

BELHELVIE BANTER

Balmedie : Whitecairns : Belhelvie : Potterton : Blackdog



EDITION 37

DECEMBER 2018

CONTENTS

3	It's been a Blast!
5	Andy's Back!
7	Balmedie School
8	Parish Threads
10	Balmedie Rocks!
11	Stella's Voice
14	Leisure Centre
18	The Sand Bothy
22	Belhelvie Community Council
23	Changing Lives, Supporting Communities
25	Natural Belhelvie
26	Hooked on Alpacas
27	Grit Fairies
29	Snow Problem
30	Scouting
31	Belhelvie Botheration
38	Balmedie Brownies
39	Guides & Rangers
42	Neck Whiplash
46	A Word from the Doc
48	Belhelvie Church of Scotland
51	New Hope Church & School Dates
53	English Conversation Club
54	Potterton Community Group
57	Balmedie Library
59	Neighbourhood Watch
60	Learn to Sing
66	Who's Who
68	Winter Dates for your Diary

EDITORIAL



Winter has crept up on us again – although we can hardly complain after our wonderful summer which has hopefully recharged everyone's batteries. The nights are now drawing in; the central heating's getting a boost and the stacked logs are about to take a beating. And of course, here's your Winter Banter arriving through your letterbox. Can it get any better?

I'm left with only a small space for the Editorial this time as articles and events have been coming in thick and fast – always a positive sign for us. So, I'm going to be brief (I hear you cheer) and without more ado, on behalf of the Banter Team, I'd like to wish all our readers, advertisers, distributors and contributors an exciting winter full of celebration, safe journeys, good health, happy families and warm homes. Add to that a Merry Christmas and a very happy 2019 to you all. Enjoy!

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!

BANTER DEADLINE DATES 2019

Edition:	SPRING (Ed 38)	SUMMER (Ed 39)	AUTUMN (Ed 40)	WINTER (Ed 41)
Deadline for articles & ads	Friday 18th Jan	Friday 19th April	Friday 26th July	Friday 25th Oct
Delivery begins	Saturday 16th Feb	Saturday 18th May	Saturday 24th Aug	Saturday 23rd Nov

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
Whole back page advert	£120	£100 each ed.
Whole page advert	£90	£80 each ed.
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.



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THANK YOU ALAN – IT'S BEEN A BLAST!



Alan Smith, Whitecairns resident and a vital link in the Banter team for the last 9 years, has decided it's time to sail off. We, at Banter, have always been incredulous at how Alan has been able to fit his role of Banter Design and Production Manager into his very busy life, but, thankfully he has – and he has been invaluable to us over the years. As well as doing his bit for Banter, Alan is a keen sailor, farmer, violinist... you name it, he's done it. With his usual enthusiasm, he throws himself into everything he does, be it travelling the country playing in a band, planning and renovating houses, driving tractors or herding sheep. We are sad to see Alan go. It has been a real privilege to work with him and we wish him well with the countless projects he juggles.

To our rescue has come Carol Menlove of the Menie area and we welcome her into our team. She is well-qualified to work as our new Design and Production Manager, having previously worked as a graphic designer with Aberdeenshire Council. This edition of Banter has been Carol's first and, in getting to know her, we know we will enjoy having her in our team.

Talking of our management team, perhaps it's time to introduce our motley crew to Banter readers. Below is a photograph taken as we sent Alan on his way to pastures new. From left to right are: Carol Menlove (new Production & Design), Shuna Jenkins (Advertising), David Moss (Treasurer), Alan Smith, Jess Petrie (Editor), Philip McHardy (Website) with, at the front, Paul Collier (Distribution). Now you can put names to faces! However, our Banter Team is much more than this. There are many others who make Banter possible. Vital to our success are our talented contributors, our willing distributors and of course our advertisers who support our production. Thanks everyone. And if anyone else would like to join our band of volunteers, just get in touch. We'd love to have you on board!





FESTIVE MENU

AT THE WHITE HORSE

FROM MONDAY DEC 3RD TILL 24TH

2 COURSES : £21 PER PERSON

3 COURSES : £24 PER PERSON

STARTERS

Spiced carrot and parsnip soup and crusty bread (v)(gfo)

Seafood cocktail, thousand island dressing and crusty bread (gfo)

Winter game pate with a cumberland sauce and melba toast (gfo)

Cranberry and bacon tartlet with mixed leaves

MAIN COURSES

Traditional turkey roast dinner and all the trimmings (gfo)

Festive nut roast with ratatouille and baby potatoes (v)

Baked fillet of salmon with a herb crust,
green beans and hollandaise sauce (gfo)

6oz rump steak with a slice of haggis and a bacon and onion gravy

DESSERTS

Cloutie dumpling and a Drambuie sauce

Mince meat and apple crumble with custard

Homemade chocolate brownie with chocolate sauce,
vanilla ice cream and toffee popcorn (v)

Toasted marshmallow and winter berry sundae (gf)

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ANDY'S BACK!

Travelling from Ellon southwards, you can't fail to notice the new billboard heralding the arrival at The White Horse of a new head chef. The name "Andy Jeffrey" stands tall in the yellowing

landscape and whets the appetite to find out more, so a visit to The White Horse in Balmedie is in order.

It turns out Andy has in fact returned to his roots in Balmedie, having grown up here. He has had a varied career as a chef in hotels across the UK, developing his skills and moving up the career ladder. Working at the Queens Hotel in Aberdeen when it was sold to the Malmaison chain, Andy worked within the team overseeing the setting up and development of the new hotel. This led to working across the UK in Malmaison hotels at Heathrow, Liverpool, Manchester, and Oxford to name a few. Taking the helm and catering for functions of over 750 guests became the norm.

Andy is excited by the changes he is bringing to The White Horse. Over the four months he has been here, he has introduced a new, bigger choice menu, which has had excellent reviews from diners. He guarantees that he is here for the duration, providing the continuity and stability necessary for a successful business to thrive. Andy's standards are high – he insists on the highest quality ingredients and buys locally when he can. For example, the beef he serves, has previously grazed in the nearby fields of Aikenshill Farm.

Little did the 12-year-old working as a pot-scrubber at The White Horse think that he would become an award-winning chef and return to his roots years later. Andy attended Balmedie School and Bridge of Don Academy before studying at Aberdeen College. He has always loved cooking, starting at the early age of seven, using his mother's cookbook. Being back at The White Horse brings back memories and Andy is enjoying reacquainting himself with old friends while welcoming new customers. He talks with excitement and commitment about his job and his plans to excel at what he does. It is obvious that whatever Andy turns his hand to; he throws himself into it 100%. How lucky is the White Horse in reeling him back to Balmedie?

Like many others in the hospitality industry, Andy's free time is precious. His priority is to spend as much time as he can with his three-year-old daughter. It's a busy time for him though and, for the moment, his other loves, painting, music and football have to take a back seat.

Andy recognizes that flexibility within this job is essential. He is anxious to receive feedback from customers so that he can make necessary changes to his menus in order to keep The White Horse a community hub and one of the top dining experiences in our area.

Editor

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BALMEDIE SCHOOL

Congratulations to Pettens House for receiving the most points this term. Unfortunately they didn't get their treat at the end of last term due to wet weather, but can look forward to it in term 2.

Congratulations too, to Mr Ford for surviving his first term as Head Teacher of Balmedie School. We hope he is settling in well and enjoying being a part of the Belhelvie Parish community. He will be contributing in the next edition of Banter, so watch this space!

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 Egie 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 Winter entertainment programme for what remains of 2018. There's more to come in the new year!

20 November

'In the Mood'

4 December

Mabel Schneider: Alpaca Visit and Talk

18 December

Christmas Party

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



We forgot to tell you about our previous front cover on the autumn edition of Banter. Young people from Belhelvie Church 1-Up group brightened up a wall at the Church with this creation, helped by Jo Thomson and Mary and Chris Cane. What a great idea!

This edition's wintry cover is by talented Balmedie photographer, **Neil Donald**. More of his wonderful photography creations can be seen on his Facebook Page: *Neil Donald Photography*.

PARISH THREADS

Shortbread and the Whitecairns Fire Ball



‘Looks like a storm’s brewing, I’ll just go and move Dad’s car’ said Sydney Rose one morning in the early nineteen fifties. He walked outside the Whitecairns Hotel in a darkening sky. Having moved the car he saw a small ball of sparkling light floating up the road towards him. He had never seen anything like it. Car keys in his hand he stood and stared while the strange apparition continued its journey up to his roof. To his astonishment it vanished down one of the hotel chimneys. Just as he ran back inside to tell the family, there was an explosion closely followed by the sound of falling masonry. Sydney hurried from room to room to see what had happened. His wife Audrey appeared at the top of the stairs looking startled... ‘I was upstairs in the passage and the sitting room fireplace just fell in.’ She said through a dusty cloud. **‘What did you do?’** She most likely added loudly. ‘Nothing,’ he would have replied or quite likely **‘I-didn’t-do-anything.’** Upstairs their family sitting room was a mess of dust and plaster. It had been a close call for Mrs Rose and now where was Katy the maid? They searched and hallooed. Katy, a nervous girl who came daily from the Kingseat hospital to work, could not be found.

