

BELHELVIE BANTER

Balmedie : Whitecairns : Belhelvie : Potterton : Blackdog



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EDITORIAL

The saying “If you don’t use it, you lose it” has come to mind recently. Across the city and shire, we see local businesses closing their doors – shops, pubs, hotels, post offices, libraries, banks. There are many factors involved but these closures always diminish local communities and increase reliance on transport as our needs become ever more centralised in the city. It may not always be possible to avoid these closures but the one thing we *can* do to help is to **SUPPORT OUR LOCAL BUSINESSES.**

Shopping locally, be it by using the local convenience store, the small supermarket, leisure and community centres, the library or by dining at a local hotel, café or chip shop, all helps to support our community. Businesses can only survive if customers spend locally, and shopping close to home *can* have real value. Local businesses are usually generous in their support for community charities and events. Hotels, community/leisure centres often provide places for organised groups to meet and community spirit to develop. Our own Sand Bothy too is a prime example of this.

We are so fortunate in this area to have many entrepreneurs who have started up small businesses. A look at the local business directory (Balmedie Connect) confirms that we have just about everything here. We have garages; car body repairs; nail technicians; osteopaths; massage therapists; children’s crafts; graphic designers; pet services; mobile hairdressers; beauty therapists; artists; musical activities; photographers; party/wedding planners; valet services and so much more. Local skills abound and Belhelvie Parish can provide an assortment of trades people including joiners; plumbers; builders; gardeners; farmers... the list is not endless but is significant.

Such businesses bring growth and innovation to our community, providing employment opportunities for local people, but they can only continue and thrive if the community chooses to use their services. Before you jump in the car or on the bus, do consider what’s available right on our doorstep and do your bit to keep local businesses flourishing.

P.S. Please remember that The White Horse is open for business with the usual high quality service - as is The Cock and Bull... and it’s still quite easy to get there!

Jess Petrie, Editor

2019 DEADLINES	SUMMER (Ed 39)	AUTUMN (Ed 40)	WINTER (Ed 41)
For articles & ads	Friday 19 th April	Friday 26 th July	Friday 25 th Oct
Delivery begins	Saturday 18 th May	Saturday 24 th Aug	Saturday 23 rd Nov

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!

Thank you to Abigail Hunter P6 Balmedie School pupil who has designed our cover.

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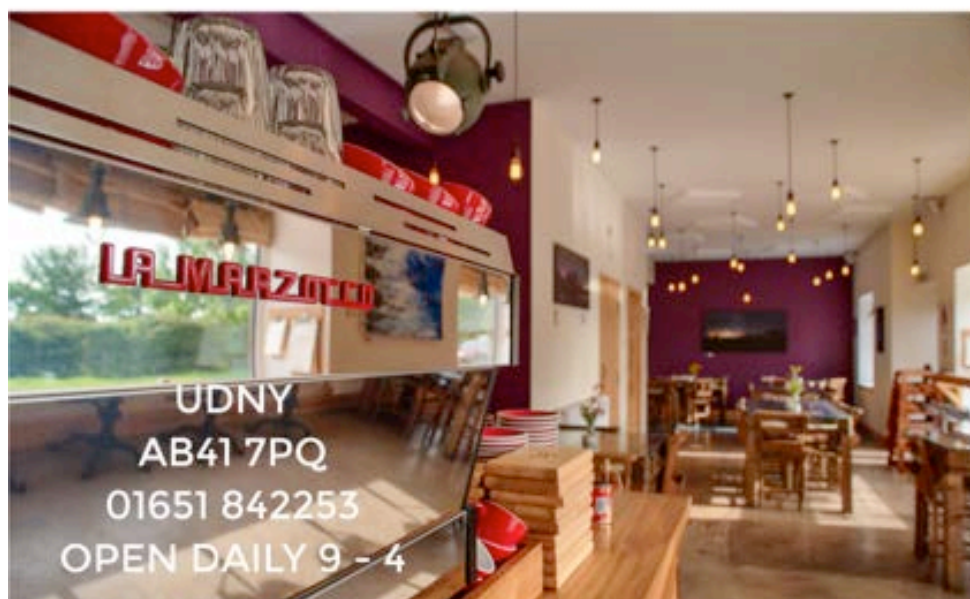
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MAUREEN'S NEXT CHAPTER

A long time ago, on 1st April 1996, a lovely lady named Maureen Muirden started working at the brand new Balmedie Library along with Helen, Nadia and Myra. 22 years and 9 months later, on the 28th February 2019 Maureen will lock up Balmedie Library for her last time as she moves on to the next chapter in her story.

“The only thing that you absolutely have to know, is the location of the library” according to Albert Einstein. Well, in Balmedie, Maureen has

ensured that everyone in the community knows the location of the library. Maureen is one of the most welcoming, positive, enthusiastic members of staff I have ever had the pleasure of working with. Maureen's friendly and positive demeanour means that everyone who comes into the library is made to feel welcome. The library itself is always bright with lots of activity and fantastic displays of new and themed resources to tempt members and visitors alike.

Maureen is well respected and valued in the community: her local knowledge is second to none. She takes every opportunity to promote the library service. Many groups meet in the library, including Better Balmedie. Links with the local photographer have resulted in a variety of competitions, displays and quizzes. Maureen also ensures that those who are unable to visit the library still get a service as she regularly delivers much sought-after resources to house-bound members of the community. Partner groups hugely appreciate the support Maureen provides. When the Vattenfall exhibition came to Balmedie Library, Maureen commented that the buzz in the library was amazing. She was delighted by how many new members joined and this just sums up Maureen's positive attitude.

An avid reader herself, Maureen is always there to offer suggestions and help borrowers choose that next book. She promotes reading to all ages. Families have brought babies and toddlers to her wonderful Rhymetime and Book Bug sessions and Maureen has helped to train groups of volunteer mums and child-minders to help to deliver the sessions. Nurseries and Playgroups have enjoyed her stories, activities and crafts and visits from Balmedie Primary school pupils have been numerous, whether learning about the library to support homework or projects. Whether promoting Summer Reading Schemes or delivering Local Studies workshops, Maureen is full of enthusiasm. She set up the longstanding Balmedie Bookworms Book Group while continually encouraging young people to set up



reading groups. She has welcomed a huge array of visiting speakers and authors to Balmedie, opening up opportunities for all ages to access “Live Literature” and an interest in new topics.

Over the years Maureen has gone above and beyond to respond to local needs. When she recognised that primary seven pupils were looking for support with homework, she set up a very successful Homework Club which was much appreciated by the children and their families. The Lego club goes from strength to strength. Likewise, the Knit and Natter group which meets on a Thursday morning in the library is a group that welcomes experienced and beginner knitters and crafters who enjoy learning from each other in the safe space of the library at Balmedie. Maureen has delighted in working with the group, supporting their links with many projects both in the community and further afield.

Maureen always encourages young people to participate. She has supported many undertaking the Duke of Edinburgh awards and the local Brownies have benefitted from Maureen’s expertise and help with badge work. The Library staff across Aberdeenshire and community groups with which she has worked, have all benefitted from her wealth of knowledge and expertise. Maureen is always “up for the challenge”, always with a smile and a “what can we do?” attitude.

I don’t believe the “R” word applies to Maureen! No way is she retiring, she’s just moving on to that next chapter. She says she will miss all the lovely people who have come to Balmedie Library over the years and have been so supportive of the library service. She is looking forward to spending more time with family and friends and trying her hand at some new hobbies.

We will miss you, Maureen, and we wish you well.

Jan Murdoch Network Librarian

The Banter Team, like most folk in Balmedie and surrounding areas, know Maureen and the wonderful part she plays in our community. Always there with a smile and a kind greeting, Maureen endears herself to all. She will be a miss at the Library, but it will be lovely to see her having more time to spend on her own pursuits. May your retirement bring all you wish for, Maureen, and the time to sit down with a good book!

EVER THOUGHT OF FOSTERING?



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PARISH THREADS

Dancing without Wolves



The new roads have been finished now and the dayglo army has moved on to bother some other parish. We are getting used to the new route home from Ellon and a little bit of disputed untarred path in Balmedie has been resolved. Now there is a circular path alongside the trees planted by the children of Balmedie School nearly thirty years ago.

This spring I have enjoyed exercising my medieval inclinations. Soon we will be off to Northern Spain to walk the Way of St James. Well not so much walk as saunter. I am not a good hiker I am more of a wanderer. I agree with John Muir when he said: *'Hiking? I don't like either the word or the thing. People ought to saunter in the mountains not hike.'*

In the middle ages people went on pilgrimages and when asked where they were going, would reply: *'A la Sainte Terre,'* to the Holy Land and so they became the saint-terre-ers or saunterers. It will be my first time as a pilgrim unless you count the walk my mother took us on in the 1950s. She packed egg sandwiches and a thermos of tea and walked us to our local holy well a mile and a half away. I remember the walk as summery but we picked periwinkles so it must have been in early spring. I remember sitting on a gritty granite wall holding the bunched flowers as blue as the sky. I was given a safety pin to drop into the dark holy water as an offering. These were permissible as holy well currency in those days, when no one had silver coins to spare.

