

BELHELVIE BANTER

Balmedie: Whitecairns : Belhelvie : Potterton : Blackdog



EDITION 36

SEPTEMBER 2018

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EDITORIAL

It's exciting to see the continual progress of the Aberdeen Western Peripheral Route in our area. To glide through parts of the countryside that previously were fields is quite a novelty for now. Particularly pleasing is the attention that has been given to the resurrection and building of drystone dykes, heralding the revival of what was a disappearing skill. The creation of wild flower embankments is also a nice touch.

More concerning for Black Dog residents though, is the situation concerning bus stops. Their nearest, and only bus stops on routes to and from Aberdeen lie either side of the AWPR on the slip roads which is a fair distance from their actual village. This has made travelling on public transport impossible for many Blackdog residents who are unable to walk to and from the bus stops. We hope this situation will be resolved soon, for it is unacceptable that no buses enter the village.

The grapevine suggests that Stagecoach representatives, the operators of this bus route (at the time of Banter going to press) have not yet agreed to a definite meeting with Aberdeenshire councillors who are pushing to resolve this matter.

Bus companies have many considerations. The argument may be that it is not financially viable for the bus company, that passengers enroute for further north destinations will object to the extra time that a Blackdog detour will take. However, this is calculated to be all of 3 minutes. It sounds like a case of Watch This Space, but hopefully Stagecoach will reconsider and establish a Black Dog bus route that will truly serve the residents, their customers.

For the moment, Balmedie residents seem to have benefitted from additional bus services into the village. I enquired at Aberdeen bus station about which buses went into Balmedie and was told "All buses going north go into Balmedie, except ones with 'X' with the number". Seeing a northbound bus displaying an 'X' waiting to leave, I boarded and asked if it would be going into Balmedie and was told that it did. And much to my surprise, it did. So the lesson here is perhaps to check... and check again. Change does tend to bring confusion.

Stagecoach has detailed the increased services through Balmedie in their current printed Travel Guide, which states that the information contained is correct at the time of print. It doesn't state the duration of this service though. The perhaps over-optimistic thought is that Balmedie residents will hang on to this increased service for the foreseeable future. Too good to be true comes to my cynical mind.

To avoid too much confusion, there is a simplified bus timetable for the Aberdeen to Balmedie routes on page 61 (sorry - lack of space prevents inclusion of other services within the parish). You may need strong reading specs though!. Hopefully we will hear good news soon about improvements to the Blackdog bus services. Whatever route you find yourself on this autumn, I hope you enjoy whatever comes your way.

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 can be accepted by the Banter Team for any errors. We do our best!

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BANTER DATES 2018-19

Edition:	WINTER (Ed 37)	SPRING (Ed 38)	SUMMER (Ed 39)	AUTUMN (Ed 40)
Deadline for articles & ads	Friday 19th Oct 2018	Friday 25th Jan 2019	Friday 26th April 2019	Friday 18th Oct 2019
Delivery begins	Saturday 17th Nov 2018	Saturday 23rd Feb 2019	Saturday 25th May 2019	Saturday 16th Nov 2019

ADVERTISE WITH BANTER

Without our generous advertisers, it would not be possible to produce our community magazine, so we are very grateful that they choose to support Banter while at the same time, advertising their businesses and services.

If you can provide a service to our area, why not promote your business by advertising with us? If you are interested, please email belhelviebanter@live.co.uk. Help is available for advert design if necessary.

A5 PAGES	SINGLE EDITION	FOUR EDITIONS (paid in advance)
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Half page advert	£45	£40 each ed.
Quarter page advert	£25	£20 each ed.
Small Ad	£13	£13 each ed.

Readers – it would help greatly if you would mention Belhelvie Banter if you get in touch with individuals or companies after seeing their adverts here.

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 entertainment programme for autumn:

28 Aug	Raymond Mack
11 Sept	Audacity
25 Sept	Lenny sings
9 Oct	Don Forbes & Dennis
23 Oct	Joe Cowan

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

THE COFFEE APOTHECARY – The Next Chapter



I'm sure few of you in Belhelvie Parish have not heard of The Coffee Apothecary in Udney (just outside Pitmedden) and many of you will have ventured out to partake of the excellent fayre offered by husband and wife Jonny and Ali Aspden and their team.

In 2014, when the Mosshead General Store in Udney became available, the couple were inspired to follow their dream of creating a unique café experience. They had previously been travelling around Canada, New Zealand and Australia, becoming increasingly aware of café culture. This had fired their enthusiasm to create a café experience all of their own. The Udney Post Office had been an integral part of the community, and with Jonny and Ali's vision, the building has not only continued to serve the surrounding communities but has attracted visitors of all ages from further afield who enthuse about the exquisite range of coffees and teas available, the mouth-watering breakfast and lunch menus. And of course there's also the all-day selection of delicious cakes and home-bakes, which are to die for!



The Aspdens (pictured) rose to every challenge to get their dream up and running. Together, they stripped down the former post office to its shell, rebuilt it into a unique, beautifully finished coffee shop. That was four years ago, and while other businesses are suffering due to the present economic climate, The Coffee Apothecary goes from strength to strength, thanks to Jonny and Ali's creativity and dedication.



But that's not the end of the story. The Coffee Apothecary is now coming to Ellon, so we, in Belhelvie Parish, will have this unique coffee experience more accessible, especially if relying on public transport. Not ones to shirk a challenge, the Aspdens are back to the drawing board again. Plans are well underway to transform the old "Helping Hands" charity shop in the heart of Ellon (which has been lying empty for 8 years) into a second Coffee Apothecary.

Jonny comments, "The Ellon Coffee Apothecary will be based on what we already know and love from the Coffee Apothecary in Udney – speciality coffee and great food. On top of this we plan to add evening openings with the same relaxed café feel with the addition of a few more beer and wine options than we currently have. Our plans are coming together and it's all looking very exciting. We can't wait to get everything up and running so we can welcome everyone to our second venue".

Presently, the old shop has been ripped out, revealing the blank canvas that is ready to be built up and developed into a new café. With this couple's determined, innovative spirit and sheer hard work, they deserve to succeed. The Ellon opening will hopefully take place this autumn. We can't wait!

Editor

ZUMBA GOLD

Every Monday 9.45 – 10.30am in the
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BILL DEANS MBE

Belhelvie resident, and lifeboat operations manager at Aberdeen Lifeboat Station, Bill Deans has reason to celebrate. In recognition of his 42 years' service to the Royal National Lifeboat Institution, he has recently been appointed MBE in the Queen's Birthday Honours List.

As a young police constable, Bill began volunteering as a crewmember on Aberdeen's Inshore Lifeboat in 1976 and on his retirement from the Police in 2002, he took up an RNLI staff

appointment as Divisional Trainer and Assessor. In this role he supported RNLI crews in Scotland and Ireland for 15 years.

Bill's interest in the RNLI was inspired during visits to Stronsay, Orkney where his mother's family roots lay. He was born in Aberdeen but Belhelvie is now his home, where he lives with his wife Pat, his two children now grown.

A veteran of more than 634 rescues, Bill retired from active crew service at the age of 60 in 2010, in line with RNLI policy. He immediately began volunteering as a Deputy Launching Authority and in 2015, he was invited to take up his present role as Lifeboat Operations Manager at Aberdeen Lifeboat Station.

Dr Margaret Farquhar CBE, former Lord Provost of Aberdeen and chair of the Aberdeen Branch of the RNLI, commented, "Bill Deans has led, trained and inspired generations of lifeboat crews, not just in Aberdeen but across Scotland and Ireland".

Congratulations Bill – we are delighted to hear that all your hard work over the years has been recognised.

Editor

Exciting News! The very first Sand Bothy CALENDAR has been published and will be for sale soon. We will soon be publishing, for 2019, the very first Sand Bothy Calendar. Now cast aside all images of a "Calendar Girls" type offering (we couldn't get any volunteers to volunteer for that, and Co-op Buns are not the size they used to be)! This is a very tasteful calendar depicting a range of images of the area around Balmedie, all done by local artists and photographers who have supported the Bothy since its opening in 2016. The calendar is full colour, A4 size when closed and costs £8. All funds raised will go towards the projects supported by Belhelvie Community Trust. It's available this autumn.

