

# BELHELVIE BANTER

*Balmedie: Whitecairns : Belhelvie : Potterton : Blackdog*



**Edition 30**

**March 2017**

## EDITORIAL

I always enjoy writing the Spring editorial for the Banter. In fact, I always enjoy the first feeling that Spring is in the air, heralding new growth and beginnings, and closing the door on the long, cold Winter. The days gradually lengthen, giving the illusion of more hours in the day to get things done. Just as well, for in Belhelvie Parish, there's much going on and lots to be done!

Spring brings change – and change is good. Better Balmedie, having had to move out of their long-term home, are looking forward to change that will see them settled in their new abode, continuing to cast their wonderful horticultural spells around the village. The Potterton Community Group is also pulling some wonderful ideas out of the hat, as they create new projects to bring their community together. Defibrillators are appearing; walking groups are establishing; keep fit initiatives are emerging – all across the Parish. New groups are being set up while established community groups have exciting plans, while striving to attract new members.

Spring brings growth. From growing plants to growing ideas and growing small businesses, Belhelvie is certainly having a growth spurt. It's a time for getting involved, meeting new people, trying out new activities. Look around, volunteer opportunities abound so do get involved. Let's work together to make the most of ourselves and our communities as we enjoy the magic of Spring.



With the warmer months approaching, now is the time to think about getting involved. We have so many different projects on the go in Belhelvie Parish. Why not volunteer for one of the following groups? It's a great way to get out there and spend time with friends.

| Group                       | Contact           |              |
|-----------------------------|-------------------|--------------|
| Belhelvie Banter            | Jess Petrie       | 07763 314579 |
| Better Balmedie             | Allan Jeffrey     | 01358 743851 |
| The Sand Bothy              | Rosie Nicol       | 01358 742557 |
| Potterton Community Group   | Caroline Anderson | 07920 280212 |
| Christmas Lights            | Diane Cassie      | 01358 743114 |
| First Responders            | Marc Wood         | 01358 743002 |
| Scouts                      | Ivor Jenkins      | 01358 742697 |
| Belhelvie Community Trust   | Rosie Nicol       | 01358 742118 |
| Belhelvie Community Council | David Watson      | 01651 328263 |

**REMEMBER: Copy deadline for Summer Edition is Friday 28<sup>th</sup> April**

**Jess Petrie Editor**



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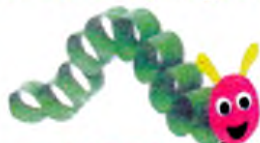
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\*IFC Inside Front Cover \*IBC Inside Back Cover \*BC Back Cover

\*\*\*Copy deadline for Summer Edition: Friday 28th April 2017

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# BELHELVE COMMUNITY TRUST

## The Sand Bothy

The Sand Bothy hosted a very successful happy Christmas event with Santa in his grotto, Mrs Claus at her fireside and Christmas Crafts and refreshments. We hope the many of you who attended enjoyed this community event and look forward to others to come. During 2017 we will be developing our beach exhibition, running classes and workshops, hosting meetings and other activities. Hoping for warmer weather, we have decided to open the kiosk at weekends beginning 17<sup>th</sup> February, depending on weather and available volunteers.

We have so many ideas and activities coming up. Love Rara will be doing Valentine workshops (11<sup>th</sup> Feb). We will be doing a 'Mud Pies' outdoor activity in the woods for pre-school children on March 17<sup>th</sup> and just wait until you see what we have lined up for the Well-being Festival (8<sup>th</sup> – 13<sup>th</sup> May). And there's more! All will be revealed so, to find out more, do follow our progress on Facebook – and in Banter.

Could you volunteer at The Sand Bothy? We already have a friendly team of volunteers, but we need more so we can open more often, especially during holidays and at weekends. If you can help by serving teas, coffees and ice cream, running play activities for children or joining in in any way at all, please get in touch!

Ring The Sand Bothy on 01358 742396, email us at [info@thesandbothy.co.uk](mailto:info@thesandbothy.co.uk) or contact us via The Sand Bothy Facebook page - we look forward to hearing from you!

**Rosie Nicol**

### BELHELVE COMMUNITY TRUST MEETINGS

BCT meets at 7.30pm on the 4th Monday of each month at the Whitehorse Hotel in Balmedie. So that's on Feb 27<sup>th</sup>, March 27<sup>th</sup>, and April 24<sup>th</sup>, May 22<sup>nd</sup>, and June 26<sup>th</sup> 2017. All welcome!

## ADVERTISE WITH BANTER

Belhelvie Banter now has more pages and is in full colour. We are also now able to offer full-page advertising. If you can provide a service to our area, why not promote your business by advertising with us? If you are interested, please email [belhelviebanter@live.co.uk](mailto:belhelviebanter@live.co.uk). Help is available for advert design if necessary.

| A5 PAGES               | SINGLE EDITION | FOUR EDITIONS<br>(paid in advance) |
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## Small Businesses Networking Group



The Balmedie Connect group has 60 members so far – and continues to grow. I started this group because I noticed all these home-grown businesses popping up around Balmedie. I suppose with the redundancies people were taking the opportunity to go it alone. As a small business owner myself, currently working as a nail technician in my lounge, I seek out networking events to meet like-minded

people. Creating a business can be extremely overwhelming and connecting with others going through, or having been through the same thing, can be a fantastic environment to be involved in. There is so much support and understanding from one another and much knowledge to be shared. This way, we create an environment where small businesses can help one another, whether it is advice, collaboration or brainstorming ideas.

Balmedie Connect meets every month for either a brunch or an evening meeting. We get together and chat about our businesses, what we've been up to and what our plans are going forward. I try and have a theme for each event - for example we had Gillian an advisor from Business Gateway who came along to inform us what kind of support they can give to small businesses.

Shopping local is vital to our economy, now more than ever, and this group is a way to support and promote home growing business out there.

If you would like to get involved please send me a message at [michelle@file-n-style.co.uk](mailto:michelle@file-n-style.co.uk) or find us on Facebook "Balmedie Connect".

**Michelle Houston**  
Balmedie Connect

# 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 – we have toys to amuse little ones too.

## Marianne Wray





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*We have got a lot of things  
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26<sup>th</sup> March – Mothers Day Afternoon Tea with Fizz - £30

& Children's Afternoon tea - £5 per child

29<sup>th</sup> April – Family Board Game Night

20<sup>th</sup> May – Family Quiz Night

11<sup>th</sup> June – Balmedie Summer Fete with Fun Fair

18<sup>th</sup> June – Fathers Day Special

For more information please visit our new web page

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

Or our Facebook page Balmedie Leisure Centre



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# **BELHELVIE BROWNIES (Potterton)**

We have certainly been busy at 3<sup>rd</sup> Belhelvie Brownies. Here we have a compilation of what the Brownies themselves want to share with you:

I absolutely LOVE Brownies and am happy to go every week. I especially loved doing the entertainers badge and going to pantos. It was fun making bird food out of lard. I liked doing the writer's badge as well because I want to be an author when I'm older. I love the songs we sing and my favourite is the cheese song.

At Brownies we go on different trips. Before Christmas we went to the Inverurie Pantomime, Puss in Boots. I really enjoyed it because it really funny because Freddie kept buying the wrong things at the shop. At the weekend the Brownies went planting bulbs. We planted daffodils in Potterton next to the big park. We made some holes by cutting a square (of turf) then took the square off. Then we loosened the earth and then we put the bulbs in. After that we put the square back on.

At Brownies we had a Christmas Party. We made badges and had some party food. We got 3 tattoos each. Another thing we've done is delivered Belhelvie Banters through doors. Afterwards we went to the park. Another time a policeman came and talked about crime prevention. Soon, in May, we will go camping in a tent and inside the tent there is a sleeping bag, in the sleeping bag is ..... US!

Contact for 3<sup>rd</sup> Belhelvie Brownies is **Katherine Hebron-Scott**  
[katherine@hebron1.orangehome.co.uk](mailto:katherine@hebron1.orangehome.co.uk)

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

The Rangers had a very busy term before Christmas. We had a weekend away to Fyvie Guide House where we went from eating out at the local Inn for our supper, to cooking out on a Trangia for breakfast, and cooking on a fire for lunch. Back at our regular meetings we visited the Body Shop for some make-up advice, worked on some badges, and made felt reindeer for Christmas.

This term we're going to try knitting to help make hats for premature babies and we'll also be learning about household DIY. Power tools (and safety goggles) at the ready! We're also going to be planning a trip away; hopefully further afield than Fyvie but just how far remains to be seen!

