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Edition 34

March 2018

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EDITORIAL



At long last – the first signs of spring! I think, in Belhelvie Parish, we will all be happy to see the back of a winter of icy roads and pavements, colds and flu's.

The old adage 'When the going gets tough, the tough get going' definitely applies to a group of stalwarts in Balmedie when they were faced with icy, hazardous pavements and playgrounds this past winter. Instead of debating whose job it was to remedy the situation, they just got on with it. Spades and shovels came out and, in one afternoon, they had cleared the ice from the school playground and the surrounding area where it was causing a hazard. Actions like this certainly show that community spirit is alive and well in our area. Thank you to all involved.

Everything begins to blossom and renew in Spring and likewise Banter is following suit. We are delighted to have six new advertisers for this edition. We have a new website (thanks Philip McHardy) which you can find at belhelviebanter.org. There, you can also access back copies of Banter, as well as the current edition. We also have a new distributor–manager for the Balmedie area (thanks Julie Fordyce), as well as some new distributors. It is so encouraging to see new volunteers coming forward and new businesses starting up in the area.

We would like to thank all our advertisers for supporting Banter and making our community magazine possible. It has never been our intention to make a profit from Banter - we aim for a small operating surplus after costs. However, sometimes, we find money has accumulated and we are then able to donate to local groups or causes. Recently Banter donated £250 towards bringing Santa and his Reindeer to the White Horse and also £250 to the Belhelvie Tree of Remembrance. We are happy to help when we can.

As I said, Banter would not be possible without our advertisers, so, when using a company or service that you have read about here, we would be delighted if you would mention Banter!

Our aim is to bring you news from across Belhelvie Parish, so, if you would like to contribute to Banter, please get in touch. We would also welcome anyone who would be willing to help us produce Banter. But, in the meantime... we'll just **get on with it!**

Jess Petrie, Editor

Front cover photograph of Balmedie Beach by Lee Fowlie Images – Thanks Lee



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BALMEDIE SCHOOL

*At the start of Spring term, teacher **Steven Milne** updates us on what's been going on at Balmedie School and admits he's been teaching for more than a few years. We wonder if he's hankering after a gold watch, which, admittedly, would be very well-deserved!*



We at Balmedie Primary hope everyone is having a great 2018 and the horrible winter bugs are long gone. Last term was certainly a hectic but productive time. The concerts were a huge success and the Christmas parties proved to be as popular as ever (at least for the pupils!). P3F are pictured above looking 'dapper' prior to their party. The other picture shows a group enjoying the snacks on offer. Donations



poured in for our annual Cyrenians Food Bank - thank you once again to all those who contributed and to the AWPR team who transported all the items.

Congratulations to Pettens who won Term 2's house competition - I wonder if they can triumph during Term 3?

As I write this, dark and frosty mornings prevail. On a lighter note however, having taught for several years (well maybe closer to 30), I've come across my fair share of humorous pupil errors. A recent one that made me chuckle was a young boy who wrote that he'd had his favourite dinner on Saturday - mice and tatties! Who'd have thought that omitting an 'n' could drastically alter the content of his work!

My own personal favourite 'clanger' happened several years ago. The children were learning about 'or' words and had to select the relevant ones from a given list. One question asked the name of an unmarried man. The correct answer was obviously 'bachelor', but a boy (why is it always a boy?) wrote 'survivor'. Maybe the lad wasn't so naive after all!



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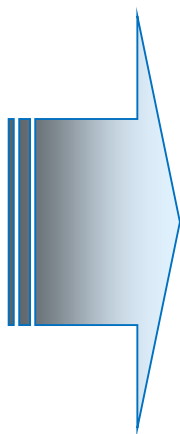
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PROMOTING A MORE INCLUSIVE SOCIETY (PAMIS)



PAMIS is a third sector organisation that is dedicated to supporting families and carers looking after someone who is profoundly disabled – people who have a very high level of needs and require 24/7 care - and some of the most vulnerable members of our community. PAMIS has just had its 25th anniversary and have had a presence in Grampian for the last 13 of those years. Jenny Miller, PAMIS CEO says “although we have our Headquarters in Dundee, we have a dedicated Director who lives and works in Grampian so we can be there for the families that need us.”

PAMIS recently won a Glaxo Smith Kline Award for innovation in the area of profound disabilities and are a leading organisation in Scotland for learning disability and the development of government policies that affect the people they support. Jenny goes on “we also see those with profound disabilities as valued contributors and educators to our community and we are determined that this group of people receive all the support they need and that they have the choices we all have”. PAMIS is also a key member of the Changing Places Consortium, which campaigns for fully accessible toilets – which offer specialist equipment and are more spacious than a standard disabled toilet. See www.changing-places.org/ for more information.

PAMIS runs a busy service in Grampian, offering one to one support for families, helping families to navigate systems and search for funding and equipment. Another area of our work is helping to increase access to places for families. PAMIS Grampian Director Amy Anderson says, “The families we support still face barriers to accessing places and services that the rest of us take for granted. A lack of fully accessible toilet facilities for example or even something as basic as the design of paths in towns, villages or in the countryside has an enormous impact on the ability of our families to be socially included.”

As a result, many families just stay at home and don't complain about it, which means planners and decision makers are simply unaware that there's a problem. This also has the effect of separating families, as it's just too difficult to navigate leisure activities together. That's why we are absolutely delighted to be supporting The Sand Bothy in making Balmedie Beach and Country Park more accessible, as it really does create a more inclusive society and as one family put it, "it will make it possible for my family to wiggle their toes in the sea - together".



Amy Anderson

Director

(Grampian) PAMIS

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NATURAL BELHELVIE

I hope that you all remain in the best of health throughout 2018 and are able to enjoy the natural world in all of its glory, and with spring about to leap into action there is so much happening - something for everyone.

We may not think or feel that it is spring during the cold days of late February or through March, but Dame Nature is an early riser. While all of you are still wearing your thermal Long Johns, she is looking out her best 'new season' dress. If you recall that I wrote a year ago about willows flowering early in the year? Well look out for the flowers appearing on otherwise bare branches now. Leaves will follow but not for months yet. Yellow is the colour of the Dame's dress, from the massed ranks of daffodils to the much-preferred dandelions, many early flowers have a sunny complexion. To some of you, dandelions may seem like nasty weeds, but in the natural world dandelions are superior fare to a daffodil for a wide variety of wildlife. For early insects, they provide loads of essential nectar and the seed head will attract the beautiful goldfinch - a daffodil will not.



Another early arrival is a plant that you might well mistake for a dandelion. This is the coltsfoot (pictured), but despite its 'dandelion' likeness it is related to the daisy family. Yes, it is yellow, the flower being the size of a pound coin and held about 15cm high on a leafless stem. Remember the willows and the fact that they flower long before any new leaves appear, well coltsfoot is the

same. You will see the flower; often in clumps as it spreads by rhizomes (underground creeping stems), then the fluffy seed head develops and once that has died off completely, out come the large bright green leaves. These may not be seen until early summer and as they open they can be covered in a sort of soft white veil, then, when fully open they look like the foot of a small horse – hence the name coltsfoot.

The Latin name is *Tussilago* and that translates as *Tussis* meaning a cough, and *ago* meaning to act on, and there you have your first Latin lesson in the Banter! No, you should be able to deduce that 'cough' and 'act on' refer to the supposed medicinal properties of the plant, and it has long been referred to in herbals as a valuable plant. But latterly toxic chemicals have been found in it leading to adverse health concerns, so it is best to look and not eat!

By the time that the coltsfoot leaves do appear there will be further golden blooms to delight you, species such as primrose, cowslip, lesser celandine and more.

Enjoy the natural world in Springtime out and about in Belhelvie.

Bob Davis

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BELHELVIE COMMUNITY TRUST (BCT)

The role of Belhelvie Community Trust is to support and create projects that people will enjoy throughout the parish of Belhelvie. In other words, helping to make things happen. If you would like to join the Trust, membership is free and meetings take place on 4th Monday of each month at Whitehorse Hotel.

BCT would like to thank Alan Paterson of Crown Paint for making a further donation of paint for The Sand Bothy. The CO-OP has also donated £922.17 for BCT and Sand Bothy running costs – our thanks to Co-op staff and local members for your support. Read on to find out more about the various BCT projects that are on the go.