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RNLI & THE SAND BOTHY FUN DAY

The Sand Bothy were delighted to co-host with Aberdeen Lifeboat/ RNLI, a Family Fun Day in July at Balmedie Country Park to jointly raise funds. Aberdeen Lifeboat crew brought a Flood Rescue Unit along with their mascot Stormy Stan. AFC mascot, Angus the Bull, not one to be outdone was there too. Aberdeen Coastguard Rescue Team, Scottish Ambulance Special Operations Response Team, Police Scotland Dogs and Belhelvie Community First Responders and Abbras First Aiders were all there.



Pamiloo provided fully accessible toileting facilities to ensure families with members who face challenges can come along confident that facilities are in place. The Bon-Accord Silver Band played, Love Rara face painted and groups crafted driftwood boats in The Sand Bothy.

Story making, Lego building, stalls, barbecue plus the usual drinks, snacks and

icecreams from Sand Bothy volunteers made for a most enjoyable family fun day for all who attended. This day would never have got off the ground without the many volunteer supporters who deserve a huge thank you for all their efforts on the day. Where would we be without volunteers?





A WORD FROM THE DOC...

The NHS at 70: A Parable

There once was a very large family, who like all families had their disagreements and even fierce arguments at times, but they were all united in their love for their dear Auntie Nellie.

They all knew Nellie's other names started with an "H" and an "S", but no-one could remember what these letters stood for and no-one took the time to ask her. Despite that, Nellie could always be relied upon and was always there for the family, no matter what.

Older family members recalled that when they first popped round to see Nellie, she stayed in a lovely, rather quaint, cottage. She served great tea and scones and was happy to put them up overnight if that was needed. As the years passed they realised that Nellie's cottage was a bit small for the enlarging family. When they called round it was rather crowded and they felt that they had to wait a bit longer for their tea and scones. To solve this problem they clubbed together and bought dear old Nellie a bigger house, so that when they called round they would be more comfortable.

On Nellie's birthday they all ensured that they visited and bought her nice presents. At Christmas they all came together for dinner, making sure they brought something nice to eat. Funnily enough when the family left, Nellie was always left with all the clearing and washing up to do, but she didn't appear to complain so the family felt happy that they all looked after her.

After a few more years they noticed Nellie was looking a bit tired, and so they decided that they needed to move her again into a larger, even more fancy house. To help Nellie they made sure all the mod cons were fitted. This included a dishwasher, nice large oven to bake more scones and a robot Hoover to keep the house clean. Nellie still had an awful lot of house work to do, dusting and cleaning all the ornaments and pictures the family brought over the years, as she knew they'd be upset if they got dirty. She was grateful for the gadgets and felt that she'd better not complain about the extra work as they had given her such a lovely house. The extra rooms meant more of the family could stay over but it seems that she was always chasing her tail with the cleaning.

Things carried on like this with the family showering gifts and gadgets on Nellie, until one day when they called round, they found her lying unconscious on the floor. An ambulance was called and Nellie was taken into hospital, where the doctors diagnosed exhaustion. The family were shocked, how could that be the case? Nellie was loved by them all and they looked after her so well, always buying her gifts and the best gadgets to help her make the tea and scones more quickly for them! She was never lonely and seemed happy to have a house full of guests. They carried on discussing this until, with the clarity that seems to belong to children, one of the youngsters piped up, "Did any of you ever ask Aunt Nellie what she wanted?" This

was met with a stunned silence, no-one had ever bothered with such an obvious question. They then realised that no one knew what her full name was either. So dear Aunt Nellie HS lay there in hospital, well loved, having had a fortune spent on her, but no one had ever bothered to ask her what she really needed. The family realised that they'd been very selfish and felt ashamed about how they'd taken dear old Nellie for granted.



I do hope this helps everyone think about how we all use the dear old NHS. We are right to celebrate 70 years of the NHS and we all want it to succeed. The main issue is how is the NHS going to last another 70 years? We need to have an honest long hard debate about how we all utilise the NHS, what needs to be done about management, and how we can all help keep the service healthy and indeed viable. This is just not about paying for the NHS, but also what our responsibilities are to look after ourselves to minimise our impact on how we use and perhaps abuse the NHS.

So Happy Birthday to our beloved NHS, let us hope that it reaches 100 in good health, but I suspect that much has to change to ensure that happens.

Dr Alasdair Forbes



World Challenge Quiz Night

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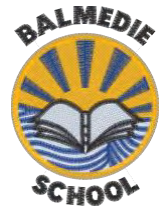
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BALMEDIE SCHOOL



*Autumn term is just starting and all the teachers are having to drag themselves back to school after what we hope was an energising break. We're sure you're delighted to be back and we know most parents are delighted too... Here, teacher **Steven Milne** keeps us up to date.*

I hope you have all had a fantastic summer and have managed to avoid getting sunburned with all the great weather we've been having. Last term, pupils were very active. Here's a glimpse into what has been going on:

The Primary 1 pupils had their Open Afternoon which was a resounding success. The pupils shared their learning and told their parents all about 'Fairyland'. They also enjoyed a trip to Tolquhon Castle and Haddo House.

The P2 children spent the day at Castle Fraser and had a wonderful time - they came back chattering excitedly about all they had seen.



P3 visited The Sand Bothy and then Balmedie Beach. As the children played in the park, Rosie took groups of them into the Bothy and let them explore. A large percentage of the kids hadn't seen round the Bothy before and they found it very interesting. A definite highlight was the vanilla ice cream! A big thank you to Rosie for opening The Sand Bothy for us. We had a great time at the beach and at lunchtime the children ate real SANDwiches! CRUNCH!



The P4 classes held an Indian themed night and this proved very popular. There was a quiz and loads of delicious nibbles. The children's fantastic artwork adorned the walls and made everything look authentic.

The P5 children visited Kindrogan House near Pitlochry for four days and they experienced

much better weather than last year. It was a poignant time for Mrs Baillie as it was her final trip to Kindrogan after leading numerous groups there. They all had a wonderful time though and Mrs Baillie will have many happy memories too.

The P6 children went to the Macduff Marine Aquarium and thoroughly enjoyed themselves. This Centre shows off the amazing abundant sea life existing in and around the Moray Firth. The pupils loved seeing the aquatic creatures up close.

The P7 classes went on their annual trip to Dalguise and had a whale of a time experiencing the activities on offer. The children set themselves personal goals and then had to try to achieve these or even better them. An important element of the week was encouraging team building. The children came back tired, but happy. The staff came back...shattered!



The P7s also enjoyed an end of term visit to Haddo, as you can see above.

There are several significant changes in Balmedie Primary, namely our new headteacher, Mr Douglas Ford, will have taken up his new post - we wish him all the best and hope he has an enjoyable, productive time here.

We are also saying goodbye to several members of staff, who have deservedly decided to hang up their boots..oops...books and retire. Miss Duffus, Mrs Baillie, Mrs Murray and Mrs Mackie - we wish you well and would like to say an enormous thank you for your awesome contributions to the life of the school and wider community. You will be missed! We'd also like to welcome new members of staff and hope that you will enjoy teaching at Balmedie Primary School.

Steven Milne

Congratulations to **KEIR**, the winning team in this past term's house points competition at Balmedie School. **KEIR** is also the overall winning team over the whole year.
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MILLDEN was the winning team on Sports' Day.
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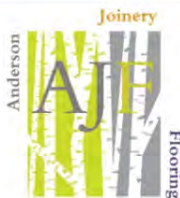
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PARISH THREADS

"I discovered windows one afternoon and after that, nothing was ever the same."

Anne Spollen, "The Shape of Water"

"It's a circus out there." I say as we look out at the garden over breakfast. Sure enough we see the jackdaws doing their wobbly clown walk across the lawn while above them swallows are flying trapeze style, carving long curves in the air. Rooks jeer from the cheap seats but all are keeping an eye on the prowling ringmaster cat ushered in by the wren's whip crack alarm. During the lovely weather, so unusual in our Belhelvie world I have been cleaning my windows inside and outside. I have evicted surprised spiders and removed dusty webs that were holding onto the long dead husks of their relations. Later glancing towards the light my peripheral vision recorded nothing between the room and the outside. For half a second it relayed the message. 'Oh no, the glass has been stolen!' You could almost hear spiders tittering from their hidden corners. The house paintwork has been really dry for the first time in years and so gaps have opened up. We needed more putty but B&Q had run out. 'It must be the weather.' I said. The young assistant looked puzzled, too young to know that when the weather's this good it's time to get puttying and painting and window cleaning.

