

**Balmedie : Whitecairns : Belhelvie : Potterton : Blackdog**



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# EDITORIAL

Ten years have flown. I remember receiving a copy of the first Banter through the letterbox and thinking what a wonderful idea it was. Little did I foresee how enmeshed I would be with it 10 years later. 2009 must have been a very creative year for it also heralded the start of Better Balmedie whose gardening handiwork continues to lift spirits around Balmedie. It has taken much hard work on the part of both groups to reach where we are now. The hope is that such volunteering drive will continue across our parish, engendering an ever-growing community spirit amongst us – and who knows what can be achieved over the next decade?



I'd like to thank the original Banter Team, and all who have worked on Banter in the past, for their hard work and spirit of enterprise in coming up with the idea of a community magazine, getting it off the ground and sustaining its appeal. Shuna Jenkins, who has been part of the Banter team since day one, tells how it all began on page 3. I am also very grateful for the wonderful support of the present team: Shuna, Carol, Paul, Julie, David and Philip, to the many distributors who go out delivering Banters in all weathers, to our regular contributors and advertisers and of course to you the readers.

Belhelvie Parish has been a-buzz over the summer. We've been entertained at the Blackdog Community Day; the Potterton Picnic; the Balmedie Leisure Centre Summer Fair; the Sand Bothy Fun Day and so much more. Our five communities in the parish have been busy creating opportunities to bring everyone together and enjoy our (mostly) lovely summer weather. Hopefully Autumn will also bring some wonderful opportunities for everyone. Enjoy!

**Jess Petrie, Editor**

*The work involved in producing The Belhelvie Banter is all done voluntarily. At the time of going to press, the information within this edition is understood to be correct, but no responsibility can be accepted by the Banter Team for any errors. We do our best!*

## 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.

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Whole back page advert	£120	£100 each ed.
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BANTER DEADLINES	WINTER (Ed 41)	SPRING (Ed 42) 2020	SUMMER (Ed 43)
For articles & ads	Friday 25 <sup>th</sup> Oct	Friday 24 <sup>th</sup> Jan	Friday 24 <sup>th</sup> April
Delivery begins	Saturday 23 <sup>rd</sup> Nov	Saturday 22nd Feb	Saturday 22nd May

**Thank you to Carol Menlove for designing our 10 year celebration cover.**



## ABERDEEN OFFSHORE WINDFARM

### Share your feelings and views



Community Research Survey (July/August 2019) for Oxford Brookes Project 'The Effect of Offshore Wind on the Human Environment' (THEOW) using the Aberdeen Offshore Windfarm (OWF) as a case study.

The aim of our project is to explore current practice in assessing the social and economic impacts of OWF schemes. We started in 2017 by looking at the impacts that were predicted would occur and have been gathering data through 2018 and 2019 on the actual impacts. The final stage of data collection is to gather feelings and opinions on the social and well-being impacts after one year of operation of the windfarm.

**We are interested in your views as a member of the community near to the windfarm or as a visitor to the area.**

The survey can be completed online at:

<https://forms.gle/PDC2wQpyYMhxVJGUA> and we are collecting online responses up to **21<sup>st</sup> September 2019**.

Thank you for your time.

**Participants who complete the questionnaire, can be entered into a prize draw to win £50 in shopping vouchers.**

*If you have any queries or require any further information please contact Oxford Brookes University THEOW Researcher **Dr Bridget Durning** by email [bdurning@brookes.ac.uk](mailto:bdurning@brookes.ac.uk); phone 01865 482845; or post to School of the Built Environment, Oxford Brookes University, Oxford, OX3 0BP.*





## BANTER BEGINNINGS

I know exactly how Belhelvie Banter came about. I can even remember where and when the name came to us: over dinner at a local hostelry.

The concept of a local newsletter came from the germ of an idea of sharing local information, between Karen Secombes and myself during late 2007, early 2008. There had been a Belhelvie & District Community and Community Council newsletters previously, but both had ceased many years previously. Over coffees or dinners and looking at other local newsletters and magazines and with a bit of cajoling and encouragement from a local councillor, we

formulated what we thought might appeal as a Newsletter. Next, knowing neither of us could edit such a publication, we looked round for someone who we felt could act as editor. Audrey Jeffries (Whitecairns) was asked to steer the publication as editor and David Moss (Balmedie) to act as treasurer. We appreciated, from previous experience, that both could fulfil these positions.

Belhelvie Banter started with a nil bank balance, no grants or funding, only a lot of goodwill on the part of our advertisers, taking a chance that we would succeed, and a supportive local individual, who offered to underwrite any losses. Friends and acquaintances assisted with the collation of the first edition, working around tables in Potterton, doing several pages at a time, as the others were being printed in Inverurie. Local uniformed groups and the same friends helped keep our costs down by distributing - and still do this today.

In the summer of 2008, as the result of a council community action initiative, there was a two-edition publication produced called 'Balmedie Views', designed for the residents of Balmedie. However, this excluded the remaining four villages of Belhelvie parish, which we felt should be included. Consequently, the initial edition of Belhelvie Banter was postponed from the summer launch, to ascertain if the Balmedie initiative was planned to continue, but this appeared to be a short-lived council project.

The first edition of Belhelvie Banter was produced in December 2008. Since then we have hopefully achieved in some way our aim to bring our five villages together and boost community spirit.