The Sand Bothy

The Sand Bothy kiosk is closed for the winter, but the work goes on! We are:

- working on plans for 2018 for classes, groups and events
- developing a new website
- developing our exhibition and information area which has already been awarded 3stars by Visit Scotland
- working on a new project, where we plan to lend out all terrain wheelchairs



At the time of writing we can't give you a programme of events for the year, but we will have more details in the next issue of Banter. Some of the things that are being considered are an Easter Egg Hunt, a fund raising fun event for RNLI, dressmaking classes, a Balmedie choir, corn dolly and basket making, writers' workshops, mud pies outdoor activities and visits from lots of primary schools. Following on from last year's successful NEOS exhibition, we already have a booking for 2018 event in September. The kiosk will open at weekends from 30th March and we look forward to seeing many visitors to Balmedie Country Park from near and far.

Please remember that The Sand Bothy is a community facility, for use by local people. It is a small building, but it lends itself to small arts and crafts and hobby groups and is an ideal base for small events at Balmedie Country Park. Because of its unique setting beside the sea it is ideal for groups who are interested in the local environment and beyond. To discuss bookings at The Sand Bothy, please contact Emma Lovie on emma_lovie@hotmail.com For any other information about The Sand Bothy contact Rosie Nicol on rosie.nicol81@gmail.com You can also keep in touch via The Sand Bothy Facebook page

Belhelvie Community Trust is a Charity SC045563

Wanted – Old Rowing Boat

We would like an old rowing boat to use as a planter at The Sand Bothy (similar to the ones in Balmedie) Do you have one you no longer need or know of one that needs a bit of TLC? Please contact Rosie on email address above or on 01358742557.

Balmedie Beach Wheelchairs

Belhelvie Community Trust and The Sand Bothy, along with PAMIS are planning a new project to start in summer of 2018. We are very lucky to have a wonderful beach right on our doorstep which we can enjoy whatever the weather. For people with restricted mobility, accessing the Country Park and Beach is either difficult or impossible. In 2017 The Sand Bothy worked with PAMIS to bring several disabled children and young people to Balmedie Beach to enjoy wonderful days with Simon and Obama the pony who enabled everyone to get onto the beach, and even into the sea. We don't have a pony with a buggy, but we could provide access by way of improved boardwalks and all terrain wheelchairs. We have discussed our plans with Aberdeenshire Council who have agreed to assist and given us the exclusive use of one of the sheds, which are built into the dunes.

Balmedie Beach Wheelchairs will be a joint venture between BCT and PAMIS. It is an early stage but we are appealing now for your help. If you could help with **cleaning, painting and fundraising** (we need money for wheelchairs, hoist and perhaps even a changing places toilet) to get the project going please get in touch. It is hoped that the project will be open at weekends, so if you could help with **managing the hire of wheelchairs, maintaining equipment and supporting families and carers**, please get in touch. It is an ambitious project but with your help, we could make our beach accessible to all. If you would like a bit more information, both North Berwick and Portobello have beach wheelchair projects, and have Facebook pages .

Santa at The Sand Bothy

Santa's visit to The Sand Bothy was extra special because of the snow, with children arriving to see him on their sledges!





BETTER BALMEDIE

Firstly, a happy and prosperous New Year to all our volunteers and supporters.

Due to the lack of a permanent base from which to operate, our work over the past year has been restricted to the maintenance of existing planters throughout the village and general tidying up. The area behind the Leisure Centre was also vacated and tidied. Thanks are due to Brian Milne for use of part of a large shed to store our equipment. This has been required for longer than anticipated and we thank him for his patience and forbearance.

2017 was a difficult and frustrating time for Better Balmedie as our way forward depended upon the granting of planning permission for the use of ground around the Congregational Church. Several objections were lodged against the project but a compromise solution was eventually found and success came towards the end of the year. Thanks for your many kind words of support throughout this difficult time. Thanks also to Ian Nicol for his fortitude in pursuing this issue.

The immediate task ahead now is the removal of the existing earth bund and the construction of a boundary fence, followed by the design and construction of a garden area.

All planters have new bulbs in them and, as spring approaches, we wait to see the results of our efforts with bated breath. Better Balmedie meets at 10.00am on Wednesdays and Saturdays. If you would like to come along and join us you would be welcomed with open arms!

Allan Jeffrey

BELHELVIE BOWLING CLUB



A new year makes us think about another outdoor bowling season. Before the opening of the green, we are hoping to have a new mower. We are getting help from Tesco Stores in Aberdeen as a result of their "Bags of Help" scheme. Do not forget to support us by putting your tokens in the appropriate box! Thank you.

Our AGM will be held on Tuesday 27th February at 7pm in the Hut at the green. Everyone is invited.

If you would like to know more, contact the secretary Marion Donald on 07729 817718 or email marion.donald@btinternet.com. You can also get information on the website: www.belhelviebowlingclub.com.

Marion Donald

A WORD FROM THE DOC...

Let's Get Real!

January is passing quickly, faster than our waistlines are shrinking after Christmas anyway! 2018 is well established and we've even had some seasonal snow, which sadly melted just before Christmas. As it is the New Year I will get my usual nagging about keeping moving and eating well in early, although I am sure resolutions are falling away faster than the pounds though! Also given the current flu epidemic (well nearly), please come and get your flu jab if you haven't had one and are eligible.

Please remember if you do think you have the flu, stay home and do not spread it, catch the coughs and sneezes in a paper tissue, then bin it and then wash your hands. Most people do not need to see a doctor and only contact if you are very breathless, have a very high fever or have another serious condition underlying. The flu is very unpleasant, but with fluids, REST and paracetamol, you will pull through!

To get to my title, what on earth I am on about this time? This refers to something that you may well have heard about, or certainly will in the coming months, namely Realistic Medicine. This is the title of a principle which is now guiding health care in Scotland, and if you are keen I would recommend reading Dr Catherine Calderwood's report - she is Scotland's Chief Medical Officer, and is easily found on Google.

The fundamental guiding principles for Realistic Medicine are:

- 1) Having or sharing a sensible and practical idea of what can be achieved or expected
- 2) Representing things in a way that is accurate and true to life

These are beguilingly simple, but the application can be challenging and require good communication skills from the professionals involved to help patient understanding. Most GPs have been doing this for many years!

The first aspect is easy to give an example - yours truly cannot expect a hair transplant on the NHS, so I have to keep my woolly hat on in winter! Secondly if I am planning to do a minor operation on a patient, I warn about the risks of scarring and the chance that some patients may "over-heal" and get a thick or keloid scar. These simple examples give an idea, but in many spheres of practice things get more complex, for example surgical management of obesity on the NHS - the answer in this case is not so straightforward.

The application of realistic medicine also asks the clinician to accept a degree of uncertainty and risk. GPs are trained for this and also how to explain this to their patients. A good example, again simple, is reassuring most patients presenting with headaches that a scan is not required. This requires experience and clinical judgment, and is not perfect, but we clearly cannot afford to scan everyone with a headache, just those with concerning symptoms. The acceptance of risk is difficult in these risk adverse times, but is a necessity for the NHS to work effectively.

To illustrate the issues around risk, a good example is the number of people who drive their kids to school. They are worried about their children getting knocked down, so feel the best way to minimise this is to drive them to school, so adding to the traffic. I understand that many have no choice due to geography, but the risk is now transferred in a less obvious way; the children are less active, may become overweight and then could develop problems in later life. Nothing is without risk and being able to appreciate the "big picture" is something that GPs can help with.

Increasingly, GPs recognise that the solution for patients is not always in the prescription of drugs. An example of this is the "prescription" of exercise classes or walking groups beginning to be used to help in conditions such as diabetes or problems with low mood. There are no "pills for all ills".

When you are prescribed medicine, then it is important that you understand why and how you have to take it. The doctor or nurse practitioner should explain the why, touching on the how and the pharmacist will reinforce the why and further explain the how. You'd be amazed how often this is not the case, so please ask if you are not sure. This prevents waste and again saves the NHS money.