Through the decades the story of Sydney’s fireball that deliberately flew down a chimney along with the disappearing maid stayed in the family as one of the tallest tales ever at the ‘Whiteys’ bar.

Last month I watched a grandson floss dance across a frozen yogurt store. I saw he only half filled his carton from the machine. I’ve left room for the bobas.’ he said ‘They’re great’. ‘Bobas’ were new to me... it made as much sense as the new dance he is able to do so fast. ‘You know like bubble tea’ he added unhelpfully. He went to the counter where the sweet toppings were lined up. ‘Look’ he said as he spooned

as many glistening red globules as would fit and then some more that rolled back into the tray. 'Try some,' he generously offered before we'd bought them, 'They're truly delicious'. And so I did. The round berries burst into sweet juice that tasted too sweet to be natural but otherwise were very like red currants. I realised this was the new phenomenon of engineered food. All the way home I wondered how they had been made. Cellulose as a skin I thought, but how? Frozen? Dipped? I googled it and discovered 'molecular gastronomy'. If Sydney had owned a computer he would have found that the fire ball he saw was an unusual form of lightning called a plasmoid and, although rare, it has been recorded attaching itself to high points like church towers and going down chimneys. In 'Little Women' they try to stamp on one when it appears out of their hearth. (Not a good idea by the way). 'Bobas' or bubbles, it turns out are made by dropping syrup and sodium alginate into a salt solution where the liquids work like oil and water. The materials for making them were available online and it turned into a fun activity, part chemistry, part family memory in the making.

As you know the weaving of personal experience and the history of Belhelvie is never far from my mind. Before I left home Innes Christie said the reason the Reverend Forsyth had invented the percussion cap was not to help the British Army (which he did) but so that he could shoot ducks more efficiently down in the marshes of Belhelvie near the Manse. In America we were invited to a grandson's school cultural exchange evening. Families were encouraged to 'show and tell' their favourite food. I wrote a pretty piece about how shortbread came to be, being neither short nor bread. Apparently, leftover scraps of dough sweetened and re-baked became 'bisquite' (twice baked) bread and then with shortening added became short biscuit bread which was a bit of a mouthful so was shortened to short bread. Shortbread is still given at Christmas and in some parts it was broken over the heads of newly married couples. Along with the description of the petticoat tail shape based on the pattern for the hooped skirt as would have been worn by Mary Queen of Scots, my description was most engaging if I say so myself. I left a piled tray of the Scottish delicacy on the classroom table and set about a cultural exchange. With my back to some challah bread, I was enjoying a plate of Afghan Pilau rice when I found myself chatting to one of the Dads who turned out to be an exiled member of the Mujahedeen. As I listened to his sad tale of war and cultural loss, I could only nod and chew over how different lives can be. Although he never mentioned it, I think there would have been many times when he would have used the Reverend Forsyth's invention (still used in grenades) up in the hills of his home country. I turned away to see how my shortbread was going and saw it had been devoured by 12 year old wolves... my typescript remained untouched.

The maid at the White Cairns Hotel was found safe by the way. Val, Sydney's daughter says that when Katy heard the noise upstairs she had run to a cupboard and held her hands over her ears.

Mary Cane



BALMEDIE ROCKS!

Our new contributor, young mum, Emma King finds a new opportunity to share.

Have you come across any beautifully decorated stones out and about in the area? Over the past few months there have gradually been more and more appearing on the beach, in the parks, nestled amongst the flora and along street paths. In fact, only last month a rock from Norfolk was found at the Sand Bothy. Where has this trend come from? And why is it gaining in popularity?

It's strange to think that it all started with a pebble on Cape Cod in America and the project then skimmed its way across the pond to our shores and further. The Kindness Rocks project was founded by Megan Murphy in 2016 when she left a rock with the words "You've got this" on Cape Cod beach. It was found by a friend which then inspired her to continue to leave rocks with positive messages in the hope they would find the right person at the right time.

Love on the Rocks is the UK's largest rock painting Facebook group dedicated to this activity, but villages and towns all over the country have also come on board. In fact, a number of the rocks found on Aberdeen Rocks Facebook page were found on our own Balmedie Beach.

The idea is that you paint a picture or a message on a rock and on the bottom of the rock you leave instructions to re-hide it. Whoever finds the rock then posts a message on the accompanying Facebook page and details where and when they found it.

This trend has evolved into an activity that captures the imagination of young and old alike. Rocks are painted as a fun activity for kids, as well as to support particular charities, events or movements. A recent suggestion is that with Remembrance Day approaching, people can paint a poppy and underneath write the name of a local soldier who fell in the War. This allows the names of the fallen to be remembered in their hometowns.

It is also an opportunity for those struggling with loneliness and anxiety to be a part of a community group without the pressures of face-to-face interaction. There is the thrill of seeing your painted rock on the Facebook page and the anticipation of where it might end up. In fact, back in July a Hampshire Rocks Facebook page had a picture of one of their rocks that had been found by a walker in the Highlands!

In a day where everything costs money and many people are feeling the pinch, this is a hobby that costs very little and encourages people to get out into the fresh air. All you need is a rock, permanent pens (Sharpies seem to be the most popular) and a little imagination. You can use rocks found outside, or you can buy bags of rocks from shops such as The Range. Write the name of your local Facebook Rocks page (Balmedie Rocks), hide your rock and wait to see how far it travels.



You never know who might benefit from your rock. Remember, Balmedie Rocks!

Emma King

SUPPORTING 'STELLA'S VOICE'

I'm sure you will all have heard of 'Stella's Voice' charity, but do you know the story behind the name? Stella was a Moldovan orphan who died of AIDS as a result of being trafficked. To prevent this happening to other children in Moldova, a group, originally in the Peterhead area, set up a charity with the aim of protecting the most vulnerable from human traffickers. Orphanages have been set up for younger children but once they reach the age of 15, they must leave this care. To support them further, Stella's Voice has built houses where they can stay so that they can continue their education. The young people are totally dependent on Stella's Voice, which provides safety, shelter and provision for their needs, all within a caring family environment. Training, life-skills and apprenticeships are provided to ensure that each person fulfils his or her potential. The Charity depends on donations and at Christmas time, representatives visit villages and orphanages in Moldova to share donations with those who would not otherwise receive and Christmas gifts.

Margaret Murison from Balmedie has taken this charity to her heart and works tirelessly to organise such gifts. Can you help? You can either make up your own parcel by filling a shoebox with appropriate items, or you can give Margaret separate items that she can fit into a shoebox. Every little helps. If you would like to drop off some items to Margaret, please phone her on 01358 742285.

Stella's Voice needs: stationery items (for school), personal care items such as shampoo, shower gel, toothpaste, hair accessories etc and clothing, shoes bedding, quilts and blankets. You wouldn't get some of these into a shoebox though. Household goods are also welcome including washing liquids, cleaners and mops.

The downside is that we are very late in telling you about this. Your Banter will be delivered just before the deadline for handing in donations (18th November) so you will have to get your skates on if you are going to make it in time. However, Margaret organises this every year, so, next year, as you are beginning to think about Christmas 2019, hopefully you will remember Stella's Voice.



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Belhelvie Christmas Tree



of Remembrance

Delighted to share that this year everything is in place to have a mains power supply connected for the lights on the 'Belhelvie Christmas Tree of Remembrance'. This special project is in its third year and is in memory of those who have passed away, are living abroad, or those who cannot be around for the festive period.

Again, there will be tree baubles available from Cadgers Garage to write a message for loved ones, to decorate and attach to the tree. To buy your bauble, please put your £5 donation in a sealed envelope and drop off to the Cadgers Garage weekdays between 8am and 5pm from Monday 19th November. The proceeds from this will be put towards the ongoing tree/event costs and future village projects.

We are suggesting the community decorate the tree during daylight hours over the first week of December as the ****Community Carol Singing event will be held on Friday 7th December at 7pm, around the tree****. The singing will be led by some of the Belhelvie Church Choir and we will have warm mulled wine (non-alcoholic) and mince pies. Wrap up warm, and in the event of really bad weather we will meet up at the Belhelvie Church Hall.

Again, we wish to thank everyone who has contributed to the success of this project so far; bringing the community together whilst making the village 'affa' bonny at this time of year.

If you would like to help with this project, have a donation or any other ideas to further enhance the village please get in touch with either Raymond - raymond.m412@gmail.com Mobile 07526601925 or Annie - annie.grant@hotmail.co.uk Mobile 07848 805992.

Balmedie Leisure Centre has been at the heart of our community for over thirty years. It's home to playgroups, hobby groups, sports clubs, ballot boxes, dance and ballet classes, family parties and community dramas. From

cradle to grave, or toddler groups to funeral wakes, this unassuming building has accompanied villagers through everyday events, through the seasonal cycle of village meetings, celebrations and through family anniversaries and national occasions. It continues to grow, develop and adapt to suit all ages, genders and creeds and with that comes recognition and success.