Of course there is always a dark side and the farmers who harvested good hay in June are now having to feed it back to their cattle before August. Cracks have opened up in Belhelvie fields and I even saw a dust devil pass through the yard. The hens are very happy though, they have had the best baths in the dry earth.

Are we all getting used to the sight of the wind-turbines in the bay? They went up so quickly they were a surprise even though we knew they were coming and then for a few weeks they weren't turning. Someone joked that they were fake ones made of cardboard ready for Donald Trump's visit. They have given me the job of editing my Octopus and a Mermaid stories. At no time does Sandy the octopus remark to Meridith that there are wind turbines just off shore from the Sand Bothy. When we have tired of new sights there is still that corner of the River Don that floods, where cattle still amble along the sloping earth bank and drink from the river as they have for hundreds of years. Driving past into Kintore one day the river was mirror flat. The brown and white cattle were perfectly reflected standing in the shallows as if they were in a Dutch oil painting.

There are more historic images over at the new Garioch Heritage Centre. The Diaspora Tapestry has been on show there for the summer (see photograph). Stories from 34 countries have been sewn into 305 panels like so many windows onto the history of the emigrating Scots people. Driving back from Inverurie along the brand new road towards Belhelvie we admired the fresh panoramic view of the parish those emigrants could never have imagined. Our old friend the Haar was hanging

just off shore at the height of the new wind farm. The top blades were sticking out of the bank of cloud like so many giant fiddle bows. Perhaps they were heralding the



North Atlantic Fiddle Convention that was held across Aberdeenshire in July. In the old Canadian Hall at Haddo we watched a three part orchestral work about the Scots from Ullapool who emigrated first to Canada and then to New Zealand in the 1800s. The 'SCAT' (Scottish Culture and Traditions) group played their socks off and the music reverberated up into the Douglas Fir rafters. Forgive my panglossian view but I was so encouraged to hear sounds of harmony, inclusion and positivity in these times of European division and all the wider political shenanigans.

Mary Cane

NEOS 
north east open studios
8-16 September
2018

This year, NEOS runs from the 8th to the 16th September and we are fortunate to have two local groups exhibiting in Balmedie. Come along and meet the artists and see some exciting artworks!

At The White Horse, photographer Ally Deans is exhibiting with jewellery designer Lilian Lindsay and 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. 284 artists are featured this year and most work is for sale. Catalogues give full information on all northeast artists exhibiting for NEOS 2018. These are available across the parish - in shops, leisure centres, libraries, hotels. The full catalogue and further details are also available on-line at northeastopenstudios.co.uk or visit their Facebook page.

HAIR Shack

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BELHELVIE COMMUNITY COUNCIL (BCC)

Since our last contribution to the Banter, a significant amount of things have happened around the BCC. We had our Annual General Meeting in February, which provided a number of personnel changes to the Council including our office bearers. The new line-up is as follows:

DAVID WALLACE	CHAIRMAN	JOHN FLETCHER	MEMBER
DAVID WATSON	VICE-CHAIRMAN	ALEX McINTYRE	MEMBER
HILARY FOXEN	SECRETARY	DAVID McKENDRICK	MEMBER
EWAN PHIPPS	TREASURER	CHRISTINE MURRAY	MEMBER
IAN DOWNIE	PLANNING REPORTER	ALLAN HENDRY	MEMBER
		RICHARD MILLER	MEMBER
		DREW ROBERTSON	MEMBER

Unfortunately we no longer have representation from Blackdog, Belhelvie or Whitecairns so if you reside in any of these areas and feel like you would like to contribute to improving our community please do not hesitate to contact us. [We would like to take this opportunity to thank the members who stood down around the AGM for their valued contribution to the Council, namely Alan Smith, Phil Mann and Scott Wilkinson.](#)

We have also been getting involved in a number of local issues, a list of which is provided below. More details on the progress of each of these can be seen on our numerous Community noticeboards situated in all our main settlement areas or by contacting the Council member responsible for progressing the issue.

- Removal of the large metal Posts and associated Wires at the closed Westerhatton Landfill site west of the A90 , south of Millden. (I. Downie)
- Reinstatement / reconnection of the path through the Magnificent 7 down to Old Aberdeen Road at the south-west corner of Balmedie. (D.Watson)
- Completion of the pavement adjacent to the bus stop at the same location as the previous issue.(A.Hendry)
- Installation of light powered Speed Warning signs in Balmedie and Potterton. (D.McKendrick)
- Repair of existing speed warning sign on Eigie Road, Balmedie which has not worked now for 8 months. (A.Hendry)
- Reviewing the development of Aberdeenshire Council's 5-year Development Plan for the area. (I.Downie)
- The additional Schooling requirements associated with the above item. (I.Downie)
- Administration of the 2018 Village Tidy Scheme. (J.Fletcher)
- Establishment of a Medical/Health Centre located at the old Arts & Tarts centre in Balmedie. (A.Hendry).

- Assisted BCT with the development of the Sensory Garden Project in Balmedie. (D.Watson) Establishment of a Medical/Health Centre located at the old Arts & Tarts centre in Balmedie (A.Hendry). In connection with this item there is an survey seeking the views of local residents on this subject which we would encourage as many people as possible to complete. The survey forms are available both from the Balmedie Library and the Balmedie Leisure Centre and the survey can also be taken online at the following address:
<https://www.surveymonkey.co.uk/NorthCorridorProject>
- We have also provided representation on the Balmedie Country Park Enhancement workgroup, the Aberdeenshire Bus Forum meeting and the AWPR Project meetings.

David Wallace
BCC Chairman



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.



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

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MACMILLAN COFFEE MORNING



Mary and Hebbie Watson are fund-raising again! Would you believe they are hosting their 19th coffee Morning soon in aid of MacMillan Cancer Support. They invite you to join them for tea/coffee and home bakes on Friday 28th September from 10.00am. Get yourselves along to Homestead, Middlemuir Croft, Whitecairns. Bring your friends too!

BELHELVE COMMUNITY TRUST (BCT)

BCT is a Registered Charity which exists to help set up and run volunteer community projects throughout Belhelvie Parish. If you have ideas for community projects in your area e.g. in Blackdog, Whitecairns or Belhelvie, we may be able to help. Trustees have a range of experience and if we don't know the answers we know a number of contacts who may be able to help.

Among other activities, BCT runs **The Sand Bothy** at Balmedie Country Park and is also working with the Council to make improvements to the park with better information, signage and access to the beach. Things are starting to happen, **so we would now like to hear from all of you** who enjoy the park and beach for walking, playing, horse riding, dog walking or just enjoying its unique environment... improvements can be made but only if people are willing to help. Perhaps we could start a "**Friends of Balmedie Country Park**" group, similar to those in Aden and Haddo, where volunteers are very active.

Belhelvie Community Trust believes that everyone should be able to enjoy our wonderful beach, and with that in mind we will soon be launching our **Balmedie Beach Wheelchair** project. This will allow children with complex disabilities and their families to enjoy the Country Park and especially our sandy beach together. We are hoping that the wheelchairs will be loaned for the first time on 12th August. We hope we have thought of all we need to make a start, but it is a brand new project so we will be working with families as we go along to make sure we get it right. We have been very lucky to receive funding for chairs and equipment from several donors. We are very grateful for all donations whether small or large, without them we couldn't be starting this project. In the next edition of Belhelvie Banter we will publish a full list of our benefactors and mention too all the other folk who have helped this to happen!

For information on Balmedie Beach Wheelchairs only, please ring 07864 350 989

For information on Belhelvie Community Trust or The Sand Bothy please contact bct@belhelvie.org or ring me on 01358 742557.

Rosie Nicol



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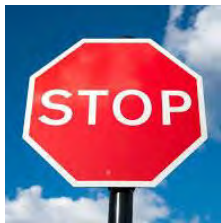
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THE BELHELVE GRAND PRIX!