We'd love to welcome new members. Currently, we meet fortnightly in Potterton on a Thursday but this can be flexible if more people are able to attend another night/location. Rangers are for young women aged 14 to 26 years old. We plan our activities based on what the members want to do. Do give me a call (01224 703335) or drop me an email ([s.osbeck@rgu.ac.uk](mailto:s.osbeck@rgu.ac.uk)) if you are interested in joining us.

**Susan Osbeck**

## THINGS CAN ONLY GET BETTER



Well 2016 has gone and what a year it was! I am sure some of you will have happy memories of events in the past year, but the changes that will flow from the big decisions taken last year will affect us all for a long time to come. I am disappointed that there was no headline in the local press stating, “Balmedie Man becomes President!” Perhaps the absence of such a headline is a measure of just how well-respected our neighbour is locally...! Events of the last year will certainly reverberate for some time, but there is no point in looking backwards, as we cannot change what has happened, and it is the same in health terms.

If you are approaching 2017 with the intention of making positive changes to your health, then it is important not to spend too much time regretting past excesses. Fretting over the extra few goodies consumed over the festive season can have a demotivating effect, as you are focussed on a negative. It can be useful to use any previous experience to remember what went well and to avoid making the same mistakes. Beyond that, there is little to gain from mulling over the past. The best solution is to accept where you are, set your goals, and look forward to making a positive change. That way you are adopting a positive frame of mind and you are focusing on what you want to achieve, not on what you have been.

Simple changes in how you approach change can have a huge effect psychologically. You can only eat an elephant one mouthful at a time! When it comes to making positive changes, you need to adopt this mind-set, that way you have a better chance of success. At an educated guess, judging by the number of joggers and walkers I meet when out with my dog, most people are trying to be fitter not fatter! One key quality in the battle is patience. It is great that weight falls off quickly in the first few weeks, but you do need to stick at it for the long haul.

Our bodies are designed to try and keep things in a steady state. To sound rather grand, and a bit clever, we medics use a Greek word, homeostasis, which means keeping things the same. Like many medical terms a simple concept sounds much more grand when you use a bit of Greek! Essentially the effect is that for some months after starting to lose weight, your body will try and get back to where you started. The key, therefore, is to be aware of this and persist for several months, so that your body will accept the new you and not try and get back to square one! This will avoid the yo-yoing that many of you will be demoralised by, but like many things you need patience. As I often say to people it is not a co-incidence that doctors call people “patients”, as it is a vital quality in all aspects of health, not just waiting lists!

There are no magic pills that melt the fat away, though everyone wishes that were the case! Dieting is also a problem, mainly due to the homeostasis effect I mentioned before. If you drastically cut the calories then you will lose weight, but as soon as you revert to a more usual intake your body sets out to get you back to your starting point! To have any chance of keeping the slimmer you, the changes you make must be for the long term, not just for a few weeks munching lettuce or following the latest celebrity endorsed diet. You do not need to shell out for a fancy diet plan, or join a gym. I'm afraid that the boring truth is that the most effective, financially sound, and sustainable way to lose the weight is to eat less and move more. Regular readers will now realise that yet again I am nagging everyone to get active! Like the tortoise and the hare, the slow relentless, and sadly slightly boring plod, will win through, but you need to allow time and above all have PATIENCE!



## Dr Alasdair Forbes

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## HELP BANTER – GET HEALTHY!

Doc Forbes is urging us all to get healthy in 2017 – so here's a great opportunity to get out there exercising, whether on foot or bicycle. We know that one distribution round each season isn't going to do it, but once you feel the benefits of some extra exercise, hopefully it will become a regular activity.

Banter needs volunteer distributors in the following areas:  
 Belhelvie Village, along the road behind the quarry to Whitecairns, Whitecairns and Craigie areas and the Minnes Road area north of Causeyend. Do get in touch if you can help us out.

Tel: 07825 216233 or email us at [belhelviebanter@live.co.uk](mailto:belhelviebanter@live.co.uk).



## BELHELVIE TREE OF REMEMBRANCE

Last year, the festive season saw the first Belhelvie Christmas Tree of Remembrance. Community member Brett Townsley contacted the Belhelvie Banter who linked with members of the Belhelvie Community Trust for advice on how to support the projects he was looking to develop. Brett had been fundraising ("Remembering Raffie") for over three years for the Roy Castle Lung Foundation in memory of his Father, Raffie.



This year the Belhelvie Christmas Tree of Remembrance (a fantastic 7ft tall!) was put up in a sheltered spot within the Belhelvie Playpark in memory of those who have passed away, are living abroad, or those who could not be around for the festive period.

The tree was decorated with baubles donated by the community, together with 'Remembering Raffie' baubles. The community donated £5 to buy a 'Remembering Raffie' bauble, which had inside it a card on which could be written the name or a message for your loved one. They could then be decorated. The tree was beautiful – Belhelvie has a very creative community using glitter, stickers, buttons and bells. Well done!



Cadgers Garage was also very supportive of the project and were happy to offer a place for people to hand in donations and collect baubles. Thank you for being so community-minded and helping make this project happen.

On Friday 16<sup>th</sup> December at 6pm a small carol service was held around the tree. The service was led by the Belhelvie Church and we all shared warm mulled wine (non-alcoholic) and mince pies. Thank you Belhelvie Church and all the singers - it was perfect.

As a community, this initiative raised almost £500 and was truly embraced to remember all those who we hold dear. As a small

community, the tree achieved everything Brett had hoped for and more! We remembered our loved ones, came together as a community, enjoyed singing and simply being together.

We would like to thank the Belhelvie Banter, the Belhelvie Community Trust, Belhelvie Church, Cadgers Garage, The Scottish Tree Company, Aberdeenshire Council Landscape Services, Neighbours, Family and Friends.

As we gathered around the tree, we shared stories, ideas and inspired new possibilities, thinking about how we can contribute to and improve the village of Belhelvie for everyone. (The photo on the right shows project leaders Annie Grant and Brett Townsley.)



We are so lucky to live in such a beautiful part of the world surrounded by stunning scenery and wonderful people. On behalf of the Belhelvie community may I also thank Brett himself for his hard work, dedication and being the inspiration behind this project.

We would really love to give Belhelvie its very own 'living' Christmas tree with mains Christmas lights. However, we recognise we do need some more help. So, to be a helping hand in making things happens in Belhelvie, or for more information, please get in touch.

**Brett Townsley** ([brett.townsley@hotmail.co.uk](mailto:brett.townsley@hotmail.co.uk))

**Annie Grant** ([annie.grant@hotmail.co.uk](mailto:annie.grant@hotmail.co.uk))

## **BALMEDIE NETBALL WANTS YOU!**

Come and play netball for some fun, keep fit & make friends. Did you play at school, college, uni years ago? Never played but want to try?

No problem – come and join us. Our sessions are coach-led and cover basic skill development and court play. Each week we learn/ practice new skills, having fun, making friends. There is absolutely no age limit. All we ask is that you are over 18. We welcome ladies of all fitness levels and abilities.

We meet at the Balmedie Leisure Centre every Tuesday at 7.15pm. Call Mandy Ballingall on 07939 042124 if you would like to come along or need more info.

# BALMEDIE SCHOOL

*Mr Steven Milne keeps us up to date with what has been happening at Balmedie Primary School.*

We at Balmedie Primary would like to thank everyone who contributed to our Christmas Fair last year (it sounds a long time ago now doesn't it?) It was a great success and boosted our school funds considerably. Thank you to the Banter for publicising it.



Back in December, Scott Baxter from Aberdeen Cyrenians came into school to speak to the pupils and teachers about the plight of the homeless. During the assembly, Scott told us about the hardships facing many of the people in our community. Unfortunately this number is rising. His informative talk was the stimulus for us collecting items for a local food bank. The response was overwhelming (see the photo above) and when the AWPR lorry came to Balmedie Primary it struggled to leave with its heavy load! (OK I exaggerate, but the message is clear – a fantastic effort all round). Thank you to all those who donated food and to the AWPR workers who gave up their time. We hope to have Scott back for a follow-up in the near future.



As mentioned in the previous edition of the Banter, Eigie won the first term's house points prize. I am delighted to announce that Keir won the second term's prize – congratulations to them. I wonder who will win during the third term?

On the left is the winner of the Winter Banter Cover Competition. Victoria Wharton, a pupil in Mr Milne's P3 class, who proudly shows her framed Banter cover drawing, while her classmates look on. Our editor also presented her with a set of felt tip pens, which will hopefully further her artistic talents.

*(I really enjoyed meeting the pupils in Mr Milne's P3 class. They were working very hard when I arrived and I was very impressed by their politeness and listening and talking skills. Well done P3 and thank you Victoria for your lovely drawing! Editor)*



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## PREGNANCY and MASSAGE

Ideally, we *all* want a balanced structure with toned muscles, ready for action. Pregnant ladies are no exception. After all, they need to be fit for the birth. They are *athletes*!