**Shuna Jenkins**



## BETTER BALMEDIE

This August Better Balmedie, like Banter, celebrates its 10<sup>th</sup> birthday. Our group of volunteers started following a conversation between two villagers, on a bus home from Aberdeen – and it has developed successfully over the past ten years. The purpose of Better

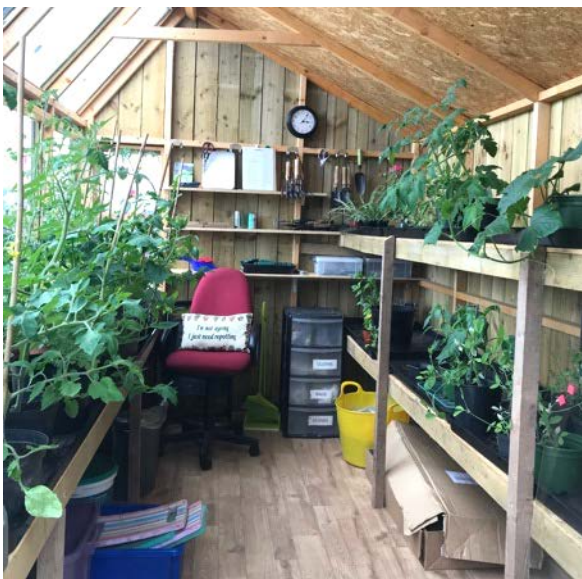
Balmedie is to improve the environment of the village, to work with various groups and individuals and to boost the general well being of villagers and visitors alike.



We have organised many projects - the setting up and maintaining of planters all around the village, including two boats and a train! The Owl and the Pussycat boat at the library has certainly been a talking point for visitors to the area. We do regular grass-cutting and litter picks. Behind the Leisure Centre we had a polytunnel where plant sales were held. We have reinstated dry-stane dykes after acquiring the skills to do this. We've had interesting talks by experts and visits to various public and private gardens to inspire us. Added to all this we have also been able to provide work-experience to individuals so that they had the opportunity to learn new skills and improve their social skills too. We have worked with many groups and individuals over the years and are grateful to the following groups for their support: Beavers; Cubs; Scouts; Brownies; Soo Yang Do organisation; Golf Society; Balmedie School; the Cooperative; Ellon Fire Brigade; The White Horse Inn; Congregational Church; Belhelvie Parish Church and so many more. Twenty-four local businesses sponsored our 2013 calendar and we have had many donations of equipment as well as financial donations to help us continue with our work.

Many thanks to everyone who has supported our endeavours over the past ten years. Without your help and encouragement Better Balmedie would not be here to make a difference.

The development of our new site beside the Congregational Church is going well. Our new potting shed is now complete and various plants are being nurtured within its walls. Plants may be purchased from us any Wednesday or Saturday between 10.00am and noon. We also have bags of logs for sale. These have been cut from fallen trees in the area and are for sale at £3.00 per bag. We continue in this way to raise money to plough back into making Balmedie beautiful.



The Community Garden section of this site will be completed soon and will be somewhere where you can go to contemplate life and nature in all its beauty. Thank you to everyone.

There are busy, exciting times ahead and if you would like to become involved in this worthwhile work, in whatever capacity, do think about joining us on a Wednesday or Saturday between 10.00 and noon. Alternatively, you can phone me for a chat about joining us, on 01358 743851.

**Allan Jeffrey**



**LOGS FOR SALE - ONLY £3 /BAG**

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## 10 YEARS AGO

- January** Barack Obama became the 44<sup>th</sup> president of the USA.  
Matt Smith became the 11<sup>th</sup> Dr Who.
- February** UK had the worst snowfall for 20 years.
- March** Ireland won the Grand Slam in Six Nations rugby championship.
- April** Swine flu reached Britain.
- May** Whitelee, Europe's largest onshore windfarm opens in Scotland.  
Swine flu cases at 99 in the UK.
- June** John Bercow elected Speaker of the House of Commons.  
Michael Jackson died.
- July** Serena Williams and Roger Federer won Wimbledon.  
Swine flu: estimated 100,000 new cases a week in the UK.
- August** Better Balmedie met for the first time.
- September** Peter Andre and Katie Price divorced.  
Patrick Swayze and Keith Floyd died.
- October** Better Balmedie planted 6,000 bulbs in Balmedie.  
Union Square, Aberdeen opened.
- November** Balmedie Christmas Lights turned on for the first time.  
Brewdog launch Tactical Nuclear Penguin beer.
- December** First edition of Belhelvie Banter produced and distributed by volunteers.





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## FOUR DECADES OF VOLUNTEERING



We, at Banter, are proud to be celebrating our first decade but we are even prouder of the achievement of one lovely lady in our community. Margaret Murison of Balmedie has clocked up more than four decades of volunteering. In May, she was honoured as an outstanding volunteer, with a presentation by Aberdeen Voluntary Association (AVA) at Eigie House in Balmedie. Over 40 years ago, Margaret was instrumental in setting up The Friendship Club, which still meets weekly at Eigie House. The presentation was a huge surprise to Margaret, but not to her many friends and family who packed out the lounge to share her celebration and see her receive her award.

Organising The Friendship Club is only one part of Margaret's volunteering. She is first off the mark if she sees someone in need. For many years she has organised sending shoeboxes, packed with essentials and gifts, to Moldova through the Stella's Voice charity. Margaret enjoys her garden, and her never-ending generosity means neighbours and friends all benefit from her fruit produce, which she gives away. Her knowledge of the local area and its inhabitants over the years is legendary. If there are any local or family history queries, Margaret is the person to turn to. She knows it all! Margaret has also been an active member of Belhelvie Parish Church most of her life and spends many hours supporting the work of the Church.

AVA Development Officer, Lorna Sandison said: "I am delighted to be included in ongoing and new projects in the Balmedie area as it is such a motivated and connected community where lessons can be learned as to how communities should interact. Huge congratulations to Margaret who has contributed so much to the area – she is an inspiration to many".

And so say all of us! Thank you Margaret for all you do.

