

# BELHELVE BANTER

*Balmedie : Whitecairns : Belhelvie : Potterton : Blackdog*



EDITION 27

JUNE 2016

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## EDITORIAL

I do hope that by the time you read this, the weather has sorted itself out and you are lazing outside in a sun-lounger, about to enjoy the delights of your Summer Banter! Yes, I'm a great believer in positive thinking - and yes, I've learned to live with disappointment – both very useful life skills.

There is much positivity in the Parish just now. The Sand Bothy group is working hard to get the project started in June. Summer Fairs, new community classes, litter picks, pop-up cafés are all up and running. So many folk with so many ideas... the air is just crackling. More volunteers are always needed though. Just a couple of hours of your time can make all the difference – and you can make new friends into the bargain. We also wonder if there are any young people out there who are working towards their Duke of Edinburgh Awards and would perhaps welcome the experience of volunteering in a community project. Better Balmedie are looking for help with planting and watering within the village. The Sand Bothy group could also do with some extra pairs of hands. These are just a couple of the many volunteering opportunities in the Parish. Continue with your Banter reading to find out more.

We would like to thank all our loyal advertisers – and our new ones too. Without their support, we would not have been able to bring you this bigger edition of Banter, now in full-colour. We hope you like it. Do let us know what you think. Email us at [belhelviebanter@live.co.uk](mailto:belhelviebanter@live.co.uk)

**Jess Petrie, Editor**

<i>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 do our best!</i>
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**\*IFC Inside Front Cover \*IBC Inside Back Cover \*BC Back Cover**  
**\*\*\*Copy deadline for Autumn Edition: Friday 29th July 2016**  
**email: belhelviebanter@live.co.uk**

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## GIVE GOLF A GO!

Murcar Links Golf Club hosted the prestigious Scottish Boys' Championship last month, with keen young golfers from all over Scotland taking part. Events like this demonstrate the continuing enthusiasm for golf in Scotland and hopefully act as a trigger for other youngsters to take up what many regard as our national game.

In many respect, golf offers everything that's best in sport. Apart from the obvious benefits of physical exercise and developing technical performance, golf also teaches valuable life skills such as patience, discipline and good manners.

Brothers, Max and Jon Hepburn from Blackdog have been keen golfers since an early age. They talk with great enthusiasm about the benefits of taking up golf. Max is 16,



and despite studying hard for Highers at Bridge of Don Academy, he takes time out as often as he can to play golf at Murcar Links Golf Club where he is a member. He finds the game is a good way of helping him to clear his head and improve his focus.

Max's brother Jon (12) used to play football but now finds that he much prefers golf. He joined the club two years ago and has not hesitated to recommend the game to his friends. Both boys agree that golf is a fun way to get exercise and keep fit. Driving the ball down the fairway is indeed excellent exercise that builds and strengthens the core muscles and burns calories. Add to this all the walking involved in the 3-4 hours it takes the boys to complete a full round and that makes for quite a challenging workout.

Max feels that golf encourages independence and self-discipline, with each player highly motivated to improve their own performance, while at the same time enjoying the competition. He says that rules have to be respected and etiquette followed and he enjoys being trusted to play responsibly. He finds golf a very sociable activity, especially since many of his friends have joined the club.

The Hepburn brothers are indeed a great advert for the game, and for Murcar Links Golf Club. I met them at the club and found them to be delightful company - polite, respectful young men with excellent communication skills as they enthused about their love for golf.



Any young people out there who would like to take up golf, your luck is in! Murcar Links Golf Club, one of the most accessible clubs in our area, is very keen to encourage youngsters to take up golf and is offering FREE membership for 2016 for all juniors aged 8 to 18. Coaching will also be offered, with the emphasis on etiquette and the enjoyment of the game. There is a superb practice facility at Murcar Links, with practice bays, a short game area and a putting green. You don't even need to go to the initial expense of buying golf clubs either, as these can be hired from the club.

Golf is a game you can play from the time you're able to hold a club until the day your arms no longer let you swing – so starting young ensures a life-time's enjoyment of the sport and all it brings. So go on, grab this chance and give it a go. It's more than a game; it's a way to develop a whole range of useful life skills.

If you would like to take advantage of this free membership offer, please call in by the club, or phone Carol O'Neill, secretary on 01224 704354 or email [golf@murcarlinks.com](mailto:golf@murcarlinks.com) .

**Editor**

### **COFFEE HAVEN**

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.

Proceeds will go towards sponsoring the schooling of a six-year-old African boy.

**Marianne Wray**

### **CAN YOU HELP BCT?**

Is there anyone in the Parish who could assist us at Belhelvie Community Trust to prepare a Petition to the Sheriff Court for the reinstatement of a company? We would be very grateful as, by doing this, we could recover funds. If you can help, or know someone who can, please telephone 07814 254 301.





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# THE SAND BOTHY

Balmedie Country Park & Beach

Since the last Banter edition, things at The Sand Bothy have been moving on at a steady pace, with the external work almost completed. Internally small modifications are taking place and soon we hope to have our kiosk window to serve refreshments (on those long hot summer days!) We have been lucky enough to get funding but will need a lot more to get us to a sustainable level so if you can help in any way, please let us know. We are delighted to have already received a very generous donation from the Co-op Community Fund to help with restoration work to the building.



**Volunteers** - We have built up a good core group of volunteers who have really been working hard behind the scenes to get us to where we are now. At the moment, we have regular 'open days' where volunteers are invited to come along and help with specific tasks. The lovely thing is that people just come along to see what's happening, and through our conversations we always find something that they can offer. If you check out our Facebook page and 'like' us, you will see which days we are there so you too can come along and help get involved in some way.

**We need your help!** - We want to hear from you if you would like to be involved - we especially want to hear from you if you want to be on our team at the Kiosk. This will involve short shifts to work around your routine, serving teas and coffees and pre-prepared snacks, and welcoming locals and visitors alike on their visits here. It really is a great opportunity to feel part of something special!

**Workshops & Classes** - We have lots of ideas about classes, groups, activities, displays and events but we want to know your thoughts and ideas, whatever your interest, age or ability. At the moment we are putting together some creative workshops for June, such as printing techniques, sewing, applique, patchwork and felting. There will also be African singing, dance & drumming workshops, all run by qualified tutors and for all ages - we are really excited about it! Hopefully by the time this article goes to print, we will be ready to take bookings and we have many more classes advertised on our Facebook page. Places will be limited so don't delay in booking!

The **co-operative**  
food

We value your feedback and want to hear your views. We appreciate however, that not everyone uses social media, so please feel free to contact us via the Banter, or by phone (Rosie 01358 742557 or Lisa 01358 742430).

**Lisa Leith**

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## KEEPING BALMEDIE BEAUTIFUL

In a scene reminiscent of 'The Last of the Summer Wine', Better Balmedie stalwarts take a rest after installing a bench for visitors and residents of Balmedie House. The bench was funded by Lawrence of Kemnay, Balmedie, who donated £5 from every MOT done in 2015 to the community project. The next step is to add barrels planted with flowers.



*Sitting pretty are (left to right): Allan Jeffrey, Neil Pattinson and Wishart McBride.*

Our village is looking beautiful, thanks to the efforts of these guys and their pals at Better Balmedie. It's not an easy job to keep up the planting, weeding and watering that is necessary during the summer months though. Better Balmedie are looking for new members, so if you'd like to join them, do get in touch through their Facebook page – or contact Banter for details.

## CAN YOU HELP BCT?

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## NATURAL BELHELVIE



How lucky are we to have, as a regular Banter contributor, Bob Davis, well-known wildlife conservationist and environmentalist. Bob has spent a lifetime, working to conserve and share the delights of nature. Many a child from this area will remember school or weekend visits to Forvie, where they could not fail to be inspired by the enthusiasm of the big-bearded Mr Davis, as he drew them in to share his love of the natural world around them. Influencing student-minds, Bob has lectured at both Robert Gordon's and Aberdeen Universities, sharing his knowledge of the natural environment and its management.

I trust that you were all out at the crack of dawn on the 1<sup>st</sup> May to wash your faces in the dew? If so, I am sure that there are now some bonny lads and lassies in the Belhelvie area!