Massage supports the wisdom of the body as it goes through its fantastic changes. Using massage to alleviate any pregnancy-induced problems, is much safer than resorting to any drugs. *This is especially important for those suffering from morning sickness, pain, anxiety or excessive fatigue.*

Changes in the pelvis as the body prepares for birth can alter the centre of gravity which can lead to back and leg pain. An osteopath will assess the pelvis and spine for any imbalances and correct them with advice of how to sit, stand and move. Aches and pains that occur as a result of the effects of the natural weight gain can be eased. The neck and shoulders can feel very tense, often, leading to headaches. Tension can increase as the breasts enlarge. Arms and hands can feel heavy and achey; indeed carpal tunnel syndrome is quite common in pregnancy – Remedial Massage Therapy (RMT) can help!

Massage Therapy helps support mum to prevent postural habits that may lead to chronic pain.

- Massage helps to improve circulation, maximising the supply of nutrients and oxygen to mum and baby.
- RMT promotes flexibility, helping to prevent injuries
- The more flexible muscles, particularly of the pelvis are, the easier labour will be.

Rest and relaxation can be difficult as baby gets bigger so massage has an important role to play.

**During pregnancy,** Osteopathy may be needed for various painful conditions. One is pain over the pubic bone at the front of the pelvis (*Symphysis Pubis Syndrome*). Often, this is a case of the adductor muscles (the ones you use to grip onto your horse) being too tight and causing excruciatingly painful pulling. This is often due to pelvic distortions and can be helped! Sciatica and low back pain are also quite common in pregnancy. There is no need to suffer....

*Next time: Massage Therapy in Labour and what we recommend after the birth.*

**Maggie Brooks-Carter**

Tel: 01224 822956

## PARISH THREADS

*I grow old, I grow old, I shall wear the bottoms of my trousers rolled.*

Driving over to Newmachar from Belhelvie the other morning; you know where the view opens up to the west, I saw an extraordinary sight. There were two Bennachie ranges in the distance. To the right of the usual hills were clouds in the very same shape. Not having heard of Orographic lifting I felt I had witnessed the miraculous. How unlikely would it be I thought that clouds would mirror the shape of the surrounding geography so perfectly? I was delighted to be able to tell the story at teatime like a kid who has just seen a chick hatching. 'It was exactly the same shape as the hills...' I said breathlessly. 'Well it would be', I was told and was informed about adiabatic cooling, dew points and cloud formation. So now I have been able to extend my already reasonably large collection of anorack material.

I was brought up by a sturdy-shoe wearing mother who confused conversation with the imparting of information before spectrum issues were common knowledge. All her life she absorbed facts about natural history, literature, geography and ancient stones. She has just died in a Cornish nursing home aged 96, (thank you but I am OK) and I am preparing readings for her funeral. It's a delicate business to get right, even though I have had plenty of preparation time.

She lived her life well into very old age. She was even able to laugh when she really did have to roll up her trousers as per the poem by T.S. Elliot. In a bizarre coincidence my brothers children lost their other grandma the same week and she was also called Ann. "Grim Reaper error?" we said to each other sotto voce.

Back in October the subject of the Grim Reaper came up as a choice for a grandson Halloween costume. I felt I couldn't agree to making a cardboard and stick scythe and black cowl without first imparting information about the G.R. There was scything, reaping, death, souls and skeletons, a whole caboodle of ancient belief systems to chat about ....cue 10 year old grandson eyes rolling back into blank sockets.

Now it's true there is slight aspergerical streak in our family. Luckily, as you know I am untouched by it...if that is, you discount my interest in 19th century Scottish brick-marks.... and of course scythes and reaping.

I have a picture book called 'Cry Heart but Never Break' to give to the grandchildren. It's a story that begins when the Grim Reaper arrives at a cottage to collect a grandma. He leaves his scythe leaning against the wall outside to respect the fact that there were only children inside (The grim reaper isn't a bad guy really)... The four children, who the grandmother had brought up, hoped they could distract him by keeping him talking over coffee all night ...he plays along but in the end puts a bony finger over the cup, and says: 'No more' and tells them a story. There were two sad grey boys called grief and sorrow he tells them and two pink happy girls called joy and delight. All of them realised something was missing from their lives. They of course meet, fall in love and live happily ever after. You can't have one without the other, he says and leaving the children he goes upstairs. They hear the window open

and when they go up, sure enough Grandma has passed away. The G.R. is still there and finishes by telling them that although they will be sad they will always have memories of her and the wind blowing the curtain through an open window will bring a reminder.

I have devised a plan for Mum's remembrance service. I shall use readings from books on her own shelves, books that she kept all her life.

From the Flower Fairies I shall take

The Song of the Snowdrop Fairy:

*Deep sleeps the winter cold wet and grey*

*Surely all the world is dead spring is far away*

In Croydon in the 1920s, Cecily Mary Barker was drawing her young kitchen maid and much younger children who modeled for the pictures in thinly draped fabric. It would probably be frowned upon now.

From Tales of an Empty Cabin by 'Grey Owl' her fifth form school prize from 1936; I shall take a few lines from Longfellow describing the passing of the gentle Chibiabos:

*From the homes of those who knew him*

*Passing silent through the forest*

*Like a smoke-wreath wafting sideways*

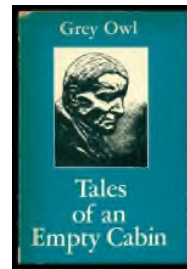
*Slowly vanished Chibiabos.*

*Where he passed, the branches moved not*

*Where he trod the grasses bent not,*

*And the fallen leaves of last year*

*Made no sound beneath his footsteps.*



The handsome Native American Grey Owl who so impressed John Buchan in Canada in the 20s also gripped the imagination of Mum's family when they saw the author speaking in London in the thirties. He told thrilling stories about protecting the wilderness, birch-bark canoes and his two tame Beavers.

In the end he turned out to be an alcoholic, bigamous ex fur trapper called Archibald Belaney from Hastings, but his ability to connect with the natural world impressed everyone and they forgave him his deceit.

Forgiving deceit is in the air at the moment as the people of America and Europe cope with what the majority voted for. In the end all we will have left will be Skimmington Ride. I have my pots and pans ready.

Who knows what more duplicity I may find on mum's shelves within the copies of Homer's Odyssey and Kipling's Puck of Pook's Hill, to say nothing of Dulac's fairy stories and her Bible. However it would be a rich selection of literature to take to a desert island ...if she were going to one.

Maybe she is.

**Mary Cane**



Firstly, on behalf of staff and committee, may I take this opportunity to offer a heartfelt thank you to all our customers and hope you have a happy and prosperous New Year? There's a lot going on at your local Leisure Centre, run by community volunteers for the community. We really couldn't survive without your generous support.

We value your suggestions and are always keen to hear about new, exciting and effective ways to get more people active and improve lives. Please share any ideas you may have. We can discuss whether it's something we can help fund and/ or fit into our programme. Our contact details are below.

We would love to welcome you into the Balmedie Leisure Centre 'family' so do pop in and see us. If your New Year's resolution is to get fit, lose weight or just tone up - now you can. With our variety of new classes available right on your doorstep, why not kick start your New Year by taking part in some sport and exercise. No excuses now! If you wish to take part in one of our fitness classes or enjoy the benefits of some individual personal training from Caroline, or maybe just do something different then give us a call. Simples!

One last thing - Balmedie Leisure Centre has upgraded their security camera system with additional cameras, one of which covers the front entrance and the newly installed defibrillator.

Contact us on 01358 743725 or email [balmedie\\_leisure@btconnect.com](mailto:balmedie_leisure@btconnect.com)  
We are also on Facebook and our website is [www.balmedieleisurecentre.com](http://www.balmedieleisurecentre.com),

**Bill Murray, Chairman.**

### **Spring 2017 at the Beachside Coffee Shop & Balmedie Leisure Centre**

|               |   |
|---------------|---|
| 25th/26th Feb | Family - Indigo Valentine's Angel Love & Above Holistic Fayres. |
| 26th March    | Mother's Day Afternoon Tea with Fizz & children's afternoon tea |
| 29th April    | Family board game night.  |
| 20th May      | Family Quiz Night   |



# BELHELVIE COMMUNITY FIRST RESPONDERS & PUBLIC ACCESS DEFIBRILLATORS

*“Good things come to those who wait.”* The famous phrase gives no indication of how long that wait might be, but for someone who was brought up with a mother’s by-word of “Patience!” uttered in various tones to suit every occasion I heard that word ring out from my past as one by one the defibrillators took pride of place at Balmedie Leisure Centre, Cadger’s Garage, Belhelvie and Potterton Leisure Centre. (My sincere thanks to all who made this happen).



