

# BELHELVIE BANTER

Balmedie : Whitecairns : Belhelvie : Potterton : Blackdog



EDITION 31

JUNE 2017



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# EDITORIAL

Buoyed by the renewed growth of spring, we should be now careering into summer, joyful in the anticipation of picnics in the dunes, school sports, barbecues, summer fairs, believing that the weather will be ever wonderful and our long, hot summer will stretch endlessly. It's an exciting thought – perhaps this will be that summer that we talk about for decades to come. Hold on to that thought.



What I find exciting at the moment, are all the changes that are taking place in Belhelvie Parish. The thought of the upheaval of the AWPR has been daunting – but we're getting there, and, even though completion dates have been delayed, no one could fail to notice the surge in progress of the last couple of months. Our whole landscape is changing. New, undulating hills appear, obscuring our sea views while driving home. Flattened new roadways snake across our farmlands and giant overhead bridges dominate our skylines. I remind myself that *Change is good. Embrace it, rather than resist it.* Hopefully we will soon be enjoying the benefits of stress-free travel, with all the places we want to visit so much more accessible.

That is, if you can tear yourself away from Belhelvie Parish with all the positive changes that are happening within our communities. Change has been good for us here. Potterton residents initially identified what needed to be changed to make their village a better place to live. They have been changing things ever since, researching and reviewing every step along the way. You just need to have a look the Potterton Community Group pages in Banter to see how far along the way they have come. Looking back on their achievements and all the new initiatives set up, they must recognise the value of all their hard work. *Nothing changes if nothing changes.*

It's the same story with Balmedie and the successes of The Sand Bothy activities, Better Balmedie and the other projects supported by Belhelvie Community Trust. *Action changes things.* The road for Balmedie Congregational Church members has also not been without its difficulties, but they have persevered and at last they are moved into their new premises. Scouting and guiding groups continually recognise that they must change to stay abreast of the modern, changing world. Mr T is even hoping to bring more change, in the form of new premises for youth groups in the community. So, if there is someone out there who can help, please consider bringing that *opportunity for change* to the youth in our community.

New community groups emerge, while established groups move forward and evolve, informed by the needs of their members and the changing environment. Sometimes groups need support to move on, and we hope that you will see the volunteering opportunities here in Banter, and perhaps get involved and *make a difference.*

Balmedie School pupils and staff are also embracing the belief that *Life does not get better by chance, it gets better by change*, as they raise funds to make life better for disadvantaged groups and individuals in the UK and abroad. Their recent fund-raising efforts were truly inspiring.

Embracing change is not easy. At the moment, I'm sure Blackdog residents may feel they are right in the eye of the storm of change and are wondering how the community will emerge unscathed from the impact of new housing, wind farms and road works. I can only echo the thought that *Change is hard at first, messy in the middle but wonderful at the end. Hold on to that thought too.*

**Jess Petrie**, Editor

**Front Cover photograph by Ally Deans**



*Balmedie School making a difference - with presenter Martin Dougan of BBC Newsround*

## ADVERTISE WITH BANTER

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. Do consider the savings you can make by booking & advance payment for 4 editions, rather than opting for single issues.

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**Readers - we would be delighted if you would mention Belhelvie Banter if you contact individuals or companies after seeing their adverts here.**

*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!*

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

\*\*\*Copy deadline for Summer Edition: Friday 21<sup>st</sup> July 2017

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## CELEBRATING 60 YEARS OF BUSINESS

### SMITH & CO, POTTERTON

In our little corner of the world, our wee shop at Potterton has been a constant fixture of the community for many years. In May, we celebrate sixty years of Smith & Co as our long running family business. Three generations have worked, and continue to work, to serve the local area, with a friendly and personal service.



In 1957, my grandparents, Pat and Henry Smith decided to take on the challenge and, unheard of amongst their peers, a *mortgage*, to buy the village shop at Potterton. With Henry's background as a 'time-served' grocer and a wicked sense of humour, and Pat's aptitude for being a saver who wouldn't suffer fools gladly, they spent many happy and successful years running the business, before their retirement in the late eighties. It is fair to say that they never retired fully, and I think Grandad would have missed his customers too much, customers that he had long considered to be his friends.

With help and encouragement from Sir Malcolm Bruce, our local MP at the time, we were able to become a community Post Office in 1989, which was a welcome public amenity for a growing village. Through every Post Office closure campaign, the community have petitioned, written letters, signed postcards and been so loyal in order to keep our tiny Post Office open.

Both myself and my Mum, Marion, were given advice to go and do 'something else', and as I remember it, the words: 'Don't get stuck behind the counter in the shop'. And we both took that advice on board, for a time at least, before choosing to be part of our family business, choosing to be part of something we were brought up with, something that may be in our blood after all this time. And now we're up to

four generations, if we include the youngest member of the family, who can often be found climbing on a box to try to serve customers, just like her Mummy and her Granny did before her.

As well as being a family orientated business, there have been many memorable staff members behind the counter over the last sixty years, as well as countless paper boys and girls out in all weather serving our customers. We are very fortunate to have our small team of staff who help and encourage us enormously.

In a time when we all use our cars and make the journey to the supermarket or have our groceries delivered, we can not express how much it means to us, as a small local business, that we are supported by our customers and community. We offer sincere thanks to all our valued customers, from those who come through the door with parcels to post, to those who always have a story to share, to those who pick up their newspaper, to those we can set our watch by and especially those that we consider to be friends as well as customers. As we celebrate the last sixty years and hopefully many more to come, we look forward to seeing you pop in soon to celebrate with us.

**Jennifer Nicol**

## **BELHELVIE PARISH... FYI**

Belhelvie Banter is delivered to **2100** houses approximately in Belhelvie parish.

The 2011 census states that the Parish had a population of **5082**. Of course numbers have increased since then.

In 1831, there were **1621** people living in the parish

In 1871, there were **1833**

In 1911, there were **1491** and

In 1951, there were **1554**

The first blast in Balmedie Quarry was in 1919.

The Victoria Hall was built in 1887.

In 1843 the parish of Belhelvie was owned by 15 land-owners.

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## **REMEMBER ...**

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# LAND OWNING PHILANTHROPIST WANTED!

For the last 25 years, in my association with Beavers, Cubs, Scouts & Explorers, I have seen many changes in the movement locally. However one change that is particularly pleasing is the growth in the sections. We are now almost at one hundred members with more than twenty adult supporters. Whilst this is a most pleasing situation, the current council lets in Balmedie and Potterton are getting too small for our needs and we now need to think outside the box.

The first step has to be to secure a piece of land through donation, sale or by long lease (typically 99 years). Either of these options would have to be affordable, as we have no funds in place for this.