I hope that you are now more aware of Realistic Medicine. Essentially, it is helping the professionals help you, by being aware of the *necessary*, and, in some areas, *sensible* limitations we have in the NHS to ensure that it can function for all.

All the best for a REALLY good 2018!!

Dr Alasdair Forbes

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BELHELVIE CHRISTMAS TREE of Remembrance

Looking back to the end of 2017, we can report that the 'Belhelvie Christmas Tree of Remembrance' was a great success! The local community decorated the tree with remembrance baubles and came together to sing, share stories, enjoy warm mince pies and non-alcoholic mulled wine. Last year we worked hard to progress this project further by planting a 'living' Christmas tree opposite the junction in the middle of the village (yes – it will grow!).

We wish to say thank you to the many community members busy coordinating behind the scenes, physically moving planters and soil to help plant the tree, connecting lights, delivering leaflets and of course attending the event (no easy feat considering the weather conditions). We also wish to thank Cadgers Garage for helping collect donations and give out the remembrance baubles, the Belhelvie Church Choir for leading the event and again thank you to the Belhelvie Banter, Belhelvie Community Council and Belhelvie Community Trust alike for their ongoing support. Thanks too to Aberdeenshire Council Landscape Services for supplying the tree and the Community Justice team for the hard graft planting the tree on arrival (again in poor weather).

So, we are now well on our way towards the project becoming an annual tradition. The next stage is fundraising to enable us to connect to a fixed power supply for Christmas 2018! The target is £2500. Could you help with a fundraising idea, sponsorship or a donation - it all adds up! We have set up an on-line fundraising page - see link below.

<https://www.justgiving.com/crowdfunding/belhelviechristmastree>

However, if you wish to give a cash donation, please drop off to Cadgers Garage in an envelope addressed to the 'Belhelvie Christmas Tree project'. Please write cheques to the 'Belhelvie Community Trust' and note on the back of the cheque that it is for the 'Belhelvie Christmas Tree project'.

Finally, we do plan to hold a community meeting to share the progress of this project and discuss any other ideas you may have for the village of Belhelvie. If you would like to get involved, please get in touch with either Raymond: raymond.m412@gmail.com mobile: 07526601925 or Annie: annie.grant@hotmail.co.uk mobile: 07848 805992.

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JUMBLE FEVER!

Three local girls, Emma King, Mairi McKeown and Amy Simpson, are going to be busy raising funds over the next year to help finance a trip to Costa Rica and Nicaragua with World Challenge in the summer of 2019.



Mairi (15), Amy (14) and Emma (14), pictured here, are all pupils at Ellon Academy. Thirty-two young folk from the school are planning to make the trip which will involve community work, trekking and cultural exchange over a four week visit. Everyone who has had the opportunity to venture abroad with World Challenge says it's a life changing experience so the girls are really excited about it.

Part of the challenge is showing entrepreneurial skills in raising funds for the trip and the girls will be organising several events in the community over the next year to help them towards their target.

The first big event they have planned is the Jumble Sale advertised below. They would love to hear from you if you have good quality clothing, toys, books or DVDs you'd like to donate. Do come and join us on the 10th and enjoy a cuppa and cake. You may pick up a bargain or two while you're at it!

Thank you from Emma, Mairi, Amy & their families.



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BELHELVIE CHURCH of SCOTLAND

Christmas already seems a long time ago, but we had some great fun in the build-up to the big day.

In November the Church Fayre and the second Gingerbread Village went well (check out Belhelvie Gingerbread Village on YouTube if you want to see it in all its glory). The Right Christmas quiz was a good laugh, and the Christingle Service on the first Sunday in Advent was – as always – a lovely thing to behold with the kids processing round the church by candlelight.

The Christmas services were well attended and meaningful, and the turnout at the Leisure Centre service was fantastic – thanks largely to Balmedie School's Sing and Smile group turning up *en masse*! Thanks to Miss England, the parents and the kids for bringing them along.

We're delighted to be able to tell you that our Right Christmas campaign this year raised £4245 to be split between our Development Fund and buying a Trishaw Bike for Balmedie House. Many thanks to everyone who came and supported the different events, and gave generously to help us raise that total.



Now that we're in 2018 we'll be looking at progressing the purchase of the trishaw with Balmedie House and I re-iterate that we'll need folk to volunteer to take out residents for cycle runs. It's a powered bike, so you don't need to be Victoria Pendleton or Bradley Wiggins to volunteer – just willing to offer some of your time now and again. Please drop me a line if you're interested in helping.

This year we hope to see progress with developing our annexe next to the Forsyth Hall – offering more space for groups in the parish to use. To try and evidence need and support, we've put out a Facebook Survey on Community Spaces in Belhelvie Parish, and we've put paper versions of the same survey in strategic places around the community. If you'd like to help us make the case for the annexe, please fill one in, or chase down the survey on the Belhelvie Church Facebook page.

Normal service has resumed in church life now – Mainly Music on Tuesday afternoons, Coffee Haven monthly on Tuesday mornings, Kirk Klub for P7-S4 on Thursday evenings, regular worship at 11am on Sundays. For more details, see our webpage – belhelviechurch.com, our facebook page or the Banter dates page.

Finally, every blessing for the New Year to you and yours from all of us at your local Church of Scotland.

Rev Paul McKeown 01358742227
pmckeown1@btconnect.com

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What's Going On In Potterton

The **Potterton Community Group** now meet on a bi-monthly basis on the Second Monday of every 2nd month from 7.15pm – 8.30pm in the Stead Inn Restaurant. Our next meeting takes place on the **12th February**. Our **Annual General Meeting** will take place on **Monday 9th April**, commencing at 7.15pm followed by our usual meeting from 7.30pm. Both meetings are open to all residents.



Our **Monthly Pop Up Café** will continue this year on the last Saturday of every month from **10.00am – 12.00noon in the Stead Inn Restaurant**. The café is run by local volunteers serving and providing home bakes as well as fresh hot pancakes made on the premises. £3 for Adults, £1.50 for Children for unlimited drinks, pancakes and homebakes.

The **Potterton Walking Group** has now set their Walks for the first part of 2018. If you wish to join the group please feel free to come along to the Potterton Re-cycling Centre at the meeting time on the day of walk. If you wish further information in advance of the walk, please e-mail Chris Schenk aberdeenschenk@gmail.com The group have a car share arrangement for walks further afield.

Date	Time	Details of Walk
6 th Feb	1.00pm	Potterton Local Walk including stop at Parkhill Garden Centre
6 th March	1.00pm	Balmedie Beach including stop at Sand Bothy
3 rd April	12.00noon	Fittie to docks and hopefully Visit RNLI
24 th April	12.00noon	Ellon – Railway Line North & cut back along river
15 th May	1.15pm	Forvie National Nature Reserve – Guided Walk with Formartine Ranger – Take a Picnic (Talk on Archeology, Wildlife and the lost village).
5 th June	12.00noon	Haddo House Walk
26 th June	12.00noon	Peterhead Prison Museum



The **Potterton Indoor Bowling Club** meets every Tuesday afternoon from 2.30 – 4.30pm in the Potterton Community Centre. Everyone Welcome - £2 per session. If you wish more information please contact John Hutcheon 01358 743463

The **Knit and Natter Group** meets every Monday afternoon from 2.00 – 4.00pm in the Potterton Community Centre. Everyone Welcome - £1 per session. If you wish more information please contact Caroline Anderson – 07920280212.



The **Potterton Planting Group** meets regularly to undertake planting of flowers and bulbs and upkeep the planters and flower beds throughout the village. If you are interested in joining the group please contact Fiona Scott on fmscott40@gmail.com



Potterton Adults Art & Craft Group

meets fortnightly on a Tuesday evening from 7.30 – 9.00pm in the **Stead Inn Restaurant**.

You can bring along your own crafts or join in with the group activity. £3 per class to cover basic materials. Class dates and activities are advertised on our Facebook page “Potterton Community” Some examples of classes to be held over the next few months include: Boxed Frames, Embroidery, Felt Jewellery, Button Art, Painting etc. For more information contact Caroline Anderson 07920280212.