It was in this March edition of the “Banter” in 2013, that I issued the challenge to Belhelvie-ites to *“make this happen here”* and now at Christmas time in 2016 we’ve finally made it. There is no point, dwelling on all the knock backs we have had to endure to get this far, suffice it to say the good folks of the Parish were generous in the early fundraising ventures and the money raised has now been spent wisely and prudently. Marc Wood is Coordinator and now all we need are more volunteers and more funds. So do get in touch with Marc on 07789965236 or email him: [marcandrewwood@gmail.com](mailto:marcandrewwood@gmail.com)

To recap: **Public Access Defibrillators** - Defibrillators are automated portable electronic devices that automatically diagnose a potentially life-threatening cardiac arrhythmia in a patient, allowing the heart to reestablish an effective rhythm. These are designed to be simple to use for the layman with no medical background. When applied to the victim, voice commands and screen messages guide the user step-by-step through the process and the intelligent technology will only allow it to shock a ‘shockable’ heart rhythm.

**Community First Responder Scheme** - First Responders are community volunteers who respond to medical emergencies while the ambulance is on its way. They are trained and can provide an early intervention in situations such as a heart or asthma attack before the professional ambulance crew arrives. Scottish Ambulance Service (SAS) require to determine the need for a First Responders initiative in the Belhelvie community so we are looking to be prepared with identified volunteers and sufficient funding for when the opportunity for training by the SAS arises.

**Now what I want to hear are those three magic words...“Count me in”**

We need more volunteers for a Parish-wide First Responder Team and a team of supporters to assist with fundraising. We have an Information Evening organised for **Monday March 6<sup>th</sup> in Balmedie Leisure Centre at 7:00 pm.** so do come along and find out a bit more about this vital and worthwhile Parish venture. If you can’t

afford the gift of time, as a volunteer or as a fund-raiser, then perhaps you would like to donate to our soon to be set-up "Justgiving" page.

We would be interested in talking to local businesses that would benefit from having a defibrillator on hand or trained personnel on the staff. This is far too important an issue to ignore, as you never know when you might be confronted with a life-threatening event unfolding before you. It takes less than half an hour to familiarise yourself with the beat of "Staying Alive", Marc and Dr. Alasdair Forbes will again be offering regular drop-in practice sessions in CPR (Cardio Pulmonary Resuscitation) lifesaving technique.

*"Come on Belhelvie, make it happen"*

**Audrey Jeffries**

## **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 Spring 2017 programme:

|             |                                  |
|-------------|----------------------------------|
| 14 February | RSPB Talk                        |
| 28 February | Entertainment by Dennis Morrison |
| 14 March    | Mary Cane Talk                   |
| 28 March    | "Just me Fiona G" entertainment  |
| 11 April    | "In the Mood" entertainment      |
| 25 April    | Bingo                            |
| 9 May       | Hughie MacDonald entertainment   |
| 23 May      | Don Forbes & Dennis Shepherd     |
| 13 December | Christmas party                  |

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

## **EXPLORER SCOUT GROUP**

Balmedie Scouts now run an Explorer Scout Group for 14-18yr olds. This group is open to any gender and meets in Potterton Community Centre on Tuesday nights (term time) from 7.30pm to 9.30pm.

## FLOWERPOTS CHILDCARE - CHILDREN IN NEED



Flowerpots Childcare is a children's nursery based at Kingseat, Newmachar. We support Children in Need as it underpins our vision and the money raised is used in the UK. There are a number of projects in Aberdeen City and Shire supported by the charity.

Flowerpots Childcare Parents, children and staff successfully raised £2,420.50 for BBC Children in Need, after doing their fun filled activity week to support

the 2016 Appeal. The money raised will go on to help transform the lives of disadvantaged children and young people across the UK. During the week, the nursery held a different daily event, including a dance-a-thon, bake cake day, wear yellow, Pudsey teddy bear picnic and PJ day.

Managing Director, Alison King said: "We're overwhelmed with the response we had during our fundraising week and would like to say a huge thank you to all those who took part. It was great fun supporting BBC Children in Need. This is the largest amount we have ever raised for a charity and we would like to thank all our nursery parents for their support."

BBC Children in Need works throughout the year to ensure that every child in the UK has a safe, happy and secure childhood, and the chance to reach their full potential. It relies on the energy and commitment of thousands of fundraisers and supporters across the UK, who donate their time and money to put on events in support of the Appeal.

*Pictured above is Nikki Barrie, the staff member who organised the fund-raising, with her daughter Aimee Yule.*

For more details, please contact: Alison King, Managing Director 01651 869078 or email: [alison@flowerpotschildcare.com](mailto:alison@flowerpotschildcare.com)

### EVER THOUGHT OF FOSTERING?



Barnardo's Children's Charity is always looking to recruit foster carers in Scotland to tackle the critical shortfall which leaves one in three children in care having to move homes more than twice a year. There

is no upper age limit to becoming a foster carer although there is a minimum age of 21. Barnardo's does not exclude anyone from consideration on the grounds of marital status, gender, sexual orientation, disability or employment status.

For more information visit: [www.barnardos.org.uk/fostering](http://www.barnardos.org.uk/fostering) or call 08000 277 280.

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## ABERDEEN OFFSHORE WIND FARM UPDATE



*Natalie Ghazi, Local Liaison Officer for Vattenfall, the developers behind the innovative European Offshore Wind Deployment Centre (EOWDC) reports on progress in our area.*

On behalf of the project team, I would like to wish you all a Happy New Year. Since I last wrote for the Banter, there have been significant developments on our site at Blackdog. Below are some images, which show you the progress that has been made. By the next article, you should hopefully see some foundations being laid!



The Christmas holidays may feel like a distant memory but during the month of December, the project team were certainly in the festive spirit after receiving a Christmas cake and some treats from local residents. We also had a schools' Christmas card competition, which Calum Whyte from Scotstown Primary won with his colourful, creative design featuring on all our Christmas cards.

This month, we announced our partnership with Aberdeen Science Centre to share and deliver educational information about the wind industry and the innovative technology that will be deployed at the windfarm. The launch of this partnership will be on the weekend of February 11 and 12 when there will be a variety of free, interesting and engaging workshops, experiments and experiences at the Science Centre. We would be delighted to see you there anytime between 10am-4pm on the Saturday and Sunday. As always, thank you for your support of the project and we look forward to continuing to work with you.

If you would like more information on the project, please visit our newly launched website at <https://corporate.vattenfall.co.uk/eowdc> or contact me directly at 07814 763090 or [natalie.ghazi@vattenfall.com](mailto:natalie.ghazi@vattenfall.com)

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Manager: Lyndsay Fleming

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

**Tel. 01358 743094**

## CAROLINE – OUR COMMUNITY HERO

The Store at Foveran, our local farm shop, deli and coffee shop launched a campaign in December to find the north-east's most hardworking community hero. Their aim was to reward one inspiring individual who had gone that extra mile to support their community in 2016.



Andrew Booth presenting Caroline Anderson with her voucher for The Store

We were delighted to hear that Banter contributor and co-founder of the Potterton Community Group, Caroline Anderson was announced as the winner, after impressing judges with her contributions to her local community. Since PCG was set up in 2015, the group has grown from a handful of mums to one that involves residents of all ages focusing on the community. The group now regularly organises events, promoting the use of local businesses and the surrounding area, as a way to inject more community spirit into the village and make Potterton more sociable for its residents. Banter readers will be well aware of PCG's achievements: the fun days, pop-up cafes, walking groups and, not least, the work done to improve a local path so that residents can explore the countryside around Potterton.

Andrew Booth, owner of The Store, found it a difficult decision as there was a huge number of very inspirational nominations from across the north-east. One of the main reasons he, with the help of his family, chose Caroline was because he wanted to give her an incentive to carry on the Potterton Community Group well into the future.

Caroline plays down her wonderful achievement, saying, "I've never thought that I do anything particularly special, as there are so many people out there doing inspirational things. Whilst I'm the main driver behind the group, it's entirely a team effort. We have an amazing bunch of people who volunteer their time to the group and we wouldn't have been able to achieve what we have done over the past year without them all."

However, WE are certainly impressed and consider this award very well-deserved. We have seen the effort Caroline puts in to get her band of willing helpers organised. Caroline – we salute you and the PCG. Keep up the good work!