There is no doubt that one of our greatest successes is our Beachside Coffee Shop. In fact we had good cause to celebrate this June when they were picked as finalists in the Best Afternoon Tea awards organised, by Karen Black, General Manager of Hospitality Training. The Awards Ceremony was held at the Elphinstone Hall a truly fantastic building within Aberdeen's University. It really was a wonderful evening - good food, delightful wines, great company but we knew the competition was going to be tough when we saw who the other finalists were: Banff Springs Hotel, The Barn, The Cock & Bull, Linsmohr Hotel, Porterhouse Steakhouse, Saplinbrae Hotel & Lodges.

Sadly we didn't win - apparently our scones were too big! But it was a fantastic achievement for our coffee shop. Congratulations though must go to the winners Saplinbrae Hotel and runners up Porterhouse Steakhouse. We still had a fantastic night especially our cook Angie, whose son Kyle Jackson went on to win Pastry Chef of the Year for the Cock & Bull. Well Done Kyle - mum has obviously taught you well!

The search for funding continues for the new football pitches, car park extension, landscaping, fencing, coffee shop play area and fitness suite extension. Hopefully, by the time the Banter is distributed, the toilet and shower refurbishment and the revamp of our new reception/office will have been completed along with new furniture for the office, lobby and Beachside Coffee Shop.

Finally the festive season is just around the corner; therefore on behalf of all staff and committee I'd like to wish everyone a very Merry Christmas and a Happy New Year. Just to put you in the mood for the coming festivities we have planned some fantastic events. November 10th and 11th we have our annual Holistic Fair, 1st December the Gingerbread House community event will be held in the Beachside Coffee Shop, plus Belhelvie Church will hold their annual Christmas Eve service in the Small Hall. We would love it if you could attend so please don't miss them. Do check our website, notice boards, and the Banter for more details.

Bill Murray

Voluntary Committee Chairman

Community Gingerbread Winter Wonderland

**Saturday 1st December at
Beachside Coffee Shop
6pm to 8pm**

Balmedie Leisure Centre and Belhelvie Church invite you to join us in celebrating Christmas and raising money for North Sound 1's Cash for Kids.

Bring along a decorated gingerbread house between 12 and 2pm on the day, and it will become part of our Winter Wonderland display. Doors re-open at 6pm for carols, refreshments and community spirit!

£1 donation per entry,
for Cash for Kids.
Refreshments are free.



Beachside Coffee Shop

Egie Road, Balmedie AB23 8YF Tel 01358 742003

We would like to wish all our customers a very merry Christmas and a happy New Year. Thank you for your support over the past year. We are looking forward to our new **Gingerbread Village event** on the 1st December. Join in with your own gingerbread creation and start your Christmas celebrations with this wonderful community event.

Please be advised of our revised opening hours over the festive period:

w/c 17th Dec, open 9am - 4pm (food served until 2.30pm)

CLOSED - 24th, 25th, and 26th Dec.

27th, 28th, 29th, 30th Dec, open 10am - 3pm (food served until 2.30pm)

CLOSED - 31st Dec, 1st and 2nd Jan.

3rd, 4th, 5th, and 6th Jan, open 10am - 3pm (food served until 2.30pm)

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THE SAND BOTHY

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The Sand Bothy Kiosk will close at end of October and re-open again in the spring. However the Bothy is available all year round for bookings for classes, groups, small meetings, workshops. Because of limitations on space, we don't do children's parties or exercise classes, but will otherwise consider your requests.

Santa at The Sand Bothy

Saturday 8th Dec
& Sunday 9th Dec
12noon to 4pm

Gifts from Santa, stories,
crafts, raffle and
refreshments



£5 per child

It's been a busy year. The kiosk has been open every weekend since the beginning of April selling refreshments to visitors to Balmedie Country Park. We have hosted a fun Easter Egg Hunt, complete with a visit from alpacas. We held a Fun Day jointly with RNLI raising funds for both our organisations. We had a Puppets and Picnics day too which was very popular with lots of little visitors to the park. We have had several workshops including weaving, straw work, family history, house plants. We had visits from Musical Monsters and Mud Pies and co-hosted mindfulness walks. Vattenfall came to the Bothy for a family Fun Day and we opened the Bothy, helped by Belhelvie Community Trust, for Vattenfall's firework event. We also worked again with PAMIS and Pony Axes to provide trips to the beach for disabled children and their families. In September we welcomed back 3 local artists for NEOS to exhibit and sell their work – a busy Bothy with lots of visitors.

Our little exhibition is admired by visitors. We plan to expand it next year with more information, videos and displays. The Sand Bothy has also been working with Aberdeenshire Council to improve facilities at Balmedie Country Park. We produced a much-needed leaflet including a map, which shows the best routes around the Park plus features such as pillboxes and icehouse.

The Sand Bothy team have also recruited additional volunteers in order to set up and run Balmedie Beach Wheelchairs. The idea received great support and we raised enough funds to buy 4 all terrain chairs so that individuals and families can access the beach that able-bodied folk take for granted. The scheme is already operational, though we aim to have an official launch in spring (look out for lots more information in the next edition of Banter!)

So, lots to report, with lots more to come. Sometimes we are criticised because The Sand Bothy kiosk is only open at weekends. We are dependent on the goodwill of our volunteers. If you would like to help, please get in touch. Working together, things can be achieved.

Santa will be at The Sand Bothy on December 8th and December 9th, so we hope to see you there, fun for the kids and funds for the Bothy.

Merry Christmas and Happy New Year every one!

Rosie Nicol info@thesandbothy.co.uk



Sand Bothy Calendar 2019

*photos and paintings by local
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BELHELVE COMMUNITY COUNCIL (BCC)

Once again since our last contribution to the Banter a significant amount of things have happened in and around BCC. We had our routine Monthly meetings along with an EGM to discuss our position with regard to the Trump International's planning application to build an additional 550 homes on the Menie Estate. We also had some membership changes with the resignation of Christine Murray and the election of Graham Middleton (Blackdog) and Mark Brown (Whitecairns) from and to the Council.

We thank Christine for her service and commitment, over a number of years, to the Council. We also welcome both Graham and Mark to the Council especially as they reside in settlement areas not recently represented on our Council. Looks like our recruitment drive we mentioned in the last edition of the Banter worked. Ironically this only leaves Belhelvie without representation on the Belhelvie Community Council! So, if you reside in the Belhelvie area and feel like you would like to contribute to improving our community please do not hesitate in contacting us at belhelviecommunitycouncil@hotmail.com.

With the sterling help of Carolyne & Dan Wood, we are working on the development of a new BCC website to add to our recently established Facebook page.

We also continue to work 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 (shown in brackets) at the above email address.

- The 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)
- The Purchase & Installation of light powered Speed Indication / Warning signs in Balmedie, Whitecairns and Potterton has been discontinued further to the lack of acceptance/support from Aberdeenshire Council's Roads Department.
- Repair of existing speed warning sign on Eigie Road, Balmedie (which has not worked now for almost a year now) is apparently awaiting a new battery. AC's Roads Department has informed us that If a new battery cannot be sourced the sign will remain out of operation. (A. Hendry)
- Continued administration of the 2018 Village Tidy Scheme. (J. Fletcher)
- Continue to assist BCT with the development of the Sensory Garden Project in Balmedie. (D. Watson)
- The establishment of a Medical/Health Centre located at the old Arts & Tarts centre in Balmedie has taken a significant setback when NHS Scotland confirmed

that due to the lack of funding they no longer had any intention of building this Centre. (A. Hendry).

- The re-siting/reinstatement of signage related to the new road layout. (A. Hendry)
 - on the A90 of the Balmedie final entry sign southbound to a visible position.
 - on the A90 northbound of the Coastal Route sign to a position south of Balmedie.
 - on or around the Balmedie entrance roundabout for the White Horse Inn, Old Aberdeen Road.

David Wallace
BCC Chairman

CHANGING LIVES, STRENGTHENING COMMUNITIES

Vikki Carpenter is a Community Learning and Development (CLD) Worker, based at Ellon Academy Community Campus (Kellie Pearl Way, Ellon, AB41 8LF), which is fast becoming the campus of choice for many residents of Belhelvie Parish. It's a bus ride away or a short car journey, without the complications of city traffic. The CLD aim is to be changing lives and strengthening communities and Vikki is keen to help to do just that. She is enthusiastic about her job within the Adult Learning Team, and wants to get word out there of all the opportunities available to our area. To find out more, just get in touch with Vikki (details below). Here, Vikki is keen to tell you about a new and exciting adult learning opportunity that is planned to run at Ellon Library.