What would be our ideal site for Scouting use? If I had a wish list I would say 8-12 acres, partially wooded, reasonable accessibility within the Parish and services not too distant. This *dream* scenario would need support from council planners from the start to allow development of a central building for meetings and smaller ancillary buildings. There would be plenty room onsite for pitching tents, tracking, woodcraft and backwoods activities. Site aside, it will take a number of years to raise the necessary funding to realise this dream.



Should all this materialise, we will not only have a home for Scouting but a resource available to other community groups. If you think you may be able to help us on this ambitious journey, please get in touch. You can contact [balmedie@gordondistrictscouts.org.uk](mailto:balmedie@gordondistrictscouts.org.uk) or 07743844040

**Ian Thomson**  
Group Scout Leader

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## HEALTHY BELHELVE

At Banter we are doing our bit to promote Healthy Belhelvie by providing 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 catch on!

**Banter needs volunteer distributors in the following areas:**

Belhelvie Village, along the road behind the quarry to Whitecainrs, Whitecainrs 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).



## POTTERTON COMMUNITY GROUP

**SUMMER FETE – SATURDAY 3<sup>RD</sup> JUNE 2017**

**12.00pm – 4.00pm**

**Stead Inn, Potterton**

Come along and join in the fun at our Annual Summer Fete on Saturday 3<sup>rd</sup> June – lots to do for all the family. Kids wristbands priced at £5 each to get access to all Inflatables including Assault Course, Toddlers Castle and “The Gladiator”, face painting, funfair stalls, vintage & modern tractors and Indoor Kids Disco for the whole afternoon (Inflatables will be available until 6.00pm). With chocolate fondue & cupcake stations and local group stalls, tombola, pick a pop, candyfloss and ice-cream van – it’s sure to be a fun day. This will be topped off with a BBQ supplied by the Stead Inn.

## POTTERTON KNIT AND NATTER

A knit & natter group now meets every Monday from 2.30 – 4.30pm in the Potterton Community Centre. This is a very informal group that meets weekly to knit or crochet with refreshments and a good old blether. All Welcome. £1 per class.



## INDOOR BOWLING

Indoor bowling anyone? The Potterton Community Group have been offered the opportunity of 2 Bowling Carpets and Blocks donated to us by the Northfield Bowling Club. If we have enough interest from local residents we would hope to commence this club around August/September 2017 following the summer outdoor season. If you are interested, please contact Caroline Anderson by e-mail on [pottertoncommunitygroup@gmail.com](mailto:pottertoncommunitygroup@gmail.com) or 07920280212 and we will keep you informed.

## YOGA & PILATES CLASSES

**Yoga Classes** are held every Saturday Morning in the Potterton Community and Education Centre. The 9.00 – 10.30am class is an adaptive, restorative and therapeutic Yoga specifically designed for beginner level and those with restricted movement who want to experience the benefits of Yoga in a relaxed and supportive way. The 11.00 – 12.30pm **Hatha Yoga** class is open to all Levels from beginner and beyond. Come along or contact **William Justice 07761798708** for more info.

**Over 60s Pilates Classes** run on a Thursday afternoon from 1.30pm – if you are interested in attending please contact Denise Grace on 07977218297.

# POTTERTON PUBLIC MEETING FEEDBACK

**13<sup>th</sup> March 2017**

The Potterton Community Group would like to thank everyone who came along to the Public Meeting on Monday 13<sup>th</sup> March. Some of the ideas raised by local residents for the group to start considering over the next few years include:

An Indoor Bowling Club; a Knit and Natter Group; a Youth Club or Youth activities; a Kids Arts & Craft Group; BMX Dirt Track; Folk Club; a Running Group and a Men's Shed.

A longer term project to work with Belhelvie to develop a path linking the villages was also raised. The group have started working on some of these ideas and have already set up a weekly Knit and Natter group which had 10 local residents attend its first meeting in April. Meetings have been arranged with Aberdeenshire Council to identify the feasibility of taking forward some of the environmental projects. A meeting will also be organised with local teenagers to discuss what they would like us to start working on with them over the next few years to improve our local facilities for our current and future younger generation.

## PICNIC IN THE PARK



Following the success of our PICNIC IN THE PARK last year, the group intend to hold picnics again this year during the summer holiday period. Provisional dates have been booked for **Friday 14<sup>th</sup> July** and **Friday 11<sup>th</sup> August** from 12.00noon. These events are free and open to all ages to come along with your picnic and join in the fun and games or sit back and enjoy a relaxed atmosphere.



For more Information on the Potterton Adult Arts & Craft Group, the Walking Group and all our future events and news local to Potterton and the surrounding area, please check out our Facebook page – Search “Potterton Community”

**Caroline Anderson**

on behalf of Potterton CG

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## NEIGHBOURHOOD WATCH

Belhelvie (Village) Neighbourhood Watch is now up and running, but there are probably other areas in the parish where residents feel they would benefit from such a structured support. Neighbourhood Watch Scotland are always looking for neighbourhoods to create their own Watch System – full details can be found at [www.neighbourhoodwatchscotland.co.uk](http://www.neighbourhoodwatchscotland.co.uk) Why not get together with your neighbours and start a watch now.

### ABERDEENSHIRE LITTER INITIATIVE



As you look around your neighbourhood thinking about Neighbourhood Watch, have you noticed how much litter is blowing about in the wind? Why not get out there and clean it up.... get together with friends and neighbours and have your area looking tidy for the summer? Litter pickers are available in the Pound Shops - or you could search online for Aberdeenshire Litter Initiative. They can supply the essentials – a litter picker, a yellow vest and some bags. You can even get a bin from the council for the litter.

As this picture shows, you can never be too young to start caring about your environment. Here is William doing his litter-picking in Belhelvie.

Extra items available from your recycling centre include straps to keep your weekly bin collection secure. They attach to the handles on the bin and strap the lid closed so the recycling or waste can't escape in the wind. There are also hooks to hold the kitchen caddy to the bin so it won't blow away.



**Paul Collier**

## ZUMBA GOLD

Mondays 9.45 – 10.30am

In the Forsyth Hall (behind Belhelvie Church)

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

All welcome

For further info contact: Janette 01358 742100



# MASSAGE IN LABOUR – THE MOST ATHLETIC EVENT!



Oh that it were that easy!

## ABSTRACT

*Twenty-eight women were recruited from prenatal classes and randomly assigned to receive massage in addition to coaching in breathing from their partners during labour, or to receive coaching in breathing alone (a technique learned during prenatal classes). The massaged mothers reported a decrease in depressed mood, anxiety and pain, and showed less agitated activity and anxiety and more positive affect following the first massage during labour. In addition, the massaged mothers had significantly shorter labours, a shorter hospital stay and less postpartum depression. (Touch Research Institute, University of Miami, Florida).*

Touch and massage have been used during labour in nearly every culture for hundreds of years with varying goals. Nowadays, the focus is on helping mum with her athletic challenge. As with athletes across the world, massage helps in preparation for an event, during and also post event not forgetting its role in recovery from injuries.

