

# BELHELVE BANTER

Balmedie : Whitecairns : Belhelvie : Potterton : Blackdog



EDITION 39

JUNE 2019

# CONTENTS

- 3 Looking Local - Focus on Local Businesses
- 5 BCC and BCT - What's the Difference?
- 7 Balmedie Beach Wheelchairs
- 8 Balmedie Magnificent 7s Woods and Sensory Garden
- 9 The Sand Bothy
- 12 Parish Threads
- 15 Balmedie School Red Nose Week
- 16 A Word from the Doc
- 19 Balmedie Health Walks
- 21 Natural Belhelvie
- 23 Belhelvie Church of Scotland
- 24 Balmedie Congregational Church
- 25 Potterton Congregational Church
- 26 New Hope Church
- 27 Leisure Centre
- 29 Bobby on the Beat
- 36 Potterton Community Group
- 41 Family First
- 44 Modern Day Stress
- 47 Balmedie Library
- 48 Scouting
- 51 Vattenfall
- 53 Balmedie Brownies
- 55 Belhelvie Guides
- 57 Belhelvie Rangers
- 62 Who's Who
- 63 Kids' Stuff
- 64 Summer Dates for your Diary



## EDITORIAL

Summer now beckons and at last warmer weather is arriving. Things seem to speed up at this time of year as folk spread their wings and savour being out of doors more. Potterton Community Group have big plans for summer events and The Sand Bothy is up and running for the season. The Beach Wheelchairs are ready to roll and summer outings are being planned.

School summer holidays will come round fast too. School staff will relax and parents gear up. We are so lucky to have Balmedie School serving the needs of the younger members of Belhelvie Parish and we should be grateful for the wonderful staff there who bring fun into learning. The recent Red Nose Week not only raised funds for deserving causes, but also raised children's awareness of their place in the World and how fortunate they are in comparison to many. They experienced problem-solving, enterprise, working together and so much more – add to that a bucket of fun and that equals happy, successful, motivated learners. Thank you Balmedie School!

I hope our readers find time for buckets of fun too over the summer – and enjoy reading this latest edition of Banter outside with the barbecue blazing.

**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!*

## 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](mailto: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.

BANTER DEADLINES	AUTUMN (Ed 40)	WINTER (Ed 41)	SPRING (Ed 42) 2020
For articles & ads	Friday 26 <sup>th</sup> July	Friday 25 <sup>th</sup> Oct	Friday 24 <sup>th</sup> Jan
Delivery begins	Saturday 24 <sup>th</sup> Aug	Saturday 23 <sup>rd</sup> Nov	Saturday 22 <sup>nd</sup> Feb

**Thank you to David Simpson of Balmedie School for our cover photograph.**



**MOT's  
Service  
Repairs  
Recovery**

[www.newburghmotors.co.uk](http://www.newburghmotors.co.uk) AND [info@newburghmotors.co.uk](mailto:info@newburghmotors.co.uk)

**CALL: 01358 789395**

**NEWBURGH MOTORS**

**Loanhead Croft, Newburgh**

**Ellon AB41 6AN**

**Gary Taylor**

**Plumbing & Heating**

**01358 742201**

**07702 131127**

**Boiler and  
Bathroom  
Installation**



**Lokal Loksmith**  
LOCKS & GLAZING SPECIALIST

01358 743 672

07960 196 196

[gary@lokalloksmith.co.uk](mailto:gary@lokalloksmith.co.uk)

[www.lokalloksmith.co.uk](http://www.lokalloksmith.co.uk)

**Martin Stallard**

**GRASS MOWING  
GARDEN**

**MAINTENANCE**

**Tel: 01358 742833**

**07778 344855**

# LOOKING LOCAL

## Focus on Local Businesses



Lost your keys? Been burgled? Window smashed? Who do you call? No, it's not Ghost Busters (for those of a certain age), it's **Gary Smith** of **Lokal Loksmith** to the rescue!

Gary, a resident of Balmedie for many years, decided to build on the many years he had spent as a joiner. He has gone on to complete further training to become a locksmith. Add both these sets of skills together and it's not surprising that Gary has succeeded in building an excellent, professional service, brimming with recommendations from satisfied local customers, as well as from further afield.

Lokal Loksmith is on-call to offer a fast, emergency service to cover replacing locks, burglary damage, window and door repairs. You name it, Gary can turn his hand to it. Customers repeatedly recommend his friendly, professional, speedy service.

And that's not all! One glimpse inside the Lokal Loksmith van highlights the versatility and efficiency of this business. Key-cutting equipment and all that's required to do the necessary jobs to bring security and reassurance back into your home are all ready to go. How many times have you had to go into town to get keys cut? Now we have a mobile service, straight to your door, with the additional benefit of actually checking if the key works!

So next time you need an efficient, experienced, friendly service to sort out keys, locks, doors and windows – and general maintenance – you know who to call!



*Have a look at the Lokal Loksmith website. Contact by phone/email (details in top photo).*




 print design
  illustration
  web design



neil@rocketfive.design  
 www.rocketfive.design

# SIR Joinery Ltd

Joinery & Joinery Manufacturing  
and Building Contractors



Westburn Workshop  
 Belhelvie  
 Balmedie  
 Aberdeenshire  
 AB23 8YL

**Tel: 01358 743286**  
 email: [stevenireid@btinternet.com](mailto:stevenireid@btinternet.com)

# We can search of mortgages

Contact your expert adviser today

**07834 698783**  
**[paula.tombleson@mab.org.uk](mailto:paula.tombleson@mab.org.uk)**



**Mortgage Advice Bureau**

Your home may be repossessed if you do not keep up repayments on your mortgage.  
 There may be a fee for mortgage advice. The actual amount you pay will depend upon your circumstances. The fee is up to 1% but a typical fee is 0.3% of the amount borrowed.

# BCC and BCT – WHAT’S THE DIFFERENCE?

There’s sometimes some confusion about what Belhelvie Community Council (BCC) does and what Balmedie Community Trust (BCT) does, so we thought we would explain the difference. Both organisations operate throughout the parish of Belhelvie covering Balmedie, Belhelvie, Blackdog, Potterton and Whitecairns and all the dwellings in between, but they do different things...

**Belhelvie Community Council (BCC)** is a community organisation set up by Aberdeenshire Council. We are a group of volunteers, who live locally, and we aim to help bridge the gap between our communities and our local authority. To do this we represent your views on issues such as planning permission, licensing applications and major infrastructure developments. We work closely with our ward Councillors and send responses to the Council’s development plans on behalf of the community.

An important part of our work is to liaise with the police, the emergency services and other Community Councils in the mid-Formartine area. We also work with Aberdeenshire Council to improve the infrastructure around our villages such as bike paths, pavements, the condition of our roads, access and removing redundant eyesores.

At the moment we are working on a community survey about the bus service, solar powered speed signs in Balmedie and Potterton, getting the path through the Magnificent 7 Woods down to Old Aberdeen Road reinstated and administering the village tidy scheme.

We meet on the 3<sup>rd</sup> Monday of the month at the White Horse in Balmedie (7pm). Everyone is welcome to come along. You can find out more about who we are, our meetings and our work on our website and Facebook page.

Website: [www.belhelviecc.org.uk](http://www.belhelviecc.org.uk)  
Facebook: [www.facebook.com/BelhelvieCommunityCouncil](https://www.facebook.com/BelhelvieCommunityCouncil)  
Email: [belhelviecommunitycouncil@hotmail.com](mailto:belhelviecommunitycouncil@hotmail.com)

**Belhelvie Community Trust (BCT)** is a charity, number SC045563, set up in 2015 to act as an umbrella organisation, supporting existing community projects, groups and organisations and developing new community projects. Among its other work, Belhelvie Community Trust is responsible for running The Sand Bothy and Balmedie Beach Wheelchairs and developing a Community Sensory Garden in the Magnificent 7s Woods. When required, we will support community organisations throughout the parish in many different ways.

We meet bi-monthly on the 4<sup>th</sup> Monday of the month at the White Horse Inn in Balmedie. Dates for 2019 are 27<sup>th</sup> May, 22<sup>nd</sup> July, 23<sup>rd</sup> September and 25<sup>th</sup> November. Everyone with an interest in the community life of Belhelvie Parish is welcome to come along. You can find out more on our project websites and our Facebook pages.

Facebook: [www.facebook.com/Belhelvie-Community-Trust](https://www.facebook.com/Belhelvie-Community-Trust)  
[www.facebook.com/The-Sand-Bothy](https://www.facebook.com/The-Sand-Bothy)  
[www.facebook.com/BBwheelchairs](https://www.facebook.com/BBwheelchairs)  
Websites: [www.balmediebeachwheelchairs.co.uk](http://www.balmediebeachwheelchairs.co.uk)  
[www.thesandbothy.co.uk](http://www.thesandbothy.co.uk)

Both organisations have different roles, but aim to work together all for the benefit of local people.

**David Wallace** Chair BCC

**Rosemary Nixon** Chair BCT



ICE CREAMS  
FRESHLY GROUND  
COFFEE  
FRESH SANDWICHES  
SCONES  
HOT  
CHOCOLATE  
DOG TREATS  
KIDS TOYS  
COLD DRINKS  
CRISPS  
SLUSHES  
SWEETS



Open Every  
Weekend &  
School Holidays  
Collieston Harbour  
AB41 6AY  
(01358) 751322 / 788707

FOLLOW US







## Balmedie Beach Wheelchairs, based in Balmedie Country Park, opened for the season on 7<sup>th</sup> April.

We are hoping that we will have lots of fine weather this year so the chairs will be in regular use, giving access to the beach for all. We are delighted to report that we have some new volunteers who are willing to help look after the chairs and the people who use them. Hiring is free and we have chairs to suit

different ages and needs. Chairs are bookable for Sundays every week, but if you would like to use a chair on another day, we will see what can be organised.

The photographs here show 'The Bothy Bunker' which has been renovated in order to provide a centre for the beach wheelchairs. At the back of the Bunker you can see the beautiful sea-themed mural by local artist Joni Corbett.



To book a chair or to discuss anything about the project, please phone Fiona Winstanley on 07864 350 989. For more information, look at our excellent new website:

[www.balmediebeachwheelchairs.co.uk](http://www.balmediebeachwheelchairs.co.uk)



## Beachside Coffee Shop

Eigie Road, Balmedie AB23 8YF Tel 01358 742003

*Finally summer is on its way... bring on the sunshine!*

**Our Summer Fete is on Sunday 26th May from 12pm to 4pm**

*We look forward to seeing you there!*

As a celebration we are offering our **Afternoon Tea for Two** at a **special price of £12** (usual price £20). *For the month of June 2019 only when you present this advert.*

Enjoy a selection of sandwiches, plain scones served with strawberry jam and butter, homemade traybakes with unlimited tea and black coffee.

**24hrs notice/booking is required - we serve Afternoon Tea on Monday to Friday from 12pm to 2pm. Price does not include fruit teas or specialist coffees.**

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

or our Facebook page Balmedie Leisure Centre



# BALMEDIE MAGNIFICENT 7s WOODS & SENSORY GARDEN



Back in the 1990s, children from Balmedie Primary School helped to plant mixed woodland at the southern edge of the village. Many of them were in Primary 7 so they named the wood the Magnificent 7s. It has remained a community woodland ever since with a path running through it. Over the years the trees have matured and you can find hazel, alder, hawthorn, whitebeam, rowan, spruce and birch there. The areas

between the trees and the paths however were not well maintained and became overgrown and neglected. In 2017 Belhelvie Community Council obtained funds from Landfill Tax and planted wild flowers in part of the woods – last year we enjoyed a mass of white ox-eye daisies.

In 2018 Belhelvie Community Trust were successful in obtaining funding too, and work started on the eastern area to create a community sensory garden, an area for all ages and abilities to enjoy. Phase 1, carried out by Team Niblick, is now complete; we are very happy with progress so far, and grateful to the team's enthusiasm and commitment to the project. They have built stone walls and planters, created wide paths, cleared the ground, pruned trees and created areas to be developed for picnic and play. The area has now been seeded with grass, so we are waiting for better weather to promote its growth! BCT is now applying for funds for Phase 2 - tables, benches, a draft board, sensory plants, trees and shrubs and other features. We will not know the result of that application until July at the earliest.



The Magnificent 7s garden will be a place for everyone. The Trust is getting it started, but we need help from everyone to keep it good! We need your help and ideas! If you could plant, cut grass, weed, build things with wood or stone, pick up litter, we want you to be involved, to develop an area which can be enjoyed by folk of all ages. The more folk we involve, the less chance there will be of vandalism or neglect (materials stored near the garden have already been smashed).

Please let us know if you would like to join in. Contact us on 01358 742557 [rosienicol81@gmail.com](mailto:rosienicol81@gmail.com) or on Belhelvie Community Trust Facebook page.