As a longstanding resident of Belhelvie Village, I await with eager anticipation a quieter community following the full opening of the new AWPR. However, it remains to be seen how significantly the new Aberdeen by-pass road will influence the traffic travelling through the village.

Yes, I think the volume of traffic will be less (hopefully), but the real disturbance, annoyance, fearfulness and concern is that the speed of traffic entering and exiting Belhelvie from all directions will not reduce. Belhelvie has many residential and business properties on the roadside, and many of us have to reverse park our cars in our driveways, or emerge from lanes onto the road. We constantly have to bear the brunt of irritated passing drivers because we have dared to slow them down, by carrying out our manoeuvres at our homes and premises. Local children, cats and dogs, occasionally chickens and all wild life are not safe from the aspiring 'Fittipaldis' and 'Alonsos'. A neighbour recalls a time when his dog was able to sleep on the road near the junction in the village!

Recently (July 2018), I wrote a letter to the Local Authorities, complaining about the speed of traffic through Belhelvie, and I thank all of you who signed your support to my letter. I apologise to the rest of you in the village, who I did not get round to, as I tended to concentrate my efforts on those of us closest to the through roads. Current speed restriction signage lacks the impact that it could have. Many other small villages in Aberdeenshire have electronic signs, which would impose greater awareness. White lines on the road and at the 'STOP' sign have all but worn away now, inviting the non-stop driver to, well..., not stop!

Without wanting to sound too reprimanding, all I, or should I say WE, the supporting residents, ask really, is that car and lorry drivers entering the village anticipate the movements and activities of the residents and businesses, by slowing down appropriately with calm consideration. Hopefully the Authorities will come up with some better traffic calming solutions for us too.

Alison Rodger

BALMEDIE INDOOR BOWLING CLUB



This club starts again in September. We play in Balmedie School on Tuesdays and Fridays from 7.00 until 9.00 during term time. Our first evening is Tuesday 18th September. Do come along and join us!

Morag Hayles

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BELHELVIE SWI

What a wonderful summer we have had! I hope you have all been getting out and about to enjoy it. Our first meeting of the new session is the 12th September when Gemma Pegram has been invited to talk about the properties of the Aloe plant. On 10th October, Carol Clark a jewellery designer from Tarves is to display her work and answer any questions on jewellery making. The items will be for sale – so start your Christmas shopping early... what a thought! We would like to see new faces joining us - everyone will be made most welcome. We meet in Eigie House Lounge on the 2nd Wednesday of the month at 7.30pm. Usually, we have around 15 to 17 women of various ages attending – and we would love it if we could attract some younger members to come along and give it a go. We would love to hear your ideas for making the SWI what you want it to be. We are very flexible and open to change. We also run a Whist Drive at Eigie House on the 4th Wednesday of each month. The first one will be on 26th September.

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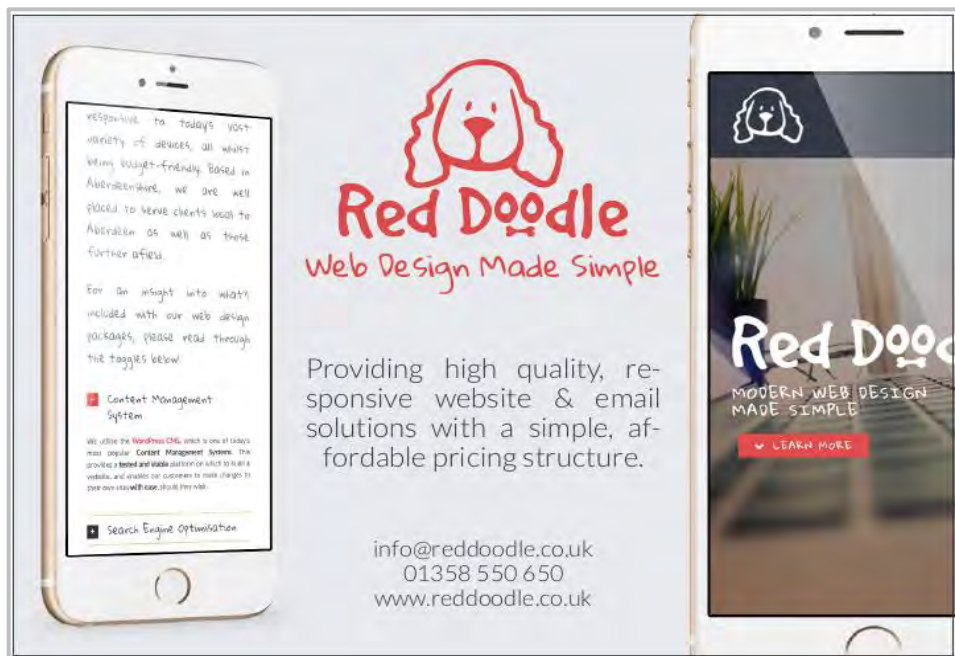
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SCOUTING IN BELHELVIE PARISH

SCOUTS

The 1st Balmedie Scouts have been planting trees in and around Potterton. The locations were identified by liaising with the local community and the trees were generously donated by the team at Aberdeen Western Peripheral Route Joint Venture. The scouts also created a Willow Circle and hope to be able to train the trees to create a shady play dome for the local playgroup. Andy Devine, Community Liaison Officer (North) of the AWPR CJV team came along to a group meeting and gave a presentation on the ongoing works on the AWPR followed by a practical demonstration of bridge construction with the Scouts.



Keith Donaldson, leader with the Scouts who meet weekly in the Community Centre at Potterton said, "This was a fantastic opportunity for the Scouts to learn about the incredible works going on in the local area with the creation of the new Aberdeen western Peripheral Route/Balmedie to Tipperty".



Andy was incredibly knowledgeable and was able to answer the questions from Scouts and Leaders, providing a real insight in to the extensive works going on in the immediate area. The donation of trees allows the Scouts to work toward their Forestry Badge and adds to the environmental knowledge and understanding of the Scouts. We are extremely grateful to Andy and the whole team for this opportunity and look forward to not only

enjoying the new road when it opens, but the trees planted around Potterton for years to come. The trees were planted on the Friday 18th May.

CAMP

At the end of June 166 Beavers, Cubs, Scouts, Explorers, Leaders, Parents and siblings (and a grandad) spent a glorious weekend in the wonderful setting of Haddo House. The occasion was the biennial Family Camp where we spent two nights under canvas and had a fantastic time with wall to wall activities which used the natural features of Haddo to great effect. There was Bivouac building in the woods, an assault course with a very popular slippery slide and cooking tucker on an open fire. There was archery along with turns on a ballista that Tom made which projected a tennis ball with a force Andy Murray would envy! There was also a Water Transfer Challenge where water was transferred from one bucket to another 50m away using a sponge catapult, three sections of guttering and cups they made from a sheet of paper and all this happened during the daytime on Saturday. In the evening they

went on a treasure hunt in the woods with the Leaders and if they still weren't ready for bed, they went off on a bat hunt with Ian and his bat detector. Up at the building the detector picked up over 200 bats in the roost getting ready to head out for a nights hunting. Then in a scene reminiscent of Scooby-Doo, the bats poured out of the roost and headed out into the gloaming. Sleep tight...



Our camps, activities, weekly meetings and the fun we all have would never happen without the enthusiasm and dedication of all our 20 Leaders at Beavers, Cubs, Scouts and Explorers and I would take this opportunity to thank them all. We continue to seek additional leaders to strengthen our teams at all levels but especially at Scouts and Beavers. Are there any Banter readers who may be able to help?

Finding a piece of land within the Parish to develop for Scouting and wider community use is high on our to-do list. Anyone in a position to offer us land and wishes to discuss further should get in touch. (We live in hope!)

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

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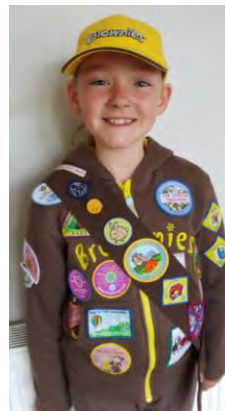
POTTERTON BROWNIES

3RD Belhelvie Pack

In this edition, Erin Mackay shares her experience of being a Potterton Brownie.