Yes already into May and the natural world is full of new life with much more to come. Smaller birds such as robins and chaffinches will be stuffing the faces of their wee bairns and once they are off into the air, mum and dad will start all over again. These species only live for a couple of years at best and as there is such a high mortality rate they produce heaps of young each year to compensate. The larger birds such as crows and gulls have just one brood per annum as they live much longer and are less prone to being pounced on and gobbled up.

Among the variety of birds that can be seen out and about the Belhelvie area, one is very striking and obvious in its black and white plumage: the oystercatcher. Despite its name, it is very unlikely to have seen or eaten an oyster these days! They belong to a large group under the heading of waders and you would expect them to be only found along the shore but oh no, they can be seen regularly right across this area. It is about the size of a pigeon but completely black and white with a large carrot as a beak, oh yes and pink legs. In good old Scots the bird is known as a Sea Pyet, the work 'pyet' meaning pied as in black and white.

Oystercatchers are ground-nesting birds, that is, they do not build a nest in a tree, but 'on the ground' umm... not always! Normally they find a quiet spot close to the shore, not on sand but among pebbles. The nest is no more than a scrape, a small hollow with no material at all. They nest among pebbles or wee stones and their eggs are so well camouflaged that you could stand next to them and not notice them, they look just like the pebbles surrounding them! However oystercatchers have for many years adopted an odd breeding strategy and now breed well away from the



coast and even on the roofs of buildings. It is quite amazing how they have adapted to our habit of putting down chuckies all over the place. And this includes the flat roofs of various buildings such as schools and factories. The Aberdeen area is well known for this phenomenon, all very odd.

Catching oysters, there's no chance of that - but the birds do eat shellfish and in particular they like mussels. The long red beak is like a very strong chisel and with that they can hammer away at a mussel shell, get their beak inside and prise the shell apart, then yummy... a mussel supper! They also eat worms and grubs but you will not tempt them onto your bird table with a fat ball! I am sure that in the quieter parts of the Balmedie Quarry, oystercatchers will breed, and so you may well see them and especially hear their raucous cry when you're out and about.

And out and about is where you should be as there is so much to see and enjoy in the natural world just now. The geese have gone, the swallows are back, flowers are blooming and bumblebees are buzzing. So off you all go and prepare to be amazed in and around Belhelvie.

**Bob Davis**

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## LITERACY FOR ADULTS



Through Aberdeenshire Council's Community Learning and Development (CLD), there is a free and confidential service to help people with reading, writing and numbers. This adult literacy programme is available throughout the whole of Aberdeenshire (through Community Learning and Development teams).

People who have asked for support in the past have been:

- **Parents** struggling to support children with homework due to their own lack of skills and confidence.
- **Farmers** wanting to improve literacy or numeracy to cope with changes in legislation & increasing paperwork.
- **Engineers/Oil industry/construction workers** who have moved into management, and need to improve their literacy skills to help them progress in their new roll with confidence.
- **Care workers** as they are required to gain SQA qualifications.
- **Catering workers** who need to obtain qualifications such as Food Hygiene.
- **Young people** who have had difficult or different education experiences.



People come to us for many reasons. We have had adults in their 50s and 60s who have lived their lives hiding the fact that they are illiterate. In this changing world of technology, having poor word skills is becoming much harder to hide. An individual who has literacy issues may feel isolated, lack confidence and have low self-esteem and self-worth.

Through the Community Learning and Development teams we also offer support to people who struggle with English as a foreign language. Perhaps you know someone who has moved to this country and might really benefit from help, allowing active citizenship and integration into our communities.

To run this valuable service Community Learning and Development teams through Aberdeenshire have amazing volunteer tutors who give up their time to be trained and are then supported to deliver 1:1 sessions with those who need it.

In Ellon we have a team of 18 volunteer tutors who are currently helping individuals with reading, writing numbers, to learn English or to even get an SQA qualification. Tutors can travel to support people in the rural outlying areas including Potterton, Belhelvie, Blackdog, Whitecairns and Balmedie.



To find out more, contact CLD Worker Vikki Carpenter at Ellon Academy Community Campus on 01358 720195, send a text to 07789 654273, or email [vikki.carpenter@aberdeenshire.gov.uk](mailto:vikki.carpenter@aberdeenshire.gov.uk).



## POTTERTON COMMUNITY GROUP - UPDATE

The Potterton Community Group formed at the end of last year with the main aim to organise events to promote a closer community, to provide recreational facilities for all ages within the community and to look at projects to enhance the local environment. Our Group is currently supported by Rev Andy Cowie and Counsellor Paul Johnston as well as receiving peer support from members of the Belhelvie Community Trust and the Belhelvie Community Council who have also offered their support as we establish our Group. Our Magic Wand questionnaire resulted in feedback from residents - Some of the ideas put forward included:

- Improved services/activities for over 50s
- Improve walkway between the Stead Inn and the football pitches/woods
- Improve pathways / safe routes within the Potterton Woods
- Easter Fayre & Summer Gala
- Additional Dog Fouling Bins
- Additional facility within Potterton to allow more Groups/Local Services to be run.

The initial priority is therefore to start fundraising to allow us to start working on some of these projects and to apply to become a Scottish Charitable Incorporated Organisation (SCIO) to allow us to apply for local and national funding grants to take forward some of the larger projects that require substantial financial input.

The group have raised over **£1,200** since January from our Monthly Pop-Up Cafe and Easter Fayre.

**HOW CAN YOU HELP US?** We are keen to hear from local businesses that may wish to make a small donation towards the running costs of our Summer Gala. We are also keen to hear from local residents who would be willing to volunteer at future Pop Up Cafe's or events. We would also like to hear from people that would like to join our group or get involved in any of the above projects to ensure these are Community led and most of all, we would welcome your support by coming along to our Monthly Pop Up Cafe when you can.

To get in touch with us you can e-mail – [Pottertoncommunitygroup@gmail.com](mailto:Pottertoncommunitygroup@gmail.com), message us on our Facebook Page "Potterton Community", come along & speak to us at our Pop Up Cafe or monthly meeting. Our Postal address is c/o 10 Church Road, Potterton AB23 8UW

## POTTERTON COMMUNITY GROUP MEETINGS

Our meetings take place on the **2<sup>nd</sup> Monday of every month at 7.15pm in the Stead Inn**. We are keen to get more residents of all ages to join the group, who may add more experience & knowledge of the local area and have other ideas for future projects – please feel free to come along and join us. Our All Age Steering Group which are specifically looking at funding grants and the provision of additional facilities within Potterton, follows on from this group at 8.15pm.

## OVER 50s ACTIVITIES IN POTTERTON

Following on from the Magic Wand Questionnaire, there were lots of suggestions made and requests for more activities for our senior residents within Potterton and the surrounding area. In an effort to start looking at these in more detail, we would like to arrange a Coffee Afternoon at the Stead Inn on **Friday 27<sup>th</sup> May at 2.00pm**. We hope that you can come along and join us.

In the meantime, Denise Gracie has agreed to run an over 55s **PILATES CLASS** on a Wednesday afternoon at the Community Centre. For more details and to secure a place or be added to waiting list please contact Denise on 07977218297.

## POP UP CAFE – DONATION

The Potterton Community Group would like to thank Mr Stephen Cowie of Instock Disposables in Dyce for their generous donation of crockery; cutlery and slate cake stands which have made our Pop-Up Cafe look more professional and will make a huge difference to the group.



## POTTERTON SUMMER FETE

Preparations are currently underway for the Potterton Summer Fete which will be held on **Saturday 4<sup>th</sup> June from 1.00pm at the Stead Inn**. We will be holding a Raffle Stall and all donations are greatly welcome. There will be lots of local craft stalls, BBQ, Inflatable Fun, BMX Tracks (separate tracks for toddlers and older kids/teenagers), Funfair Games and much more.

## EASTER FAYRE

Our Easter Fayre held on 26<sup>th</sup> March was a great success with over 150 people attending. With the Pop Up Cafe, craft stalls, bottle and sweets stalls, face painting, Easter bonnet competition and outdoor funfair games, there was plenty to do for all the family.



Dave the Minion was also in attendance handing out eggs to the children. Thank you to everyone that attended the event and to everyone that donated bottles, sweets, home baking or volunteering their time on the day.

