

# BELHELVIE BANTER

*Balmedie : Whitecairns : Belhelvie : Potterton : Blackdog*



**EDITION 28**

**SEPTEMBER 2016**

# FUNCTIONS

AT



## FREE FUNCTION FACILITIES



PERFECT FOR WEDDINGS, PARTIES, ANNIVERSARIES  
FORMAL DINING UP TO 60, PARTIES UP TO 150  
DAY DELEGATE PACKAGES

 [whitehorseinn.co.uk](http://whitehorseinn.co.uk)

 [horsebalmedie](https://www.facebook.com/horsebalmedie)

 [@horsebalmedie](https://twitter.com/horsebalmedie)

01358 742404 | [bookings@whitehorseinn.co.uk](mailto:bookings@whitehorseinn.co.uk) | Old Road : Balmedie

## EDITORIAL

Here's another edition of Banter full of success stories and community projects moving forward, thanks to all the creative people around who are pulling out the stops to make a difference in our Parish.

The saying: *"Teamwork divides the task and multiplies the success"* certainly rings true for the many groups in our villages that are hard at work, organizing, renewing, building, growing and seeing to it that *"Many hands make light work"*.



At the time of going to press, we remain ever hopeful, still waiting for a pattern of hot summer days to begin, so, with our usual positive slant, we wish you warm Autumn days to recharge your spirits. We hope you enjoy this edition of Banter and welcome your thoughts and ideas as to what you want to read about in a community magazine. Articles from readers would be very welcome, as would photographs of all that's going on in the community. Email us at [belhelviebanter@live.co.uk](mailto:belhelviebanter@live.co.uk)

**Jess Petrie, Editor**

***Front Cover photograph by Neil Donald***

*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!*

## PARENTING COURSE

Several years ago at Belhelvie Church, we ran a parenting course over a few Sunday evenings and we've been thinking for some time that it'd be good to repeat it again. We watched different sessions from a very practical, common sense DVD produced by 'Care for the Family' and then chatted about it over tea and coffee. Folk really seemed to appreciate the material and the chance to talk issues through with other parents. With that in mind, we're planning to run the course again this autumn, though we're still deciding whether to focus on new parents, or parenting kids during the teenage years (or both!). If you're interested please get in touch with the minister, (Paul – [pmckeown1@btconnect.com](mailto:pmckeown1@btconnect.com)) and keep your eye on the Facebook page for more information.

**Paul McKeown**

# HAIR Shack

## Opening Hours:

Monday	Closed
Tuesday	9.30am - 7.30pm
Wednesday	9.30am - 5.30pm
Thursday	9.30am - 4.00pm
Friday	9.30am - 5.30pm
Saturday	9.30am - 2.30pm

Bridal package available

Senior Citizens:

Tuesday / Wednesday / Thursday

tel 01651 862066

26 Oldmeldrum Road · Newmachar · AB21 0PJ

Community Shop and Post Office  
Family-owned for over fifty years  
Your friendly local shop offering newspaper deliveries,  
National lottery and a good range of provisions



**Smith & Co**  
Tel 01358 742670

**The Shop, Potterton**  
**ABERDEEN AB23 8UY**

# INDEX OF ADVERTISERS

<b>GARAGES &amp; TRANSPORT</b>	<b>Page</b>	Lady & Tramp Pet Grooming	60
Cadger's Garage, Belhelvie	11	Positive Paws	52
Cadger's Taxis	52	<b>RETAIL</b>	
Lawrence of Kemnay	32	Bridgefoot Organic Farm	6
Newburgh Motors	28	Flowers by TX	61
Potterton Service Station	28	Pauline Wood Antiques	52
Victoria Garage	41	Potterton Shop	2
<b>GARDEN SERVICES</b>		The Store	44
A&C Gardening	56	<b>SERVICES</b>	
Newmachar Tree Surgery	25	Flowerpots Childcare	42
Parkhill Garden Centre	*IBC	Leigh Alexandra Soft Furnishing	8
Stallard Garden Services	61	Links Nursery	42
<b>HEALTH &amp; BEAUTY</b>		McKenzie Print	61
Balmedie Hair & Beauty	6	MSD Design Ltd	31
Brooks Carter Clinic	48	Pets Crematorium	50
Dickies Pharmacy	4	Robert Lamb Architect	25
D. Leal Chiroprapist	50	SWT Developments Ltd	18
Eliz Ann Ross Physiotherapist	34	Village Childcare	50
1st Class Foot Care	34	<b>TRADES</b>	
Hairshack	2	Anderson Joinery	61
Kingseat Dental Care	59	Carle's Sheds	8
Moon Warrior Yoga	54	Don Tarmacadam	38
<b>LEISURE</b>		Gough Decorators	34
Cock & Bull	*BC	John Duncan Plant Hire	44
Inverurie Panto	58	K F Watson Electrical	24
Jazzercise	6	C MacLeod Joinery	50
Murcar Golf Club	48	Michael Duncan, Builder	33
Newburgh Golf Club	8	North East Oil & Gas Services	54
Whitehorse Inn	*IFC	Prompt Plumbing	56
<b>PETS &amp; THEIR NEEDS</b>		Reid Plumbing & Heating	28
Animal Nanny	56	Wayne Combe Roofing	60

**\*IFC Inside Front Cover \*IBC Inside Back Cover \*BC Back Cover**

**\*\*\*Copy deadline for Winter Edition: Friday 28th October 2016**

**email: [belhelviebanter@live.co.uk](mailto:belhelviebanter@live.co.uk)**



# dickiespharmacy

Birch Way, Balmedie, AB23 8SJ

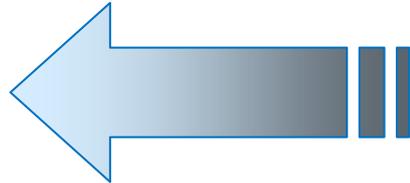
Tel No: **01358 741226**

Opening Hours: Monday to Friday: 9.00 – 17.30

Saturday: 9.00 – 12.30 Sunday: CLOSED

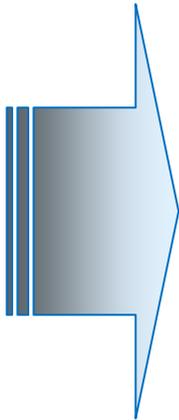
Prescription collection service from the following local surgeries:

- Ellon Health Centre
- Scotstown Medical Group
- Danestone Medical Practice
- Old Machar Medical Practice (Jesmond & King St Practices)



Our services include:

- NHS and Private prescription Dispensing
- Medicine & Healthcare Advice
- Minor Ailments Service
- Smoking Cessation Service
- Treatment of Urinary Tract Infections in Women
- Gluten Free Scheme
- Emergency Hormonal Contraception
- Provision of Compliance Aids
- Offshore Medical Supplies
- Disposal of Unwanted & Expired Medicines



We stock a wide range of:

Yankee Candles, Equilibrium Jewellery,

Terramundi Pots, Perfumes,

Greeting cards, Gift Wrap & Bags.

New in stock:

**Just Jo and Jo for Girls Jewellery!**



## DICKIE'S PHARMACY COMMUNITY DONATION



Dickie's Pharmacy in Balmedie is celebrating its 10-year anniversary and, as part of their celebrations, they had a raffle to raise money for Belhelvie Parish. Here you can see pharmacists Gayle Hewitt and Louise Gunn handing over a cheque for the astounding total of £1200 to members of Belhelvie Community Trust. £600 of this was raised from the raffle and owner Brian Arras, in a very generous gesture, decided to double that amount. The money has been donated to Belhelvie Community Trust (BCT) to be used for projects within the parish. Dickie's Pharmacy would like to thank business people in the area, who helped them by supplying some very generous raffle prizes.

A big thank you to Brian, Gayle, Louise and all the staff at Dickie's. The money they have raised will certainly benefit many projects in the area.

Photographed above are:

*Louise Gunn, Janice Lyon, Allan Jeffrey, Gayle Hewitt, David Moss, Helen Gauld, Councillor Paul Johnston, Rosie Nicol, Rosemary Nixon, Nicola Twine, Rev. Andy Cowie.*

# JAZZERCISE

Classes at Forsyth Hall, Belhelvie  
Monday and Wednesday 7.45pm  
Saturday 9am

Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results... fast. It's a calorie-torching, hip-swiveling, Shakira'd-be-proud dance party with a hot playlist to distract you from the burn.

Burn up to 600 calories in one fun and powerfully effective 60 minute total body workout. Every Jazzercise class combines dance-based cardio with strength training and stretching to sculpt, tone and strengthen muscles for maximum fat burn.

For more information go to [www.jazzercise.co.uk](http://www.jazzercise.co.uk)  
or contact: [jazzercisehelen@outlook.com](mailto:jazzercisehelen@outlook.com)  
or phone: 07511 202871



'Like' us on Facebook at Jazzercise Belhelvie for the most up to date information and our latest offers!

# JAZZERCISE

## Bridgefoot Organic Farm

Aberdeenshire

Grown with love delivered with care



We deliver boxes of organic fruit, eggs and vegetables.



*Contact:*

Bridgefoot Organic Co-op,  
Bridgefoot Farm,  
Newmachar, AB21 7PE  
Tel: 01316 188116

email:

[bridgefoot.organic@btopenworld.com](mailto:bridgefoot.organic@btopenworld.com)  
[www.bridgefootorganics.co.uk](http://www.bridgefootorganics.co.uk)  
Soil Association registered since 1991

## Balmedie Hair and Beauty

Unit 1 Whitehorse Buildings, Balmedie, 01358 742888

*A full range of hair & beauty treatments including....*



*Colour treatments  
Racoon hair extensions  
Weft extensions  
Acrylic / Gel nail extensions  
Waxing  
Bio-gel overlays  
Eyelash extensions  
St Tropez spray tanning*

# THE SAND BOTHY

(Belhelvie Community Trust)  
Balmedie Country Park & Beach



Just a wee update from The Sand Bothy!

All new ventures take time to develop and this is true of The Sand Bothy. It took 18 months for Belhelvie Community Trust to get access to the building, which had been empty for many years. We got the keys from Aberdeenshire Council at beginning of March and since then have carried out essential repairs to make the building safe and secure, including new decking and balustrades, electrical work and an alarm system.

Money had to be found to carry out these tasks, and we are very grateful to our funders so far: Awards for All, The Cooperative, the David and June Gordon Trust and Aberdeenshire Community Planning Partnership. We will need more money though for painting the outside of the building and developing our plans.

We have been selling hot and cold drinks and ice cream at weekends in July. The response from the public has been good. We now have a building warrant which allows us to create a permanent sales hatch in the wall of the building, and this work will go ahead soon.



The building is now ready for classes, craft workshops and activity groups and we need your ideas and help to turn this once derelict building into a busy wee place. We are planning a Fun Day event on September 17<sup>th</sup>...so please look out for details! Plans are underway to create an exhibition all about the beach and the local area. Funding and lots of research is needed for this but we hope to have this ready by Spring of 2017.