## POTTERTON COMMUNITY GROUP

Our first Annual General Meeting is due to be held on **Monday 13<sup>th</sup> March from 7.15pm in the Stead Inn Restaurant**. Teas/coffees and home bakes will be provided. This will be followed by a Public Meeting at 7.45pm. The aim of the public meeting is to start discussing what projects local residents would like to see us working on next or what additional groups and services we can start exploring over the next year. Both meetings are open to all residents and we look forward to seeing you then.



Our Monthly Pop Up Cafés will continue this year on the last Saturday of every month from 10.00am to Noon in the Potterton Community Centre. We'll look to coincide the café with some Pop Up Shops, Kids' Art & Craft Sessions and Pop Up Pottery Barns. From January we'll also be offering a selection of Fairtrade items alongside our normal Teas/Coffee.

## POTTERTON WALKING GROUP



The Potterton Walking Group has now set their walks for the first part of 2017. If you wish to join the group please feel free to come along to the Potterton Re-cycling Centre by the football pitch on the date and time of the walk or if you wish further information in advance of the walk, please e-mail Chris Schenk, who runs the group alongside John Hutcheon on [aberdeenschenk@gmail.com](mailto:aberdeenschenk@gmail.com). The group have a car share arrangement for walks further afield.

| <i>Date</i> | <i>Walk Details</i>                           | <i>Meeting Place</i>       | <i>Time</i> |
|-------------|---|----------------------------|-------------|
| 14 Feb      | Haddo House walk around estate                | Potterton Recycling Centre | 1.30pm      |
| 14 March    | Aden Park, Mintlaw                            | Potterton Recycling Centre | 1.30pm      |
| 11 April    | Ellon, riverside walk                         | Potterton Recycling Centre | 1.00pm      |
| 9 May       | Cruden Bay & Slains Castle                    | Potterton Recycling Centre | noon        |
| 30 May      | Railway line, Udney Green north               | Potterton Recycling Centre | noon        |
| 20 June     | Seaton to 3 <sup>rd</sup> Don crossing & back | Potterton Recycling Centre | noon        |



## POTTERTON PLANTING GROUP

Are you a keen gardener or interested in plants? Would you be interested in joining a group of local residents in Potterton who undertake the planting of flowers or bulbs (supplied to us by Aberdeenshire Council via Belhelvie Community Council) on a yearly basis to upkeep our flower beds and planters in the village? If so please contact Fiona Scott who co-ordinates the group on: [fmscott40@gmail.com](mailto:fmscott40@gmail.com)



The **Potterton Adults Art & Craft Group** meets fortnightly on a Tuesday evening at 7.30 in the Stead Inn Restaurant.

You can bring along your own crafts or join in with the group activity. So far we have focused on the art of book folding, card making, decoupage, painting crockery and quilling. If you are interested in joining the group, please feel free to come along (£2 donation per class) or if you wish any further information please e-mail [Pottertoncommunitygroup@gmail.com](mailto:Pottertoncommunitygroup@gmail.com) Class dates and activities are advertised on our Facebook page "Potterton Community".

Class Dates: 7<sup>th</sup> February, 21<sup>st</sup> February, 7<sup>th</sup> March, 21<sup>st</sup> March , 4<sup>th</sup> April

## POTTERTON SUMMER FETE

Interested in joining a group to help organise the Potterton Summer Fete? Do you have any ideas of what you would like to see at this year's Fete? If so, please contact Caroline Anderson 07920280212 or email [pottertoncommunitygroup@gmail.com](mailto:pottertoncommunitygroup@gmail.com)



## PULMONARY FIBROSIS SUPPORT GROUP

Grampian Pulmonary Fibrosis Support Group meetings are held at Balgownie Bowling Club, Bridge of Don, from 1pm to 3pm every two months. Patients, friends and carers are all welcome and tea and coffee will be available. Up and coming dates for the next few meetings are Wednesday 25th January, 29th March and 31st May 2017. For further information please email: [deans.audrey@gmail.com](mailto:deans.audrey@gmail.com)  
We look forward to seeing you there!

**Audrey Deans**

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# BELHELVE NEIGHBOURHOOD WATCH

## Home Security Tips for Spring



Signs of spring (he says looking out of the window at snow on the ground with the daffs trying to peep through) are finally arriving. As temperatures rise, now is a great time to make sure your home is secure during the warmer months ahead.

When the weather improves, people begin spending more time outside – but unfortunately that also includes the burglars and others who may be targeting your area. However, burglary isn't the only danger you need to worry about this spring. Why not start early in getting your home “Summer 2017 ready”.

### **1. Check smoke detectors**

The start of BST is a great reminder to check the batteries in your fire/smoke detectors. Test the alarms to make sure they're working or install a fresh battery. If the detector is older than 10 years, it should be replaced.

### **2. Mow the grass**

A clean-cut lawn doesn't just make your property look nice – it helps deter burglars. High, uncut grass is a sign to burglars that the property may be vacant.

### **3. Lock doors and windows**

When the temperature rises, it's tempting to leave doors and windows open to let the fresh air in after a long winter. Just be sure to lock storm doors and close everything when you're away, or at night, to keep the bad guys out.

### **4. Use outdoor lights**

An unlit home is an invitation for burglars. Keep your home well-lit with low-watt bulbs.

### **5. Put garden tools away**

After a long day of spring garden work, be sure to tidy away your tools. Leaving tools on show risks them being stolen and shows burglars you're relaxed with security.

### **6. Make house numbers visible**

In an emergency, responders will need to find your house easily. Make sure the numbers on your home are clearly visible from the street.

### **7. Plan carefully before your holidays**

If going on holiday, keep an extra car parked prominently in the driveway (ask a neighbour to park their car there). Use lighting timers to schedule your lights to go on each night. Gadgets like WEMO plugs or Hive/Nest enable you to control your home from your phone.

### **8. Don't tell the world you're going away**

It may be tempting to post pictures of your holiday on Facebook, or to have such details on your voicemail message, but such actions alert burglars to an empty home.

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.

**Paul Collier**

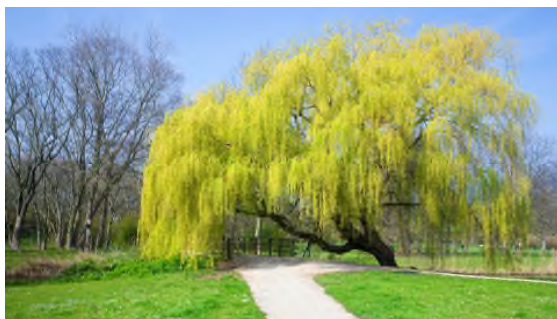
## NATURAL BELHELVIE



A very healthy 2017 to all of you fine Banter readers, may your binoculars never mist up! Yes I know it is well into the year and New Year wishes are long past, umm oh no, not yet! I was told many years ago that it was perfectly in order to wish someone a happy New Year until Easter, and then you should stop!

So here we are into February and with luck it will not be a 'February Fill Dyke' month. Did I manage to provide you with the correct books on the flora and fauna of Belhelvie that you asked for in your Santa letters? I do hope so and I also trust that you are all busy using them. As early as it is into the year, you can take a look at the section that deals with trees, and in particular the willows. Now willows are a very large group and may test your powers of observation and deduction to the full, but I am sure that you all enjoy a challenge?

I mention willows as they will be the very first trees (at least native trees) that come into flower, and even as you read this edition of the Banter, some species may well have blooms already, honest. Trees have blooms? Yes of course trees are flowering plants just as dandelions and daisies are,



but trees have woody stems the daisies and dandelions do not. But back to the willows that are not only a large but also a complex group with a dozen or more species growing locally, oh yes just to confuse you further, poplar trees also belong to this big group!

Complex indeed as willows are dioecious trees, phew you can use that for your next pub quiz! Dioecious simply means that a species grows as a completely separate male or female plant, and of course male trees have male flowers and female trees female flowers, easy! Incidentally you may well have a very well known dioecious tree in your garden: the holly. And if you have one that never has any berries, while your neighbour's does, then hard luck, your tree is a male, the one next door a female.

Anyhow, willows do flower early in the year because they are mainly wind-pollinated, e.g. the wind blows pollen from Mr. Willow onto Mrs. Willow. This process has a better chance of success and is easier accomplished if the trees do not have any leaves in the way, so willows flower, set seed and only then do they grow a new seasons set of leaves, did I mention that they were complex?

One of the very earliest willows on the go each year is the grey sallow. Oh yes, for those of you that are not already totally confused, willows are sometimes called sallows, or osiers or just willows! Grey sallow then is common round about Belhelvie and may start to flower in late February. It is a medium sized tree or large bush with numerous stems. Look for diamond shaped markings on the otherwise smooth grey/green bark, typical of all willows. Male flowers are the showy ones and will be silvery to begin with turning yellow as the pollen develops. The female flowers are rather dull in comparison.