**Rosie Nicol BCT**



The Sand Bothy kiosk and exhibition is open on Saturdays from 12 to 3 and Sundays from 12 to 4. Space in the Bothy is bookable all year round for small groups and classes. We will be holding a Community Fun Day on Saturday 27<sup>th</sup> July, which will be a joint fundraiser with RNLI



and will feature Love Rara. Look out for more details in posters around the village and on The Sand Bothy Facebook page and website.

We are keen to add to our team of volunteers to work in the Bothy Kiosk and Exhibition. If you are interested in helping, please contact us on 01358 742557 [rosienicol81@gmail.com](mailto:rosienicol81@gmail.com) or on The Sand Bothy Facebook page.

**Rosie Nicol**

## CRAFT CLUB

Everyone enjoyed our pop up craft mornings during the Easter holidays and now we welcome children back to our Summer term of craft club. We have done a variety of makes in the club recently from baking, decorating biscuits to painting. Currently, we have spaces for primary school age children to join our craft club. 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.



**Upcoming** - dates for our pop-up craft mornings during the Summer holidays will be released very soon - feel free to join our Facebook page for up to date information.

**Catherine & Diane 01358 743114**

## BELHELVIE BOWLING CLUB



We are now open for the 2019 season. New members are very welcome to join us. If you would like to know more, contact the secretary Marion Donald on 07729 817718 or email [marion.donald@btinternet.com](mailto:marion.donald@btinternet.com). You can also get information on the website: [www.belhelviebowlingclub.com](http://www.belhelviebowlingclub.com)

**Marion Donald**



**Coffee Shop By Day  
Bistro By Night**

**We Are Now Open Every  
Friday & Saturday Evening**

**Why not join us for an  
Evening Meal & A Drink!**

**SHARING  
PLATTERS**

**PROSECCO  
PARTIES**

**TASTING  
MENUS**

**SPECIALITY  
GINS**

**ITALIAN  
SPECIALITIES**

**LIVE MUSIC  
NIGHTS**

**TAPAS STYLE  
STARTERS**

**RELAXED  
ATMOSPHERE**

**AMERICAN  
EXTRAVAGANZAS**

**CHINESE  
BANQUETS**

**COCKTAIL  
EVENINGS**

**COMEDY  
NIGHTS**



**Vegetarian & Gluten Free Options Available Every Evening**  
**Please Inform Us Of Any Dietary Requirements When You Book And We Will Try Our Best To Accommodate**

**Limited Tables Available So Please Book Early To Avoid Disappointment**

**Call Us Now On (01358) 788707**

**FOLLOW US**





# Relax, Pamper, Recharge



Waxing



Facials



Spray Tan



Prosecco  
Pampers



Eye  
Treatments



Nail  
Treatments



Massages



Hopi Ear  
Candle



Make Up

Call Us Now On (01358) 788707

FOLLOW US





## PARISH THREADS

*'When the Blackbird flew out of sight it marked the edge of many circles.'*

(Wallace Stevens)



Around a hundred years ago telegraph wires were brought over from Newmachar. The process of connecting Belhelvie to the world in real time had begun. As the men dug holes and hauled up tarred pine poles with a steam driven engine, no doubt the plough horses looked up in astonishment and cows swished their tails. Our current landline number still has the single number that was allocated then within its current six digits. Last month that same phone line got mis-connected to Belhelvie Quarry. (I hope they didn't lose too much business.) After the usual telephone argy bargy with someone from another country, a helpful young man from 'Open Reach' turned up in a van and sorted out the muddle. 'It's your copper wires,' he said, 'You're so far away from the exchange. But there'll be fibre here soon.' he continued in a conciliatory tone. 'Really?' we said.

'Yea, you'll get 20 mega-bits' he added, as if that would transform our lives.

How much our connection to the world has transformed us, is hard to tell. Certainly, we are changed from the people who approached a jangling phone nervously and picked up the bakelite receiver, saying 'Halloo' loudly: the old fox hunting alarm call. Over the years we have got used to the world's surprises although there are still things out there that are startling us.

When thinking about how much the world of communication has altered, I am reminded of the story of Jamie Fleeman, the Laird of Udney's Fool. He was more than just the Laird's witty entertainer. He was a trusted messenger. On one occasion he was given a letter to deliver to the Laird who was staying in Edinburgh. Jamie got to the bustling city, then realised he didn't know where his employer was lodging. He thought for a while and then by using his unusual talent for initiative, walked the streets staring at all the dogs. Eventually he spotted the Laird's dog. The dog recognised him and it jumped into his arms. Then Jamie set it down and tied a cord around the dog's neck. 'Awa hame w' ye' said Jamie and followed it to where their master was staying.

Recently I made a trip to Black Dog village. I wanted to see the rock after which the village was named. When I have been before, the tide was in or I hadn't been focused on the beach, so I have never seen it. The village has had its character mightily changed lately. There is the windfarm offshore and the big new interchange outside its front door. I imagine the Black Dog Rock would have been an aid to navigation on our otherwise plain but treacherous coastline between Bridge of Don and the Ythan estuary. When I was standing by it on the wet sand, I could see the dog shape had floppy ears but really it was not much of a dog. 'Ah well,' my friend said later, 'a lump of it fell off a long time ago, and that might have been its head'.

The history of this area, when the black dog still had or had not his head, was brought alive for us this month when Chris was helping a friend with technical support. It was a Power-Point talk about his Ellon solicitor father. Those days he was illustrating seem quaint to us now, when everyone knew one another, and men walked about in tweed suits tipping their hats but perhaps we shouldn't imagine that time ever stands still. Apparently, his father was so nervous of the new writing technology that he always carried a spare pen in his top pocket. The filling of new fountain pens was so nerve wracking for him that his wife had to be called to the office to refill the pen with ink.

Using our reconnected landline last month, I was pontificating to my daughter about the need for children to be exposed to poetry if they are to enjoy it later, when I realised the line had gone quiet. Wondering if I was through to the quarry again, I gave it a little 'halloo.' Yes, she was still there. In a tired voice she said perhaps I would like to solve the problem by sending poetry. So, I have. Every week or so, I post off something that catches my eye. I have copied out poems in my best longhand, using a fountain pen I might have borrowed from the Ellon Solicitor. First there was, 'The Knight Whose Armour Didn't Squeak' and now I am working on the subject of Blackbirds. I have put the blackbird into a helpful cultural context by adding information about its melodious song by day and the chink chink calls in the evening, how blackbird eggs are a subtle speckled blue and of course how it came to have a golden beak. I scribbled a picture of the naughty male Blackie trying to steal the dragon's treasure. The blast of flame issuing from the dragon's mouth that blackened its feathers and melted gold onto his beak was delicately drawn in one corner of the page. Then I wrote out the '13 ways of looking at a Blackbird' by Wallace Stevens. Out of all the little word pictures those blackbird images paint, I like the fourth one best,

*A man and a woman are one.*

*A man and a woman and a Blackbird*

*Are one.*

I agree it's a mental leap for a Lego and Star Wars obsessed five-year old to make but in my imagination those pages will be safely put away. Then in several decades, they will be found, unfolded and smiled over, before a little manly tear falls onto the paper to smudge the ink.

**Mary Cane**



# Lawrence of Kemnay - Balmedie

*Your local garage*



## AIR CON SERVICING

**R134a - £49.99**

**1234yf - £69.99**

Not sure what you need?  
Give us a call to find out

● MOT

● Service

● Repairs

● Diagnostics

● Air Conditioning

● Wheel Alignment

● FREE Courtesy Cars



**Now on Facebook**

✦ [Balmedie@lawrenceofkemnay.co.uk](mailto:Balmedie@lawrenceofkemnay.co.uk)



**01358 743470**

**Monday: 8am - 5pm**

**Tuesday: 8am - 5pm**

**Wednesday: 8am - 5pm**

**Thursday: 8am - 5pm**

**Friday: 8am - 4pm**



**MOT'S**  
**WHILE YOU WAIT**

**£39**



## BALMEDIE SCHOOL RED NOSE WEEK

We are proud to feature Balmedie School on the front cover of our Summer edition. We could fill this entire edition of Banter describing all activities at Balmedie School during their Red Nose Week in March, but here's just a glimpse of the wonderful fundraising achievements of the School pupils, staff and parents:

- 1,200 noses sold
- 800+ tuckshop treats baked, sold and eaten
- Mickey & Minnie's Sponsored Move-It Marathon smashed
- 2 Community Mad Hatter Tea Parties held
- 3 members of staff soaked in the stocks
- Whole School Flashmob performed
- Fantasia Fun Classroom Games completed
- A mention on the national Red Nose Day TV programme achieved
- One whole week of fun accomplished
- **£18,063 raised!**

'Comic Relief' has classed Balmedie School as one of their **'RED NOSE SUPER SCHOOLS'** due to the phenomenal fundraising they've done for the charity. For the last three years, Balmedie School has been the **highest fundraising school in the UK**.



The charity Comic Relief supports organisations working to prevent people having to live on the street, and ensure girls and women don't face poverty and abuse simply because of their gender. It sees that children receive the proper care and support they need to give them the best start in life, and those with mental health problems don't face fear and discrimination. Balmedie School should be proud of their achievement and the knowledge that everyone involved in the school fund-raising is truly making a difference. They had lots of fun doing it too. Well done everyone!



*Mr Simpson & Mr Ford do their bit for Comic Relief.*



## A WORD FROM THE DOC...

### Reflecting on 25 Years as a GP...

As Summer beckons, filling us with the promise of better weather and lighter evenings, I was thinking about what I should regale you all with this time, whilst walking our dog, practising what I preach! I must sound like a broken record when I continually urge everyone to be active and try and be moderate in all forms of consumption, but report after report does reinforce this advice as time and again medical research confirms the benefits of staying active and eating healthily. Even though it is hardly balmy weather, wrap up and get out walking! It was whilst I was walking, helping the brain work, that it occurred to me that having been at Scotstown for 25 years, it presented an opportunity to reflect on a quarter century of being a GP.

When I joined in February 1994, General Practice was quite different from now. Then we had about 10,000 patients, many of the services we now routinely do, were delivered in hospital clinics and the computer just helped with prescriptions. Now we have 12,500 patients, run diabetic clinics, monitor patients on warfarin and other disease modifying drugs, as well as many other services and we need a computer for almost everything! On call was a family affair, there were no reliable mobile phones and my wife had to take calls when I was out visiting. I had a pager and plenty of 10p pieces to use a call box to find out my next house call!

The pace of the working day has certainly increased, and to help us deliver these services we now have Practice Nurses, Nurse Practitioners and Physician Associates working alongside the GPs. We call the sphere we all work in 'Primary Care' and hospitals are 'Secondary Care', and through Primary Care over 90% of ALL NHS work is delivered, for, in Scotland, just under 8% of the NHS budget. I have written before about the huge value GPs bring, and when you consider our practice alone will conduct over 60,000 consultations over the year, the scale of work is clear. It is likely this will increase, as patients are living longer with more complex medical conditions.

Many areas of treatment have transformed in the last 25 years. People spend far less time in hospital, and we try and admit less too. Laparoscopic, or keyhole, surgery is routine, heart attacks are thankfully less common, almost certainly helped by the smoking ban, but when they do happen are managed by immediate stenting, and life-long conditions such as rheumatoid arthritis are treated by a wide variety of disease modifying drugs. I could go on, but perhaps one of the most startling changes in the past 25 years has been the transformation in cancer care. Patients with some cancers that, as a medical student, I was taught that there was no treatment for, are now surviving for years. In many ways, for some cancers, it has become a chronic condition, rather than a rapidly deteriorating one. This has brought other challenges, for example we now know that some chemotherapy treatments can cause heart problems and so patients need medication and monitoring for this, though, being frank, it is still better than the alternative!



It has always been a more challenging part of my job to diagnose and refer people for treatment of cancers, and still too many cannot be cured. Having said that, I increasingly refer in the expectation that treatment can be offered, rather than to confirm my worst fears and face having to help only by treating symptoms.

I would still say that my job as a GP is still the best medical job in the NHS. It is such a varied and interesting job, and it is a rare day when you do not learn something new. Being a specialist is fine, but, increasingly, consultant jobs are becoming 'hyper-specialised' as medicine becomes more complex as our genetic and molecular biology knowledge expands. People are more engaging and looking after them over the years is hugely rewarding. Many patients I see I can recall being a 'bump' when mums-to-be still saw us routinely for antenatal checks. Indeed some now have their own children, so I suppose I'm a grandpa GP (or grumpy old so-and-so according to some!).

Although it is not an easy job, and indeed in many ways more challenging than the more certain, perhaps more secure feeling world of hospital specialities, I would still heartily recommend being a GP. Getting to know patients and families over the years is a great privilege - you are honoured to share moments of great joy as well as sadness. This helps make the job greatly rewarding.