## CAN YOU HELP?

The Sand Bothy is for community use. If you can help with the refreshment kiosk, fundraising or sponsorship, craft classes, beach research or in any other way please **get in touch**. If you have any ideas or want to know more, contact us at 01358742557 or email [info@thesandbothy.co.uk](mailto:info@thesandbothy.co.uk)

(BCT is a charity SCO45563)

**Rosie Nicol**

# NEWBURGH ON YTHAN GOLF CLUB

## GOLF and NATURE in PERFECT HARMONY



Play golf on one of the North East's most scenic and fun golf courses. An 18-hole layout offering 2 different golfing experiences – a front 9 of undulating fairways and greens & a back 9 of pure links golf on the shores of the Ythan estuary

\*\*\* GOLF OUTINGS from only £32.75  
each including coffee and bacon roll

MEMBERSHIPS AVAILABLE  
SOCIAL MEMBERSHIP from only £5 per annum



Newburgh on Ythan Golf Club,  
Beach Road, Newburgh, Aberdeenshire, AB41 6BY  
Tel 01358 789058

email: [newburghsecretary@btconnect.com](mailto:newburghsecretary@btconnect.com)  
[www.newburghgolfclub.co.uk](http://www.newburghgolfclub.co.uk)

## Leigh Alexandra Soft Furnishings

Made to measure in your own fabric

- Curtains, Pelmet/valances
- Roman blinds
- Cushions, tiebacks etc
- Straight or bay tracks

Measure and fit service available.

For a free estimate or advice call  
Leigh on **07979 965 908** or email:  
[info@leighalexandra-softfurnishings.co.uk](mailto:info@leighalexandra-softfurnishings.co.uk)  
Newmacher, Aberdeen



Web: [www.leighalexandra-softfurnishings.co.uk](http://www.leighalexandra-softfurnishings.co.uk)  
[www.facebook.com/leighalexandra.softfurnishings](http://www.facebook.com/leighalexandra.softfurnishings)

## CARLE'S SHEDS

Another Quality Shed



Sheds, Summer Houses, Garages,  
Stables, Dog Kennels, Wendy  
Houses, Field Shelters, etc., etc., etc.

Mosshill Croft, White Cairns  
Aberdeenshire, AB23 8XA  
**01224 722445 / 01651 869445**



# The Sand Bothy

is now **OPEN** for the sale of hot and cold drinks, ice cream cones and snacks



**Fridays**  
**Saturdays and**  
**Sundays**



**from 12noon to 3pm**

As time goes on the Sand Bothy will also host events and classes and display information all about the local area. It is entirely dependent on volunteers, so if you can spare any time to help please contact us on our Facebook Page or email [info@thesandbothy.co.uk](mailto:info@thesandbothy.co.uk)



## NATURAL BELHELVIE

*Bob Davis, well-known wildlife conservationist and environmentalist, shares his thoughts on the delights of nature in Belhelvie Parish.*



Here we are heading away from a summer that, at the time of writing, has certainly not boosted sun cream sales. However, there is always a load to see and enjoy out and about in the natural world.

Late summer sees any patch of moorland having heathers in flower making a stunning show. You might have to go a wee bit further inland

to get the best effect but that is well worth the effort. The commonest of our 'heather' species is called ling heather and it is not a 'true' heather at all. Abundant and sometimes dominating large areas of moorland, ling heather has numerous very tiny flowers clustered around a stem, and it is this species that you get as 'white heather'.

But the real Scots heather is a different plant and belongs to the Ericas. These are the proper heathers with bell heather and cross-leaved heath growing on moorland. Bell heather is lovely with its deep purple flowers that are much larger than those of ling. Cross-leaved heath has pale pink flowers and I have found this species pure white but that colour is extremely rare.

But if you do not want to drive off to search 'up among the heather on the braes of Bennachie' then go the other way as late summer brings the coast alive, well the North Sea really. You are slap bang in the middle of Aberdeen Bay at Balmedie and Black Dog, where better to spend the day brushing the sand out of your sandwiches? Anyone that has been tempted to take a paddle or go deeper will know full well that the sea on this side of Scotland is not up to Mediterranean heat standards! Normally less than 10°C it reaches its warmest in August and then the jellyfish can be seen in large quantities and in various shapes and sizes.

The common moon jelly will be abundant as small tea-plate sized blobs with purple 'moon-shaped' markings. But look out for the lion's mane jellyfish (right) that are very



dangerous when in the water as they have a powerful sting, but on the beach they are harmless. They are deep red in colour and can be twice the size of a dinner plate - a real monster. At the opposite end of the scale keep your eyes peeled for 'fruits of the sea' – sea gooseberries! Honest, that is what they are called and they are about the size of a gooseberry, but no more than a small blob of clear jelly. These are known as comb jellies and they do have very fine, faint purplish marks radiating down their sides. They can occur in large numbers having been washed ashore, and you will find them along the tide line. Most jellyfish use stinging tentacles or cells



with which to capture their prey, but there is one species that you might be lucky to find along the coast that has no sting at all. It is a weird animal called the octopus jellyfish and guess what it looks like? Yes a lobster! No of course not, it looks like an octopus that has been made out of clear jelly. It has a bell head and thick tentacles dangling below - all very weird.

The coast is a good place to visit just now, leaving summer and entering autumn, before the days do rapidly decline in length. The terns will be heading off to have another summer in the southern hemisphere (now there's a good idea!). **Bob Davis**

# Cadgers Garage

BELHELVE VILLAGE, ABERDEENSHIRE

**MOT TESTING STATION**

**LOCAL PICK-UP & DELIVERY SERVICE AVAILABLE**

**Mon – Fri: 8am – 6pm**  
**Saturday: 8am –**

- MOT's
- REPAIRS
- SERVICING
- BODY REPAIRS
- PAINT SPRAYING

**Telephone:**  
**(01358) 742284**



# HEARTREKKERS WALK

Well...what an adventure! Lynn and I crossed the finish line of the HeartTrekkers British Heart Foundation walk from Glasgow to Edinburgh under the red balloon arch at Edinburgh Academy 29 hours after starting at Kelvingrove Park. The walk is a non-stop 100k (60 miles) walk mostly along the Forth & Clyde Canal.



Why were we doing it? Lynn agreed to join me, though it was my idea. I have lost my dad, brother recently my mum, all to heart disease and having decided to do something to fundraise for the British Heart Foundation, gently twisted Lynn's arm. 'How hard can walking be?' we thought. However, after weeks of training walks around the local area, we realised just how hard it *was*. This was by far the toughest thing either of us had ever done. We had tears, blisters and some wonderfully memorable moments.

Around 200 started the walk along Kelvin Water, but over 60 pulled out before Edinburgh. The night time was especially hard. Everything hurt, the path was narrow and slippery, and it was quite disorientating walking with head torches. It was cold overnight too

– we had silver blankets round us just to keep going.

During the walk (especially at night) messages on Facebook from our family and friends really kept us going – the encouraging comments and rousing songs were brilliant! Walking with two others in the middle of the night singing 'We're walking on Sunshine' at the top of our voices was one of those special moments.

Our taxi driver who drove us to the start refused our fare, a family in Edinburgh cleared the change from their pockets, friends met us at checkpoints with smiles positivity and cheese sandwiches and we met some of the most wonderful human beings, including the Paramedic crew. This hurt – a lot! But it was also one of the most uplifting experiences we have ever had. It has cemented our friendship in a way we could never have imagined. We had a fundraising target of £500 and at the beginning of the walk, we had reached that. During the 29 hours we plodded on it went up to over £1400, and well over £100,000 has been raised overall.

We would like to thank our families, friends and every single person who has donated. We have a Just Giving page open until the end of August at [www.justgiving.com/fundraising/Paula-Bisset1](http://www.justgiving.com/fundraising/Paula-Bisset1) if you would like to donate. If you would like to know more, please contact us at [pmbisset@gmail.com](mailto:pmbisset@gmail.com)

**Paula Bisset & Lynn Montgomery**

## GOLD DUKE of EDINBURGH AWARD

Not many people are invited to Holyrood but for local girl, Eleanor Jenkins, this was the culmination of four years' hard work, when she was awarded her Gold Duke of Edinburgh Award from the Duke of Wessex in July.

Eleanor did her award 'the hard way' by starting at the Bronze level, through the Silver to Gold. Through the experience, she has gained skills from horse riding and skating to driving. Eleanor did the service section in the Cub Scout Group as a Young Leader and enjoyed this so much she has now taken this further to become a qualified section leader.



The Duke of Edinburgh award at all levels entails an expedition of some sort and having walked in and around the Grampians at Ballater and Mar Lodge for the Bronze and Silver, for her Gold expedition, Eleanor did something completely different. She canoed down the River Spey from Aviemore to Spey Bay (also known as The Spey Descent) over four days. During this 'paddle' she photographed the wild flowers she saw, leaving them in situ, in case they were endangered and identifying them later. The Gold Award has an additional five day residential component, which is spent in the company of people you have never meet before. For this Eleanor assisted at a National Trust of Scotland archaeological dig at the House of Dun, Montrose, uncovering medieval artefacts.

Congratulations on this wonderful achievement Eleanor. You have proved yourself time and again through all the challenges of the Duke of Edinburgh Award.



If Eleanor's success has encouraged you to find out more about the Duke of Edinburgh Awards, have a look at [dofe.info/en/content/cms/doing-your-dofe](https://dofe.info/en/content/cms/doing-your-dofe)

## PICNIC IN THE PARK



The Potterton Community Group held their first **PICNIC IN THE PARK** on **Saturday 30<sup>th</sup> July** in the Potterton Playpark on Panmure Gardens. 32 local residents braved the showers to attend.



The sun did pop out for us, and the kids and adults had a great time with a few games of football & rounders to keep everyone entertained. We hope to arrange more events like this in the future.

## POTTERTON WALKING GROUP

The **Potterton Walking Group** has been formed and will meet for the first time on **Friday 26<sup>th</sup> August at 3.30pm in the Stead Inn Restaurant**. This initial meeting will be for local residents who are interested in joining a walking group to meet, discuss and decide on initial routes and agree dates/times that the group will meet. All walks will be run/organised by the members that take part in this group.



## ADULTS ARTS & CRAFT GROUP

The **Potterton Adult Arts & Craft Group** has been formed and will meet for the first time on **Tuesday 16<sup>th</sup> August at 3.30pm in the Stead in Restaurant**. This initial meeting will be for local residents who are interested in joining the Arts & Craft Group to meet, discuss and decide on initial projects and discuss what resources will be required. The group will be run by Anette Resendal. Members will require to provide resources for projects as required. The Group will run on a weekly basis thereafter and refreshments can be purchased from the Stead Inn. If you wish any further information please e-mail [pottertoncommunitygroup@gmail.com](mailto:pottertoncommunitygroup@gmail.com)

# UPGRADE PATH PROJECT



The Potterton Community Group have now received confirmation from “Paths for All” that we have been granted £1,500 towards the upgrade and maintenance of the Path between the football pitch and the Stead Inn.

Local landscaper Steven Burnett from Potterton will support this project along with the Potterton Community Group members & local volunteers.

We have set a provisional timescale for this project to commence around September however an exact date will be provided as soon as we have confirmation of the supply of materials and when these will arrive on site.

The project is planned to take approximately 2 – 3 weeks. During this time the path will required to be “**CLOSED**” for health & safety reasons to allow work to take place. More information will follow regarding this.

**Volunteers Required:** We will be in touch with everyone that has already let us know they are interested in Volunteering for this project, however if anyone else is interested please contact Caroline Anderson on 07920280212 or by e-mail to [Pottertoncommunitygroup@gmail.com](mailto:Pottertoncommunitygroup@gmail.com)

## POP UP CAFE & POTTERY BARN



Our next Pop Up Cafe will take place on **Saturday 27<sup>th</sup> August** from 10.00am – 12.noon at the Potterton Community Centre.

