

# BELHELVE BANTER

*Balmedie: Whitecairns : Belhelvie : Potterton : Blackdog*



**NEOS**  **2017** 9<sup>th</sup> – 17<sup>th</sup> September  
north east open studios

**9<sup>th</sup> – 17<sup>th</sup> September**

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See inside for details



**EDITION 32**

**SEPTEMBER 2017**

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## EDITORIAL

Welcome to our latest edition of Belhelvie Banter where we again usher in the delights of Autumn and try to forget that Summer has passed. Yes, the year is slipping by, but we cannot but welcome this seasonal shift as the cool green countryside, in and around our villages, transforms into a rich riot of golds, coppers and ruby reds.

There is an undeniable 'back to school' feeling with Autumn. Folk seem almost relieved that we are now re-establishing routines (parents of school-aged children must surely identify with this!). The encroaching thought of darker nights and dropping temperatures shouldn't deter us from continuing to enjoy outdoor pursuits of Autumn days- 'Balmedie Walks' (page 57) may be what you need to get out and about. There are so many other opportunities in our parish to boost your health – read about them in this edition – and do remember your flu jab.

Recently, the Banter Team was delighted to be able to donate two planters to each of our five communities in Belhelvie Parish. Thank you to the volunteer residents of Blackdog, Whitecairns, Belhelvie Village, Balmedie and Potterton, who have planted and placed these half-barrel whisky planters. We hope they add a touch of colour to our villages.

**Jess Petrie**, Editor

*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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## POTTERTON SUMMER FETE SUCCESS

Saturday 3<sup>rd</sup> June saw the return of the Potterton Community Group Summer Fete which was held at the Stead Inn on Manse Road. The main aim of the day was less about fundraising and more about bringing the community together and therefore the group ran an affordable wristband entry for the event to ensure families could access all activities for one price for the whole afternoon. The group organised various events to keep the kids and adults entertained. The Owl and the Pussycat Centre attended and walked around the Fete allowing visitors to interact with the Birds. There were various inflatable's to keep the kids happy along with funfair games and vintage and modern Tractors and a Harley Davidson on display. The Stead Inn pub provided a BBQ and local groups and residents provided stalls including cupcakes, chocolate fondue, Arts & Craft Group, Fairtrade and a tombola stall. The North East Rider Volunteer Blood Bike was also on show promoting their volunteer run service to provide urgent medical equipment and supplies between hospitals and healthcare centres in the North East of Scotland. The day ended with a carnival atmosphere with the appearance of the Guarana Street Band who put on a performance for local residents followed by a workshop with the kids. With over 250 people attending the event, it was another great success for the group and local community.



## 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.

## POTTERTON PICNIC IN THE PARK

The Potterton Picnic in the Park is a free event organised by the Potterton Community Group to bring residents from the local and surrounding areas together for a day of good food, fun and games. The event on the 14<sup>th</sup> July was well attended and the sun shone all afternoon. As well as a picnic, the group brought along various outdoor games to keep the kids (and adults) entertained throughout the afternoon. The kids enjoyed playing under the limbo stick followed by a game of rounders. It was a chilled afternoon and a further date has been set for **Friday 11<sup>th</sup> August** to Picnic in the Park with our Minion – 12.00-4.00pm in Panmure Gardens Playpark. Everyone Welcome – just bring along your own picnic, chair or rug.



## POTTERTON IN BLOOM



The Potterton Planting Group is co-ordinated by Fiona Scott along with support from local residents who volunteer their time planting bulbs and plants provided by Aberdeenshire Council. This year the local Brownie and Cub Groups also helped out, and local families have volunteered their time to support the

group to keep on top of the weekly weeding. We would like to thank everyone involved in continuing to keep the village looking bonny!

We would also like to say a huge **Thank-you to the Belhelvie Banter** for their support over the past year. More recently the Belhelvie Banter donated 2 additional whiskey barrel planters to Potterton. These planters have now been planted by the Group and are situated on Panmure Gardens close to the entrance to the Football Pitch. These are a lovely addition to the village.



**Caroline Anderson** on behalf of Potterton Community Group



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# A WORD FROM THE DOC...

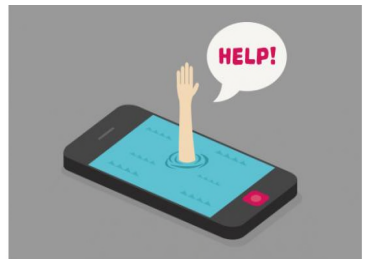
## TAKE A BREAK!



Summer has started to wane, and surprisingly it has featured some sunshine! I have even managed to burn a few burgers on our outdoor cooking apparatus; the B word is banned chez nous as it usually heralds rain!! With the nights drawing in, autumn is just round the corner, so I must remind all to think about the 'flu jab season, as this will soon be on us.

The last point brings me to my topic, take a break. No, I am not trying to drum up work for the orthopaedic department, indeed with their waiting lists more breaks are the last thing they need! What I mean is taking time out from your electronic devices, especially smartphones.

I have mentioned before that I see patients with anxiety and feeling stressed much more now that when I started working as a GP many moons ago. The reason for this is what we docs call "multifactorial", a posh way of saying complex and many varied causes! That being said I am sure that having your smartphone, iPad or similar device constantly in hand, staring at the screen so that you do not miss the latest post, creates stress too (not to mention the risk of tripping or not hearing traffic!).



Even on holiday we now rate hotels by the quality of the Wi-fi on offer so that we do not miss the latest on Face-twit-insta-snap-app-ter!! It seems a crime not to show everyone how sunny the weather is, how wonderful the pool is and how big the cocktails from the poolside bar are. Just pause and think a bit, WHO REALLY CARES!! Relax enjoy the break and tell your family and friends afterwards, you do not need to be connected 24/7, 365 days annually!

Why not switch these devices off, you can catch up when you get back from holiday, really important stuff will always get to you! The same can be said at home, do you really need to catch up every day? Will your life be any less fulfilled if you miss the latest "OMG look my cocktail!" from a "friend" who really is just sending you the message because "I'm on holiday and you're not"!

The message is simple, use all the technology you want, but make sure, like anything in life, you do not let it dominate and make sure you take a break. Managing to maintain a balance is important and I am sure that taking a social media break every now and then will not do any harm and indeed I think that you will ultimately be less stressed, more chilled and indeed more sociable to those around you!

Lastly, just to get more nagging in, keep active and maintain a healthy lifestyle as the latest evidence shows a reduction in risk of dementia. So if you must have that ice cream, walk to the Sand Bothy to get it!

**Dr Alasdair Forbes**

## A TEST OF ENDURANCE – CITY TO SUMMIT

A long way from home in Balmedie, on a summer morning in July 2017, I was part of an international group of 136 endurance athletes gathered in front of Edinburgh Castle preparing themselves for what may be one of the most challenging events of our lives. The aptly named “City to Summit” is a one day event that begins with a half marathon run to the Forth Road Bridge followed by a 112 mile cycle ride through the Highlands to Kinlochleven and rounded off with a full marathon taking in the summit of Britain’s highest mountain, Ben Nevis before finishing in Fort William. To add to the challenge the



150 miles must be completed before midnight.

At 04:00hrs the event started with the first group of runners released in front of the Castle. It was mild and pleasant for the run and as we all meandered through the streets of Edinburgh consciously aware not to overdo it too early, thoughts of what lies ahead were very much in my mind. The Forth Road Bridge was in sight in less than 2 hours and with the sun shining all looked

well, with an awesome double rainbow over both the old and new bridges.