Do you want to improve your reading and writing skills? Perhaps you would like to gain a qualification? CLD are running a course "Improve Your Skills" at Ellon Library on Monday mornings. It's open to adults - from school leavers to the older, perhaps retired, learners. Our course can help you become more confident with reading, writing, listening and speaking. You will be learning with other adults and working towards an SQA (Scottish Qualifications Authority) level 3 and or 4, which could lead to you gaining a SQA qualification. You might then progress to more creative writing or another qualification in ICT (Information and Communications Technology), Numeracy, Problem Solving or even an Adult Achievement Award.

If you have ever thought to yourself that you would like to spell better, be able to read to your children or grandchildren with more emotion and fluency or have confident writing skills then please just get in touch. To find out more about the support on offer then just contact Vikki Carpenter for an informal chat. You can call on [07789 654273](tel:07789654273) or email

vikki.carpenter@aberdeenshire.gov.uk. I look forward to hearing from you.

Vikki Carpenter M Ed CLD

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NATURAL BELHELVE

The Chinese name each year after a different animal - I think that 2018 should have been 'the year of the ladybird'. Wow, what a year for this lovely wee beetle, and one that surely everyone can recognise at a glance. Yes, and even in October as I scribble these lines, they are still to be seen out and about, and perhaps even 'in' and about? It is unbelievable, that folk

down south have been writing to the papers and asking, "Where are the ladybirds this year?" WHAT? They should all come to Aberdeenshire for their hols as the world population of ladybirds has in 2018. The reason for the huge numbers is complex but the weather plays a large role.

Ladybirds, like other insects, have a four-stage life cycle. Mrs Ladybird lays a load of eggs, these hatch out into larvae, the larvae in turn pupate and that is when the magic occurs. Creepy-crawly larvae go into a pupae case and out comes a brilliantly coloured flying beetle. Harry Potter could not do better. The resulting flying beetles will move about during the summer, with the ladybirds and the 'daddy-birds' getting together, and then they will fall asleep for the winter - in a hole in a tree, behind some flaking bark, anywhere dry and cosy. Houses are usually too warm for them so if you find any looking for a ladybird hotel in your home, gently move them to the shed or garage, somewhere much cooler. Once the winter has passed they wake up (about April) and start the process all over again.

With the spring being so mild, our ladybirds had a great start to the year, and laid lots of eggs, the majority of which will have survived. Along with a plethora of ladybird bairns, there will have been even more "gardeners' pests" on the go and the ladybird larvae, as well as the flying adults, will chomp their way through squillions of them. So the good weather and abundance of ladybird food has meant heaps in 2018. Ladybirds are one of the easiest insects to identify, even to the species; and there is a dozen or more types. Normally they are red with black spots but you can get yellow ones with black spots and others with white spots and even all black ones with red spots. The common ones are easy to identify, as all you do is count the spots. As a question in the pub quiz: 'what is the species of ladybird with 11 spots' will not tax anyone! There are 22-spot, 16-spot, and 2-spot ladybirds, the one that we see most commonly about here is the 7-spot. So before you get spots before your eyes (the falling-down water again!), put the 'eye-spy' book of ladybird spotting on your wish list. Have a great winter all and enjoy out and about in Belhelvie Parish.

Bob Davis

HOOKED ON ALPACAS

Since writing in the Banter a couple of editions back about our Balmedie Beach trek, I've been continually asked, "How on earth did you get hooked on alpacas?" It was easy. They are such adorable, lovable creatures that it is actually impossible not to fall in love with them at first sight! Back in 1999, when we first became aware of them, we discussed the possibility of how best to obtain some quality stock. Thus we set out on a recce in 2003 and visited as many Alpaca farms as we could. After hundreds of miles, many hours of discussions and viewings, with so many Alpaca owners, we were well and truly smitten.

To cut a long story short we finally decided to invest in some top quality alpacas shipped from Peru. It must have been an adventure of a lifetime for the alpacas as they travelled from Peru to Switzerland for quarantine before making their journey to England for mating and then on to Scotland to their new home here with us at Pettens Croft, Balmedie. Fourteen months on we finally had our starter herd of 3 pregnant females. And that's how it all began.

From that point on, we focussed on continual improvement and researched for the best available genetics in the UK to move our breeding programme forward. Rewards were forthcoming with successes at the Scottish National Shows where two years running we were awarded Supreme Champions.



Now with a herd of 48, our focus is more on producing high quality yarn from the annual fleece harvest and turning it into beautiful finished product. Alpaca garments are hypoallergenic, very warm, light and hard wearing. The softness of the ultrafine yarn is such that it can be worn in direct contact with skin without any of the irritation normally associated with the likes of lamb's wool.

More recent ventures include attendance at weddings, where alpacas can be provided for photo shoots and petting by the guests. Also there seems to be a growing interest in trekking and we are looking to introduce Beach Trekking in the future as so many people have enquired about this possibility.

Downsides? Yes, as with anything! Unfortunately the biggest downside with breeding alpacas is when you lose one, regardless of the circumstances, it hurts and hurts big time. If it happens to be a crisis at birth, or worse, if it was only a few weeks old and we have developed a close bond with it, then that does knock us back.

If you are interested in getting more information, please visit us at www.highland-alpacas.co.uk or email mabel@highland-alpacas.co.uk or why not pay us a visit at Pettens Croft next to the old Belhelvie churchyard?

Imants & Mabel Schneider

Editor's Note: Having had the pleasure of a visit to Pettens Croft with young children, I can fully recommend this experience. Mabel is an excellent host, showing us all around and introducing us to each alpaca by name. We enjoyed feeding them and watching their delightful antics. The pigs were very entertaining too. Mabel also has the most beautifully soft Alpaca wool for sale as well as some lovely knitted garments. All you knitters out there, here's an idea to get your needles clicking so you can have a truly individual, high-quality Christmas gift ready for someone special. Mabel & Imants are very generous with their time. They refuse to charge for visits but I did see a little donation box there, if you're so inclined.

GRIT FAIRIES

Ever wondered what these yellow bins placed at road junctions and at the side of the roads contain? Aberdeenshire Council Roads department provide very visible yellow, grit bins at strategic places around the settlements and fill them with grit/salt, so that during inclement weather the public can help themselves and grit the roads. These bins are regularly refilled by the roads department. Anyone can use this grit to **grit the road or pavement** (not for use on private paths and driveways though). You need a spade or trowel and the will power to help, not only yourself, but also other road users. There are people in our communities who go out of their way to spread the grit and help others – and some of them don't even drive. Could you also help during the next spell of bad weather? Don't expect any thanks or remuneration, only a warm feeling of knowing you have helped make other people's lives easier. So next time you see someone gritting your road, thank them, as it is you they are helping.

Just to clarify: Aberdeenshire Councils website indicates there are **no legal issues preventing members of the public clearing snow from public footways**.

Think a location would benefit from a grit bin that will be used? Contact Aberdeenshire Council Roads Department and they will investigate your inquiry.

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SNOW PROBLEM WITH COMMUNITY HELP



Now that winter is almost upon us, it's time to start some preparations. I'm sure you haven't forgotten the horrendous icy conditions we experienced last December and one thing we have all learned from this is that the Council does not have the resources to clear every street and footpath in Aberdeenshire immediately. Some community involvement is needed if we are to avoid this happening again. I am already impressed that a band of parents got together last winter and helped to clear the school playground and surrounding area.

With weather forecasters predicting more icy weather for the next few winters it is important that we understand what happened. The snowfall on the 7th December last year was followed by a thaw, freeze and rain cycle, which resulted in our winter treatments appearing ineffectual. Roads that were treated had thawed then frozen again. Further rainfall instantly froze which resulted in some of our roads being as much as 4-5" thick in ice. I believe Ellon was the worst affected area in the whole of Aberdeenshire. I'm sure this was a period that will be recalled by many for years.

If we had been able to clear the initial snowfall in the first day, much of this could have been avoided or at least reduced. At Aberdeenshire Council we are implementing a **SNOW WARDEN SCHEME** and I would like to have volunteers for each community in place, so we can ensure training and equipment is provided before the first winter weather strikes. You can find more details at:

<https://www.aberdeenshire.gov.uk/media/21803/volunteer-snow-warden-welcome-pack.pdf>

Can potential volunteers please contact me directly so I can co-ordinate things in the Formartine area and answer any queries. The task need not be onerous if everyone pitches in, like they all did in the *old days*. You can contact me on 03456 081205, or at the Formartine Area Office, 29 Bridge Street, Ellon, or email me at anne.buchan@aberdeenshire.gov.uk

Anne Buchan

Senior Roads Engineer, Aberdeenshire Council



SCOUTING IN BELHELVE PARISH

Members of the 1st Balmedie Scout Group were busy since April growing plants and



making garden ornaments and bird feeders. In June they held a plant sale at Potterton CC and raised a fantastic £450 for the Archie Foundation. You can see the cheque being handed over on the next page. Well done to everyone, especially Alison Warren who coordinated everything. Bravo!

In late September our Scouts camped for a night around the Sand Bothy as part of the experience training for new leaders. It was a well run camp with great activities and thoroughly enjoyed by the Scouts who are looking forward to the next one.