At this pop up cafe, **Anette Resendal**, local resident, will be attending to provide a Pottery Barn for any children attending. This will include decorating a plate or cup for a small charge of **£3.50** and this price will include their refreshments throughout the morning.

We hope as many people will come along as possible to help support the group to raise funds to support the Path Project and future projects within Potterton.

## PLANTING GROUP

Following a request from the Belhelvie Community Council, we have now set up a Planting Group to carry out the planting and upkeep of the flower beds behind the Potterton Shop and the various planters around Potterton. The group has various volunteers to support this, however if you would be interested in joining the group of volunteers for current and future projects, please contact us at [Pottertoncommunitygroup@gmail.com](mailto:Pottertoncommunitygroup@gmail.com).

## FUTURE EVENTS

**HALLOWEEN** - Preparations will commence shortly for the yearly Zombie Apocalypse and Halloween Party on the **29<sup>th</sup> October 2016 at the Stead Inn**. An update on this event will appear in our Facebook page "Potterton Community".



**CHRISTMAS FAIR** – To coincide with our November Pop Up Cafe, a Christmas Fair will run on **Saturday 26<sup>th</sup> November** from 10.00am – 1.00pm at the Potterton Community Centre. If you are or know a local crafter that would like to run a stall at this event, please contact us at [Pottertoncommunitygroup@gmail.com](mailto:Pottertoncommunitygroup@gmail.com). Tables can be reserved for £15 and will include refreshments from our Pop Up Cafe.

Please check Banter's 'Dates for Your Diary' page and take a note of the exciting future events we have in store.

**Caroline Anderson** on behalf of the Potterton Community Gp

Do you have a couple of hours to spare now and again?

### THE SAND BOTHY

is looking for volunteers to help out with odd jobs or serving teas and coffees, possibly on a rota basis.

In fact, we would be grateful for any help you can give us.

The Sand Botby is now open on Fridays, Saturdays and Sundays from 12 to 3pm

This opportunity may appeal to Duke of Edinburgh candidates.

## BELHELVIE CHURCH OF SCOTLAND

July 27-29<sup>th</sup> saw us run our first arts-based holiday club and we're delighted at how things went. Twenty five young people came alongside us to put on a production of 'Jonah Man Jazz' – learning songs, working on drama and building sets for a big performance on the Friday night in front of mums and dads, grannies and grandpas. A handful of teenagers acted as young leaders, earning valuable experience and also racking up some valuable volunteering hours.



It was a tiring but exhilarating week and we're grateful to all our helpers but especially Sheena Hill and Jill Mitchell for their work on the sets, and Leyonee Donald for inspiring and marshalling the kids so brilliantly towards the performance.



Here are a few photos to give you a flavour for what went on and there are more on our Facebook page. Belhelvie Church Sunday School starts again after the summer on Sunday 21<sup>st</sup> August at 10:45am in The Forsyth Hall. Children of primary school age are more than welcome. **Rev. Paul McKeown**





*Belhelvie Church holiday club being very creative.*

## SWT DEVELOPMENTS LTD



- Complete property maintenance
- Plumbing, bathrooms, kitchens & tiling
- Joinery, building & maintenance
- Internal and external work

Contact: Stewart: 07738 290999 / 01358 742829

[SWTdevelopments@gmail.com](mailto:SWTdevelopments@gmail.com)

# BALMEDIE CONGREGATIONAL CHURCH

Balmedie Leisure Centre, 11am every Sunday

This summer, we held our Summer Club, out of the new Church building, which was a different type of experience. The children who attended enjoyed craft work and games.

They also joined with young people from our other sister Congregational Churches, when over 60 young people enjoyed a visit to the Moscow State Circus. To see a whole section of the circus filled with 'our' young people was encouraging. We also enjoyed a visit to the Falconry Centre at Huntly, which finished off with a chippie supper on the way home.

After over 20 years of waiting for the Church building, I am hesitant to get excited, but it is just about there. By the time Banter comes out, the last major job, should be complete, the connection of water and sewer to the site. Then it will just be a matter of 'finishing off'. The end of August should see us completed and we will be able to have services there and get our activities going. The space will be available for the community to use. If you, run a group, or would like to start up a group, please contact us (phone Catherine 01358 7431140). The date of our official opening has still to be set.

# POTTERTON CONGREGATIONAL CHURCH

Potterton Community Centre, 1<sup>st</sup> Sunday of each month at 6.15pm

Have you noticed in today's society, that we are all encouraged to be 'self made' men and women? We are encouraged to believe that what we are, is purely down to us. We are 'islands' in the world and self-sufficient. Even as a protestant minister, I found myself moved by the Pope's visit to Auschwitz and his personal prayers at the cell of Friar Maximillian Kolbie on the 75<sup>th</sup> anniversary of his death. Maximillian, was born of German and Polish stock. He and his brother entered the Priesthood and served in Poland, and established a Monastery. He had an interesting Mission to Japan. During WW2 he used 'his' Monastery as a refuge for people who feared the Nazis, people from wider Poland, and some 2000 Jews.

In 1941, Kolbie was himself arrested and imprisoned and a few months later he was transferred to Auschwitz. A man from his barracks went missing and as a result the Deputy Commandant ordered 10 random men from the barracks, to be sentenced to death, by starvation. One of the men cried out about his family, his wife and children. Kolbie offered himself to replace that man and led the men in singing and prayer.

After three weeks only 4 remained alive and Maximillian Kolbie was murdered by a lethal injection of carbolic acid. His Church 'made' him a Saint in 1982, at a service, which was attended by the man Kolbie's sacrifice saved.

I hear so many people speak about 'ME TIME'. Society today would perhaps be a better place if we remember the sacrifices made by others and go do likewise.

Christianity is about sharing God's love with others, it's about putting others first.

**Rev. Andy Cowie**

01224 703248

## NEIL DONALD - on his photography



... salmon posts on Balmedie Beach

When I telephoned Neil to arrange a visit and hopefully gain some tips on how to become a better photographer, his response was not what I expected. When I said it might be an hour or so before I could go to his Balmedie home, he answered " Oh it's a'right - I'm nae going out!". I'd assumed that to have such a huge collection of such quality photographs, he'd hardly ever be in the house, save to sleep and even then, for only a short time.

He surprised me when he told me that up until four and a half years ago, he'd only taken photographs on his mobile phone, having an interest in castles. About that time, a friend suggested he should put some photographs on 'Instagram' and then he acquired a DSLR (Digital Single Lens Reflex) camera, or a 'real' camera. At about the same time, his partner Audrey bought him his birthday present - a five-hour course in photography - the only photography course he's ever been on!

I commented that his photographs show Balmedie and the area in a way we don't normally see them and asked him to describe how he obtained the photograph above of salmon posts at Balmedie Beach. Always understating his obvious talent, he explained that he'd gone down to the beach before 5.00am and waited for the sunrise; he used a long exposure to 'smooth out' the water and a filter to enhance the colour - this being one of the first shots where he used a filter. He told me that many people have now gone down to the beach to replicate the picture but the posts are no longer there - now covered by the ever-shifting sands; "but they will be uncovered again," he said optimistically. He told me he doesn't really do portraiture or take photographs of people and that his favourite topics are beaches, textures, the sea with its constantly-changing light and colour, puddles and pools, which lead the eye into the picture. It wasn't difficult to appreciate Audrey's comment that he's ruined countless pairs of shoes and boots whilst

waiting for that crucial moment when the light and conditions are perfect but the tide has come in during the wait!

During our chat with Neil about his photography, I found him to be incredibly modest regarding his considerable abilities in the subject; for example, when asked about what advice or tips he would offer to others, he simply said "don't spend a fortune on expensive gear, just enjoy it and practise; read photographic magazines!!" He conceded that there were situations now where he required a good camera but certainly not initially. The next picture he described is the beautiful one of Dunnottar Castle, shown below. For this picture, he left home at



3.00 AM to get in position and await the sunrise. He had done his homework (weather forecast, best place to obtain the desired result regarding light, etc.) before going down. He was rewarded for his efforts as the resulting picture demonstrates - he only posted it on 'Instagram' on the morning of my visit and it had already achieved more than 1000 likes!

The cover picture on this edition of your Banter features another fine example of Neil's work and if you'd like to see more, why not look at the many stunning photographs he has posted on his Facebook page - you'll see the beauty of Belhelvie Parish and numerous other locations as you've never seen them before!



**Neil Donald Photography**

Alan Smith

## NOT TO BE SNEEZED AT!



Well another summer has passed with the usual leaden skies, pouring rain and hardly any sunshine. It is no wonder we all need to add Vitamin D to our diet as the amount of sunshine does seem to get less every year! Sadly Global Warming seems to have brought us wind, rain, floods and precious little sunshine. So now we look forward to the autumn, and probably more of the same weather, except we'll get less daylight to notice the rain by! Well that's my pitch to be the tourist officer for the NE failed!

The passing seasons will also bring the usual increase in people suffering from viral illnesses, usually coughs, colds, sore throats and upset tummies. Some may feel the need to seek medical advice, but sadly medical science can only offer supportive therapy for most of these ailments. The good news is that most treatment for these complaints can be easily accessed without an appointment and indeed without going out.

For almost all common colds and associated upper respiratory tract infections (URTIs), the cause is almost always viral. Treatment is focused on the symptoms, so all that is required are fluids, paracetamol if sore or fevered, and time to allow your immune system to work its magic. I know coughs can be annoying, but can be soothed by fluid, simple linctus, or if you prefer a toddy! That being said, any cough that persists for several weeks DOES need a check and possibly further tests such as an x-ray, but this is not the case for most of you suffering with a viral URTI.

Cough mixtures can help, but really are of limited benefit, and care needs to be taken that the ingredients do not interfere with other medications or make you sleepy. Similar problems apply to decongestants for a blocked nose, care needs to be taken if you have high blood pressure for example. This is broadly the same for most viral illnesses. You can buy medicines over the counter, but in most cases they are not essential. If you have an upset tummy it is best use clear fluids and take little or no solids until the symptoms ease, but if you pass blood or bring it up then your doctor will need to know. We do not call people patients for nothing; it is a vital quality in dealing with illness! Given all this, what role do antibiotics have for these conditions? Really very little is the answer. I remember being taught as a student that "URTIs get better in about a week with supportive treatments and seven days with antibiotics!" This statement is really quite accurate in almost all cases and illustrates nicely the limited role for antibiotics in this situation.

Clearly these useful drugs have been overused in the past, and so there has been a significant expectation for their use, but we really need to preserve and limit antibiotics for essential use only, or we will be left with very little we can use when

they are really needed. Given the dramatic effect antibiotics had when they became available for more general use after World War Two, it is hardly surprising that doctors used them widely. For almost the first time they had a really effective medicine that worked and patients survived illnesses, which previously had a poor prognosis. Small wonder antibiotics were viewed as miracle workers by doctors and patients alike.

Sadly the effect has been overstated and the widespread use of antibiotics, both medically and in agriculture has led to the modern day problems of resistance and “super bugs”, such as MRSA. Therefore we now must be very careful both in how and when we use antibiotics to try and preserve their clinical effectiveness. If we do not then we risk the return of the days when patients died after routine surgery because of infections, or got limbs amputated to treat a compound fracture. These are very sobering thoughts, so it does mean that we must try and use these precious, potentially lifesaving drugs more carefully, and not for a bad cough or the common cold.