## PATHS FOR ALL

The Potterton Community Group have prioritised our first project around upgrading the path between the Stead Inn Pub and the football pitches/Potterton Woods. With the support of Counsellor Paul Johnston, we have secured permission from the current landowners for our group to progress with upgrading and maintaining this path.

**Paths for All** is a partnership of organisations committed to promoting **walking** for health and the development of multi-use path networks in Scotland.



The PCG have submitted an application to “Paths for All” to support this project to enable a more accessible path connecting to the other parts of the village and the Potterton Woods. We are also seeking additional funding via the Village Enhancement Fund as well as using money raised through fundraising. We have also been in contact with the AWPR Group to discuss possible community payback scheme to support this project. We will require local volunteer support and anyone interested in being involved, please make contact with us – [pottertoncommunitygroup@gmail.com](mailto:pottertoncommunitygroup@gmail.com).

**Caroline Anderson, PCG Chairperson**



## BELHELVIE CHURCH OF SCOTLAND

### Three Day Musical!

At the time of writing, we're beginning to make plans for a summer holiday club for Primary age children, which will see us, work towards a performance of Michael Hurd's 'Jonah Man Jazz' in THREE DAYS. I know what you're thinking 'it can't be done'! That's what we're thinking too, but we thought it'd be fun to try!

There will be singing, dancing, crafts and workshops geared towards a final performance, but also highlighting the point of this important Bible story, which is that God's love reaches out to everyone – not just 'insiders' or those who happen to be like us. In today's world, that's a message we must understand more than ever.

The venue will be The Forsyth Hall and though the dates still to be confirmed, it's likely the club will run on Wed 27th July to Friday 29th July with a performance on the Friday evening. Flyers will be put round the school later this term with more details, and we'll also put the info onto the Belhelvie Church Facebook page, so keep your eyes open. As ever, places will be limited so if you're keen, please get in early to avoid disappointment.

In the meantime, we want to wish you and yours every blessing for a restful and enjoyable break over the summer holidays.

**Rev. Paul McKeown**



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## BALMEDIE CONGREGATIONAL CHURCH

Everyone is welcome to come along to our weekly Sunday services at the Balmedie Leisure Centre at 11.00am.

Our building is progressing. We had plans for the official opening early in June, but we have a hold up. Our plans are continually under consideration for we run on God's timing – not ours.

Our building will be opened, and available after the summer, so if you are looking for a meeting space, please give us a call on 01358 743114. We will be running a **Summer Club** from 1<sup>st</sup> – 5<sup>th</sup> August (9.30 to 11.30am). More details to follow.

We plan to have a Boys' Brigade, but wonder if there are any ex Girls' Brigade members out there who would like to help start up a Company? If so, please phone me.

**Congregationalism** is a form of Church government where each Church is independent in the management of its own affairs. You may recognise some historic Congregationalists:

*David Livingston* who left Blantyre Congregational Church for Africa.

*Eric Liddell* – of Chariots of Fire.

*Pilgrim Fathers* – who sailed for America on the Mayflower in 1620.

*Oliver Cromwell* – Lord Protector of England, Scotland and Wales.

*If you have any queries about either our Balmedie or our Potterton church, please get in touch (01224 703248).*

## POTTERTON CONGREGATIONAL CHURCH

Our services are the 1<sup>st</sup> Sunday of each month at 6.15pm at the Potterton Community Centre.

Our Group of Churches around Aberdeen invited our P5 upwards to a sleepover at our Perth Church. It started with skating in Dundee, on the way through, into the Church, then a late night walk before bed. Again they all slept on the floor, girls in a room, while boys sleep in the Church itself. Saturday saw games, followed by swimming and an ice cream, followed by some free time in the play area of Camperdown Park, Dundee with a meal stop on the way home.

They had a great time, and are looking forward to a 5-day residential at Perth during the first week of summer holidays.

We held a joint Holy Week Service at the new Church in Balmedie. In some ways perhaps our Services in a part-finished building is appropriate, with carpenter tools lying nearby. Subtle reminders of our Master and his human trade.

The Scottish Congregational Fellowship of Churches, which we belong to, are making plans to repair a pump run by a solar panel, in a small village in Malawi. A Health Clinic relies the pump for its water supply. The system is now some 12 years old and our 'electrical engineer' hopes to head up a team later this year to repair the system.

**Rev. Andy Cowie**



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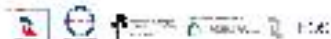
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## A GOOD AGE



In recent years I've lost count of how many patients say to me "Oh Doctor, don't get old!" This is usually from the more spry octogenarians who are upset that they cannot run up the stairs as well as before, or who experience the odd "senior moment", before telling me they are off to a cruise in the Med or a golfing holiday in Spain! My usual reply is "Well, it is better than the alternative!"

It seems to be part of the apparently ageless, pardon the pun, "Cult of Youth" that leads us to have a very negative view of getting old. That being said, it is something that will affect us all, if we are lucky, and I think we should approach this inevitability in a more positive way.

As someone who now makes the odd involuntary grunt when getting up from a chair, or indeed when sitting down, and now needs reading glasses when I use my contact lenses, I realise that I am looking down the road at all the challenges of advancing years. So how best to meet these?

Nowadays there are those who make regular trips to their local cosmetic surgeon, or indeed anyone who has bought the drugs and needles, to get botox or fillers injected in various sites. Many seem to end up with a smooth face that barely moves. Others will seek the advice of surgeons to have "body sculpting" done. This really means sucking out some excess fat and lopping bits off, as you would an old hedge. Really sounds appealing doesn't it? Many are happy to spend a small fortune on various creams and potions, because they feel the expense is worth it! Perhaps some will feel the need to recapture their youth and buy a sports car or motorbike. Sadly there are a few who treat their spouse like a second hand motor and trade them in for a younger model! All this to try and retain a notion of "youthfulness". I think in nearly a quarter of a century of general practice I have seen most variations on these themes!

I feel that these examples are not the best way to handle the inevitability of ageing. Taking a more positive attitude and accepting that, if you are lucky enough to get old, the best way is to view it as another part of a full and hopefully healthy life.

I am not advocating that you should just give up and meekly await the "swoosh" of Old Father Time's scythe, there is plenty you can do to age well and healthily. Try and think as wine experts do; a good wine needs to mature and gain complexity so that it is more enjoyable and satisfying to drink. If you are not a wine lover, then think about a fine malt whisky, again it needs ageing to develop a full and satisfying taste. I am conscious that alcoholic metaphors may not be particularly "PC" but although aged cheese could be used, it does tend to be called "ripe" and usually has a strong smell, so while it may be accurate for some people, I do not feel it is the best example to use!

Life can also be like these examples. View the passing years as a chance to learn, mature and enjoy the experience, and not fret about the odd wrinkle or six! So what if you need specs to read the paper, or you cannot stand those high heels anymore, enjoy being comfortable! Come to think of it, another advantage of being older is the cyclical nature of fashion, all your clothes from decades ago are suddenly trendy again, and all you have to do is wash off the smell of mothballs!

Ageing well is the real challenge; acceptance of the passage of time is just the start. It will be absolutely no surprise to you, given my nagging in the past, that a key part of achieving this is staying active. This is not only in the physical sense, but mentally as well. A great example of this was a patient whom I saw earlier this year, 88 years young, but needing some help with arthritis in the hands, as they were beginning to struggle when playing their Nintendo!

You do not need to rush out and join a gym; this is another thing that should be on my first list! Walking regularly is ideal, and even better if you can do so with friends. Learning new skills can also help. I think a good example is people who dance regularly, as they often not only look fit, but appear younger than their years. Learning new steps and routines helps the brain, as well as the body, stay active. Taking up new hobbies or doing puzzles can all help keep the mind active and preserve the grey matter. If you are older you usually have more time for these, as you may well be lucky enough to have retired.

Eating well, and healthily really does help. A Mediterranean style diet is good for you, and is easy to get nowadays. Keeping salt and sugar levels under control as well as watching portion size is important, and you can have some alcohol, but not as much as we previously thought to be safe. Clearly one big “no-no” is smoking, a sure fire way to accelerate the ageing process as well as a probable earlier appointment with the man with the scythe.

So ageing is not a terrible thing, it is the consequence of long life. Those who are fortunate to experience the passage of time should perhaps reflect on this and view their advancing years with a positive attitude, as this will help deal with the challenges that will arise.