*Photograph above shows (L to R): Rosie Nicol, Margaret, Lorna Sandison, Rev. Paul McKeown. Special thanks to William Anderson, photographer.*



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## THE END OF AN ERA

The beginning of this year brought the sad news that The White Horse Inn had gone into administration. At this point however, it was decided that business should continue and the wonderful staff pulled out all the stops to try and keep things looking positive. Unfortunately this was not enough to save the business, and the doors finally closed on The White Horse at the end of June.

This is the end of an era for us in Belhelvie Parish. The White Horse has served as a hub for the community, serving locals and visitors for 44 years, having opened its doors in 1975. Over the last few years Euan, Charlotte and staff have worked hard to boost business during difficult times. In 2014, The White Horse received a complete renovation of the main bar and dining area. The place became somewhere where you could relax with a coffee or meal surrounded by a beautiful beach-inspired décor and sumptuous tweed upholstery. The wood burning stove provided that extra welcoming touch in colder weather. It was certainly an impressive transformation.

The White Horse provided a place to go for family-friendly dining or a quick catch up drink with friends. The staff catered for social gatherings, business meetings, afternoon teas, parties and weddings. Over the years many events have been organised including visits from Santa and his reindeer, sports' event screenings, art exhibitions, charity race nights, comedy evenings, Halloween celebrations and so much more. The annual Easter Egg Appeal meant the patients of Aberdeen Children's Hospital received treats and gifts at Easter time. Many community groups and organisations benefitted from using the function room with The White Horse staff being ever encouraging of new enterprises with their flexibility and support.

This closing is a sad event for the community, and of course for the 24 employees who lost their jobs. We are grateful to owner Euan Bain whose innovative style brought change and improvement to The White Horse and to the ever-bubbly Charlotte Fraser who excelled as general manager. Thanks too to Lynn, Nicola, Holly and the enthusiastic team who worked hard to try to keep the business going. Balmedie will certainly not be the same without our White Horse. We do hope that it will reopen at some point... so hang on to that thought!

**Editor**





# BELHELVE COMMUNITY COUNCIL NEWS

## MORE LOCAL BUSES

Stagecoach bus timetables changed on Monday 19 August. We now have an hourly 54 bus service running through Balmedie along Eigie Road during the day on weekdays. Balmedie has also been added to the 747 route going to and from the airport.

A huge thank you to everyone who filled in our transport survey back in May. We met with Stagecoach and the Council at the Bus Users Forum in June with 16 residents of Belhelvie, Blackdog, Potterton and Balmedie. Another big thank you to everyone who came along to support us in presenting the community's views from the survey.

We are still talking to Stagecoach and the Council about what you told us in the survey and how we can get more improvements made. We'll keep you updated online and on our noticeboards.

We are also monitoring complaints to Stagecoach, so if you make a complaint let us know - email: [belhelviecommunitycouncil@hotmail.com](mailto:belhelviecommunitycouncil@hotmail.com) or call 07767 237644.

## AGM, GENERAL MEETING and BCC ELECTIONS

In June we held our Annual General Meeting and confirmed the election of the Belhelvie Community Councillors. You can find the AGM 2019 minutes online at: [www.belhelviecc.org.uk/meetingminutes.html](http://www.belhelviecc.org.uk/meetingminutes.html)

**David Wallace** - Chairman & Council member (Balmedie)

Running and governance of the Community Council, working with Aberdeenshire Council, Formartine Area Community Council Forum, Balmedie Country Park, AWPR and the Belhelvie Community Trust.

**Alex McIntyre** - Vice Chairman & Council member (Balmedie)

Supporting the Chairman, working with Aberdeenshire Council, Formartine Area Community Council Forum, Balmedie Country Park, Belhelvie Community Trust.

**John Fletcher** - Secretary & Council member (Balmedie)

Meeting minutes, BCC correspondence, work with local Council, Village Tidy Scheme, working with the Balmedie Country Park, Belhelvie Community Trust.

**Ewan Phipps** - Treasurer & Council member (Balmedie)

Treasurer's monthly report, Statement of Accounts, BCC financial management, funding applications and Landfill tax projects.

**Graham Middleton** - Planning Reporter & Council member (Blackdog)

Reporting local area planning applications to BCC, feedback to Aberdeenshire Council Planning Department. Working with Aberdeenshire Council and the Blackdog residents association.

**Mark Brown** - Council member (Whitecairns)  
Manage the BCC noticeboards in Balmedie, Blackdog and Belhelvie. Working with Balmedie Country Park and Potterton Community Group.

**David McKendrick** - Council member (Balmedie)  
New light powered speed warning signs in Potterton and Balmedie. Working with Balmedie Country Park, Belhelvie Community Trust and the local Police service.

**Mark Mitchell** - Council Member

**Hilary Foxen** - Council member (Potterton)  
Working with the Potterton Community Group.

**Carolyn Wood** - Council member (Belhelvie)  
Managing external communications for the Community Council, working with the local Police, managing community surveys and working with Stagecoach buses.

**GET INVOLVED**

If you would like to get involved come to our monthly meetings or get in touch. You can always see our regular meeting topics on our website. About a week before the meeting you will find the detailed agenda for the upcoming meeting. There are also details of what Community Councils do and the minutes of our previous meetings available.