Hi, my name is Erin Mackay and I am 9 years old. I started Brownies in 2016 and I will be going to guides when I am 10. I am in the 3rd Belhelvie Brownies and my Six (group) is called the Rabbits. I am also the Sixer, which means you are the six's leader.

I am the Brownie with the most badges in my unit. I have 32 badges and have been to 5 camps. My favourite badge is the Girlguiding Scotland Senior Section Spectacular. We had to dress up in fancy dresses and had a tea party (some girls had too many sugar lumps in their teasugar rush!!!) I also loved doing my Cooking badge where I had to set the table, make breakfast for my family and made a fruit salad at brownies. Brown Owl said I should be proud of my More



Adventures badge as not many Brownies get this badge. For this badge you have to complete activities with your group, make food from another country, braiding hair with wool and learning right from wrong.

My favourite camp was the Transition Camp at Lochter. We stayed 2 nights. We had lots of fun swimming and paddle boarding in the loch, riding different types of bikes (unicycle, bikes with lots of wheels and many more!!!), team challenges and the food was amazing!!!

The badge work and all the games are lots of fun - I just love Brownies!

Erin Mackay

BELHELVIE BOWLING CLUB



Winners of our recent Link Word Quiz are:

A. May (Longside), S. Thomson (Balmedie), G. Napier (Bridge of Don)

If you would like to know more about our outdoor bowling club, 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.

BALMEDIE BROWNIES

(2nd Belhelvie Pack)



It was all go with the Brownies for our Summer Term! Just a week in we had a District Sports Day at Aberdeen Sports Village where we had the chance to choose from trampolining, a scavenger hunt, orienteering, field games, aqua-run in the pool, athletics, and parachute games (no, not the high in the sky type of parachute!); it was a brilliant day, we were exhausted by the end of it! Just the following weekend we had our Brownie holiday down at Netherurd, Girlguiding Scotland's 'home from home, with lots of outdoor activities including caving and climbing! It was absolutely fantastic and we'd love to visit again in the future. Many thanks to everyone who supported our various fundraisers to help us get there.

We had a fun evening in May on our 'Health' night with healthy lifestyle games and activities plus a visitor – Lorna - along who talked about hygiene, especially for our hands; we learned how to wash our hands really well but then had to test to see how many germs were still present on our skin with a special light (we all passed!). Lorna had some cute 'germ' cuddly toys but we wouldn't want to get too familiar with the real things! The next week we had a Treasure Hunt where we had to work together in our Sixes to solve clues and complete challenges to gain 'treasure points' for our Six; with a bonus point if we could decipher our 'mystery word'; our meeting flew by because we were so busy! With the lighter evenings we had two weeks out in the playground on bicycles working on our Cycling badge with Phil; covering everything from basic checking of our bikes to ensuring our helmets were fitted correctly, before we even started riding!

Heading to the end of term, we had a Celebration Night with all of the parents invited along to hear (and see) about what we've been doing over the past few months. Some of our new Brownies made their Promise (as did Tawny Owl!), whilst our leaving Brownies 'jumped over the toadstool' before we sang 'Brownie Bells' to mark the end of the meeting. Our final week was spent at 'Jump In' trampoline park across town, with lots of bouncing before tucking into pizza; a great way to finish our term!! We are looking forward to lots more fun in this autumn!

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'.

Sapphire Owl

1st BELHELVE RANGERS

The Rangers all gained the Chocolate Challenge badge last term, enjoying lots of chocolate tasting, baking, and even designing. We even managed to make rocky road outside on the Trangia with no burnt chocolate! One Ranger attended County Camp at Crathes and survived the onslaught of midges (the one bad thing about good weather). We finished the term with a campfire at Balmedie Beach including the mandatory s'mores. Thanks very much to Olly from Aberdeenshire Council who gave us permission and suggested a good place to hold it.

Next term is going to be very exciting as the new program will be out for all Sections. It now includes interest badges for Rangers so there are even more things to choose to do. It's a great time to join as we will all be new to the program and there will be something for everyone: from community action to personal development. So if you are a young woman, aged 14 to 18 years old, and are looking for something active to do, please give me a call (01224 703335) or drop me an email (s.osbeck@rgu.ac.uk).

Susan Osbeck

BACK COPIES OF BANTER

Sometimes we are asked if we have extra or back copies of Banter but unfortunately, we don't. If, for any reason, you do wish to check out things in previous editions, just go on to our website belhelviebanter.org. There, you can

access all 34 past editions of Banter, should the inclination take you! Thanks to our very talented Balmedie resident, volunteer Philip McHardy of Red Doodle who keeps everything tickety-boo there.



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With the kids back to school, now is the perfect time to meet up with friends. Why not pop in for coffee and a catch up or maybe even treat yourself to lunch.

We are looking forward to our **Halloween Trick or Treat Spectacular** which will of course be on Wed 31st Oct. Dress up and come along for some spooky fun. We are also hosting the **Holistic Fayre** again this year on Nov 10th and 11th.

Just a quick reminder that we are licensed premises, available for private hire. We are available to cater for your event (here or elsewhere) and we also offer food for children's parties in conjunction with Balmedie Leisure Centre. For more information visit our web site or contact us on Facebook.

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



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POTTERTON COMMUNITY GROUP

If you wish to join the **Potterton Ramblers** 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
7 th August	12.00 noon	Railway Line – Ellon towards Auchnagatt and back
28 th August	12.00noon	Burn O' Vat
18 th Sept	1.00pm	Gight Woods or Fyvie Castle
9 th October	1.00pn	Gight Woods or Fyvie Castle
6 th November	1.00pm	Pitfour Loch, Mintlaw
4 th December	TBA	Christmas Meal, Station Hotel
8 th January	1.00pm	Aberdeen Beach



The **Potterton Indoor Bowling Club** will be back from 4th October, meeting on a Thursday afternoon between 2.30 – 4.30 pm in the Potterton Community Centre.

Everyone Welcome - £2 per session. If you wish more information about the next Winter Season starting in October, please contact John Hutcheon 01358 743463

Potterton Picnic in the Park

On 23rd June, Potterton Community Group held another Picnic in the Park. The sun shone and families and friends from Potterton, Belhelvie, Balmedie and Black Dog came together to join in some fun and games throughout the afternoon. This was a free event to bring the community together for an afternoon and evening of fun. Kids and Adults played 7 aside football, sack races, egg and spoon races and welly wanging with winners proudly showing off their very expensive plastic medals.

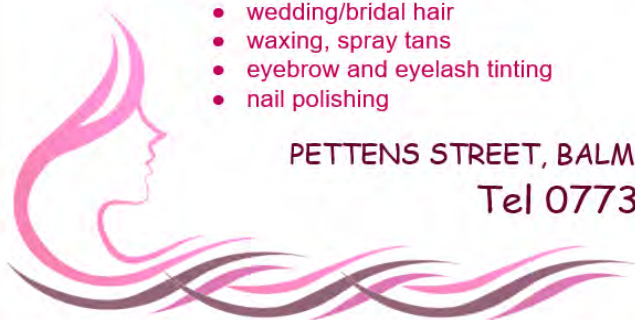


Caroline Anderson
Potterton Community Group

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- Holiday club will run during all school holidays

Manager: Lyndsay Fleming

email: manager@linksnurserybalmedie.co.uk

Tel. 01358 743094

BELHELVIE CHURCH of SCOTLAND

Parenting Course

Children don't come with a manual, and no matter how prepared we think we are to be parents every single one of us is on a steep learning curve when it comes to raising kids. A few years back we ran a Parenting course which was really well received and we've been asked if we'd repeat it again. It's a video series based on a resource called 21st Century Parenting and is full of good advice and reassurance. It looks at topics like self-esteem, setting boundaries and dealing with challenging behaviour and though it's aimed at parents of primary school age children, it's never too early to start thinking this stuff through! Each session has a short video lasting about 15 minutes, and that's followed by tea/coffee and a chance to discuss the material together and learn from each other. The whole session will last about an hour and a half at the outside. If there's enough interest we'd plan to run five evening classes in The Forsyth Hall on Sunday nights in September, beginning at 7pm on Sunday 2nd. The sessions are free-standing, so you're free to come and go as you can, and we're offering this at no charge to the community.

If you're interested, contact Paul McKeown on pmckeown1@btconnect.com or 01358742227 or on Belhelvie Church's FB page.