I do hope that ageing is something that you can perhaps enjoy rather than endure and remember it is an opportunity not all of us get. With a bit of luck, we will have a nice summer, but so far the omens are not that good! So wrap up warmly when out for your brisk, bracing walk along the beach, enjoying an ice cream from the Sand Bothy (a small treat is ok every now and then), and I am sure you'll find the challenge of ageing more enjoyable than you may have thought.

**Dr Alasdair Forbes**





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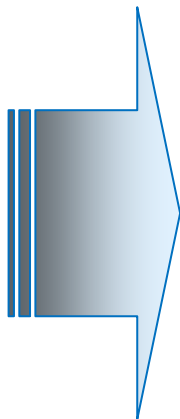
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## BALMEDIE LEISURE CENTRE

Balmedie Leisure Centre is a registered charity. We rely on fundraising to continue our progress in becoming a centre that caters for the whole community.

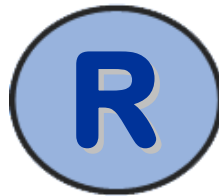
We are planning some great events this year. Our Summer Fete is on Sunday 12th June 11am to 3pm. We will also have a night of wrestling with Wrestle Zone in October. We are also delighted that our brave gymnastics instructor Kerry is going to attempt a tandem skydive on the 7th May to raise funds for the Leisure Centre. We are currently drawing up plans to double the size of our fitness suite, install two fenced play areas: one for the twos group, the other outside the coffee shop. We also plan a play barn with a multi-use games area so do keep an eye on our Facebook page for progress, updates and other events. Any fundraising ideas you may have or any help you would like to give would be greatly appreciated.

Finally if you haven't been into our facility before, or it's been a while since we last saw you, please pop in and have a look. It costs you nothing to walk through our doors, and we think you will be pleasantly surprised at the range of classes and activities on offer, whatever your age, or fitness level. Our staff and committee look forward to welcoming you to your Community Leisure Centre.

**Bill Murray** Voluntary Committee Chairman

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## PARISH THREADS

### **'There's more than one way to pickle a beetroot...'**

When the sea at Balmedie was keeping itself busy purling waves under a bone white moon and the Belhelvie sky was slinging threads of sleet over the Sand Bothy, we began our journey home. Before we left we dealt with a skink that had stranded itself in a saucepan, its body reflecting like liquid silver as it circled in its metal enclosure. After letting it loose onto the warm rocks outside, we upturned the pans to allow safe wandering in our absence.

Moving on to see the family in Michigan we were as usual caught out by slight cultural differences. On our first shopping trip I asked Grandson One to get the trundler, accidentally reverting to the Kiwi name for said shopping aid. 'What the heck's that dude?'. He said, in that modern ever so casual way the younger generation use to address their elders. 'Err,' I said 'You know... the shopping trolley'. I struggled against a fog of jet lag. '...The thing you push ...to get stuff... from the shop'. 'Oh that,' said he smartly, 'you mean the shopping CART'.

It's hard to keep up with things. Scotch pancakes, hot cakes, drop scones, pushchair, buggy, and stroller... whatever. Local names have to be respected though, so I gave the grandson and the sky a smile and moved on. It's ironic that the older you get and the further you go, the less you know. Leaving the door open to the unknown is important. We all know that. The irony is that the things we need to transform us like wisdom, love and grace are out there waiting until we get uncomfortable. When Baldrick was asked if he knew what irony meant he replied that it might be something like bronzy but made of iron. Well sometimes things do seem a bit bronzy. Take the moment when we were eating our sandwiches by a New Zealand river with a group of 'Ten pound Pom' retirees, born in the U.K. A packed canoe glided by with two men paddling. 'Are the natives friendly?' boomed one of the paddlers in an English voice.... 'Yes,' We called back politely. 'In that case,' he continued, 'I claim this land in the name of King George,' and he and his equipage was borne away on the current.

Back in King George's time, near where we were staying in Michigan, James Audabon was painting birds. He would shoot them with lead pellets and then wire them into realistic poses to paint. Some of those species (partly due to him) are now extinct. In 1826 he struggled to find publishers for his four-volume set and it was Scotland in the form of an Edinburgh engraver who took on the challenge of turning them into the magnificent folios of bird prints that are still the best of their kind. They inspired John Muir, the environmentalist who spent his first eleven years in East Lothian. In collaboration with president Roosevelt he designed laws to create the first American National Park. Modern American politics are not so easy to

understand. Maybe we should be more interested now that we have a possible president owning land in our parish. Somebody told us that if we were going to America we'd need cheese in our ears.... a mysterious notion until you hear the ideas on the election campaign. Some of the candidates do seem to have what Burns called 'whigmaleeries in their noddles'.

Avoiding talk of Republicans and Democrats with the boys, I discussed the new film 'In the Heart of the Sea' and the grand story of 'Moby Dick' that it predates. It didn't go terribly well. Melville's themes of man's hubris and lack of understanding of the great unknowable natural world was hard for them to grasp, especially when the second part of the whales name was so very amusing.

As oil production slows here in Aberdeenshire and the world struggles for balance it is challenging for us to understand too. It is quite something that only 200 years ago entire cities were lit by whale oil. At the end of the film there is mention of the rumour that oil had been found by digging in the earth... 'A likely story,' was the reply. We cannot see into the future but it wasn't that long ago that people believed that if a duck's bill was put into the mouth of a sick child the duck could breathe away the sickness.

Mary Cane

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## A TASTE OF THE PAST



A wonderful record of days gone by in Balmedie Parish is the film “Belhelvie Jubilee Gazette 1935” which was lying for over 50 years in a cupboard in Belhelvie Church before being discovered by a Session Clerk and sent to the Edinburgh Film Archive.

Captain Loutit, a local Balmedie man, made this 30-minute silent film to celebrate the Royal Jubilee in 1935. It captures scenes of working life and leisure in the villages of Belhelvie Parish at that time. From ploughing matches to salmon fishing to blacksmithing, we get a glimpse of just what was going on in the parish in the 1930s. Local folk are seen going about their business, Ministers at manses, pupils in schools, Girl Guides doing badges and work on the Holdings are all recorded for posterity. Travel back in time and have a look – you may even see some kent faces!

Our thanks go to reader Bill Archibald who brought this to our attention. This film was shown over 20 years ago on the Grampian Television programme “The Way We Were” along with a commentary by local man Bill Reid. Captain Loutit was known to show his films for six pence at the Green Hut! More recently, Mary Cane has shown the film at Balmedie Library. Now you can view “Belhelvie Jubilee Gazette 1935” on the “National Library of Scotland” website, or you can access it at <http://movingimage.nls.uk/film/3371>.

### BELHELVIE BOWLING CLUB

At Belhelvie Bowling Club, the 2016 bowling season is underway, despite the bad weather we are having as Banter goes to the press. We are still hoping that we will get some new members this season. 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).

On 15th July we are having a FUN evening, when you can try your hand at bowls with some help from other members. This will be followed by something to eat and drink and a quiz. Do come along and join the fun.

We now have a website: [www.belhelviebowlingclub.com](http://www.belhelviebowlingclub.com) where you can follow the events and results for our games. If you would like to know more, please phone me: 07729 817718 /01358 723126 or email

[marion.donald@btinternet.com](mailto:marion.donald@btinternet.com)

**Marion Donald**



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Dear Residents,

It is with much regret that Better Balmedie has to inform our friends and neighbours that it is highly likely that we may have to cease, or at least, seriously curtail our activities at the end of the summer unless we can find a new location to store our gardening equipment, grow plants, and possibly erect our polytunnel.

This has come about because the Balmedie Leisure Centre committee (who are our landlords) have informed us that we must vacate the area behind the Leisure Centre as it wishes to extend the facilities there.

Over this time, we have received generous and positive support from residents and visitors to Balmedie alike. We have also received welcome support from the Community Council who recognise the benefit and improved amenity we have brought to the village.

As a group we think it fair to say that we have transformed the village through the installation and upkeep of the various planters and flowerbeds around the place. We have also looked after significant grassed areas not owned or maintained by the council. Most of the benches you see around the village have also been installed by us. There are also extra litterbins which were sadly lacking before, and which partly came about through our requests to the council.