There is a strong association between mum's fear of the unknown and anxiety and how the labour goes in regard to pain and discomfort. The fear of the unknown actually affects the circular muscular fibres in the cervix (the exit route for baby from the uterus).

Increased muscle tension from fear and anxiety can cause many unpleasant signs and symptoms to *anyone* e.g. back pain, migraine, angina, bowel symptoms and much more. Oxygen doesn't travel to the tissues so easily causing more irritability, spasm and thus more discomfort. In the case of increased tension around the cervix, this is acting AGAINST the expulsive uterine muscle fibres in labour. Yes, it is harder for baby to come out! This increased tension causes more pain.

When stressed, we produce chemicals which also increase the feelings of anxiety – the last thing we want in labour. We want the 'feel good hormones'. Touch helps them to flow. Learning visualisation, breathing and relaxation at antenatal classes puts mum more in charge. Supporting mum with massage is the cherry on the cake.

Most mums love being massaged in labour. Touch itself is so beneficial – we need it to survive. Birth partners have an important role to play anyway, how much better if they can help with some massage techniques!

Massage helps with pain relief. If mum needs fewer drugs, has a shorter labour with fewer problems at the birth and afterwards, all benefit including the star of the show - baby.

- Massage eases breathing muscles that have become tight thus helping breathing
- Excess tension creates excess pain and problems with breathing with knock-on effects.
- Massage Therapy is wonderful in pain relief, assisting in relaxation so mum can rest between contractions. Touch stimulates the release of the body's own painkillers and feel good hormones.

Some mum's invite the Massage Therapist into the labour room. Alternatively, we can show your birth partner some techniques to help.

Let's talk about Massage Therapy for mum and baby after birth, next time!

**Maggie Brooks-Carter**

### **CHAIRPERSON OF BELHELVIE PENSIONER'S GROUP NEEDED URGENTLY**

Thank you for all your kind messages on the death of my father, Paul Miller. I am extremely touched to see the seat outside Eigie House in his honour - he would be chuffed. Thank you too, Elma Green for all your support and arranging a bus trip to Paul's grave at Pluscarden Abbey at the end of May.

It would be wonderful if someone would now volunteer to take over this role that Paul had for over 40 years – and keep the Belhelvie Pensioners' Group going. It would be so disappointing if this group disappeared.

Elma Green, the Secretary is looking for new Committee members. You can contact her on 01358-742532. Please help to keep this group going!

**Maggie Brooks-Carter**



### **COFFEE HAVEN**

Coffee Haven takes place the first Tuesday of every month from 10.00 to 12.00 in the Forsyth Hall (behind Belhelvie Church). Enjoy home bakes in a friendly atmosphere. All welcome – we also have toys to amuse little ones.

**Marianne Wray**

# 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

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Easter was an extremely busy time at the leisure centre. Our Gymnastics camps through the Easter Holidays were a real success, well attended and the kids had loads of fun. Well done to Kerry & Becca for organising such a great event.



The seasons may change but nothing says summer more than a BBQ, delicious ice cream, a small libation alfresco-style or a Village Fête. And Balmedie leisure Centre are delighted to announce the date for the 2017 event as Sunday 11th June 12:00 – 16:00. Make sure you note the date and please do come along to support your Village Fete and help us to keep local traditions alive. Do share any ideas you may have to make this an exciting event for everyone. We can discuss whether it's something we can help fund and/ or fit into our programme.

Have a look at our new website, created by Megamaxit. Melzer has done a fantastic job, along with generating funds through the coffee shop TV. So please keep checking our website & Facebook Page for details of the summer gymnastics camps and our September BBQ. Book early if you want to secure a place!

We would love to welcome you into the Balmedie Leisure Centre so do pop in and see us. We have a variety of classes available right on your doorstep! You can take part in one of our fitness classes or enjoy the benefits of some individual personal training from Caroline.



The management committee have embarked on a programme of expansion and energy efficiency improvements, not only to reduce costs, but to improve the look and appeal of the centre. It is clear that the 1985 design remains in the centre and requires updating to meet today's customer expectations. Our latest project is to refurbish all toilets and showers, build an external wall which will create much needed indoor storage space, along with direct access to the outdoor under-fives Play Area.

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

**Bill Murray, Chairman**

# BALMEDIE SCHOOL



*Teacher **Steven Milne** writes about some exciting events at Balmedie School.*

## World Book Day

We had a very successful World Book Day, which promoted reading for enjoyment. The children came to school dressed as literary characters and were involved in many different literacy activities throughout the day.

## Open Afternoons

Term 3 also saw many of our classes sharing their learning by having open afternoons. These experiences are an invaluable way of the children demonstrating the skills and knowledge they have gleaned on their learning journey. It's great that so many parents and other relatives manage to attend these afternoons as it boosts the children's confidence.

## House Winners

Congratulations to Pettens - they won term 3's award after a closely fought battle. Who will win the summer term's award? No doubt it will be a close run thing again!

## Red Nose Day

Once again, we are proud to announce that Red Nose Day was a roaring success. Indeed it's a slight misnomer calling it a day, as it was more like a week!

Four years ago we raised just over £10 000. Two years ago, Comic Relief informed us that we had again donated the largest amount of money from any school in the U.K. (primary or secondary) - a whopping £21 269!

Miss Mylles, Mrs Glennie and Mrs Chalmers were instrumental in this magnificent total and yet again were the catalysts for this year's fundraising efforts. We had a sponsored dance-a-thon, a community cafe and staff getting soaked in the stocks (I wimped out of this!). Some classes performed the flash mob dance in Tesco, raising

even more money. On Friday 24th March the pupils dressed up and the entire school was ablaze with colour. Finally, the whole week culminated in a massive Flash mob dance in our playground, much to the amusement of the large crowd who had gathered to view this spectacle. (I tried to blend in and not appear obvious as my dancing skills are non-existent, but it was to no avail - i stuck out like a sore thumb when surrounded by children half my size!). Comic Relief had sent a film crew



up to Balmedie and several news reports were on television. They also sent a guest speaker up from London and she enthused about how the children, staff, parents and public had made such a significant contribution to the charity. This year we raised a fantastic £18,509 - Wow!



*Pupils from P6GD, P6C and P2/1 after their flash-mob at Tesco Danestone*



# NORTH EAST

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## BETTER BALMEDIE PLANT SALE

We will be having a Plant Sale on Saturday 27th May from 10 am to 12 noon. We would like to thank Balmedie Congregational Church for lending us their site for the morning. If you have any plants to donate, they would be very welcome. Hopefully we can raise some funds for our work around the village.