**Contact us** - Meet us at our monthly meetings (every third Monday of the month) at the Balmedie Leisure Centre, email: [belhelviecommunitycouncil@hotmail.com](mailto:belhelviecommunitycouncil@hotmail.com) or call: 07767 237644

**Find us online** - Facebook: [www.facebook.com/BelhelvieCommunityCouncil](http://www.facebook.com/BelhelvieCommunityCouncil)  
Web: [www.belhelviecc.org.uk](http://www.belhelviecc.org.uk)

**POTTERTON PLANS**

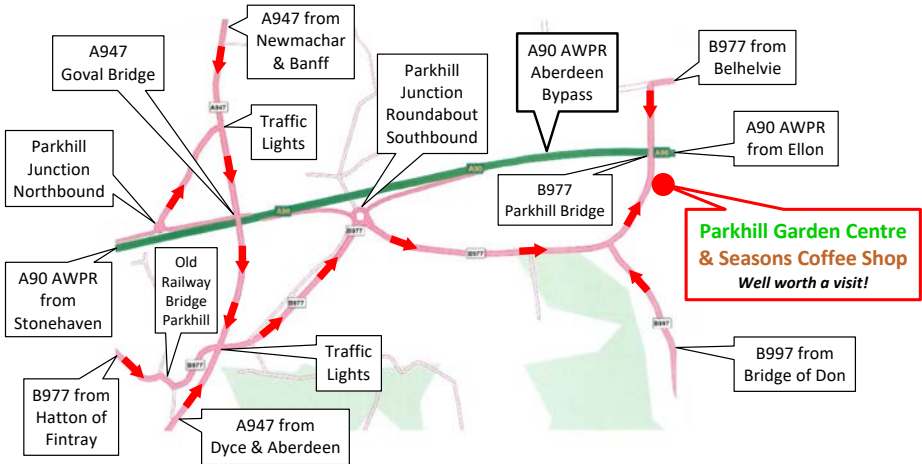
**INDOOR BOWLING** restarts at Potterton Community Education Centre on Thursday 18<sup>th</sup> September at 2.30pm

**POTTERTON WALKING GROUP** meet at Potterton Recycling Centre on the following dates at 12.00 noon:

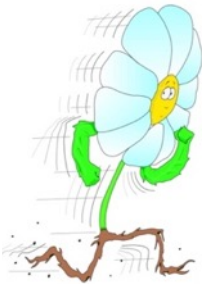
- |              |   |
|--------------|---|
| 20 August    | Kintore to Kinellar                           |
| 17 September | Stonehaven to Dunnottar Castle woods          |
| 15 October   | Ellon Riverside Walk                          |
| 12 November  | Cruden Bay to Slains Castle & Kilmarnock Arms |

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## NATURAL BELHELVIE

A very happy birthday all of you Banterites, you do not look a day over 39. Sadly it has not been one of the bestest ever summers, at least as I write this in mid July. But life goes on, especially life in the natural world, and by the time that you eat your Banter birthday cake we will be entering the 'season of mellow fruitfulness'.

Swallows and martins will be ultra-busy feeding young, with many Mums and Dads trying to get their second brood of kiddiewinks ready for their long migration. It is essential – conditions allowing, that they try to have a couple of broods during the relatively short summer. Other migrants like the terns, only manage a single brood of two or three young, very occasionally four.

Bird migration is quite amazing and very complex. It is great to go somewhere warm for the winter, but more importantly, they go somewhere where there is food. With flies not available hereabouts during the colder months, insect feeders like the swallows fly away to get flies. The tern's food is small fish and they are not so easy to come by, making a journey for the terns inevitable, and what a journey.

Four species of tern come here for their summer hols – sandwich, common, arctic and the rare little tern. Three of these species head in the direction of Africa, but the arctic tern – wow. It probably sees Africa and then keeps on going, some crossing the Atlantic and heading for southern South America. All without the aid of a sat-nav! They fly farther than any other bird species and in doing so never experience a winter, spending summer with us and then summer in the southern hemisphere, not bad for a bird less than pigeon size!

While this is going on, for those of you remaining in Banterland it really is the fruitful season with hedgerows, woods, moorland and the like, all providing 'food for free'. Fungi will be sending up tasty mushrooms above ground, blaeberry will be producing juicy berries and hedgerows will harbour brambles, wild raspas and much more.

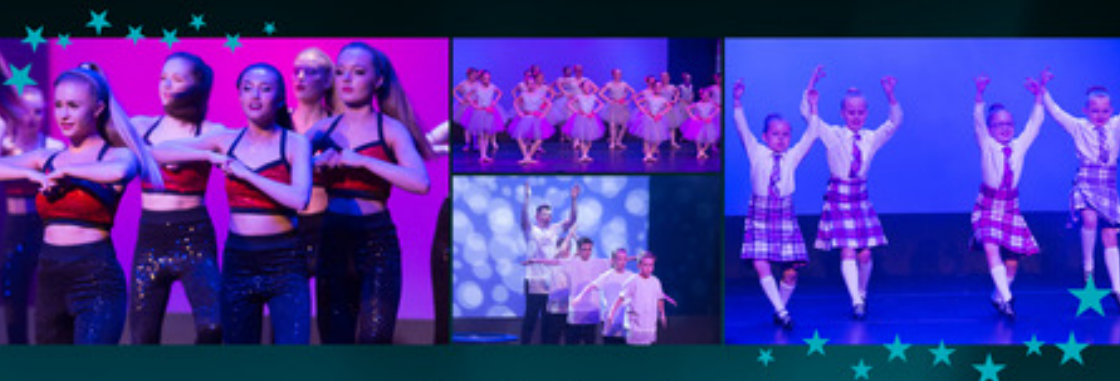


The Banter area close to the coast isn't overly supplied with trees and bushes. All of you lovers of a warming tippie in the cooler evenings will have to travel further inland in order to get your sloes (pictured opposite) for the gin. You can buy sloe gin at special outlets but making your own is great fun and much tastier... hic!

Sloes are the fruit of the blackthorn, and yes, you might find a few bushes growing hereabouts, but chilly coastal winds normally kill off any flowers and without them – no fruit. It is a type of *Prunus* and that includes cherries, plums and other fruit. Few folk can eat the very bitter and astringent fruits. Prick about 50 or more sloes to each bottle of gin, add a little sugar and shake occasionally. After a couple of months, you will have a deep red liquor that will be ready in time to leave me a glass at Christmas!

Enjoy the natural world out and about around Belhelvie.