Trishaw

Staff and residents at Balmedie House had an exciting time back in May when they got trial 'shot' of the Trishaw that's being purchased for the Nursing Home with help from Belhelvie Church's Right Christmas appeal. Manager Ann Reid is pictured here down on the beach, and with the development of the walkways in the country park it will be wonderful to be able to take elderly residents down to the seaside where they can enjoy the views and the sea air. We are expecting the Balmedie House Trishaw to arrive in mid August and there will be training for anyone wishing to help out as a cyclist at that point. Please be in touch with Paul (details above) if you are interested in finding out more. Mainly Music – preschool music/movement class restarts on Tuesday 28th August @ 1:30pm in The Forsyth Hall. Spaces available – contact Jeanette Lamb jeanettelamb@btinternet.com or see the Belhelvie Mainly Music Facebook page. Sunday School restarts Sunday 26th August.

Please see Banter "Dates for your Diary" page for details of autumn events at Belhelvie Church.

Rev Paul McKeown 01358 742227



BALMEDIE CONGREGATIONAL CHURCH

11am every Sunday at the Wee Kirk in Rowan Drive,
Balmedie

A Scottish Charity – Number SC 022803

After the long, hot summer, we look back on some wonderful playscheme fun, games, crafts and an outing – our thanks go to the support staff involved. Meanwhile, our winter programme has now started. As well as our weekly church service, our Wee Kirk beside the Co-op also hosts many other activities:

Wednesdays at 11am a Womens' Group meets for coffee

Wednesday mornings, Better Balmedie use it as their Tea Bothy

Wednesdays from 6.30 to 7.30pm there's the Children's Craft Club

Fridays from 10am to 11.30am we have under 5's Group & Messy Play

Friday 3.30 to 4.30pm there's our embryo Boys' Brigade (with Girls) restarts 1st September.

Our building is ideal for small groups and anyone wishing to book it for a one off or regularly, please phone Catherine on 01358 743114.

As you will have seen, **Better Balmedie** have been very busy not just around the village, but also on the Church grounds, preparing the site for their new Community Garden, where they will bring on flowers and plants to be used throughout the village. Now the fence is up, the real work is about to start.

Recently we ran a Mini Gala, which was a successful event and we thank everyone who supported. We increased the number of various stalls this year and with so many gazebos the site looked full.

25th ANNIVERSARY

On Sunday 26th August we are to celebrate the 25th Anniversary of our Church. It is hard to believe that our congregation has been going for 25 years. For most of that time, we met in the Balmedie Leisure Centre and we are very grateful to those in the Centre for its support. As we look back through the years, we think of the various fundraisers, the original Boys' Brigade and Girls' Brigade. We remember those baptised, married and sadly those who have passed away.

Anyone, with any connection to our Church will be welcome to come and help us celebrate at 11am on 26th August. We are indebted to so many people over the years. Thank you everyone!

Rev. Andy Cowie (01224 703248)

POTTERTON CONGREGATIONAL CHURCH

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

Congregationalism is a form of church administration where each Church is independent in the government of its own affairs.

During the summer, our sister Aberdeen Churches, invited our young people (P5 and up) to join a five-day residential break, at Perth. They had an exciting programme of swimming, rock wall climbing, treasure hunting, karting, games and outings. The weather was fantastic and a great time was had by all.

Along with our sister Churches, and Dundee University we have sent a sewing machine to a Church in Malawi. The gift of the machine is to allow the Church to generate some income to allow it to be more self-sufficient.

The Scottish Grouping we belong to, Scottish Congregational Fellowship is starting to look to a big celebration. In 1620, Congregationalists, who had fled from England to Holland, returned to England, before setting sail from Plymouth on the Mayflower. They were later known as the Pilgrim Fathers.

We need to remember that history is frequently only written by the victors and so becomes one sided...

SIDE 1 Some of my English Congregational historians see the 'Mayflower' from another perspective, those on the Mayflower fled the country in the face of adversity and abandoned others to carry the 'flag' for 'freedom of worship' and many died for that freedom.

SIDE 2 The sailing of the Mayflower, seen as historic, as many of the survivors of that journey went on to be pivotal not only in establishing America as we know it, but in the writing of the American Constitution and their families went on to be Governors / Senators in many States. We aim to celebrate the 400th Anniversary of the sailing.

So we have two very interesting views, which makes history interesting. From a Church perspective, God will use us wherever we are and He works in mysterious ways. There are times we struggle to understand what is happening.

Rev. Andy Cowie 01224 703248



COFFEE HAVEN

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

Marianne Wray



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THANK YOU ROSIE!

This article is about someone who will absolutely hate the fact that she has been written about – so I take my life in my hands in deciding to press on. The news (which will not have been shared freely by the hero of the hour who is never one to boast) is that our very own Rosie Nicol has found herself in the spotlight, and all her hard work for the community over the years has been recognised.

Rosie has received an award from Aberdeenshire Voluntary Association (AVA) in recognition of years of volunteering in Balmedie and across Belhelvie Parish. (Here she is (right) receiving her Lifetime Achievement Award from Lorna Sandison of AVA). So many projects in our area would never have got off the ground without Rosie's vision, organisational skills and persistence. She has worked her socks off to promote the likes of Belhelvie Community Trust, The Sand Bothy, Better Balmedie, the Beach Wheelchairs Project – you name any community project and I bet Rosie's name will come up somewhere. She is an inspirational leader.



Rosie goes out of her way to praise and support the volunteers with whom she works, but finds it hard to accept any praise herself, insisting that achievements are a team effort. Of course she is right, but without someone to steer things in the right direction, achievements would be few. So - well done Rosie – and thank you for the wonderful commitment you show to our community.

Editor



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FOR A HAPPIER,
HEALTHIER SCOTLAND

BALMEDIE HEALTH WALKS

See Facebook: <https://www.facebook.com/groups/BalmedieHealthWalks>

Email: BalmedieHealthWalks@groups.facebook.com

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

Who needs a gym membership when we have such opportunities on our doorstep to be active? If you would like to get into regular walking, Paths for All free health walks run from Balmedie library every Thursday at 10.50am (for 11am start).

Walking is the ideal exercise for all – it can be easy, free and is always available. If you want to lose weight, get fitter, strengthen your heart, lower disease risk, increase your energy level or prevent dementia, regular walking can help achieve all these. And autumn will be the perfect season to get out there and enjoy some walks when the weather is not too hot or too cold.

So, whatever it is that you want to do - get fitter, meet new people or just feel better - walking is the easy way to a happier, healthier you. Our walks are short, low-level ones starting and finishing at Balmedie library with a social cup of tea or coffee for £1 at the Beachside cafe afterwards.

We're always looking for new walk leaders as well as walkers (Paths For All Walk Leader training will be given). We're also hoping to become a dementia friendly health walk in the near future. For more information look at this website:

<https://www.pathsforall.org.uk/pfa/health-walks/dementia-friendly-walking>

Dan Wood (07851 733096)



Here the Balmedie walkers are captured amidst the ox-eye daisies in the Magnificent 7s Woods.

NATURAL BELHELVE

Hello all, I trust that none of you forgot the Factor 100 during the wonderful summer? With the children back at school, time will fly and all too soon they will be practising for the Christmas Show. With the great weather, there has been no excuse for all of you to get out and forsake the telly, and there has and still is so much fascinating wildlife to see and hear.



Along the shore the terns will still be chattering busily as they fly along in search of a meal or two or three. With young to feed and of course themselves, it is busy busy. They are partial to sand eels, a small silvery fish that does look 'eel-like' but is really a fish! Confused, well the terns will not be, and indeed sand eels are the main food of many seabirds from puffins to guillemots.

Sand eels occur in huge numbers in great shoals, and often come close into the shore so that birds do not have far to carry them back for their bairns. Oh yes, puffins. Well a wee bit beyond the reach of Banterland, but if you want to see them at a spectacular place, then take a short drive up to the Bullers of Buchan. The terns, however, are all along the coast from Aberdeen north. They breed next to the Ythan Estuary near Newburgh. If you are getting the sand out of your sandwiches at Balmedie, you will see them diving for food. If you watch them closely you may notice that having dived headfirst and emerging, they frequently shake their body very fast. It is a bit odd for a bird that gets wet on a regular basis, but unlike ducks, terns do not have waterproofing on their feathers. Hence when they do get wet, they do the 'doggy shake' and the water droplets are shed.