Caroline Anderson

on behalf of Potterton Community Group

POTTERTON CONGREGATIONAL CHURCH

1st Sunday of each month at 6.15pm at Potterton Community Centre

This year our Christmas Eve Collection and the Watchnight Collection from our sister Church at Balmedie was in aid of the Charity “Kids’ Action” which Balmedie has supported for almost 20 years. It supports children in Sierra Leone and the new project is to help mothers widowed by Ebola.

Widows in Africa frequently inherit nothing, male members of their family legally claim the inheritance, and widows have found themselves with nothing, not even a roof over their head. They and their children, now live on the streets, sleep on the streets. The project aims to provide shelter for at least some of them. We thank everyone who donated.

KIDS CRAFT CLUB If anyone would like to help us establish in a Craft Club in Potterton, for school age children, please contact 07715279478.

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BALMEDIE CONGREGATIONAL CHURCH

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It's been an exciting time. We've had our first Christmas Fair. Our youth were invited to join others from our sister Churches to view a Christmas Film. We celebrated two Christmas Eve Services and enjoyed traditional carols and readings by candlelight.

Now into a new year growth continues, as we have welcomed a new member. We have a new group - Boys' Brigade with Girls' association on Fridays 3.30pm to 4.30pm. All school age boys and girls are welcome.

Our Spring Fayre is on Saturday 14th April from 11am to 2pm. We will have various stalls so hope you can come along and join us. We are a small friendly group, and we extend an open invitation to one and all to join us at our weekly Sunday service.

Rev. Andy Cowie (01224 703248)



PARENT & TODDLER / MESSY PLAY at Balmedie Congregational Church

Our Parent & Toddler Group/Messy Play Group runs every Friday morning 10-11.30am in the Church Hall (next to the Co-op) all ages welcome. £2 includes Juice & Snack / Tea & coffee for parents/guardians.

We alternate weeks between Toys & Messy Play to allow the children to get the opportunity to play with both, Messy Play has to be the most favourite! On Messy Play weeks we have things like shaving foam, paint, slime and lots more. We have a wide variety of toys for all ages.

Come along and join us for toddler play time/messy play with a qualified leader. Contact me on 07850235215 for details.

Diane Cassie

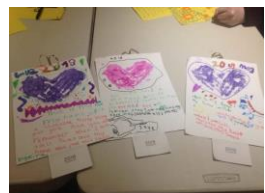


CHILDREN'S CRAFT GROUP at Balmedie Congregational Church

Our children's craft group takes place on a Wednesday evening in the Balmedie Congregational Church hall (beside the Coop). It runs from 6.30 to 7.30pm at the cost of £1.50 per week (tuck shop also available). All school age children are welcome.

This term the group has made calendars, ceramic candleholders and painted lovely wooden door hangers. Each week the boys & girls always make craft items that they can take home at the end of the class.

We have spaces available for our craft group. Pop along for lots of fun! Contact us on 01358 743114.



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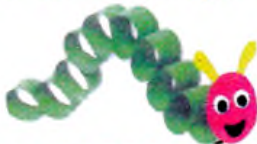
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BALMEDIE BROWNIES

2nd Belhelvie Pack

We've another fun-packed term ahead this Spring; we're really looking forward to the days getting longer so that we can start some outdoor activities once it's lighter in the evenings. Meanwhile, we had lots of festive fun getting involved in local community events in the build-up to Christmas: making and selling decorations at the Christmas Fair; taking part in the Christingle service; carol singing at both the Leisure Centre and also at Balmedie House, before which we had a fantastic trip to see the Inverurie pantomime, 'Cinderella' (see photo) below), and finally we had a great Christmas party in Ellon for our last meeting of term.

Looking ahead, we're having a visit from the Girl Guides with some singing around the 'campfire'; our own mini ceilidh for Burns' Night; various craft activities (we love creating things!); and a fundraising Games Night for our Brownie trip to the Scottish Girlguiding Centre in Edinburgh in April. Also, we have World Thinking Day in February - a day of international friendship - which has been celebrated annually since 1926! The 22nd February was chosen because it was the birthday of both Lord Baden-Powell, founder of the Boy Scout Movement, and Olave Baden-Powell, who was World Chief Guide. We're looking forward to choosing lots of different activities around this year's theme, 'Impact' and bringing about positive change.

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 and click on 'Get Involved'.

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POTTERTON BROWNIES

3RD Belhelvie Pack

In this edition of Banter, we find out what it's like at Potterton Brownies from the Brownies themselves:

We're the 3rd Belhelvie Brownies and we'd like to tell you about the things we do...

- Let's start with the panto in 2017. We went to the Inverurie Panto. It was Cinderella, it was really good and we got ice-cream.
- We also had a Christmas party with the Rainbows. We did dancing, games and also had food. We had a fake snowball fight at the party.
- I like Brownies because we get to meet up with our friends and do fun games and tasks in our Brownie Adventure book and I liked when we did the Brownies X Factor.
- In our Brownies we have four different groups, they are the Badgers, Rabbits, Hedgehogs and the Squirrels.
- In Brownies I like to do the things to earn a badge because they are really fun.
- We play games and they are fun. Our favourite games in Brownies are fish and dodge ball, wink murder, 'in the pond, out the pond' and hospital tag.
- My favourite thing about Brownies is all the trips that we go on.
- I was excited to go to the Sealife Centre and sleep under the viewing tunnel.
- My favourite thing in Brownies is when we have parties and when we play games.
- Every year we go on a camping trip. Last year we went to Crathes Castle. I really like the Brownie Camps and Indoor holidays because we do lots of fun stuff.
- I absolutely love the camps. I'm also mega excited for the next Brownie Camp/Holiday/Glamp, because they are super fun.
- We sing songs at Brownies.
- Brownies is great fun!

Katherine Hebron-Scott

katherine@hebron55@gmail.com

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. We are always happy to meet new members. Here is our programme into Spring:

27 February	Talk by George Esson
13 March	Bon Milne & Friends
27 March	Bingo
10 April	Talk by representative of Maggie's Centre
24 April	Dorothy Taylor entertains
8 May	Tarves Folk Club
22 May	'Snowy' entertains

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or **Vic Deans** President 01358 743634

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SCOUTING IN BELHELVIE PARISH

All our sections are busy as we go into this new year. They are also planning together for Community Gardening (watch this space) and it's time this year for another Family Camp where Beavers, Cubs, Scouts, Explorers, parents and siblings camp together for a weekend of activities.

We had a great time at the Panto – Oh yes we did! All our sections went to Inverurie and enjoyed it immensely. Our thanks to Keith and Jo for facilitating this.

We were delighted to receive £953.98 from the Balmedie Coop. The Cooperative Community Fund 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 with a long waiting list. Beavers meet on Wednesdays at Balmedie School. Two Cub Scout Packs meet in Potterton CC Mondays or Tuesdays for ages 8-10.5. Scouts also meet in Potterton CC on a Friday evening and cater for the 10.5-14 ages. 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 program 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 keen volunteers with our Scout Group. For all Scouting enquiries please call 07743844040 or email

balmedie@gordondistrictscouts.org.uk

Ian Thomson

Group Scout Leader
1st Balmedie Scout Group

THANK YOU CHRISTINE!

We would like to say a big thank you to Christine Coldwells who has been organising the distribution of Banter in Balmedie for the last 4 years. We are very grateful to her for the wonderful job she has done, sorting out rounds and delivering to all the distributors in Balmedie. We hope you enjoy having a wee bit more free time to perhaps put up your feet... and enjoy reading Banter.

Don

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1st BELHELVIE RANGERS

The first Rangers' meeting of the new year took place on Tuesday 19th January in Balmedie, and we are busy planning our term. We have been asked to test out some new activities and badges for Girlguiding UK. Currently the whole Guiding program is being revamped and this is a great opportunity for us to help shape the program. Unfortunately for me, one of my USB drives got corrupted over the holidays and as I spend hours learning about data carving and the merits of regular defragmenting, it really hit home about the new skills that we need in the modern world; so I am really positive about the changes going on and I think it's a great time to join Girlguiding.

Rangers is open to young women 14 to 18 years old and no previous Guiding experience required. It's only £3 per fortnightly meeting. If you are interested in joining us, please get in touch: give me a call (01224 703335) or email s.osbeck@rgu.ac.uk

Susan Osbeck

GIRLGUIDING YTHAN

Last term, I assessed two of our local Guides for their Baden Powell Award. Emma and Amy had both worked hard undertaking a range of tasks from bivouacking to fundraising and I am pleased to say they both passed with flying colours.