**Bob Davis**



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## BALMEDIE SCHOOL

### *Teacher, Mr Steven Milne, shares his end-of-term news*

We at Balmedie Primary hope you're all having a fabulous summer. At the time of writing this, we are nearly at the end of the school year. New classes for next session are known and preparations are already under way. Lots of the children are going on an 'Oor Wullie' hunt over the holidays, bagging as many as they can find.

I'd like to share with you some of the highlights of session 2018-19.

The P7 pupils enjoyed the trip to Dalguise and their end of year 'Balmedie's Got Talent' Show. The acts were all performed to a very high standard and there were 3 final winners – 'The Morph Lads' (boys in blue suits doing incredible dance moves), Michael Bremner (who told hilarious knock knock jokes) and Jessica Whittaker who sang a beautiful solo.

The P5 classes completed an activities week with visits to several local landmarks.

The P1-P5 classes visited the Sand Bothy and Balmedie Beach. A special thank you must go to Mrs Judy Duncan (P5 teacher) who organised and supervised these visits.



The P4 children have been studying India and had a very successful Quiz Night in the school hall. The photograph here shows the P4 pupils entertaining parents. The large hall was adorned with beautiful paintings and sketches of Indian landmarks and the event was well attended and enjoyed by pupils' families.

The Sing and Smile groups performed admirably at the 'Frisson Foundation Glee School Challenge' where they were given 1st runner up over the whole of Aberdeen and Aberdeenshire.



## PARISH THREADS

*There is always time to be too clever by half.*



In the spring of 1969, B.C. (Before Chris), I left home. All sorts of things happened that year. Neil Armstrong made a giant step for mankind, the Beatles stepped away from touring and Robin Knox Johnston completed his voyage around the world with hardly any steps. While I was being homesick in Hertfordshire, and lonely in Leicester, the death penalty was abolished, Jimmy Hendrix played Woodstock, and oil was found in the Ekofisk field 180 miles south east of Aberdeen. Jump forward 40 years to 2009 and the first edition Belhelvie Banter landed in the Parish.

A lot of water has passed down the seven parish rivulets since then.

Up on the Belhelvie hills, a farmer of the parish has been planting trees. He needed to protect them with a high fence. Badgers don't damage young saplings but bark eating rabbits were queueing to use the tunnels they had dug underneath the wire. Small expensive swinging metal gates were bought and installed above the badger runs. They were too heavy to be pushed open by rabbits. Good idea... except badgers are habitual animals and overnight they re-dug their Belhelvie tunnels under the new gates. I wonder if they planted any Aspen trees. There is a replanting scheme for them in Scotland now. I sat under one recently and I read that the name is from the Greek word for a shield, the shape of their leaves. The same tree can spread itself into a grove so huge it can be seen from space.

In an attempt to improve my service to the Belhelvie Banter I have signed up for a PhD at the Elphinstone Institute. Nothing much needs to change, you can see it's already embedded in **Parish ThreaDs**. My grandmother would say I was still trying to be too clever by half or ask what I thought was doing at my age, but times have changed. The script of what we grandmothers can do has got longer and broader.

She saw the moon landing on a small black and white telly. She left school at twelve around the turn of the 20<sup>th</sup> century. She didn't travel much except for the annual church charabanc trip to the coast. She could apparently swing herself over a gate

and was a dab hand at driving a pony and cart. By the time she was seventeen her life had taken on the shape it was to keep for the rest of her active life. Her attitudes and beliefs stayed put too. By the mid-twentieth, she had been made irritable by deafness, life, and us, the next generation thoughtlessly squandering the housekeeping by buying things like bread and butter that could so easily be made at home. She had been brought up to support the family business. Children with time to read and stay on at school was a new concept. Over stale bread and sour butter, beside a cup of tea you could run a mouse across, she taught me how to darn socks. If she saw me reading, she'd tell me I'd end up being too clever for my own good.

Now I am a grandma myself I try to be less surprised at changing cultural habits, look at the bigger picture, add to it, and be amused by it. I wish I could see the look on her face if she had seen what I saw at a wedding recently. A baby wearing headphones during the speeches, listening to music blue-toothed from Spotify.

Recently I was watching an American grandson draw a squiggly figure. "It looks like 'the scream' by *Munck*" I say. "What's that?" he asked. "A Norwegian artist called *Munck*..." I begin, then elaborate elegantly, "...painted a picture that is considered to be one of the most vivid portrayals of the human condition there is." I show him a description and an i-pad picture. "It still looks like 'munch' to me" he said. I could feel we were sliding off the point. "Well, the Norwegian pronunciation is Moonk", I counter. "I think you're wrong there, grandma." he said, with eleven-year-old confidence, "I can read, and it's definitely Munch". "That's how it is over here."

Tim told us he took part in a team building expertise at an Escape Room. The idea, rather like The Crystal Maze, is, that you are locked into a puzzle room and have to get out in an hour or something terrible will happen. He and four architect colleagues began by trying to decode a series of numbers on the wall. There were levers, steps, a bowl of water, and holes in a wall. Together they brought to bear all their combined expertise... they worked on the Fibonacci series, square routes and trigonometry. Nothing clicked or whirled to let them out. Reluctantly they accepted a clue, and embarrassingly another but in the end the time ran out and they all 'perished' in an inferno. "What should we have done?" they asked as they trooped out... "Reach up, put your hand in the hole and pull the lever. No calculations required. The numbers were a distraction." was the annoying answer. The truth was, they had been too clever for their own good.

So, there I was fifty years ago... seventeen, the age to become a qualified wizard at Hogwarts, the age to begin driving around the roads of Belhelvie or the perfect number of syllables to describe a moment of subtle human experience in a Haiku; although as John Cooper Clark says: "To-con-vey-one's-mood-in-sev-en-teen-syl-ables-is-ver-y-dif-fic."