## SAND BOTHY DEFIBRILLATOR

Good news! The Sand Bothy is now home to a public access defibrillator to add to the three existing defibrillators around the parish. Belhelvie Community Trust received donations from Dickie's Pharmacy and the British Heart Foundation. This enabled us to buy a defibrillator and a secure case for installing it outside the front door of The Sand Bothy. Many thanks go to both funders and to Dickie's customers for boosting the amount raised. The defibrillator cabinet is locked, but dialling 999 will access the code to open the box. Volunteers attended a defibrillator awareness session and are being trained in CPR.



## THE SAND BOTHY

### Planning ahead – a date for your diary!

Following on from our very successful seaside themed event last year, raising funds and having fun, we will be holding our summer Family Fun Day on Saturday 19<sup>th</sup> August - the ideal end to the School Summer Holidays! Look out for more information on our Facebook page.

## BELHELVIE COMMUNITY TRUST (BCT) MEETINGS

BCT meets at 7.30pm on the 4th Monday of each month at the Whitehorse Hotel in Balmedie. So that's May 22<sup>nd</sup>, June 26<sup>th</sup>, July 24<sup>th</sup> & August 28<sup>th</sup> 2017.

**All welcome!**

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## **BALMEDIE WALKING TO HEALTH GROUP**



**Belhelvie Community Trust and The Sand Bothy are planning to start Health Walks, supported by NHS Grampian and Paths for All.**

A Health Walk:

- is a purposeful walk undertaken on a regular basis to improve health.
- is led by a trained volunteer (and the route has been risk assessed)
- is less than an hour long
- has a short warm up at the start, followed by a brisk walk and then a short cool down at the end
- welcomes new walkers who would benefit from being more active
- is a group walk offered regularly

Perhaps you have been ill and unable to get out and about. Maybe you would like to go for a walk but don't feel able to join an established group. Maybe you don't like walking alone. Perhaps you want to get a little fitter but don't want strenuous exercise. Maybe you would like to meet other folks in the same situation as yourself.

Health Walks are targeted at inactive people who would benefit most from doing more physical activity. You may choose to walk on your own, with your friends and family or you may choose to join a new group in Balmedie.

At the time of Banter going to press we don't have exact details, but our hope is to organise walks on Thursdays in June – 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup>. If you would be interested in being in at the start of a new group, either as a walker or a leader, or if you know any friend, neighbour or family member who might benefit, please ring me on 01358 742557 or email [rosie.inform@lineone.net](mailto:rosie.inform@lineone.net)

**Rosie Nicol**

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

The Rangers are busy with exams, work, and university applications at the moment but we've got a trip to Glasgow planned with the Guides in June to attend Tartan Gig. Hosted by Radio 1 presenter Cel Spellman, it's a Guide-only event with acts such as Jess Glynne, Birdie, and JP Cooper. It's sure to be good fun!

We'd love to welcome new members. Rangers are for young women aged 14 to 18 years old (note the age change) and we plan our activities based on what the members want to do. Please give me a call (01224 703335) or drop me an email ([s.osbeck@rgu.ac.uk](mailto:s.osbeck@rgu.ac.uk)) if you are interested in joining us.

**Susan Osbeck**

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We are particularly looking for volunteers to help in Balmedie with Rainbows and Brownies to reduce our waiting lists. With enough volunteers, we could start up new units.

If you would like to come and join as a leader or helper, please get in touch with us. Go to [www.girlguiding.org.uk/interested](http://www.girlguiding.org.uk/interested) to register your interest, or email: Susan ([s.osbeck@rgu.ac.uk](mailto:s.osbeck@rgu.ac.uk)) for an informal chat. You can also support us by choosing Girlguiding Ythan as your Co-op local cause ([www.coop.co.uk/membership](http://www.coop.co.uk/membership))

## 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.



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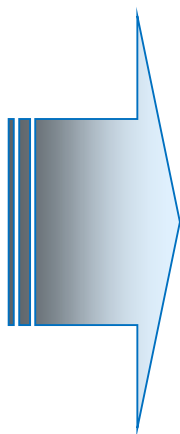
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## BELHELVIE BROWNIES (Potterton)

We have just come back from Brownie camp at Crathes Castle where we had a great time. The first thing we had to do was put up our tents. Many of us had been last year and remembered how to do it, so it was quite easy. Brown Owl was very impressed with us all!

We gave our leaders different names for camp to do with our theme, which was Dreamworks Trolls. So we had Guy Diamond, Smidge, Cooper, Harper, Princess Poppy, Biggie, and DJ Suki. Our sixes were called Troll tree, Miss Dinkles and Branch. We made brightly coloured sand bracelets, and nets to catch trolls in. We went on a troll hunting walk and everyone caught some trolls in their nets. We also made troll bunting and iced fairy cakes with troll hair. We decorated hairbrushes and we made our hair colourful like the trolls using hair chalk. We helped with the cooking and setting the tables and washing up. We had to keep our beds tidy and our tents and had inspection.

It was very cold on Sunday but we had all gone prepared. Lots of us had thermal clothing and hats and gloves to put on which kept us cosy. We had all taken lots of blankets and thick sleeping bags so we were cosy at night too. We were very lucky and didn't get any rain all weekend. We did a lot of running around as well, playing with the balls and ropes in free time, and chasing bubbles from the bubble maker.

Some of us will get our camper badge and some will get the camper advanced badge. We also have nights-away badges. Some of us are on our 12 nights away now, which is a lot for brownies. We had a great time and are looking forward to next year. If you are interested in joining brownies, do get in touch.

**Katherine Hebron-Scott**

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## NATURAL BELHELVIE



Hello folks, I hope that all of you are raring to go into the great outdoors, but hang on a wee bit, read the Banter first! May Day, May Day – SOS or sizzle our sausages, Spring has well and truly sprung. How many of you were out at the crack of dawn on the first to wash your face in the May Day dew? Umm perhaps not but for those hardy folks who did, you might have had the opportunity of witnessing a fascinating phenomenon (phew, get those two words on a treble score at Scrabble and you will win the cup!) Anyhow, the May Day dew, or any ‘dew’ for that matter, might not be just what you thought it was?

If we have rain during the night, then the grass may be wet in the morning; obvious, but if it has not rained and had remained calm, what happens to make your lawn damp enough to ‘wash your face’? Well it is Dame Nature who wanders around with her watering can whilst you are all in bed, to ensure that the plants do not dry up!