For any of you good readers that were at the Burn's Night dinner dance you may well have had your fill of Strip the Willow, but if whilst trying to sort out your osiers from your sallows you have a headache, then do strip the willow. Willow bark contains a chemical called salicylic acid and you all know what that is? Of course, it's the active ingredient in Aspirin! .

Enjoy the natural world out and about around Belhelvie.

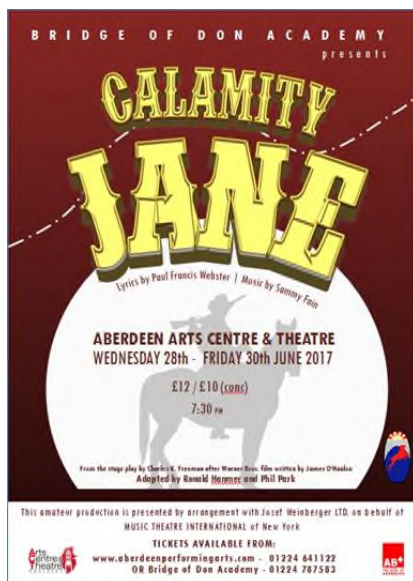
**Bob Davis**

## **“CALAMITY JANE” at BRIDGE of DON ACADEMY**

Bridge of Don Academy is off to the Wild West for their sixth drama production, “Calamity Jane”, which will run at The Arts Centre King Street from 28<sup>th</sup> to 30<sup>th</sup> June.

Deadwood City's two most famous peace officers, Calamity Jane and Wild Bill Hickock, get involved in saving the neck of the local saloon operator by welcoming a new act into town. However, the locals soon become infuriated at Calamity for letting them believe that “Frances Fryer” is a woman, when instead, she is unmasked to be male. It's now up to Calamity to restore her reputation and the high spirits of the Golden Garter by travelling to Chicago to find Adelaide Adams, the original heart-throb of the saloon, and bring her back to Deadwood City.

The cast for “Calamity Jane” has been chosen and pupils are now rehearsing hard so this production is sure to be unmissable. Tickets are on sale later in the year from the Academy (Abdn. 787583) or through the APA Booking Office (Abdn. 641122). They cost £12 (conc. £10). Be sure to get in there early to avoid disappointment!







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## HEAD TEACHER'S MESSAGE

At Bridge of Don Academy, we encourage pupils to take part in a variety of activities in order to develop teamwork, communication skills and personal/inter personal skills that will serve them well beyond school. We know that Aberdeen is going through an unprecedented downturn in economic activity and as a result many jobs have disappeared or are at risk. Having good qualifications and a good skills set are no guarantee that you won't lose your job but they make you more valuable to an employer who needs to retain their best people.

Skills are important but qualifications are vital. In the last three years we have seen improvements at all levels in the qualifications achieved by our pupils. Our academic success has been recognised by the authority and by HMLe.

In S4 we consolidated the improvements made in 2015 and almost half of our young people now achieve at least five National Five Passes and the proportion who achieve at least one National five pass has gone from 68% in 2013 to 84% in 2016. In English and Maths more and more of our young people are achieving National five passes and the departments have plans to increase this further.

In S5 we have increased the proportion of our young people who achieve one, three and five Highers. The percentage that achieve five Highers has doubled from just over 10% to almost 25% in the last four years. This means more young people have university entrance requirements for their courses at the end of S5.

More young people are leaving school after S6 with five Highers: 47% in 2014 compared to 57% in 2016. At the top end young people at Bridge of Don Academy do better than young people of similar backgrounds in other schools in achieving two Advanced Highers and at 26% this figure is the third highest of all the city schools.

The percentage of our pupils who move on to positive destinations has been above the national and authority average for the last three years. In particular, a higher percentage of our pupils move on to further/higher education or employment than those nationally and at authority level.

**Daphne McWilliam Head Teacher**



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## BELHELVIE CHURCH OF SCOTLAND

I've listened to many talks over the years, and I have to confess that only smatterings of what was said have stayed with me. But I've always remembered the Irish poet and priest John O'Donohue asking us:

*"What are the five or six major thoughts that have influenced the course of your life?"*

That's a question that takes you deep into the waters of the soul. It's worth putting this magazine aside for a while and chewing it over. What are the thoughts that have shaped and are shaping your life? Are they life-giving? Are they slowly and subtly corrosive? A mixture of both?

Long before mindfulness and psychoanalysis, which are both useful tools, the Christian spiritual tradition took this stuff seriously. Monastics in the third century and beyond took themselves off to the desert to look for holier lives and found that they couldn't leave themselves behind! They realised that the real struggle to become free and whole and holy is one that has to be worked out internally and in community.

Evagrius, one of those monastics, classified eight 'deadly' thoughts to avoid, and over the following centuries these were moulded into the so-called 'seven deadly sins'. Between now and Easter we're going to be taking a look at those sins, but more importantly the thoughts and desires, the habits of the heart, that make them attractive to us despite the negative impact they have on us and those around us. And we're going to be thinking about how we can learn to speak back against those thoughts and replace them with better ones.

If you've got it all together – well done! Please write the book and send me a copy. But if not, this might just be a series of sermons for you, beginning on 29th January and running 'til Easter. Hope to see some of you coming along!

### Spring 2017 at Belhelvie Parish Church

|                      |                                     |
|----------------------|-------------------------------------|
| Sunday 29th Jan      | Communion                           |
| Sunday 19th February | Thinking Day/Founders Day           |
| Sunday 12th March    | Invitation Communion                |
| Thursday 13th April  | Maundy Thursday (Foveran)           |
| Friday 14th April    | Good Friday (Belhelvie)             |
| Sunday 16th April    | Easter Sunday (+ Beach Service 9am) |

**Please check out our new webpage**, which has lots of information about what's going on in our church <http://www.belhelviechurch.com/>  
You can also find us on Facebook.

**Paul McKeown**



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# BALMEDIE CONGREGATIONAL CHURCH

Balmedie Leisure Centre, 11am every Sunday  
at the NEW building, Rowan Drive, Balmedie

**OUR BUILDING** - Almost there, but not quite. We have been given a licence to temporarily occupy the building, although the car park and garden is still to be completed. Hold ups are due to the weather and our builder's health issues. The official opening date will be announced later.

**CHRISTMAS EVE SERVICE** was a success, a warm, candle-lit atmosphere. Mandy led the carols, on the guitar. The Collection will help a new project in Malawi.

## **CHILDREN & YOUTH WORK**

**Craft Club** - All school age children welcome any Thursday evening 6.30 - 7.30pm

**Boys' Brigade with Girls Association** - In the near future, we plan to re-start our Company, which will be open to all school age boys and girls. For further information, or if you are willing to help run the Company, with or without experience, please get in touch.

**SIERRA LEONE** - Our Church continues to sponsor the work of Kids Action, in Sierra Leone, and has done for some 16 years. 23 of the original 'orphans' gathered this Christmas at the Children's Home. Paul Sandy, who the Church sponsored, is now a young man and doing well.

**NEW CHURCH BUILDING** - Finally a Church building in the village, anyone is welcome to visit us any Sunday morning.

**DAMAGE** - Sadly between Christmas and New Year someone threw a bolder through one of the new Church building windows. We are extremely disappointed that just days after taking down the protective fencing, the building was damaged. I also hear that flower displays in the village were damaged the same night. From information I have, sadly, it would appear that it was a group of young people from the village. I urge anyone with information, to contact Constable Cousins, at Ellon.

# POTTERTON CONGREGATIONAL CHURCH

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

**CHRISTMAS EVE** - It was good to meet together, in the village for our Christmas Eve Service which went very well. Our collection went to help our project in Malawi. When everyone is so caught up in the materialistic side of Christmas, it is good to take time out to think of those who struggle for life itself.

**YOUTH WORK CO-ORDINATOR** - Our Churches of Aberdeen Ministry Shared Team, have recently employed a Youth Work Co-ordinator, Victoria Pirie, Vic. This is an important appointment, due to the sheer amount of youth work our Churches are involved in. Please pray for her as she settles in to her new post.

**YOUTH OVERNIGHTER** - Our Group of Churches around Aberdeen have again invited our P 5 upwards to a sleepover at our Perth Church. It will have skating in Dundee, on the way through to the Church, followed by a late night walk before bed. Saturday, will see games, a film and a discussion, followed by some free time in the play area of Camperdown Park, Dundee, with a meal stop on the way home.

All going well the group will return for a 5 day residential at Perth during the first week of summer holidays.