Transition to the bike went smoothly and after a 10minute refuelling break I hit the road with determined enthusiasm to keep ahead as long as possible knowing full well that there were far better riders than me on the course. Only 20 kilometres in and I managed to take a spill, but fortunately both body and machine were able to carry on!

As the day progressed and we headed to the highlands. The terrain became more demanding with numerous steep climbs. Traffic was increasing and the weather was deteriorating. With a headwind of 15-18 mph and increasing rain intensity, everyone was feeling the impact on their performance. Consciously aware that the cut off time for getting onto the final stage was 16:30 at Kinlochleven helped keep me focussed on the task in hand. Finally the end of the bike run was in sight and the thought of a fine hot drink and some food spurred me on to arrive at 15:00 hrs. This gave me some time to recover a little and prepare myself for the onslaught of the 26-mile Ben Nevis assault. By now the rain had intensified but at least I was back into some dry warm clothing and waterproofs. Leaving Kinlochleven, and heading on to the West Highland Way, was more akin to wading due to the volume of rain. As a result speed was not easy to maintain. Reaching the last pit stop I realised that the hardest part of the day was now in front me. Although the route follows the usual, well trodden, path to the top of Ben Nevis, the conditions were bleak. There was no beautiful view of the Highlands to appreciate here on this summer’s day, only swirling fog and driving rain. Once again I had become completely soaked. Having made it so far and knowing that people had donated .....



... considerable sums to my chosen charity of the Multiple Sclerosis Society; I felt a burning determination not to let them down. I did finally reach the top at exactly 21:00hrs. By now I thought it should be easier to go down but unfortunately I started to suffer from exhaustion, exposure and dehydration. This last downhill section was fast becoming the biggest challenge of the day. I was trying my hardest to maintain focus whilst feeling very

cold and totally saturated. With no energy left, my pace had slowed down so much that for the first time I thought I might not reach the finish by midnight. A final push though and at 23:31hrs I finally crossed the finish line and felt so happy to have tamed the beast of City to Summit. I can't even begin to describe the feeling of this achievement. Whilst the feeling of achievement was great, no doubt the best feeling was the relief that I could finally sit down in a warm place after 19.5 hours of exercise.

This event took its toll on the competitors with only 55 of the 136 that started actually completing the course. I finished 41<sup>st</sup> overall and 25<sup>th</sup> in the male senior class. Whilst it was a painful 19.5 hours this is nothing compared to the pain and challenge those suffering from MS go through on a daily basis. If you feel you would like to contribute to this very worthy cause in recognition of my achievement, I would be most grateful for any further donations on <https://www.justgiving.com/fundraising/maximillian-schneider>

**Max Schneider**



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## GET FIT WITH A SCOTTISH TWIST!

Highland Hustle has arrived! Classes take place at The White Horse on Tuesday evenings from 7.30 to 8pm. So... what is Highland Hustle? As a bit of an exercise-phobic, on first thought, it doesn't seem quite right to me... *exercise* and *FUN* too? Is that possible?

It appears that it is. Carolle Clements is the driving force behind bringing Highland Hustle to our area. She says it's a fun, sociable, adult fitness class that takes its inspiration from Scottish dance. A lot of the steps come from Highland dancing, and there are group dances that have a definite ceilidh feel to them. The music is funky and upbeat, and there are new routines all the time, so it's never boring.

Absolutely no previous dance experience is required – two left feet are welcome! The class is suitable for all levels of fitness and abilities, and low, medium and high impact options throughout the class are always demonstrated so you can tailor it to suit you, and build it up gradually. The class has ladies aged from 20 to 60+ but the addition of some gentlemen would be most welcome.

Classes have a relaxed feel to them in that you don't need special equipment or the latest gym wear (just comfortable clothing and trainers), but also because it's so adaptable depending on your fitness level and your personal goals. Everyone feels comfortable doing their own thing – whether it's walking the movements, or doing the high intensity options. It's a great cardio and toning workout for everyone.

The popularity of Highland Hustle is growing. People who have previously been self-confessed exercise-haters appear to have been won round. Feedback is positive with current class members' comments including: *"This is definitely the best way to exercise"*, *"It's a great class and lots of fun"* and *"What a wonderful combination of exercise and fun!"* Carolle particularly enjoys seeing participants' increasing enjoyment as their confidence and fitness levels grow.

Carolle Clements is a qualified dance teacher, having been a Highland dancer since the age of four. She has now also qualified as a Highland Hustle instructor. At age 30, she realised that her joints just couldn't cope with the demands of Highland dancing (a Highland Fling involves the dancer jumping vertically 192 times). Fortunately, she got to hear about Highland Hustle, which sounded perfect for her. Founded by Highland Dance Champion Gillian Urquhart from Perth, Highland Hustle was developed to try and bring the spirit and fun of Highland Dance to a wider audience than the traditional younger age group.

So... I may just be won over. My biggest relief (and probably that of all around me) is that I won't need a leotard – the baggy tracksuit will do just fine it seems.

More information on Highland Hustle can be found at [www.highlandhustle.com](http://www.highlandhustle.com). Carolle also runs classes in other areas around Aberdeen. The first class is free and there is no obligation to block-book, as classes can be "pay as you go" at £5 each class.

Contact Carolle on 07780 938849 or visit her Facebook page <https://www.facebook.com/highlandhustlecarolle>.

**Editor**

# HAIR Shack



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## BLACKDOG GALA



Blackdog held its inaugural gala in July 2017, as part of an effort to boost community spirit following years of high-impact construction works around the village. The community celebration also raised £2,000 to go towards improvement to the area's children's park. More than 400 folk turned up to enjoy a day packed with fun and entertainment, including a Street Band, bouncy castles, face painting, baking, games and much more.

Jamie Smith, a member of the community's organising committee, commented, *'The Blackdog Community Gala was a fantastic success. Seeing the residents and businesses come together to create such a fun day was rewarding for all involved, as the positivity of the community was very much highlighted throughout the day'*.

The Blackdog community has been heavily impacted by a number of on-going construction works lately, so the gala was a positive way of bringing everyone together for a bit of fun. Projects currently under way are the onshore substation for the European Offshore Wind Deployment Centre (EOWDC), Aberdeen's bypass and the first phase of a £150 million scheme involving hundreds of homes.



The event was supported by a number of businesses, including the Swedish firm behind the wind farm development, Vattenfall, Murphys, Osprey initiatives, Archer Marketing, Ashfield Land, Kirkwood Homes and Donside Safety. Councillor Paul Johnston, who represents the area, said: *'This was a great fun day in Blackdog with residents, friends and family coming together. The sun shone for the community and people said this was the first of many Blackdog gala days as the community grows. It's nice to see a community developing its spirit to make Blackdog a great place to live.'*

Fellow ward councillor Andrew Hassan added: *"Aberdeenshire is always at its best when our communities rally together and much thanks have to go to everyone who worked to put the event together – hopefully this was the first of many."*

## BALMEDIE SCHOOL

*Teacher **Steven Milne** writes about school events, leading to the Summer Holidays, with thoughts of a new term to come. We wonder if the teachers, back at school for the new term, are as overjoyed as the parents of Belhelvie Parish!*

Last session, the final term here at Balmedie School was certainly hectic! At the time of writing the children have just been introduced to their new teachers and will quickly switch allegiance after the summer holidays!

The intake of the new primary one pupils is always a significant event and we hope they have a wonderful time here in Balmedie School. Likewise, the primary seven's transition to their respective academies is always a momentous occasion and we wish them well for the future. They were a great bunch and one of the highlights of their year was the trip to Dalguise Outdoor Centre in June.