Scotstown is moving to a new era as Dr Lamberton and Dr Henderson are hanging up their stethoscopes after giving, between them, over 60 years of service to this area, and I know they will be hugely missed by many, and most certainly by all of us at Scotstown, but I do think they deserve a well-earned rest!

The practice faces the challenges of a new contract and continuing reorganisation with the pragmatism and realism that characterise GPs, but our patients do still help make the job worthwhile.

After 25 years, much has changed but the job is fundamentally the same. However you can all help make it a little bit easier by staying active, eating well and hopefully being able to keep healthy!

**Dr Alasdair Forbes**



### **If you are a client of Scotstown Medical Group, why not get involved with their Patient Participation Group?**

Scotstown PPG is a group of patients who meet on a regular basis with representatives from the Medical Centre to build a two-way communication between patients and staff. Our aim is to gain and share a patient perspective on health services, and work together to address issues of patient concern.

We would welcome new members of all ages. If you would like to be involved, do get in touch. We'd love to have you onboard!

## Foster today, help change a young person's life tomorrow.

Barnardo's is the UK's leading children's charity with over 100 years' experience in finding families for vulnerable children.

By **fostering with Barnardo's**, you will benefit from:

- A generous and competitive fee
- Certified and free training (online and one-to-one)
- Membership with The Fostering Network
- Support from your own qualified social worker
- Support groups to connect with other foster carers

We believe you can foster, and  
so should you. Contact us:

**T: 0845 894 9501**

**W:** [www.barnardos.org.uk/fostering](http://www.barnardos.org.uk/fostering)

**Believe in  
children**  
**Barnardo's  
Scotland**

Balmedie Pet Crematorium Ltd



Wardhead Croft, Balmedie,  
Aberdeenshire AB23 8YJ

Phone: 01358 742753, Mobile: 07818 408195

[www.balmediepetcrematorium.co.uk](http://www.balmediepetcrematorium.co.uk)

*At Balmedie Pet Crematorium  
we offer a dignified and private  
cremation service for your pet.*

*Please call or visit our website  
for further information*

## C MACLEOD JOINERY

a friendly reliable service

- extensions, kitchens, bathrooms
- doors, laminate flooring
- decking + fencing

For a free  
estimate  
contact:

**Craig Macleod**  
on

**01651 862843**  
**07840 605018**



[cmacleodjonery@hotmail.co.uk](mailto:cmacleodjonery@hotmail.co.uk)

## Douglas Leal

Chiropodist / Podiatrist

**Surgery:** 72 Hutcheon Street  
Aberdeen AB25 3TB

**Treatments include:**

**Local Anaesthetics**  
**Nail Surgery**  
**Ingrown nails**  
**Corns / Callus**  
**Diabetic Care**  
**Insoles for Fallen Arches**

**Tel 01224 639379 or**  
**07928 600175**

**HPC REG. CH17891**

**Home Visits Available**

## BALMEDIE HEALTH WALKS

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

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

Want to be more active? Want to ease into it with some gentle exercise? A regular walk could be a great start. Paths for All free health walks run from Balmedie library every Thursday at 10.50am (for 11am start). We're looking to start a second walk soon, so if you can't make Thursday mornings, still get in touch and vote for when the second walk could be.

Walking is the ideal exercise for all – it can be easy, free and is always available. If you want to lose weight, get fitter, strengthen your heart, lower disease risk, increase your energy level or prevent dementia, regular walking can help achieve all these.

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

We're always looking for new walk leaders as well as walkers (Paths For All Walk Leader training will be given).

**Dan Wood & Chris Cane**



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



## NEWBURGH ON YTHAN GOLF CLUB GOLF and NATURE in PERFECT HARMONY



Play golf on one of the North East's most scenic and fun golf courses. An 18-hole layout offering 2 different golfing experiences – a front 9 of undulating fairways and greens & a back 9 of pure links golf on the shores of the Ythan estuary

\*\*\* GOLF OUTINGS from only £28.35  
including coffee and bacon roll

MEMBERSHIPS AVAILABLE  
SOCIAL MEMBERSHIP from only £5 per annum



Newburgh on Ythan Golf Club,  
Beach Road, Newburgh, Aberdeenshire, AB41 6BY  
Tel 01358 789058

email: [secretary@newburghgolfclub.co.uk](mailto:secretary@newburghgolfclub.co.uk)  
[www.newburghgolfclub.co.uk](http://www.newburghgolfclub.co.uk)

## CARLE'S SHEDS

Another Quality Shed



Sheds, Summer Houses, Garages,  
Stables, Dog Kennels, Wendy  
Houses, Field Shelters, etc., etc., etc.

Mosshill Croft, Whitecairns  
Aberdeenshire, AB23 8XA  
01224 722445 / 01651 869445

## Leigh Alexandra Soft Furnishings

Made to measure in your own fabric

- Curtains, Pelmet/valances
- Roman blinds
- Cushions, tiebacks etc
- Straight or bay tracks

Measure and fit service available.

For a free estimate or advice call  
Leigh on **07979 965 908** or email:  
[info@leighalexandra-softfurnishings.co.uk](mailto:info@leighalexandra-softfurnishings.co.uk)  
Newmacher, Aberdeen



Web: [www.leighalexandra-softfurnishings.co.uk](http://www.leighalexandra-softfurnishings.co.uk)  
[www.facebook.com/leighalexandra.softfurnishings](http://www.facebook.com/leighalexandra.softfurnishings)

## NATURAL BELHELVE

The previous wee note that I wrote began with a 'Healthy New Year'. Jings... now it is 'Merry May Day'. Where has the year gone, I am already recruiting for new assistant Elves, in order to train them up for Christmas!

I also said in February that it would be 'a month or so' before we see primrose flowering? With such a mild winter, I had them in bloom mid-February! Wow the seasons have gone crazy this year. My sister lives in Somerset and has had cowslip in flower for weeks, but so far, I have not seen or heard of any showing up here.

Primrose and cowslip are in the same *primula* family but cowslip is later to flower, and sadly not so common as its relative. While primrose is naturally associated with shady places such as below hedges and in woods, the cowslip prefers more open countryside, it is a 'meadow' species, but can occur in open spaces in woodland. And it is from those very same meadows that the cowslip got its common name; well one of its common names, there are dozens. Originally it was 'cow-slop' meaning a cowpat, so perhaps 'sharny dubs floofer' would be a local name up here? 'Cow-slop' arose because the plant grew where cattle grazed, and left behind cowpats!



There is another *Primula* that is even more beautiful - the oxlip, but that does not grow this far north. However, just to confuse you further, there is the common oxlip, and that does grow here in the NE. Common oxlip, pictured left, is a hybrid, a cross between cowslip and primrose and shares characteristics of both parents: a primrose sized flower on a taller and stouter cowslip stalk.

For you gardeners out there, you may be familiar with the term F1 hybrid, it means a first-filial cross, that is what a common oxlip is. Phew, complex stuff but not really. Where the primrose and cowslip grow close to each other, pollen from one may fertilize the flowers on another, and the resulting seed grows into a hybrid of the two. If you think that that is complicated try to work out what happens thereafter! You will have to get to grips with Mendel's Law of Genetics – HELP!

Our much-loved harbingers of spring are here with us now to be enjoyed by all. Swallows have suffered as much as a 50% decline in numbers over recent years, we need to do all we can to care for them, not keep them away. Enjoy the natural world out and about around Belhelvie.

**Bob Davis**

P.S. I feel I must express my disappointment in a major supermarket chain, with which many readers will be familiar. Despite earning zillions, they are putting up netting around the outside of their stores in order to stop swallows and house martins nesting. I feel this is a terrible thing to do as many birds have been caught in the netting. Have a look for yourselves then you'll know which store I am referring to. I, for one, will not be shopping there again!





## MURCAR LINKS GOLF CLUB

*Join Murcar Links Golf Course & play one of the finest links Championship Courses in Scotland*

- Free Junior Membership for under 16's for 2019
- Catering available daily
- Individual & Corporate Memberships Available
- Practice Facility Membership from £75

*Murcar, Bridge of Don, Aberdeen, AB23 8BD*

*Tel: 01224 704354 email: [golf@murcarlinks.com](mailto:golf@murcarlinks.com)*

*[www.murcarlinks.com](http://www.murcarlinks.com)*

## CRAIG REID PLANT HIRE



**Groundworks, Building, Driveways & Patios**

**Tel - 01358 742152 / 07515 543207**

**email - [craig.reid@hotmail.co.uk](mailto:craig.reid@hotmail.co.uk)**

**Dundiggin, Hillhead of Foveran, Newburgh**

# BELHELVIE CHURCH OF SCOTLAND

Belhelvie Church is part of the Eco-Congregation movement and over the last year, we've been working in partnership with the RSPB to assess how the church can improve the surrounding habitat for birds and other wildlife and to find out more about nature.

Under the guidance of RSPB warden, Lorna Dow, we've done a survey of the habitat around the church to assess the possible ways we might encourage and sustain wildlife here; our young people used the excellent 'Faith Action for Nature' resource pack and made bird feeders, and a group from the church visited the Loch of Strathbeg bird reserve.

Group member Caroline Daniel said: *"We spent time in the hide and when we returned to the visitor centre there was a fantastic display from whooper swans landing on the Loch."*

With plans underway for another trip to the nature reserve, and a session learning to build bird boxes, we hope to keep ecological issues very much on our agenda going forward.



*Belhelvie church members visiting the bird reserve at Loch of Strathbeg*

## CHRISTIAN AID WEEK

**Christian Aid** is a UK charity working with local partners to end poverty worldwide and tackle the injustices that keep people poor. Rooted in the Christian tradition, Christian Aid value people from all cultures and faith groups and are happy to work with any community in need, anywhere in the world.

For many years now our congregation has organised a door-to-door collection around the parish but in recent years the response to that effort has been tailing off. With that in mind, we've decided to focus on a few key events in Christian Aid week this year and we'd love to see you along at them.

**Christian Aid Lunch** – Sunday 12<sup>th</sup> May after church service

**Family Quiz Night** with Alan Millar – Friday 17<sup>th</sup> May, 7-9pm, The Forsyth Hall, (£5 adults, £3 concessions)

**Sponsored Walk** @ Forvie Nature Reserve – Saturday 18<sup>th</sup> May - starts sharp at 9am @ Ythan Estuary Car Park (through Newburgh and on right after the bridge). Circular route on path, dunes and beach - distance about 4 miles.

For more details, please contact me on 01358 742227 or check out our Facebook page nearer the time.

**Rev Paul McKeown**



## BALMEDIE CONGREGATIONAL CHURCH

11am every Sunday at the Wee Kirk in Rowan Drive,  
Balmedie - for info contact the minister  
Rev Andy Cowie on 07715 279478

**BOYS' BRIGADE WITH GIRLS' ASSOCIATION** - Our Company is fast approaching the end of the session, when our members will receive their badges and awards, which they have been working for during winter. The members will then continue to meet in our Church 3.30pm till 4.30pm every **Friday** during May for fun days (£2 per session). After summer we will enrol on Friday 6<sup>th</sup> September.

**PLAYSCHEME** - We are in the planning stages of our Annual Playscheme, which is planned to run during this summer. Details will be publicised through a note to all children.

**MINI GALA** - Come and join us on the 17<sup>th</sup> August from 11am - 2pm. We have a variety of stalls and tea and coffee will be available too. Everyone welcome!

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

### A TIME FOR PLANNING

In 1620, the Mayflower left Plymouth to sail to the new world. The passengers were early Congregationalists. They endured hardships, illness, rough seas, before landing in 'New England'. Many died. They endured those conditions, because they were seen as rebels, non-conformists and they sailed to New England, to allow them to worship God without interference from King or Bishop. Many of their families went on to help establish the American way of life / and to formulate the Constitution. 2020 sees the 400<sup>th</sup> anniversary. A time to remember – but how?

**BETTER BALMEDIE** - We appreciate all the work done by Better Balmedie around the village, but also the hard work involved in establishing the community garden in grounds at the Church.

**PENTECOST** - Joint Service with Potterton Congregational Church at 11am on Sunday 9<sup>th</sup> June at our Wee Kirk. All welcome!

**Rev. Andy Cowie (07715 279478)**

# POTTERTON CONGREGATIONAL CHURCH

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

For info contact the minister Rev Andy Cowie on 07715 279478

## CHANGED COMMUNITIES – Food for thought

As we go to print, the Easter Sunday bombings in Sri Lanka, are very much in our minds. It is not highly publicised, but Christians in many parts of the world suffer as a result of their Faith. In this country we take the freedom to worship as a right, but that is not the same around the world.

Of course as a Christian Minister, I would like everyone in the world to be Christian. I think it, unacceptable for people of other faiths to be bombed, to be harassed. But extremists exist in all faiths - Buddhism, Islam, Hinduism, but we have to look no further than Northern Ireland to find extremists in the Christian Faith.