Since time began or at least since the seven streams of Belhelvie began running down to the sea there have been birds in our skies. Shape shifting flocks of starlings still loop and twist at dusk. They have to be adaptable. This past year or two, they have been getting to know a new landscape beneath them. Last week we saw a flock of geese over by the pond near Dubbystyle. They located it and dropped down out of the sky in such perfect unison they looked like a patterned blanket.

I have been wearing a blanket this week although not with geese on it, while learning to sword fight. Well mock sword fighting, with homemade wooden swords. It is preparation to perform in a revived Galoshin play. To make my tattered costume, I used a blanket as well as a stash of

old pillowcases and shirts with worn out collars that Chris had saved for a rainy day. All were cut into strips and sewn onto a beloved old jacket. The Scottish folk play Galoshins was traditionally performed like the English mumming plays, door to door by disguised players. It was outlawed by Oliver Cromwell along with other fun things like the Maypole and Nine Men's Morris on the village green. In the Galoshins play, two young men fight for the hand of a lady. Galoshin the favourite, is killed but is then miraculously revived by a quack doctor with a bottle of 'Hoxxy Croxy'. The quaint name of this remedy is from the old plant-based drink 'oxycroceum' that contained saffron crocus. It was supposedly 'drawing, cleansing and resolving' but when I met Dr Forbes recently, he said his practice has never prescribed Hoxxy Croxy or indeed any medication with saffron in it although he didn't rule out its efficacy. At the end of the short folk play everyone is happily reconciled. They bow, praise the goodness of the audience and are given money in exchange for good luck for the coming year, (safety pins definitely wouldn't do in this case.)

Many of the old folk customs are being revived now we have room for cultural variety. Doric classes are now being offered to adults and children are being encouraged to speak it at school. Apparently more Doric speakers are needed as teachers. In the past the Doric and the Scots language were so discouraged on the grounds that it interfered with the speaking of English that it wasn't allowed to be spoken in schools. As some of you will remember this requirement for linguistic uniformity was upheld at the end of the tawse. In this way, it was hoped that Doric, from an English word meaning rustic, would be quashed. Generations of Northeast Scots children learnt one language for home use and one for school. Now however the Doric is being supported from the government and the university. Sheena Blackhall has been awarded an honorary degree. From reading a book called *'North East Identities and Scottish schooling'* I see it says Buchan Doric is of special interest because it has a close association with a well-defined regional culture and a literature of size and quality. We know that of course: from Grassie Gibbon's *Sunset Song* to Jessie Kesson and David Toulmin's tales of the northeast. We have Bothy Ballads - the songs of the Corn Kisters. To lose foggie toddlers, pollywag, plowter and bosie now would be inconceivable.



The northeast has never been as isolated as some people think. Around the time I was using the luck caused by dropping a safety pin into a holy well, I would have been reading (or just looking at the pictures) of George MacDonald's book *'The Princess and the Goblin.'* MacDonald was a Huntly loon and a friend of Mark Twain. As well as writing stories in the last half of the nineteenth century, criticising the schooling of the northeast, he wrote fantasy fiction. It is said he influenced C.S. Lewis and Tolkien. The green and gold copy of *'The Princess and Curdie'* with Pre-Raphaelite watercolours hanging loose from thick paper pages was too precious for me to be allowed to read in bed but I would have given thanks to George had I known he had inspired the writing of *'The Lion, the Witch and the Wardrobe'*. When the Narnia series came out in paperback

around that time it was a glorious bedtime read under the blankets. Perhaps that's where I got my taste for the medieval.

Mary Cane

Love Rara



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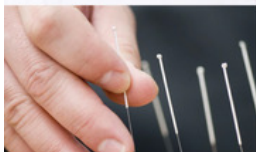
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A WORD FROM THE DOC...

New Year... New You?

Well 2019 has arrived and I think that the best thing that can be said about the coming year is that it will be interesting! Another clue that we are in a New Year, besides the obvious, is that the media are full of articles and adverts advising how to eat better, look better and which trendy fad you must follow to achieve your “beach body”. It is the same every year, and I am not sure how successful these campaigns are, given the seemingly unrelenting rise in obesity rates reported year on year. So what would I recommend? Will it be pureed vegetable smoothies? Low carb, high protein, or vegan? The answer is probably some aspects of these but not all. Let me explain.

The “Holy Grail” of healthy weight and looking good is almost as easy to achieve as finding the cup used at the last supper! We feel too busy to prepare fresh food and so much “bad” food is cheap to buy, easy to prepare and all the family seem to like to eat it! Frankly, you need to accept a few things to have any real chance of successfully getting to, and keeping at, a healthy size.

First, you need to admit that you are likely eating more than you need. Most of us do not have medical conditions causing weight gain, perhaps “lazyitis” could be, but again, that’s not a real diagnosis! Getting a blood test to check for an underactive thyroid is not likely to find a cause for the extra pounds being carried. Do not be surprised that, if you enjoy biscuits or a fine piece with your cuppas, as well as crisps at lunchtime or when watching the telly, you find clothing getting a bit tight or your toes seem to vanish when you stand up! Eat less and do not snack. Biscuits, cakes and other treats should be just that, a very occasional treat, not part of your daily routine.

Second, when you do eat meals, make sure that you do not use a plate the size of an ashtray - a smaller plate holds less and psychologically you do eat less and feel fuller eating off a smaller plate rather than the modern vast plates we all seem to use today. This will help to reduce unnecessary intake by encouraging smaller portions.

Third, move more. I know I always nag about this, but regular exercise keeps you well and helps get the pounds off. Exercise is not only good for physical health but mental health too, so leave the car and walk more. You do not need to go to the gym, just get out for a brisk walk regularly, you will feel better.

Is it really as easy as this one, two, three suggests? Well yes and no. The most important aspect is, that to achieve lasting change, you need to make fundamental changes in your lifestyle. Unless you manage this change then you will always struggle. The other fact is the need to accept that it will take time. The multi-million-diet industry relies on our impatience, and the desire for a quick fix. Many of you will know from bitter experience that these quick fixes often seem to result in a bounce back and no real progress.



Our biology is to blame as our bodies are programmed for homeostasis. We doctors love using Greek or Latin to sound impressive, and what “homeostasis” means, is “keeping things the same” and that is why unless you stick to a diet, you will almost certainly experience the bounce back. This is one of the reasons faddy diets often fail in the long term. To get fit and lose the fat, you need to creep up on this system and allow it to accept the gradual change. By changing lifestyle, making permanent changes in the amount you consume and the energy you expend, you will succeed, slowly and surely.

So good luck for 2019, whatever you are trying to achieve, I feel that we are all going to need it! Maybe the shortages that are supposed to happen may help us all achieve a leaner future!

PS - it is not too late for your flu jab, we still have some left!

Dr Alasdair Forbes



Mental Health Aberdeen is a local charity providing counselling and information services to children and adults of all ages who are experiencing mental health issues, across Aberdeen and Aberdeenshire. These services are free. Anyone, regardless of their circumstances, can access the support they need to recover. Their services support and promote individuals as they work towards their goals, helping them to recover and build resilience for any difficulties that may arise in the future.

For more details on counselling and information services available to children and adults in this area visit www.mha.uk.net or call 01224 590510.



By the time you read this, the Press and Journal community minibus competition will have just closed and, hopefully, we're in the running to WIN!

All stops were certainly pulled out within Belhelvie Parish. Across our village communities, tokens were being cut out of the P&J and stashed away. Thank you to everyone who did their bit by buying the P&J, encouraging others to collect tokens and generally ferreting around to grab as many tokens as possible. A big thank you too to local businesses that volunteered to be token drop off points – Balmedie Premier Shop, Balmedie Fish and Chip Shop, The White Horse Inn and Balmedie Pharmacy. Fingers crossed!

FAMILY FIRST

It Takes a Village...



Over the Christmas holidays we had the pleasure of welcoming a visitor from one of the most populated cities in the world to our quiet, little corner of the world. Our primary aged children took it upon themselves to draw up a map of places in Balmedie that they wanted to show off to our special visitor.

“Balmedie is fun. It’s small but has lots of fun things to do”, said our eldest to our visitor as she produced the hand drawn map that captured all the things she loves in the village that she calls ‘home’.

Our adventure began at the Beachside Café. As we sat down with our drinks and cakes our daughter excitedly spoke of all the birthday parties she had attended over the years. She proudly talked of her sporting achievements in the Leisure Centre and the excitement of performing at the community Christmas get together. The Leisure Centre has been a place where friendships have formed, not only for the children but for the parents too, through the many activities and opportunities available from the ages of 0 upwards.

As we left the Café the map took us past the Library where our youngest rushed over to point out ‘The Owl and the Pussycat’ display outside. The Library has provided the children with many hours of fun discovering their love of singing and books but also a welcome respite for Mum and Dad when the weather is bad, but the children need out of the house.

