raise funds for BLC and an orphanage in Romania, in May, Kerry our Gymnastics coach will attempt a Tandem Skydive. Brave girl! On June 12th it's the BLC summer Fete. We would be delighted if you would come along and support these community events.

Bill Murray Voluntary Committee Chairman



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WHO CARES?

There are so many positive things going on in the Parish, that it is disappointing to hear that some undesirable practices are still causing concern in the community.

Banter has been contacted by several Balmedie residents who are concerned that, despite the wonderful efforts of the litter-pickers in the area, there is still a continuing problem. Dog fouling is evident on the paths around the Country Park. The mismanagement of household bins is causing litter to spill out into the surrounding areas, and careless dropping of litter around the village has also been noted. Even discarded household waste bins have been found in the woods, and cleared away by Better Balmedie. For the guilty minority out there, don't leave it for others to sort out your mess, manage your own rubbish responsibly, and encourage others to do the same.



Another concern within the community is the mindless vandalism seen recently. Balmedie has had its share, what with the fire at Eigie Cottage, damage to the Sand Bothy and the break-in and vandalism at Better Balmedie. A recurring problem appears to be youths who delight in causing distress to residents by throwing eggs at their houses. These individuals obviously have no respect for others and are out to cause as much upset as possible. Someone must know who they are. Something as simple as evidence on clothing would be a giveaway. Support your community and put an end to this thoughtless disrespect and vandalism by reporting any information you may have to the police. You can telephone 999 for emergencies, 101 for non-emergencies or email your information or concerns to Ellon DistrictCPT@scotland.pnn.police.uk.



Editor

BELHELVIE BOWLING CLUB

Better weather + more daylight = bowling time!

The start of Spring means the outdoor bowling season will soon be here! Anyone can come along and join the fun. Whether you are a complete novice or an experienced bowler, you are very welcome to join us at Belhelvie Bowling Club. No bowls? No problem - we can supply bowls to practice with.

The bowling green is on the Minnes Road (take a right turn as you enter Belhelvie village from the Balmedie direction).

If you would like to know more, please phone me: 07729 817718 /01358 723126 or email marion.donald@btinternet.com

Marion Donald

“When I live my dreams, I will take you with me....” - David Bowie

Too much travel causes my equilibrium to leak away. It takes time to adapt to new concepts of normality. Then more time to rebalance the gimbal in my head and retrieve escaped silvery swirls. I'm sure coping with this side effect of travel would have made James McBey's grandmother laugh a hollow laugh as she swung that cannonball in the enamel basin between her knees. (Reference here to a previous Parish Threads).

We are staying in the South Island of New Zealand again. The village has a pub but no shops. The people are friendly and security isn't an issue, except when it's that time of year when everyone has too much garden produce. If you don't lock your doors then, you might find a bag of courgettes on the kitchen table. Early one morning we hear a 'snap snap' of a silenced gun that tells us the spirit of pioneering lives on. The neighbour shoots rabbits from his bathroom window and will have them skinned and minced for his dogs before we are up.

We go searching for the source of the stream up on the stony hill above our cottage. The rainfall has been so low it has dried up ... (Yes, I can hear you telling me you have had more than your fair share back at home in Aberdeenshire). We climb over the boundary fence and work our way higher to see what has happened to it.



In the 19th century hopeful miners dug and sluiced there in search of gold. Two brothers from my family left the UK in the 1860's to work on the goldfields near here. Young men, their bodies made for loping after needs have always been in the first phase of migrants. Keen to change their circumstances with limited resources the brothers travelled on foot from Dunedin carrying their tools and meagre supplies. They set up tents beside their allocated squares of land. A swinging bucket on a pole was erected over their diggings to move the soil away to be sluiced. They struggled. They were hungry enough to eat Starling Turnovers and suffered the full range of pioneer difficulties from Scurvy to Tin Pest.

John McGlashen optimistically told potential Scottish immigrants in 1848.

“If your prospects are bad then I can safely say that you would be 10 times better off in New Zealand where, if you are able and willing to work, to keep yourself sober, you would in a little time be surrounded with abundance of bacon and eggs, bread, butter, milk and puddings, biscuits, fowls and all kinds of vegetables.”