**Mary Cane**

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## COMING SOON TO BELHELVIE PARISH...

### *'Threadbare'*

As part of our 10-year celebration, we are delighted to announce that a collection of Belhelvie Banter's 'Parish Threads' will be published by the end of the year.

More details in our next edition of Banter – so watch this space!



FOR A HAPPIER,  
HEALTHIER SCOTLAND

## 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.

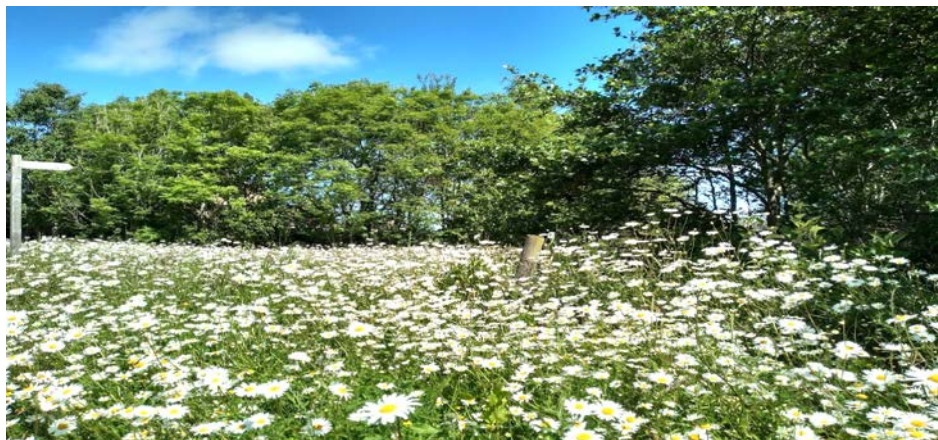
We're a small friendly group who take the time for a gentle walk around the village, chatting about all sorts of topics, followed by a coffee at the Beachside Cafe. We meet up every Thursday at Balmedie Library around 10.50am (11am start). Our regular walkers find that taking a set time to walk each week is beneficial.

Walking is the ideal exercise – 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.

We're always looking for new walk leaders as well as walkers (Paths For All provide a free 1 day Walk Leader training).

Thanks to the Banter team for their continued support and congratulations on your 40th edition!

**Dan Wood & Chris Cane**



*Take time to enjoy the village you live in.  
Ox-eye daisies in the Magnificent 7s Woods from June this year.*





## A WORD FROM THE DOC...

### Looking Forward

There have been some notable anniversaries in 2019, the Banter is celebrating 10 years of production with this 40<sup>th</sup> edition, as I mentioned last time I passed 25 years at Scotstown, and it is 50 years since Neil Armstrong stepped onto the moon. That last achievement was amazing, and the photograph of our small blue planet in the vastness of space is unforgettable. The Apollo programme perhaps seems irrelevant, but many of the advances made to enable the moon-landing have relevance to us today. It is good to look back and reflect, but even more important to look forward and see what the future may hold.

The astronauts in the Apollo spacecraft were monitored, as was their spacecraft, using remote sensors for heart rate, among other things, and telemetry like this will form the basis of planned modern technologies to enable doctors to “keep an eye on” patients at home. It is hoped that this will save time, appointments and reduce the need for remote patients to travel far to see a health professional. With bits of kit, linked to the internet, blood pressure, heart rate and rhythm, simple blood tests and measures of breathing capacity can all be done without the need to leave home. This technology is already in existence, so it is not science fiction! Last October I attended a talk at a medical conference, about a group of women who walked across the Antarctic, and part of this effort was to test remote sensing technology. If this can work near the South Pole, then there is hope for us in the Parish of Belhelvie! (By the way I don’t expect anyone to do this as a way of keeping fit, Balmedie Beach is just fine, though at times the wind can make it feel like Antarctica!)

In the future many of the tests that require attendance at the surgery, to allow the monitoring of various conditions will be replaced by a finger prick and your phone or computer analysing your blood at home. Those with diabetes have done this for blood glucose and ketones for many years, but the breadth of tests possible are slowly expanding, so there is scope for more conditions to be monitored like this. This should mean that we free everyone’s time, as these tests will mean that a doctor will only need to see a patient if there is a problem, not to just get the test done. Whilst this has some appeal, particularly to politicians struggling with low numbers of doctors, I do not think that this will happen very soon. I suspect the patients who could benefit the most would find the technology hardest to access, as remote and rural patients and the elderly tend to have least access to the internet, either through poor IT infrastructure or inability to use (or wish to use!) the internet. This will mean many patients will struggle to use the technology, and broadband connectivity will have to be much better for everyone to benefit.

The future also holds the possibilities for many changes for all in general practice. The plan is for patients to be able to see the “right person at the right time in the right place”. This lofty ambition that is part of the new GP contract that I often refer to, should mean that a patient contacting their surgery for a problem will be directed to a

health professional, not necessarily 'their' GP. The hope is that if you have, for example, a bad back, then your first appointment will be with a physiotherapist, not the GP. The GP may 'pop-in' to see you if you need a prescription to help you, but you may just see the physio and be treated by them. While this sounds a good plan, we are possibly further from this than the technology I mentioned earlier, as we do not have enough space in surgeries to accommodate all the extra personnel required, nor do we have enough of the other health professionals to allow for this to work. This will also cost much more than the current system and further shows just how efficient we GPs are and have been!

In the future, there are huge changes coming in medical care. We will likely use information from studying your genetic code to tailor treatments. This is starting in areas of cancer therapy, but in the years ahead is likely to be applied to all areas. It will be possible to use the genetic information to help decide how much, if any, medication, will be needed to manage your high blood pressure. This will bring new complexities and challenges for doctors, but may mean better targeting of medication, less side effects and more effective treatments.