We continued our adventure and headed down Pettens Street towards the Magic Woods. “There’s a real fairy house in the woods. We saw it when we were building Dens at school. We also left our Halloween pumpkin in the woods to feed all the animals.”

The map then took us past the football pitches and to the majestic sand dunes Balmedie beach is famous for. It was at this point the children revealed the purpose of the sledge we had been carrying around. “Have you ever been sand duning?” Our visitor looked slightly perplexed and then a horrified look of realisation crossed his face as he realised what sand duning was, and that he was expected to take part in this activity. We were reunited at the bottom of the dune with two very excited children and a somewhat exhilarated yet wind-blown visitor.

We walked along the beach taking in the sounds and smells of the beautiful sea air. The children spoke excitedly about ‘their beach’ and the many hours spent jumping the waves, spotting seals and looking for treasure.

The walk led us to the ‘Pirate Park’ and the Sand Bothy where our eldest child very matter of factly informed our visitor that “this is where the real Santa Claus comes to visit boys and girls.”

As we left the Beach to head to our final destination on the map, we couldn’t help but stop and gaze in wonder at the beauty of this quiet corner of the world, which we are so fortunate to call home.

What are your experiences of Balmedie, or your home elsewhere in our parish?
What places are special to you?

A fun activity for people of any age and writing ability is to write a Sense Poem. It makes you stop and take in your surroundings whilst also providing you with a unique snapshot of a moment in time. (Perhaps you would like to email your poems to Banter so that we can share them.)

What do you see?	I see...
What do you hear?	I hear....
What do you smell?	I smell...
What do you feel?	I feel....
What do you taste?	I taste...

We came to Balmedie a few years ago, not knowing anyone or anything about the village. However, watching our children proudly showing our visitor around *their village* made us stop and think about what a wonderful place Balmedie is. Balmedie has laid the foundations of many friendships and is providing wonderful memories that will last a lifetime.

There is an old African proverb “*It takes a village to raise a child*” which describes the importance of both family and community in order for a child to thrive and grow in a safe environment. And for us, Balmedie is that village.

Emma

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DON'T FORGET!

The deadline for submitting
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Friday 19th April

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The Leisure Centre 'Bean' Counter has temporarily been released from the clutches of her calculator to write a piece for the Banter!

The last 7 years as Treasurer have been an up-hill journey of balancing the books for a charity, which has grown massively. With more growth comes more costs, more red tape and not to mention our lovely friends at HMRC. All this against a back drop of funding reductions, a crash in the North East economy and a change in the charities accounting rules, it's no wonder I am fond of a pint or two!

The end of the year is a poignant time for the Centre as I present the annual accounts to the Committee. The Centre has not been immune to the downturn experienced by many businesses, charities and groups locally. The Committee and in particular, the Chairman, continue to work tirelessly to secure funding from a variety of sources to keep the Centre running.

But enough 'bean' chat and on to the exciting topic of Christmas past. The Coffee Shop was turned in to an edible Winter Wonderland when it hosted the annual village Gingerbread event. A train station complete with working train; a pub and shop all featured and entertainment was provided by Rev Paul McKeown. Thank you in particular to the Coffee Shop staff who worked hard to set up and host the event. It was standing room only at the Christmas Eve service and as always so lovely to see the village come together to celebrate a special time of year.

As we dig out those trainers and squeeze in those leggings why not take yourself along to one of our many fitness classes or try out our new class called Zumba Strong. I have done this class a few times and even if you are like me and hide at the back (in the hope that the instructor doesn't see that I have stopped for a rest) I can vouch that you will feel the effects for days after and your muscles are definitely telling you that you have had an all over work out.

For any Junior David Beckhams or Shelly Kerrs out there, we have a new Pre-School football class provided by 'On the Ball Football Training'. It takes place on a Tuesday 11.15 - 12.00, a great chance for the little ones to burn off some energy, gain some confidence and for parents to get a coffee in peace!

I know I speak for all the Committee when I say that as a new year progresses we endeavour to continue to provide the community with the hub that is the Leisure Centre & Coffee Shop and will do all that we can to progress, improve and keep the centre alive.

Emma Ritchie Treasurer

HIP HOP NOT HIP OP

Goal: strong, pain-free, flexible, long-lasting hips

We want **NON-SURGICAL** treatments to help our joints do all we wish to do until it's time for the wooden box! Everything is linked, which is why pain may not be coming from where you feel it. The body tends to break down at its weakest point - in many cases, the hip.

The femur (leg bone) and the socket in the pelvic bone form the hip joint. These bones are held together with soft tissues, some strengthened in the form of ligaments, other tissues (muscles) contract, causing movement. Nerves and blood vessels are around, doing their job.

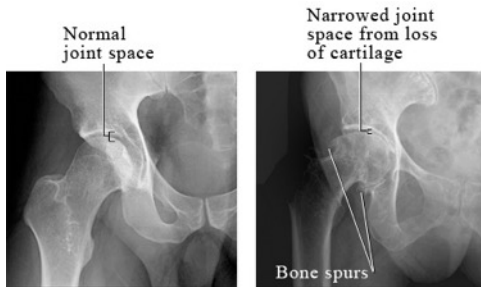


Figure 1

Figure 2

The space in between those bones, is what **ALLOWS** us to move – jump, walk, climb stairs, hop or hip hop! When that space becomes smaller – the bones become closer and closer, muscles tighten more to try and stabilise which causes knock on effects on other muscles. Eventually, the bones touch - this is the severe pain experienced by someone who needs a hip replacement.

What causes this space to get smaller and cause excruciating bone-on-bone pain?

- Over-tight muscles because of constant use without any care or stretching
- **LACK** of motion/exercise so the muscles lose tone and can't do their job

Our hips are more important than we realise! Our hip muscles control skills such as balance, sitting, standing, twisting, walking, bending, climbing and more. Hip muscles shortened and in spasm can cause:

- Hip pain and hips 'locking up' and/or groin pain
- Knee pain
- Lower back pain and/or buttock pain often described as 'burning'
- Tailbone pain
- Tight uncomfortable hamstrings on the back of the thigh, abused with excess sitting
- Quad pain (kicking muscle at the front)
- Walking awkwardly – gluteus medius helps balance the opposite hip as you walk
- Anxiety
- Loss of energy (as one hip muscle is attached near the diaphragm (major breathing muscle))
- Bladder, bowel, prostate, uterus problems due to imbalances in the pelvis (mainly from tight hip muscles) causing congestion and disease (see Banter back issue re bowels)

The bands on the outside of our thighs need to function properly for healthy hips and knees. The balance between them and the adductors (the muscles that keep you on that horse, or are used to stabilise) is important. There are exercises and stretches you can do for yourself to maintain the gains you get from treatment. Pain is what motivates us to do something and swallowing painkillers is not dealing with the cause of the problem.

At Brooks-Carter Clinic we can work with you to create a healthy balanced structure using remedial massage, osteopathic techniques, advice on stretching and strengthening, nutrition and more. This helps to maintain healthy hips to AVOID requiring hip replacements. We want to keep on dancing not degenerating. Massage can, and most certainly does, help with this.

Maggie Brooks-Carter DO, RGN, SMT0



BALMEDIE CHRISTMAS LIGHTS GROUP

A big thank you to all the local businesses who sponsored a Christmas light. We raised a considerable amount, which helps to pay for the installation, storage and maintenance of the lights each year.

Unfortunately this may be the last year that we have our Christmas lights on the lamp-posts, as high costs and council rule changes are making it more difficult.

This past Christmas, we were very lucky to receive a Christmas tree from the council free of charge. This was planted next to the Balmedie Congregational Church building where we benefitted from an electricity supply from the church. A big thank you also goes to 'Better Balmedie' who helped us with getting the electricity cables in place. The Christmas Lights Group bought the tree lights and the baubles were decorated by local children. Thank you to everyone who came along and supported this event. It really was great to see so many people attend on what was a cold wet evening.

Diane 01358 743114

Balmedie Christmas Lights Sponsors 2018

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

Aberdeen Training Services	01358 743114
Balmedie Fish & Chip Shop	01358 742730
Barratt Homes	01358 741300
Complementary Health Clinic	01358 742888
Dickies Pharmacy	01358 741226
Gary Taylor Plumbing & Heating	01358 742201

A big thank you goes to Diane for all her efforts to give Balmedie streets a lovely festive glow.

WHAT'S GOING ON IN POTTERTON?

BELHELVE COMMUNITY FIRST RESPONDERS – TRAINING EVENT

- In the UK there are over 30,000 cardiac arrests a year outside of hospital where emergency medical services attempt resuscitation.
- However, less than one in ten victims of cardiac arrest survive to be discharged from hospital.
- In some cases, CPR can double the chances of survival from out of hospital cardiac arrest.
- Defibrillation within 3-5 mins of collapse can produce survival rates as high as 50-70%.
- Fewer than 2% of victims have an AED deployed before the ambulance arrives.