The truth is even more amazing than that, as the ‘dew’ may be caused by the plants crying because the sun has gone to bed! Now would I tell you a porkie? In reality that statement is not a zillion kilometres away from the truth, and to understand the hugely complex process, just one of nature’s amazing facts I might add, you have to appreciate a wee bit about how green plants ‘work’.

Unlike all of us humans, plants make their own food, they do not have to go down to the shop in Balmedie and buy tins of beans, they make the beans in the first place. The green leaves are the wee factories that carry out the process. They get water through the plant’s roots, they also take in carbon dioxide through tiny holes in the leaf surface and using the sun’s energy they wave a magic wand and hey presto, sugars and starches are made. Oh yes I should add that the leaf has to be green as it is a chemical called chlorophyll that performs the magic, and chlorophyll is green.

Anyhow back to the beginning and the bit about water through the roots. This in itself is a fantastic process as it occurs in grass that you cut to a few millimetres on your lawn and also at the very top of giant redwoods well in excess of fifty metres tall. The water enters a plant’s roots and then it is pulled and pushed up the plant and out to the leaves where some of it is used in the process already mentioned – making food for the plant’s needs.

‘Some’ of the water is used; the remainder is lost through the holes in the leaf and evaporates away – during daylight hours. At night and in particular when the weather is humid, the water continues to be forced up into the leaf by root pressure, but the evaporation process (called transpiration) slows down dramatically, so what happens to the excess water? Yes, you guessed it, that is what causes the ‘dew’. Unable to transpire off the leaf, the water forms droplets around the tips of grass (it is called guttation if you like long words) and these droplets give you the wherewithal to wash your face ‘in the May Day dew’, amazing stuff eh? Oh, one other thing to consider when getting your face wet - The water droplets contain plant sugars, and so you will be assured of a ‘sweet’ complexion!

**Bob Davis**

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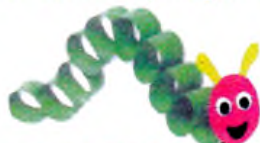
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## We Need YOU!



The Sand Bothy is a public facility at Balmedie Country Park. It has been recently renovated after lying empty for many years and now is the time to get this fantastic building working for the community in Balmedie and beyond. The Bothy currently houses a kiosk, that provides a pit-stop for all visitors to the country park and Balmedie beach selling hot drinks and ice cream. It also has a space which can be used for... well, just about anything!

This is where you come in. We need your suggestions for what you would like to see happening at the Bothy. Do you want to see more craft classes? Exercise classes? Social groups? The list is endless and every suggestion will be considered.

**Get in touch with your suggestions at The Sand Bothy Facebook page or email us at [info@thesandbothy.co.uk](mailto:info@thesandbothy.co.uk)**

This facility is run by the community, for the community and we are always on the lookout for volunteers. Can you spare a couple of hours a week to help run the kiosk, classes or events? If you would like to get involved, do get in touch.

**Let's work together and make The Sand Bothy even better!**

## 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 the details of our current programme:

6 June Entertainment by Audacity

20 June Outing to Montrose for lunch then onto Brechin Castle Centre

The Friendship Group does not meet over the summer but will resume on 29 August when we will have entertainment by Colin McKay.

For more details please contact: **Margaret Murison** Secretary 01358 742285  
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# PARISH THREADS

## Aliens Living Among Us

If I were designing a coat of arms for the Belhelvie Parish it would have rooks rampant against a sea blue. There would be a sprig of gorse to represent the land and I might add a flourish to suggest all the new roads that have come to dwell among us.



At the moment the Gorse is flowering across the parish fit to burst. This winter turned out to be mild. None of us have needed the snow digging shovel kept in the kitchen overnight as recollected by a Belhelvian this week, neither have we needed the acre of Gorse to feed and shelter the cattle as recommended to farmers in 1820. At one time Gorse had so many uses it was considered indispensable, in and out of the

house. The hungry gap at the end of winter opened its jaws wider up here in the north and the early soft growth on the Whin was valuable fodder. A law had to be passed to say a person could only harvest as much from the common lands as he or she could carry. A more vigorous variety *Ulex Europaeus* was even brought over from Spain to supply the needs of the people.

I have been continuing the Gorse/Whin/Broom nomenclature debate. Over the winter, during tea breaks at Scottish dancing in the Belhelvie church hall, I have had conversations with local farmers about the difference between the three names. These chats have been circuitous with no definite conclusion but now I think I've nailed it. Whin is the name for the genus *Ulex* in the North and is of Scandinavian origin. The name Gorse is from medieval English 'Gorst' meaning uncultivated land. Broom, as we know, is not prickly and is called Broom but why it's also Broom as in Broomhillock, the farm adjacent to Ardo, has been a mystery. There the hill is covered in Gorse not Broom and the question has been, why would you name a place after a poisonous plant that isn't much use to man nor beast, apart from making sweeping tools? To continue with the naming issue, Whin is Whin as in Gorse and Whin Chat; Whin stones were used for grinding Gorse into fodder. However it isn't to do with the Whinstone quarried at Balmedie quarry because that refers to a dark hard rock nothing to do with a prickly plant... unless there is a Scandinavian connection way back in the dark, stone ages. The book I referred to, published in 1676, is called 'Farewell to Husbandry and it has solved the puzzle for me. It refers to the two leguminous plants as Broom and *Prickly-Broom*. So there you have it... I am



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able to conclude that the two plants with their very similar flowers were anciently known as Broom. The one with inedible foliage but useful for making brooms was Broom. The other with tasty thorny foliage was separated from the former by a precise preceding adjective that was then dropped for ease of use.

I have been reading about another talented natural phenomenon that resides closer to the parish than you might think, the Octopus. Whilst writing children's stories about a particular octopus that lives around the wreck of the Archangel, a mile offshore from the Sand Bothy, I have looked at their many talents. An octopus can camouflage itself, is an escape artist, uses tools and can tell the difference between keepers in an aquarium. It can regrow an arm and is reputed to be as clever as a dog. Because it



has a very different brain, biologists say it is as close to meeting an alien on earth, as you will find. One of its behaviours is to turn dark while standing tall and still, making it look intimidating. This is called 'The Nosferatu pose' because it looks devilish. The word, meaning devil from Romania was popularised by a film in the silent movie days.

Now it won't surprise you that Belhelvie Parish and the devil have no connection whatsoever... but I have discovered a tentacle like thread for you from not so very far away. It is said that Bram Stoker visited Slains and the castle helped inspire his story of Dracula. This story was then blatantly half inched by a German filmmaker in 1928. He made a film called 'Nosferatu' with Count Orlok in the title vampire role. There was a court case, brought by an indignant Mrs Stoker. She won and all copies of the counterfeit story were to be destroyed. However the film had already travelled across to America and the characters had entered into the world's cultural memory...Count Orlok even appeared recently with SpongeBob SquarePants... Now... where were we? Oh yes, with the octopus down in the sea by the wreck of the Archangel in a devilish pose waiting for a story to unfold.