In one of our sister Churches, their Boys' Brigade is predominantly 'Islamic' members. People of different faiths being in this country, is not their fault. Our Government invited them and their parents to become residents.

How do we Christians respond? Do we stand at doors and say 'You cannot come in'? That would be a sure way of creating problems for the future - we would be creating a new form of apartheid which is completely unacceptable.

Our Christian Faith is about God's love for mankind. In today's multi-faith society, how do we Christians take the lead? How do we put our Faith into action? How do we show God's love to all of His creation – all mankind?

Of course, there will be differences of opinion on how we worship God, but even in our homes, we have to come to terms with people with different opinions to ourselves. Once we accept, we can agree to disagree; we can then put into practice the love of God. We do not have to compromise our Faith.

Our society has changed and even if Brexit reduces immigration, our society has changed for ever. Governments make decisions, but it is you and I who have to implement many of their decisions. Does that mean you and I will live in a divided community, or can we find a way of integrating all into our community?

**PENTECOST** - Joint Service with Balmedie Congregational Church at 11am on Sunday 9<sup>th</sup> June 2019 at the Wee Kirk, Balmedie. All welcome!

**Rev. Andy Cowie** (07715 279478)



### LOGS FOR SALE - ONLY £3 /BAG

Call in by Wednesday or Saturday  
to Better Balmedie site

by the Wee Kirk 10 am to 2 pm  
or phone Wishart 01358 742884

FREE DELIVERY WITHIN PARISH





**You would be VERY welcome to any of the events listed!**



### **BEING GLAD OF GOOD NEWS**

***We meet to remember how Jesus died for sinners like us. The best news in the world!***

***Every Friday, 7:30pm***

Please email for details:

[graham.wintour@gmail.com](mailto:graham.wintour@gmail.com)

Find out more by visiting:

**[newhopebalmedie.com](http://newhopebalmedie.com)**

or contact Graham

[graham.wintour@gmail.com](mailto:graham.wintour@gmail.com)



**Graham and Tineke Wintour**



### **Happy Noise!**

**White Horse Inn**

***Every Thursday, 10am-12pm***

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-12pm***

***Next date: 1 June***

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



### **BELHELVIE SWI**

By the time this issue of the Banter is delivered we will only have our summer outing to Inverurie Locomotive Museum to visit before finishing for the Summer break. In September our first meeting is Wednesday 11<sup>th</sup>. We have Barbara Forbes a Doric speaker coming to entertain us with her stories. Please make this evening the one to come along and join us. You will be made very welcome and enjoy a chat, cuppa and fine piece. If you would like more information, please contact me on 01358 743173.

**Elaine Strachan**



**In the News** - Climate change, reducing waste and carbon footprints have been big themes in the news recently. Here at Balmedie Leisure Centre we are taking small steps to try and play our part in being an

environmentally responsible organisation and to do our little bit.

**Discount** - We are currently offering a 25p discount to customers who bring in their own re-useable coffee mug! We also have re-useable coffee cups available to purchase for £1.

**Takeaway** - We now use 'vegware' takeaway cartons that are made from sugar cane and are completely compostable.

**Carbon Footprint** - Last year with the help of funding we were able to upgrade the centre heating and lighting. Replacing ancient equipment with energy efficient, low carbon alternatives. These are small steps but all heading in the right direction.

**Environment** - You may have noticed a lot of activity and clearance at the back of the Leisure Centre. We were all surprised at the enormity of the space that was overgrown and unkempt. For the time being the area is just going to be grassed until funding / ideas / plans can be progressed forward. I think you will agree though that the clearance of the area has made a huge improvement to the look of the area and village.

**Community** - Plans are in full swing for this year's Summer Fete. The date for your diary is the **26<sup>th</sup> May**. Funfair, Zorbs, Vintage Tractor, Steam Engines, Alpacas, and an outside Disco are just a few of the attractions already confirmed.

**Healthy Living** - As always, we have a range of fitness classes to suit all ages and abilities. Most classes can be attended on a pay as you go basis. You can also purchase a 10 class pass giving you discount for bulk purchase. The staff at reception are always happy to provide information on what's available. If you are new to the village or just haven't been down for a while, feel free to pop in and see what we have going on.

**Update** - We have recently applied for planning permission to fence off the area outside the coffee shop. This is to enable us to have an enclosed area for customers and children to play / sit safely. It would also enable us to erect play equipment outside the coffee shop for which we have funds reserved which were raised through the Co-op scheme last year.

**Emma Ritchie** Treasurer



***Britain's savers  
are getting a bad  
deal – are you  
one of them?***

- **Market leading rates of interest**
- **Cash Deposit based savings accounts**
- **Cash Deposit Fixed Terms available: 6 / 12 / 18 / 24 months**
- **Variable Rate available: with 35 Day Notice Period**
- **Suitable for Individuals / Small Businesses / Trusts & Charities**
- **Protect up to £510K under the F.S.C.S. (Financial Services Compensation Scheme)**  
*(Subject to funds being placed with Partner Banks\*)*

**For more information contact your local Financial Adviser:**

Donald Johnston DipPFS, Professional Financial Adviser (FCA Ind. Reg. No. DIJ000004)  
Lighthouse Financial Advice Ltd, 10 Chapelwell Wynd, Balmedie, Aberdeen AB23 8HN  
**Tel: 01358 511902 / 07478 747333 / Email: [donald.johnston@lighthousefa.co.uk](mailto:donald.johnston@lighthousefa.co.uk)**

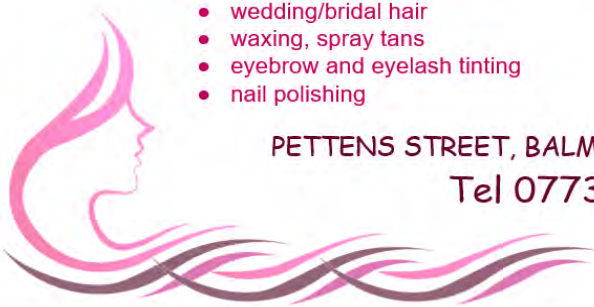
***Making Your Money Work Harder***

Lighthouse Financial Advice Limited. Registered in England No. 04795080. Registered Office: 26 Throgmorton Street, London EC2N 2AN. Lighthouse Financial Advice Limited and Lighthouse Advisory Services Limited are wholly-owned subsidiaries of Lighthouse Group plc. Lighthouse Financial Advice Limited is an appointed representative of Lighthouse Advisory Services Limited which is authorised and regulated by the Financial Conduct Authority. \*The proposed service involved is not regulated by the Financial Conduct Authority and is protected by the F.S.C.S. only up to £85,000. Your funds may be at risk whilst in transit to the Partner Bank deposit accounts.

## HAIR & BEAUTY by NADIA

Professional, relaxed and friendly salon  
based in Balmedie

- services include:
- all aspects of ladies' hairdressing
  - gents and children's hair
  - wedding/bridal hair
  - waxing, spray tans
  - eyebrow and eyelash tinting
  - nail polishing



**PETTENS STREET, BALMEDIE, AB23 8WY**  
**Tel 07738 781559**





## BOBBY ON THE BEAT

**Introducing our new Community Beat Officer  
Doug Donald**

I was brought up and completed my schooling between Ellon and Turriff Academies, before leaving the area when I joined the Army in 1983. I joined the Police in 2004 and have worked in Fraserburgh, Banff, Turriff and now latterly Ellon.

I live in our Policing area of Formartine and have a keen interest in what happens in our area, whether that be agricultural, construction, wildlife and various outdoor activities. I have taken on the role of the Formartine Community Beat officer, which covers an area of 319 square miles, and is divided up into the three multi-member wards, Turriff & District, Mid-Formartine and Ellon & District.

Formartine contains 2 towns, 24 villages, 25 primary schools and 3 secondary schools, with an approximate population of 41,500 people. As part of my new role, I intend getting out on foot (bobby on the beat) and visiting all the towns and villages and speaking with residents, in relation to any issues you have, whether that be crime, including crime prevention, road safety or simply discuss day to day issues that you might be experiencing. (Prevention is always better than cure).

I will be working on a shift basis, which includes day shift and late shift, allowing me to attend all parts of the area at various times of the day and into the late evenings. I am very approachable and will be happy to chat to anyone, so don't be scared to give me a shout or a wave.

If you have any Belhelvie Parish area issues that you would like to discuss, please contact me by calling 101 and ask for PC Doug Donald at the Ellon Police office.

**Doug Donald**



**City Home Helpers**

**Providing local services for domestic, social and companionship support**

- ✓ Shopping
- ✓ Help at home
- ✓ Companionship & support
- ✓ Arranging Activities
- ✓ + Much More

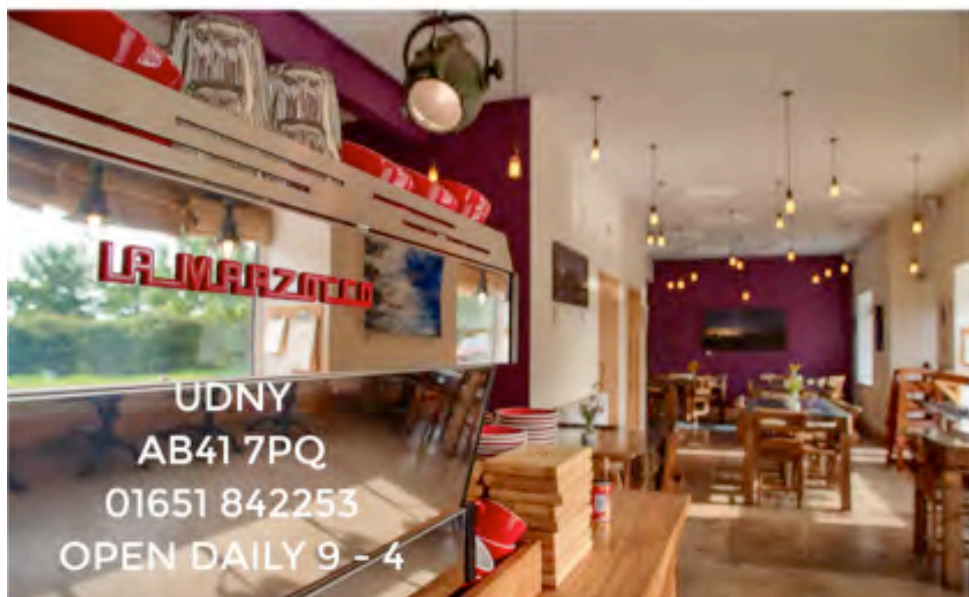
**Find out how we can help you...**

*giving you quality time* **T: 01224 570400**

E: [enquiries@cityhomehelpers.co.uk](mailto:enquiries@cityhomehelpers.co.uk) | [www.cityhomehelpers.co.uk](http://www.cityhomehelpers.co.uk)



*speciality coffee & fine food made from locally sourced produce*  
[www.thecoffeeapothecary.co.uk](http://www.thecoffeeapothecary.co.uk)







## Join the Sanctuary...

ADULT & CHILDREN YOGA · PILATES · COACHING  
MEDITATION & MINDFULNESS · REIKI · ART CLASS  
FIREWALKS · CRAFTS · ESSENTIAL OILS · MEETING  
SPACE · COMMUNITY MEETUPS & MORE...

## Be Inspired... BY OUR LOCAL WORKSHOPS, CLASSES & EVENTS...



WHERE INDIVIDUALS, FAMILY AND  
COMMUNITY COME TOGETHER FOR:



Health



Creativity



Well-being

## Connect with us

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



Complementary Therapies  
Manipulation Therapy

Remedial & Sports Massage  
Beauty Therapy



[comphealthuk@hotmail.com](mailto:comphealthuk@hotmail.com)



[@backpainaberdeen](https://www.facebook.com/backpainaberdeen)



2 Whitehorse Buildings, Balmedie



01358 742888



### Huge choice of hanging basket plants:

Antirrhinum, Bacopa, Biddens, Calibrachoa (Million Bells), Fuchsia, Helichrysum, Ivy Leaved Geranium, Lobelia, Lysimachia, Nepeta, Oxalis, Surfinia, Verbena and lots more available.

Non-Stop Begonias packs also available.

### Zest Garden Furniture:

Great choice of garden benches, tables, chairs, arbours, garden arches etc.



### *Are you fed up with poor quality composts?*

**Clover Composts** have proved to be a real winner for us. Sales of this range of composts have exceeded all expectations, and never before have we received so many positive comments on a product.