Would you know what to do if someone suffered Sudden Cardiac Arrest? Do you know where the nearest Automated External Defibrillator (AED) is and would you have the confidence to use it?

The Belhelvie Community First Responders will be doing a Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) Session at **Potterton Community Centre on Monday 4th March at 8.15pm till 9.15pm.**

All ages welcome, no need to book a place.

Theresa Thomson Belhelvie Community First Responder

POTTERTON CHRISTMAS TREE LIGHT SWITCH ON

The Potterton Community Group were lucky to secure two Living Christmas Trees this year, co-ordinated by Oliver Deeming and his team at Aberdeenshire Council Landscape Services. One has been planted in the garden of the Potterton Community Centre specifically for the children attending Balmedie School Nursery – Potterton Annex. The second and main tree has been installed next to the wild flower bed on Panmure Gardens for the whole community.



An event to switch on the lights took place on Sunday 9th December, and was well attended by local residents to decorate the tree with handpainted wooden baubles, followed by some Christmas Carols in the rain led by Rev Paul McKeown. We would like to thank everyone who helped out and came along on the day and with more time next year, will plan to hold a bigger event to include some refreshments back at the Community Centre. A huge thank you to all the children in the village who decorated their Christmas baubles to add to the tree.

10 POTTERTON WALKING GROUP

The Potterton Walking Group, led by residents Chris Schenk and John Hutcheon, have set up their walks for the first part of this year. This group is open to anyone to attend, just pop along to the Potterton Recycling Centre at the time stated to join in. The group run a car share for walks further afield.

Date	Details of Walk	Meeting Place	Time
5 th Feb	Local Potterton Walk to Blackdog and return	Potterton Recycling Centre	1.00pm
5 th March	Haddo House (3 Miles) – Coffee at The Coffee Apothecary	Potterton Recycling Centre	1.00pm
2 nd April	Tyrebagger Hill (4 ½ Miles)	Potterton Recycling Centre	Midday
30 th April	Kemnay to Fetternear and return (6 Miles)	Potterton Recycling Centre	Midday
21 st May	Kintore to Kinellar and return (6 Miles)	Potterton Recycling Centre	Midday
11 th June	Maud to Aden and return (7 Miles)	Potterton Recycling Centre	Midday
2 nd July	Sands of Forvie from Forvie Centre (8 Miles)	Potterton Recycling Centre	Midday
23 rd July	Bennachie Low Level from Rowan Tree (8 Miles)	Potterton Recycling Centre	Midday



POTTERTON PLANTING GROUP

The Potterton Planting Group are keen to hear from anyone wishing to join the group of volunteers to support the yearly programme of planting throughout the village. If you are interested, please contact Fiona Scott by e-mail on fmscott40@gmail.com

OTHER EVENTS IN POTTERTON

All groups in Potterton are available for anyone to attend. Please feel free to pop along to the Potterton Community Centre on Laingseat Road on the following days/times to find out more and join in.

Event	Day	Time	Venue
Indoor Bowling	Thursday	2.30 – 4.30pm	Potterton C E Centre £2/ session
Knit & Natter	Monday	2.00 – 4.00pm	Potterton C E Centre £1/ session

Caroline Anderson
Potterton Community Group

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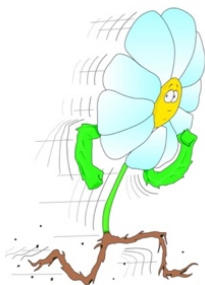


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NATURAL BELHELVIE

A very healthy New Year to all of you Banterites, 'lang may yer lum reek'. I do hope that I fulfilled your wish-list and left the correct pressies beneath your tree?

By the time that this edition drops onto your doormat, we will be well into February, fill dyke month, and fingers crossed that it does

not fulfill that name. Writing this at the end of January, the winter has been very good with only a few days of frost. That might be a few too many for some of you but the natural world needs good frosty nights to set matters up for spring. If we did not get any frost or very low temperatures, snowdrops etc., would not flower. The wee bulbs in the ground need that 'frost-trigger' as a wake-up call, telling the bulbs to burst into life and produce flowers.

It will be a month or so before we see primrose flowering, they are always a wee bit later in spring, surprising actually as their name means 'first flower'! All of you Banterites will be well versed in *Latin*, and know that *Prima* means first and *rosa* simply means flower – hence Prim(a)rose(a) = first flower. It is normally associated with open woodland, hedge bottoms etc., sites that have lots of sun early in the year but get very shady once new leaves grow on trees and bushes. They get their flowering and seed making done while there is plenty of light, hence we see them best early in the year. A superb member of our native flora but not so common out and about, so why not buy a packet of seed and grow some to have in your own garden? But do beware when growing them from seed; back to the frost 'trigger' scenario. The seed has to have a good few nights of real frost before it will germinate, therefore it is best to sow the seed in November/December and leave it outside (not in the greenhouse). Protect the seed from nibbling mice with a piece of fine mesh over the pot, and you should have great success.

Oh yes, must tell you that I had a first-foot in my house, a wee bit late on the 04th and to be honest, not a welcome sight so early in the year! It was a fine day with good sunny blinks and when I went up into my loft rooms, there was a small tortoiseshell butterfly banging its head against a Velux roof-light! It was so warm that it had woken up from its slumbers and wanted out, but in January! A lovely insect but far too early for it to get out of its bed, if I had opened the window and let it out it would likely have perished. March is the normal time for them to awaken, so I caught it and took it out to my garage where, with luck, it will go back to sleep in the cold. So a word of warning, if you do see one fluttering against a window in your bedroom, try to catch it and put it somewhere cool.

Enjoy the natural world out and about around Belhelvie all through 2019!

Bob Davis



REACH THE BEACH!

Our story so far -

Many families are excluded from places that are inaccessible to wheelchair users and those with more hidden disabilities. This makes much of the countryside no-go areas for some in our community.

In the spring of 2017, a local Mum approached the Sand Bothy team about how Balmedie Beach and Country Park could be made more accessible. Her son, a full-time

wheelchair user was unable to get to the beach and enjoy the exhilaration of being close to the sea.

At around the same time a local charity called 'Promoting a More Inclusive Society' (PAMIS) got involved with the Sand Bothy and was very supportive of making the beach more accessible on a more permanent basis so that young and old, big or small could get to the Beach and Country Park. We carried out some market research with over 150 families in the Autumn of 2017 and were overwhelmed by the support we got from families all over the region to make this a reality.

The Sand Bothy team consulted Aberdeenshire Council staff about access to the beach and they agreed that an access for all route should be maintained at all times. Aberdeenshire Council also agreed to us using a large shed (now known as 'The Bunker') in Balmedie Country Park to store wheelchairs and other equipment. We then spent time making The Bunker a clean, comfortable place where families can go to meet the volunteers and collect a beach wheelchair for their trips.

Between January and August 2018 we worked very hard to raise funds, recruit volunteers and get expert advice on what equipment to buy. We also found out what safety standards we would need to observe, what training would be required for volunteers and how we should run the project.

We are very grateful to the individuals, families, carers, businesses, organisations, professionals and volunteers who have helped us get us going in all sorts of ways, with generous financial help, advice and support. This really has been a team effort!

Thanks to our supporters, we now have 4 all-terrain wheelchairs available free to hire to people of all ages with disability or mobility issues. We can cater for those with complex health and mobility needs. We have a number of different models to suit different heights and weights and for level of need. The chairs have already been well used in autumn of 2018 and enjoyed by wheelchair users and their families.

Our 2019 season starts on Sunday 7th April and we hope to open until October. Bookings are available between 9am and 5pm. Sessions last up to 3 hours to allow a reasonable length of time for families to enjoy the beach together. If you would like to come on a different day this could also be possible if we have volunteers available.

To book a chair, or for more information, please use the same number to talk to Fiona. We recommend booking in advance, as we cannot promise availability if folks arrive without prior notice.

'Balmedie Beach Wheelchairs' needs your help! We need volunteers who can give up a morning or afternoon to welcome the users of the chairs, look after equipment, help to keep boardwalk clear and generally help to keep the project running smoothly. Training will be provided in March. If you could give up some time and join a friendly group who can make a difference by helping folks to enjoy our beautiful beach, please ring Fiona on 07864 350 989.



BCT UPDATE

2018 was a busy year for Belhelvie Community Trust, with activities including the on-going running of The Sand Bothy, the creation of Balmedie Beach Wheelchairs project, the development of a community sensory garden in the Magnificent 7s Woods, support for Better Balmedie, Balmedie Health Walks, developments of facilities at Balmedie Country Park and support for other projects and organisations in Belhelvie Parish.

BCT Trustees and members are all volunteers who give what time they can to help make things happen. We could do more, throughout the parish but to do this depends on help available. If you could volunteer in any way please get in touch for a chat. BCT is not about endless discussions at formal meetings - there will only be 6 meetings in 2019 – it is about getting things done.

Any queries, phone me on 01358742557 or email: rosie.nicol81@gmail.com

Next BCT meetings are 25th March and 27th May. We hope you will come along.