Here on dry land at Ardo, as a counterpoint to my hectic reading life we have been renovating a small outbuilding. It has been quite an archaeological dig. In among the stones, broken glass and slates we unearthed pieces of glazed earthenware. They look as if they are part of a dairy bowl, possibly from the old local brickworks and pottery at Seaton. I have set the pieces into the new cement floor where they are now enshrined as a link to times past when all the farms round here milked cows to supply the parish.

I have heard that when the new roads are finished there will be some information released about interesting archaeology uncovered during the earth moving process. We may well have some new Parish stories. I will let you know.

**Mary Cane**

# BELHELVIE CHURCH of SCOTLAND

As I write the weather's been miserable, but no doubt, with the arrival of May (and exams....) the weather will take a turn for the better just as our teenagers are having to get their heads down and study hard!

The Summer term is usually a quieter time for the church, but there's still a lot going on over the next few months. Mainly Music (Tuesdays, 1:15) and Coffee Haven (first Tuesday of the month, 10-12) will continue to run in the hall 'til the summer.

## MODERATOR'S VISIT

We've just had the Moderator of the General Assembly, Rev Dr Russell Barr, visiting the Presbytery of Gordon, and our minister Paul was very involved in organising his itinerary. Local highlights included a trip to Balmedie House (bumping into local GP and Banter regular Dr Forbes!), a visit to Mainly Music in the Forsyth Hall where the Mod joined in and showed us his moves, and a trip out to Brew Dog to hear more about its success story. A group of local guys (Ian Mackenzie, Gerry McCann, Alistair Forbes and Allie Michie) also won the Moderator's golf challenge out at Kemnay which strongly suggests they have too much time on their hands....

## ALPHA

We're running a short Alpha Course over six Sunday evenings, beginning on the 7th May (6:30pm in the Forsyth Hall). Alpha's a Christian basics course where participants share a meal, watch a short video and then talk about it together. It's especially designed for folk who are 'just looking' and have lots of questions, so all are welcome. If you're interested please be in touch with Paul so we have an idea of numbers for catering. Don't worry if you can't make all the sessions, you can drop in at any time.



Got questions about life

Alpha

Alpha—Exploring life and faith over food and conversation.  
Six Sunday evenings from 6:30-8:30 @ The Forsyth Hall, Balmedie.  
Starts 7th May. Contact Paul on 01358742227 or [pmckeown1@btconnect.com](mailto:pmckeown1@btconnect.com) for details

## CHRISTIAN AID

Christian Aid helps support the world's poorest folk, wherever they live and whatever their background. Christian Aid week runs from 14-21st May this year, and we kick off our efforts with a fundraising lunch on Sunday 14th May after church. Collectors will be going round the parish during the week – please support as generously as you can – and then on Friday 19th May we're having our Quiz Night in the Forsyth Hall with the brilliant Alan Miller at 7:30pm. BYOB. Tea, coffee and home bakes provided. £5 and £3 concessions and raffle too.

## DEVELOPMENT

The new storage at The Forsyth Hall is finished and is already being well used. If you want to book the hall on an occasional or regular basis, please check our website for details ([belhelviechurch.com](http://belhelviechurch.com)) or contact Carole on [forsythhalllets@gmail.com](mailto:forsythhalllets@gmail.com)

Over the summer we are getting work done to the front of the church – rationalising floor levels and opening up wasted space, improving the heating and upgrading our AV equipment. We plan to commence those works on Monday 24th July and will be worshipping in the Forsyth Hall for at least the following four weeks. Please also remember that we move to a 10am service in the school holidays (Sunday 9th July – 20th August inclusive). Contact 01358 742227 / [pmckeown1@btconnect.com](mailto:pmckeown1@btconnect.com) or follow Belhelvie Church on facebook.

**Rev Paul McKeown**

01358742227



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



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## BALMEDIE CONGREGATIONAL CHURCH

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

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

**SIERRA LEONE** For 16 years our Church has supported children in Freetown, Sierra Leone, many of you have helped Paul Sandy one of the orphans. Paul wrote his appreciation and how he is now at College. Without the help of many people over the years, Paul would not have the opportunities he has. He says thank you.

**SUMMER PLAYScheme** We are looking at running a play scheme during the summer holidays. Details will follow for the 2-hour daily event during one week of the holidays. Contact 01358 743114 if you are interested.

Finding time to consider Jesus' promises is important. Churches are here to help on the journey of that 'new life'. Please go to any Church and find out more.

*Famous last words – 'Don't worry it's strong enough for both of us'.*

## POTTERTON CONGREGATIONAL CHURCH

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

**YOUTH OVERNIGHTER** Our group of Churches around Aberdeen sent P5s upwards to a sleepover at our Perth Church. They had a great time, the highlight event being Karting. Not sure if they are ready for the open road – yet.

We are preparing a 'Scottish' event at Perth - a Fun Day for all school age kids on Saturday 27<sup>th</sup> May. There will be singing, craft, games, and even a magician!

**PENTECOST** Sunday 4<sup>th</sup> June. This is a special day in the calendar of the Church. The day, Christians believe, we received the Spirit of Jesus, His Power, to help the Church in its work for others and the coming Kingdom.

*Famous Last Words – 'I can do this with my eyes closed'.*

**Rev. Andy Cowie**

01224 703248



## Beachside Coffee Shop

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With summer fast approaching we will soon be putting out our new outside seating, so why not pop in and see us. Maybe have a nice cold glass of something from our licensed bar, have a bite of lunch or simply a cuppa and a fine piece.

We still have our afternoon teas at £15.00 for 2 people. Booking a kids birthday party? Then let us take care of the catering for you for £3.75 per child. We have rooms available for hire for private functions or corporate events or come along to one of our own events to see what we can do, dates detailed below. We also provide outside catering services for your events elsewhere. WE LOOK FORWARD TO SEEING YOU!!

**20<sup>th</sup> May FAMILY QUIZ NIGHT**      **11<sup>th</sup> June BALMEDIE SUMMER FETE**  
**18<sup>th</sup> June FATHER'S DAY SPECIAL**   **10<sup>th</sup> Sept FAMILY BBQ WITH FUNFAIR**

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## MID-FORMARTINE ELECTION RESULTS

The results of the local elections on the 5<sup>th</sup> May were announced at the Aberdeen Exhibition and Conference Centre. Returning councillors Jim Gifford (Scottish Conservative and Unionist) and Paul Johnston (Independent) will be joined by Karen Adam (SNP) and Andrew Hassan (Scottish Liberal Democrats). The total turnout was 46.1%, an improvement on 37.5% turnout at the last election in 2012.