If you would like to help girls in our local area reach their full potential, then please get in touch (dcythan@gmail.com). We are looking for leaders or helpers in the Balmedie, Newburgh, and Potterton area.

Susan Osbeck

District Commissioner

ZUMBA GOLD

Every Monday 9.45 – 10.30am in the
Forsyth Hall (behind Belhelvie Church
£3/class, inclusive of after-class coffees

For further info contact: Janette 01358 742100



COFFEE HAVEN (Pop Up Café)

First Tuesday of every month from 10.00 to 12.00 in the Forsyth Hall. Home bakes, teas and coffees, all for a donation towards our Sponsored Child appeal. All welcome!

Marianne Wray



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BALMEDIE CHRISTMAS LIGHTS

We were delighted to receive contributions again from local businesses and also two new sponsorships. The amazing total of £650 was raised and this helped towards the installation, removal, maintenance and insurance costs of the lights.

Balmedie Christmas Lights Group would like to thank these local businesses and hope that you will support them –

Don Tarmacadam	01358 742368
Aberdeen Training Services	01358 743114
Barratt homes	01358 741300
Gary Taylor Plumbing & Heating	01358 742201
Dickies Pharmacy	01358 741226
Balmedie Fish & Chip Shop	01358 742730
Cock & Bull Restaurant	01358 743249
Balmedie Congregational Church	01224 703248

If you would like to be part of the Balmedie Christmas Lights Group please get in touch by telephoning 07850235215.

Diane Cassie

We are very grateful to Diane who made Christmas lights happen for us in Balmedie this past Christmas. It would be great if some more folk would volunteer to help with the organising and fund-raising for Christmas 2018. Thanks Diane!
The Banter Team



Plastic - It's everywhere!

HELP REDUCE PLASTIC

Lisa Leith is trying hard to promote the benefits of reducing plastic packaging in our area. She would be very grateful if you too would show your support by signing the petition at

<https://you.38degrees.org.uk/petitions/reduce-plastic-packaging-2>

She is keen to raise awareness and support to preserve our planet for future generations. You can read more at the website address above. You can also spread the word by sharing the link on Facebook or Twitter or by email.



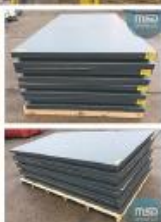
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ABERDEEN OFFSHORE WIND FARM UPDATE

At the beginning of the year, with the cooperation of the Blackdog community our transformer was safely delivered to the substation site.



Once the transformer is operational, it will convert the clean electrical power from 66kV to 132kV for transmission to SSE's Dyce substation, for further transformation to 275kV and connection to the National Grid network.

Community Benefit

Throughout the lifetime of the windfarm there will be an annual payment of **£150,000** towards a community benefit scheme. We have recently launched a questionnaire so that you can have your say on how we can maximise the fund and make a real difference. Please complete the online questionnaire at

www.surveymonkey.co.uk/r/AOWFCommunitybenefitscheme or come and speak to the team at our innovation exhibition in Balmedie Library or Aberdeen Central Library. If you would prefer a paper copy of the questionnaire please contact our Local Liaison Officer at natalie.ghazi@vattenfall.com



Innovation Exhibition If you would like to find out more about the project innovations please come to Balmedie Library from 1st-10th Feb* or Aberdeen Central Library from 13th-22nd Feb*. Please click on the link to make your own mini-me, which will be installed in the exhibition, beside our 3m model turbine. www.celtic3d.com/vattenfall/ Looking forward to seeing you there!

*Please check library opening times.

Natalie Ghazi



Beachside Coffee Shop

Eigie Road, Balmedie
AB23 8YF Tel. 01358 742003

Happy New Year ...we have an exciting year ahead.

Upcoming events include:

14th February: Valentines cupcakes available

11th March: Mothers' Day, Afternoon Tea - £12.50 per person

Children's Afternoon Teas available - £6.00 per child

7th April: Gourmet Fundraising Night

Please visit/contact us about these or other activities

www.balmedieleisurecentre.com
or our Facebook page Balmedie Leisure Centre



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NEW FLORIST IN THE HEART OF YOUR COMMUNITY



BALMEDIE LEISURE CENTRE

Fortunately, the end of the calendar year offers a natural opportunity to look back and reflect on what we at Balmedie Leisure Centre have achieved.

Firstly two big ambitions were ticked off, the opening of a new outdoor pre-school play area, and much needed additional storage space for the main hall. Then we extended the outdoor seating area for the coffee shop, along with a revamp of the main toilets and showers, with just the disabled and ladies baby change left to complete.

If that's not enough, some of you may have also noticed our efforts to tidy up the area at the rear of the Leisure Centre. Our intentions are to secure and make better use of the land, whilst we fundraise to develop it further. If any of our good neighbours have any concerns about the work then get in touch.

Over the last thirty years Balmedie Leisure Centre has evolved but our objective remains the same - to provide a broad range of community learning, sporting and leisure based opportunities to individuals and community groups at reasonable cost.

BLC is run for the community, by the community, and as a community run facility we put you at the heart of our business. At BLC you will find a dedicated team of people continually striving to maximise the Centre's reach to everybody in our Community. We are here to help you live a fitter and healthier lifestyle - but we also want you to have fun!

We have something for everyone, whether you have an itch for a massage, the energy for a fitness class or just dropping in for a coffee and a fine piece, you can expect a warm welcome, friendly atmosphere and good facilities at affordable prices.

For regular users we offer a range of options for the gym and fitness classes. Our most popular 10-class pass which is valid for three months and brings the use of the gym and the cost of each class down to an incredible £3.50. You won't find a fitness class in Aberdeen or shire any cheaper. Or if you prefer, you can just 'pay as you go' – it's up to you!

To discover our range of activities and programmes please visit our website and Facebook page. Take a look at what we can offer – and GET FIT, GET HEALTHY, but above all GET MOVING!!!

Bill Murray

Voluntary Committee Chairman

PARISH THREADS

In Pursuit of Spring

In March 1913 the poet Edward Thomas set off from London on a journey to cycle and write about the coming of spring. Near the edge of the city he passed a shop selling birds. He bought a cock-chaffinch for sixpence and took it away in a brown paper bag. When he got to the countryside he opened the bag and set it free.

I am imagining the Belhelvie Gorse flowering in March sunshine and the parish bees yawning and stretching. There will be pollen and nectar to harvest from Orrock down to the edge of Home Farm Potterton; from the Sand Bothy across to the top of Beauty Hill. Here in New Zealand we are helping to harvest honey from our son's bee-hives. It is very hot. I am dressed in a white beekeepers suit watching him wheedle up the lid of his first hive. Quicksilver skinks have twitched away into the shade. Using his grandfathers hive tool he breaks through the seal of bee glue. Propolis, a mixture of wax, tree-sap and saliva that bees use to gap fill their homes. In his other hand he holds a new hive tool. Both are iron and painted yellow but the new one hasn't the feathered edge or the heft of the old family one. Because of the heat the bees are queuing at their doorways giving the hives a bearded look. Liquid honey drips out of waxy comb and I step away to avoid annoyed bees trying to take back their property. I am aware Nick is new to apiarian skills. He has the love though so he's confidently working with bare hands.

My job is to gently brush the bees away from the wooden frames as he replaces them. The paintbrush he has handed to me is not the delicate goose feather my father used. I clumsily fluff across a line of bees and they get cross and attack the backs of his hands. He stays quiet behind the bee veil but with teeth clenched I



Enjoying New Zealand sunshine
far away from cold Belhelvie

imagine. Beekeepers here don't dare to use smokers to calm hives because of the fire risk. Instead they try to be quick and quiet, spending no more than seven minutes sorting through each hive.

While you were slipping on tenacious ice In Belhelvie, unable to walk confidently to your own purlieu, I was making fire flappers out of carpet squares and broom handles. 200 hectares of hill burned off above the town we are living near. Helicopters worked for three days trying to stop it travelling onto countless miles of dry scrub. There is now a scent of charred sadness hanging over the town and an ugly arc of blackened hillside fills the view.