**Bedding plants and vegetable plants** are only £3.25 per pack.

**Herbacious Perennials** in one litre pots are only £2.99 each or four for £10.00.



## Parkhill Garden Centre & Seasons Coffee Shop

Open 7 days

**Garden Centre 9am to 5pm - Tel 01224 722167**

**Coffee Shop 9am to 4.30pm - Tel 01224 724711**

Parkhill, Dyce, Aberdeen AB21 7AT

On the B977 Dyce to Balmedie Road

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





## Stephanie Brown Massage & Fitness



### Massage Services:

Remedial & Sports Massage  
Medical Acupuncture  
Swedish Massage  
Hot Stone Therapy

### Fitness Services:

One to One Sessions  
Group Sessions



steph-l-brown@hotmail.com  
07710016010



Stephanie Brown Massage & Fitness

*Bridgefoot*

**Organic Farm**

Aberdeenshire

Grown with love delivered with care



We deliver boxes  
of organic fruit,  
eggs and  
vegetables.



### Contact:

Bridgefoot Organic Co-op,  
Bridgefoot Farm,  
Newmachar, AB21 7PE  
Tel: 01651 869400

Email: [veg@bridgefootorganic.com](mailto:veg@bridgefootorganic.com)  
[www.bridgefootorganic.com](http://www.bridgefootorganic.com)  
Soil Association registered since 1991

## BAKE N BUTTY COFFEE SHOP

Coffees, Teas and Home Bakes

Catering available for  
Children's Parties,  
Funeral Teas and  
Axis Centre Functions

we sell  
**Pizza's**  
ice cream



The Axis Centre - Newmachar  
01651 328010  
Monday to Friday 9.15am - 4.30pm  
and Saturday 9.15am - 2.00pm



**GOUGHDECORATORS**

### Looking For A Painter & Decorator?

Douglas Gough has **over 15 years experience** as a painter & decorator **based in Aberdeen**. Focused on ensuring that all customers are happy with the service provided in all aspects of painting and decorating. **Will work within a 50 mile radius of Aberdeen** to include surrounding towns in Aberdeenshire like Stonehaven, Banchory, Inverurie, Ellon.

- Domestic & Commercial
- No VAT
- Interior & Exterior Painting
- Experienced Working at Height
- Quality & Competitive Work
- Free Quotations & Free Advice
- Wall and Floor Tiling
- Wallpaper Hanging

Phone Douglas on 07975 512456 / 01224 361053

Or look at the web site

[www.goughdecorators.co.uk](http://www.goughdecorators.co.uk)



- Manned Plant Hire
- Concrete Works
- Drainage
- Septic Tanks / Soakaways
- Driveways & Patios
- Site Works
- Screened Topsoil



**T:** 01358 742127

**M:** 07776 256000

**E:** [admin@jdplanthire.co.uk](mailto:admin@jdplanthire.co.uk)



Hill of Menie • Balmedie • AB23 8YD | [www.jdplanthire.co.uk](http://www.jdplanthire.co.uk)

# Michael Duncan Builders Ltd

---

**Tel: 01358 789 562**

New houses • Extensions • Concrete work • Roofing  
All drainage & siteworks • Septic tanks • Patios & driveways



Est. 1985

**[michaelduncanbuilders.co.uk](http://michaelduncanbuilders.co.uk)**



# WHAT'S GOING ON IN POTTERTON?

## POTTERTON'S FIRST EASTER EGG HUNT



Easter Sunday saw the first Potterton Easter Hunt. It was attended by around 30 children and their families. The sun was shining and it was great to see so many people out and about going round the village. The hunt involved all the teams following clues on different routes around the village to collect letters and solve the anagram in exchange for a treat from the Potterton Easter Bunnies Lisa Lonie and Michelle Milne.

**Lisa Lonie & Michelle Milne**  
Event Organisers





## POTTERTON WALKING GROUP

The Potterton Walking Group is led by residents Chris Schenk and John Hutcheon. Anyone can come along, just join us at Potterton Recycling Centre at the times below. The group run a car share for walks further afield.

Date	Walk	Meeting Place	Time
21 <sup>st</sup> May	Kintore to Kinnellar and return (6 miles)	Potterton Recycling Centre	Midday
11 <sup>th</sup> June	Maud to Aden and Return (7 miles)	Potterton Recycling Centre	Midday
2 <sup>nd</sup> July	Sands of Forvie from Forvie Centre (8 Miles)	Potterton Recycling Centre	Midday
23 <sup>rd</sup> 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 email on [fmscott40@gmail.com](mailto:fmscott40@gmail.com)

## KNIT & NATTER GROUP

The Knit and Natter group meets every Monday from 2.30pm - 4.30pm in the Potterton Community Centre - bring along your own knitting, sewing or crochet. £1 per session.

## POTTERTON PICNIC IN THE PARK

The Potterton Picnic in the Park will return this year on Saturday 6th July from 12.00 noon onwards at the Park on Panmure Gardens. This is a free event for anyone to attend. Bring along your own food, drink, picnic blanket or chair and join in the fun and games. As usual we will arrange games throughout the afternoon including football, Sports Day Races and the obligatory Welly Wanging. Games suitable for young and old. Come along and join the fun!



**ADULTS ART & CRAFT GROUP** - The Adults Art & Craft Group have started up again this year with fortnightly classes held on Tuesdays from 7.30 - 9.00pm in the Stead Inn (breaks in July, October and December for holiday period). Following a planning meeting held earlier this month, the following classes will be run. Please note to keep costs low, group members will bring along some materials for the class. Class prices range between £3 to £5 depending on materials required and numbers in class, to cover room hire. If you have any queries, please contact Caroline Anderson - [carolineanderson300@gmail.com](mailto:carolineanderson300@gmail.com)

Month	Dates	Class	Cost	Bring Materials
May	7 <sup>th</sup> & 21 <sup>st</sup>	Introduction to Mosaics	£4	All materials provided.
June	4 <sup>th</sup> & 18 <sup>th</sup>	Button Art Pictures	£4	All materials provided.
July	2 <sup>nd</sup>	Animal Felting Demonstration	£3	All materials provided.
August	20 <sup>th</sup>	Sewing Machine - How to thread machine, basic maintenance and stitches.	£3	Additional sewing machines welcome.
Sept	3 <sup>rd</sup>	Sewing Machine - Create / upcycle shirt to create cushion.	£3	Bring your own shirt. Additional sewing machines welcome.
Sept/Oct	17 <sup>th</sup> Sept 1 <sup>st</sup> Oct	Mosaic Intermediate - Decorate outdoor or indoor ornament.	£4	Bring your own vase, plate or outdoor ornament.
November	12 <sup>th</sup> & 26 <sup>th</sup>	Basic Upholstery - Chair pad, footstool etc.	£3	Bring your own chair pad, footstool and material to upholster.
December	10 <sup>th</sup>	Create a Felt Christmas Stocking	£4	Additional sewing machines welcome.

## POTTERTON POP UP CAFÉ

The Pop Up Café takes place on the last Saturday of every month (except for a break in July and December) from 10.00 - 12.00 noon in the Stead Inn. Come along and help raise funds for the village whilst enjoying unlimited tea/coffee, freshly made pancakes, scones and home bakes. £3 for Adults and £1.50 for Children. If you are interested in joining our group of volunteers for the Café, please contact Susan Tuccaroglu or Caroline Anderson at [Pottertoncommunitygroup@gmail.com](mailto:Pottertoncommunitygroup@gmail.com).

**Caroline Anderson** Potterton Community Group

## 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 Summer programme:

21 May

RNLI Talk - Bill Deans

4 June

Just Me - Fiona G

18 June

Outing to Deans of Huntly for lunch then to Kellockbank

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

## PARENT & TODDLER / MESSY PLAY GROUP

Our group for 0-5 year olds runs every Friday (including during the school holidays) 10-11.30am in the Wee Kirk hall in Balmedie. £2 per child includes juice and snack / tea and coffee / cake for the adults.

We alternate weeks, one week we have a variety of **TOYS** to suit all ages - baby mats, sensory bottles, bouncers, cars, toy kitchen and lots more, then the next week we have **MESSY PLAY** which is a great way for babies and toddlers to explore new textures and sounds that our resources make. Messy play involves things like foam, pasta, sand, water, jelly, mushy peas and lots more.

We're a friendly group so do come along. You can keep up to date by following our Facebook page, or phone me for details on 07850 235215.



**Diane Cassie**

Qualified Nursery Practitioner



*We offer classes in:*

- ★ **BALLET** ★ **TAP** ★ **HIGHLAND**
- ★ **SCOTTISH NATIONAL** ★ **STREET DANCE**
- ★ **MODERN/CONTEMPORARY/STRETCHING**
- ★ **COMPETITION CLASS**

***Locations:***

The Salvation Army, Castle Terrace, Aberdeen  
Balmedie Leisure Centre, Eigie Road, Balmedie  
Kinellar Community Hall, Kinellar

***Classes available from Age 2+***

*Please call for further information.*

***Teachers:*** BATD/ISTD Qualified and PVG checked.

**Contact us on: 01358 743661 or 01224 749218**  
**[www.danzcreations.co.uk](http://www.danzcreations.co.uk)**

# FAMILY FIRST

## “Oh, the Places you’ll Go”

The short, cold, dreich days of winter have given way to long, bright days filled with the sound of birds chirping in the sky and children playing outside. Our beautiful parish of Belhelvie has come alive with the vibrant colours, scents and sounds of summer.

With the arrival of summer comes the prospect of change for many families: a child starting their first school journey, or leaving the familiarity of Balmedie to travel into Aberdeen or Ellon to the Academy; it may be a young adult about to start their working life or move onto a new phase of education. Whatever the reason for the change, it can be both an exciting and nerve-wracking time.

In his book, “Oh, the Places You’ll Go!” Dr Seuss narrates the story of a young boy referred to as ‘you’, but representing the reader, setting out on the journey of life:

*“Congratulations!  
Today is your day.  
You’re off to Great Places!  
You’re off and away.”*

Like all our young people about to start a new chapter in their lives, the story begins with the excitement and expectation of great things to come. The journey ahead is fun but there will be times when they have to make decisions and it is in these times we hope that we have given our children the skills they need to make the right decisions.

*“You’ll look up and down streets. Look ‘em over with care.  
About some you will say, “I don’t choose to go there.”  
With your head full of brains and your shoes full of feet,  
You’re too smart to go down any not-so-good street.”*

The story however is also very realistic. There are times when things won’t be straightforward:

*“I’m sorry to say so  
but, sadly, it’s true  
that bang-ups  
and hang-ups  
can happen to you.”*

There will be times of indecision, loneliness, fear and waiting but these difficult times won’t last. Although not a pleasant thing to talk about, it is important that our young people know that when they face these times, they know where to turn to and who to talk to.

The story continues with the reader being told to

*“remember that Life’s a Great Balancing Act.”*



There will be ups and downs on the journey ahead but with perseverance and the right choices things will work out.

No matter what age your child is and what adventures they are preparing for after the summer, the message is the same:

*“Kid, you’ll move mountains!  
Today is your day!  
Your mountain is waiting.  
So get on your way! - Oh, The Places You’ll Go!”*

**Emma King**





# dickiespharmacy

Birch Way, Balmedie, AB23 8SJ

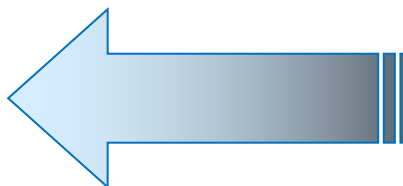
Tel No: **01358 741226**

**Opening Hours:** Monday to Friday: 9.00 - 17.30

Saturday: 9.00 - 12.30 Sunday: CLOSED

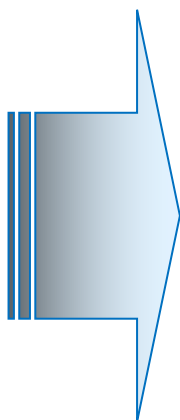
**Prescription collection service** from the following local surgeries:

- Ellon Health Centre
- Scotstown Medical Group
- Danestone Medical Practice
- Old Machar Medical Practice  
(Jesmond & King St Practices)



**Our services include:**

- NHS and Private prescription Dispensing
- Medicine & Healthcare Advice
- Minor Ailments Service
- Smoking Cessation Service
- Treatment of Urinary Tract Infections in Women
- Gluten Free Scheme
- Impetigo Treatment
- Emergency Hormonal Contraception
- Provision of Compliance Aids
- Offshore Medical Supplies
- Disposal of Unwanted & Expired Medicines



**We stock a wide range of:**

- gifts for all occasions □ candles □ equilibrium jewellery □ perfumes & aftershaves □ greetings cards
- gift wrap & bags □ stationery and toiletries

# GLAM

*look amazing...*

BEAUTY · HAIR  
SPRAY TANS  
SUN BEDS

For an appointment:

Text: 07850 153278

E-mail: [gillian@glambeautytherapy.co.uk](mailto:gillian@glambeautytherapy.co.uk)