Your doctor *will* want you to come into see them this autumn, just in case you thought I was saying stay away! If you are over 65, or will turn 65 before the end of March 2017, then you need to pop in for your flu jab. First timers will also need to get the once off Pneumococcal vaccination as well. Younger patients who are unlucky enough to have chronic conditions such as diabetes on drug therapy, asthma treated with regular inhaled steroids, heart disease or previous stroke or TIA, or who need to take medicines which dampen the immune system should also make an appointment for a jab. If you are not sure if you “qualify”, just ask. Remember NHS supplies are limited and if you wish to have a flu jab and do not fit the criteria laid down, then you can get it privately from some pharmacies, and some employers offer it as well. Children and pregnant ladies are also advised to get flu immunisation, the former get a nasal spray rather than a jab!

So lets us hope you keep healthy into the autumn, and as ever stay active - your immune system is helped by activity and regular exercise. Reducing your chances of having problems with these inevitable nuisance infections is yet another reason to keep fit!

**Dr Alasdair Forbes**



Flu vaccination is available every year on the NHS to help protect adults and children at risk of flu and its complications. Find out more at [www.nhs.uk](http://www.nhs.uk)

# K. F. Watson Electrical

All Electrical Work Undertaken  
Our Prices Won't **SHOCK** You



## "JOBGING A SPECIALITY"

Outside sockets & security lights, Extra sockets,  
Loft lights & power to sheds,  
Oven/cooker repairs, Down lights, Replacement  
trip style fuse boxes, Mains wired smoke  
detectors, Extract fan installations,  
EICR specialists & HMO works

**Free Estimates  
& Advice**

**From a Socket  
to a Rewire**



Ellon: **01358 789739**  
Aberdeen: **01224 566450**  
[www.kfwatsonelectrical.co.uk](http://www.kfwatsonelectrical.co.uk)



# ROBERT LAMB

Architectural Services Ltd.



---

**COMPLETE DESIGN SERVICE  
FROM PLANNING THROUGH TO COMPLETION**

---

**FREE INITIAL CONSULTATION & QUOTATION  
ALL TYPES OF DOMESTIC & COMMERCIAL WORK  
HOUSE ALTERATIONS & EXTENSIONS  
REPLACEMENT WINDOWS, FRENCH DOORS & PATIO DOORS  
DORMER WINDOWS & LOFT CONVERSIONS  
DOMESTIC GARAGES  
STEADING & LISTED BUILDING CONVERSIONS**

---

**BURNSIDE STEADING. 24 SMALL HOLDINGS.  
BALMEDIE. ABERDEEN. AB23 8WU.  
TEL/FAX:01358 742771 MOB: 07766 106279  
E-Mail: robert.lamb6@bopenworld.com**

## Newmachar Tree Surgery

Newmachar Tree Surgery gets the job done!



You name it and we can provide it. With experienced staff working around the clock, you can be sure we will get the job done and get it done right. Newmachar Tree Surgery are a fully insured, Aberdeenshire based company with a safe and professional approach to all aspects of tree pruning, tree felling and hedge cutting work in the Grampian area.

**Mob: 07721 551055 Tel: 01651 863404**

Tree Felling | Grass Cutting | Hedge Trimming | Fencing & Decking



[www.newmachartreesurgery.co.uk](http://www.newmachartreesurgery.co.uk)

## PARISH THREADS

### ‘Home is where one starts from.’

Does anyone else feel tired of living in a parish snake pit? Our Landscape that had minded its own business since the last ice age is now writhing and rearing around us. Stones and soil are being wrenched out by diggers and bulldozed into new road patterns. This civil engineering project is bigger than most of us realised. Let's hope it settles into a useful addition to our infrastructure. On the news we are hearing the discussion about the Hinkley Point Nuclear power plant. 'It is too huge to fail' says a pundit 'but too big to succeed'.

The last time there was so much activity tearing through the North East was when the Buchan railway was constructed. Opened on the 18<sup>th</sup> July 1861 it was a great help for the farmers of the North East to get their animals and produce to the markets. From Dyce the line was apparently engineered northwards not to take heed of the geography but to follow a route dictated by local landowners. It was they who bankrolled the project. The Earl of Aberdeen apparently didn't fancy noisy industry and tourists coming near his land so you won't find any sign of stations near Haddo. Maybe he wasn't impressed by new technology. In the event it didn't last long anyway as 100 years later Mr Beeching pulled most of the branch lines, including the Buchan one, leaving us a useful 29-mile footpath to enjoy.

The political landscape in Europe and the presidential possibilities in America are surprising us this year. Our new P.M. Theresa May has been depicted in a cartoon pulling a sword from a stone. At the same time I have been reading about the skeuomorphing of ancient legends. Truth in old stories isn't immediately obvious because it has been morphed over time. Take that particular Arthurian legend. It is the molten iron from stone hillsides that represents the sword. The king may have pulled out the *material* which gives him king status not the actual sword. The story of an army under a hill may be referring to the weapons as yet unmade.

When we arrived here 30 years ago the view northwards from our ferrous rich Ward hill was as black as the inside of a bag. With its view over seven parishes, security lights, new houses and roundabouts have pierced many more holes in that bag. The new roads will add even more for the Watch hill to watch.

Recently one of my more competitive acquaintances said it was about time I made my mark on the creative world as the clock was ticking... adding 'Tick tock,' presumably for emphasis, in reference to my advancing years. For a moment I felt a psychological dart coming for my chest but I was able to raise my shield and deflect it. I am thinking of giving that person a book on Wabi-Sabi; the Japanese study of imperfection and simplicity.

The other day on a rare hot day we had an energetic little grandson to entertain for the afternoon. Looking for simplicity we went to a local burn to paddle. The naked three-year old, fished out wet shining pebbles. Back lit by sunshine filtered through trees he tossed them a couple of feet away defending an islet. He vibrated with delight as his (and our) ambition met pleasure in a perfect splice and we left the place without leaving a mark.

Most of the summer we have been having breakfast looking out at a garden that has been cool and misty. Wrens dart, pigeons amble and blackbirds flick their tails as they go about their day whatever the weather. Appearing in this tableau is a robin we have nick named Sharky. Sharky the Robin has a strange misalignment of feathers. It's as if a finger was drawn up his back and the feathers have stayed sticking out. It doesn't seem to bother him. His flight is balanced, he pops into the kitchen for a snack sometimes and seems to live his life unaware of his strangeness.

Julian of Norwich said in the 1300s: *'All shall be well and all manner of things will be well.'* Let us hope she meant now.

**Mary Cane**

## **CRAFT CLUB**

Craft club runs every Thursday from 6.30 - 7.30pm at the cost of £1.50 per week. Tuck shop is also available. Thanks to all the boys & girls who came to the summer play scheme, we had lots of fun making gods eye, snakes and many more crafts. The boys & girls who were at play scheme have been on a trip to the circus at Aberdeen Beach and to the Falconry Centre at Huntly. Both trips went down a treat!

Craft club restarts on Thursday 25th of August at our new church building in Balmedie beside the Coop. For more details, phone 01358 743114.

**Diane & Catherine**

## **ADVERTISE WITH BANTER**

If you are interested, please email [belhelviebanter@live.co.uk](mailto:belhelviebanter@live.co.uk)

A5 PAGES	SINGLE EDITION	FOUR EDITIONS (paid in advance)
Whole back page advert	£120	£100 each ed.
Whole page advert	£90	£80 each ed.
Half page advert	£45	£40 each ed.
Quarter page advert	£25	£20 each ed.
Small Ad	£10	£10 each ed.

## **POTTERTON SERVICE STATION**

### **CAR & VAN SERVICING**

**BRAKES • EXHAUSTS • TYRES  
MOT Prep • MOTs Arranged  
WELDING • Etc • Etc**

### **TIME SERVED MECHANIC**

**WE DON'T FIT PARTS YOUR  
CAR DOESN'T NEED !**

**Diagnostics  
Loan Car Available**

**Tel/txt: 0771 104 1472  
ANYTIME**



**01358 789395**

**MOT | SERVICE | REPAIR**

Newburgh Motors Ltd  
Loanhead Croft  
ELLON  
AB41 6AN

info@newburghmotors.co.uk  
newburghmotors.co.uk

## **REID PLUMBING & HEATING SERVICES LTD.**

Reid Plumbing & Heating Services is a family run company which was founded over 32 years ago. We pride ourselves in delivering exceptional quality to all customers both residential and commercial. We specialise in:-

**Bathrooms, Tiling, Central Heating, Gas Fires & Traditional Plumbing**

**Reid Plumbing & Heating Services Ltd.  
Arborley**

**North Beach Road**

**Balmedie**

**01358 742339**

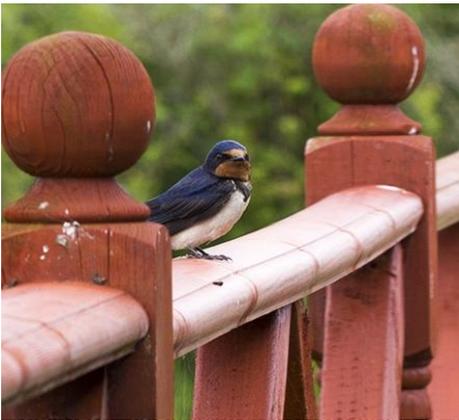
**07739044634**



## BALMEDIE SWALLOWS



We are grateful to wildlife photographer **Mark Forrest** who has shared some of these wonderful photographs taken at The Sand Bothy where swallows have nested in the eaves of the building.



*'soft rains and the smell of the ground,  
And swallows circling with their  
shimmering sound'*

from a poem by Sara Teasdale

The Barn Swallow (or just swallow) is one of our summer visitors and though a common bird, Europe's population is thought to number about 15 million individuals, with the biggest numbers in Poland and Bulgaria. Britain's 1 million ranks us in eleventh place. It is quite a fascinating bird.

Swallows are migratory birds and flock in large numbers in September ready to fly thousands of miles to Africa, south of the Sahara, then in early April they return to the UK. Swallows drink by skimming low over lakes or rivers and scooping up water with their open beaks. They bathe in a similar fashion, dipping into the water for an instant while in flight. Much folklore surrounds the swallow. To see the first swallow of the year is regarded as a good omen. Weather was predicted based on their flight - if Swallows flew low it meant rain, but if high, beautiful weather was expected. Before the mysteries of migration were understood, it was thought that swallows spent the winter buried in the mud of ponds and lakes.

# ELLON LEARNING CENTRE

Did you know that North East of Scotland College (NESCol) has a campus at the Ellon Learning Centre, which is part of the new Ellon Academy Community Campus, opened last year. It is an annexe to the larger school building, but with separate access for College students.

The Centre has multiple classrooms, a reception area, lockers, a comfortable social space and an outdoor area specifically designed for construction projects. A practical work area is also available to accommodate groups concentrating on subjects like energy and engineering.

## Courses

A range of full-time and part-time courses runs from the Ellon Learning Centre. These include:

- Art, Design and Photography (including flower-arranging, various photography courses, dressmaking)
- Automotive and Construction (including various woodwork courses)
- Business and Management (including Administration)
- Care (including units in Child Development & Health, First Aid, Parenting, Early Education & Childcare,
- Computing and IT (including Internet, Email, ECDL (European Computer Driving Licence) modules,
- English as a Second Language (different levels available)
- Hair and Beauty (including Beauty Therapy, Complementary Therapy, Reflexology)
- Languages (different levels of Italian & Spanish)
- Health and Safety (including learning how to cope in emergency situations).