This week I found myself having a hair cut and head massage by a dark eyed young man. (Unexpected but delightful, I will be recommending it to the Hair Shack girls in Newmachar.) He talked about his feelings of being stuck here and his hopes to be an actor. He was in the first series of Top of the Lake filmed not far from here. He was the boy with a hoodie who falls of the cliff when we all thought it was the girl called Tui. More acting parts haven't been forthcoming... he has decisions to make and a girlfriend working in the coffee shop opposite. I think to myself that it's easier to be older. These contemporary tensions the young have between staying put or moving on is hard. He will have to, as Edward Thomas said, about the coming of spring, 'Catch at the dreams as they hover'.

While our grandchildren were here from America for Chris's 70th birthday we took them on different river trips near the top of the lake. Knowing the boys were coming, I painted up our rinky-dink homemade raft. I added a cardboard flag and a sun motif and as a family we tackled a couple of miles paddling down the Clutha River at a regal pace. In the clear blue alpine water there were no Kalamazoo leeches or the chalybeate of Belhelvie. For contrast we took them on a fast boat too. Danielle our fearless jet-boat driver who had whizzed us up into the back of beyond at sixty miles an hour suddenly halted the boat and we swirled to a halt. 'Sorry' she said, turning around to face us, 'Something hit my sunglasses and fell down my front and it's buzzing against my tummy, I'm worried it might be a bee.' We all watched from our strapped in seats while she, in a brave show of captaincy, unzipped her layers of clothing and released.... a fly.

Mary Cane

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If you 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 Help is available for advert design if necessary.

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Readers - we would be delighted if you would mention Belhelvie Banter if you get in touch with individuals or companies after seeing their adverts here.



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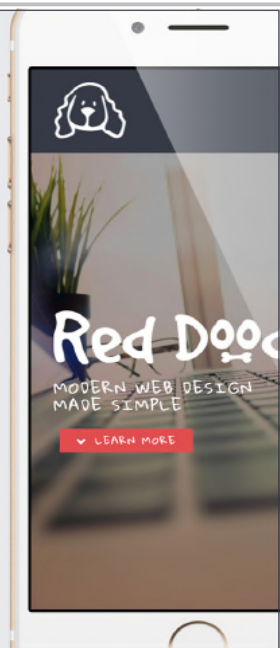
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BELHELVE COMMUNITY COUNCIL (BCC)

For this Spring Edition of Banter, we thought it worthwhile to highlight some of the projects we have been involved with locally. These projects have occurred over the past 3 years where locally constituted groups have applied for or received funding and subsequently completed the following “Environmental Landfill Tax Projects” which have all been funded by Easter Hatton Environmental Limited.

Finger Sign Posts / Applicant – Better Balmedie

Magnificent 7 Drystone Dyke / Applicant – Better Balmedie

Energy Efficient Heating Boiler / Applicant – Balmedie Leisure Centre

Energy Efficient Lighting / Applicant – Balmedie Leisure Centre

Belhelvie Football Pitch & Play Park / Applicant – Balmedie Leisure Centre

Potterton Football Pitch & Fencing / Applicant – Balmedie Leisure Centre

Balmedie 2 x 7 aside Football Pitches / Applicant – Balmedie Leisure Centre

Equipment for Blackdog Community Park / Applicant – Blackdog Residents Association

2s Play Area at Balmedie Leisure Centre / Applicant – Balmedie Leisure Centre

Refurbishment of Toilets & Showers at Balmedie Leisure Centre / Applicant – Balmedie Leisure Centre

New Windows at Belhelvie Church / Applicant – Belhelvie Church

Approved Projects To Be Completed:

Drainage sinkhole and 2 paths at Blackdog Community Park / Applicant – Blackdog Residents Association

Solar Lighting at path from Stead Inn to housing in Potterton / Applicant – Potterton Community Group

Applications Pending:

Sensory Garden at Magnificent 7 / Applicant – Belhelvie Community Trust

Additional Wildflower meadow and furniture at Magnificent 7 / Applicant – Belhelvie Community Council

We would like to take this opportunity to thank the Taylor Group at Easterhatton Environmental Ltd for providing the Landfill funding to the local groups in our parish and for the excellent working relationship they have developed with Belhelvie Community Council and E.B. Scotland (the funding administrators).

So, if any local constituted group wish to apply for project funding, please contact David Watson on 07707 459539 or email eagc@hotmail.co.uk for an application form and advice.

In addition to the Landfill Tax Projects the following issues continue to be addressed by the BCC:

Shanks Waste Management, Blackdog Site

Smallbrook Environmental has been commissioned to prepare a planning application for remedial work at the above site. This is to address various pollutant linkages at the closed site, working with the Regulator, Aberdeenshire Council Environmental Health Team. Smallbrook Environmental are to attend the BCC meeting on 19th February 2018 to give a presentation prior to lodging a planning application.

Freedom of Information Request – Bruntland Quarry, Whitecairns & Westerhatton Landfill Site

Belhelvie Community Council have lodged FOI requests to 'Planning Aid Scotland' with regard to the overdue reinstatement of Westerhatton Landfill Site and 'Planning Enforcement Action' at Bruntland. We have been advised that a response is forthcoming from 'Planning Aid' by the end of January 2018. Hopefully this will assist BCC to champion a case to get the work at these sites completed.

In closing we would also like to recognise the Banter Committee and the Belhelvie Community Trust who both, along with ourselves, provided funding support for Christmas activities held at the White Horse in December 2017.

David Wallace, Secretary

TO THE RESCUE



While walking my dogs along Balmedie beach, I noticed an indistinct object in the distance, near the water line. Looking closer, I could see it was a stranded young gannet in mottled juvenile plumage. Wind blown sand was building up around the bird, which was sitting motionless. I contacted the SSPCA at Drumoak and they agreed to help.

A towel was placed over the bird to calm it down and it was transported to the SSPCA centre. From Drumoak it was taken to the main animal hospital at Fishcross near Alloa where an x-ray revealed the poor bird had two broken legs. Sadly it had to be put to sleep - not the anticipated outcome.

If you see a distressed creature completely on its own then please contact the SSPCA on 0300 099 999 who will collect and treat the animal, returning it to the wild where possible.

Allan Jeffrey



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NEIGHBOURHOOD WATCH

Belhelvie Neighbourhood Watch continues to operate – you'll see our signs as you enter Belhelvie Village and also on 2 side roads.

New members are most welcome – you can sign up online at www.neighbourhoodwatchscotland.co.uk and search for the Belhelvie Neighbourhood Watch. Once you are signed up, you'll have access to numerous tips and hints and also be able to tick that "I'm a member of a Neighbourhood Watch scheme" on your home insurance quote – sometimes its worth a 10% discount!! Or maybe set one up for your street!

Neighbourhood Watch isn't just there to fall back on when trouble strikes in the village – it's an easy way to get people together for communal events. Before Christmas, we saw the first major snowfall for a few years – it was great to see the number of villagers not only keen to clear their driveways, but they were clearing the pathways and roads outside their homes.

Aberdeenshire Council provide grit bins in many areas of the parish – remember to use the grit for footpaths and roads in the surrounding area...and then update the council on their webpage when the grit bin is becoming empty.

Community spirit certainly came alive in Balmedie before Christmas. The footpaths around the primary school became such an icy hazard with many adults and children getting injured. The worst areas were where cars had parked on pavements, crushing the snow and creating lethal icy walkways. This resulted in an army of villagers from Balmedie volunteered to spend many hours clearing away the ice and spreading grit. A BIG thank you to all of you who were involved. Local Heroes indeed – and a reflection of true community spirit!

Perhaps this could be an incentive for individual streets to set up their own Neighbourhood Watch groups – it's such an easy way to contact locals for many activities, not just when something goes wrong. Next stop a pre-Summer litter pick activity??

Paul Collier

BELHELVIE VILLAGE COMMUNITY GROUP

So many villagers attended the Belhelvie Christmas Tree gathering and commented on how lovely it was to see community spirit in action. It would be a great idea to try and get a Belhelvie Village Community Group together as there are so many other projects that could take off when everyone works together. Do think about getting in touch if you would like to be part of the group – it would be a great way to get to know fellow villagers and discuss the topics around Belhelvie. [If you are interested, please contact Raymond: raymond.m412@gmail.com](mailto:raymond.m412@gmail.com) mobile: 07526601925 or [Annie: annie.grant@hotmail.co.uk](mailto:annie.grant@hotmail.co.uk) mobile: 07848 805992.