During their five days there, they packed a tremendous amount in, including canoeing, orienteering, tree climbing, archery, abseiling, zip lining, raft building, participating in team games and they even had enough energy left for a disco!

The emphasis was on the children setting personal goals and then trying to achieve these or even surpassing their targets. The vertical challenges and raft building proved especially popular and the feedback I received from the leaders was all positive - so well done everyone!

Speaking of trips, I was 'roped in' (pun intended) to accompany the P5 children on their excursion to Kindrogan Field Centre. We left on a Tuesday morning and returned *three months* later on the Friday afternoon! The kids had a wonderful time (except one poor soul who had the misfortune to contract a tummy bug and had to be picked up

early) and the adults all pulled together admirably.

Unfortunately, the weather conspired against us and I shall never forget the sight of 50+ bedraggled children traipsing round Pitlochry munching soggy ice creams! Oh the joys!







This trip involved lots of outdoor activities including pond dipping (not the kids, rather looking for aquatic creatures!), low ropes challenge, orienteering, identifying small mammals, hill climbing and the leap of faith – a vertical climb up a very tall pole and then jumping off (complete trust is needed in your harness and fellow team members). The children also had to make their own sandwiches each day and the concoctions were – well let's just say – interesting!



Many other activities were happening throughout the school including the P1's Fairyland Open Afternoon, P4 – 6 Sing and Smile Concert at school and a performance at Haddo House. The P4's also had an Indian themed Quiz night for parents.

By the time you read this Autumn edition of Banter, children will be back at school ready for a new term. We hope everyone has had a wonderful summer and the batteries are now well charged for the Autumn term ahead.

**Steven Milne**

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# BELHELVE COMMUNITY TRUST

Belhelvie Community Trust continues to meet monthly, supporting local community groups and organisations. We can help with practical issues like funding, linking to other services, finding volunteers (always one of the hardest tasks) and working on new initiatives.

Thanks to a great team of volunteers, The Sand Bothy has now been open for a year, which is hard to believe. Our kiosk is running successfully at weekends, selling hot and cold drinks and ice cream. We have hosted fun events, classes, groups and meetings, some successful, not so much, and we are always happy to try new ideas to see if they work in our unique building. We are very keen to host events and activities which have a direct link to our setting in the Balmedie Country Park, so if you have any ideas, contacts, skills, do get in touch. Our exhibition all about the beach is being much admired. It features the work of four talented local photographers, Ally Deans, Neil Donald, Lee Fowlie and Phil Horsfall. If you haven't been for a look yet, do pop in to see us. Best times are on Saturdays and Sundays from 12 to 3 or 4, or at other times if we have a volunteer available.

The Sand Bothy Fun Day will be held on Saturday 19<sup>th</sup> August from 12 to 4, with a variety of activities, food and entertainment.

The maintenance team at The Sand Bothy have had a very busy month painting the outside of the building. We reckon that it was last painted about fifteen years ago so it needed considerable preparatory work. Our thanks go to Andy Ross who 'project managed' the work and to Alan Paterson of Crown Paints for donating the paint. The Bothy is now looking amazing – come and see for yourselves!



Belhelvie Community Trust is responsible for just The Sand Bothy, not the Country Park, but we are keen to work where appropriate with Aberdeenshire Council to make improvements to facilities in an area where the natural environment already speaks for itself. If you would be interested in helping at Balmedie Country Park, or have any ideas, please get in touch.

If you have any queries about the work of Belhelvie Community Trust please contact Rosie Nicol, [rosie.inform@lineone.net](mailto:rosie.inform@lineone.net), secretary of Belhelvie Community Trust.

Could you volunteer at The Sand Bothy? We already have a friendly team of volunteers, but we need more so we can perhaps open more often. 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 our Facebook page.

**Rosie Nicol**



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## ABERDEEN OFFSHORE WIND FARM UPDATE

Construction of the European Offshore Wind Deployment Centre (EOWDC), also known as Aberdeen Offshore Wind Farm is making good progress, and due to be operational next summer. By the time the winter edition of the banter goes to print we should be installing the foundations offshore.



Aerial photo of the substation site at Blackdog in June.

Over the last few months, we have continued to attend community events, held educational workshops and welcomed some local councillors and MSPs to the site for a visit. We also announced our partnership with Aberdeen Football Club's Community Trust and Youth Academy. We teamed up with AFC to send the Dons' youth squad to Gothenburg and we are the sponsors of the North-east girls' grassroots league.

We also announced the four research projects that will receive a share of our €3m EUR Scientific Research and Monitoring Fund.



On July 8th, we supported Blackdog's first Community Gala Day at the Blackdog Community Park. It was a great success, with over 400 people attending and the organising committee raising £2000 towards improvements to the community park. We are already looking forward to next year's event!

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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## NEWS FROM ABERDEEN COUNCIL

*In this Autumn edition of Banter, we introduce new Councillor for Mid Formartine, Andrew Hassan.*

Thank you to all who supported me in the May election. I am honoured to have been returned as a Councillor in Mid Formartine and will work very hard to ensure every voice is heard in all aspects of the Council's operation between now and the next election in 2022. It has been a really busy few months, with many inductions, meetings and of course discussions with residents – and even now the summer recess has begun I am still remaining active while I get a firm understanding of the demands of the job.

During the election campaign, it became clear what the main issues of the day are – poor broadband and traffic issues (speeding, public transport and roads). I will do my best to address all issues raised with me, whilst also working towards the issue of doing more for the young people in our ward, which I promised.

I have been elected onto the Communities Committee that covers things like Housing, Health & Social Care, Sport & the Fire and Police Services. I also attend the Full Council meetings and the Formartine Area Committee. In addition, I am the Council's representative on Aberdeenshire Sports Council, Balmedie Leisure Centre Management Committee, Grampian Regional Equalities Council, Oldmeldrum Pleasure Parks User Group and the Gordon District Leisure Project Trust.

At the June meeting of Formartine Area Committee, the Council authorised the commencement of the statutory procedure for some Disabled street parking provision on Forsyth Road in Balmedie and Laingseat Road in Potterton – and also authorised the statutory procedure for the making of management orders on sections of the AWPR including the junctions at Blackdog and Balmedie. The next Area Committee meeting is scheduled for the 22<sup>nd</sup> August.

At the June meeting of Full Council we discussed the Draft Council Priorities for 2017-22 – endorsing priorities of Public Service Excellence, Successful & Sustainable Communities, Aspirational People & Caring for Communities. The Council also approved the Aberdeenshire Action Plan in response to the recommendations of the Cole Report in relation to the Edinburgh Schools Inquiry. The next meeting of Full Council is scheduled for the 28<sup>th</sup> September.

All Mid Formartine residents are welcome to contact me, or other Formartine Councillors, on council-related matters at any time, via phone, email. I also have a facebook page: ["/AndrewHassanLD"](#).

**Cllr. Andrew Hassan**

## PARISH THREADS

*I am bound I am bound for a distant shore  
By a lonely isle by a far Azore.  
There it is, there it is, the treasure I seek  
On the barren sands of a desolate creek.* Henry Thoreau

We are in Kalamazoo with the grandchildren. Since last year the neighbourhood has sprouted yard signs declaring that 'Hate has no Home Here'. Ten dollars can apparently buy that promise. Our sign has had its wire legs broken, we hope by the wind. Luckily a neighbour who paid her ten dollars but no sign turned up has a painted bicycle outside her door that supports our legless sign.