## Contact Details:

NE Scotland College  
Ellon Learning Centre  
Ellon Academy Campus  
Kellie Pearl Way,  
Cromleybank  
Ellon AB41 8LF  
Telephone: 01358 723818  
Email: [ellon@nescol.ac.uk](mailto:ellon@nescol.ac.uk)

NESCol website:  
[nescol.ac.uk](http://nescol.ac.uk).



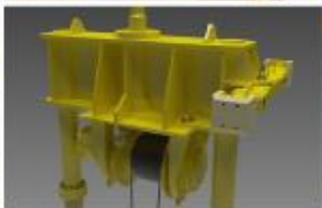
# MSD

## DESIGN LTD

### Coiled Tubing Lifting Frame

A bespoke lift frame designed for the derrick guide rails of the Ocean Patriot MODU. Designed, built and tested successfully to an intensive two month programme to suit our client's operational requirements. The frame includes a lower access platform with leg mounted hydraulic console and also a remote console for safer operation of the internal winch.

Hinged stabiliser arms on the upper and lower weldments run inside the derrick guide rails in order to maintain the frame orientation during use. The frame complies with API 8C and DNV 2.22 where applicable. A full design review of all elements was carried out by DNV-GL. A full ATEX dossier was produced and submitted for storage / record purposes.



[www.msddesignltd.com](http://www.msddesignltd.com)

Tel: +44 (0) 1224 897238

Fax: +44 (0) 1224 898037

MSD Design Ltd, Unit 1, Logman Centre, Greenbank Crescent, Aberdeen, AB12 3BG

# Need a service, MOT... Too busy...

## Call Lawrence of Kemnay - Balmedie

- Competitive Service Prices on ALL Makes
- FREE collection and delivery  
within 10 mile radius
- £39 MOT While U Wait
- FREE Courtesy cars
- Talk directly to the  
technician
- Small team
- Personal service

Lawrence of Kemnay -  
Balmedie Service Station  
7 miles



We service all  
makes & models  
without invalidating  
your warranty

Old Aberdeen Road ■ Balmedie ■ 01358 743470  
Roundabout ■ Inverurie ■ 01467 629926

For further details and to view over 200 used cars click onto:

Address



Established 1953



**Reliable, experienced, professional...**

*everything you want from your local builder.*

With 30 years experience,  
you can trust us to help you  
**create your dream home**

- New houses
- Extensions
- Concrete work
- Roofing & re-slating
- All drainage & siteworks
- Septic tanks
- Insurance work carried out



Michael Duncan Builders Ltd

[michaelduncanbuilders.co.uk](http://michaelduncanbuilders.co.uk)

**CALL TODAY FOR A FREE QUOTE**

**01358 789 562**

01358 789 562 • 01358 789 562 • 01358 789 562 • 01358 789 562 • 01358 789 562  
Michael Duncan Builders Ltd, New Pitts Bus Business Centre, Embsay, Ilkley, Wetherby, West Yorkshire LS23 7LQ





**1st Class Footcare**  
one step ahead

**Janine BSc (Hons) MChS**  
Mobile Podiatrist/Chiroprapist  
HCPC and State Registered

E: [firstclassfootcare@hotmail.co.uk](mailto:firstclassfootcare@hotmail.co.uk)  
M: 07586268049



**ab121 physiotherapy**

**Elizabeth Ann Ross**  
and Associates

appointments and enquiries  
tel: 01651 851812  
or mob: 0771 44 212 44  
e-mail: [ab121physio@gmail.com](mailto:ab121physio@gmail.com)  
day and evening appointments  
health insurance approved

treatment and rehabilitation for muscle pain sports injuries neck / back / joint problems pilates

Office 5  
Oldmeldrum Business Centre  
Colpy Way  
**OLDMELDRUM**  
Aberdeenshire  
AB51 0BZ

Member of HCPC and Physio First



**GOUGH DECORATOR**  
**PAINING AND DECORATING**

*Domestic & Commercial*                      *Quality & Competitive Work*

*Experienced Working at Height*              *Free Quotations & Free Advice*

*Interior & Exterior Painting*                      *Wallpaper Hanging*

**Phone Douglas on 07975512456**

Or look at the web site  
**[www.goughdecorators.co.uk](http://www.goughdecorators.co.uk)**

# BETTER BALMEDIE

## Moving On!



Hello everyone! This summer we have a new addition to our planters in Balmedie. Situated on the corner of Egie Road and Rowan Drive, it is packed with tiers of plants. We hope you are enjoying it and the other colourful planters around the village.

We are delighted that our collection cans in businesses around the village have added over £60 to our funds in the past month, and would like to say a big thank you to everyone for supporting us.

Things move on – and Better Balmedie is moving out of its present base at the back of Balmedie Leisure Centre. A very supportive local resident has agreed to store our tools and equipment while we secure a new home. Negotiations are underway with

Aberdeenshire Council to acquire a new site. We will be digging up and storing our plants too. However we will have some surplus plants and equipment, so have decided to hold a **Moving-on Sale on 1<sup>st</sup> October at 10am at the polytunnel.** We hope you can come along and support us. Better Balmedie will go on in a different form, so please consider joining the group and helping to keep the village looking good. Help to create some community spirit at a time when we all have so much to do and so little time to spend...but a little time can make a difference!



**Rosie Nicol**



**MOVING ON SALE**

**at the Polytunnel**

**Saturday 1<sup>st</sup> October 10 am**

**Come along and stock up with our best quality plants.**

**Bargain Prices!**

## FARMER'S LIFE TRANSFORMED



A young farmer who up until recently struggled to count above 10, tell the time or recognise the alphabet, is singing the praises of Community Learning and Development's adult education courses. Wayne Austin, 28, a former resident of Balmedie who now works at North Bethelnie Farm, Oldmeldrum, has been tutored for the past two and a half years in Ellon. He is anxious to help others by sharing his experience.

Wayne said his life had been transformed after responding to an advert he saw in a shop in Balmedie advertising adult learning courses through Aberdeenshire Council's Community Learning & Development service. His mother was also instrumental in getting him to sign up for a course as she had done one in the past herself and he understood the benefits to her. Learning difficulties due to ADHD (Attention Deficit Hyperactivity Disorder) had resulted in him leaving school with few reading or writing skills.

Wayne highlighted the skills he needs as a farmer, saying, "The way it's going, farming in the next 10 years will be computer-based and it will need more reading and writing." His confidence has grown and he now has a better understanding of data for cattle at work. He attends weekly tutorials of an hour and a half with his tutor, Peter Twine (pictured on the left above) who says that although Wayne was illiterate when he started working with him, he was by no means stupid.

Aberdeenshire Council's Community Learning and Development Worker Vikki Carpenter encourages anyone with literacy or numeracy difficulties to get in touch with their local CLD team at Aberdeenshire Council, so they can take advantage of the courses on offer. She said, "There is definitely a known (illiteracy) problem in the farming community but unfortunately we don't get the opportunity to work with many farmers. It may be because of the stigma people feel is associated with not being able to read and write, but the literacy and numeracy programmes we offer are totally private, confidential and free. It can also be difficult for them to come forward because of the nature of their work. However, the adult learning tutoring service is available through any CLD team. It is one to one, can be arranged to suit working patterns and it's completely flexible and free. We have worked around Wayne's farming timetable and it has worked well"

Wayne echoed Ms Carpenter's plea for more farmers to come forward for help. He said, "I have had at least 20 young farmers come up to me and ask how to go about it. People shouldn't be scared to ask for help. I was, and don't get me wrong, if it wasn't for my mum and other folk saying there's nothing to be scared of, I wouldn't have done it but people should really just go for it."

If you would like to find out more about getting such help then call Vikki Carpenter at Ellon Academy Community Campus on 01358 720715, or contact any Aberdeenshire Council office and ask for your local CLD team.



## **ZUMBA GOLD with Jillian**

Mondays 9.45 – 10.30am

in the Forsyth Hall (behind Belhelvie Church.

£3/class, inclusive of after-class teas and coffees.

All welcome! Contact: Janette 01358 742100 for further information.

## **BELHELVIE COMMUNITY COUNCIL**

### **Current Projects**

Upgrading and refurbishment of the football pitches at Potterton and Belhelvie, including the playpark and 2x7-a-side at Balmedie are all ongoing. Work has proven difficult due to the extremely wet summer and it is envisaged that the works will be complete by mid August.

BCC are in the process of lodging application forms for landfill tax to refurbish the Magnificent 7 area and proposed picnic area, including disabled access. Also included will be wildflower areas in Belhelvie and Potterton. The funding has been approved for the '2s' play area at the rear of the Leisure Centre and an energy-saving boiler; these projects will commence over the winter period.

If any local group would like to apply for funding for an environmental project, please contact Belhelvie Community Council, phone David Watson on 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.

**David Watson**, Chairman

# Don

## TARMACADAM



FOR DRIVEWAYS

ASPHALT & BITMAC SURFACING

KERBING & DRAINAGE

ROAD MARKINGS

PRIVATE & COMMERCIAL

FREE NO OBLIGATION QUOTATIONS

T 01358 742368

E [info@dontar.com](mailto:info@dontar.com)



# BALMEDIE LIBRARY

Library opening times are:

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

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.

The Summer Reading Challenge is proving to be really popular and very busy this year. We think that this is going to be our most successful yet. Our Pop-Up craft table for children has also been extremely busy with the children making flowers, animal masks, butterflies and bookmarks. The children have decorated the library with a lovely selection of their craftwork and it is looking so bright and cheerful.

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**

## 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. Here are details of our Autumn programme:

6 September	Entertainment by Donald Vass
20 September	'Bon Mile' and Friends
4 October	Joe Cowan
18 October	Bingo
1 November	The Coothie Company
15 November	Gordon Skinner and Friends
29 November	The Rev James Falconer talk on ARI Roof Garden
6 December	Rubislaw Quarry by Hugh Black
13 December	Christmas party

For more details please contact: Margaret Murison – Secretary 01358 742285 or Vic Deans, President 01358 743634.

# REAL CAMPING

for Beavers, Cubs, Scouts, Mums, Dads & Siblings



Over 160 people thronged to Haddo Country Park for the Balmedie Scout Group biennial Family Camp over the weekend of 10-12<sup>th</sup> June. Whilst the weekend wasn't totally dry, the occasional drizzle did not dampen the spirits of the campers who thoroughly enjoyed all the activities that ran throughout the camp.

On Friday night everyone was in good voice around a grand camp fire where favourite songs prevailed and amusing sketches were performed. The occasion also saw the investment of several youngsters into their new sections.

Saturday saw mixed teams of all ages circulating round five activity bases. They got stuck into pioneering, backwoods cooking, an obstacle course, building shelters (really impressive efforts) and a newcomer activity of slippery Kickball (basically rounders with a football on huge polythene runways soaked in water with barefoot contestants and paddling pool bases – you can imagine the fun!)

In the evening the youngsters went on a massive wide game whilst parents attended the Group Annual General Meeting in the marquee. This gave parents a chance to hear what our Beavers, Cubs and Scouts have been up to and what the future may hold for us.

I'd like to take this opportunity to again thank the following people – Sinead Lindsay our retiring secretary, Kerry Dobby our Treasurer and Andrew Galloway our Chairman along with all the parent reps who support our Group Executive. I would also like to thank the six parents who volunteered to take up roles within the Group. This is a really positive outcome going forward – Thank you all.