Facebook: @gillglambeauty

**GLAM**

KINGSEAT BUSINESS PARK  
KINGSEAT, NEWMACHAR

Twice winner of Florist of the Year  
Aberdeen and Aberdeenshire

*Flowers by Tx*

**MILLDEN - JUST OFF THE A90  
SOUTH OF BALMEDIE**

**01358 743912 / 07795 244308**

**FIND FLOWERS BY Tx ON FACEBOOK**



**ab** <sup>1</sup>/<sub>2</sub> <sup>1</sup> physiotherapy

**Elizabeth Ann Ross**  
and Associates

appointments and enquiries

tel: 01651 851812

or mob: 0771 44 212 44

e-mail: [ab121physio@gmail.com](mailto:ab121physio@gmail.com)

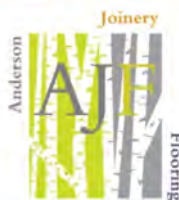
day and evening appointments

health insurance approved

treatment and  
rehabilitation  
for muscle pain  
sports injuries  
neck / back / joint problems  
pilates

Office 5  
Oldmeldrum Business Centre  
Colpy Way  
**OLDMELDRUM**  
Aberdeenshire  
AB51 0BZ

Member of HCPC and Physio First



**ANDERSON JOINERY & FLOORING**

Kitchens, Solid Wood Floors, Doors,  
Carpets, Fencing, Vinyl, Wetrooms,  
Karndean, Laminate, ECO Flooring  
Property Maintenance

**DOMESTIC & COMMERCIAL**

**Competitive Prices**

**Potterton**

**Tel: 07716829484**

[Andersonjoineryandflooring@gmail.com](mailto:Andersonjoineryandflooring@gmail.com)

# MODERN DAY STRESS

## Why is it so dangerous?

The stresses our ancestors had to deal with were more in the shape of dangerous predators - and the body's response needed to be immediate and dynamic. In simple terms, our ancestors, when faced with danger, would run away or fight, then rest until the next time.

Nowadays, our stresses are more to do with our **perception** of danger. We are stressed trying to keep up with work, having to do our best all the time, feeling we have to prove ourselves, pressurising ourselves to achieve perfection in whatever form. The stress response is the same, it gives us the energy to flee or fight but we can't. Instead, we continue in the stressful environment feeling overwhelmed and threatened as if by a predator. The same stress response continues for long periods of time. Indeed, too long and this comes at a price.

**We have to remember we also have inner stresses.** The bacteria, viruses and the many other opportunist cells that live inside us are controlled by the organs and the immune system. A lot of energy is used up protecting us and keeping us well i.e. not allowing the bacteria, viruses or other toxins to take over our bodies, providing the right environment for cells to repair and grow, nurturing our good bacteria particularly in the gut (the gut biome).

**We can't fight two battles.** If we perceive our bosses, teachers, workmates as threats then the 'fight or flight' reflex is initiated **at the expense of our inner controls.**

**We cannot renew and repair our cells, internally at the same time as our body is responding to external stresses with the fight or flight response to a threat.** Indeed, stress hormones are used in medicine when the doctor wants to suppress the immune response to prevent a body rejecting transplanted tissue.

While we are in a state of stress, stuff is happening inside. When stressed, we are 'in our heads' and there is numbness in our feelings. Our organs are adapting to this and damage is being done. This is the danger.

Once, we relax, have a holiday or a weekend off, feel better about a situation... then the signs and symptoms appear. Does this sound familiar?

**How can we help ourselves cope and feel better when challenged with teenagers, work, children, aging parents' demands, time constraints and being unable to stop?**

**1 - Take time to be!** Be in the moment - not in the future (anxiety) or in the past (depression) but the NOW. Look at your surroundings, touch the table, hear all the noises, smell what's there. Be fully present. Breathe into your belly. It doesn't matter if your mind gets in the way with lists of 'to dos' just persist with your awareness. Look at a photo that gives you a yummy feeling. Be thankful for all you have.

**2 - Remember that some foods are stressful** - the greener and healthier your diet is, the better. Preservatives, high sugars, antibiotics, pesticides in food are all stressors to the body. With the wrong foods, inflammation and pain also get worse! (Did you realise that the 'low sugar' drinks are now full of aspartame and that 'free from' and 'low fat' foods are full of sugar and preservatives?) Soups are easy to make and digest and full of calming goodness. Omega 3 fatty acids are really good for your mood (as well as your heart and joints). Water is the best drink, make sure you drink enough, as we do dehydrate with stress.

**3 - Sleep is essential for us to repair and renew our cells.** It needs to be deep and restorative. No smart phones or other blue screens at bedtime. There is sufficient research now to show that this is not beneficial for a good night's rest.

**4 - Be kind to yourself.** If you are tired and/or overwhelmed, work out how you can find even 10 minutes to rest and Be (as in number 1). Do something different (have a massage), listen to music, read, walk in nature (that also boosts your immune system), or even have a nap. **If you can't be kind to you - how can you expect others to be!**

**Maggie Brooks-Carter DO, RGN, SMT O**

# STRESSED equals DESSERTS backwards

Give yourself a treat  
and let Brooks-Carter Clinic  
teach you how to relax!

**STRESS IS DANGEROUS  
FOR YOUR HEALTH AND  
CAN MAKE ILLNESSES  
AND PAIN WORSE. SO  
VISIT US NOW TO BE  
STRESS LESS!**



■ Osteopathy ■ Remedial Massage ■ Sports Massage ■ Reflexology  
■ Clinical Aromatherapy ■ On-Site Massage ■ Advanced Remedial Massage



**BROOKS - CARTER CLINIC**  
Braehead Way Shopping Centre,  
Bridge of Don, Aberdeen • Tel: 01224 822956  
[www.brookscarterclinic.co.uk](http://www.brookscarterclinic.co.uk)



# GRAMPIAN

## carpet cleaning

Carpet Cleaning • Leather Upholstery  
Fabric Upholstery • Mattress Cleaning  
Hard Floors • Stone Restoration



**01224 529104**

**07930 237228**



[www.grampiancarpetcleaning.co.uk](http://www.grampiancarpetcleaning.co.uk)



Library opening times are:

<b>Monday</b>	<b>14.30 - 16.30</b>	<b>Thursday</b>	<b>10.00 - 13.00</b>
	<b>17.30 - 19.30</b>	<b>Friday</b>	<b>CLOSED</b>
<b>Tuesday</b>	<b>CLOSED</b>	<b>Saturday</b>	<b>10.00 - 13.00</b>
<b>Wednesday</b>	<b>14.30 - 16.30</b>		
	<b>17.30 - 19.30</b>	<b>Tel: 01358 281070</b>	

Starting from Wednesday 1<sup>st</sup> May, every second Wednesday (term time only), from 14.00 to 14.30, there is a **Bookbug Rhyme Time** session for 3-5 year olds. From Tuesday 4<sup>th</sup> June, every second Tuesday, we will be hosting a **Rhyme Time** for 0-2 years (term time only), from 10.00 to 10.30. Why not come along and join in the fun? Our **Knit & Natter Group** is a very friendly gathering of local ladies. They are looking for new members so why not pop along for a natter, a cuppa and cake? Apart from knitting lovely items for themselves, they also knit and crochet items for various charities. They meet here every Thursday morning from 10.30-12.30.

We are hosting a **Dementia Friendly Boogie in the Library** on 14<sup>th</sup> May 2-4pm. Join us for a relaxed afternoon dance and sing-a-long to the hits from the 50s to the present. All welcome and tea and fine pieces available! There will also be a **Dementia Friends Awareness Talk** on 4<sup>th</sup> June 11-12.30 to promote Dementia Awareness Week.

Our **Lego Club**, for children aged 8 and over, has restarted after the school Easter holiday. It runs on Mondays from 6.00 - 7.00pm. There is a waiting list for new members so please contact library staff if you wish your child to be added to the list for Lego Club. Over the summer holidays, we are having 2 drop-in opportunities for **Family Lego Sessions**. This is a Lego session for children and parents/grandparents to work together to create wonderful Lego designs. All ages are welcome.

The **Summer Reading Challenge** runs throughout the school summer holidays, starting at the end of June. This is a fun challenge for children from Balmedie and surrounding areas, to read as many books as they can and receive stickers and prizes from the library.

We now have a **Balmedie Library Facebook page**. It would be great if as many people as possible would like our Facebook page, to promote library activities at Balmedie. Why not visit Balmedie Library and find a whole new world - our helpful staff would love to help you get the most out of your library experience.

Email: [balmedie.library@aberdeenshire.gov.uk](mailto:balmedie.library@aberdeenshire.gov.uk)

Website: [www.aberdeenshire.gov.uk/libraries](http://www.aberdeenshire.gov.uk/libraries)

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

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

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

**Debbie Barclay**



## SCOUTING IN BELHELVIE

Beavers, Cubs, Scouts and Explorer Scouts have been making good use of the relatively fine Spring to get out and about, and those weeks that weren't so good have been spent learning skills and creating things indoors.

Beavers were busy preparing things for Mothers Day, Cubs spent several weeks learning to use tools safely and end up making bird boxes to place throughout the Parish, and Scouts were having a great time working through puzzles and codes to 'Escape' from a locked tent!

Our Section Leaders are all busy planning for the Summer months and Cubs and Scouts will be camping at a District Event for two nights whilst Beavers will be attending on the Saturday.

Our 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. We continue to seek additional leaders to strengthen our teams at all levels in Scouts, Cubs and Beavers.

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 are 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.

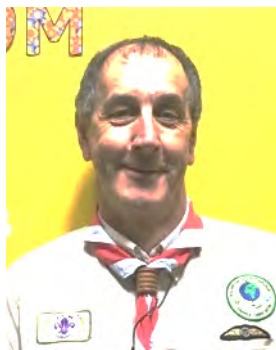
Our Group continues to grow with around 100 young members and 20 adults.

Adult opportunities are also available for keen volunteers with our Scout Group.

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 Scout 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 wishes to discuss further should get in touch.



If you would like to contribute to the immediate discussion about this, you are invited to email [balmedie@gordondistrictscouts.org.uk](mailto: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.

For all Scouting enquiries please call 07743 844040 or email as above.

**Ian Thomson**  
Group Scout Leader

**Community Shop and Post Office**  
**Family-owned for over sixty years**  
**Your friendly local shop offering newspaper deliveries,**  
**National Lottery and a good range of provisions.**



**Smith & Co**  
**Tel 01358 742670**

**The Shop, Potterton**  
**ABERDEEN AB23 8UY**

# K. F. Watson Electrical

All Electrical Work Undertaken

Our Prices Won't **SHOCK** You



## "JOBGING A SPECIALITY"

Outside sockets & security lights, Extra sockets,  
Loft lights & power to sheds,  
Oven/cooker repairs, Down lights, Replacement  
trip style fuse boxes, Mains wired smoke  
detectors, Extract fan installations,  
EICR specialists & HMO works

**Free Estimates  
& Advice**

**From a Socket  
to a Rewire**



Ellon: **01358 789739**  
Aberdeen: **01224 566450**  
[www.kfwatsonseletrical.co.uk](http://www.kfwatsonseletrical.co.uk)

**SELECT**







# Unlock our Future Fund

## Over 30 applications received to the Vattenfall Unlock our Future Fund

The closing date for the community benefit scheme set up by Vattenfall in connection with the wind farm in Aberdeen Bay, the European Offshore Wind Deployment Centre (EOWDC), passed on 15<sup>th</sup> April 2019, with more than 30 applications received. Successful drop-in sessions for potential applicants were held in Balmedie, Inverurie, Stonehaven, Aberdeen, and Fraserburgh in January, with over 200 different groups from across the City of Aberdeen and Aberdeenshire visiting one of the sessions to talk to the Fund Panel and Foundation Scotland about possible applications.

Foundation Scotland, who works with the Panel of community champions to administer the Fund, is now carrying out assessments of each application, and reports on them will be provided to the Panel for its decision-making meeting in June 2019. Vattenfall has committed to annually investing £150,000 to this Fund for the lifetime of the wind farm. 10% of that sum has been set aside for projects taking place in Blackdog.

Natalie Ghazi, Vattenfall's Local Liaison and Project Communicator said: "We are delighted that there has been a good number and range of applications from across the City and Shire, and the Panel is looking forward to making decisions on them at its June meeting."