We are trying to operate within the Overton Window. In Belhelvie, Overton is the name of a useful breakers yard. Here the Overton Window is a yardstick measuring the range of acceptability in politics. Both ends are set at the unthinkable. The middle is the acceptable area of government policy. I have moved it to deal with our intergenerational family behaviour. (Only in my mind you will be relieved to learn.)

On these hot summer days when the boys aren't at summer extra curricular classes (bang in the centre of the window), we take them on simple expeditions, (probably a little to one side). The boys already have access to water parks and sports fields so we find the lazy town creek at a place called Celery Flat. (F.Y.I. the town of Kalamazoo was settled by the Dutch who grew a lot of celery.) In what I hope is Huck Finn style I paddle into the water with my shoes on. I wade out and enjoy the feel of the water and the sight of the tree lined creek up ahead. I hear hesitance behind me. 'Are we allowed?' The boys enquire, sounding worried as if they are sitting on an Overton Window ledge. ... 'Well... I am.' I say and move off through a cloud of iridescent dragonflies. Negotiating the silt and the mild current, not knowing what's around the corner is a new experience for them and in its own way as thrilling as it gets. Sure enough, they asked to go back for a longer trip. So we located lifejackets, hats, inner tubes and paddles to create rudimentary creek transport. To keep within the centre of the Overton window we needed to pay attention to safety. We did recce to find safe entry and exit places. The outing went well. We surprised frogs and a family of muskrats who swam ahead of us like small beavers. Things nearly went awry when a decent sized leech was found attached to a boy's ankle. My recent first aid course in Inverurie didn't cover leech removal but it came off with a severe grandma look and a pinch. Having flicked it onto the creek bank we all watched it flip-flop revoltingly. There was a cry of 'Oh Grandma it will die up there.' as they tried to rescue it. Grandchildren seem to be the most erinaceous of creatures. They have so many spines pointing in all directions, from empathy and carelessness, to selfishness and generosity.



Exploring the Kalamazoo creek is good practice for our real adventure on this trip to America. Next week we go north into the wilds of Canada to pay our respects to the place where my grandparents met. Mum's parents went on canoeing parties with a group of Canadian young people before the First World War. Back in London in the twenties they had a family canoe on the Thames. On holidays at Bude in the sixties Mum taught us the 'proper' way to paddle a Canadian canoe. We had to kneel up and our paddling strokes had to curve at the end to keep the canoe straight. We sniffed at people who sat down to paddle. We will be travelling to Prince Albert Park, north of Saskatoon. Mum would love to have travelled more but her life didn't turn out that way. The cabin of her childhood hero 'Grey Owl' is preserved 20 miles along a walking trail on the shore of Lake Ajawaan. Carrying anti bear-spray is advised there. With Chris awaiting hip surgery our chances of outwitting a bear are slight. However we will try to get to the edge of the lake. There we will fashion a little boat from leaves perhaps with a twig as a mast. Into it we will put a tiny amount of her ashes. Then in the land of the silver birch, home of the beaver, her great grandsons will launch the little vessel and as it floats towards Grey Owl's cabin we will wish her Godspeed.

Mary Cane

---

## BELHELVIE SWI (formerly SWRI)

The 'Rural' celebrates its 100<sup>th</sup> birthday this year. It was founded by Catherine Blair, a lifelong campaigner for fairness and democracy, and it was her concern for isolated women in rural areas that led her to found the first Scottish Women's Rural Institute at Longniddry south of Edinburgh in 1917.

To celebrate the occasion, eight ladies from Belhelvie joined another ninety ladies from the Ellon and Inverurie Groups for afternoon tea at Meldrum House. Women are usually no longer isolated but nowadays it's still good to get together and share ideas. So why not come along to our meetings and keep this 100 year old tradition going strong for many more years to come.

Our first meeting after the summer break is on 13<sup>th</sup> September. This will be a craft night with an instructor. On 11<sup>th</sup> October, a representative from the Sandpiper Trust is to give a talk on this very deserving charity. We meet in the Eigie House Lounge at 7.30pm on the second Wednesday of the month. You would be very welcome to come along and join us.

Our **WHISTS** start again on the fourth Wednesday of each month. The next one is 28<sup>th</sup> September. We have a fun night and refreshments and snacks are provided. Whist is fun – we don't take it too seriously – and are happy to teach beginners. For further information please contact me on 01358 743173.

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## DOORSTEP CRIME

**If in doubt – keep them out!**

There have been reports of cold-callers around the villages in Belhelvie Parish recently. Sometimes, these visitors are genuine, but unfortunately this is not always the case.

There are two main types of doorstep crime:

**BOGUS CALLERS** who try to get into your home or obtain personal details.

**ROGUE TRADERS** who usually cold-call, claiming to be workers offering to do work for you.

### What should you do?

- Fit a chain and always put it on before answering the door, and keep it on while talking to callers.
- Ask for ID and don't invite them into your home. Don't assume a caller is genuine because they're wearing a uniform.

Tell callers to come back when someone else is at home – or contact you by letter to arrange a convenient time. Utility companies can set 'personal passwords' to be quoted when they visit.

### Trading Standards Advice:

- Don't feel pressurised into agreeing to immediate work. Ask yourself if you really want these services or goods.
- Don't pay cash up front and don't hand over large sums of money.
- Shop around if you do need work done. Get 3 quotes from reputable or recommended traders.
- Ask what your cancellation rights are. You should get a written notice that there is a 14-day cooling off period in case you change your mind.
- Always report incidents when you've been the victim of a doorstep crime.
- Call 999 and ask for the police if you feel threatened or scared.
- If you see something suspicious in your area contact the police on 101.
- Try and note details of vehicles or registration numbers.
- Contact the police anonymously through Crimestoppers on 0800 555 111.

## Beat Doorstep Crime

- Look out for those in your community.
- Report any suspicious activity immediately.



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## NATURAL BELHELVIE

Well well folks, here we all are with the summer months about to be replaced by autumn, oh dear where has the year gone? Do not fret as we are entering the 'season of plenty' and that means plenty to see and do in the great outdoors.

Many of our smaller bird species will be busy coping with second and even third broods. Larger birds will normally produce one brood each year and just now you may well see oddly coloured gulls flying around. Once they fledge (begin to fly) they wear their immature plumage, and that is very different from the full adult garb, which they grow into when they moult for the first time the following year. Young herring gulls are very dull and mottled grey overall, and apart from their size, you may well not recognise them for what they are.

Young black-headed gulls are much the same and they have a lot of brown feathers on their backs, very unlike mum and dad. These two species are the most commonly seen around here, but you might be fortunate to spot a greater black-back gull or even a lesser black-backed gull. The greater black back is a very large bird with a distinctive dark grey, almost black back. To distinguish the greater from the lesser black-backed gull look at their legs, oh yes of course one is smaller than the other but unless you have the two side by side, that is not much help! The greater black back has pale pink, sort of peely wally coloured pins, while on the lesser they are bright yellow, very distinctive.



I mentioned the black-headed gull young and even the adult could cause confusion. WHAT? I hear you shout, a black-headed gull has a black head, how easy to identify is that? Ah, but the black head is not there in winter, as it is lost when the adult birds moult just after breeding has finished. During the winter months the black-headed gull becomes a white-headed gull! As it lacks the distinctive black head you can confuse them with

common gulls that are about the same size and colour. We do get common gulls here in winter, especially up around the Ythan Estuary and at Don mouth as well as at Balmedie. They have black wing tips noticeable when in flight, but still it is easy to mix the two species up. Common gulls do not breed along your section of the coast as do the black headed, but go further inland to an area between Alford and Lumsden, known as the Coreen Hills, and you will find the largest colony of common gulls in the world!