Sunday saw the youngsters engage in a massive scavenger hunt whilst the older generation took the opportunity to pack up. Our closing ceremony around the flagpole was an opportunity to present three Beavers with their Chief Scout Bronze Awards and three Leaders with service awards. Every participant also received a beautiful camp badge designed by Keith Donaldson, based on the Jungle Book, the theme of our camp in recognition of 100 years of Cub Scouts. Everyone also enjoyed a piece of birthday cake brought specially to celebrate this Centenary.

Of course these camps do not just happen – they are the culmination of months of planning and preparing by our team of enthusiastic leaders and helpers so a well deserved BRAVO to them all. Campers do not flourish without sustenance and it would be remiss of me not to single out Shuna Jenkins, our amazing cook, who provisioned and ran the camp kitchen with military precision to ensure no-one went hungry and everyone was happy – you bet your life we are!

For details of opportunities for young people from 6 to 18 in local Scouting, please contact Ian Thomson, Group Scout Leader by email at [balmedie@gordondistrictscouts.org](mailto:balmedie@gordondistrictscouts.org) or on 07743844040.

**Victoria Garage**  
SALES  
& SERVICING

Victoria Garage  
Victoria Hall  
BELHELVE  
AB23 8YA

Roddy Law  
Tel/Fax: 01358 743053  
Mob: 07887 536987

Pre-owned Vehicles

Financing your Vehicle

MOT and Servicing

Book on-Line here

email: [rodody@victoriagarage.com](mailto:rodody@victoriagarage.com)  
Web: [www.victoriagarage-belhelvie.co.uk](http://www.victoriagarage-belhelvie.co.uk)

# Early Learning & Childcare

getting it right for every child



- 👩 Qualified & highly experienced staff
- 👩 Open Mon – Frid, 7.30 am – 6.00 pm all year round
- 👩 Early learning & childcare from 3 months to 5 years
- 👩 In partnership with Aberdeenshire Council - funded sessions available
- 👩 Delivering national curriculums: pre-birth to three & Curriculum for Excellence
- 👩 Wonderful outdoors space and outdoors focused nursery
- 👩 Stay and Play 3 hour sessions available during school holidays or when you need us
- 👩 Home made meals prepared daily and breakfast & tea club also available



Based at Kingseat, Newmachar, call Kate on 01651 859078 to find out more  
or email: [kate@flowerpotschildcare.com](mailto:kate@flowerpotschildcare.com)



Unit 4, Birch Way  
Rowan Drive  
BALMEDIE  
AB23 8SJ

- Open Mon - Fri, 7.30am -6.00pm all year round
- Suitably qualified, experienced staff who are all First Aid Trained
- Term-time contracts available
- Delivering National Curriculums:  
Pre Birth to Three and Curriculum for Excellence
- Entry from 3 months - 5 years
- Outdoor play encouraged daily
- Catering provided by Entier

Manager: Lyndsay Fleming

email: [manager@linksnurserybalmedie.co.uk](mailto:manager@linksnurserybalmedie.co.uk)

**Tel. 01358 743094**



## BALMEDIE CHRISTMAS LIGHTS

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.

In the last issue of Banter, we appealed for a volunteer who would be willing to take on the organisation of coordinating the installation of the lights, come November. We are delighted that someone has offered to do this job, [providing they can be supported by a small group of volunteers](#). We are fortunate that we actually have the Christmas and there is enough funding to cover the next two years, so it would be a pity not to use this and make Balmedie more festive over the Christmas period.

So we are on the lookout for some kind, community-spirited individuals to help out with this. It is not an onerous task and, under the direction of our new coordinator, it would only involve a small commitment beginning in November. It would be a pity not to carry on the wonderful work done previously by the Lights group. Perhaps a group of friends could get together to make Balmedie glow at Christmas time. If you are interested, email us at [Belhelvie Banter](#), or phone 07763314579.

## BELHELVIE BOWLING CLUB

The bowling season is now well underway, with some very mixed bowling weather. However this does not deter the hardened bowler!



We had a successful "Try Bowls" evening in July, where a few new people tried the game. Hopefully we will have encouraged them to take up the sport. Still plenty time to come along! Closing date for the green is 17th September.

We also ran a successful Quiz competition, which was supported by many people. The two winners were - Mrs I Lawie, Inverurie and Mrs E Hay, Aberdeen. Thanks to all who participated.

You can get information on our website: [www.belhelviebowlingclub.com](http://www.belhelviebowlingclub.com) where you can also follow the events and results for our games. If you would like to know more, please phone me: 07729 817718 /01358 723126 / email [marion.donald@btinternet.com](mailto:marion.donald@btinternet.com)

**Marion Donald**

# **JD** JOHN DUNCAN PLANT HIRE



- Manned Plant Hire
- Concrete Works
- Drainage
- Septic Tanks / Soakaways
- Driveways & Patios
- Site Works
- Screened Topsoil



**Telephone: 01358 742127**  
**Mobile: 07776 256000**  
**admin@jdplanthire.co.uk**

**Hill of Menie • Balmedie • AB23 8YD | [www.jdplanthire.co.uk](http://www.jdplanthire.co.uk)**



**TheStore**  
our farm, our passion - your lifestyle

**FRESH &  
HOME GROWN**  
direct from our family farm

• ABERDEEN ANGUS BEEF • HOMEBRED LAMB • LOCALLY SOURCED VEG • SCOTTISH DELI PRODUCTS •  
GOURMET HAMPERS • CHEF PREPARED MEALS WE CAN DELIVER TO YOUR DOOR IN THE ABERDEENSHIRE  
AREA • DELICIOUS HOMEMADE LUNCHES • HEALTHY READY MEALS

**VISIT OUR FARM & COFFEE SHOP. OPEN 7 DAYS.**

**Westfield, Foveran, Aberdeenshire AB41 6AY Tel: 01358 788 083**

[www.thestorecompany.co.uk](http://www.thestorecompany.co.uk)

Follow us or become a fan  



## BELHELVIE COMMUNITY TRUST

Belhelvie Community Trust continues to meet at 7.30pm on the fourth Monday of each month at the Whitehorse Hotel in Balmedie. We are grateful to the Whitehorse Team for their kind hospitality.

Our main project at the moment is The Sand Bothy at Balmedie Country Park but we also try to help other groups when we can and are working on other new projects such as a sensory garden in Magnificent Seven's Woods.

We are delighted to see that lots of community things are happening in Potterton, and would be happy to help in other villages in the Parish.

The Belhelvie Community Trust is always looking for new members with a little time, some ideas and an enthusiasm for community development, so please get in touch...many hands make lighter work.

We obtained funding from Landfill Tax to install signposts around Balmedie to enhance the paths around the village and inform visitors to our beach and coast. Once the work on AWPR is finished we hope that we will once again be able to walk or cycle safely all around the village on our network of paths.

BCT is a registered charity, number SCO45563

Contact BCT on our Facebook Page or give us a call on 01358 742557

**Rosie Nicol**



BCT meets 7.30pm at the White Horse - 22nd February, 28th March, 25th April, and 23rd May.

Everyone welcome. You can contact Belhelvie Community Trust at 01358 742557 or email [rosie.inform@lineone.net](mailto:rosie.inform@lineone.net) or on the Belhelvie Community Trust Facebook page.

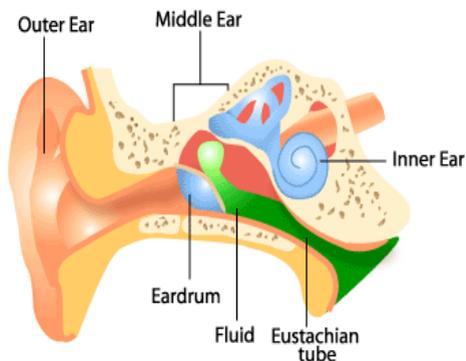
BCT is a registered charity, number SCO45563

## GLUE EAR



Glue ear is different from **acute otitis media**, which is a short-term ear infection often with a fever. Both involve inflammation of the middle ear, a build-up of fluid and are common in babies and young children. Ear infections affect four out of five children! Some children are more prone than

others and can have repeated attacks, which are not only painful but can affect hearing. Young children are most vulnerable to glue ear because their Eustachian tubes (the passage between the middle ear and throat) are short and narrow, so can get blocked easily. Fluid secreted in the middle ear is trapped, rather than simply draining into the throat. This congestion can cause discomfort, pain and deafness.



### How does it happen & why does it occur?

No-one knows though colds, flu or allergies can set it off or make it worse. It is more common in winter and in boys. Allergies to milk make it worse.

### Choices of treatment:

Antibiotics only work if there is a bacterial infection – in other words acute otitis media. In that case, the child will probably have fever and be ill. Glue Ear really is more an inflammation problem than an infection though an infection can complicate the situation. The commonest operation is the insertion of gromettes. A gromette is a tiny drainage tube. A hole is drilled into the eardrum to allow drainage. The problem is that as with all operations or cuts, this leaves a fibrous scar. If the cause is not eliminated, the operation may have to be redone with the risk of more scarring. The alternative option and one worth considering before your child or you have to opt for surgery is the remedial, hands-on therapy treatment now being offered at Brooks-Carter Clinic. *(Research by Tony Matthews)*

### Goals of physical treatment

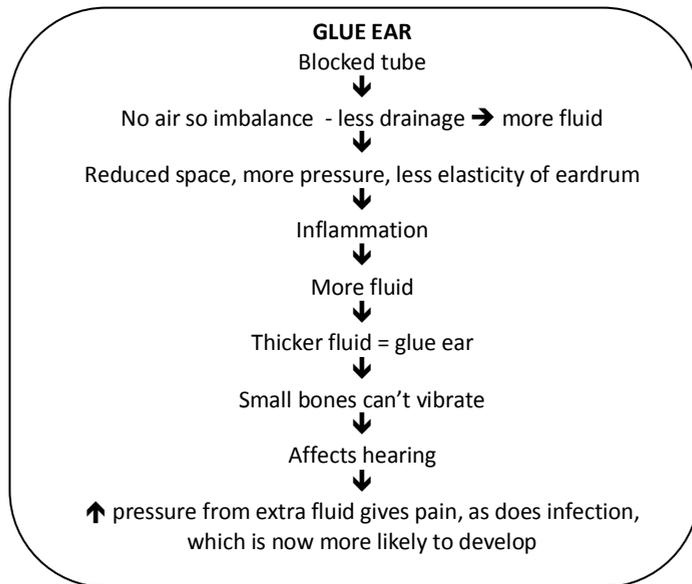
**To reduce pain:** Pain can be severe and due to excessive pressure, the ear drum may rupture. This can be very frightening but it is the body's clever way of sorting the problem.

*To reduce fluid:* Dietary changes will have to happen to help this occur – you would be astonished at the number of mucous producing foods and medicines there are! Bananas, Calpol and of course, dairy products are the main culprits.

*To encourage drainage:* Manual techniques to assist drainage can be taught to parents to keep the situation improved and prevent further episodes.

*Causes of excess fluid :* Cows milk! Breast feed your baby if possible but certainly avoid cow's milk unless your baby has four stomachs to digest it! Calpol causes congestion - don't use it! Other allergies may be causing excess mucus production e.g. wheat, bananas.

*Detecting food allergies and sensitivities:* Try eliminating a food for a month then introduce it again and note any reaction. This is difficult, especially for dairy as you will find it in everything. You absolutely need to eliminate altogether.