Our older Cubs were also camping, this time at Daviot where they experienced skills building activities. Our Beavers have also been having fun during their Autumn term - building Bug Hotels in the woods!



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 07743 844040 or email

balmedie@gordondistrictscouts.org.uk

Ian Thomson
Group Scout Leader

BELHELVE BOTHERATION

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A: *Having head lice is a rite of passage for many school children. Children are sitting and playing close to one another, which provides the perfect breeding ground for these lousy creatures. There is nothing to be embarrassed about – in fact it is often said they prefer clean heads. Pop along to your nearest pharmacy where you can get treatment on the Minor Ailments Service and advice from the staff. The longer people stay quiet about head lice, the further they will spread.*

Don

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2nd BELHELVIE BROWNIES (Balmedie)

We can't believe how fast this year is flying by! It's a really exciting time for Girlguiding across the UK, with the launch of a brand-new programme in July. Our Unit chose to adopt the new programme from the start of term in August, and the Brownies have been really eager to get their teeth into the new activities and start working towards the new badges and awards. As before, the girls can choose to work on new Interest Badges in their own time, but now we also have Unit Meeting Activities to choose from, as well as working on Skill Builder badges as a Unit to gain Theme Awards. If you're interested to learn more about the new programme, check it out on the Girlguiding website www.girlguiding.org.uk

Under the new programme, we've learned about, and discussed, fairness in competition (in a fun 'Water Run' game), and fire safety, plus activities to earn the 'Camper' badge. We also had a successful secondhand sale of books, toys and home bakes.



One really entertaining evening we've had, making full use of the late summer light evenings, was back in September, when we met at Haddo House campsite. The girls had been instructed to bring along a waterproof bag, well packed with a towel and a change of clothes so they were really intrigued to learn what was happening! After lining up their bags, they kept busy putting up tents while a localised 'downpour' (a leader with water bottles) checked just how waterproof their bags had been packed! Cue much squealing from the girls! Very pleased to say the dry clothes, for the most part, remained dry! Tents successfully erected, it was time to collect some firewood to build and light campfires. Brownies could choose to have a go at lighting a long match to light the fire under the watchful eye of an adult supervisor. With dusk falling and the fires lit, it wouldn't be a proper Girlguiding camp evening without toasting marshmallows and making s'mores – yummy! This evening was so much fun to be part of, as the Brownies' excitement was positively palpable; many of the activities involved new experiences for the girls such as building a tent, lighting a

match, collecting firewood. The excitement of the evening and the added thrill of darkness falling, as parents arrived to collect, made this a real highlight of the term.

If you are interested in Brownies/Girlguiding in the local area, please register via the Girlguiding Scotland website www.girlguidingscotland.org.uk and click on 'Get Involved'.

Sapphire Owl

1st BELHELVIE GUIDES

The Guides enjoyed the beginning of the new GirlGuiding program last term, learning lots about developing new friendships, taking leadership in their patrols and planning to make their promises! We also celebrated the opening of the Vattenfall Windmills with a party on Balmedie Beach – forging the way down to the shore many of the public followed us to view the fireworks in the distance (perhaps further in the distance than we had all initially suspected!). Nevertheless, the girls enjoyed the event and some could even say they were “glowing” with happiness thanks to the trusty glow stick necklaces!

Next term is going to be very exciting, as the new program will be continued in our Section. Currently our girls are working on the “Getting to Know Myself” theme award – their first badge in the new program! It’s a great time to join as a volunteer helper as we are just at the beginning of our adventure. So if you are interested in working with children, and looking for an active role in the community, please drop me an email sophiethornton@lathallan.org.uk.

Sophie Thornton

1st BELHELVIE RANGERS

We’ve been having great fun trying the new Girlguiding Programme. The Rangers have chosen First Aid as their first Skills Builder badge and we’ve been learning about how to help with seizures, cardiac arrest using AEDs, and broken bones. In between the Skills Builder badge we’ve been doing unit activities, all chosen by the Rangers themselves. So far, we’ve made a cooker using a drinks can and a tea light candle, written stories as a team, and even learned about grouting using biscuits and chocolate spread – a much tastier way to grout but definitely not as watertight.

Next term we’ll be finishing off the First Aid skill’s builder mixed in with more fun unit activities and no doubt a celebration at the end of term. We’re very keen to welcome new members. There’s no need to have been in Guiding before, you just need to be female, aged 14 to 18 years old, and be looking for something fun to do. Rangers meet every second week on a Tuesday in Balmedie and we are flexible around exams time. If you are interested, please give me a call 01224 703335 or drop me an email s.osbeck@rgu.ac.uk.

Susan Osbeck



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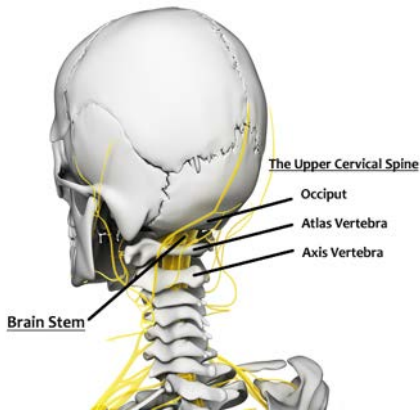
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NECK WHIPLASH

If your whiplash is the result of a car accident, your body will have absorbed the speed of the car that hit you.



Your body goes into shock so it may be some time before you notice signs & symptoms, such as:

- Pain in head, shoulders or neck
- Tingling in the arms or face, blurred vision
- Weakness in arms, headaches
- Difficulty swallowing and/or chewing,
- Hoarseness, anxiety, dizziness

This is why it is wise to go to A&E after your accident EVEN IF YOU DON'T THINK YOU NEED TO!

Whiplash is usually associated with car accidents when a car (stationary or moving) is hit from behind. However, it is also associated with some jobs that involve the head being thrust forward and back repetitively causing overstretching and tearing of soft tissue structures, particularly at the top of the neck. Also sports such as football or rugby and abuse (shaking baby syndrome) are causes.

This unnatural exaggerated movement of your heavy head causes an abnormally high amount of strain to be put on the spine bones, joints, discs, ligaments that support the joints, muscles that move them plus the nerves, blood and lymphatic vessels. The eyes can be affected too as can the oesophagus (the tube from mouth to stomach) and the larynx (the breathing tube involved with voice). If blood vessels to the brain are affected by the injury, dizziness or unconsciousness may ensue. If your spinal cord is injured, paralysis and more can occur. **YOU MUST BE SEEN AT A&E JUST IN CASE THERE IS A FRACTURE.**

Usually, your head initiates most spinal movement. The neck allows your head to look up and down and turn to each side. In the case of whiplash, the body initiates the movement e.g. when someone crashes into your car from behind, your body moves forward with the car seat and your head is jerked back and then forward creating WHIPLASH. It is a bit like the cracking of a whip so it may go sideways too. Your body has to deal with the impact so even low speeds can still affect you.

Your whole spine needs to be assessed – after all, everything is connected. We are looking for areas that are painful, in spasm, uneven/abnormal or restricted movement. This may be at the front or back of your neck and may include your jaw. The goal is to reduce pain and improve the function enabling healing. This will involve an assortment of techniques tailored to your individual needs. Gentle massage will help in the acute stage – indeed an icepack is often the best way to start immediately following an injury. Gentle mobilising movements to the facet

joints should be used - all within your comfort zone. The facet joints may well be causing the pain as they are most often affected with a whiplash injury. As you progress, so remedial treatment will too. Easing painful muscle spasm, allows you to move your head more comfortably. Sometimes, massage to the head itself helps. Checking below your neck in the spine and ribs is also very important and treatments there will make a real difference. Your shoulders and arms may be painful or tingly. This can all be treated as can other areas that may be contributing to or worsening your neck problem. Early treatment is essential to avoid chronic pain developing.

Maggie Brooks-Carter

MACMILLAN COFFEE MORNING

Mary and Hebbie Watson would like to thank everyone who supported their recent coffee morning – where the fantastic sum of £2478 was raised! They had a very busy time but enjoyed every minute, especially as the sun shone for them.

Mary would like to say a special thank you to her helpers, whose support was invaluable. WE would like to say a BIG thank you to Mary and Hebbie for their continued fund raising and opening up their home for the 19th time. What a wonderful effort!



COMMUNITY SENSORY GARDEN

For many months Belhelvie Community Trust and Belhelvie Community Council have been working together to secure funding from Landfill Tax Grants to create a community sensory garden in The Magnificent 7s Woods in Balmedie. Their application has been successful and we hope that work will start in January or February 2019 to prepare the site and create the foundations for the garden. We will give you an update in the next edition of Banter.