Living off this great new land wasn't straightforward. The weather was fierce, the land was mountainous and parrots with bright orange under-wings tore flesh from a sheep's back. Around this time and not much more than a biscuit toss away from Belhelvie, a certain Mr Stephenson was telling stories to his godson during a wet holiday in Braemar. This story was of Jim Hawkins and his adventure to find gold.

It became 'Treasure Island' of course, and thrilled readers when the suggestion of travel across oceans was as exotic as a parrot's wing.

Fruiting cherry plum trees offer clues to the line of the old stream so we climb on up to the hot outcrop of grey schist. We bend down underneath the branches avoiding the worst of the thorns. Stepping stickily in the fallen ripe plums we cut our way through and find damp earth beyond. Dampness turns to mud and then... there it is, a trickle of water emerging from between the rocks. Nearby I see an old rusty pick head half buried. The handle has rotted away. I pull it out and I shall keep it outside our cottage as a memento of past golden desire.

When an ounce of gold was found in a bucketful of soil on those early goldfields the celebratory cry went up: 'Gin and Raspberry to all hands!'. The words 'Gin and Raspberry' have survived as the name of a pub over in the resort of Wanaka and went to meet our son there. Nick, schooled as he was in Balmedie and Bridge of Don, is a descendant of one of those boys from my family. The one who found a pocketful of gold, enough to pay for his passage back home. When I watched Nick put out his tongue to a friend and they touched foreheads in a Maori greeting, I looked down at my glass... and saw a silvery swirl.

Mary Cane

ABERDEEN WESTERN PERIPHERAL ROUTE UPDATE

The improvements that the AWPR will bring to our area must more than make up for any temporary inconvenience due to road works and speed limits. The construction of the A90 Balmedie Junction including its connection to the existing dual carriageway will continue for over a year, until Spring 2017. The junction will be located to the south of Balmedie and will comprise of a new structure under the A90, off-line roundabouts, re-routed side roads and new A90 on/off slip roads.

This year, from Spring until Autumn, work will be carried out on the construction of the eastern half of new structure under the A90. Road users should expect some disruption to traffic flow and allow longer for journeys. Please note that the speed limit on the A90 will be reduced to 50mph during these works.

Balmedie residents were the first to have a two-sided A4 Information leaflet delivered to each home, detailing the plans and progress of the AWPR at Balmedie A90. Potterton, Blackdog, Whitecairns and rural residences in Belhelvie Parish should have since received these updates. If not, please request one (contact details below). An Open Day at Balmedie Leisure Centre on 5th February was very informative and well attended by members of the community. The aim of these Open Days is for members of the AWPR Team to meet with communities to share information about the project design, construction, environmental mitigation, traffic management and how all these factors affect the community.

If you have any queries regarding the AWPR you can call the Community Liaison Team (0800 058 83500 or email enquiries@aberdeenroads.com . Information can also be found on the project website www.transportscotland.gov.uk/awpr-bt

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SPIRITUAL DETOX...

In January, many of us try to take it easy on food and drink or take up exercise to shift some of the Christmas excess that's settled on our bones. But what about the inner person? How do you detox your soul?

In the Middle Ages Christians used to try and make a pilgrimage to the Holy Land as a way of getting a different perspective and a new start with God. Which was fine, if you were wealthy enough to make the trip! For most folk that kind of expense was a non-starter. With that in mind, some of the great cathedrals in Europe started building labyrinths into their grounds, or even the floor of the church itself, as a form of 'poor man's pilgrimage'. A labyrinth's different from a maze because there's only one way in and one way out, and the idea is that people would walk the labyrinth path slowly and prayerfully; leaving behind the things they needed to leave behind and taking up the things they needed to take up in the year ahead.



Several years ago we set up a labyrinth path around our church with a dozen or so 'stations' at which you're invited to stop and reflect on different aspects of life and what God might be saying to you through them. People of all ages took an hour or so to walk the labyrinth and many of them still talk about it as one of the most meaningful spiritual experiences of their lives.