We have also been actively engaged in organised litter picks (over 20 in the last 5 years) and have filled countless wheelie bins which would not have been done otherwise - often in less than ideal weather. The council does not have the resources to do this.

Better Balmedie came about as part of survey carried out by Aberdeenshire Council in 2010 as to the needs and future aspirations of local residents of Balmedie. Something, which started out only as an idea, has blossomed into a respected and valued activity, which has developed far beyond our modest beginnings and continues to grow for the benefit of everyone.

Unfortunately owing to plans, outwith our influence or control, our future looks bleak unless we can find another location in the near future. If you are able to offer Better Balmedie a suitable site, or know of one that we could relocate to please contact Alan Leith 01358 743759 or by email [leith8WU@btinternet.com](mailto:leith8WU@btinternet.com).

*Better Balmedie*



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## BALMEDIE BEAVERS' EGG-DROPPING COMPETITION



We were set a challenge to drop eggs from a height and make containers to make sure the eggs survived the drop.

We made them from lots of things like cardboard, egg boxes, yogurt pots, cotton wool, sponges, gloves, string, and much more. At first we dropped the eggs from the height of a Beaver (120cm), and then from way up at the top of the climbing wall (300cm).

We started with 24 eggs and more than half survived the first drop. The drop from the climbing wall was really hard, only a few of them survived that. It was *reeaaally* fun and we earned our challenge badges for doing such a good job.

*Written by Beavers: Luke, Chili, Josh, and Lochlan*

## RAINBOWS

2nd Belhelvie Rainbows in Balmedie are holding a Beetle Drive on the 7th June in order to raise funds for Guide Dogs for the Blind.

The Rainbows are hoping to have a visit from a training puppy or a fully trained guide dog this term, so they can learn about the importance of service dogs. The Rainbows are working towards their Creature Comforts Badge.

We meet every Tuesday at Balmedie School from 6 – 7pm during term time. You can find details about joining a Rainbow group on the Girl Guiding website.

**Audrey Porteous**



## BELHELVIE BROWNIES

*Zoe Boon and Kaci Clayton (both aged 10) have written an article all about 2<sup>nd</sup> Belhelvie Brownies.*

In Brownies we do loads of games, crafts, baking and having fun. We also have outings and recently we went swimming where several of the girls got their swimmers/swimmer-advanced badge. This is one of the many badges that we can gain in Brownies. We also had a dance teacher in to teach us a lovely dance. We currently have 24 Brownies and we are going on Brownie Holiday in May to Monymusk where we will have loads of fun. The theme that we have chosen is "Disney".

Brownies are currently full but will have space after the Summer Holidays. For more information please contact Marianne McIntosh on 01358 724231.

## BELHELVIE GUIDES SKIPPING FOR CHARITY

1<sup>st</sup> Belhelvie Guides took to the ropes during a fun skip-a-thon for the well-known charity Sports Relief. We skipped in a relay for one hour. Some girls went the extra mile by skipping when it wasn't their turn! With the generous donations of family

and other sponsors, we managed to raise £72 and had a fantastic night with heaps of fun.



1<sup>st</sup> Belhelvie Guides meet on a Tuesday night from 7pm to 8.30pm. We do a range of fun and active activities including craft, games, outside activities and we also get the chance to go on fun-filled camps.

We are always open to newcomers so please get in touch if you would more information from our leaders: Christine Coldwells (c.d.kay@abdn.ac.uk) or Liane Wood (liane.wood@hotmail.co.uk)

**Emma and 1<sup>st</sup> Belhelvie Guides**

## **1<sup>st</sup> BELHELVIE RANGERS**

We've started this term on a crafty note, learning how to do patchwork and quilting. We're making mini quilts; a perfect size for a teddy bear or to be used as a placemat. This will take us a few nights to get finished and it's great because it's using up my stash of fabric!

We've not got many meetings before the summer holidays as we're taking some breaks to allow for study leave. Ellie, who is also a cub leader, will be going off to help at the Blair Atholl Jamborette in the summer and Amy, who is also a young leader with the Brownies and Rainbows, will be helping at the Brownies' camp in May. After the summer we will be having our 100<sup>th</sup> Birthday celebration and hopefully getting outdoors before the weather turns (worse).

We are really keen to get new members. You don't have to have been in Guiding before, and we meet flexibly to allow for exams/ work etc. We can even change night or meeting place to help more members attend. Rangers are for young women aged 14 to 26 years old and we meet fortnightly in Potterton. Each meeting costs £3. 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](mailto:s.osbeck@rgu.ac.uk)) if you are interested in joining us.

**Susan Osbeck**

### **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.

On 14<sup>th</sup> June we are having our summer outing. The bus will leave Eigie House at 11.00am and lunch will be at Morrison's Hotel in Oldmeldrum. We will then have afternoon tea and a look around the Garden Centre at Kellock Bank, by Inverurie. If you would like to join us on our outing, or if you would like more details about our Summer Programme, please phone [Vic Deans](#) (President) on 01358 743634 or [Margaret Murison](#) (Secretary) on 01358 743634.

### **THANK YOU ADRIAN**

Banter would like to say a big thank you to Adrian Holt who has been a long-time Banter distributor in the Chapelwell area of Balmedie. He has served us well over the years and we are very grateful to him for going out in all weathers to get our community magazine out to everyone. Rosemary Nixon has kindly offered to take over deliveries in this area. Thank you both for your support.

## BALMEDIE LINKS NURSERY SUCCESS



Never would we have imagined that the nursery would come so far in such a short space of time! Our latest success is such a huge achievement for everyone in our team. Within a period of six months we have managed to turn the nursery around and can now rival the best nurseries across the city and shire.

This has taken considerable effort. Much time has been spent delivering training to staff, highlighting and promoting the best possible practice. To ensure this high quality practice is the norm in our nursery, we carry out a very thorough monitoring and auditing procedure.

The commitment and hard work by our staff has certainly paid off. During our recent inspection in January 2016, the Inspector stated that Links Nursery is unrecognisable from the way it was just six months before. We were delighted to be graded with a range of '4's and '3's, excellent grades that we had hardly hoped we could achieve in the short period of time we had to improve the situation.

The facilities we have here at Links Nursery are fantastic. The building is spacious, bright, well ventilated and welcoming. We have great outdoor space that the children now access on a daily basis. We have also changed our catering to improve things for the children. We use an outside catering company to provide us with a varied choice of meals, in-line with current guidelines.



Our Staff Team focus on each child's individual needs. They provide children with valuable experiences that offer learning opportunities for all. Children progress at their own rate, following learning programmes that take on board each child's learning differences and preferences. We aim to encourage independence, and create happy children who feel comfortable within their learning environment.



Links Nursery would like to thank the parents who have supported us as we have introduced the changes necessary to reach our present high standard of service. We are delighted to have gained such a high standard in our recent Inspection. Our best reward however, is the sound of happy children playing and learning. Their laughter and delight is one indicator that we are getting things right!

**Lyndsay Fleming, Manager Links Nursery**

*A visit to Links Nursery was certainly a very positive experience. The building is indeed bright and spacious, purpose-built, with areas planned to ensure the best use for children's activities. The atmosphere is warm and welcoming and staff and children are actively and happily involved in teaching and learning.*

**Editor**

## **BELHELVIE COMMUNITY COUNCIL**

Aberdeenshire Council has made the village tidy up scheme available again for 2016. The settlements of Balmedie, Belhelvie, Potterton and Blackdog will receive funding to employ a Tidy Up Person for the summer season.

Aberdeenshire Council Area Manager, Elaine Brown, held a 'Making it Real' meeting on 14th March at Balmedie Primary School. It was well attended by members of the BCC, BCT, Balmedie Leisure Centre, Aberdeenshire Council Officers, Blackdog Residents Association and residents from across the Parish. The police were also in attendance. It was a very worthwhile meeting – and Elaine Brown is looking to hold another one in September.

The next landfill payment from Easter Hatton Environmental Ltd will be received towards the end of May. This payment will complete the funding required to upgrade the Potterton football pitch, Belhelvie football pitch and play park and the two 7 a side pitches in Balmedie. Three tenders have been received from contractors to complete the works this summer/autumn. The chosen contractor should be appointed very soon. Funding is also be available for the Blackdog Residents' Association to upgrade their football and leisure park, and for the Balmedie Leisure Centre to replace and upgrade the heating boiler.