The lovely weather earlier in the summer has been good news for one creature that surely everyone loves – the butterfly. Yes, I know that veggie gardeners will be throwing a fit and cursing the large white (aka Cabbage White) but that one apart, there are some real beauties on the go, and even 'white' butterflies are lovely! Did anyone see the lovely Orange Tip flitting about the flowers? It



has probably gone by now but there were good numbers. It is one member of the 'white' group and there are quite a few others. The Orange Tip has white wings but with a splash of orange colour on the tips of the forewings. Then there is the Green-Veined White, another lovely species. This one has white wings that are covered in a powdery green colour and there are very prominent veins, hence the common name.

Neither of these 'Whites' will eat your cabbages, they both prefer a delightful wildflower known as Cuckoo Flower. Each species of butterfly, and moth for that matter, have their own favourite plant on which they lay their eggs. Now, you never see a butterfly on the wing and holding a 'guide to tasty plants' book, they are much cleverer than that. When they land on a plant and they want to know if it is a cabbage or cacti, they 'feel' the surface with their tootsies, and amazingly they can tell what it is, using sensor hairs on their feet!

Now that is a party trick that you can try at your barbecue, off with socks and walk blindfold over some thistles. I am sure that you will 'feel' what they are!

Do get out and about and enjoy the natural world around Belhelvie this autumn.

Bob Davis

CRAFT CLUB

Another term has started at craft Club. It's been great to see some new children come along to the club. We ran our Summer Play Scheme week, which was a great success - trio day was fantastic at Alford. This year we tried something new during the summer holidays - we ran a few Pop Up Kids Craft mornings where we made various crafts from painting ceramic trains to hama beads and more. Craft Club runs evening Wednesday (term time) 6.30 - 7.30pm at Balmedie Congregational Church hall, £1.50 per week.

All school children welcome.

Diane & Catherine 01358 743114

PARENT & TODDLER /MESSY PLAY GROUP

Our group runs every Friday, 10-11.30am, in the Balmedie Congregational Church hall. £2 per child includes juice & snack/ tea & coffee/cake for the adults. It's been great to see new parents coming along and meeting others from the village. We have been having much fun especially with our messy play - creating lots of mess with foam, jelly, Angel Delight, gloop and more. Alternative weeks we have a variety of toys for the children /babies to play with and explore. Follow our Facebook Page for info.



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Diane 07850 235215

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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.

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Is the monster keeping you or your children awake at night - or unable to concentrate during the day? Do you have any of these: nausea, bloating, stomach cramps, upset stomach, vomiting, indigestion, acid reflux, heartburn?

- Feeling you have a monster in there may be due to your spine bones not being in the best position. This affects and interferes with the all-important communication between brain and stomach.

OR

- Stomach is being pulled out of position because of scars or injuries. Special cling-film like connective tissue supports all the organs as well as linking organs to muscles and to bones.
- Thus imbalances in the boney structure affect all the organs, including the stomach.
- So a problem somewhere else could give you that 'monster' feeling...

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- move the spine around in specific ways to help correct these 'stuck bits' or as we call them, subluxations. This allows the brain to send its messages to the nerves of the stomach to help it work more efficiently i.e. secrete acid when and where it is meant to. If acid gets into the tube between mouth and stomach – we get heartburn. Specialised nerves control the pace at which your body digests food, so it is important to keep our structure as efficient as it can be.
- massage the belly to ease tension there – a place where we can store emotions as undigested feelings. Pain usually reduces. Babies with colic love belly massage.
- mobilise the stomach to help the surfaces glide and move smoothly one on another. Operations or injuries can create scar tissue and sticky bits (adhesions) that create problems.
- create feelings of wellbeing through working with their hands and energy lines.
- improve digestion and absorption through relaxation effects. De-stressed bodies are more efficient. Breathing becomes deeper and this helps in pain relief, too.
- improve blood supply to the stomach and neighbouring organs, this also improves drainage lessening the likelihood of bloating and congestion.

Reflexology can help the stomach do its job of killing unwanted bacteria, secreting special chemicals to digest our food and improves the way it churns our food.

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Maggie Brooks-Carter

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BETTER BALMEDIE

At the time of going to press, we just can't believe how fortunate we have been with this warm spell of weather. It wasn't easy to keep on top of all the watering that the planters in the village needed but we did our best and avoided most of the plants drying out. We would like to thank anyone who managed to keep planters situated near to them watered. Every little helps.



We are pleased to report that the perimeter fence has been completed at our new Better Balmedie base beside the Congregational Church in Rowan Drive. We are now in the process of getting it painted and look forward to busy times in our new abode, thanks to Rev. Andy Cowie. We have also been lucky enough to have a second-hand shed donated and, with the help of volunteers to erect it, this will soon be functional. Our aim is to create a community garden that can be enjoyed by all.



We enjoy making Balmedie a beautiful place to live and are always delighted to get positive feedback. Our efforts of this past season have triggered many compliments and folk report that they enjoy the colourful displays around the village.

We continue to try to raise money to plough back into making Balmedie beautiful and our plant sales have been very popular (see photograph). We also have bags of logs, which have been cut from fallen trees in the area. These are for sale at £2.00 per bag with free delivery within the parish - phone Wishart on 01358 742884.

We are continually busy keeping up to date with the growing needs of each season. If you would like to volunteer your services, no particular skills required just a willingness to work, please come along to find out more. You'll find us at the Congregational Church by the Co-op on a Wednesday or Saturday between 10.00 and 12.00. We'd love to have you in our Better Balmedie Team.



Allan Jeffrey



dickiespharmacy

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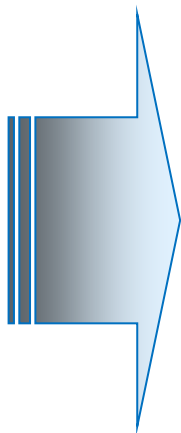
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Thursday 10.00 - 13.00
Friday CLOSED
Saturday 10.00 - 13.00

Tel: 01358 281070

The first Wednesday of each month (term time only), from 14.00 to 14.30, there is a **Rhyme Time** session for under-fives, why not come along and join in the fun?

Our **Knit & Natter Group** is as busy and productive as ever. They are a very friendly group and extend a warm welcome to new members. Apart from knitting lovely items for themselves they also knit & crochet items for various charities. They meet here every Thursday morning from 10.30-12.30.

Our **Lego Club** is proving to be very popular, there are a couple of spaces available for children aged 8 and over on Monday nights from 6.00-7.00pm. Please contact the library if you would like to come along.

By the time you get your Banter, we will be coming to the end of our Summer Reading Challenge. This is always a fun and accessible activity for children of all ages and aims to promote reading, encourage progression, support curricular outcomes and involve children in a cultural activity. We are delighted not only with the number of children who have taken up this reading challenge but also with the wonderful enthusiasm shown.

John Hopkins and Dave Purser have been very busy over the last few months taking photos around Aberdeenshire and compiling another quiz. The photos will be on display in the library from mid-September along with the quiz sheets. Pop into the library and see how many places you recognise and then fill in the quiz sheet.

Why not step into your local Library and find a whole new world where our helpful staff will assist you to get the most out of your library experience. We look forward to seeing you.