We plan to set up the labyrinth again in Holy Week, on Tuesday 22nd and Wed 23rd March from 2-5pm and 7-9pm and anyone in the community who wants some space, some guidance or some time to reflect on life is more than welcome to come and walk it in their own time. You can call in at any time in those windows, the route takes about an hour and the minister will be on hand to give you whatever help you need.

Eco-logic

Belhelvie Church of Scotland is looking into the process of becoming an Eco Congregation. <http://www.ecocongregationscotland.org> To get us started, and help highlight why these are important issues, we're organising a showing of Al Gore's excellent film "An Inconvenient Truth" on March 18th at 7:30pm in The Forsyth Hall. The presentation gives lots of compelling evidence for global warming and highlights the need to take action now to reduce the human element of those changes. Entry is free, refreshments will be provided and everyone is most welcome.

<http://www.takepart.com/an-inconvenient-truth/film>

Communion services are on 13th March and 15th May. There is an Elders' service on 1st May. For other Church dates, check out the Banter "Dates for Your Diary Page".

Rev. Paul McKeown

BALMEDIE CONGREGATIONAL CHURCH

All our services take place 11am very Sunday at the Balmedie Leisure Centre. Holy Week – Tuesday 22nd March at our new building, Rowan Drive. Easter Sunday – 27th March.

A DRAUGHTY STABLE AND AN OPEN DOOR - Christmas Eve saw us gather in the unfinished Church building on Rowan Drive. A sheet of wood was the closest we had to door and the howling wind reminded us of the reason for the season - a baby Jesus, in a manger, in a draughty stable. The Carols and Lessons service will be remembered for many years to come. The sermon was preached by Rev. Dr. Lisanne Winslow, a Marine Biologist Professor, from USA

REFUGEES - Our Christmas Eve Collection was in Aid of Tear Fund's work with refugees. While we all were looking forward to our Christmas lunch, those present, remembered that Jesus, as a child, fled to Egypt, a refugee. Mankind does not easily learn.

SIERRA LEONE - For 15 years our Church has supported children in Freetown, Sierra Leone, many of you have helped Paul Sandy one of the orphans. Paul wrote his appreciation and how he is now at College. Without the help of many people over the years, Paul would not have the opportunities he has. He says thank you.

OUR NEW CHURCH BUILDING will not be large, but it will be available to the community. If anyone knows of any group that would like to use the building, please contact Catherine 01358 743114.

CHRISTMAS EVE saw a really good attendance at a Service in the village. Over 40 adults and children attended for the candle lit Service. The collection was in aid of Tear Funds Refugee Appeal.

ADVERTISE WITH BANTER

Belhelvie Banter is now able to offer more advertising space. Our present advertisers report that their adverts in Banter create a considerable amount of enquiries that lead to local business. Feedback also confirms that Banter is often the first port of call when residents in the Parish are looking for local services. So, if you can provide a service to our area, why not promote your business by advertising with us? If you are interested, please email belhelviebanter@live.co.uk. Help is available for advert design if necessary.

A5 FORMAT		B &W	COL
Half Page	Landscape format	£32	£50
Quarter Page	Portrait format	£18	£27
Small Ad	1/8 page Portrait text	£10	

POTTERTON CONGREGATIONAL CHURCH

Services are usually at Potterton Community Centre 6.15pm first Sun each month. This year we join with Balmedie CC (check for details) for Holy Week Services.

POTTERTON COMMUNITY GROUP – it has been a privilege to work with the Community, and to watch as their dreams come to fruition. Successful events last season and a Pop Up Café recently have helped ascertain that there is indeed a desire for an extended community facility in Potterton. Please continue to support the work of the group, as it looks to extend facilities.

CHURCH MISSION - our Church belongs to the Scottish Congregational Fellowship, (Part of the Congregational Federation in the UK). A group are considering going on Mission to Malawi. They have identified a Clinic, run by a nurse, where there are water pipes from a well to the clinic, but no water runs from the taps. Someone, in their western wisdom, installed a water pump, driven by solar panel. It no longer works. The technology is too advanced and no one can fix it and even if they could, there are no spare parts. When the group goes to the village, it is

For information about the Balmedie or the Potterton Congregational Church, please call me.