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# WORLD WAR TWO BEACH MINEFIELDS

On the 18<sup>th</sup> of October 2015, a bomb disposal team was sent to Aberdeen beach to carry out a controlled explosion on a World War two anti-tank mine. Following the visit, it was established that the landmine possibly came from one of the minefields classed as "North Aberdeen Beaches".

In 1940, after the fall of France, it was feared Germany would invade Britain. In response to this threat, anti-invasion measures were put in place. One such defence measure was minefields which were laid in coastal areas where an invasion force were likely to land. This defence work went on for several years.

Beaches in the Belhelvie area were identified as likely landing areas and were subsequently mined. These minefields

were laid mainly by the army. In a war diary held in the National Archives in Kew, it described work on the minefields as "Mushroom and Toadstool Farming".

Minefields were signposted and surrounded by barbed wire. In some cases sand was blown from the area exposing the mines, however sand also buried mines deeper making detection at a later date impossible.

The areas that were mined in the Belhelvie area were at Menie, Blackdog, Berryhill and Tarbothill. A larger minefield also crossed the sands of Forvie. Landmines by their nature do not discriminate from friend or foe. During the laying and arming of beach landmines over a period of 8 days in March 1941, three soldiers were killed. Leslie Whitney (23) at Blackdog, Charles Crowe (24) at Millden and Colin Innes (22) near East Hatton Farm.



Clearing the minefields after the war was often difficult as long grass interfered with the mine detecting equipment, a converted Bren Gun Carrier was used to spray flame over minefields to clear the grass to allow locating mines easier.

Some 70 years after the war, occasionally undiscovered mines surface through coastal erosion and are pulled along with strong tides.

If you have any recollections of the minefields in the area, please feel free to email me ([acstewart@yahoo.co.uk](mailto:acstewart@yahoo.co.uk)) with your information.

**Alan Stewart**



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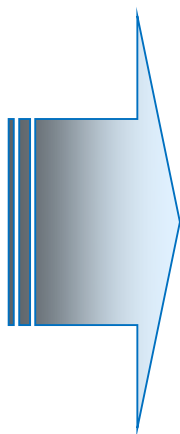
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## BALMEDIE CHRISTMAS LIGHTS



The Christmas Lights went up as usual this past Christmas and we are very grateful for the support of the local businesses (listed below). As we only took over the organising of the lights in October we had no time to fundraise. However, we hope that before Christmas 2017 we can get some more people to help so that we can come up with some new ideas.

If you are willing to help, please contact us. The lights help give our village a very festive look and we do need to raise funds to help cover the cost of installation, removal, maintenance, storage and insurance. If we can do this, we can continue to light up our village.

**Catherine & Diane 01358 743114**

### Balmedie Christmas Lights Sponsors 2016

Balmedie Christmas Lights Group would like to thank these local businesses and hope that you will given them your support where possible.

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*A big thank you goes to Catherine and Diane for all their hard work and willingness to step in, with little time to get organised. They certainly managed to give Balmedie streets a festive glow. Well done ladies.*

Ed.

### ZUMBA GOLD

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17.30 - 19.30

**Thursday** 10.00 - 13.00  
**Friday** CLOSED  
**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 Knit & Natter Group is as busy and productive as ever. Why not pop along and say hello. They are a very friendly group and extend a warm welcome to new members. They meet at the library every Thursday morning from 10.30-12.30.

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.

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**Maureen Muirden**

## CRAFT CLASSES AT THE LIBRARY



Can you knit, crochet or would you like to learn these skills? A new class is to start in Balmedie Library Monday evenings from 7-00pm to 9-00pm. commencing 23rd January. A group of ladies are willing to teach anyone interested any age male or female. If you have a craft skill you would like to share please come along we would be delighted to hear from you.

## BALMEDIE WALKING GROUP

The Sand Bothy group is at it again! They never stop coming up with wonderful ideas to make our community a better place to live. With a view to bringing folk together and achieving better health, they are hoping to start walks from the Bothy. They hope that local people with knowledge of the beach and the surrounding area will come forward to help plan walking programmes and become walk leaders. If you are interested in either planning, or just taking part, do get in touch. You can make contact via The Sand Bothy/ Belhelvie Banter/ BCT – Contact details in “Who’s Who” pages or via Facebook pages. [Watch this space!](#)



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# BELHELVIE COMMUNITY COUNCIL

**LANDFILL TAX PROJECTS** The following projects, funded by landfill tax, have now been completed: Potterton football pitch; Belhelvie football pitch and play park; Two Balmedie 7 a-side football pitches

Bills of quantity are being prepared for the Belhelvie and Potterton wildflower areas, each covers an area of 800 square metres and the Magnificent 7 area in Balmedie, to be partly turfed and sown with a wildflower mix. These projects, due to commence in spring, should be completed by the end of the growing season. A path throughout the area will be constructed 2 metres wide and a picnic area will be created at the western boundary near Old Road – suitable for use by people of all abilities.

An application has also been made by Belhelvie Leisure Centre to upgrade their toilet facilities; £55000 of landfill tax funding is being sought for this refurbishment.

## **Annual General Meeting**

Please give serious consideration to joining *your* local community council; the AGM will be held on Monday 20th February 2017 starting at 7.30 in Balmedie Primary School. New members will be very welcome at this or any other BCC meetings, which are always held on the third Monday of each month in Balmedie Primary School during school term-time and at Belhelvie Community Centre (Green Hut) during holidays. New members may be co-opted at any meeting. Please come along to the AGM or contact me on 01651 328263 or email [eagc@hotmail.co.uk](mailto:eagc@hotmail.co.uk)

David Watson, BCC Chairman



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## BALMEDIE CRAFT CLUB

Craft Club has been back for a few weeks now after our Christmas break. The Craft Club meets every from 6.30-7.30pm in our new Church building (next to the Co-op in Rowan Drive. The cost is £1.50 per week. Tuck shop is also available. All school children welcome.

Come along and have some fun!

For more details, phone 01358 743114.

**Diane & Catherine**

## BELHELVIE SWI

It's been a strange start to the year. Weather conditions stopped our guest speaker from attending our first meeting of 2017, but we will arrange another date for the representative from Befriend a Child to come along and talk to us. Hopefully the weather won't interfere with the Belly Dancing evening in February. We try to have a varied syllabus to suit all tastes, but we would welcome more folk to come along and spend the evening with us. Younger women would be especially welcome so that we can get up to date with what younger members would like out of the SWI. We are not all about jam making and baking.

Our meeting on the 8<sup>th</sup> March is our Mini Show where we will have competitions in bulbs, craft and baking. This evening would be a good opportunity to see what we can do. A cuppa, fine piece and chat - what more could you wish for on a March evening? [We meet at Egie House. 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**

## WHIST

Our Whist evenings take place on the 4th Wednesday of the month at Egie House at 7.30pm from now until May. The numbers for the whist is getting fewer so we are looking for new players. If we have less than four tables, we may have to fold, so please - if you can play whist and would enjoy an evening out with friendly folk, do come along. A cuppa, sausage roll and a cake is also on offer – all for just £2. If you're feeling lucky, there's also a raffle at 50p a strip. What a bargain!

**Elaine Strachan Tel: 01358 743173**

# Cadgers Garage

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## ELLON CLD TEAM

**Helping you & your community learn, change & grow**  
**2016: A YEAR IN REVIEW**

Last year we waved goodbye to a couple of members of our core team. Sally Sheehan and Annette Holland. Sally remains very active and involved with communities and charities, but has retired from the council and Annette has moved on to take over the reins in Turriff CLD. Although they both leave behind

big boots to fill, Vikki Carpenter has now increased her role to a full time position and we recently welcomed Debbie Mackay to our team. Debbie will be focusing on engaging with families and parents, and will work in partnerships with schools, parent forums and community groups to identify learning needs and develop opportunities.

Brenda Thorley has been leading the way with our work with Young People, which continues to be very busy! Last year we spent time exploring approaches with young people who experience anxiety and who can sometimes struggle with school attendance. We provide many 1-to-1 support sessions and some group-work around personal development topics for young people including emotional wellbeing, relationships, bullying and life skills. This year one of our Youth Work focuses will be on training up young people to be online safety champions as peer educators.

Our Adult Literacies programme is going from strength to strength, thanks to the contribution of an amazing band of volunteers and leadership of Vikki Carpenter. One of our learners even became a local celebrity – his learning journey was highlighted in articles in the local press, farming journals and online. This success has had a huge impact on Wayne, a farm worker, whose confidence and self-esteem have soared. Over the last year volunteer tutors have also supported 15 non-native speakers to improve their English language skills.

We are also proud to have delivered 2 very successful STEPS courses over 2016. This is a confidence and self-esteem course helping the learner to understand how the mind works and develop positive thinking skills, thus boosting motivation and self-belief.