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MASSAGE CAN HELP PEOPLE WITH OSTEOPOROSIS

People with osteoporosis are often told 'nothing can be done' for their pain but this just isn't true. Osteoporosis – means 'porous bones' and it refers to a condition where bones become less solid and elastic. Bones are made up of a thick outer shell and a strong inner honeycomb mesh of tiny struts of bone. In Osteoporosis, some of these struts become thin or break resulting in the bone being more fragile.

It is immediately assumed that any aches and pains that affect someone with osteoporosis are caused by it... This is NOT what we find in many, many cases. We are all first and foremost people - with the same problems with posture, repetitive actions and overdoing things from sport to gardening. We all tense when we become stressed or are in pain. All this leads to imbalances in structure – for EVERYONE!

Diet is important but without a good circulation to the bones the nutrients may not get there. Structural imbalances affect everyone's health. Organs cannot work properly if the good nutritious, oxygenated blood supply is being interfered with by muscle spasm and congestion. Congestion occurs as muscle spasm interferes with the drainage out of an area. This congestion will also affect the electricals i.e. nerve supply causing tingling.

We would like people with Osteoporosis to try massage. Easing tightness and restriction in muscles, will assist balance – balance in the body chemistry as well as structural balance. Falls are less likely if the structure is at its best.

Discomfort stops us from going for walks and doing the things we want and need to do. This not only affects us physically but also, emotionally and mentally. A good diet with lots of leafy greens and calcium, boron and magnesium filled food is essential. We also should try to swim, walk or do some resistance exercises.

Research about the role that Massage Therapy has in osteoporosis

There is no cure but Massage Therapy has an important role in nourishing existing bone and helping to restore balance. "Gentle massage is indicated for persons with osteoporosis... Massage does not affect the progression of the disease once it is present, but may significantly reduce associated pain." (Adapted from Werner, Ruth, Massage Therapist's Guide to Pathology, 2nd Edition, Lippincott, 2002, p555)

TIPS - Keep a good circulation going by aerobic exercise such as brisk walking or dancing. Some resistance exercises can help. A healthy diet is essential – with lots of green vegetables - don't starve yourself nutritionally. Supplements including calcium, boron, vitamin D and silica help. Don't smoke. Reduce alcohol intake and don't be a couch potato!

**Maggie Brooks-Carter DO, RN, SMTO
Osteopath**



Spring has sprung and we are looking forward to warmer weather when we can get out and about more. In Belhelvie Parish, we have such a variety of different projects on the go. This brings many volunteering opportunities. Why not volunteer for one of the following groups? It's a great way to get out there and meet new people.

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
Belhelvie Village Community Gp	Annie Grant	07848 805992
Christmas Lights	Diane Cassie	01358 743114
First Responders	Marc Wood	01358 743002
Scouts	Ian Thomson	07743 844040
Belhelvie Community Trust	Rosie Nicol	01358 742118
Belhelvie Community Council	David Watson	01651 328263

BALMEDIE NETBALL WANTS YOU!

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

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

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



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. Home games are 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.



NEWS FROM ABERDEENSHIRE COUNCIL

Happy 2018 to Banter readers. Here's hoping for the first time in many years, we have an election-free year! By the time your Banter has been delivered, the Aberdeenshire Council Budget process that we Councillors are going through as I write this article will be over and in the public domain.

It has been a challenging process with much discussion over whether or not to raise the Council Tax now the freeze has been lifted, where to make savings and which services to protect. There have been no easy answers, only difficult decisions.

At a local level, December was a very busy time for the Mid Formartine Councillors. In particular, we had a very productive few meetings set up by Area Manager Elaine Brown and her Ellon team. First of all a meeting with Belhelvie Community Trust, Balmedie Leisure Centre and Belhelvie Community Council on forward-plans for Balmedie Country Park.

We agreed there remains strong potential for the Park – the success of The Sand Bothy shows what a bit of structured regeneration can do – but we need to now try and better use the former Caravan Park Site, review toilet provision and help the Leisure Centre and Middlefield Wasps make continued success of the sports pitches. With a “working group” now formed, there will be further meetings and I really hope this is an exciting project that can move forward.

We also held a meeting with Education officers on School provision in the Belhelvie parish. This meeting focused on both the impact of house building at Blackdog, which has no Community Facility or School, and the current capacity of Balmedie School. Currently there are very few children from the new houses attending Balmedie and those living in the established houses are zoned to Scotstown Primary in Aberdeen City.

The roll at Balmedie School has been monitored closely for some time due to a number of large housing sites within catchment. Councillors were shown variations in the forecasts from previous years to show how the altering build out rates from developers has impacted on projections, with substantially lower pupil numbers at present than previously anticipated. Whilst there continues to be a number of sites still to be developed, there is currently capacity at the school for pupils generated from these new houses until the 2020/21 session. Officers are considering how any additional capacity required for the school and the wider Ellon network would best be delivered.

In the meantime, the Ward Councillors are hopeful of a meeting taking place with the Blackdog Residents' Association to try and secure a Community Facility that accommodates the community's needs.

Please feel free to contact any Mid Formartine Councillors if there is anything you would like to discuss.

Cllr. Andrew Hassan

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Keeping people safe
POILEAS ALBA

The winter months have proved to be quite a danger on the roads with the ice and snow presenting difficulties for motorists. This, together with the extra road issues associated with works currently being undertaken on the AWPR, have been quite challenging; however

we have been pleasantly surprised with the majority of road users and their attitude to driving. There have been a few instances of speeding and inappropriate driving, with tickets have been issued and reports submitted to procurator fiscals where appropriate.

Much of the evidence for this has come from public concern and I thank you all for that - please continue to call and get in touch by other means to provide us with information about this.

The AWPR has thrown up challenges that we address as often as we can and have a specific liaison officer who speaks with management of the company on a regular basis, hopefully to avert problems.

There have been a few sporadic outbreaks for car crime over the past few weeks. Please can you ensure that your homes, sheds and cars are secured at all times and all care is taken to check this before you leave.

Using lights, radios and even TV's where possible to give the appearance of someone being at home will assist but being secure at all times is key to preventing this crime.

The Formartine area provides updates on a daily basis on their local Twitter feed which will allow you all to get an insight into what is going on with the Division.

Sgt. A Sawers, Ellon Police Office

Martin Stallard
GRASS MOWING
GARDEN
MAINTENANCE
Tel: 01358 742833
07778 344855

REMEMBER ...

Copy deadline for Spring Edition:
Friday 20th April 2018
email:
belhelviebanter@live.co.uk



BELHELVIE SWI

Our first meeting of 2018 was a demonstration on the use of the defibrillator. It was very interesting but a bit sad that there were only 11 ladies that evening. Our numbers are decreasing so it would be great if more ladies of any age could come along and give us your ideas on how you would like the SWI progress. It seems to be happening in other towns and cities so why not here in Balmedie, Belhelvie, Potterton and Blackdog. There are new houses going up all over the area so there must be new young ladies looking for an evening of entertainment, a cuppa and chat once a month. We would love to have your company in Eigie House lounge on the 2nd Wednesday of the month at 7-30pm. Our March meeting is our mini show where we display the work that members have completed. This is usually knitting, crocheting and other crafts, baking, produce etc. A competition yes but not taken too seriously. This meeting would be a good time to get to know us and mingle. We are continuing with the whist drive on the 4th Wed. of the month at 7.30pm. To make it worthwhile we really need 4 tables so please if you can play whist or if you would like to learn come along, it's at 7-30pm at Eigie House lounge. A sausage roll and fancy piece has your name on it. Any further information please get in touch with me at 01358 743173.

Elaine Strachan

BALMEDIE LIBRARY

Library opening times are:

Monday 14.30 - 16.30
17.30 - 19.30
Tuesday CLOSED
Wednesday 14.30 - 16.30
17.30 - 19.30

Thursday 10.00 - 13.00
Friday CLOSED
Saturday 10.00 - 13.00

On 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 would welcome new members and is as productive as ever. They meet here every Thursday morning from 10.30-12.30.