*In the line-up, the first four from the left are successful candidates Karen Adam, Jim Gifford, Andrew Hassan & Paul Johnston.*

Should you have issues you wish to discuss with your local councillors, here are their contact details:

<b>Karen Adam</b> <a href="mailto:cllr.k.adam@aberdeenshire.gov.uk">cllr.k.adam@aberdeenshire.gov.uk</a> 07388 956121 (mobile)	<b>Jim Gifford</b> <a href="mailto:cllr.j.gifford@aberdeenshire.gov.uk">cllr.j.gifford@aberdeenshire.gov.uk</a> 01651 869493 (home) 07766 497856 (mobile)
<b>Andrew Hassan</b> <a href="mailto:cllr.a.hassan@aberdeenshire.gov.uk">cllr.a.hassan@aberdeenshire.gov.uk</a> 07388 956123 (mobile)	<b>Paul Johnston</b> <a href="mailto:cllr.p.johnston@aberdeenshire.gov.uk">cllr.p.johnston@aberdeenshire.gov.uk</a> 01651 851198 (home) 07799 582879 (mobile)

## A WORD FROM THE DOC



Let's  
Talk  
About  
it...

As I write there is almost horizontal sleet, howling wind and the temperature is near freezing, yes summer is on the way! As if to rub salt into the meteorological wounds, we also have been “blessed” with an early general election. As the late Terry Wogan used to say, in the brilliant “Janet and John” tales, “What Fun!” If 2016 was an odd year for elections, what on earth does 2017 hold?

I do hope I have piqued your interest as to what am I referring to, when I say “it”, and no, it is not about the birds and bees! With the current weather and news of another election many will say “How depressing”, usually without really appreciating the clinical meaning of the word depression. The “it” that I refer to is mental health, a perennial Cinderella topic in healthcare, the area we are aware of and struggle to understand and acknowledge. Depression is just one area of mental health concern, but perhaps the most common.

Why is it important to talk more about this aspect of health? Any patient who has suffered from a mental health problem will often feel very isolated and cut off from even close family members as they wrestle with dark or worrying thoughts. It is hard to explain that you feel ill when you appear to be fine to the casual observer. This apparent wellbeing can make the person suffering the symptoms feel even worse as there can be an added sense of guilt to make things even worse. You may struggle to sleep well, cannot concentrate at work, feel irritable, experience changes in appetite and feel very low.



If you have symptoms of depression, or other mental health problems you need to have support, and having someone to talk to so that you can share your feelings, can help ease the burden. An important point to remember is that you are just as much of a “patient” as a person who has an arm in plaster. You both need help and support from those around you.

There are times when doctors do need to use medications, sadly more often than we would wish, as psychology services and counselling are pretty stretched in this part of the world at present, though they are hardly ideal anywhere. For a small number of people, who have symptoms of more severe illness, such as suffering auditory hallucinations (hearing voices), specialist psychiatric help is almost always required.

The good news is that there is much we can do without using medication, especially family and friends being aware and more willing to talk about mental health worries. Having someone who can listen, share and help you talk things over can go a long way to keeping you mentally healthy. There are times that more professional advice may be needed and that is where counselling, GPs and other professionals, e.g. Community Psychiatric Nurses (CPNs) can help.

Locally there are walking groups available for people to join others with similar problems and so patients can be helped to feel less isolated and more supported. Exercise is also known give a sense of well-being and studies have shown that prescribed exercise can be just as effective as medicines in some cases of mild to moderate depression. Yet again I return to my recurring theme of keeping active, as it is good for your mental health!

If you are struggling, or think you know someone who may be, then do talk about it. You would not hesitate to show concern if someone had obvious physical issues; mental health issues are no different. Do look out for information on health walks from the Sand Bothy, and be more prepared to talk to each other about your mental health. If we do, then we will probably all feel a bit better, despite our summer weather!

**Dr Alasdair Forbes**

## **BELHELVIE BOWLING CLUB**



The bowling green is open for the season and we are looking forward to a wonderful summer's bowling! As in previous years, we are always looking for new members. Don't be shy – get yourselves up to the Club on a Monday night and have some fun. No equipment is necessary, other than a pair of trainers – and we can also supply bowls for you to have a go. If you cannot manage a Monday come along on a Wednesday afternoon about 2 o'clock and give bowling a try.

If you would like to know more, contact the secretary Marion Donald on 07729 817718 or email [marion.donald@btinternet.com](mailto:marion.donald@btinternet.com).

You can also get information on our website: [www.belhelviebowlingclub.com](http://www.belhelviebowlingclub.com)

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# BALMEDIE LIBRARY

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**Wednesday** 14.30 - 16.30  
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.

Why not pop along to our Knit & Natter Group at the library every Thursday morning from 10.30-12.30. We would love to see you there.



This year's Summer Reading Challenge is titled '*Be Drawn Into a Good Book*'. Each child taking part will receive a themed card to keep track of the books they have read. Children will collect a sticker for each book read and when they have read six books they will get to choose a prize. They can do this as many times as they want.

We will also be running a competition, open to all children whether or not they are taking part in the reading challenge. Children are invited to design a book cover; it can be of your favourite book, the book you are currently reading etc. You can draw, paint or do a collage, be as creative as you want! We are looking forward to seeing all your entries.

Prizes will be awarded to three age groups: 0 to 4, 5 to 8 and 9+ years. Three winners will be selected from each branch library, and then an overall Aberdeenshire winner and 2 runners up will be chosen from the local prizewinners. All branch winners will be invited along to Prize-Giving events happening across the Shire on Saturday 7th October, leading up to National Libraries Week. Check out <http://www.aberdeenshire.gov.uk/libraries/young/summer-reading-challenge/>

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).

Like us on Facebook at <http://www.facebook.com/AberdeenshireLibraries>

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**Maureen Muirden**



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## ABERDEEN OFFSHORE WIND FARM UPDATE

Onshore construction at Blackdog and the offshore preparatory works continue at the European Offshore Wind Deployment Centre (EOWDC), also known as Aberdeen Offshore Wind Farm. SHE-Transmission has also begun work on the cable route where the cables exporting power from the wind farm will connect to the National Grid.



Aerial photo of the substation site at Blackdog in April.

Off site, in collaboration with Aberdeen Science Centre we participated in a North East STEM Celebration and wind energy workshops at Scotstown and Balmedie Primary Schools.



Budding construction engineers learning about the innovative turbines that will be deployed at the EOWDC. At the beginning of May, we held a Local Supply Chain event at The Chester Hotel in Aberdeen. Over 200 delegates attended to learn more about the project and the potential contracts associated with the operations and maintenance phase.