If any local groups would like to apply for funding for an environmental project, please contact BCC, phone 01358 742118 or email [eagc@hotmail.co.uk](mailto:eagc@hotmail.co.uk).

Community Council meetings are held monthly, on the third Monday of the month and start at 7.30 pm. They are normally held in Balmedie Primary School, except during school closures/holidays when they are held in Belhelvie Community Centre (Green Hut). The public are welcome to attend.

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## MESSAGE FROM LOCAL POLICE

I am one of your local Sergeants based within the Formartine area and I am your single point of contact for the Belhelvie parish. I have attended various community council meetings over the past year and, frequently, road safety issues are reported to us.

One area of particular concern is the A90 at Balmedie, which has recently been changed into a temporary 50 mile per hour limit. The Trunk Roads Policing Unit frequently polices this stretch of road. Recently, two drivers were recorded driving at 84 and 82 miles per hour within the zone and have been reported to the Procurator Fiscal. Patrols in these areas will continue and any drivers found to be driving above the speed limit face a minimum fine of £100 and 3 penalty points.

Following complaints of speeding in Blackdog, we placed a speed warning sign in the village at the beginning of March, which records the speed of passing vehicles. Over 6000 cars passed the sign during this time and only 6 drivers were recorded as being over the speed limit. We encourage you to continue to report inconsiderate and careless drivers and we will take appropriate action against those reported.

Within the villages, we continue to see low levels of youth disorder and anti-social behaviour. However, we are not complacent and we need you to tell us where these incidents are occurring and who is responsible.

Over the coming months, I would like to hear from anyone within the community who wish to discuss any incidents of concern to them.

We can be contacted on 999 for emergencies, 101 for non-emergencies or email us at [EllonDistrictCPT@scotland.pnn.police.uk](mailto:EllonDistrictCPT@scotland.pnn.police.uk).

**Sergeant Alex Carle**

### BELHELVIE SWI

By the time you read this, the Belhelvie (Rural) SWI meetings will have finished for the summer break, apart from our meal-out to be arranged sometime in June. No doubt the summer months will pass too quickly. Our first meeting in September is Wed. the 14th and the first whist is 28th September.

The syllabus has not been completed yet but we hope to have a variety of speakers and demonstrations. We would welcome new members, so please, if you would like to come along, don't be shy. If you would like to give the SWI a try, do get in touch (details below).

We meet in the very comfortable lounge of Egie House, Balmedie, Wednesdays at 7-30pm. Parking is on the street and there is easy access for the less able.

**Elaine Strachan Tel: 01358 743173**





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11AM – 3PM

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\*OUTSIDE ARCHERY\* \*CLAN MINI RAFFLE\*

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\*JEWELLERY\* \*CHOCOLATE TOMBOLA\*

\*LITTLE MOON TIGER\* \*BAKING\*

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We would be grateful for any help you can  
give us as we are hoping to open The Sand  
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# SUMMER TIME FOR BACKACHE AND SCIATICA

## RECIPE FOR DISASTER!

- Relax for the winter – take hardly any exercise “cos it’s too cold’
- Slump in easy chairs, overeat, put on weight, let muscles lose tone
- First sign of good weather – garden for HOURS at a time or even the whole weekend, digging, pulling out plants, roots and all things pullable, push heavy wheelbarrows, hammer fences, clear leaves, trim trees and hedges with no breaks as it has to be done .....

Most trauma to the back is really a result of an accumulation of minor problems, those twinges we ignore. If we have been a bit lazy over the winter and head to the garden, it really is a case of ‘an accident just about to happen’ ..... You may not actually have to do much to feel something ‘go’ or ‘pop’ and then suffer the consequences.

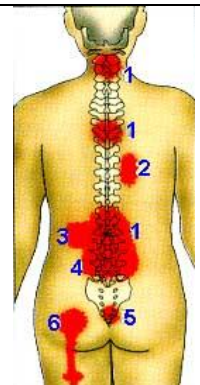
Gardening problems are a form of Repetitive Strain Injury and can be avoided with a wee bit of planning and getting into healthy back care routines. The lower back is vulnerable but any part of the back can be strained depending on the work done.

At sites 1 and/or 2 your back pain could be due to bones being slightly out of alignment causing inflammation and muscle spasm. This could be caused by reaching, lunging, pushing, if not there already from texting or long hours at the computer .....

At site 4, this back pain could suggest lumbago, muscle imbalance, tight muscles at one side because of the pelvis being out of alignment, or muscle spasm coming from a source above or below. This is the area that screams when you over-dig or lift loads inappropriately.

Sites 5 and 6 suggest problems with the triangular bone (sacrum) at the base of your spine or your tailbone (coccyx). This can give pain in the buttock and/or down the leg (sciatica). This area is easily strained and is responsible for many very painful backs and may be accompanied by pain from no's 3 or 4.

*See your GP if your back pain is at site 3 and you suspect a kidney problem e.g. you have frequency or discomfort passing urine*



Facet joints control movement between each spinal bone. They can succumb to sprains and

inflammation leading to pain. Discs take the majority of the load but it is much more common to have a facet joint problem than a disc one.

Nerves (the electricals) exit via a special opening that is made by the facet joints - symptoms can include numbness, tingling, pins and needles and muscle weakness.

Classic symptoms are difficulty turning over in bed, struggling to put on shoes and socks, pain getting your legs in and out of the car, stiffness in the lower back when getting up after sitting for long periods and when getting up from bed in the morning.

Pain may radiate to the legs, which can be scary especially if someone tells you it must be a disc problem. Tingling in toes or feet can happen too.

Pain can be first thing in the morning and eases as you get moving; or it gets worse as the day goes on and you get tired. There is a reason for this and this helps in the assessment of the problem. Usually, pain can be relieved in certain positions and gets worse in others – the body is trying to tell us something!

Most often, the pain comes from muscle spasm from a facet joint sprain or a sprained sacroiliac joint! It is probably not serious and an osteopathic treatment should get you on the road to recovery.

## **FOR A HEALTHY BACK REMEMBER TO:**

- Be more aware of your posture (Massage Therapy can help with awareness).
- Prepare for your gardening or work with stretching and a warm up e.g. brisk walk.
- Keep moving! Your back was built to move and is stronger than you think if you use it properly. Walk daily, arms swinging.
- Bend your knees, feet apart with straight back when you lift – let the strong leg muscles do the work and bend from the hips.
- Hold objects close to you as you lift.
- Keep the movement simple – don't twist at the same time.
- Take time between tasks to wriggle or even have a gentle stretch.
- Take breaks – enjoy the moment!
- Check you have enough to drink – water preferably.

## **PREVENTION IS ALWAYS BEST:**

- Regular Remedial Massage is ideal for preventing the onset of back pain as the muscles are kept in optimum condition. Stretching becomes easier and more effective.
- Stretching out leg muscles (especially the hamstrings) is all important for hip flexibility then the lower back is more stable and thus safer. A simple routine morning and night makes sense.
- Sit in sensible chairs with support at the lower back and your feet flat on the floor. Avoid slouching and hanging on those lower back ligaments, overstraining muscles. A back support may help in the car.
- Don't slouch – gravity is doing a good enough job without you making it worse!
- Check your mattress is firm enough – (tho' not too firm).
- Warm up and cool down with exercise.
- Have fun – keep your body flooded with feel good and healing hormones.
- Check your diet is healthy with energy giving foods!

Do start your good habits now so you can enjoy the summer!

**Maggie Brooks Carter, Osteopath**



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## BALMEDIE LIBRARY

Library opening times are:

Monday	14.30 - 16.30	Thursday	10.00 - 13.00
	17.30 - 19.30	Friday	CLOSED
Tuesday	CLOSED	Saturday	10.00 – 13.00
Wednesday	14.30 - 16.30		
	17.30 - 19.30		

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 themselves and for various charities. They are a very friendly group and extend a warm welcome to new members. They meet here every Thursday morning from 10.30 - 12.30.

Look out for the posters advertising our Summer Reading Challenge, which starts again in June. The children in Balmedie and surrounding areas are always enthusiastic participants and we really enjoy seeing you all in the library. The Summer Reading Challenge is a great way of encouraging children to keep up with their reading during the summer break and getting a wee prize for their efforts.