Rosie Nicol BCT

HAIR Shack

Opening Hours:

Monday	Closed
Tuesday	9.30am - 7.30pm
Wednesday	9.30am - 5.30pm
Thursday	9.30am - 4.00pm
Friday	9.30am - 5.30pm
Saturday	9.30am - 2.30pm

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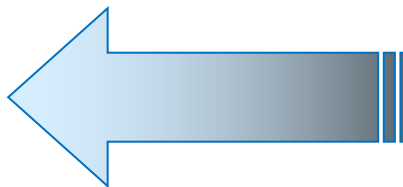
Tel No: **01358 741226**

Opening Hours: Monday to Friday: 9.00 - 17.30

Saturday: 9.00 - 12.30 Sunday: CLOSED

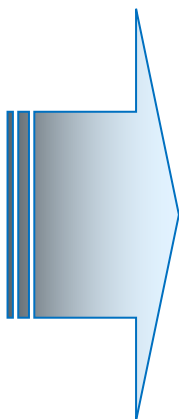
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- Ellon Health Centre
- Scotstown Medical Group
- Danestone Medical Practice
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A WORD FROM THE DOC...

Think 3 Before GP

To quote a phrase from a popular TV show “Winter is Coming!”. I know that it still seems far away with the rather pleasant weather (for us anyway) we’ve enjoyed for the most part since the “Beast from the East”. The darkening nights and inevitable Christmas offerings appearing in the shops herald the change in seasons, and it is still early October as I write! With winter looming, there will inevitably be a rise in various bugs to assail us and keep us busy at the GP “coalface”. Indeed recent weeks are proving this already.

This brings me neatly to my title, which is borrowed from last winter’s Royal College of General Practitioners (RCGP) campaign to try and help people deal with these winter nasties. Most of the bugs that affect us are viruses, and for many patients they are what doctors call “self-limiting”. This means that the symptoms and unpleasant effects will not last that long and will get better in a few days with little or no treatment. Indeed most people will only need to take simple paracetamol for relief of pain and fever, rest, and stay well hydrated.

Ideally before calling your practice to ask for an appointment if you have a cold, flu-like illness or tummy upset, you should “Think 3 before GP” and these are:

1. SELF CARE

For minor ailments, patients might safely treat symptoms at home, for example through rest or with appropriate over the counter medicines.

2. USE TRUSTED ONLINE NHS SERVICES

Online NHS services offer sensible advice on a range of health issues and are a useful place to turn for initial guidance. Visit www.nhsinform.scot.

3. SEEK ADVICE FROM A PHARMACIST

Pharmacists are highly skilled healthcare professionals who can offer valuable advice then and there.

Following the above advice should see most people through their winter bug woes, but if not, or the symptoms are severe (for example high fever, feeling confused, a rash that does not “go” when pressed by a glass, passing blood with diarrhoea) then contact your practice.

The other, perhaps not so clear, benefit of following this advice is that you stay at home and do not spread the bugs to others. This is especially important if you work in caring, catering, healthcare or schools. Turning up to work feeling miserable is commendable in one way, but not for all the folk you could infect!

This is an example of how we can all stop and think about how we use the NHS and be aware of the bigger picture. We often are unaware about how our individual actions can sometimes have wider consequences. It is also useful to remember that for viral infections, which cause most coughs, colds and tummy upsets, antibiotics will not work. Pleasingly I have noticed a significant fall in patients asking for antibiotics over the years, so perhaps nagging does work!

On that note I do wish to remind all eligible patients to get their flu jabs. I know there has been some confusing coverage in the press. Don't worry - you will get the correct vaccine, as your practice staff will know what to give. If you are 65 and over, or will be by the end of March 2019, then book your flu jab appointment. The same goes for younger patients with chronic conditions such as heart disease or diabetes. If you have asthma and need to take a regular preventer inhaler, usually containing a steroid, then you will be eligible too. However if you just use the blue 'reliever' inhaler only, you are not eligible if under 65.



Lastly, poorer weather does not excuse you from staying active. Apparently the Swedes have a saying "There is no such thing as bad weather, only bad clothing!" So wrap up warm in your waterproofs and stay active to offset the calorie excesses of the pending festive season, which I hope you all enjoy!

Dr Alasdair Forbes



Need medication over the holiday period?

Dickies Pharmacy in Balmedie is CLOSED

Tues 25th and Wed 26th December
Tues 1st and Wed 2nd January

OPEN

Mon 24th, Thurs 27th, Fri 28th
and Mon 31st December
9am to 5.30pm
plus Sat 29th December
9am to 12.30pm

Be prepared!



BELHELVIE BANTER AGM
Wednesday 28th November 2018
7.00pm in the White Horse
All Welcome!



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you to our Banter
distributors who
brave all kinds of
winter weather to get Banter out to
2200 homes.*

BELHELVIE CHURCH of SCOTLAND

At the time of writing – mid October – I am already starting to feel the pressure of Christmastime building up. Over the last couple of weeks I've spent an inordinate amount of time working out dates for potential Christmas events (that unfortunately don't organise themselves!) and liaising with other community groups about joint events and scheduling. The diary is getting fuller and fuller.

Don't get me wrong – I enjoy all these different functions and celebrations, but there are so many of them to get involved with it can be a bit daunting when you stand back and try to take it all in. People often say to me 'this'll be your busy time of year, minister' – and they're not wrong – but the truth is it's busy for everyone, with all the extra shopping, preparing and planning that happens around Christmastime. It can all get a bit much, sometimes.

That's why, this year, we've decided to open up our church on Monday and Thursday evenings from 7-9pm in the build up to Christmas. If you haven't been in our church at that time of year, you've missed yourself. It's always beautifully lit and decorated – a real haven of peace and quiet – and we want to offer it to folk in our community as a place to escape from the stresses and hassles of the season for a while.

We're calling this 'SoulSpace' – which deliberately has a double meaning. It's about space for the soul, yes; but it's also a chance to slow down our soul's pace and reconnect with ourselves and with God so we're not just human *doings*, but human *beings*.

There will be someone around to welcome you in and chat if you want to, and a cup of tea on hand if you want it, but after that the time's your own and you'll be left in peace to take what you need from the experience.

Please feel free to drop in as you want to or need to, and may this Christmastime be a blessing to you and yours for all the right reasons.

Coming Up:

Saturday 17th November

Sunday 2nd December

Monday 3rd, 10th, 17th December

Thursday 6th, 13th, 20th December

Tuesday 4th December

Saturday 8th December

Sunday 9th December

Sunday 16th December

Sunday 23rd December

Monday 24th December

Tuesday 25th December

Christmas Fair (10-12, The Forsyth Hall)

Advent 1 (11am) and Christingle Service (6.30pm)

SoulSpace from 7-9pm

SoulSpace from 7-9pm

Coffee Haven (10-12, The Forsyth Hall)

Christmas Quiz Night (7.30pm, The Forsyth Hall)

Advent 2 (11am) - Bon Accord Silver Band

Advent 3 (11am) - Informal Communion

Advent 4 (11am) - Nativity Service

Service - 4pm at Balmedie Leisure Centre

Watchnight Service, 11pm, Belhelvie Church

Christmas Morning Service, 11am

Rev Paul McKeown 01358 742227

Soulspace

Time out to slow down in the chaos of Christmas.

Church open for quiet, personal space from **7-9pm**

Monday 3rd, 10th, 17th December

Thursday 6th, 13th, 20th December

All welcome - come as you are



BELHELVIE SWI

Autumn has certainly appeared with a vengeance. I think most of the Potterton leaves have congregated in my garden. Our September and October meetings were successful with 2 new members. A few of our members are not so keen to venture out in the dark nights. So if that's you and you would like to come along but hesitate because of the time of year, please let me know and transport can be arranged.

Our next meeting is on the 11th November and we will celebrate our 92nd year in the White Horse with a meal. On the 12th December we meet as usual in the Eigie House lounge at 7-30pm. If you wish to attend bring a saucer or similar container to make a table decoration for Christmas. Flowers, greenery and oasis will be supplied. Eigie House has easy access for the less able. Come along join us and enjoy good company with a cuppa and a blether. We would love to see you!

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Believing Jesus to be sufficient and supreme, we want to live lives for the glory of God and for the joy of all people.

We know the God we serve is enough. He has done great things for us! He is our sufficient and lasting Joy throughout our lives; in our enjoyments and in our hardships.

Please accept our warm invitation to any of the events listed below. **We'd be delighted to welcome you!**

For more information please visit newhopebalmedie.com



SUNDAY MEETINGS

White Horse Inn

Every second Sunday, 3.30pm

Short service followed by food :)

How to know if it's this coming Sunday?

Please see newhopebalmedie.com

We'd be very happy to see you!

HAPPY NOISE!

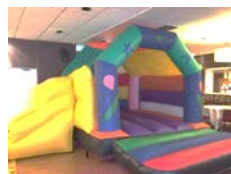
White Horse Inn
Every Thursday,
10.30am-12pm

Babies, toddlers and pre-schoolers - snacks and art materials included. Cakes and coffee.



FAMILY FUN

White Horse Inn
First Saturday of the month,
10.30am-12pm
Next dates: 1 Dec,
5 Jan, 2 Feb



Bouncy castle and toys for all pre-schoolers and superb bacon rolls for parents!