One area of the future that I am not concerned about is my role being taken by a robot, or computer programme. Whilst some promote algorithms to process patients and diagnose and treat, I do feel that there will always be a need for the 'human touch' in the GP role. I do not think that robot will have the same line in bad puns as I do, nor have the same ability to adapt the consultation to suit the patient in the room. Perhaps some of you would prefer a robot, but I suspect that would be a minority view (I hope!).

The future is likely to be interesting and perhaps exciting, and I hope that it brings the expected progress. As ever I will like to nag you all to make your personal future a healthier one by staying active and hopefully staying away from your doctor as much as possible! Remember to book your flu jabs and if you turned 65 this year after March, or will turn 65 before 31<sup>st</sup> March 2020, then ask for your pneumococcal vaccine too. Gosh it will soon be Christmas!

All the best to the Banter crew for the next 10 years!

**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!

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## BELHELVIE CHURCH OF SCOTLAND

This summer has turned out to be a quieter one than usual for us. We held off planning our kids' holiday club because we'd anticipated starting building work on the Forsyth Hall Annexe. Though our funding package is nearly complete, we're not quite at the stage of commencing work yet – though we hope to be by the late summer.

In the meantime, the Forsyth Hall is open for bookings and if you'd like to run one-off or regular events and are looking for good space at reasonable rates, please get in touch via our webpage - [belhelviechurch.com](http://belhelviechurch.com).

Over the summer our regular services are at **10am** (reverting to 11am on Sunday 25<sup>th</sup> August). Sunday School (ages 3-12) and crèche (0-3) will start up after that and we're always delighted to welcome new kids along.

Coffee Haven drop in café continues to run on the first Tuesday of the month in The Forsyth Hall from 10-12, and our parent and toddler group 'Mainly Music' will be starting again on Tuesday 27<sup>th</sup> August. The Guild outing will have taken place by the time this Banter reaches you, but the next Guild meeting is on Tuesday 20<sup>th</sup> August when Rosie Nicol will be talking about the work of Belhelvie Community Trust. Please see our website [belhelviechurch.com](http://belhelviechurch.com) for more details.

If you feel the need for exercise, Zumba Gold meets on Monday from 9:45-10:30, Pilates from 1-2pm and Highland Hustle on Mondays at 7pm – all in The Forsyth Hall throughout the summer.

**Rev Paul McKeown**  
01358 742227



### QUIZ NIGHT!

Forsyth Hall, Belhelvie  
Friday 20th September  
7.30pm



£5 per person, £3 concessions

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## MACMILLAN COFFEE MORNING

Yes, Mary and Hebbie Watson are fund-raising again! That's 20 years they have been raising money for Macmillan Cancer Support by opening up their home to provide coffee, cake and friendly chat.

They invite you to join them for tea/coffee and home bakes on Friday 27<sup>th</sup> September from 10.00am. Come along to Homestead, Middlemuir Croft, Whitecairns – and do bring your friends too. All welcome!

## FROM BELHELVIE PARISH TO HOLYROOD HOUSE



It was good to hear that some of our local volunteers had their efforts recognised and were invited to the Queen's Garden Party at Holyrood in July. Boys' Brigade Captain Ian Ormiston and Officers Fiona Winstanley and Cheryl Robertson (left) enjoyed their day mixing with royalty as a reward for their services to the Boys' Brigade. They were accompanied by Ian's wife Margaret (pictured below with Ian), Fiona's husband Jeff and friend Annie Grant.

Fiona recalls the day - "People were beautifully dressed in colourful hats and clothes, many in traditional costume or uniform and everyone was very friendly. The Queens' Archers were handsomely dressed and came round chatting to people. We were warned that the food would be minuscule but we had platefuls of cucumber sandwiches and cakes accompanied by the usual cup of tea.

The flag was flying above Holyrood Palace and below it we could see the snipers in black, by the chimneys! We certainly had the most fabulous, unforgettable experience and I'm so grateful that we were given this opportunity".



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## 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

Our MINI GALA (17<sup>th</sup> August) will have taken place by the time this edition of Banter is published. We hope those who managed to come along enjoyed the many stalls that were there.

We have a MacMillan Coffee Morning coming up on Saturday 21<sup>st</sup> September from 10 to 12 noon and hope that you will be able to join us there.

### COMMUNITY MEETING PLACE

Our tiny Church in Balmedie is available to the community. It is free some days and some evenings. Our building has a tardis effect, a tiny outside, but a larger inside (it held 50 on the opening day). It's definitely worth a visit. If you would like to find out more, phone Diane on 07850 235215.

## 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

**OUR NATION** - With our new Prime Minister in post, the decision about Brexit looms, hanging over the head of our country. Leave or Remain will result in a divided UK and Scotland. How we as a nation come to terms with that, will depend on our Prime Minister, his Cabinet and Members of Parliament. Please remember all of them in your prayers, and may I suggest you ask for wisdom for them - all of them.

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

### 10 YEARS OLD!

Congratulations to **Better Balmedie** for making our village a better place with all their work over the past 10 years, with planters, benches, litter-picking and helping to maintain communal areas.

Congratulations also to **Belhelvie Banter** for 40 issues over 10 years, packed full of local information and a wide range of articles, helping to link residents and organisations across the parish of Belhelvie. Both Better Balmedie and Belhelvie Banter are run entirely by volunteers who give their time and talents to improve our community. Thank-you!

**Rosie Nicol**



# FAMILY FIRST

## The Sands of Time



Ten years ago Gordon Brown was the Prime Minister of the United Kingdom; the Scottish National Party led by Alex Salmond, had a meteoric rise to power which led to the 2014 Independence Referendum; the country was in the midst of a credit crunch which would have a huge impact on all families due to austerity measures being put in place; and the Black Eyed Peas and Lady Gaga were dominating the popular music scene.