Techniques used should be very specific and aimed at improving the joints and soft tissue structures around the ear. It is worth booking an appointment for your child to get the required support along with some techniques, that you can use to help drainage. That coupled with diet changes will work miracles! Reflexology can also help.

**Maggie Carter** DO, RGN, SMT Osteopath  
Tel: 01224 822956



VENUE FOR THE 2016  
SCOTTISH BOYS AMATEUR  
CHAMPIONSHIP

## MURCAR LINKS GOLF CLUB

*Join Murcar Links Golf Course & play one of the  
finest links Championship Courses in Scotland*

- Free Junior Membership for 2016
- Catering available daily
- Individual & Corporate Memberships Available
- Lessons available from our Professionals:  
Gary Forbes and Phil Moore - Tel 01224 704370

*Murcar, Bridge of Don, Aberdeen, AB23 8BD*  
*Tel: 01224 704354 email: [golf@murcarlinks.com](mailto:golf@murcarlinks.com)*  
*[www.murcarlinks.com](http://www.murcarlinks.com)*



Brooks-Carter Clinic Ltd

### BROOKS - CARTER CLINIC

Braehead Way Shopping Centre,  
Bridge of Don, Aberdeen AB22 8RR

OSTEOPATHY, ADVANCED REMEDIAL MASSAGE, SPORTS & REMEDIAL MASSAGE, HOT STONES  
CHINESE CUPPING, CLINICAL AROMATHERAPY, ON-SITE MASSAGE, REFLEXOLOGY

**You may not have to 'learn' to live with ....**

**Back and leg pain, neck and shoulder pain, arthritis, headaches and  
migraines, repetitive stress, sports injuries, asthma, chronic fatigue  
syndrome, digestive problems....and more.**

To book an appointment or to chat to someone:

Tel: (01224)822956 / 822960

Email: [info@brookscarterclinic.co.uk](mailto:info@brookscarterclinic.co.uk)

**[www.brookscarterclinic.co.uk](http://www.brookscarterclinic.co.uk)**

## BELHELVIE SWI

The summer of 2016 will be known as the season of wellies, raincoats and umbrellas not forgetting big puddles and muddy cars. Lets hope for a few weeks of better weather before our first meeting on Wed. 14<sup>th</sup> September. This is to be a very casual meeting, having a chat and asking all members what they want after the re-organisation of the Rural.

The syllabus for Autumn 2016 to Spring 2017 has been distributed and I hope there is something that will appeal and encourage you all to come along. New ladies would be made very welcome. We meet in the Egie House lounge at 7-30pm the 2<sup>nd</sup> Wednesday of each month. Check out our events (all at 7.30pm):

14<sup>th</sup> Sept. SWI meeting,

28<sup>th</sup> Sept. Whist all welcome

12<sup>th</sup> Oct. SWI meeting,

26<sup>th</sup> Oct. Whist all welcome

9<sup>th</sup> Nov. 90<sup>th</sup> Birthday celebration Venue to be arranged.

23rd Nov. Whist all welcome

14<sup>th</sup> Dec SWI meeting

Parking is on the street and there is easy access for the less able. Come along even if it's just for a blether, a cuppa and meeting new friends.

**Elaine Strachan** Tel: 01358 743173

---

## BIG NIGHT OUT



*Family and friends help celebrate Steven Hosie's 50th birthday at a ceilidh in The Whitehorse Inn, Balmedie with music provided by Hipflask Ceilidh Band*

# C MACLEOD JOINERY

a friendly reliable service

- extensions, kitchens, bathrooms
- doors, laminate flooring
- decking + fencing

For a free  
estimate  
contact:

Craig Macleod  
on  
**01651 862843**  
**07840 605018**



[cmacleodjonery@hotmail.co.uk](mailto:cmacleodjonery@hotmail.co.uk)

Balmedie Pet Crematorium Ltd



Wardhead Croft, Balmedie,  
Aberdeenshire AB23 8YJ

Phone: 01358 742753, Mobile: 07818 408195

[www.balmediepetcrematorium.co.uk](http://www.balmediepetcrematorium.co.uk)

*At Balmedie Pet Crematorium  
we offer a dignified and private  
cremation service for your pet.*

*Please call or visit our website  
for further information*

# THE VILLAGE CHILDCARE

8 The Village, Balmedie  
Family run childminding service

Est. 2004

Open Mon - Fri 8am - 6pm

\* Earlier starts by negotiation



Phone 01358 741988

[lindal.carroll@yahoo.co.uk](mailto:lindal.carroll@yahoo.co.uk)

# Douglas Leal

Chiropodist / Podiatrist

Surgery: 72 Hutcheon Street  
Aberdeen AB25 3TB

Treatments include:

Local Anaesthetics  
Nail Surgery  
Ingrown nails  
Corns / Callus  
Diabetic Care  
Insoles for Fallen Arches

Tel 01224 639379 or  
01358 742620  
HPC REG. CH17891

Home Visits Available



## HEAD TEACHER'S MESSAGE

Here we are at the end of the Summer Holidays, hopefully refreshed and ready to start a new term. Last year was certainly a fast-paced and exciting session. There has been much to celebrate.

Highlights have been the introduction of the chrome books, which support learning in a number of ways. Chrome books are laptops which access the internet but have no hard drive and instead young people store their work in the cloud or use Google Classroom to send work to their teacher who can then give them individual feedback. Staff can book one of two trolleys of 30 chrome books to be brought to their classroom and in addition seniors can use the chrome books during study to research or write up work to be handed in to teachers. The views of staff and young people have been overwhelmingly positive and we all feel this has been worthwhile investment of money we could not spend because of teacher shortages.

Other good news is that four teachers have agreed to be trained as Google trainers so that all teachers can develop their skills to use this technology to support learning in and out of school. We hope to organise an event for parents early next session because there is a facility through Google for you to know more about the homework that your children will be given. We hope this will be a hands-on session with young people explaining and leading the sessions.

The first of our S3 leadership days took place, building on the skills young people developed on our leadership days for S1 and S2. This was organised and supported by the PE and Wider Achievement department and in addition sessions with our new business partner Elevator were led by members of the senior leadership class of 2015 -16.

We have a number of new teachers joining us or amending their contracts as a result of the changes in the curriculum and retirements and promotions. We are very pleased to be starting the new session with a full complement of staff – giving the young people the best possible start to being and achieving their very best. Of course attainment and achievement is also down to the young people themselves – their attitude and effort plays a big part in their success. Evidence shows that those who believe they can improve do improve. A lot of research backs up the view that those who have a growth mind-set and are given the right kind of encouragement to keep trying even when they find something difficult make the most progress in their learning. Do have a look at: <http://www.edweek.org/ew/articles/2015/09/23/carol-dweck-revisits-the-growth-mindset.html>

**Daphne McWilliam HT**

**positivepaws**  
puppy school 

## Invitation to puppy owners

Have fun socialising and training your puppy using kind, effective, modern methods in a relaxed, family-friendly environment

Small classes for individual attention with a qualified instructor

### CLASSES HELD AT WHITERASHES HALL

Puppies accepted from completion of vaccination course

**Early booking essential!**

For further details contact:

**Billie Machell** DipCABT, CAPDT, APDT-UK 748



**Tel: 01651 862310**

**[www.positive-paws.com](http://www.positive-paws.com)**



## Pauline Wood Antiques and Collectables

**Shop Now Open**  
Specialising in  
Grandfather Clocks and  
Quality Furniture  
Antiques Bought & Sold

**Open 7 days**  
**Tel: 01358 743002**  
**Jalna, Manse Road**  
**Potterton, AB23 8UB**  
**email: [pwac@supanet.com](mailto:pwac@supanet.com)**

## Cadgers Taxis

And Minibus Hire

4/8/16 Seater cars/Minibuses  
People Carrier, Contracts, School runs



3 Scott Terrace,  
Belhelvie AB23 8YT

Taxi

**01358-742370**

# Ask the Tattie Bogle



Dear Tattie Bogle

*I hope you are well up there tied to your post in all weathers.  
I was wondering what time of year do you like best.*

*All the best  
Ross Angus.*

Dear Ross,

Thank you for your question.

I like all times of the year in Belhelvie but I think if I had to choose it would be the season of the Harvest. If I have done my work well, the corn, the turnips and that newcomer the Oil Seed Rape will have grown well and in September and October I shall watch the tractors roaring round the fields gathering the crops in. I remember the old days when it took weeks to make the stooks and the stacks. Now with clever plastic wrap it is done before I can say, Shoo Jack Rook.

In the old days I saw more of you though. You sometimes had picnics in the parks beside me and danced to celebrate the Hairst. All you children had a holiday from school and came to pick up the potatoes in October. Now the machines come and they go, no one stays to play.

**B. Tattie-Bogle**

*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 [belhelviebanter@live.co.uk](mailto:belhelviebanter@live.co.uk) or to Banter, c/o Potterton Community Centre and we will make sure he gets it.*

*Editor*

## MACMILLAN COFFEE MORNING



Mary and Hebbie Watson are fund-raising again! This will be their 17<sup>th</sup> Coffee Morning in aid of MacMillan Cancer Support. They invite you to join them for tea/coffee and home bakes on Friday 30<sup>th</sup> September from 10.00am. Come along to Homestead, Whitecairns. Why not bring your friends too as everyone will be made very welcome!



# MoonWarrior YOGA



SATURDAY MORNINGS AT POTTERTON COMMUNITY CENTRE

Hatha Yoga classes based on the classical teachings of the International Sivananda Yoga Vedanta Centres with certified teacher experienced in teaching for more than 16 years in various countries around the world

Intermediate Level Class (drop-in) 11am-12:30pm  
New 8-week beginner course commencing October '16  
*(Limited places available - registration required to reserve a place)*

To register / find out more:

email [info@moonwarrioryoga.co.uk](mailto:info@moonwarrioryoga.co.uk)

'like' our MoonWarrior Yoga facebook page

tel. William on 0776 179 8708



## NORTH EAST OIL & GAS SERVICES

- BOILER INSTALLATIONS
- SERVICE BREAKDOWNS
- LANDLORD CERTIFICATES
- GAS, OIL & LPG
- DOMESTIC & COMMERCIAL
- BATHROOMS

*contact:* [dave@ne-oilandgas.co.uk](mailto:dave@ne-oilandgas.co.uk)  
tel 07595 987751



24 HOUR EMERGENCY SERVICE



Find us on:  
facebook®



# BELHELVIE NEIGHBOURHOOD WATCH

## The nights are fairly drawing in....

As many of us are still enjoying long summer days, it is the perfect opportunity to make sure we are prepared for the coming winter by reviewing our homes and bringing our security up to scratch.

Although last winter may seem like a distant memory, we all know how quickly the year can fly by and getting your house winter-ready now means that you can enjoy the long evenings safe in the knowledge that once the dark nights hit you have done everything you can to protect yourself, your family and your property.

Here are our top tips for boosting security in time for winter:

Most of us spend more time in the garden over the summer so why not start here?

- Fix any broken gates and fences, make sure any tools are securely stored away so they cannot be used to break into your property and cut back any bushes that obstruct view.

- Install a quality lock on sheds and garages.

- Review the exterior of your property to make sure there aren't any broken windows or door frames or opportunity to gain access to your home through garages or conservatories.

- Consider your own influence on security and make sure you put an end to any bad habits you and your family may have. For instance don't leave your keys in the door or in view, always set alarm codes and lock any doors, windows and side gates.