Rev. Andy Cowie 01224 703248.

BALMEDIE PRIMARY SCHOOL

Happy New Year from all the pupils and staff at Balmedie School. Last term was a very busy one with P1-3 and P4-7 Christmas concerts and parties. We held a very successful 'Dress As You Please' day when pupils brought in at least one non-perishable food item to be donated to Aberdeen Cyrenians.



This term is now well underway and pupils are enjoying the topics they are studying in class. We have several visitors coming in to school over the coming weeks to further support children's learning.



THE ARCHIE
FOUNDATION

Making real differences
for sick children in the North and Scotland

January's 'Dress As You Please' day proceeds will be donated to the ARCHIE Foundation at Aberdeen Royal Children's Hospital. This is a very worthwhile charity and one that our Pupil Council was keen to support. Have a look at archiefoundationhome.org.uk for more information.

P7 will be visiting Bridge of Don Academy at the beginning of February; this is the start of their transition process to secondary school.

We are planning to commemorate World Book Day in March through a range of exciting activities that will (hopefully) capture the children's imagination and engage them in a world of literacy.

Amie Crowder, Teacher

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BALMEDIE CHRISTMAS LIGHTS SPONSORS 2015

The Christmas lights group were delighted with the support provided by local companies (acknowledged below) in helping us achieve our funding of the streetlights this year. These generous donations, along with £250 from Balmedie Chip Shop (money raised from the carrier bag charge) and a £250 donation from the Belhelvie Banter have helped cover our installation/removal/maintenance and insurance costs. We were also grateful for your donations of coins into our collecting cans at various local establishments. Every little helps!

Balmedie Christmas Lights Group would like to thank these local businesses and hope that you will support them -

Gary Taylor Plumbing & Heating	01358 742201
Barratt Homes	01358 741300
Balmedie Fish & Chip Shop	01358 742730
Reid Plumbing & Heating Services Ltd	01358 742339
Aberdeen Dyslexia Learning Centre	01224 647330
John Duncan Plant Hire	01358 742127
Barrett & Coe Studio Photography	01358 743061
Dickies Pharmacy	01358 741226
Cock & Bull Restaurant	01358 743249
CRH Machining Ltd	01358 742851
RNH Vintage Trucks	01358 743732
The Whitehorse Inn	01358 742404
Nu-Look Windows	01358 742783
Belhelvie Banter	belhelviebanter@live.co.uk

IS THIS THE ANSWER?

If you witness a person allowing their dog to foul in a public area, and they do not clear it up and dispose it in a suitable bin, you can report this to Environmental Health by phoning 08456 08 12 07.

They will need this information - the date, time and place the offence was witnessed and the name and address of the dog owner, if known, or a description of the dog owner and the dog. A car registration number would also be helpful. This information will be passed to an authorised officer who will contact the dog owner and advise them of their legal responsibilities to clean up after their dog has fouled. Any information passed to the council is treated in the strictest confidence.

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Beachside Coffee Shop

A Very Happy 2016 To You All!

We have exciting times ahead of us this year. We were granted our licence at the beginning of December so we are able to extend the range of products that we offer.

Our Afternoon Tea is still available at £15 for 2 people but why not add a glass of Prosecco at £25 for 2 people. We also now offer a Children's Chocolate Afternoon Tea - great for a birthday party or just a get together.

We can cater for all types of celebrations with our new Occasion Cakes at just £25 each. Come celebrate with us and we will help make it one to remember!

Keep in touch with us on our Facebook page for regular updates on specials and up coming events.

We'd love to see you soon x

Eigie Road, Balmedie, AB23 8YF – 01358 742003 – blc.beachside@btconnect.com

Afternoon Tea

For 2 - £15

Selection of Sandwiches &
Homebakes

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Or

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£25 for 2

**Glass of Prosecco with
your Afternoon Tea**

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Children's

" Afternoon Tea"

Chocolate Sandwich &
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Choose from Chocolate Milk
or Hot Chocolate, Cream &
Mini Marshmallows
£5 per person

Available Mon, Tues & Fri from
1.30pm to 4.00pm

**Girls' Tea Parties available - please
contact us for further details**

Eigie Road, Balmedie, AB23 8YF – 01358 742003 – blc.beachside@btconnect.com

WHO'S WHO

Please contact us by emailing belhelviebanter@live.co.uk or by phoning 07763314579 if you would like to list your organisation here, or if you wish to change an existing entry.