This summer, we are also looking forward to supporting Blackdog's first Community Gala Day at the Blackdog Community Park to be held on Saturday July 8<sup>th</sup> from 11am-3pm. This will be a family event filled with fun, music, activities and food. We hope to see you there!

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

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## **BELHELVIE PARISH NEEDS YOU!**

### **THE SAND BOTHY**

Just wondering if you or your friends or family could spare a little time to help in the Sand Bothy kiosk? The Sand Bothy is run by volunteers and money raised goes towards organising community events and maintaining the building. Please get in touch if you would like to join the team. You will be made very welcome. Phone Rosie on 01358 742557.

### **BETTER BALMEDIE**

Have you a little time to spare? Better Balmedie can give you the chance to help keep the village looking good and meet new friends. If you can help to paint, plant, weed and water planters and tubs, or pick up litter, please get in touch. We need extra members to share the tasks – and the fun. Phone Alan on 01358 743851.

### **BANTER DISTRIBUTORS**

Many thanks to those who have already volunteered to distribute copies of Banter throughout the Parish. However, we are always on the look out for more help, so, if you would like to volunteer, please get in touch with us on 07763314579 or [belhelviebanter@live.co.uk](mailto:belhelviebanter@live.co.uk)

### **BELHELVIE SWI**

We have only one meeting left and our Summer Outing before we break up for the summer. The autumn session will start on September 13<sup>th</sup> when we have a craft evening arranged. We would like to see new faces through the door of Eigie House Lounge. Everyone will be made very welcome. We meet on the 2<sup>nd</sup> Wednesday of the month at 7.30pm. Usually, we have around 15 to 17 women of various ages attending – and we would love it if we could attract some younger members with new ideas so that we can keep up to date with what younger members would like out of the SWI. We are very flexible and open to change. There is parking and a ramp for disabled access.

Please note:

**NO JAM MAKING OR VICTORIA SPONGE MAKING REQUIRED TO JOIN US!**

Do come along – and make the SWI what you would like it to be in your community.

**Elaine Strachan** Tel: 01358 743173

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# BELHELVIE COMMUNITY COUNCIL

## Annual General Meeting

The AGM was held on Monday 20<sup>th</sup> February and we're happy to report that we now have a full complement of office-bearers – this for the first time in several years. These include:

Chairman -	David Watson	01651 328263
Vice-chairman –	David McKendrick	01358 742520
Secretary –	David Wallace	01358 743595

To keep the momentum of an active community council moving forward, it's essential that members of the community become involved and engage in the process. New members will be very welcome at any of the BCC meetings, which are held on the third Monday of each month, normally 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, so please come along or contact one of the people above or any other community council member.

## Ongoing Community Projects

The Community Council is grateful for the on-going support it receives from both Taylor Environmental and also EB Scotland in relation to the funding of community projects under The Scottish Landfill Communities Fund. To date, this amounts to over £190,000 of funding towards initiatives such as: Balmedie Leisure Centre - £34K, Magnificent 7 - £43K, Balmedie, Potterton and Belhelvie football pitches - £57K.

The Belhelvie, Potterton and Magnificent 7 wildflower projects are currently out to tender to landscape contractors. The related contract specifies that turf and wildflower seed requires to be laid by 1<sup>st</sup> August 2017. Funding is to be received from Easter Hatton Environmental in May which will finance the afore-mentioned projects and also the installation of new windows in Belhelvie Church.

If you have any environmental projects which requires funding, please contact David Watson on [eagc@hotmail.co.uk](mailto:eagc@hotmail.co.uk)

**David Watson** BCC Chair



## CRAFT CLASSES AT THE LIBRARY

Can you knit, crochet or would you like to learn these skills? Come along to the Balmedie Library Monday evenings from 7-00pm to 9-00pm where a group of crafters are willing to teach anyone interested in learning. Any age welcome, male or female.

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<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 Karen Adam	07388 956121
	CLlr Andrew Hassan	07388 956123
	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	- contact through <a href="http://www.girlguiding.org.uk">www.girlguiding.org.uk</a>
<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**  
**Bridge of Don Academy**  
**Ellon Academy**

HT Ken McGowan  
HT Daphne McWilliam  
HT Tim McKay

01358 742474  
01224 707583  
01358 720715

## **COMMUNITY CENTRES:**

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

Bill Murray  
Joanne Murray  
Joanne Murray

01358 743725  
01358 727910  
01358 727910

## **POST OFFICES:**

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

Eigie Road, Balmedie  
Potterton AB23 8UY  
Dickies, 3 Rowan Drive

01358 742556  
01358 742670  
01358 741226

**Balmedie Pharmacy**  
**Belhelvie Community Council**  
**Belhelvie Community Trust**

David Watson (Chair)  
Rosie Nicol (secretary)

01651 328263  
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 742285

**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**

|

**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

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

## Summer DATES for your DIARY

### JUNE

Sat 3	Potterton Community Summer Fete	Stead Inn	12.00-16.00
Sat24	Pop up Café	Potterton CEC	10.00-12.00

### JULY

Sun 9	Church Service moves to 10am	Belhelvie Church	10.00
Fri 14	Picnic in the Park	Panmure Gardens	12.00
Sun30	Church Services in Forsyth Hall	Forsyth Hall	10.00

### AUGUST

Fri 11	Picnic in the Park	Panmure Gardens	12.00
Sat 26	Pop up Café	Potterton CEC	10.00- 12.00

### Weekly

Mon	Golden Zumba	Forsyth Hall	9.45
Mon	Knit & Natter (Term Time)	Potterton CEC	14.30-16.30
Wed	Pilates (for over 60s) (Term Time)	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)

Mondays	Cubs	Potterton CEC	18.30-20.00
Tuesdays	Rainbows	Balmedie School	18.00-19.00
Tuesdays	Cubs	Potterton CEC	18.30-20.00
Tuesdays	Guides	Balmedie School	19.00-20.30
Tuesdays	Explorer Scouts	Potterton CEC	19.30-21.30
Wednesdays	Beavers	Balmedie School	18.00-19.00
Wednesdays	Rainbows	Potterton CEC	18.00-19.00
Thursdays	Brownies & Rangers	Potterton CEC	18.00-20.00
Thursdays	Brownies	Balmedie School	18.15-19.45
Fridays	Scouts	Potterton CEC	19.00-21.30

### School Dates

Mon June 5	Local Holiday	Balmedie, Ellon
Fri June 30	Last day of School term	Balmedie, BoDA, Ellon

Huge choice of Hanging Basket Plants Antirrhinum, Bacopa, Biddens, Calibrachoa (Million Bells), Fuchsia, Helichrysum, Ivy Leaved Geranium, Lobelia, Lysimachia, Nepeta, Oxalis, Surfinia, Verbena and lots more now available

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