We now run a Lego Club in the Library on Monday evenings from 6.00 – 7.00pm for children aged 8 and over. We have limited places available so please phone the library to book your place.

Why not pop into Balmedie Library where there's always a warm welcome and someone to help you find what you are looking for.

For more information on Aberdeenshire Libraries, please visit www.aberdeenshire.gov.uk/libraries.

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

Follow us on Twitter at <https://twitter.com/onceuponashire>

Read our blog at <http://onceuponashire.wordpress.com>

Tel: 01358 281070

Maureen Muirden

WHO'S WHO

Ambulance/ Police/ Fire Brig.	emergency	999
Police Scotland	non-emergencies	101
Fire Brigade	non-emergencies	01224 696666
NHS 24	(18.00 to 7.00)	0800 111 999
Scottish Gas	emergency line	0845 600 8855
Scottish & Southern Energy	emergency line	0800 300 999
Scottish Water	emergency line	0845 600 8855
ABERDEENSHIRE COUNCIL:	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
YOUTH ORGANISATIONS:		
Beavers (Potterton)	}	07743 844040
Cubs (Potterton)		
Scouts, Explorer Scouts		
Rainbows (Balmedie)		
Rainbows (Potterton)		
Brownies (Balmedie)		
Brownies (Potterton)	All enquiries to Ian Thomson	
Guides (Balmedie)	balmedie@gordondistrictscouts.org.uk	
Rangers (Potterton)	Claire via website www.girlguiding.org.uk	
	Pauline Wood	01358 743002
	Marianne McIntosh	01358 724231
	Katherine Hebron Scott	01330 833448
	Christine Coldwells	07766 050457
	Susan Osbeck	01224 703335
CHURCHES:		
Belhelvie Ch. of Scotland	Rev Paul McKeown	01358 742227
Balmedie Congregational	Rev Andy Cowie	01224 703248
Potterton Congregational	Rev Andy Cowie	01224 703248
MEDICAL CENTRES:		
Scotstown, Bridge of Don	Cairfold Rd AB22 8LD	01224 702149
Udny Station	Woodside Terr AB41 6PJ	01651 842204
Danestone, Bridge of Don	Fairview St AB22 8ZP	01224 822866
Oldmachar, Bridge of Don	Jesmond Dr AB22 8UR	0345 3370510
Oldmachar, King Street	526 King St AB24 5RS	0345 3370510
Ellon	Schoolhill, Ellon AB41 9JH	0345 3371150
DENTISTS:		
Bridge of Don Practice	2 Balgownie Rd AB23 8JP	01224 703010
Grandholm Practice	Grandholm AB22 8BH	01224 701890
Kingseat Practice	Business Park AB21 OAZ	01651 260200
Oldmachar Dental Care	Jesmond Drive AB22 8UR	01224 827095
SR Rankin Dentist	30 Ellon Road AB23 8BX	01224 820775

SCHOOLS:

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

COMMUNITY CENTRES:

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

POST OFFICES:

Balmedie PO	Eigie Road, Balmedie	01358 742556
Potterton PO	Potterton AB23 8UY	01358 742670
Balmedie Pharmacy	Dickies, 3 Rowan Drive	01358 741226
First Responders	Marc Wood	07789 965236
Belhelvie Community Council	David Watson (Chair)	01651 328263
Belhelvie Community Trust	Rosie Nicol (secretary)	01358 742557
Belhelvie Banter	Jess Petrie	07763 314579
Balmedie Out of School Club	Lynne Fyfe	07920 295508
Balmedie House Eventide Home	Ann Reid, Service Manager	01358 742244
Balmedie Library	Maureen Muirden	01358 742045
Balmedie Friendship Group	Margaret Murison	01358 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		These first 8 groups take place at the Balmedie Leisure Centre. For details, phone Shona	01358 743114
Messy Monkeys			
Fun-nastics			
Pitched			
Gymnastics Club			
2s Group		Lynne Fyfe	07920 295508
Baby Clinic (1 st & 3 rd Wed of month)			
Parent & Toddler (2 nd & 4 th Wed)			
Balmedie Out of School Club			
Mainly Music, Forsyth Hall		Jeanette Lamb	01358 742684
Balmedie Craft Club		Catherine Cassie	01358 743114
Under 5s Rhymetime (monthly)		Maureen Muirden (Library)	01358 742045
Mother & Toddlers/ Messy Play		Diane Cassie	07850 235215
Child-minder, Potterton		Pauline Wood	01358 743002
Child-minder, Belhelvie		Linda Carroll	01358 741988
Links Nursery, Balmedie		Lyndsay Fleming	01358 743094
Flowerpots Childcare, Kingseat		Alison King	01651 869078

SPRING DATES for your DIARY

FEB	Sun 25	Founders Day/ Thinking Day	Belhelvie Church	11.00
MAR	Sun 11	Mothers' Day Afternoon Tea	Leisure Centre	12.00/14.30
	Thur 29	Maundy Thursday Service	Belhelvie Church	19.30
	Fri 30	Good Friday Service	Foveran Church	19.30
APR	Sun 1	Easter Sunday Outdoor Service	Denview Park, Potterton	9.00
	Sat 14	Spring Fayre	Congregational Church	11.00-14.00
MAY	Sun 27	Balmedie Gala Sunday	Leisure Centre	12.00-16.00
Weekly				
	Mon	Golden Zumba	Forsyth Hall	09.45
	Mon	Knit & Natter	Potterton CEC	14.30-16.30
	Tues	Indoor Bowling	Potterton CEC	14.30-16.30
	Wed	Better Balmedie	Congregational Church	10.00
	Thur	Health Walks	Start Balmedie Library	10.00
	Thur	Pilates (for over 60s)	Potterton CEC	13.30
	Fri	Mother & Toddlers	Congregational Church	10.00-11.30
	Sat	Better Balmedie	Congregational Church	10.00
Fortnightly				
	Tues	Friendship Group (see article)	Eigie House	14.00
	Tues	Adult Arts and Crafts	Stead Inn, Potterton	19.30-21.00
	Wed	SWI (see article)	Eigie House	19.30
	Wed	1 st & 3 rd Wed of the month - Bingo	Eigie House	19.30
Monthly				
	1 st Tues	Coffee Haven	Forsyth Hall, Belhelvie	10.00-12.00
	1 st Wed	Rhyme Time (Under 5s - term time)	Balmedie Library	14.00-14.30
	2 nd Mon	Potterton Community Group	Stead Inn	19.15
	3 rd Mon	Belhelvie Community Council	See article	19.30
	4 th Mon	Belhelvie Community Trust	White Horse Inn	19.30
	4 th Wed	Whist	Eigie House, Balmedie	19.30
	Last Sat	Potterton Pop up Café	Stead Inn, Potterton	10.00-12.00
Bi- Monthly				
	2 nd Monday	Potterton Community group	Stead Inn, Potterton	19.15-20.30
Youth Groups (during school term time)				
	Mon	Lego Club	Balmedie Leisure Cent	15.30-17.00
	Mon	Cubs	Potterton CEC	18.30-20.00
	Tue	Rainbows	Balmedie School	18.00-19.00
	Tue	Cubs	Potterton CEC	18.30-20.00
	Tue	Guides	Balmedie School	19.00-20.30
	Tues	Explorer Scouts	Potterton CEC	19.30-21.30
	Wed	Beavers	Balmedie School	18.00-19.00
	Wed	Rainbows	Potterton CEC	18.00-19.00
	Wed	Balmedie Kids Craft Club	Congregational Church	18.30-19.30
	Thu	Brownies	Potterton CEC	18.00-20.00
	Thu	Brownies	Balmedie School	18.15-19.45
	Fri	Boys Brigade/ Girls Association	Congregational Church	15.30-16.30
	Fri	Scouts & Explorers	Potterton CEC	19.00-21.30



OPEN DAILY
9 - 4



THE COFFEE
APOTHECARY

THE COFFEE APOTHECARY, UDNY, AB41 7PQ, 01651 84 2253



ALADDIN



8TH - 24TH DECEMBER 2018

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