While the swallows and blackbirds will be seen with beaks full of food destined for their hungry offspring, herring and other large gulls 'do it different'. They do not carry beaks full of grub but tummies full of it. They will feed on a wide variety of foods and as you well know they are partial to your sandy sandwiches when you are picnicking on the beach. Then off they fly to find little Harry or Harriet waiting in the nest. The next time that you see an adult herring gull look at the large yellow beak and you will notice that there is a red spot at the end. That is not just for show, it serves a useful purpose. When mum or dad arrives back at the nest, the youngsters pester to be fed... gimme, gimme, gimme! In order to get the adult birds to disgorge their meal the young peck at the red spot on the end of the beak, that triggers the process and up comes dinner - amazing eh? Enjoy the natural world of Belhelvie.

**Bob Davis**

### **COFFEE HAVEN**



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## MASSAGE AFTER THE BIG EVENT

Maggie continues her series for young Mums.



We have discussed the role of Massage Therapy in one form or another for mums-to-be and mums in labour. This time, I would like to discuss the role of massage after the birth. Much of what I have written before is still relevant but let's look at how we can help the new mum.

Baby's arrival may have been straight forward, or may have been early, involved forceps or even a Caesarian Section. Both mum and baby need support. So much has happened to mum during the pregnancy and labour; not only the many physical adaptations but also the emotional.

As with all of us, neglecting minor injuries may lead to pain and loss of function in later years. As an osteopath, I have this seen repeatedly with ladies who finally do something about their back pain when the children go to school or even more commonly, when they leave home.

Problems with the pelvis lead to compensations in the back, then neck and shoulders. Alternatively, an imbalance can lead to hip, knee, foot and/or ankle problems. The pelvic basin cradles the large and small bowel, bladder as well as the uterus. We forget that organs are also attached to the pelvic bones by ligaments! Thus, these organs can be affected by distortions leading to Irritable Bowel, Painful Periods and Cystitis to name a few conditions that may well respond to osteopathy and remedial massage as the pelvis is encouraged into a better position. The ribcage has also had to adapt to the pregnancy to allow for 'bump' displacing the lungs and now also needs to return to normal.

The pelvis has had to adapt dramatically to mum's changing shape (weight of uterus goes from 60 - 1000g!) and now needs to return to normal. The pubic joint at the front has had to increase 2-3mm. This natural gapping decreases after birth and the ligaments that support it should be back to normal strength by 3-4 months.

The abdominals have played an important role in expelling the baby in labour and the pelvic floor will also have been strained. The pelvic floor is a muscle that supports the bladder, uterus and bowel so it is vital to restore its attachment points to their optimum to prevent stress incontinence and prolapses in years to come.

Many muscles rely on the pelvis as an attachment point and the joints of the pelvis play an essential role in weight bearing activities. Signs and symptoms can include pain turning at night, going up or down stairs, getting up from sitting down, stiffness in the morning, walking difficulties and more. With muscles having had to work harder to support the increased load, it makes sense to work 'hands-on' with them as they recover. Remedial Massage may well help the body realign and we can't forget about Reflexology, which can work all these areas through the feet.



Taking painkillers is really only fooling the brain into believing there is nothing wrong. It doesn't deal with the cause or sort the problem out. There are always side effects and drugs are not recommended for the breast-feeding mum. There are options. Having choices is empowering.

The body is amazing and does a wonderful job in self-healing. It needs to be able to relax and massage is the tool to help. Feeling rested, relaxed and pain free will help recovery and lessen anxiety. That 'feel good' factor is so important. Remedial Massage to affected, tight and spasmed muscles will also help mum to be able to start to exercise and work the muscles that want to be toned and strengthened.

What happens now can affect mum's life from here on in. At a time, when 'baby comes first', mum MUST take care of herself, so that she can take care of others without jeopardising her health.

Next time, we'll look at Baby Massage.

**Maggie Brooks-Carter**

## BALMEDIE LIBRARY

Library opening times are:

**Monday** 14.30 - 16.30  
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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.

Our Knit & Natter Group is as busy as ever – come and join us at the library every Thursday morning from 10.30-12.30. They are a friendly group and would welcome new members.

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## BALMEDIE CONGREGATIONAL CHURCH

11am every Sunday at our Church building in Rowan Drive, Balmedie



Finally, we have had our Opening Service. People travelled from across Scotland to join us and the sermon was preached by Rev. Anne Robertson, Minister at Danestone with greeting brought by Rev. Malcolm Muir, Secretary of the Scottish Congregational Fellowship. We thank all who came to support, including Councillor Paul Johnston and Alastair Brodie, Director of Kids Action, the Charity

that cares for the orphans in Sierra Leone, which our Church has supported since the Civil War some 17 years ago.

Most people who have visited our building, are pleasantly surprised that the building is not as small as it looks from the outside. During the summer, we held a Mini Gala, Our thanks to all who came and supported and organised – not least Neil, the Manager of the Co-op for cooking the burgers.

Our **Under 5's Group** has run through the summer. All parents and children under 5 are welcome 9.30am till 11.30am any Friday. This group will continue throughout the winter. For information phone Diane on 07850235215

A **Play Scheme** for school age children ran from Monday 7<sup>th</sup> August to Friday 11<sup>th</sup> August 11<sup>th</sup>. The group enjoyed, fun, games, craft and a tubing outing to Alford, joining in with others from our sister Churches.

**CRAFT CLUB** resumes for the Autumn term in our Church, on a Thursday evening 6.30pm to 7.30pm. For details telephone Catherine 01358743114.

## POTTERTON CONGREGATIONAL CHURCH

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



### Scottish Congregational Fellowship

Our Church was represented, along with our sister Churches from across Scotland, when we gathered at Perth Congregational Church. That same day, we ran a successful Fun Day for children.

Our Church was also represented at the National Assembly of the Congregational Federation, which this year was held at Swansea. Some 400 people

gathered from across the U.K., for fellowship. Being Independent Churches, our Assembly has no power over Churches and can only make recommendations.

We are here to serve our God and our community.

**Rev. Andy Cowie**

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## 2<sup>nd</sup> BELHELVIE BROWNIES (Balmedie)

We had a very busy Summer term at 2<sup>nd</sup> Belhelvie Brownies, particularly as we were running at full capacity with almost 30 girls! We had a wonderful Brownie holiday weekend at Monymusk with lots of fun activities, from crafts to baking to yoga, and a Spring 'wide-game'; all set around an 'Animals' theme (as chosen by the Brownies from a VERY long list of their suggestions). A big part of Brownie holiday is helping with chores, so the girls made their own beds, helped prepare, cook and clear up and cook meals, and washed up, cleared away afterwards and generally helped keep things clean and tidy. Lots of practice ready for Good Turns and fulfilling part of their Brownie Promise by 'helping other people' over the summer holidays!

Over the course of the term we continued with Girlguiding Scotland's 'Rise to the Challenge'. Brownies have 5 different activities to complete to meet the challenge, which culminates in a celebration event at Glamis Castle in August; at which we're looking forward to meeting lots of other units from all across Scotland, from Rainbows up to Trefoil Guild. In the meantime we've designed a Brownie party outfit, made blanket 'tents' for an indoor pyjama party; while other activities included making fairy jar 'houses', making bird feeders, and 'baking with an unusual ingredient'. In the build up to summer, we also looked at 'Water Safety' with a volunteer from Aberdeen Surf Life Saving Club; very timely for the holidays and with us being so close to the sea. For our final meeting of term, we had a magical evening at the Fairy Woods of Fedderate, culminating with 4 Brownies making their Promise by a real campfire after hot chocolate and the essential s'mores! This was a wonderful culmination to the term. We are now looking forward to lots more fun in the Autumn term.