Rosie Nicol



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The Sand Bothy

The Sand Bothy Kiosk and Exhibition will be open again at weekends from the beginning of April. Please remember though that it is available all year round to hire at a reasonable cost for small groups, meetings and classes although we cannot accommodate sports groups or indoor children's parties. We will be hosting craft classes again - do you have any ideas for this year? We look forward to seeing you again in 2019 and would also welcome new volunteers to help keep our little building going.

Easter at The Sand Bothy

Easter Egg Hunt, Easter Crafts
and Jenny's Donkeys

Sunday 21st April
12 noon to 4pm

Look out for more information
on Facebook and posters
around the parish.



COMMUNITY SENSORY GARDEN

Belhelvie Community Trust applied for Landfill tax funding with support from Belhelvie Community Council and Aberdeenshire Council. The first phase of the garden at the Magnificent 7's woods will be completed in early spring with seeding of the area. We think you will agree that the area is looking great now. We will have an update for you in the next edition of Banter when we hope you will get involved in the development of the woodland garden.



CRAFT CLUB

At Craft Club we make a varied selection of crafts from painting, sewing and even baking. We currently have a few spaces so do come along. The Club is held on a Wednesday evening 6.30-7.30pm in the church hall next to the Co-op, cost £1.50 per week (tuck shop also available). All school children welcome.

Catherine & Diane 01358 743114

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Belhelvie Christmas Tree of Remembrance



This year we enjoyed the third season for the Belhelvie Christmas Tree of Remembrance.

We have had a very successful 2018 with local volunteers raising enough money to install a fixed electricity supply. This was a small but challenging project which involved digging a 30m trench to connect the tree to the existing power supply. The volunteers shared skills, knowledge and spades to get the job done. We have surprisingly fond memories of trying to find the power connection point - all head to toe covered in mud, digging at speed to ensure the workmen could connect! Well done everyone involved!

Again, this year the community decorated the tree with remembrance baubles, and we hosted a carol singing event for everyone to come together; sing, share stories, enjoy warm mince pies and drinks. A special thank you to Paul and the choir from Belhelvie Church for leading such a lovely gathering.



We wish to say a huge thank you to everyone who has helped make this project happen. This includes the Belhelvie Community Trust, Aberdeenshire Council Landscape Services, Formartine Partnership, CHAP, Belhelvie Banter, Belhelvie Church, Cadgers Garage, Neil Black Groundworks, Better Balmedie, the Electricians, local volunteers and residents - THANK YOU EVERYONE!

CADGERS GARAGE
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Neil Black
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We will be hosting a 'Belhelvie Village Open Meeting' in the Spring to discuss any other ideas you may have to help us enhance and enjoy this wee village even more! We will post a flyer through all Belhelvie doors with details.

If you would like to get involved with supporting the Belhelvie Village please get in touch with either Raymond: raymond.m412@gmail.com mobile: 07526601925 or Annie: annie.grant@hotmail.co.uk mobile: 07848 805992.

BELHELVE COMMUNITY COUNCIL (BCC)

As per normal this reporting quarter is always our quietest as activity seems to slow down over the festive holidays. In saying that we have had a number of changes to our membership since our AGM last February so I thought it may be appropriate to provide an update on these changes. In addition, further to last year's recruitment drive we have also allocated Council members geographical area responsibility in alignment to their residency so that local residents can contact their local Council rep directly if they so wish. All members are also contactable through our e-mail address: belhelviecommunitycouncil@hotmail.com

The present BCC office bearers and membership line-up is as follows:

DAVID WALLACE	CHAIRMAN
DAVID WATSON	VICE-CHAIRMAN
JOHN FLETCHER	SECRETARY & MEETING MINUTE TAKER
EWAN PHIPPS	TREASURER
IAN DOWNIE	PLANNING REPORTER
HILARY FOXEN	MEMBER (POTTERTON)
ALEX McINTYRE	MEMBER (BALMEDIE)
DAVID McKENDRICK	MEMBER (BALMEDIE)
MARK BROWN	MEMBER (WHITECAIRNS)
ALLAN HENDRY	MEMBER (BALMEDIE)
RICHARD MILLER	MEMBER (POTTERTON)
DREW ROBERTSON	MEMBER (BALMEDIE /BELHELVE)
GRAHAM MIDDLETON	MEMBER (BLACKDOG)

We are still involved in a number of local issues, see the list 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 and whose name is shown in brackets.

- Removal of the large metal Stanction Posts and associated Wires at the now closed Westerhatton Landfill site west of the A90, south of Millden. (I. Downie)
- Reinstatement / reconnection of the path through the Magnificent 7s down to Old Aberdeen Road at the south-west corner of Balmedie. (D. Wallace)
- Completion of the pavement adjacent to the bus stop at the same location as the previous issue. (A. Hendry) **COMPLETED**
- Installation of solar powered Speed Warning signs in Balmedie and Potterton. (D. McKendrick)
- Repair of existing speed warning sign on Eigie Road, Balmedie. (A. Hendry) **COMPLETED**

- 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)
- Assisting Belhelvie Community Trust with the development of the Sensory Garden Project in Balmedie. (D. Watson)

We have also provided representation on the Balmedie Country Park Enhancement workgroup, the Aberdeenshire Bus Forum meeting, the Vattenfall Community Fund and the AWPR Project meetings .

We are actively looking for some new projects to engage with so if anyone in the community has one they would like to propose please feel free to do so.

Finally we would also like to acknowledge the superb community charity work that has been done over the past 10 years by the Balmedie Golf Society who have consistently benefitted local charities with generous donations. This year the beneficiaries were two lovely little local girls namely Noa who has cerebral palsy and Ellie who is autistic. Well done to the committee and members of the Golf Society for their wonderful efforts.

David Wallace BCC Chairman

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 Spring entertainment programme – why not join us?

26 February

Music with Mhairi Shand

12 March

Belhelvie First Responders – Talk

26 March

Dr Charles Burgess – Rambling Recollections

9 April

Lenny Sings

23 April

Snowie Entertains

7 May

Entertainment by Don Carney

21 May

RNLI Talk – Bill Deans

For more details please contact:

Margaret Murison Secretary 01358 742285

or **Vic Deans** President 01358 743634



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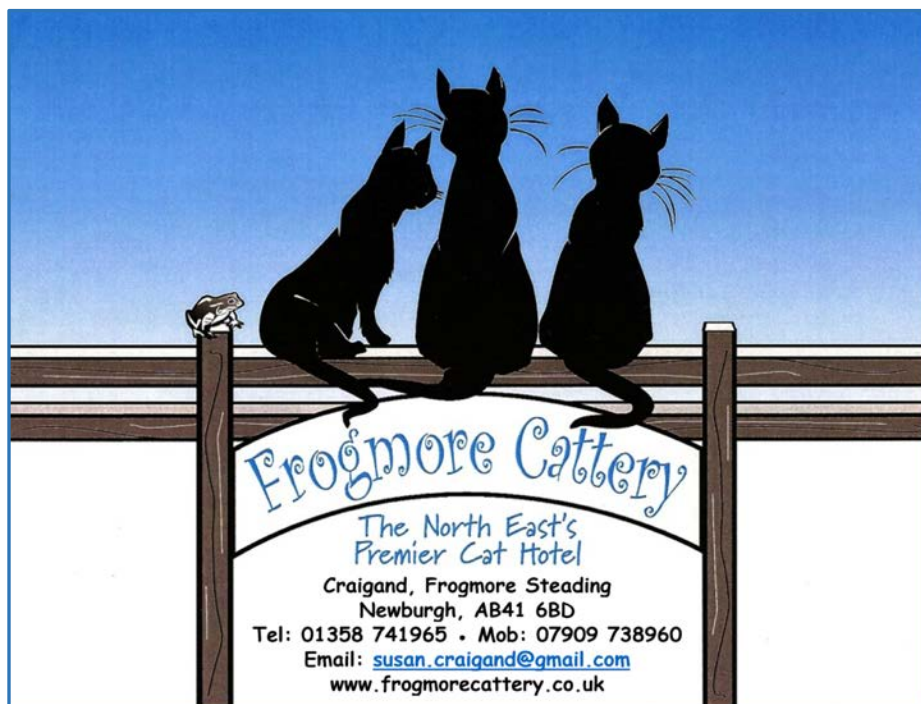
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BETTER BALMEDIE



On behalf of Better Balmedie I would like to take this opportunity to wish all our volunteers, supporters and readers a happy and prosperous new year. No doubt resolutions were made and perhaps some have been broken already! Since I last wrote two storage sheds have been erected by Lance Darling and his team of helpers and painted by our volunteers.

A living Christmas tree was donated by Aberdeenshire Council to the Congregational Church and planted just outside the perimeter fence. Volunteers dug a trench and laid an electricity cable, in atrociously wet and windy conditions, to provide power to the tree. With brightly coloured lights the tree looked resplendent and will be a feature for years to come.