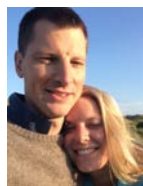
HOME GROUP

Every Tuesday, 7.30pm



A time to share life and learn together from the Bible.

For more details please contact Graham - graham.wintour@gmail.com



Graham & Tineke Wintour

SCHOOL HOLIDAY DATES (to February 2019)			
Dec 21	Fri	Last day of Winter Term	Balmedie, BoDA, Ellon
Jan 7	Mon	First day of Spring Term	Balmedie, BoDA, Ellon
Feb 11	Mon	Local Holiday	Balmedie, BoDA, Ellon
Feb 12	Tues	In-Service Day	Balmedie, BoDA, Ellon
Feb 13	Wed	In-service Day	Balmedie, BoDA, Ellon
March 29	Fri	Last day of Spring Term	Balmedie, BoDA, Ellon

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Community Learning Development, based at Ellon Academy Community Campus run ESOL (English for Speakers of Other Languages) classes during the day and in the evening. These classes are free and people will get an assessment then will be offered the chance to work towards a Nat 2 or 3 level ESOL qualification. ALL FOR FREE!

At Ellon Academy Community Campus on a Tuesday evening from 7pm until 9pm we also run a Conversation Club for people to come along and practice their speaking and listening skills in English. This is also free and open to all. Our aim is to reduce isolation and increase people's social skills, as well as giving the opportunity to meet people from Scotland, UK and all nationalities and at any level.

Local folk welcome to come along as well. We have a topic and do games, eat cake and have a cuppa, so it's all very sociable. Come along and make new friends!

Tuesday Evenings
7pm 'til 9pm

Enjoy a cuppa & cake whilst you...

Practise speaking and listening in English
Meet new people and socialise
Learn about Ellon and the community you live in

It is free and open to all

Conversation Club

AT: Ellon Academy Community Campus, Kellie Pearl Way, Ellon, AB41 8LF

Flags and text on the sign include:

- Polish: Klub rozmowy
- Romanian: Club de conversatie
- Italian: Club di conversazione
- Brazilian Portuguese: Clube de conversação
- Greek: Ανοιχτό συζητήριό
- Czech: Klub konverzace
- French: Club de conversation
- Spanish: Club de conversación
- Russian: Клуб общения
- Chinese: 中国
- Arabic: نادي المحادثة

WHAT'S GOING ON IN POTTERTON?

SOLAR LIGHTS PROJECT

Following work to improve a path between the Stead Inn and the Football Pitches in 2017, the Potterton Community Group have been fundraising through our monthly Pop Up Café to purchase Solar Lights to allow residents to use the path after dark. Although it would be impossible for us to illuminate the whole path, the lights were intended to provide some guidance in the evenings. With the additional support of E.B Scotland and the Scottish Landfill Communities Fund, we were able to purchase 2 Solar lights in the first instance.

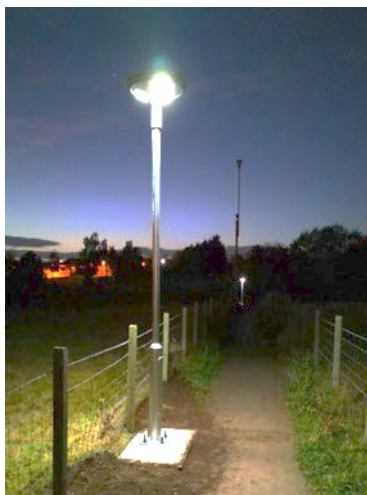
Work commenced over 3 weekends in October to lay the foundations for the light fittings with final installation taking place on the 20th October.



Our Thanks go to Castleglen Properties (Aberdeen) Ltd and the local landowners for allowing us permission to erect the lights and particular thanks to local resident Alan Taylor for sourcing the lights and providing support to co-ordinate the project alongside Caroline Anderson.

Special thanks to the local residents and members of the Potterton Community Group who came forward to volunteer their time to the project: Alan Taylor, Caroline & Marc Anderson, Andrew Anderson, John Hutcheon, Kerry and Aaron Dobby, Susan and Tammer Tuccaroglu, Bernard Humphrey, Bill Simpson, Theresa Thompson and Justin Green.

Further work will now be undertaken to remedy the encroaching weeds along the path, with local resident and gardener Stephen Burnett offering to treat. these in preparation for the group laying a further layer of quarry dust following the winter period in early 2019. Finally thank you to the continued supporters of the Monthly Pop Up Café, which allows us to fundraise for local projects to benefit the whole community.



POTTERTON COMMUNITY GROUP NOTICEBOARD

The Potterton Community Group would like to thank Oliver Deeming and his Team at Landscape Services for purchasing and installing a Noticeboard for the Potterton Community Group. This now takes pride of place beside the Wild Flower Garden and recently planted Community Orchard. This noticeboard will contain minutes of our bi-monthly meetings along with information on projects and events organised by the Group. Please take some time to pop along and see what is going on within the village.



Aberdeenshire Council Landscape Services have also agreed to plant **2 Living Christmas Trees in the Village**. One will be placed in front of the Wild Flower Garden on Panmure Gardens and one beside the Potterton Community Centre. Over the next year the group will focus on fundraising for lighting for the Trees.

POTTERTON COMMUNITY GROUP WEBSITE PAGE

As well as catching up with local news going on in Potterton through our Facebook Page "Potterton Community" you can now also see local information on our Website Page - www.pottertonbelhelvie.wordpress.com

Caroline Anderson
Potterton Community Group

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BALMEDIE LIBRARY

Library opening times are:

Monday	14.30 - 16.30	Thursday	10.00 - 13.00
	17.30 - 19.30	Friday	CLOSED
Tuesday	CLOSED	Saturday	10.00 - 13.00
Wednesday	14.30 - 16.30		
	17.30 - 19.30		

Tel: 01358 281070

As usual, there's a lot going on at your local library. The first Wednesday of each month (term time only), from 2pm to 2.30pm there is a **Rhyme Time** session for under-fives. Come along and join in the fun. Our **Knit & Natter Group** is as busy and productive as ever. Why not pop along and say hello. The group meets at the library every Thursday morning from 10.30am - 12.30pm. Refreshments are provided for a donation.

Our **Lego Club** is on a Monday evening from 6pm - 7pm for age 8 and over. There are still a couple of spaces left so if you would like your child to attend please contact a member of staff.

The **Summer Reading Challenge** was a great success again and we would like to say a big thank you and well done to all the children who kept us very busy over the summer holidays. Congratulations to our Star Reader this year, Cameron MacRae. Cameron was among the first to sign up to the Summer Reading Challenge and he impressed us with his enthusiasm and honesty. A great effort Cameron!

We had a **Photography Display and Quiz** during the month of October. Local amateur photographers John Hopkins and David Purser took photos along the coast from Aberdeen to Fraserburgh and compiled a quiz asking where the photos were taken and what they were. We had a great response to the quiz and await the announcement of the winner.

We were delighted to receive a visit from **Benji the double decker Play bus** - he parked in our car park on a very wet Saturday during October and the Play leaders on Benji were very pleased with all the visitors who came on board.

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, please visit www.aberdeenshire.gov.uk/libraries, Like us on Facebook at <http://www.facebook.com/AberdeenshireLibraries> or follow us on Twitter at <https://twitter.com/onceuponashire>. You can also read our blog at <http://onceuponashire.wordpress.com>

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Any questions, please call **Stephen on 07854 891360**



BELHELVIE NEIGHBOURHOOD WATCH

Belhelvie Neighbourhood Watch continues to operate within Belhelvie and there's always scope for you to set up your own scheme for your street or Neighbourhood! Full details can be found at www.neighbourhoodwatchscotland.co.uk

A Sign of the Neighbourhood Times?

What's the meaning of irony? Luckily I've got quite a good sense of humour - and *"a state of affairs or events that seems deliberately contrary to what one expects and is amusing as a result"* sums things up nicely. Expensive, but still amusing.

I had been speaking to someone in another Neighbourhood Watch scheme, and was amazed to hear that their watch signs keep going amiss. So imagine my surprise when I was driving along the Minnes Road into Belhelvie, when I noticed one of our signs was missing. On inspection, the grass around the post it was attached to was crushed – suggesting that someone had taken time to remove our sign. It was securely bolted to the post a few years ago, so it would have taken some strength to remove it. These signs are not cheap to replace, which is why they're securely attached to the sign posts around the village so if you do see anyone tampering with them... do let me know!



The clocks have gone back, marking the beginning of a period each year when many of us leave for work and come home in darkness. For around a quarter of the year people are more inclined to keep the curtains closed and entertain themselves indoors, paying less attention to what's going on outside. This makes it a tempting time for burglars to scope out properties as they think they'll have less chance of getting caught under the veil of darkness. Winter is by far the favourite season for thieves, with burglaries increasing by up to 20%. Once we're all tucked up inside, it's easy to forget about the garden that we've spent all summer in. It's easy not to bother with locks and weatherproof padlocks for outbuildings such as garages, garden offices and sheds, but they're a major deterrent for spur-of-the-moment thieves who are looking for easy opportunities. Do consider using additional anchor locks and cables for the more valuable individual items you might keep outside, such as lawn mowers, expensive garden furniture and bicycles (and trampolines in windy weather!). In fact, if you don't, your insurer might not pay out for any claims if they're taken!