If you are interested in Brownies/Girlguiding in the local area, please register (to find out about being an adult volunteer or for your daughter to join) via the Girlguiding Scotland website [www.girlguidingscotland.org.uk](http://www.girlguidingscotland.org.uk) and click on 'Get Involved'.

**Sapphire Owl**

## BALMEDIE FRIENDSHIP GROUP

The Friendship 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.

Here are the details of our programme starting this Autumn:

29 August	Colin McKay entertains
12 September	Mhairi Shand
26 September	Chris Cane – Flying in the North Sea
10 October	Bingo
24 October	Entertainment from 'The Golden Girls'
7 November	'Snowy' entertains

All welcome! For more info call: **Margaret Murison** Secretary 01358 742285  
or **Vic Deans** President 01358 743634

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

The Rangers had an amazing time with the Guides at Tartan Gig in Glasgow. We had pizza for lunch, did a bit of shopping, and visited the modern art gallery, before heading off to the SEC where we joined over 8000 other Guiding members to dance the night away to music by Jess Glynne, Pixie Lott, John Newman, Five After Midnight and many others. We got back home close to midnight but we all had a great time. Our thanks go out to Vattenfall for their donation towards the costs.

Everyone was successful at getting into University so our numbers are down! Rangers are for young women aged 14 to 18 years old. I'm proposing to change nights to a **Tuesday** in Balmedie. If you are interested in joining but could only manage another night, let me know. We are a flexible group – you could even be a lone Ranger! 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**

## GIRLGUIDING YTHAN

Like the Scouts, I would also like to ask if anyone can help with a long term storage solution for local Guiding. Currently we rely on the generosity of members to store all our equipment in their houses but this can put volunteers off! Ideally we would need a small spot of land to put storage containers on, or a garage to permanently house things. If anyone can help, please let me know ([s.osbeck@rgu.ac.uk](mailto:s.osbeck@rgu.ac.uk)).



And don't forget: we're still looking for volunteers to help in Balmedie with Rainbows and Brownies to reduce our waiting lists. You won't be asked to store tents, I promise!

**Susan Osbeck** District Commissioner

### ZUMBA GOLD

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## SCOUTING IN BELHELVE PARISH

All our sections will be starting their respective Autumn programmes and high in the events calendar is a weekend of fun at a District wide camp at Dunecht early in September. It will give them a chance to try out some new tents we purchased mainly with money from the Cooperative Community Fund. This funding stream is ongoing and we would ask residents who shop with the Coop to go online and choose us to receive their 1% Community dividend whilst collecting their own 5%.

We continue to seek land within the Parish to develop for Scouting and wider community use. Anyone in a position to offer us land and wish to discuss further should get in touch.

Balmedie Scout Group is for Girls and Boys and caters for ages 6 through to 25. Beavers (age 6-8) are very popular and parents considering applying on behalf of their child should be aware there is a long waiting list open for additions once the child reaches 5 years old. Beavers meet on Wednesdays at Balmedie School. We have two Cub Scout Packs meeting in Potterton CC on Mondays and Tuesdays for children aged 8-10.5.

Scouts also meet in Potterton CC on a Friday evening and cater for the 10.5-14 age range. Scouts are very popular and restrictions may apply for new members. Explorer Scouts are a self programmed Unit for 14-18 year olds and generally meet on Tuesday evenings in Potterton CC. All welcome.

'Scout Network' is for young adults aged 18-25 who also take up volunteer roles within the Group. They form a Gordon wide unit and meet as required. Their members can undertake the Queens Scout award programme which is similar and can be undertaken concurrently to the Duke of Edinburgh Gold scheme. Our Group continues to grow with around 100 young members and 20 Adults.

Adult opportunities are also available for volunteers with our Scout Group either as assistant Leaders where training will be available or as Skills instructors allowing adults to bring their interests to share with Scouting.

Finally I would like to say a big thank you to all our Volunteers for their ongoing enthusiasm to deliver quality, diverse and interesting activities that the children have great fun participating in and parents really appreciate.

For all Scouting enquiries please call 07743844040 or email

[balmedie@gordondistrictscouts.org.uk](mailto:balmedie@gordondistrictscouts.org.uk)

**Ian Thomson**

Group Scout Leader

1<sup>st</sup> Balmedie Scout Group



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***Dates for your Diary ....***

**10th September - Family BBQ**

**31st October - Halloween Trick or Treating Games**

**20th December - Carol Concert**

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or our Facebook page Balmedie Leisure Centre



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What a busy time we have been having here at Balmedie Leisure Centre! Over the last few months we have been completing our preschool outdoor play area.

We are also creating a new internal storage area and work on the refurbishment of all toilets and showers will commence soon, with completion expected by the end of September. The Coffee Shop continues to be extremely popular. Vouchers through Groupon for afternoon tea were extremely popular, look out for another great offer coming your way soon.

We had a great uptake on our gymnastics camps during the summer holidays. Just a wee reminder that Balmedie Leisure Centre is a registered charity and we would like to promote the fact that we rely on fundraising to continue our progress in becoming a centre that caters for the whole community.

We are planning some great events, the proceeds of these events will go towards our extension of the fitness suite. Keep an eye on our website and Facebook Page for dates and other events. Any other fundraising ideas or help would be greatly appreciated. Finally if you haven't been into our facility before, or it's been a while since we last saw you, please pop in and take a look, we think you will be pleasantly surprised at the range of classes and activities to suit everyone on offer.

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

## **WRITING WORKSHOP at THE SAND BOTHY**

'Writing the Place', on 1<sup>st</sup> October from 10am to 1pm at The Sand Bothy, is a workshop for beginner writers. The theme is:

**Landscape, Community and Belonging.**

Alison Bell M.Litt, an experienced, published writer will run the workshop. You will be led through some easy, practical writing exercises, which will give you the confidence to get words down on the page. By the end of the session you'll be starting to build up some ideas about the place you're in and what it means to you, and you'll leave with some helpful tips on how to keep going on your own at home. Contact Alison at [trinity.aberdeen@talktalk.net](mailto:trinity.aberdeen@talktalk.net) if you have any questions.

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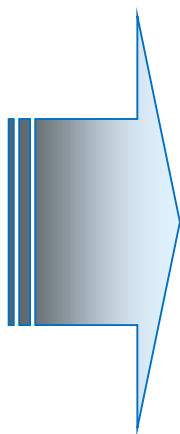
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## BELHELVIE COMMUNITY COUNCIL

**Landfill Tax Projects:** Team Niblick, the appointed contractor has now completed the work on the Belhelvie and Potterton Wildflower projects (both areas of 800sqm). The final work on

the Magnificent 7 area in Balmedie was completed by the end of July when the wildflower turf and the remainder of the wildflower seeding was carried out. The Magnificent 7's Wood has had the existing paths extended to 2 metres wide with 2 picnic areas now included. The contract has a maintenance obligation period of one year which the contractor will undertake and promote the wildflower to look its best.

Sadly, it has already been brought to our attention that grass cuttings from neighbouring gardens along with rubbish have been 'fly-tipped' in the Magnificent 7's area and pedestrians & cyclists have been travelling over the cultivated areas. We would ask local residents to be vigilant and try to stop people causing further damage. Wildflower is a protected species and the project is for the benefit of everyone in our local community.