Ambulance/ Police/ Fire Brig.	emergency	999
Police Scotland	non-emergencies	101
Fire Brigade	non-emergencies	01224 696666
NHS 24	(18.00 to 7.00)	0800 111 999
Scottish Gas	emergency line	0845 600 8855
Scottish & Southern Energy	emergency line	0800 300 999
Scottish Water	emergency line	0845 600 8855
ABERDEENSHIRE	HQ, Gordon House, Inverurie	01467 628011
COUNCIL:	Cllr Paul Johnston	07799 582879
	Cllr Jim Gifford	07766 497856
	Cllr Allan Hendry	07824 461744
	Cllr Cryle Shand	07876 475365
	Dog Warden	01467 628195
	Environmental Health	08456 081207

YOUTH ORGANISATIONS:

Beavers	All enquiries to Ian Thomson	
Cubs	Group Scout Leader	07743844040
Scouts, Explorer Scouts	Balmedie.scouts@btinternet.com	
Rainbows	Claire – through www.girlguiding.org.uk website	
Brownies	Marianne McIntosh	01358724231
Rangers	Susan Osbeck	01224 703335

CHURCHES:

Belhelvie Ch. of Scotland	Rev Paul McKeown	01358 742227
Balmedie Congregational	Rev Andy Cowie	01224 703248
Potterton Congregational	Rev Andy Cowie	01224 703248

MEDICAL CENTRES:

Scotstown, Bridge of Don	Cairnfold Rd AB22 8LD	01224 702149
Udny Station	Woodside Terr AB41 6PJ	01651 842204
Danestone, Bridge of Don	Fairview St AB22 8ZP	01224 822866
Oldmachar, Bridge of Don	Jesmond Dr AB22 8UR	0345 337 0510
King Street, Aberdeen	526 King St AB24 5RS	0345 337 0510

DENTISTS:

B of Don Dental Practice	2 Balgownie Rd AB23 8JP	01224 703010
Grandholm Practice	Grandholm AB22 8BH	01224 701890
Kingseat Dental Practice	Business Park AB21 0AZ	01651 260200
Oldmachar Dental Care	Jesmond Drive AB22 8UR	01224 827095
SR Rankin Dentist	30 Ellon Road AB23 8BX	01224 820775
Balmedie Pharmacy	Dickies, 3 Rowan Drive	01358 741226

SCHOOLS:

Balmedie Primary School	HT Ken McGowan	01358 742474
Bridge of Don Academy	HT Daphne McWilliam	01224 707583
Ellon Academy	HT Tim McKay	01358 720715

COMMUNITY CENTRES:

Balmedie Leisure Centre	Bill Murray	01358 743725
Potterton Community Centre	J Murray	01358 727910
Belhelvie CC (Green Hut)	Joanne Murray	01358 727910

POST OFFICES:

Balmedie PO	Eigie Road, Balmedie	01358 742556
Potterton PO	Potterton	01358 742670

Belhelvie Community Council	David Watson (Chair)	01358 742118
Belhelvie Community Trust	Rosie Nicol (secretary)	01358 742557
Balmedie Out of School Club	Lynne Fyfe	07920295508
Balmedie House Eventide Home	Ann Reid, Service Manager	01358 742244
Balmedie Library	Maureen Muir (Librarian)	01358 742045
Balmedie Friendship Group	Margaret Murison	01358 743634
Potterton Community Group	Caroline Anderson	07920280212
Balmedie Christmas Lights Group	Elaine Holt	01358 743781
Better Balmedie	Allan Jeffrey	01358 743851
Balmedie Beach Litter Squad	Lisa Leith	01358 742430
Neighbourhood Watch	Paul Collier (Belhelvie)	07825 216233
Belhelvie Bowling Club	Marion Donald	07729 817718
Aberdeen Balgownie Rotary Club	Graham Donaldson	01224 744144
Scottish Women's Institute (SWI)	Elaine Strachan	01358 743173
The Sand Bothy Project	Lisa Leith	01358 742430

KIDS' STUFF

Here are some contacts that may be useful for families with young children. Do let us know of other useful contacts that we can share.