We would like to say a big thank you to all at Better Balmedie for the lovely flower displays outside the library. The Owl and the Pussycat is very popular particularly with children. The display of crocuses was absolutely stunning this year prompting many positive comments. We really appreciate all the hard work that Better Balmedie do, not only at the library, but also around the whole village. Thank you.

Why not step into your local Library and find a whole new world where our helpful staff will assist you to get the most out of your library experience. We look forward to seeing you.

For more information on Aberdeenshire Libraries, please visit

[www.aberdeenshire.gov.uk/libraries](http://www.aberdeenshire.gov.uk/libraries).

**Maureen Muirden, Librarian**



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Aberdeenshire Libraries now provides a new resource – British Newspaper Archive which can be accessed online in any Aberdeenshire library. There are over 10 million fully searchable pages, featuring more than 200 newspaper titles, dating from 1710 to 1955, from all over the UK and Ireland. Local newspapers include the Aberdeen, Banffshire and Stonehaven Journals, the Peterhead Sentinel, Aberdeen Evening Express and Aberdeen Herald.

British Newspaper Archive is a rich source of news articles, which cover every aspect of news from the World Wars and the sinking of the Titanic to local community happenings. Family history enthusiasts can view birth, marriage and death notices as well as engagements, anniversaries, obituaries and congratulations. Users can also view photographs, maps and editorial cartoons, adverts and letters. There is a My Research area where you can store and organise articles you have viewed for future access.

It's free to search but to view the original newspaper pages you need to be in one of our libraries and sign in to the service (after registering the first time). Access details are available at <http://bit.ly/23H5Ucx>.

To find out more, contact your local library/ email: [libraries@aberdeenshire.gov.uk](mailto:libraries@aberdeenshire.gov.uk).



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# Ask Tattie



# the Bogle

*Dear Mr Belhelvie Tattie Bogle,*

*I am learning to count at Balmedie School. It is really difficult. Do you have any hints?*

My dear young friend,

(Sorry but you didn't give me your name to address you personally).

My friend the Garioch T.B. (whom I may have mentioned before) tells me that the shepherds on the hills of Bennachie used to count by holding on to their waistcoats. Under their breath he could hear them say: "Yan Tyan Tethera..." does that sound anything like one two three to you? Those number words are very ancient from a language called Brythonic Celtic that you humans used back when you were all Britons.

Why did he hold on to his waistcoat when counting? Well he would count to 50 holding on to one button then he would hold on to the next button for another 50. When he had finished counting he would know how many 50's he had to add on to the last group under 50.

Counting is a very useful thing to learn but if you try counting sheep be careful you don't fall asleep.

**B. Tattie-Bogle**



## **BALMEDIE CHRISTMAS LIGHTS GROUP**

The Christmas Lights Group was formed in 2009 and at the start had a large enthusiastic group of volunteers and a full committee. This has dwindled over the years and the group has now been disbanded.

If a replacement group of individuals cannot be found, Balmedie Christmas lights could still be used, if we can get one person who would be willing to coordinate the installation of the lights. There is enough funding to cover the next two years, so there is no need to fund-raise meantime, and you would only have to be involved in November and December. The 21 street lights are stored, maintained and installed each year by 'Scotia Animation Ltd', so it would be a case of coordinating things with them and with their help, applying to the Council for permission to install the lights.

The lights have certainly brought a festive glow to Balmedie in Christmases past, and the Christmas Lights group deserve a big thank you for all their hard work in setting up and running this project over the last six years.



# Beachside Coffee Shop

Eigie Road,  
Balmedie,  
AB23 8YF  
01358 742003

Hi everyone, we have got a lot of things coming up this quarter. Following the success of our Quiz Night we have organized A Ladies' Movie and Cocktail Night (Sat 28<sup>th</sup> May 2016).

Why not get a group of your pals together and watch the all time classic Dirty Dancing (tickets available £10 each).

We have extended our home baking range to include doggy treats & ice Cream made with all natural ingredients they are sure to go down a storm with your pooch so pop in for a coffee and bring your pal along too.



## **BELHELVIE NEIGHBOURHOOD WATCH**

Now that the weather is (finally) starting to brighten up and the days are becoming longer, thoughts are naturally beginning to turn towards a relaxing, well-earned summer break. Whether you're heading abroad for your summer getaway or planning on holidaying somewhere closer to home, it's important to spend some time thinking about your home security before you leave. We've outlined some quick tips below to make sure you can enjoy your holiday and not worry too much about your home while you're away.

- It may be the oldest trick in the book, but it's very effective: setting timer switches for lights. There are now many systems you can control from your smartphone. Lights, televisions and music systems can all help to ward off opportunist burglars. If you have milk or newspaper deliveries, make sure you cancel them before you go on holiday – nothing shouts “we're on holiday” more than a backlog of milk bottles building up on your front porch!
- If you know someone willing to help, ask them to keep an eye on your property and also maintain it while you're away. They could park on the driveway, take your bins out, draw the curtains at night and open them in the mornings – all the little things that help make the property look lived in.
- Selfies may be all the rage, and you'll naturally be tempted to share your 'beach selfie' with your Facebook or Twitter friends while you're away, but be careful and think about who may be able to see it and then know that you are away from home. It may be safer to share your photos and travel updates privately with friends rather than broadcasting them across public social networks.

It may sound simple, but this is how most summer break-ins happen. In the rush to get away, a few home security basics can get missed. Make sure you check, double check and then treble check all your doors and windows – and don't forget any sheds, outhouses and garages as well. Oh, and don't forget to set your burglar alarm if you have one!

If you'd like to sign up to the Belhelvie Neighbourhood Watch scheme, you can do so at [www.neighbourhoodwatchscotland.co.uk](http://www.neighbourhoodwatchscotland.co.uk).

**Paul Collier**

## **CHILDREN'S CRAFT CLUB**

Craft Club is now into a new term and it has been fantastic to see so many new children coming to join us. The Club runs every Thursday from 6.30 to 7.30pm in the school at the cost of £1.50 per week and there is also a tuck shop available. Over the last few weeks we have made bird feeders and have done some baking with chocolate, which has been a real favourite. Hopefully, we will be moving into our church building in Rowan Drive soon. If you are interested in the Craft Club, get in touch by phoning 01358 743114.

**Catherine & Diane**

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# BALMEDIE BEACH LITTER SQUAD

## Who are we?

During our recent visit from 'travellers' to our glorious Beach and Country Park, someone was heard to say, 'We've got our Beach Litter Squad and the Council to clear up the mess'. So I wanted to clarify exactly who and what the litter squad is and what our aims are.



Firstly, I would like to highlight the real star following the awful mess that was left behind by our visitors who appear to have a blatant disregard for other peoples' space, and no consideration for our natural environment. Gary, our local council worker who is employed to clear up at the beach was the one who had to deal with the majority of the disgusting mess left behind, and he deserves a medal! I think we all appreciate just what he had to deal with and I'm sure you will all be behind me in saying a huge THANKYOU to him! Also, our thoughts were with the Milne family who subsequently had to deal with the mess and expense when their land was taken over by the travellers. This was a very distressing situation for all concerned.

So to get back to the question of **who are we?** Balmedie Beach Litter Squad is comprised of me, you, Joe Bloggs who walks his dog every day, joggers, footballers, beach combers etc. It's basically, any of us who frequent the beach and country park. It is not about a group of people who spend all their spare time happily going around picking up everyone else's rubbish as they've nothing better to do. It's about all of us doing our bit by taking a bag and a litter picker out if we're out anyway. It doesn't have to be every day, but every so often, it helps. So let's not be complacent, it's down to *all* of us.

**Our aims** – Through our Facebook page, we aim to highlight the extent of the litter problems and, if possible, identify the culprits, after all, littering is an offence. Our page was taken down temporarily recently due to the volume of abusive and negative remarks aimed at the travelers – this is not what the page is for. We are working with local businesses and the council to **get rid of plastic bags** by offering alternative biodegradable ones. Please support our scheme by refusing single use plastic carriers, taking your own shopping bags (or asking for the biodegradable ones), and help stop littering our planet with plastic! Recent UK beach clean-ups have found significantly reduced numbers of single use carrier bags around our coasts so it just goes to show we can change things.