Opportunist thieves can often approach homes that look like nobody is at home so install light timers to make it appear as if someone is at home

Security measures such as alarms and CCTV act as a deterrent and can be used throughout the year

- Consider installing dusk to dawn or sensor lighting to the front and back door of your home – this will deter potential thieves and help you gain entry into your home in the dark

If you would like to join, visit

[www.neighbourhoodwatchscotland.co.uk](http://www.neighbourhoodwatchscotland.co.uk) and search for the Belhelvie Neighbourhood Watch and you can sign up.

The sign entering Belhelvie identifies the village as a Neighbourhood Watch Area, hopefully deterring the loitering of those intent on crime. Maybe the other villages in our parish would like to do their bit too to try to keep crime at bay.

**Paul Collier**





### BANTER Winter Edition

Remember ... the deadline date for copy for the Winter Edition is **Friday 28th October**

Submit articles and adverts to:  
**belhelviebanter@live.co.uk**  
or contact us on:  
**07763314579 / 07762564321**



Follow us on Facebook

## PROMPT PLUMBING



Call

**Dave Williamson**

40+ years experience  
of all types of

**Plumbing Work**

**Emergency Call-outs**

All jobs from tap washers  
to tanks and showers

**07810 477940**

**01651 882291**

Daisy Cottage, Whiterashes.

## A & C

*Gardening  
Landscaping  
Car Valeting*

We do all types of gardening work & also do power-washing

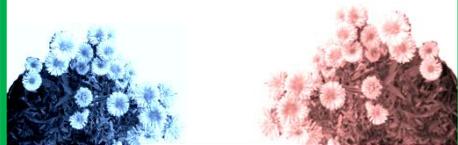
**Contact:**

**0787 038 9288**

**adrians87ab@gmail.com**

**A&C Gardening...Google+**

**For that Professional Service**



## Need Pet Help???

Call Jayne...

## ANIMAL NANNY

Registered Dog Walker  
& Cat Sitter

Member of NARPS

Established 2004

All dogs are walked individually

Please call **01358 742252**

or

**07774 728940**

5 Kirkhill Way  
Potterton  
AB23 8ZB



## SMART METERS



A smart meter is an electronic device which tracks a household's energy usage and displays, in pounds and pence, how much you are spending. Between now and 2020, the electricity and gas suppliers across Great Britain are replacing the traditional meters, which required frequent reading, by smart meters, including those with pre-payment meters. There are two parts to the smart meter system; a meter and a home display unit. The new meters take the gas and electric readings automatically through out the day and send this information wirelessly, through its own secure network to the energy suppliers.

The home display unit which shows you how much energy you are using and how much it is costing, can sit anywhere within the house, as it communicates wirelessly with the new electronic meters. Both smart meters and the home display units are provided at no extra cost and neither will you have to pay for the installation. Energy suppliers make contact, in advance to arrange the installations and never turn up on doorsteps unannounced. After installation, the installer will talk the householder through the use of the new home display unit.

Your supplier should be in touch when they are ready to install your smart meter. However you can contact them to find out when you can expect to get your new device. If you are unsure of who your energy supplier is you can call 0870 608 1524 to find out. More information is available from

<https://www.gov.uk/smart-meters>

**Shuna Jenkins**

## COFFEE HAVEN

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

**Marianne Wray**



# Puss in BOOTS

3rd - 24th December 2016

Inverurie Town Hall

Tickets on sale Wednesday 1st June

Box Office: 01467 207000

[www.inveruriepanto.com](http://www.inveruriepanto.com)

# Kingseat Dental Care

- Welcoming New Patients
- Register for your Free NHS check-up
- Family friendly NHS and Childsmile Registered Dental Practice



- All Areas of Preventative and Routine Dental Care under NHS
- Professional Hygienist Care
- Private Dental Care on Request
- Children and Adult Orthodontics
- Tooth Whitening
- Cosmetic Dentistry
- Dentures
- Free Cosmetic Consultations

Altera Care (SC) - 082 No 345771

call: 01651 260200

Kingseat Business Park Kingseat Avenue  
Newmachar AB21 0AZ

[info@kingseentdentalscare.co.uk](mailto:info@kingseentdentalscare.co.uk)

[kingseentdentalscare.co.uk](http://kingseentdentalscare.co.uk) [facebook.com/kingseentdental](https://www.facebook.com/kingseentdental)



NHS

Altera Dental Ltd trading as Kingseat Dental Care. Company number #3367294. Registered Address: Altera Group Holdings Ltd, 31 South Road, Lanes E15 3QP

# LADY & TRAMP

Learigg, Lower Rannieshill  
Newmacher AB21 0UF

***Your local grooming parlour***

Ring Kirsty on 01651 869260



Where our dog grooming is individual to your dog.

20 years dog grooming experience.

Skilful grooming to certificated City & Guilds Standards.

Member of the Pet Care Trust, the British Dog Grooming Association and  
the Federation of Small Businesses.



## Wayne Combe Roofing

All roofing work under taken including pointing, flat roofs, leadwork, slating, tiling, gutters, pvc soffit and fascia and gutters, also roof cleaning and roughcasting. All work guaranteed.

**Contact me on 07592 403051 for a free no obligation quotation!**

1 Harris Drive, Aberdeen AB24 2TF [waynecombe@btinternet.com](mailto:waynecombe@btinternet.com)

**ANDERSON JOINERY & FLOORING**  
Potterton, Aberdeenshire

Supply and/or fit Amtico, Karndean, Laminate,  
Solid Wood, Carpet, Vinyl etc  
and General Property Maintenance  
for a free quote or further information,  
call Marc Anderson on 07716829484  
or email:  
Andersonjoineryandflooring@gmail.com

**Martin Stallard**  
**GRASS MOWING**  
**GARDEN**  
**MAINTENANCE**

**Tel: 01358 742833**  
**07778 344855**

*Flowers by Tx* 01358 743912  
07795 244308

Find FLOWERS BY Tx on Facebook  
NEW FLORIST IN THE HEART OF YOUR COMMUNITY  
MILLDEN - JUST OFF THE A90, SOUTH OF BALMEDIE



*Flowers by Tx*



Tracy Leiper  
Millden House East  
BALMEDIE  
AB23 8YY

# 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</b>	All enquiries to Ian Thomson	
<b>Cubs</b>	Group Scout Leader	07743844040
<b>Scouts, Explorer Scouts</b>	Balmedie.scouts@btinternet.com	
<b>Rainbows</b>	Claire – through <a href="http://www.girlguiding.org.uk">www.girlguiding.org.uk</a> website	
<b>Brownies</b>	Marianne McIntosh	01358724231
<b>Rangers</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
<b>Balmedie Pharmacy</b>	Dickies, 3 Rowan Drive	01358 741226

## SCHOOLS:

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

## COMMUNITY CENTRES:

Balmedie Leisure Centre	Bill Murray	01358 743725
Potterton Community Centre	Joanne 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
Belhelvie Banter	Jess Petrie	07763314579
Balmedie Out of School Club	Lynne Fyfe	07920295508
Balmedie House Eventide Home	Ann Reid, Service Manager	01358 742244
Balmedie Library	Maureen Muirden (Librarian)	01358 742045
Balmedie Friendship Group	Margaret Murison	01358 743634
Potterton Community Group	Caroline Anderson	07920280212
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

Kindergym		
Messy Monkeys		
Fun-nastics	These first 8 groups take	
Pitched	place at the Balmedie	01358 743114
Gymnastics Club	Leisure Centre. For	
2s Group	details, phone Shona.	
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	Lynne Fyfe	07920295508
Mainly Music, Forsyth Hall	Jeanette Lamb	01358 742684
Balmedie Craft Club	Catherine Cassie	01358 743114
Under 5s Rhymetime (monthly)	Maureen Muirden (Library)	01358 742045
Dance (Danz Creations)	Lee Simpson Clubb	01358 743661
Child-minder, Potterton	Pauline Wood	01358 743002
Child-minder, Balmedie	Linda Carroll	01358 741988
Links Nursery, Balmedie	Lyndsay Fleming	01358 743094
Flowerpots Childcare, Kingseat	Alison King	01651 869078

## AUTUMN DATES for your DIARY

### AUGUST

Sun 21	Sunday School restarts	Belhelvie Church	10.45
Fri 26	Potterton Walking Group meeting	Stead Inn, Potterton	15.30
Sat 27	Pop up café and Pottery Barn	Potterton CEC	10.00-12.00

### SEPTEMBER

### OCTOBER

Sat 29	Zombie Apocalypse and Halloween Party	Stead Inn, Potterton	TBC
--------	---------------------------------------	----------------------	-----

### NOVEMBER

Sat 26	Pop up Café and Christmas Fair	Potterton CEC	10.00-13.00
--------	--------------------------------	---------------	-------------

### Weekly

Mon	Golden Zumba	Forsyth Hall	9.45
Wed	Pilates (for over 60s)	Potterton CEC	13.30
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 (see article)	Eigie House	14.00
Wed	SWI (see article)	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	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	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

Tues 16 August	School resumes	Balmedie, BoDA, Ellon
Fri 23 & Mon 26 Sept	September holiday	BoDA
Mon 10 to Fri 21 Oct	October Holidays	Balmedie, BoDA, Ellon
Mon 14 November	In Service day	Balmedie, Ellon
Tues 15 November	In Service day	Balmedie, Ellon
Fri 18 November	In Service Day	BoDA

## DWARF CONIFERS

Conifers are available in an ever increasing range of varieties giving a wide spectrum of colours shapes and sizes. Displays can be created in a small container, border or strategically placed to form a definitive design.

Almost all conifers can be used in a container, growth rate and habit will determine the size of the container required. Conifers in container will add a completely new dimension to any patio or garden



Return of this popular style

### RUSTIC ALCOVE SEAT

£299.99

**PARKHILL PRICE £200.00**

### Heathers

Have a wide range of foliage colours that are particularly vibrant during late spring and early summer, and most have masses of flower in shades of pink, reds, white or purple during mid summer through to winter.

We have 9 groups of heather too numerous to detail here but with careful selection there can be heathers in flower from January to December.

Well worth a visit to see well looked after specialist grown quality plants.



Container plants not performing as they should? then change to **Parkhill's superior quality Clover Composts.**

Parkhill Garden Centre & Seasons Coffee Shop, Parkhill, Dyce. Tel. 01224 722167

For directions go to

[www.parkhillgardencentre.com](http://www.parkhillgardencentre.com)

# -WELCOME- TO THE COCK & BULL

*Special Pub Lunch  
Early Supper Deal*  
2 courses for **£15**



NESTLED BETWEEN THE ROLLING  
COUNTRYSIDE AND RUGGED  
SEASCAPE OF ABERDEENSHIRE.

OFFERING GREAT SERVICE, NATURAL  
AMBIENCE, A MENU BRIMMING WITH  
LOCAL PRODUCE AND BEAUTIFUL  
COTTAGE ACCOMMODATION.

**Bring this advert when  
you dine with us for  
lunch or dinner from  
Monday to Friday to  
receive a 20% discount  
on your final bill**



THE  
SCOTTISH  
GASTROPUB  
OF THE YEAR



## THE COCK & BULL RESTAURANT

Elton Road, Balmedie,  
Scotland UK AB23 8XY

Telephone 01358 743249

Email: [info@thecockandbull.co.uk](mailto:info@thecockandbull.co.uk)

[www.thecockandbull.co.uk](http://www.thecockandbull.co.uk)