Work on the 2's group area and renovation to the store area and toilets of the Balmedie Leisure Centre is now well under way. Funding has also been authorized to install new windows at Belhelvie Parish Church.

If anyone has an environmental or health related project, which you feel, should be proposed for funding, please contact David Watson on [eagc@hotmail.co.uk](mailto:eagc@hotmail.co.uk)

**New Housing:** At the June meeting of BCC, Castlehill Housing Association presented their plans for the construction of 220 houses at the south end of Balmedie. The professional presentation was well received but it was agreed BCC would arrange another public consultation meeting once the outline plans were passed. Details of this meeting will be posted on our noticeboards shortly.

**New BCC Notice Board:** Our new notice board constructed by the Ellon & District Men's Shed Group has been mounted on the Balmedie Co-op wall and will be large enough to accommodate notices from all the other local community groups, clubs and associations. If you have anything that you would like to post on it please contact Drew Robertson for access on 01358 742196.

**Village Tidy Project** is now underway within all our local villages with the project personnel nominated and in place.

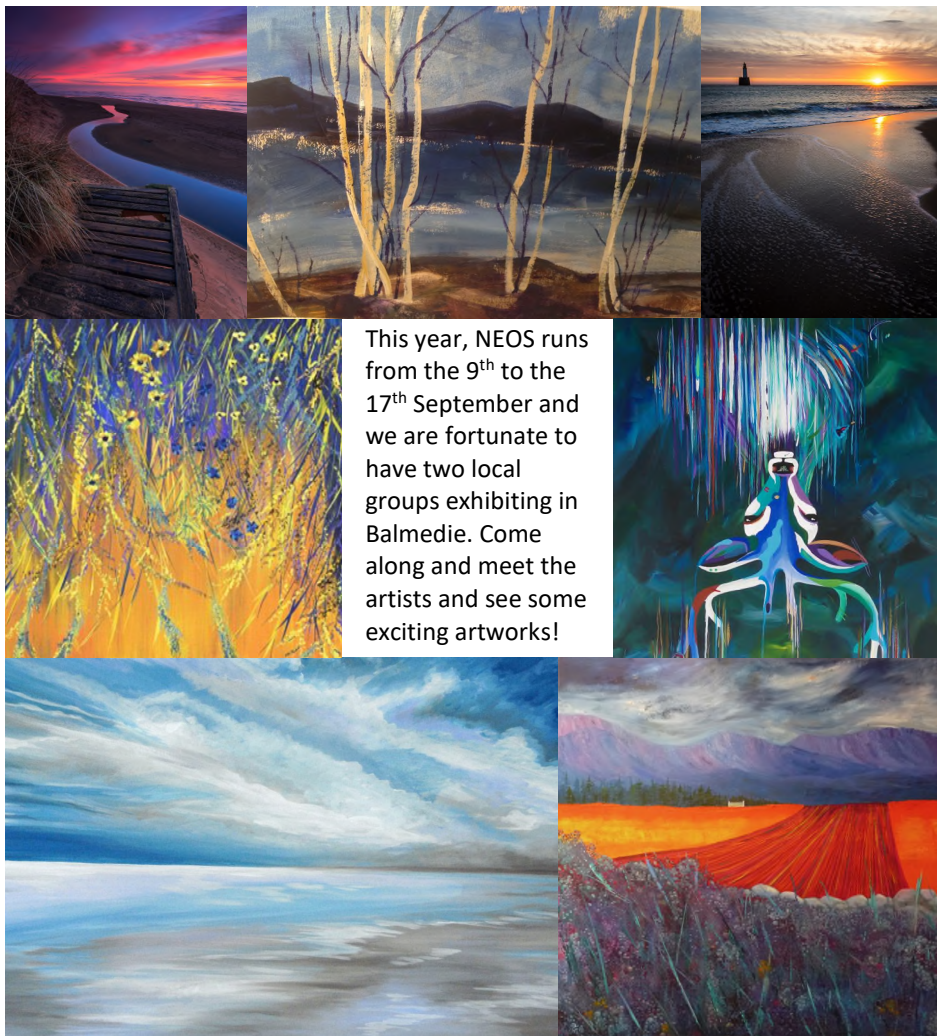
**David Watson** BCC Chair

# NEOS 2017

north east open studios

9<sup>th</sup> – 17<sup>th</sup> September

TIME TO CHECK OUT THE LOCAL TALENT!



This year, NEOS runs from the 9<sup>th</sup> to the 17<sup>th</sup> September and we are fortunate to have two local groups exhibiting in Balmedie. Come along and meet the artists and see some exciting artworks!

*Clockwise from top left, works by: Neil Donald, Kymme Fraser, Ally Deans, Joni Corbett, Jess Petrie, Sarah Peacock and Rachel Sinclair.*

At [The White Horse](#), photographers Neil Donald and Ally Deans are exhibiting with artists Kymme Fraser and Jess Petrie, while Joni Corbett, Rachel Sinclair and Sarah Peacock exhibit their paintings at [The Sand Bothy](#).

North East Open Studios (NEOS) is an award winning collective of artists, makers and designers throughout the North East of Scotland. You may have seen their small square full-colour directories available free in local businesses. Pick one up and you will have details of all participating art venues across the North East - essential for planning, should you fancy a day out on an art trail. 269 artists are featured this year and most work is for sale.

The NEOS Exhibition at The White Horse is open from 10am to 5pm each day from the 9<sup>th</sup> to the 17<sup>th</sup> September – apart from Monday 11<sup>th</sup> and Tuesday 12<sup>th</sup> when it is closed. You can stop in by for coffee or a meal there too. The Sand Bothy Exhibition is open 10am to 4pm from the 13<sup>th</sup> to 16<sup>th</sup> September.

Check out our entries in the NEOS 2017 catalogue for more details. The catalogue and further details are also available on-line at [northeastopenstudios.co.uk](http://northeastopenstudios.co.uk) or visit their Facebook page.



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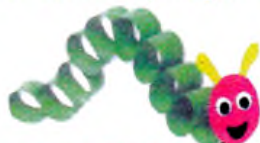
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## BETTER BALMEDIE

Better Balmedie has several reasons to be saying thank-you to lots of people!

- to the Banter team for the donation of two barrels to add to our stock of planters in the village
- to all the villagers for their kind donations in our collection cans in the shops - a very valued addition to our funds.
- to OCD Valeting and Detailing, the Whitehorse Hotel and local businesses for organising a car wash in July when £435 was raised for Better Balmedie.

We have lots of plans for future work around the village, so these donations are very much appreciated. It is heart-warming to see local community groups and businesses working together.

At the time of writing, Better Balmedie does not have a home, but we continue to seek a solution to this. In the meantime we continue to work around the village on planters, litter-picks and general maintenance. Our barrels and planters have been looking their best over the summer and we will continue to water and weed these.

On a not-so-positive note, some residents are becoming increasingly disheartened at a minority of inconsiderate dog owners who continue to allow their dogs to foul the paths around our village. This is a disgusting and filthy habit and carries a substantial fine for anyone caught. We would encourage villagers to report such instances to the dog warden (tel. 01467 628195). There are also a number of dog walkers who bag their dogs' waste but throw it into the bushes. This is still a public offence and carries a similar fine. We conduct regular litter picking around Balmedie and have the revolting job of removing them. [We know not all dog-owners display such unsociable behaviour but we would appeal to those who do \(and you know who you are\) PLEASE take your dogs' mess home or put it in a bin.](#) Better Balmedie has asked the Council for more bins, but none have yet been provided. We will continue to ask!