Full details about the Fund and 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](mailto:iainc@foundationscotland.org.uk)

SCHOOL HOLIDAY DATES			
<b>June</b>	<b>Mon 3</b>	Local Holiday	Balmedie, Ellon
<b>July</b>	<b>Fri 5</b>	Last day of School term	Balmedie, BoDA, Ellon
<b>August</b>	<b>Tue 20</b>	First day of Autumn Term	Balmedie, BoDA, Ellon



# NORTH EAST OIL & GAS SERVICES

Keeping you **TOASTIE** since 1994



- BOILER INSTALLATIONS
- GAS, OIL & LPG
- SERVICE BREAKDOWNS
- DOMESTIC & COMMERCIAL
- LANDLORD CERTIFICATES
- BATHROOMS

*contact:* [dave@ne-oilandgas.co.uk](mailto:dave@ne-oilandgas.co.uk)  
tel 07595 987751



24 HOUR EMERGENCY SERVICE



**ALL PLUMBING WORK UNDERTAKEN**

## BALMEDIE BROWNIES (2<sup>nd</sup> Belhelvie)



The year is flying by and at the time of writing we're looking forward to our Brownie holiday at the Sir Arthur Grant Centre in Monymusk. The Brownies are particularly excited as they chose the theme for the weekend away: Charlie and the Chocolate Factory. We have a whole range of different activities planned, both indoors and outdoors, with maybe just the odd one or two involving

chocolate or sweet treats! Watch this space for photos of our exploits next issue.

We're close to gaining our 'Guiding into Engineering' badge, a project from Amey, which the girls have really enjoyed. There have been lots of different activities chosen to gain the badge, with the girls thinking about safety, construction, the environment, measurements, team work and leadership, to name but a few! It's really complemented elements of the new Girlguiding programme too.

A huge THANK YOU to everyone who supported our community fundraiser in March for the North Aberdeenshire Foodbank. Volunteers from the Foodbank came into the Unit to talk to the girls about what they do and how they help members of the local community, before we held our sponsored dance/run (the Brownies couldn't choose just one so had a shot at both), raising a whopping £400! The following week the whole Unit headed down to the Co-op in Balmedie and pretty much stripped the shelves! Many thanks to Co-op staff and customers for your patience whilst we shopped (and thank you to the gentleman who gave us an additional donation in-store when he heard what we were doing); in total 212.4 kgs of items went to the Foodbank, filling approximately 15 food parcels. An awesome effort, thank you so much!

There's a great range of activities for children in the evenings in and around Balmedie now, and our unit is glad to welcome new members! Brownies is for girls aged between 7-10 years old so if you're interested in Brownies/Girlguiding, please register (to find out about being an adult volunteer or for your daughter to join) via the Girlguiding Scotland website [www.girlguidingscotland.org.uk](http://www.girlguidingscotland.org.uk) and click on 'Get Involved'. If you'd like to know more about what we do, there's information on the website, but you can also get in touch with our Brown Owl, Marianne, details in the 'Who's Who' at the back of the Banter.

**Tracy Leach (Sapphire Owl)**  
2<sup>nd</sup> Belhelvie Brownies

# Early Learning & Childcare

getting it right for every child



Qualified & highly experienced staff

Open Mon to Fri – 7.30am – 6.00pm all year round

Early learning & childcare from 3 months to 5 years

In partnership with Aberdeenshire Council – funded sessions available

Delivering national curriculums: pre-birth to three & Curriculum for Excellence

Wonderful outdoors space and outdoors focused nursery

Stay and Play 3-hour sessions during school holidays or when you need us

Home-made meals prepared daily and breakfast & tea club also available



Based at Kingseat, Newmachar, call Rachael: **01651 869078**  
or email: [rachael@flowerpotschildcare.com](mailto:rachael@flowerpotschildcare.com)

Bring along this advert when you dine with us for lunch or dinner from Monday to Friday to receive a 20% discount on your final bill



To Book: Tel 01358 743249

Email [info@thecockandbull.co.uk](mailto:info@thecockandbull.co.uk)

Visit [www.thecockandbull.co.uk](http://www.thecockandbull.co.uk)





## 1st BELHELVIE GUIDES

This year is a very special one for Belhelvie Guides as we are going to be 100 years old in November. To celebrate, we'll be holding an event for current and past members in November in Balmedie - exact date to be set. Anyone who is interested in attending and wants to be kept up-to-date, please get in touch letting us know when you were a member: [s.osbeck@rgu.ac.uk](mailto:s.osbeck@rgu.ac.uk)

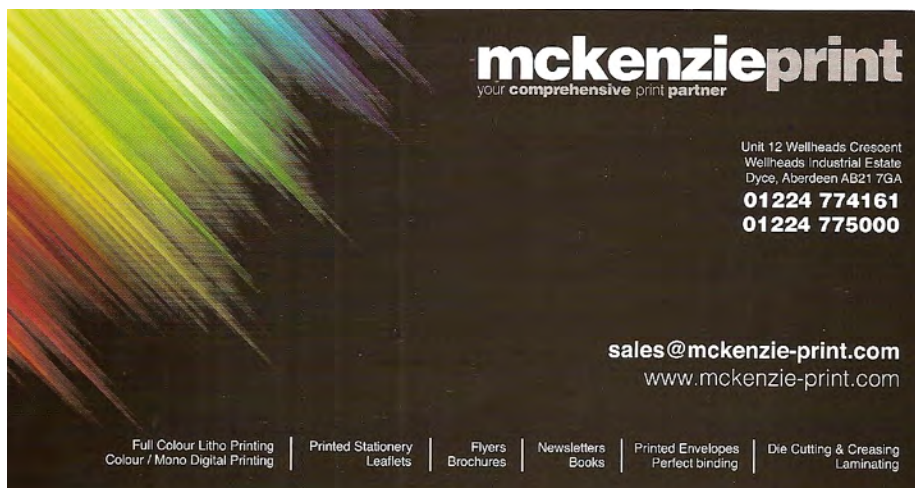
The Guides are also now full! So, we are looking for a third volunteer to help at 1<sup>st</sup> Belhelvie Guides on a Tuesday night and a group of enthusiastic volunteers to help set up another Guide unit. We haven't set a day or location for it yet as it will depend on when helpers are available. Any volunteers will get full support to achieve their Leadership Qualification including training in first aid. If you are interested, please feel free to email me any questions or go straight to the sign up page <https://go.girlguiding.org.uk/join-us/join-as-volunteer/>

## GIRLGUIDING SCOTLAND

Girlguiding Scotland is the leading charity for girls and young women in Scotland, with 50,000 young members. We build girls' confidence and raise their aspirations. We give them the chance to discover their full potential and encourage them to be a powerful force for good. We give them a space to have fun.

Find out more at: [www.girlguidingscotland.org.uk](http://www.girlguidingscotland.org.uk)

**Susan Osbeck**



**mckenzieprint**  
your comprehensive print partner

Unit 12 Wellheads Crescent  
Wellheads Industrial Estate  
Dyce, Aberdeen AB21 7GA  
**01224 774161**  
**01224 775000**

**sales@mckenzie-print.com**  
[www.mckenzie-print.com](http://www.mckenzie-print.com)

Full Colour Litho Printing	Printed Stationery	Flyers	Newsletters	Printed Envelopes	Die Cutting & Creasing
Colour / Mono Digital Printing	Leaflets	Brochures	Books	Perfect binding	Laminating

# Cadgers Garage

BELHELVE VILLAGE, ABERDEENSHIRE

MOT  
TESTING  
STATION

LOCAL PICK-UP & DELIVERY SERVICE AVAILABLE

**Mon – Fri: 8am – 6pm**  
**Saturday: 8am –**

MOT's •  
REPAIRS •  
SERVICING •  
BODY REPAIRS •  
PAINT SPRAYING •



**Telephone:**  
**(01358) 742284**



## PETERHEAD FISH COMPANY



PETERHEAD  
FISH COMPANY

**Quality fresh fish from Peterhead at reasonable prices.** Delivering to homes and businesses in **Balmedie, Potterton, Belhelvie, Whitecairns and Foveran** every Wednesday afternoon.

**Balmedie 2pm - 2.30pm.** Balmedie deliveries thereafter. Potterton deliveries only.

If you are not at home, prior arrangements can be made so you get your fish, just call **Stephen on 07854 891360** to make arrangements.

For weekly and special offers, see our facebook page or email Stephen Bruce:

[stephen@peterheadfish.com](mailto:stephen@peterheadfish.com) Fish can also be ordered using our Click and Collect Trawl and

Haul service at [www.peterheadfish.co.uk](http://www.peterheadfish.co.uk) Any questions, please call **07854 891360**.



## 1st BELHELVE RANGERS

Last term the Rangers tried their hand at pyrography, embossing, karate, and we made what is becoming our traditional Thinking Day waffles. We finished off the term with a campfire at Balmedie Beach, cooking s'mores and dampers. This term, we started with another craft while we planned the rest of the term. We've planned hockey, tea testing, a games night, CV building, and swimming. We're also going to do a Skills Builder badge - Camping or Exploring and will be looking at starting the Duke of Edinburgh Award.

Rangers is for young women (14 to 18 years old) who want to keep having fun after Guides or want to give Guiding a try for the first time. Girlguiding has plenty of opportunities for Rangers including international camps and we'd really love to have more members.

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](mailto: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**

### LADY & TRAMP

Learigg, Lower Rannieshill  
Newmacher AB21 0UF

***Your local grooming parlour***

Ring Kirsty on 01651 869260

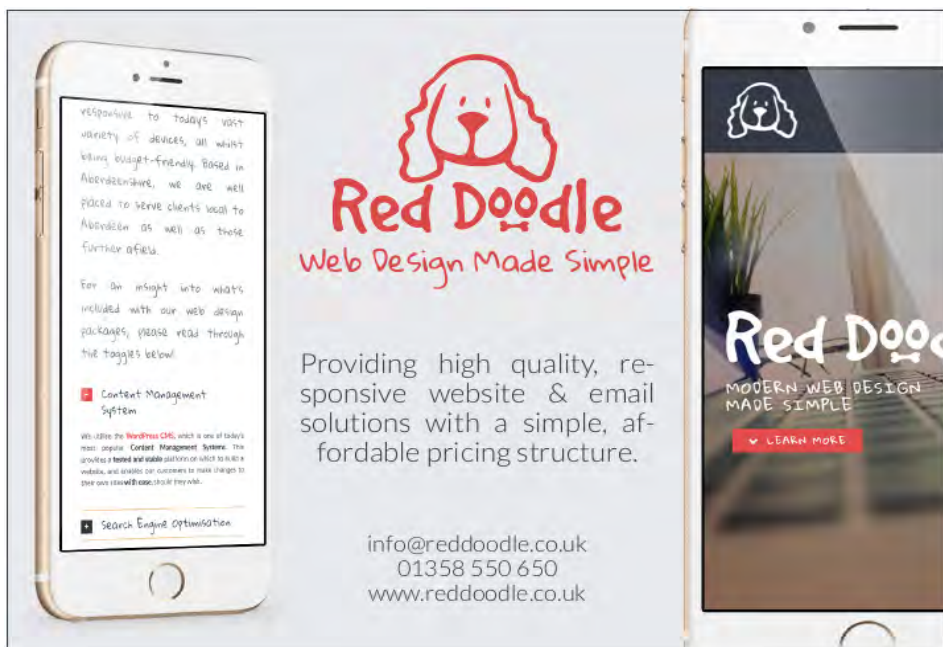


Where our dog grooming is individual to your dog.

20 years dog grooming experience.

Skilful grooming to certificated City & Guilds Standards.

Member of the Pet Care Trust, the British Dog Grooming Association and the Federation of Small Businesses.



responsive to today's vast variety of devices, all whilst being budget-friendly. Based in Aberdeenshire, we are well placed to serve clients local to Aberdeen as well as those further afield.

For an insight into what's included with our web design packages, please read through the taggies below:

- Content Management System
- Search Engine Optimisation

We utilise the WordPress CMS, which is one of today's most popular Content Management Systems. This provides a hosted and stable platform on which to build a website, and enables our customers to make changes to their own content at ease should they wish.

**Red Doodle**  
Web Design Made Simple

Providing high quality, responsive website & email solutions with a simple, affordable pricing structure.

info@reddoodle.co.uk  
01358 550 650  
www.reddoodle.co.uk

**Red Doodle**  
MODERN WEB DESIGN  
MADE SIMPLE  
LEARN MORE

# **REID**

## **Plumbing & Heating Services**

### **Ellon 01358 701498**

**Bathrooms, Tiling, Central Heating, Gas Fires & Traditional Plumbing**



**01358 701498**

**07739 044634**

**reid-plumbing-heating.co.uk**

**mail@reid-plumbing-heating.co.uk**



# Don

## TARMACADAM

FOR DRIVEWAYS

ASPHALT & BITMAC SURFACING

KERBING & DRAINAGE

ROAD MARKINGS

PRIVATE & COMMERCIAL

FREE NO OBLIGATION QUOTATIONS

**T 01358 742368**

**E [info@dontar.com](mailto:info@dontar.com)**



# 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

Bridal package available

Senior Citizens:

Tuesday / Wednesday / Thursday

tel 01651 862066

26 Oldmeldrum Road · Newmachar · AB21 0PJ



Hi, I'm Sally Middleton and I love teaching Zumba. Come join me - you don't even have to know how to dance - try it, you'll have a blast!