At the Better Balmedie site, the ground is being levelled and drained prior to forming a base for the all-important potting shed, which should be erected in the next two months, weather permitting. Any fallen or dangerous trees near footpaths around the village are removed and cut into logs for sale. Detailed plans are being formulated to transform part of the site into a Community Garden. A Community Trust volunteer will lodge an application to Vattenfall who are funding this work and hopefully this will be successful. As we can see all the turbines, it should be supported.

We continue to try to raise money to plough back into making Balmedie beautiful. To this end, we have bags of logs for sale. These have been cut from fallen trees in the area and are for sale at £3.00 per bag with free delivery within the parish - phone Wishart on 01358 742884.

There are busy, exciting times ahead and if you would like to become involved in this worthwhile work, in whatever capacity, do think about joining us on a Wednesday or Saturday between 10 and noon. You'll be made most welcome. Alternatively you can phone me on 01358 743851.

Allan Jeffrey



Better Balmedie enjoying their Annual Night Out in December at the White Horse



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by the Wee Kirk 10 am to 2 pm
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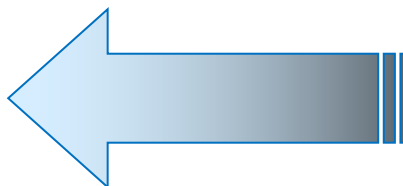
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Opening Hours: Monday to Friday: 9.00 - 17.30

Saturday: 9.00 - 12.30 Sunday: CLOSED

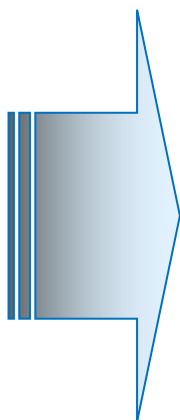
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BALMEDIE LIBRARY

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

On 28th February, our Senior Library Assistant **Maureen Muirden** retired from the Library Service after 22 years and 9 months service. Retirement marks the end of one chapter and the start of a new and exciting one. We wish Maureen all the best. The library will not be the same without her!

Our **Knit & Natter Group** is busy and productive as ever. Why not pop along and say hello. They are a very friendly group and extend a warm welcome to new members. They meet every Thursday morning from 10.30am - 12.30pm. Refreshments are provided for a small donation.

Our **Lego Club** is on a Monday evening from 6pm - 7pm for children aged 8 and over. The club is now full but there is a waiting list you can be added to if you are interested in joining, please contact a member of staff.

There is a **Bookbug Library Challenge** from 25th January until 27th April for children aged from 0 - 4 years, to encourage them to discover and enjoy their local library. Please contact the library for further details.

We had a great response to our **Photography Quiz**. 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 can now announce the winner of this competition is Mr Kenneth Knight, who is delighted with the framed photograph he received from John Hopkins as a prize. Well done Ken and thanks again John and Dave for all your hard work. We hope to have a new Photography competition in May of this year.

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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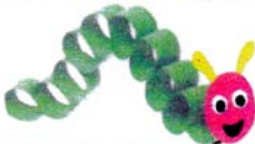
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BALMEDIE SCHOOL ARTISTS

The Banter Team would like to say a big thank you to Miss Auld and the pupils of P6A at Balmedie School. They have been busy designing the Banter Spring cover and what a wonderful job they have done. We had great difficulty choosing the winning entry, featured on our cover and designed by **Abigail Hunter**. Well done Abigail – we are very impressed by your artistic skills. Here is a small selection of the entries showing P6A pupils' images of Spring. We wish we could show all of the pupils' work as every entry was of a very high standard, but unfortunately we do not have enough space.



Lois Robb



Lucy Morgan



Freya C



Macy



Caitlin Mair



Olivia McGeough

We are always delighted to feature the work of local pupils and look forward to working more with pupils throughout Balmedie school to show the wonderful things they are creating with their teachers. We would also welcome contributions from local secondary pupils and students, so, if you have something you'd like to share, please send it to us at belhelviebanter@live.co.uk



Beachside Coffee Shop

Egie Road, Balmedie AB23 8YF Tel 01358 742003

The Beachside Coffee Shop would like to wish all our valued customers a very happy and prosperous 2019.

Please remember that the Coffee Shop is available for your private event - from baby showers to funeral teas, birthdays, community events, meetings, AGMs, kids clubs, art or photography clubs - we can cater for all.

We can also supply food along with hot and cold beverages for your event. We are also a licensed premises. We will endeavour to help with any other requests where possible. Let us make your next event one to remember. Contact us on 01358 742003 or on our Facebook page for more details.

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Vattenfall Unlock our Future Fund now open for applications!

The fund set up by Vattenfall in connection with the wind farm in Aberdeen Bay, the European Offshore Wind Deployment Centre (EOWDC), is now open for applications from groups across the City of Aberdeen and Aberdeenshire.



The above photo shows panel members meeting to discuss the launch of the Fund.

Vattenfall has committed to investing annually £150,000 to this community benefit scheme for the 20 year lifetime of the wind farm. 10% of that sum has been set aside for projects taking place in Blackdog. A local panel of community champions has been established to make decisions about the Fund, with Foundation Scotland appointed as Fund administrator.

The Fund has four key priorities and all eligible projects must demonstrate how they will meet **all four** of these priorities:

- **Contribute to a climate smarter world with sustainability at its core**
- **Invest in community facilities and/or activities that are fit for the future**
- **Be innovative**
- **Ensure a legacy and lasting impact which clearly brings benefit to the local community**

A number of drop-in sessions has been held for those seeking application support, including a well-attended one at Balmedie Leisure Centre on 14th January.

Natalie Ghazi from Vattenfall said: "Over the last couple of years we have been working with local stakeholders and community organisations to shape the £3m Unlock our Future Fund so that it delivers on the needs of local people from across the city and shire. The Fund will give groups the opportunity to submit innovative, sustainable and fossil fuel free project proposals that will benefit communities across the region."

The closing date for applications to the Fund is 15th April. Full details about the Fund and how to apply can be found at:

<https://www.foundationscotland.org.uk/programmes/unlock-our-future-fund/>
or contact Foundation Scotland local representative Iain Catto t: 0791 275 9525
or email: iainc@foundationscotland.org.uk



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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.

Welcome to 2019. How was Christmas? While most of us will have celebrated with family, opened presents and overate the turkey, I am sure we are all aware that billions of people throughout the world, live in poverty, some 95% of the world's population is poorer than the poorest people in the UK.

At our Christmas Eve Service, our collection was taken in aid of mothers in Sierra Leone, who sleep rough with their young children. Kids' Action, a North East Charity has taken in a number of mothers and children, off the street and is about to open a classroom to help educate the children.

But that does not even scratch the surface of the problem, and our tiny island is not big enough to become the home to every economic migrant that rightly wants to have a better life. With the refugee situation also causing problems across Europe and on the Southern Border of America, perhaps the West needs to consider how to deal with the problem and not just deal with the consequences.

Is it time to invest in the poorer countries of the world, to improve the quality of life for the poorest people and then perhaps, the desire to migrate may be slowed down? The task is massive, but as with any journey, it starts with the first step.

I invite you to join us in prayer that the Political Leaders of the West, may be given the wisdom to establish a programme of help for those who were unfortunate to be born in poor countries. Small and/or large charities do a fantastic job trying to improve the lot of the world's poor. But only rich nations can complete the task. This year, please add this topic to your prayer list.

MID WINTER MEAL

January can be a long month, dark nights and cold, wintry weather. Along with our sister Churches we again held our mid winter lunch for our members at Buckie Farm. An opportunity to gather, share and enjoy the company of fellow Christians, it breaks down barriers and allows us to realise we are part of a large family.

EASTER SERVICES

Again this year our Holy Week Services are to be joint with Balmedie Congregational Church. This will take place on Wednesday 17th of April at 7pm. The Easter Sunday service will be on Sunday 21st April at 11am.

I am always available to the Belhelvie community, so feel free to get in touch.

Rev. Andy Cowie 01224 703248



BALMEDIE CONGREGATIONAL CHURCH

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

A Scottish Charity – Number SC 022803

BOYS' BRIGADE WITH GIRLS' ASSOCIATION - Our fledgling Company meets in our Church 3.30-4.30pm every **Friday**. It costs £2.00. The Boys' Brigade is an organisation, where the programme aims to give boys and girls opportunities to be involved in physical activities and sports, where we encourage members to extend their interests and where they are encouraged to be constructive. Being a Christian organisation, we let members experience and question Faith. All this is done in a fun yet disciplined ethos. Recruits always welcome.

SPRING FAIR - Our Spring Fair will be on 30th March 2019, 11am till 2pm. We will have a variety of stalls and tea. Everyone is welcome.

LADIES' GROUP is every Wednesday at 11am. All welcome to join our group for coffee. The cost is £2. No Agenda, just time for a blether.

HOLY WEEK SERVICE is at 7pm on Wednesday 17th April 2019. An open door to all!

EASTER SUNDAY SERVICE will be at 11am on Sunday 21st April

We are indebted to so many people. A big thank you to everyone. 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.