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

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markwinpenny@aol.co.uk **07921 084 365**

Ellon • Balmedie • Aberdeen

62 62A N62 X62

MONDAY TO FRIDAY

Service No.	62	62	62	62	62	62	62	62	62	62	62	62	62	62	62	62	N62	N62	N62
Balmedie Blairton House	0640	0738	0820	-	1025	1125	1225	1325	1440	1551	1910	1940	2010	2043	-	-	-	-	-
Balmedie White Horse	▼	▼	▼	0925	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Balmedie Eigie Rd 1st stop	0642	0740	0822	0927	1027	1127	1227	1327	1442	1553	1911	1941	2011	2044	▼	▼	▼	▼	▼
Aberdeen Union Street	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	0140	0319	▼
Aberdeen Union Square	0724	0830	0906	1003	1103	1203	1303	1403	1522	1629	1945	2015	2045	2124	-	-	-	0459	-

SATURDAY

Service No.	62	62	62	62	62	62	62	62	62	62	62	X62	62	N62	N62	N62
Balmedie Blairton House	0731	0831	0925	1025	1125	1225	1325	1440	1540	1640	1834		-			
Balmedie White Horse	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼		1950			
Balmedie Eigie Rd 1st stop	0733	0833	0927	1027	1127	1227	1327	1442	1542	1642	1836	▼	1952	▼	▼	
Aberdeen Union Street	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	0140	0319
Aberdeen Union Square	0807	0907	1003	1103	1203	1303	1403	1518	1618	1718	1918	2005	2029	-	-	0459
												</				

F Friday only

SUNDAY

Service No.	X62	62A	62A	62A	62A	62A	62A	62A	62A	62A	62A
Balmedie Blairton House	0738	1009	1109	1209	1309	1409	1509	1609	1709	1809	1909
Balmedie Eigie Rd 1st stop	0740	1011	1111	1211	1311	1411	1511	1611	1711	1811	1911
Aberdeen Union Square	0815	1054	1154	1254	1354	1454	1554	1654	1754	1854	1954

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62 62A N62 X62

MONDAY TO FRIDAY

Service No.	62	X62	62	62	62	62	62	62	62	62	62	62	62	62	62	62	N62	N62	N62
Aberdeen Union Square	-	0602	0655	0855	0905	1005	1105	1205	1320	1420	1555	1610	1650	1720	1755	1835	-	-	-
Aberdeen Union Street	-	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	0015	0145	0325
Balmedie White Horse	-	▼	▼	0925	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Balmedie Eigie Rd 1st stop	-	▼	0736	-	0944	1044	1144	1244	1359	1459	1634	1647	1731	1801	1831	1912	▼	0207	0347

SATURDAY

Service No.	X62	X62	62	62	62	62	62	62	62	62	62	62	62	62	N62	N62	N62
Aberdeen Union Square	0610	0710	0805	0905	1005	1105	1205	1320	1420	1520	1620	1720	1915	-	-	-	-
Aberdeen Union Street	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	0015
Balmedie White Horse	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	0145
Balmedie Eigie Rd 1st stop	▼	▼	0844	0944	1044	1144	1244	1359	1459	1559	1701	1801	-	▼	0207	0347	-

SUNDAY

Service No.	X62	62A	62A	62A	62A	62A	62A	62A	62A	62A	62A
Aberdeen Union Square	0615	0800	0900	1000	1100	1200	1300	1400	1500	1600	1700
Balmedie Eigie Rd 1st stop	▼	0839	0939	1039	1139	1239	1339	1439	1539	1639	1739

Peterhead • Ellon • Aberdeen

60 61 X60

MONDAY TO FRIDAY

Service No.	61	X60	61	X60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	61
Balmedie opp Blairton House	0552	-	0653	▼	▼	0803	0850	▼	▼	▼	▼	▼	▼	▼	▼	1514	▼	▼	1739	▼
Balmedie Eigie Road 1st stop	0554	-	0655	▼	▼	0805	0852	▼	▼	▼	▼	▼	▼	▼	▼	1516	▼	▼	1741	▼
Aberdeen Union Square	0624	-	0725	0750	0806	0841	0925	1020	1120	1220	1255	1320	1420	1520	1540	1620	1715	1810	1905	1931

MONDAY TO FRIDAY cont.

Service No.	61	61	61	61
Balmedie opp Blairton House	▼	2103	2203	▼
Balmedie Eigie Road 1st stop	▼	2105	2205	▼
Aberdeen Union Square	2026	2135	2235	2326

SATURDAY

Service No.	61	61	60	X60	60	60	60	60	60	60	60	60	60	60	60	61	61	61	61	61
Balmedie opp Blairton House	0633	▼	0754	-	0854	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	2103	2203	▼	▼
Balmedie Eigie Rd 1st stop	0635	▼	0756	-	0856	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	2105	2205	▼	▼
Aberdeen Union Square	0705	0751	0825	-	0925	1020	1120	1220	1320	1420	1520	1620	1720	1820	1926	2026	2135	2235	2326	-

SUNDAY

Service No.	61	61	61	61	61	61	61	61	61	61	61	61	61	61	61
Balmedie opp Blairton House	0856	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	2003	▼	2203
Balmedie Eigie Road 1st stop	0858	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	2005	▼	2205
Aberdeen Union Square	0929	1028	1128	1228	1328	1428	1528	1628	1728	1828	1934	2036	2131	2236	2331

Aberdeen • Ellon • Peterhead

60 61 X60

MONDAY TO FRIDAY

Service No.	61	61	61	61	60	60	60	60	60	60	60	60	60	X60	X60	60	60	60	61	61	61
Aberdeen Union Square	-	0630	-	0730	0850	0950	1050	1150	1250	1350	1450	1535	1630	1705	1745	1845	1940	2040	2140	2240	2340
Balmedie Eigie Rd 1st stop	-	▼	-	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	2107	2207	2307	▼

SATURDAY

Service No.	61	61	60	60	60	60	60	60	60	X60	60	X60	60	60	61	61	61	61	61	61
Aberdeen Union Square	0730	0830	0950	1050	1150	1250	1350	1450	1550	1630	1650	-	1800	1900	1940	2040	2140	2240	2340	-
Balmedie Eigie Rd 1st stop	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	2107	2207	2307	▼	-

SUNDAY

Service No.	61	61	61	61	61	61	61	61	61	61	61	61	61	61	61
Aberdeen Union Square	0935	1035	1135	1235	1335	1435	1535	1635	1735	1835	1945	2045	2145	2245	2345
Balmedie Eigie Rd 1st stop	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	2112	▼	2312	▼

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 (Balmedie)	<div> <div></div> <div> All enquiries to Ian Thomson balmedie@gordondistrictscouts.org.uk </div> </div>	07743 844040
Cubs (Potterton)		
Scouts, Explorer Scouts		
Rainbows (Balmedie)		
Rainbows (Potterton)		
Brownies (Balmedie)		
Brownies (Potterton)		
Guides (Balmedie)		
Rangers (Potterton)	Claire via website www.girlguiding.org.uk	
	Pauline Wood	01358 743002
	Marianne McIntosh	01358 724231
	Katherine Hebron Scott	01330 833448
	Christine Coldwells	07766050457
	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	Cairnfold 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 0AZ	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 Dougie Ford	01358 742474
Bridge of Don Academy	HT Daphne McWilliam	01224 707583
Ellon Academy	HT Pauline Buchan	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	Egie 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 Wallace	01358 743595
Belhelvie Community Trust	Rosie Nicol	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

Autumn DATES for your DIARY

Sept	Fri 28	World's Biggest Coffee Morning	Homestead, White Cairns	10am
Oct	Tues 4	Indoor Bowling re commences	Potterton CEC	14.30-16.30
Weekly				
	Mon	Knit & Natter	Potterton CeC	14.30 -16.30
	Wed	Ladies Group	Congregational Church	10.00
	Thurs	Knit & Natter	Balmedie Library	10.30-12.30
	Thur	Health Walks	Start Balmedie Library	10.00
	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
	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
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 Leis. Centre	15.30- 17.00
	Mon	Lego Club, Over 8's, restarts 27 Aug	Balmedie Library	18.00- 19.00
	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	18.00-19.15
	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	Under 5's Messy Play Group	Congregational Church	10.00-11.30
	Fri	Girls & Boys Brigade	Congregational Church	15.30-16.30
	Fri	Scouts	Potterton CEC	19.00-21.30
School Holiday Dates				
Aug	Tue 21	First day of Autumn Term	Balmedie, BoDA, Ellon	
Sept	Fri 21	Local Holiday	BoDA	
Sept	Mon 24	Local Holiday	BoDA	
Oct	Fri 29	Last day of Autumn Term	Balmedie, BoDA, Ellon	
Oct	Mon 29	First day of Winter Term	Balmedie, BoDA, Ellon	
Nov	Mon 12	In-service Day	Balmedie, Ellon	
Nov	Tues 13	In-service Day	Balmedie, Ellon	
Nov	Fri 16	In-service Day	BoDA	

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email: belhelviebanter@live.co.uk



ALADDIN



8TH - 24TH DECEMBER 2018

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