Kindergym	These groups take place	
Messy Monkeys	at the Balmedie Leisure	
Pitched	Centre. For details,	01358 743114
Gymnastics Club	phone Shona.	
2s Group		
Balmedie Out of School Club	Lynne Fyfe	07920295508
Mainly Music, Forsyth Hall	Jeanette Lamb	01358 742684
Balmedie Craft Club	Catherine Cassie	01358 743114
Under 5s Rhymetime (monthly)	Maureen Muir (Library)	01358 742045
Dance (Danz Creations)	Lee Simpson Clubb	01358 743661
Child Minder	Joanne Youngson	01358 741988
Child Minder	Shirley Isaac	01358 743199
Links Nursery, Balmedie	Lyndsay Fleming	01358 743094

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*IBC Inside Back Cover

*****Copy deadline for Summer Edition: Friday 29th April 2016**

email: belhelviebanter@live.co.uk



tel. 07921 084 365

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SPRING DATES for your DIARY

MARCH

Fri 18	“An Inconvenient Truth”	Forsyth Hall	19.30
Sun 20	Palm Sunday & Stated Annual meeting	Belhelvie Church	11.00
Thu 24	Maundy Thursday	Belhelvie Church	19.30
Fri 25	Good Friday Service	Holyrood Chapel, Newburgh	19.30
Sun 27	Beach Service	Sand Bothy Hut	09.00
Sun 27	Easter Sunday Service	Belhelvie Church	11.00

APRIL

Sat 23	Bruce Davies Concert	Forsyth Hall	19.30
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MAY

Sat 21	Litter Pick	Poly Tunnel, Balmedie	10.00
Sat 28	Plant Sale	Poly Tunnel, Balmedie	10.00-14.00
Sun 29	Annual Memorial Service	Belhelvie Church	11.00

Weekly

Mon	Golden Zumba	Forsyth Hall	09.45
Wed	Pilates (TT)	Potterton CEC	19.30
Thu	Knit & Natter	Balmedie Library	10.30-12.30
Thu	Balmedie Kids Craft Club (TT)	Balmedie School	18.30-19.30

Fortnightly

Tues	Friendship Group – See article for dates	Eigie House	14.00
Wed	SWI - See article for dates	Eigie House	19.30
Wed	1 st and 3 rd Wednesday of month - BINGO	Eigie House	19.30

Monthly

1 st Wed	Rhyme time (Under 5s -term time only)	Balmedie Library	14.00-14.30
3 rd Mon	Belhelvie Community Council		19.30
4th Mon	Belhelvie Community Trust	White Horse Inn	19.30
4 th Wed	4 th Wednesday of month – WHIST	Eigie House	19.30

Youth Groups – During School Term

Mon	Cubs	Potterton CEC	18.30-20.00
Tue	Rainbows	Balmedie School	18.00-19.00
Tue	Cubs	Potterton CEC	18.30-20.00
Tue	Guides	Balmedie School	19.00-20.30
Wed	Beavers	Balmedie School	18.00-19.00
Wed	Rainbows	Potterton CEC	18.00-19.00
Thu	Brownies & Rangers	Potterton CEC	18.00-20.00
Thu	Brownies	Balmedie School	18.15-19.45
Fri	Scouts & Explorers	Potterton CEC	19.00-21.30

School Dates

Fri 25 Mar	Good Friday Holiday	Balmedie, BoDA, Ellon
Fri 1 Apr	End of Term	Balmedie, BoDA, Ellon
Mon 18 Apr	Start of Term	Balmedie, BoDA, Ellon
Mon 2 May	May Day Holiday	Balmedie, BoDA, Ellon
Tue 3 May	In-service Day	BoDA
Mon 6 Jun	Holiday	Balmedie, Ellon
Fri 1 Jul	End of term	Balmedie, BoDA, Ellon