Rev. Andy Cowie (01224 703248)

FRIENDS OF BALMEDIE COUNTRY PARK

In Belhelvie Parish, we count ourselves lucky to have the beach and the country park on our doorstep. Would you be interested in helping to organise a 'Friends of Balmedie Country Park' scheme?

If you would, please contact Rosie on 01358 742557 or rosie.nicol81@gmail.com





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BELHELVE CHURCH OF SCOTLAND

Church isn't just about services and Sundays – it's about trying to find ways to help the community we live in as a practical demonstration of God's love. We want to let you know more about two groups that your local Church of Scotland runs from The Forsyth Hall at the moment.

MAINLY MUSIC

This is a parent and toddler music and movement class that runs on Tuesdays from 1.30 - 3.00pm. We start with a song time together using fun resources, then serve snacks for the kids and at the end of the session the parents get to sit and have a coffee and a chat while team members look after the wee ones for 20 minutes or so. Some tell us it's practically the only time in the week they can escape the demands of being parents! Recognising the challenges of raising young kids, our team of volunteers take pride in looking after the adults as well the children and making sure that everyone has a good time.



If you want to know more, and sign up, please contact Jeanette Lamb on jeanettelamb@btinternet.com

COFFEE HAVEN

Our monthly drop-in café runs on the first Tuesday of the month from 10-12am. There's always a great selection of home bakes to accompany your tea and coffee, and there's no charge – though donations are always welcome! There's usually some live music, toys are put out for any little ones who come along, there's a nice, relaxed atmosphere and the Hall is accessible for anyone with mobility issues. You'd be more than welcome to drop in some Tuesday and see for yourself. If you'd like to come, but transport is a problem, please contact me (Paul) on 01358 742227 and we'll see what we can do to help.

The FORSYTH HALL

The hall is a great resource and is available for let at very reasonable rates – just check out our website belhelviechurch.com for more details.

Church Dates:

Sunday 24 th February 11.00am	Thinking Day/ Founders Day Service
Friday 8 th March 7.30pm	Bruce Davies Concert - The Forsyth Hall
Thursday 18 th April 7.30pm	Maundy Thursday Communion at Foveran (Holyrood Chapel, Newburgh)
Friday 19 th April 7.30pm	Good Friday Service at Belhelvie
Sunday 21 st April	9am - Beach Service (by Sand Bothy) 11am - All Age Worship

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Would you say you're 'religious'? Or not at all? The amazing thing is that Jesus didn't come for 'religious' people who have it all sorted.

This is a very warm invitation to any of the events listed below.

You would be VERY welcome!



SUNDAY MEETINGS

White Horse Inn

Every second Sunday, 3.30pm

Coffee and cake followed by a short talk.

How to know if it's this coming Sunday?

Please see newhopebalmedie.com

We'd be delighted to see you!

For more details please

contact Graham

graham.wintour@gmail.com



Graham and Tineke Wintour



HAPPY NOISE!

White Horse Inn

***Every Thursday, 10am-12noon
(except 4 and 11 April)***

For 0-5 years old. Snacks and art materials included.

Freshly-baked cakes and coffee available.



FAMILY FUN

White Horse Inn

***First Saturday of the month,
10.30am-12noon (except April)***

Next dates:

2 March and 4 May

Bouncy castle and toys for the kids and delicious bacon rolls for parents! All ages welcome.



The weather is rather chilly at the moment for going out litter picking but as spring days come in, let's take a pride in our home area. Use public bins when out, or take your litter home with you and encourage others to do the same. We know most dog owners in the area take responsibility for their pets and pick up their poo, yet we still hear complaints of poo-ridden parks and pavements. Our area is a beautiful place, let's keep it that way.

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BALMEDIE BROWNIES (2nd Belhelvie)

We had a really fun term exploring the new Guiding programme, with the Brownies getting lots of new 'Skill Builders' under their belts and trying a few of the new 'Unit Meeting Activities'. We had two girls who gained the new Gold Award just before moving up to Guides which was a real coup for the unit within our District - we were just as thrilled as the girls for this achievement. It's really inspired the rest of the Brownies too who are also really keen on working on the new Interest Badges in their own time.

We had another successful Body Shop party - raising funds for the unit - many thanks to all of our Brownie friends and families who supported this event.



Guiding gives us a great opportunity to look at other cultures and festivals from around the world, and as our meeting night fell on Thanksgiving Day we spent some time talking about Thanksgiving - which lots of the girls had heard of through the media - and the girls created a beautiful 'Tree of Thanks' from their handprints, coming up with some interesting thoughts on what they were thankful for.

Approaching Christmas we took part in the Christingle service at Belhelvie Church, the girls having made their 'Christingles' at the preceding meeting. We followed this with carol singing at Balmedie House; so lovely to hear the residents singing along, and some getting up and dancing with the staff. Our last week was our Christmas party, with a disco, games and lots of yummy party food kindly donated by Brownie parents.

Now we're into the Spring term and looking ahead to lighter evenings and hopefully getting outside for some meetings. We'll be continuing with new Skill Builder activities and also an exciting new project to work on - the 'Guiding into Engineering' badge from Amey - we recently received our free badge pack resource and the activities look really interesting! We'll also be looking into doing a fundraiser - not for our unit but so that we can buy items for the North Aberdeenshire Foodbank, as a community action activity. Details to follow!

If you're interested in Brownies/Girlguiding, please register (to find out about being an adult volunteer or for joining a group) via the Girlguiding Scotland website www.girlguidingscotland.org.uk and click on 'Get Involved'.

Tracy Leach (Sapphire Owl)

2nd Belhelvie Brownies

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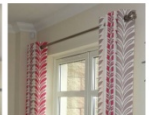
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1st BELHELVE RANGERS

To kick off the New Year, I'd like to start by saying we are looking to grow our numbers and would welcome enquiries from anyone that is interested. Rangers is for young women (14 to 18 years old) who want to be part of Girlguiding but don't necessarily want to be Young Leaders. As it happens, all of our current Rangers are also Young Leaders, gaining great experience and skills to put on their CVs, but you don't have to have even been a member before joining.

To give you an idea of what we do, last term the Rangers successfully gained their Stage 5 Skills Builder badge in First Aid. This term we started with a planning meeting and decorated books using rubber stamps and embossing techniques using a heat gun. Our plans for this term include pyrography (burning wood decoratively), baking (hopefully not burning stuff), karate, a quiz night, and a campfire night (burning wood less decoratively). County camp is also coming up in the summer.

Rangers meeting fortnightly in Balmedie on a Tuesday. If you are interested in joining, either give me a call on 01224 703335 or email s.osbeck@rgu.ac.uk or register online: <https://go.girlguiding.org.uk/join-us/join-as-member/>

As always, we also welcome any new helpers or potential leaders:
<https://go.girlguiding.org.uk/join-us/join-as-volunteer/>

Susan Osbeck



With Spring and the thought of Summer approaching, you may feel that you'd like to get involved in a community project. Why not volunteer for one of the following groups? It's a great way to get out there and meet new friends.

Group	Contact	
Balmedie Beach Wheelchairs	Fiona Winstanley	07864 350989
Belhelvie Banter	Jess Petrie	07763 314579
Better Balmedie	Allan Jeffrey	01358 743851
The Sand Bothy	Rosie Nicol	01358 742557
Potterton Community Group	Caroline Anderson	07920 280212
Christmas Lights	Diane Cassie	01358 743114
First Responders	Marc Wood	01358 743002
Scouts	Ian Thomson	07743 844040
Belhelvie Community Trust	Rosie Nicol	01358 742118
Belhelvie Community Council	David Watson	01651 328263

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Haul service at www.peterheadfish.co.uk Any questions, please call **07854 891360**.



SCOUTING WOULD LIKE YOUR VIEWS

The **1st Balmedie Scout Group** will reach their centenary year shortly and would be grateful for the views of residents of Belhelvie Parish with regard to the seed of an idea to develop a Scout Centre for the use of all uniformed organisations and for the wider communities.

The location and scope of the centre are open to discussion but when selecting a site we must be mindful of the needs of the organisation first. 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 who wishes to discuss further should get in touch. If you would like to contribute to the immediate discussion you are invited to email balmedie@gordondistrictscouts.org.uk, drop a line to 23 Old Mill Crescent, Balmedie or have a chat with a leader or myself. If you are in a position to offer professional assistance or enthusiastic support for the project as it moves forward, we'd be really pleased to hear from you.

Beavers had a fundraising evening and decided to make donations to the Sand Bothy for local projects and to Guide Dogs for the Blind. A big BRAVO to them. We all had a great time at Inverurie Panto (Oh yes we had!) and our grateful thanks go to Keith and Jo who again facilitated this much looked forward to event.

We are grateful for **Young Leaders** at the moment - we have 10 currently - both long term and some for their Duke of Edinburgh. Our Section Leaders are all busy planning ahead so look out next time for reports of what they've been up to.