We continue to support a number of community groups to strengthen and develop. It is very inspiring to watch the drive of community members progressing initiatives that serve and enhance communities. Of particular note this year has been the contribution made by Belhelvie Community Trust with the opening of the Sand Bothy in Balmedie, and also the Dyslexia Information and Support Group (DISG), set up by 2 Ellon parents.

If we can help you or your community with any learning and development needs, please get in touch by emailing [ellon.cld@aberdeenshire.gov.uk](mailto:ellon.cld@aberdeenshire.gov.uk) or calling 01358 720715.

**Nicola Twine Senior CLD Worker**

# 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  |
| <b>YOUTH ORGANISATIONS:</b>           |   |               |
| <b>Beavers (Potterton)</b>            | All enquiries to  |               |
| <b>Cubs (Potterton)</b>               | Ivor Jenkins  | 01358 742697  |
| <b>Scouts, Explorer Scouts</b>        | Balmedie.scouts@btinternet.com  |               |
| <b>Rainbows (Balmedie)</b>            | Claire - through <a href="http://www.girlguiding.org.uk">www.girlguiding.org.uk</a> website |               |
| <b>Rainbows (Potterton)</b>           | Pauline Wood  | 01358 743002  |
| <b>Brownies (Balmedie)</b>            | Marianne McIntosh   | 01358 724231  |
| <b>Brownies (Potterton)</b>           | Katherine Hebron Scott  | 01330 833448  |
| <b>Guides (Balmedie)</b>              | Christine Coldwells   | 07766050457   |
| <b>Rangers (Potterton)</b>            | Susan Osbeck  | 01224 703335  |
| <b>CHURCHES:</b>                      |   |               |
| <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  |
| <b>MEDICAL CENTRES:</b>               |   |               |
| <b>Scotstown, Bridge of Don</b>       | Cairfold 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 3370510  |
| <b>Oldmachar, King Street</b>         | 526 King St AB24 5RS  | 0345 3370510  |
| <b>Ellon</b>                          | Schoolhill, Ellon AB41 9JH  | 0345 3371150  |
| <b>DENTISTS:</b>                      |   |               |
| <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 OAZ  | 01651 260200  |
| <b>Oldmachar Dental Care</b>          | Jesmond Drive AB22 8UR  | 01224 827095  |
| <b>SR Rankin Dentist</b>              | 30 Ellon Road AB23 8BX  | 01224 820775  |

## **SCHOOLS:**

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

## **COMMUNITY CENTRES:**

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

## **POST OFFICES:**

|                                  |                           |              |
|----------------------------------|---------------------------|--------------|
| Balmedie PO                      | Eigie Road, Balmedie      | 01358 742556 |
| Potterton PO                     | Potterton AB23 8UY        | 01358 742670 |
| Balmedie Pharmacy                | Dickies, 3 Rowan Drive    | 01358 741226 |
| Belhelvie Community Council      | David Watson (Chair)      | 01651 328263 |
| Belhelvie Community Trust        | Rosie Nicol (secretary)   | 01358 742557 |
| Belhelvie Banter                 | Jess Petrie               | 07763 314579 |
| Balmedie Out of School Club      | Lynne Fyfe                | 07920 295508 |
| Balmedie House Eventide Home     | Ann Reid, Service Manager | 01358 742244 |
| Balmedie Library                 | Maureen Muirden           | 01358 742045 |
| Balmedie Friendship Group        | Margaret Murison          | 01358 743634 |
| Potterton Community Group        | Caroline Anderson         | 07920 280212 |
| Better Balmedie                  | Allan Jeffrey             | 01358 743851 |
| 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           | Rosie Nicol               | 01358 742557 |

## **KIDS' STUFF**

|  |                             |              |
|--|-----------------------------|--------------|
| Kindergym  | I                           |              |
| Messy Monkeys  | I                           |              |
| Fun-nastics  | I These first 8 groups take |              |
| Pitched  | I place at the Balmedie     | 01358 743114 |
| Gymnastics Club  | I Leisure Centre. For       |              |
| 2s Group   | I details, phone Shona.     |              |
| Baby Clinic (1 <sup>st</sup> & 3 <sup>rd</sup> Wed of month) | I                           |              |
| Parent & Toddler (2 <sup>nd</sup> & 4 <sup>th</sup> Wed)     | I                           |              |
| Balmedie Out of School Club                                  | Lynne Fyfe                  | 07920 295508 |
| Mainly Music, Forsyth Hall                                   | Jeanette Lamb               | 01358 742684 |
| Balmedie Craft Club  | Catherine Cassie            | 01358 743114 |
| Under 5s Rhymetime (monthly)                                 | Maureen Muirden (Library)   | 01358 742045 |
| Child-minder, Potterton                                      | Pauline Wood                | 01358 743002 |
| Child-minder, Belhelvie                                      | Linda Carroll               | 01358 741988 |
| Links Nursery, Balmedie                                      | Lyndsay Fleming             | 01358 743094 |
| Flowerpots Childcare, Kingseat                               | Alison King                 | 01651 869078 |



## Spring DATES for your DIARY

### MARCH

|        |                            |                         |             |
|--------|----------------------------|-------------------------|-------------|
| Sat 25 | Pop up Café                | Potterton CEC           | 10.00–13.00 |
| Sun 26 | Mothers' Day Afternoon Tea | Balmedie Leisure Centre | 12.00-16.30 |

### APRIL

|        |                         |                         |             |
|--------|-------------------------|-------------------------|-------------|
| Sat 29 | Pop up Café             | Potterton CEC           | 10.00-13.00 |
| Sat 29 | Family Board Game Night | Balmedie Leisure Centre | 17.00-19.00 |

### MAY

|        |                   |                         |             |
|--------|-------------------|-------------------------|-------------|
| Sat 20 | Family Quiz Night | Balmedie Leisure Centre | 18.00-23.00 |
|--------|-------------------|-------------------------|-------------|

### Weekly

|     |                                      |                  |             |
|-----|--------------------------------------|------------------|-------------|
| Mon | Golden Zumba                         | Forsyth Hall     | 9.45        |
| Mon | Craft Class                          | Balmedie Library | 19.00-21.00 |
| Wed | Pilates (for over 60s)               | Potterton CEC    | 13.30       |
| Wed | Pilates (Term Time)                  | 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       |
| 4 <sup>th</sup> 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 |
| Tues | Explorer Scouts    | Potterton CeC   | 19.30-21.30 |
| 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

|          |                             |                       |
|----------|-----------------------------|-----------------------|
| April 3  | First day of School holiday | Balmedie, BoDA, Ellon |
| April 17 | Last day of school holiday  | Balmedie, BoDA, Ellon |
| May 1    | May day holiday             | Balmedie, BoDA, Ellon |
| May 2    | In service day              | BoDA                  |
| June 5   | Local Holiday               | Balmedie, Ellon       |

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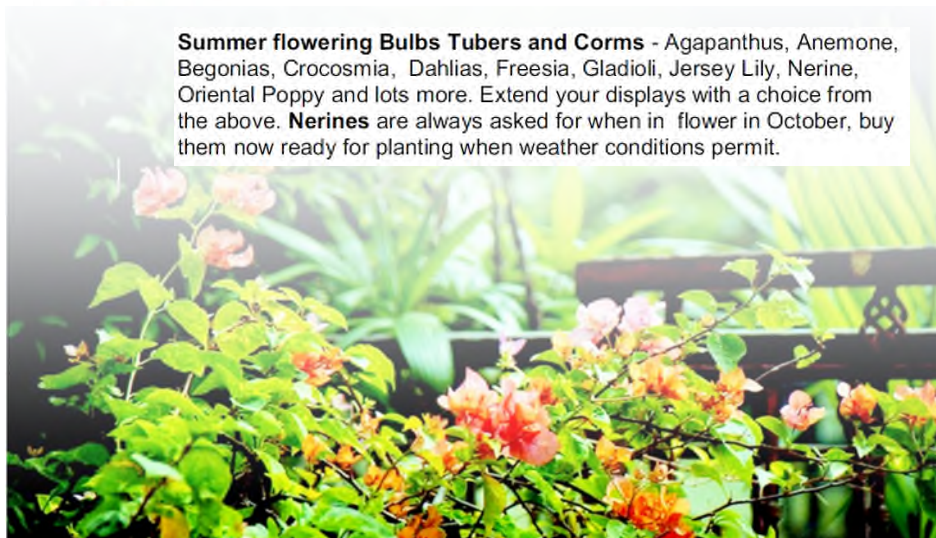


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**Parkhill Garden Centre 9am to 5pm 7days Tel. 01224 722167**  
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