If you see a Neighbourhood Watch sign looking lost...

Paul Collier
07825 216233



'LEARN TO SING' FOR FREE!

The Granite City Chorus is made up of men of all ages who have one thing in common - they all love to sing!

Most of us, the writer included, started off merely by wondering if they could actually sing or looking for someone to teach them. It is hard to describe the feel good factor that comes from singing in a polished yet relaxed environment. It is widely acknowledged that singing is good for you, both physically and mentally, and gives a 'natural high' as was shown on the recent BBC show 'Trust Me I'm a Doctor'. But you don't have to take my word for it, come along and 'Discover your Voice'.

Our "Learn to Sing" course starts on **Tuesday 22nd January 2019 at 7pm** and runs for 4 consecutive Tuesdays. It is open to all males, it's free and no experience or musical knowledge is required. The course is held in **Woodside Parish Church Hall, 46 Church St, Aberdeen AB24 4DQ** and you can be assured of a warm and friendly reception from the guys. Our Music Director and experienced singers will teach you everything you need to sing and perform as a chorus singer.



We already have members from Belhelvie so we were wondering if there was anyone else in the Banter area who would like to join in the fun. There is no obligation other than to enjoy the 4-week experience and you may choose to do no more than learn to sing or to move on to other singing groups. However, most of our chorus started with this course in previous years and stayed on to sing in the four-part harmony a cappella style. We perform at various venues throughout the year, usually charity or civic events although we do private and corporate engagements also. We have a wide repertoire of songs and the standard of coaching and rehearsal is top class whilst we never lose sight of the social side and the pure uplifting fun of it. Note also that we rehearse at Woodside every Tuesday at 7pm. Feel free to walk in any Tuesday and see for yourself, you will be made very welcome. So, why not decide to **Learn to Sing** and enroll now! Register online at www.Granitecitychorus.co.uk or contact Adrian Blake 01224 643663.

John Conroy



22nd Jan 19

FREE*

LEARN TO SING

with

The Granite City Chorus

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Come along and you can be assured of a warm and friendly reception from the guys.

So, **Learn to Sing**, enroll now! Register online at www.Granitecitychorus.co.uk or contact Adrian Blake 01224 643663



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The Stead Inn & Maggie's Restaurant

Tel: 01358 742600

Maggie's Restaurant is open:

Mon, Tues	17.00 - 20.30	
Wed, Thurs, Fri, Sat	Noon - 14.30	17.00 - 20.30
Sun	Noon - 20.30	

Lunch, Evening meals and Sunday Carvery

The restaurant can be hired for meetings and functions

Live bands - see our facebook page

24 November 2018	Patrice & John McRuvie Tickets £10
15 December 2018	Drag Night (Free entry)
29 December 2018	David Flett Cabaret (Free entry)
31 December 2018	Potterton Community Family Hogmanay Party <i>Family event, children welcome</i>

Take away

Menu includes a variety of pizza, fish and chips, burgers, chicken fillets, pies, black/red/white/haggis puddings etc

Stead Inn opening hours:

Mon, Tues	16.00 - 23.00
Wed, Thurs	11.00 - 23.00
Fri, Sat	11.00 - 01.00
Sun	12.00 - 23.00

For further information or enquiries:

Heathercraig9667@hotmail.co.uk

Or see our facebook page.



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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)	}	07743 844040
Cubs (Potterton)		
Scouts, Explorer Scouts		
Rainbows (Balmedie)		
Rainbows (Potterton)		
Brownies (Balmedie)		
Brownies (Potterton)		
Guides (Balmedie)		
Rangers (Potterton)		
	All enquiries to Ian Thomson	
	balmedie@gordondistrictscouts.org.uk	
	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	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

Messy Monkeys

Fun-nastics

Pitched

Gymnastics Club

2s Group

Baby Clinic (1st & 3rd Wed of month)

Parent & Toddler (2nd & 4th Wed)

Balmedie Out of School Club

Mainly Music, Forsyth Hall

Balmedie Craft Club

Under 5s Rhymetime (monthly)

Mother & Toddlers/ Messy Play

Child-minder, Potterton

Child-minder, Belhelvie

Links Nursery, Balmedie

Flowerpots Childcare, Kingseat

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

01358 743114

Lynne Fyfe

07920 295508

Jeanette Lamb

01358 742684

Catherine Cassie

01358 743114

Maureen Muirden (Library)

01358 742045

Diane Cassie

07850 235215

Pauline Wood

01358 743002

Linda Carroll

01358 741988

Lyndsay Fleming

01358 743094

Alison King

01651 869078

Winter DATES for your DIARY

Dec Sat 1st	Christmas Fair Balmedie	Congregational Church	11.00-14.00
Dec Sat 8th	Christmas Quiz Night	Forsyth Hall	19.30
Dec Sun 9th	Carol Singing & Refreshments	Congregational Church	18.00
Dec Sun 23rd	Nativity Service	Belhelvie Church	11.00
Dec Mon 24th	Community Carol Service	Leisure Centre	16.00
Feb Sat 16th	World Challenge Fundraising Ceilidh	Forsyth Hall	19.30
March Fri 8th	Bruce Davis Concert	Forsyth Hall	TBA

Weekly

Mon	Knit & Natter	Potterton CEC	14.30-16.30
Wed	Ladies Group	Congregational Church	10.00
Thur	Happy Noise (New Hope Church)	White Horse Inn	10.30-noon
Thur	Knit & Natter	Balmedie Library	10.30-12.30
Thur	Health Walks	Start Balmedie Library	10.00
Thur	Indoor Bowling	Potterton CEC	14.30-16.30
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

Tues	Potterton Walking Group	See Noticeboard @park	TBA
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
1 st Sat	Family Fun (New Hope Church)	White Horse Inn	10.30-noon
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	Pop Up Café Potterton Group	Stead Inn Potterton	10.00-noon

Bi- Monthly

2 nd Monday	Potterton Community Group	Stead Inn, Potterton	19.15-20.30
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Youth Groups (during school term time)

Mon	Lego Club	Balmedie Leisure Cent	15.30-17.00
Mon	Lego Club (Over 8's)	Balmedie Library	18.00-19.00
Mon	Cubs	Potterton CEC	18.30-20.00
Tues	Rainbows	Balmedie School	18.00-19.00
Tues	Cubs	Potterton CEC	18.30-20.00
Tues	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
Thur	Brownies	Potterton CEC	18.00-20.00
Thur	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

INDEX OF ADVERTISERS

GARAGES & TRANSPORT	Page	PETS & THEIR NEEDS	Page
Cadger's Garage, Belhelvie	58	Lady & Tramp Pet Grooming	63
Cadger's Taxis	37	Positive Paws Puppy School	37
Lawrence of Kemnay, Balmedie	6	RETAIL	
Newburgh Motors	17	Bridgefoot Organic Farm	16
GARDEN SERVICES		Flowers by Tx	24
Newmachar Tree Surgery	21	Leigh Alexandra Soft Furnishings	28
Parkhill Garden Centre	12	Peterhead Fish Company	58
HEALTH & BEAUTY		Potterton Shop	44
Brooks-Carter Clinic	41	SERVICES	
Complementary Health	56	City Home Helpers	62
Dickies Pharmacy	45	Flowerpots Childcare	20
Douglas Leal Chiropodist	36	Links Nursery	50
Eliz Ann Ross Physiotherapist	24	Lokal Loksmith	16
GLAM	24	McKenzie Print	63
Hair Shack	44	Pet Crematorium, Balmedie	36
Nadia Hair & Beauty	50	Red Doodle Web Design	33
Steph Brown Massage & Fitness	16	Robert Lamb Architect	21
Zumba	37	Village Childcare	36
LEISURE		TRADES	
Bake n' Butty Coffee Shop	17	Anderson Joinery	24
Beachside Coffee Shop	15	C MacLeod Joinery	36
Brighthouse Bay Holiday Cottages	16	Carle's Sheds	28
Cock & Bull Restaurant	20	Craig Reid Plant Hire	56
Danz Creations	40	Don Tarmacadam	32
Granite City Chorus	61	Friendly Hills Roofing	17
Inverurie Panto	*BC	Gough Decorators	35
Murcar Links Golf Club	41	John Duncan Plant Hire	35
Newburgh Golf Club	28	K F Watson Electrical	52
The Coffee Apothecary	2	Michael Duncan, Builder	34
The Stead Inn & Maggie's	64	North East Oil & Gas Services	65
White Horse Inn	4	Reid Plumbing & Heating	33

Page *BC = Back Cover

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email: belhelviebanter@live.co.uk



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