The camps, activities, weekly meetings and fun we all have would never happen without the enthusiasm and dedication of all our 20 Leaders at Beavers, Cubs, Scouts and Explorers. Adult opportunities are available for keen volunteers with our Scout Group as we need additional leaders to strengthen our teams at all levels.

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.

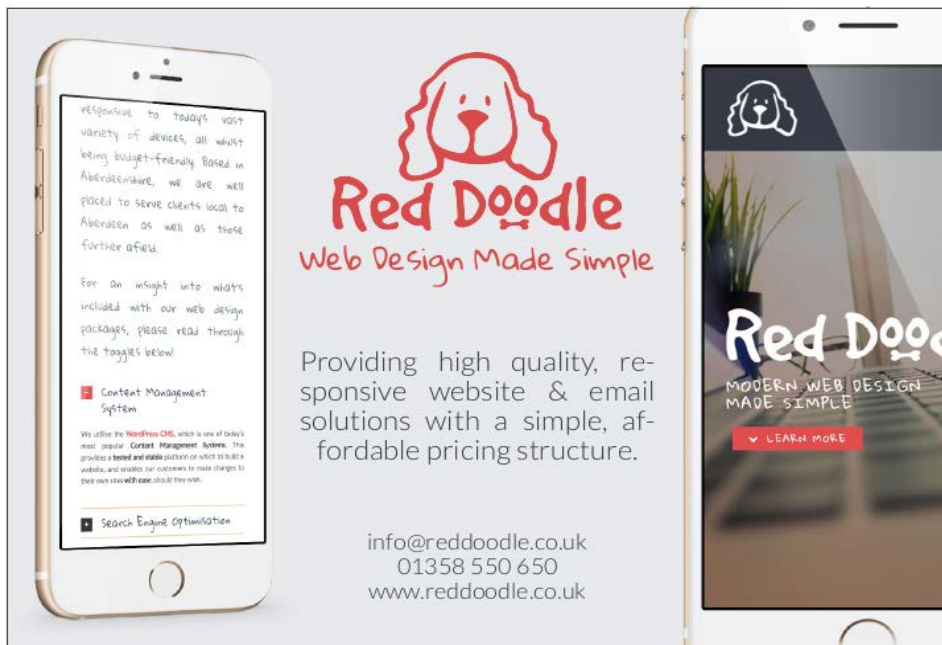
Scout Network is for young adults aged 18-25 who also take up volunteer roles within the Group. They form a Gordon wide unit and meet as required. Their members can undertake the Queens Scout award program which is similar and can be undertaken concurrently with the Duke of Edinburgh Gold scheme.

Our Group continues to grow with around 100 young members and 20 Adults.

For all Scouting enquiries please call 07743 844040 or email

balmedie@gordondistrictscouts.org.uk

Ian Thomson Group Scout Leader



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sallymiddleton511@gmail.com

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Fun-nastics

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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

Happy Noise! / Family Fun

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

Library

01358 742045

Diane Cassie

07850 235215

Tineke Wintour

See page 55

Pauline Wood

01358 743002

Linda Carroll

01358 741988

Lyndsay Fleming

01358 743094

Alison King

01651 869078

SCHOOL DATES

Month	Day	Event	Location
March	Fri 29	Last day of Spring term	Balmedie, BoDA, Ellon
April	Mon 15	First day of Summer term	Balmedie, BoDA, Ellon
April	Fri 19	Good Friday holiday	Balmedie, BoDA, Ellon
May	Mon 6	May Day holiday	Balmedie, BoDA, Ellon
May	Tues 7	In-Service Day	BoDA
July	Fri 5	Last day of Summer term	Balmedie, BoDA, Ellon
August	Tues 20	First day of Autumn term	Balmedie, BoDA, Ellon

PARENT & TODDLER / MESSY PLAY GROUP

Our group runs every Friday (including most holidays) 10-11.30am in the church hall; £2 per child includes juice & snack / tea & coffee / cake for the adults.

We alternate weeks, one week we have a variety of toys to suit all ages - baby mats, sensory bottles, cars, toy kitchen and lots more, then the next week we have MESSY PLAY which is when we have fun creating lots of mess discovering different textures and sounds. There is foam, pasta, gloop, water tray with different items hidden inside, mushy peas, jelly and lots more to explore. Hope to see you there! Follow our Facebook page for info.



Diane 07850 235215

WHO'S WHO

Ambulance/ Police/ Fire Brig.
Police Scotland
Fire Brigade
NHS 24
Scottish Gas
Scottish & Southern Energy
Scottish Water
ABERDEENSHIRE COUNCIL:

emergency 999
 non-emergencies 101
 non-emergencies 01224 696666
 (18.00 to 7.00) 0800 111 999
 emergency line 0845 600 8855
 emergency line 0800 300 999
 emergency line 0845 600 8855
 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)
Cubs (Potterton)
Scouts, Explorer Scouts
Rainbows (Balmedie)
Rainbows (Potterton)
Brownies (Balmedie)
Brownies (Potterton)
Guides (Balmedie)
Rangers (Potterton)

All enquiries to Ian Thomson 07743 844040
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
Balmedie Congregational
Potterton Congregational

Rev Paul McKeown 01358 742227
 Rev Andy Cowie 01224 703248
 Rev Andy Cowie 01224 703248

MEDICAL CENTRES:

Scotstown, Bridge of Don
Udny Station
Danestone, Bridge of Don
Oldmachar, Bridge of Don
Oldmachar, King Street
Ellon

Cairnfold Rd AB22 8LD 01224 702149
 Woodside Terr AB41 6PJ 01651 842204
 Fairview St AB22 8ZP 01224 822866
 Jesmond Dr AB22 8UR 0345 3370510
 526 King St AB24 5RS 0345 3370510
 Schoolhill, Ellon AB41 9JH 0345 3371150

DENTISTS:

Bridge of Don Practice
Grandholm Practice
Kingseat Practice
Oldmachar Dental Care
SR Rankin Dentist

2 Balgownie Rd AB23 8JP 01224 703010
 Grandholm AB22 8BH 01224 701890
 Business Park AB21 0AZ 01651 260200
 Jesmond Drive AB22 8UR 01224 827095
 30 Ellon Road AB23 8BX 01224 820775

SCHOOLS:

Balmedie Primary School	HT Douglas 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
Balmedie Beach Wheelchairs	Fiona Winstanley	07864 350988
Balmedie Health Walks	Dan Wood	07851 733096
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 Muir	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

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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.

SPRING DATES for your DIARY

March Fri 8	Bruce Davis Concert	Forsyth Hall	19.30
April Thurs 18	Maundy Thursday Communion	Holyrood Chapel Newburgh	19.30
April Fri 19	Good Friday Service	Belhelvie Church	19.30
April Sun 21	Beach Service	The Sand Bothy	09.00
April Sun 21	Easter Activities (see article)	The Sand Bothy	12.00-16.00
Weekly			
Mon	Knit & Natter	Potterton CE Centre	14.30-16.30
Tues	Mainly Music	Forsyth Hall	13.00-15.00
Wed	Ladies Group	Congregational Church	10.00
Thurs	Happy Noise (New Hope Church)	White Horse Inn	10.30-12.00
Thurs	Knit & Natter	Balmedie Library	10.30-12.30
Thurs	Health Walks	Start Balmedie Library	10.00
Thurs	Indoor Bowling	Potterton CE Centre	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	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/p 21	12.00 or 13.00
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	10.30-12.00
3 rd Mon	Belhelvie Community Council	White Horse Inn	19.30
4 th Wed	Whist	Eigie House, Balmedie	19.30
Last Sat	Pop Up Café Potterton Group	Stead Inn, Potterton	10.00-12.00
Bi-Monthly			
2 nd Monday	Potterton Community Group	Stead Inn, Potterton	19.15-20.30
4 th Monday	Belhelvie Community Trust	White Horse Inn	19.30
Youth Groups (during school term time)			
Monday	Lego Club	Balmedie Leisure Centre	15.30-17.00
Monday	Lego Club (Over 8s)	Balmedie Library	18.00-19.00
Monday	Cubs	Potterton CE Centre	18.30-20.00
Tuesday	Rainbows	Balmedie School	18.00-19.00
Tuesday	Cubs	Potterton CE Centre	18.30-20.00
Tuesday	Guides	Balmedie School	19.00-20.30
Tuesday	Explorer Scouts	Potterton CE Centre	19.30-21.30
Wednesday	Beavers	Balmedie School	18.00-19.15
Wednesday	Rainbows	Potterton CE Centre	18.00-19.00
Wednesday	Balmedie Kids' Craft Club	Balmedie Cong. Church	18.30-19.30
Thursday	Brownies	Potterton CE Centre	18.00-20.00
Thursday	Brownies	Balmedie School	18.15-19.45
Friday	Under 5's Messy Play Group	Balmedie Cong. Church	10.00-11.30
Friday	Girls' & Boys' Brigade	Balmedie Cong. Church	15.30-16.30
Friday	Scouts	Potterton CE Centre	19.00-21.30

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PETER PAN



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