**1<sup>st</sup> Class free** - what's there to lose??

**Wednesdays 7-8pm**

**The White Horse, Balmedie**

contact:

**07814 722467 / 01224 708239**

email:

**sallymiddleton511@gmail.com**

## Cadgers Taxis

**And Minibus Hire**

**4/8/16 Seater cars/Minibuses**

**People Carrier, Contracts, School runs**



**3 Scott Terrace,  
Belhelvie AB23 8YT**

**Taxi**

**01358-742370**

# ROBERT LAMB

Architectural Services Ltd.



---

**COMPLETE DESIGN SERVICE  
FROM PLANNING THROUGH TO COMPLETION**

---

**FREE INITIAL CONSULTATION & QUOTATION  
ALL TYPES OF DOMESTIC & COMMERCIAL WORK  
HOUSE ALTERATIONS & EXTENSIONS  
REPLACEMENT WINDOWS, FRENCH DOORS & PATIO DOORS  
DORMER WINDOWS & LOFT CONVERSIONS  
DOMESTIC GARAGES  
STEADING & LISTED BUILDING CONVERSIONS**

---

**BURNSIDE STEADING. 24 SMALL HOLDINGS.  
BALMEDIE. ABERDEEN. AB23 8WU.  
TEL/FAX:01358 742771 MOB: 07766 106279  
E-Mail: robert.lamb6@btopenworld.com**

## Newmachar Tree Surgery



**Newmachar Tree Surgery gets the job done!**

You name it and we can provide it. With experienced staff working around the clock, you can be sure we will get the job done and get it done right. Newmachar Tree Surgery are a fully insured, Aberdeenshire based company with a safe and professional approach to all aspects of tree pruning, tree felling and hedge cutting work in the Grampian area.

**Mob: 07721 551055 Tel: 01651 863404**

**Tree Felling | Grass Cutting | Hedge Trimming | Fencing & Decking**



[www.newmachartreesurgery.co.uk](http://www.newmachartreesurgery.co.uk)

## WHO'S WHO

<b>Ambulance/ Police/ Fire Brig.</b>	emergency	999
<b>Police Scotland</b>	non-emergencies	101
<b>Community Policeman</b>	Douglas Donald	101
<b>Fire Brigade</b>	non-emergencies	01224 696666
<b>NHS 24</b>	(18.00 to 7.00)	0800 111 999
<b>Scottish Gas</b>	emergency line	0845 600 8855
<b>Scottish &amp; Southern Energy</b>	emergency line	0800 300 999
<b>Scottish Water</b>	emergency line	0845 600 8855
<b>ABERDEENSHIRE COUNCIL:</b>	HQ, Gordon House, Inverurie	01467 628011
	CLlr 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
<b>YOUTH ORGANISATIONS:</b>		
<b>Beavers (Balmedie)</b>	All enquiries to Ian Thomson <a href="mailto:balmedie@gordondistrictscouts.org.uk">balmedie@gordondistrictscouts.org.uk</a>	07743 844040
<b>Cubs (Potterton)</b>		
<b>Scouts, Explorer Scouts</b>		
<b>Rainbows (Balmedie)</b>	Claire via website <a href="http://www.girlguiding.org.uk">www.girlguiding.org.uk</a>	
<b>Rainbows (Potterton)</b>	Pauline Wood	01358 743002
<b>Brownies (Balmedie)</b>	Marianne McIntosh	01358 724231
<b>Brownies (Potterton)</b>	Katherine Hebron Scott	01330 833448
<b>Guides (Balmedie)</b>	Christine Coldwells	07766 050457
<b>Rangers (Potterton)</b>	Susan Osbeck	01224 703335
<b>CHURCHES:</b>		
<b>Belhelvie Ch. of Scotland</b>	Rev Paul McKeown	01358 742227
<b>Balmedie Congregational</b>	Rev Andy Cowie	01224 703248
<b>Potterton Congregational</b>	Rev Andy Cowie	01224 703248
<b>MEDICAL CENTRES:</b>		
<b>Scotstown, Bridge of Don</b>	Cairnfold Rd AB22 8LD	0345 189 7070
<b>Udny Station</b>	Woodside Terr AB41 6PJ	0345 189 7070
<b>Danestone, Bridge of Don</b>	Fairview St AB22 8ZP	01224 822866
<b>Oldmachar, Bridge of Don</b>	Jesmond Dr AB22 8UR	0345 3370510
<b>Oldmachar, King Street</b>	526 King St AB24 5RS	0345 3370510
<b>Ellon</b>	Schoolhill, Ellon AB41 9JH	0345 3371150
<b>DENTISTS:</b>		
<b>Bridge of Don Practice</b>	2 Balgownie Rd AB23 8JP	01224 703010
<b>Grandholm Practice</b>	Grandholm AB22 8BH	01224 701890
<b>Kingseat Practice</b>	Kingseat Business Park AB21 0AZ	01651 260200
<b>Oldmachar Dental Care</b>	Jesmond Drive AB22 8UR	01224 827095



**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 Muirden	01358 742045
Balmedie Friendship Group	Margaret Murison	01358 742285
Potterton Community Group	Caroline Anderson	07920 280212
Better Balmedie	Allan Jeffrey	01358 743851
Neighbourhood Watch	Paul Collier (Belhelvie)	07825 216233
Belhelvie Bowling Club	Marion Donald	07729 817718
Aberdeen Balgownie Rotary Club	Graham Donaldson	01224 744144
Scottish Women’s Institute (SWI)	Elaine Strachan	01358 743173
The Sand Bothy Project	Rosie Nicol	01358 742557

**KIDS’ STUFF**

Kindergym	These first 6 groups take place at the Balmedie Leisure Centre. Phone for details.	01358 743114
Little Monkeys		
Fun-nastics		
Pitched		
Gymnastics Club		
2s Group		
Balmedie Out of School Club	Lynne Fyfe	07920 295508
Mainly Music, Forsyth Hall	Jeanette Lamb	01358 742684
Balmedie Craft Club	Catherine Cassie	01358 743114
Under 5s Rhymetime (monthly)	Library	01358 742045
Mother & Toddlers/ Messy Play	Diane Cassie	07850 235215
Happy Noise, White Horse Inn	Tineke Wintour	07725 341715
Child-minder, Potterton	Pauline Wood	01358 743002
Child-minder, Belhelvie	Linda Carroll	01358 741988
Links Nursery, Balmedie	Lyndsay Fleming	01358 743094
Flowerpots Childcare, Kingseat	Alison King	01651 869078

## SUMMER DATES for your DIARY

<b>May Sun 26</b>	Summer Fete	Balmedie Leisure Centre	Noon-16.00
<b>June Tues 4</b>	Dementia Friends Awareness Talk	Balmedie Library	11.00-12.30
<b>July Sat 6</b>	Potterton Picnic in the Park	Park, Panmure Gardens	from noon
<b>Aug Sat 17</b>	Mini Gala	Balmedie Congreg. Church	11.00-14.00
<b>Weekly</b>			
Mon	Knit & Natter	Potterton CEC	14.30-16.30
Wed	Ladies Group	Balmedie Congreg. Church	11.00
Thurs	Knit & Natter	Balmedie Library	10.30-12.30
Thurs	Health Walks	Start Balmedie Library	10.00
Thurs	Indoor Bowling	Potterton CEC	14.30-16.30
Fri	Mother & Toddlers	Balmedie Congreg. Church	10.00-11.30
Sat	Better Balmedie	Balmedie Congreg. Church	10.00
<b>Fortnightly</b>			
Tues	Friendship Group (see article)	Egie House, Balmedie	14.00
Tues	Adult Arts and Crafts	Stead Inn, Potterton	19.30-21.00
Wed	SWI (see article)	Egie House, Balmedie	19.30
Wed	1 <sup>st</sup> & 3 <sup>rd</sup> Wed of the month - Bingo	Egie House, Balmedie	19.30
<b>Every 3 Weeks</b>			
Tues	Potterton Walking Group (See article)	Potterton Recycling Centre	Noon
<b>Monthly</b>			
1 <sup>st</sup> Tues	Coffee Haven	Forsyth Hall, Belhelvie	10.00-12.00
1 <sup>st</sup> Sat	Family Fun (New Hope Church)	White Horse Inn, Balmedie	10.30-noon
3 <sup>rd</sup> Mon	Belhelvie Community Council	See article	19.30
4 <sup>th</sup> Wed	Whist	Egie House, Balmedie	19.30
Last Sat	Pop Up Café Potterton Group	Stead Inn, Potterton	10.00-noon
<b>Bi-Monthly</b>			
2 <sup>nd</sup> Monday	Potterton Community Group	Stead Inn, Potterton	19.15
4 <sup>th</sup> Monday	Belhelvie Community Trust	White Horse Inn, Balmedie	19.30
<b>Term Time Groups for Children and young Adults</b>			
Mon	Lego Club	Balmedie Leisure Centre	15.30-17.00
Mon	Lego Club (Over 8s)	Balmedie Library	18.00-19.00
Mon	Cubs	Potterton CEC	18.30-20.00
Tues	Rhyme time (0-2yrs) (see article)	Balmedie Library	10.00-10.30
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 (fortnightly)	Bookbug Rhyme time (see article)	Balmedie Library	14.00-14.30
Wed	Beavers	Balmedie School	18.00-19.15
Wed	Rainbows	Potterton CEC	18.00-19.00
Wed	Balmedie Kids Craft Club	Balmedie Congreg. Church	18.30-19.30
Thurs	Happy Noise	White Horse Inn, Balmedie	10.00-noon
Thurs	Brownies	Potterton CEC	18.00-20.00
Thurs	Brownies	Balmedie School	18.15-19.45
Fri	Under 5's Messy Play Group	Balmedie Congreg. Church	10.00-11.30
Fri	Girls & Boys Brigade (May only )	Balmedie Congreg. Church	15.30-16.30
Fri	Scouts	Potterton CEC	19.00-21.30

## INDEX OF ADVERTISERS

<b>GARAGES &amp; TRANSPORT</b>	Page	<b>RETAIL</b>	Page
Cadger's Garage, Belhelvie	56	Bridgefoot Organic Farm	33
Cadger's Taxis	60	Flowers by Tx	43
Lawrence of Kemnay, Balmedie	14	Leigh Alexandra Soft Furnishings	20
Newburgh Motors	2	Peterhead Fish Company	56
<b>GARDEN SERVICES</b>		Potterton Shop	49
Newmachar Tree Surgery	61	<b>SERVICES</b>	
Parkhill Garden Centre	32	Barnardo's Scotland	18
Martin Stallard Garden Maintenance	2	City Home Helpers	29
<b>HEALTH &amp; BEAUTY</b>		Flowerpots Childcare	54
Beauty at The Barn	11	Grampian Carpet Cleaning	46
Brooks-Carter Clinic	45	Lighthouse Financial Advice	28
Complementary Health	31	McKenzie Print	55
Dickies Pharmacy	42	Mortgage Advice Bureau	4
Douglas Leal Chiropodist	18	Pet Crematorium, Balmedie	18
Elizabeth Ann Ross Physiotherapist	43	Red Doodle Web Design	58
Glam	43	Robert Lamb Architect	61
Hair Shack	60	Rocket Five Design	4
Nadia Hair & Beauty	28	<b>TRADES</b>	
Stephanie Brown Massage & Fitness	33	Anderson Joinery	43
Zumba	60	C MacLeod Joinery	18
<b>LEISURE</b>		Carle's Sheds	20
Bake n' Butt Coffee Shop	33	Craig Reid Plant Hire	22
Beachside Coffee Shop	7	Don Tarmacadam	59
Cock & Bull Restaurant	54	Gary Taylor Plumbing & Heating	2
Danz Creations	40	Gough Decorators	34
Inverurie Panto (*Back Cover)	*BC	John Duncan Plant Hire	34
Murcar Links Golf Club	22	K F Watson Electrical	50
Newburgh Golf Club	20	Lokal Loksmith	2
Smugglers Cone	6	Michael Duncan, Builder	35
The Barn Coffee Shop & Bistro	10	North East Oil & Gas Services	52
The Coffee Apothecary	30	Reid Plumbing & Heating	58
The Sanctuary	31	SIR Joinery Ltd	4
<b>PETS &amp; THEIR NEEDS</b>			
Lady & Tramp Pet Grooming	57		

**Copy deadline for Autumn Edition - Friday 26<sup>th</sup> July 2019**

email: [belhelviebanter@live.co.uk](mailto:belhelviebanter@live.co.uk)



# PETER PAN



7th - 24th December 2019  
Inverurie Town Hall

[www.inveruriepanto.com](http://www.inveruriepanto.com) 01467 207000