**Lisa Leith**



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[www.facebook.com/love.rara.zarawilke](https://www.facebook.com/love.rara.zarawilke)



## BANTER Autumn Edition

Remember, deadline for copy is Friday 29th July. The production of this Summer edition has been particularly challenging for the group of five volunteers! We have

both increased its number of pages and gone into full colour production - we hope you like it but feel we would benefit from a bit of extra support to help us maintain and improve the quality of our quarterly publication. If you would like to join the 'Banter' team, please contact us at [belhelviebanter@live.co.uk](mailto:belhelviebanter@live.co.uk) or phone 0776 331 4579 or 0776 256 4321.



## BELHELVIE BANTER FACEBOOK PAGE



Many of you are aware that Banter has now got a Facebook page and some of you are posting 'comments' and 'likes' on it - we'd like to encourage even more of you to do so. Our Facebook page can be found easily by entering 'Belhelvie Banter' in the 'Search' box on Facebook or by: <https://www.facebook.com/belhelviebanter>.

Within the first few months we've received hundreds of 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.



## WHO'S WHO

<b>Ambulance/ Police/ Fire Brig.</b>	emergency	999
<b>Police Scotland</b>	non-emergencies	101
<b>Fire Brigade</b>	non-emergencies	01224 696666
<b>NHS 24</b>	(18.00 to 7.00)	0800 111 999
<b>Scottish Gas</b>	emergency line	0845 600 8855
<b>Scottish &amp; Southern Energy</b>	emergency line	0800 300 999
<b>Scottish Water</b>	emergency line	0845 600 8855
<b>ABERDEENSHIRE COUNCIL:</b>	HQ, Gordon House, Inverurie	01467 628011
	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:

<b>Beavers (Potterton)</b>	All enquiries to Ian Thomson	
<b>Cubs (Potterton)</b>	Group Scout Leader	07743844040
<b>Scouts, Explorer Scouts</b>	Balmedie.scouts@btinternet.com	
<b>Rainbows (Balmedie)</b>	Claire – through <a href="http://www.girlguiding.org.uk">www.girlguiding.org.uk</a> website	
<b>Rainbows (Potterton)</b>	Pauline Wood	01358 743002
<b>Brownies (Balmedie)</b>	Marianne McIntosh	01358 724231
<b>Brownies (Potterton)</b>	Katherine Hebron Scott	01330 833448
<b>Guides (Balmedie)</b>	Christine Coldwells	07766050457
<b>Rangers (Potterton)</b>	Susan Osbeck	01224 703335

### CHURCHES:

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

### MEDICAL CENTRES:

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

### DENTISTS:

<b>Bridge of Don Practice</b>	2 Balgownie Rd AB23 8JP	01224 703010
<b>Grandholm Practice</b>	Grandholm AB22 8BH	01224 701890
<b>Kingseat Practice</b>	Business Park AB21 0AZ	01651 260200
<b>Oldmachar Dental Care</b>	Jesmond Drive AB22 8UR	01224 827095
<b>SR Rankin Dentist</b>	30 Ellon Road AB23 8BX	01224 820775

## **SCHOOLS:**

**Balmedie Primary School**  
**Bridge of Don Academy**  
**Ellon Academy**

HT Ken McGowan  
HT Daphne McWilliam  
HT Tim McKay

01358 742474  
01224 707583  
01358 720715

## **COMMUNITY CENTRES:**

**Balmedie Leisure Centre**  
**Potterton Community Centre**  
**Belhelvie CC (Green Hut)**

Bill Murray  
Joanne Murray  
Joanne Murray

01358 743725  
01358 727910  
01358 727910

## **POST OFFICES:**

**Balmedie PO**  
**Potterton PO**

Eigie Road, Balmedie  
Potterton

01358 742556  
01358 742670

**Balmedie Pharmacy**  
**Belhelvie Community Council**  
**Belhelvie Community Trust**  
**Belhelvie Banter**  
**Balmedie Out of School Club**  
**Balmedie House Eventide Home**  
**Balmedie Library**  
**Balmedie Friendship Group**  
**Potterton Community Group**  
**Better Balmedie**  
**Balmedie Beach Litter Squad**  
**Neighbourhood Watch**  
**Belhelvie Bowling Club**  
**Aberdeen Balgownie Rotary Club**  
**Scottish Women's Institute (SWI)**  
**The Sand Bothy Project**

Dickies, 3 Rowan Drive  
David Watson (Chair)  
Rosie Nicol (secretary)  
Jess Petrie  
Lynne Fyfe  
Ann Reid, Service Manager  
Maureen Muirden (Librarian)  
Margaret Murison  
Caroline Anderson  
Allan Jeffrey  
Lisa Leith  
Paul Collier (Belhelvie)  
Marion Donald  
Graham Donaldson  
Elaine Strachan  
Lisa Leith

01358 741226  
01358 742118  
01358 742557  
07763314579  
07920295508  
01358 742244  
01358 742045  
01358 743634  
07920280212  
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07825 216233  
07729 817718  
01224 744144  
01358 743173  
01358 742430

## **KIDS' STUFF**

**Kindergym**

**Messy Monkeys**

**Fun-nastics**

**Pitched**

**Gymnastics Club**

**2s Group**

**Baby Clinic (1<sup>st</sup> & 3<sup>rd</sup> Wed of month)**

**Parent & Toddler (2<sup>nd</sup> & 4<sup>th</sup> Wed)**

**Balmedie Out of School Club**

**Mainly Music, Forsyth Hall**

**Balmedie Craft Club**

**Under 5s Rhymetime (monthly)**

**Child-minder, Potterton**

**Child-minder, Belhelvie**

**Links Nursery, Balmedie**

**Flowerpots Childcare, Kingseat**

These first 8 groups take  
place at the Balmedie  
Leisure Centre. For details,  
phone Shona.

01358 743114

Lynne Fyfe  
Jeanette Lamb  
Catherine Cassie  
Maureen Muirden (Library)  
Pauline Wood  
Linda Carroll  
Lyndsay Fleming  
Alison King

07920295508  
01358 742684  
01358 743114  
01358 742045  
01358 743002  
01358 741988  
01358 743094  
01651 869078

## SUMMER DATES for your DIARY

### MAY

Sat 21	Litter Pick	Polytunnel, Balmedie	10.00
Fri 27	50+ Coffee Afternoon	Potterton CEC	14.00
Sat 28	Better Balmedie Plant Sale	Polytunnel, Balmedie	10.00-14.00
Sun 29	Annual Memorial Service	Belhelvie Church	11.00

### JUNE

Sat 4	Summer Fête Potterton	Stead Inn	13.00
Sat 12	Summer Fête Balmedie	Leisure Centre	11.00-15.00
Sun 19	Prize Giving & Sunday School Picnic	Belhelvie Church	11.00

### JULY

Fri 15	Fun Evening	Belhelvie Bowling Club	19.00
Wed 27 - 29	Summer Holiday Club for Primary Children	Forsyth Hall	

### Weekly

Wed	Pilates	Potterton CEC	19.30
Thu	Knit & Natter	Balmedie Library	10.30-12.30
Thu	Balmedie Kids Craft Club (term time)	Balmedie School	18.30-19.30

### Fortnightly

Tues	Friendship Group	Eigie House	14.00
Wed	SWI	Eigie House	19.30
Wed	1 <sup>st</sup> & 3 <sup>rd</sup> Wed of the month - Bingo	Eigie House	19.30

### Monthly

1 <sup>st</sup> Tues	Coffee Haven	Forsyth Hall, Belhelvie	10.00-12.00
1 <sup>st</sup> Wed	Rhyme Time (Under 5s -term time)	Balmedie Library	14.00-14.30
2 <sup>nd</sup> Mon	Potterton Community Group	Stead Inn	19.15
3 <sup>rd</sup> Mon	Belhelvie Community Council	See article	19.30
4th Mon	Belhelvie Community Trust	White Horse Inn	19.30
4 <sup>th</sup> Wed	Whist	Eigie House	19.30
Last Sat	Pop up café (but not July)	Potterton CEC	10.00-12.00

### Youth Groups (during school term time)

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	
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

Mon 6 Jun	Holiday	Balmedie, Ellon	
Fri 1 July	End of term	Balmedie, BoDA, Ellon	
Tues 16 Aug	School resumes	Balmedie. BoDA. Ellon	

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