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# BELHELVE BOWLING CLUB



At the time Banter goes to press, we at the bowling club are now well into the season, with a few successes and a few near misses in external competitions. Successes being a men's triple, namely Ian Forman, Derek Watson and Phil Lawson winning the Newhills invitation tournament and a ladies triple, Eileen Hutcheon, Marion Donald and Eileen Moir winning the Dyce ladies tournament. Internal club competitions are progressing well.

We are still looking for new members so do come along and see us any Monday at 7pm when you can give it a go. Nothing more is required than a pair of flat-soled trainers - and we can also supply bowls. 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).

**Marion Donald**

## PLAYERS WANTED – ALL AGE GROUPS



Our football club, Middlefield Wasps was founded in 1968 and is based in Balmedie. We are looking for players to strengthen our squads for the ADJFA Leagues for all age groups. We have training development 2 evenings a week with home games being played at the Beach Park, Balmedie (generally on a Sunday).

If you are interested in joining any of our development teams, please visit our Facebook page and send us a private message.







Email: [aberdeencentral@babysensory.co.uk](mailto:aberdeencentral@babysensory.co.uk) Tel: 07827 448016

Facebook: [www.facebook.com/babysensoryaberdeencentral](https://www.facebook.com/babysensoryaberdeencentral)

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## EAT SAFE AT THE BEACHSIDE COFFEE SHOP



The Eat Safe Award scheme is designed to recognise businesses that have achieved standards over and above the usual requirements. It was with great delight that the staff of the Beachside Coffee Shop received such an award this year, a reflection of their hard work to ensure excellent standards of hygiene.

How lucky are we to have this on our doorstep? The Coffee Shop provides a range of services including delicious snacks and meals. Their cake selection creates a difficult choice and their scones are light as air. Catering for children's parties can be provided and function rooms are available for hire. To top it all, they can also provide outside catering for events elsewhere. For more information, have a look at their website, where you can see their daily menu [balmedieleisurecentre.com](http://balmedieleisurecentre.com). There is also a Beachside Café Facebook page.



*Pictured (L to R) are Beachside Coffee Shop Staff: Rebecca, Hannah, Claire, Angie, Sam and Jacki. Staff members Pauline and Rachel are not in the photograph.*



## 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 – 9pm where a group of crafters are willing to teach anyone interested in learning. Any age welcome, male or female. If you have a craft skill you would like to share please come along we would be delighted to see you.





# NORTH EAST

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## BALMEDIE WALKS

The many paths around the village of Balmedie, along with the Beach and the Country Park, means we have a free 'gym' on our doorstep. Walking is the ideal exercise for all – it can be easy, free and available to all. Here are some great reasons to get out there and walk:

Walking strengthens your heart.

Walking lowers disease risk.

Walking helps you lose weight.

Walking prevents dementia.

Walking tones up legs, bums and tums.

Walking boosts vitamin D.

Walking gives you energy.



FOR A HAPPIER,  
HEALTHIER SCOTLAND

'Paths for All' is a Scottish Charity, promoting walking in Scotland for everyone, every day and everywhere. Through its 'Walking for Health' project, it aims to develop walking schemes in community settings and workplaces.

If you would like to get into regular walking, Paths for All free health walks run from Balmedie library every Thursday at 10am. Teas and coffees are available for £1 at the end. Walks are all under an hour and suitable for any ability. Everyone who wants to have a go will be most welcome.

### New Lego Club

ELLON LIBRARY



Every Thursday starting from 31<sup>st</sup> August  
3.30pm – 4.30pm  
For further info contact Ellon Library  
01358 281071

Booking is essential!

Aberdeenshire  
COUNCIL

## LEGO CLUB

If you don't mind travelling to Ellon, Lego fans may be interested in going along to a new Lego Club that has been set up in the Ellon Library. Club meetings take place every Thursday, from 31<sup>st</sup> August, 3.30 – 4.30pm. If you want to attend you need to phone 01358 281071.

Better still, how about setting up a Lego Club in one (or all) of our villages in Belhelvie Parish. Wouldn't that be a great idea?

# 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 Karen Adam	07388 956121
	CLlr Jim Gifford	07766 497856
	CLlr Andrew Hassan	07388 956123
	CLlr Paul Johnston	07799 582879
	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**  
**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**  
**Belhelvie Banter**

David Watson (Chair)  
Rosie Nicol (secretary)  
Jess Petrie

01651 328263  
01358 742557  
07763 314579

**Balmedie Out of School Club**  
**Balmedie House Eventide Home**  
**Balmedie Library**

Lynne Fyfe  
Ann Reid, Service Manager  
Maureen Muir

07920 295508  
01358 742244  
01358 742045

**Balmedie Friendship Group**  
**Potterton Community Group**  
**Better Balmedie**

Margaret Murison  
Caroline Anderson  
Allan Jeffrey

01358 742285  
07920 280212  
01358 743851

**Neighbourhood Watch**  
**Belhelvie Bowling Club**  
**Aberdeen Balgownie Rotary Club**  
**Scottish Women's Institute (SWI)**  
**The Sand Bothy Project**

Paul Collier (Belhelvie)  
Marion Donald  
Graham Donaldson  
Elaine Strachan  
Rosie Nicol

07825 216233  
07729 817718  
01224 744144  
01358 743173  
01358 742557

## **KIDS' STUFF**

**Kindergym**  
**Messy Monkeys**  
**Fun-nastics**  
**Pitched**  
**Gymnastics Club**  
**2s Group**  
**Baby Clinic (1<sup>st</sup> & 3<sup>rd</sup> Wed of month)**  
**Parent & Toddler (2<sup>nd</sup> & 4<sup>th</sup> Wed)**

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

01358 743114

**Balmedie Out of School Club**  
**Mainly Music, Forsyth Hall**  
**Balmedie Craft Club**  
**Under 5s Rhymetime (monthly)**  
**Child-minder, Potterton**  
**Child-minder, Belhelvie**  
**Links Nursery, Balmedie**  
**Flowerpots Childcare, Kingseat**

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

07920 295508  
01358 742684  
01358 743114  
01358 742045  
01358 743002  
01358 741988  
01358 743094  
01651 869078

## Autumn DATES for your DIARY

### AUGUST

Sat 19	Sand Bothy Fun Day	Sand Bothy, Beach	12.00-16.00
Sat 26	Pop up Café	Potterton CeC	10.00-12.00

### SEPTEMBER

Sun 10	Family BBQ	Leisure Centre	
Fri 29	McMillan Coffee Morning	Homestead Whitecairns	10.00
Sat 30	Pop up café	Potterton CeC	10.00-12.00

### OCTOBER

Sat 28	Halloween Party	Stead Inn	18.30
Tue 31	Halloween Trick or Treating Games	Leisure Centre	

### Weekly

Mon	Golden Zumba	Forsyth Hall	9.45 – 10.30
Mon	Knit & Natter	Potterton CeC	14.30-16.30
Wed	Pilates (Term Time)	Potterton CEC	19.30-20.30
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 and School Dates (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	18.00-19.15
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	Potterton CEC	19.00-21.30
Tues 22 Aug	School term resumes		Balmedie, BoDA, Ellon
22 & 25 Sept	In Service Day (Aberdeen September Holiday)		BoDA
Fri 13 Oct	School term ends		Balmedie, BoDA, Ellon
Mon 30 Oct	School term resumes		Balmedie, BoDA, Ellon
13 & 14 Nov	In service		Balmedie, Ellon
Fri 17 Nov	In service		BoDA



## DWARF CONIFERS

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## Heathers

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

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

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



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



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