Meanwhile, a famous businessman called Donald Trump had put our little parish of Belhelvie on the world map by showing a keen interest in building a Golf Course on our doorstep; whilst in our 5-year-old Scottish Parliament, the AWPR was given the go ahead by the Government.

Whilst all this was going on around us, the population of our parish was steadily rising as people continued to live their lives and bring up families and set up home in our beautiful corner of the world. Sadly, for many the past 10 years will have brought the loss of loved ones. And for others, the joy of welcoming new additions to their families.

Not only has the landscape of our families changed over the past 10 years, but also the landscape of the countryside. The AWPR has opened up new scenery to drive through and enjoy whilst the skyline of our beach now includes the majestic silhouettes of the windmills.

I am very grateful to the residents below who were happy to share with me what they love about this area.

Our youngest contributor is Lily aged 6 who says, *"I like school and the playparks. I love Balmedie."*

One of our young adults tells us, *"I like living in Balmedie because I've lived here since I was born. It has good facilities for adults and children. Although as an 18-year-old it is unfortunate about the White Horse recently closing."*

David Simpson a familiar, smiling face in the village says *"I have lived in Balmedie for 30 years. It is a lovely community, friendly and warm. We are so lucky to have a beautiful beach on our doorstep. There have been some changes over the years but*

*for the good. I would not like to live anywhere else as I think Balmedie is a wonderful place to bring up a family."*

Gail Ritchie describes what brought her to Balmedie where she raised her family and became a valued member of the community. *"I wanted to live here because I came out often in the summer holidays as a child to spend time with my aunt and uncle. Also, I'm a huge fan of beaches and we have one of the most stunning beaches in Scotland. It's a lovely place for children to grow up. Over the years I have worked in the school playgroup and I worked in the Leisure Centre for 8 years as well, so Balmedie has been a big part of my life."*

From talking to these four residents, of different ages and backgrounds, the one resounding message that comes through is their love of the place they call home. Whether it is the fun of the playparks and school, the local amenities or the stunning beach, Belhelvie Parish is treasured by people of all ages.

A lot has changed since the first edition of the Belhelvie Banter 10 years ago and although at times the change has been controversial or sad for some, there is also much to celebrate and appreciate about our community. The parish of Belhelvie remains a constant for many families and a safe and secure place for both long-time residents and new residents alike.

The Belhelvie Banter provides a fascinating record of the past 10 years in the parish and I look forward to seeing what the next 10 years will bring.

**Emma King**

## **BALMEDIE FRIENDSHIP GROUP**

The Friendship Group is open to all residents over the age of 50 who reside in the parish of Belhelvie. We meet every second Tuesday in the Eigie House lounge from 2-4pm and have an interesting mix of musical entertainment and talks. We are always happy to meet new members. Here is our Autumn 2019 programme:

27 Aug	Anne & Elaine sing
10 Sept	Colin McKay entertains
24 Sept	Calum sings
8 Oct	It's a Surprise!
22 Oct	The Golden Girls
5 Nov	Dr Catherine Paterson 'Nepal & Darjeeling' Talk
19 Nov	Mike Stephen 'A Journey from Hazlehead to the Beach by Tram'

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## **‘BANTERLAND’**

**A poem to celebrate 10 years of Banter  
by our very own local poet, Bob Davis**

From Carter Bar near mighty Tweed to Solway Firth out west  
On Scotland’s vast and varied coast one area’s ranked the best  
It’s north of the Granite City by the edge of the cold North Sea  
The place is known as Banterland where wind blows strong and free.

Its fame has spread across the globe for it’s set a precedent  
Where others have a wee Lord Mayor, it has a president  
From nomadic dunes where children play to fields where farmers toil  
The gilded sand washed by the sea gives way to rich brown soil.

West Potters-toon with its old Free Kirk, that’s now a family home  
By twisting roads on down the braes where Bronze-age man did roam  
Beyond Belhelvie down to the east, gaze drawn towards the sea  
And to the Gaelic middle-toon now known as Balmedie.

At north and southern compass points lie communities without hue  
As Blackdog gathers up the wind and Whitecairns planes ne’er flew  
Twixt land and sea there’s Menie a link where marram grass doth grow  
Whilst off-shore whales gracefully swim and give a moisty blow.

For good folk living in this land, where they bide is of no matter  
All are kept informed of this and that, by pages in the Banter  
This publication’s filled with facts once laid in black and white  
But the rainbow version modern now is a very welcome sight.

From function kinds of this and that to Parish notes and more  
There’s how to spot a ladybird while the Doc says how not to snore  
This great work’s always said a lot and is now in its tenth year  
Time to celebrate with a yummy cake and a glass of full-strength beer.

It’s a labour of love, hard work and skill to get it all to press  
Let’s give a cheer to all the Team with big thumbs up to Jess!

**(Thank you Bob!)**





## SCOUTING IN BELHELVIE

Beavers, Cubs, Scouts and Explorer Scouts have all been busy with a host of exciting activities and many were able to attend a District weekend camp and fun-day at BA store with activities galore.

It was AGM time again so here's an abbreviated summary from all the Sections:

### BEAVERS

We have a full colony of 24 Beavers. (Remember waiting list opens 5th birthday). There are presently 6 leaders but not on any one evening. A minimum of 5 adults are required to be present in order for outdoor activities to be engaged in. Elaine commended the support given by Young Leaders and Explorers currently undertaking their Duke of Edinburgh Awards.

Different activities have included celebrating Earth Day, science nights, delivering Belhelvie Banters, scavenger hunts, duck races, basic first aid, Burns night, making water filters, bug houses and constructing bridges using newspaper and sticky tape.

£173 was raised in total by designing and holding a Carnival Evening, £100 was donated to the Sand Bothy and £73 to the local Guide Dogs charity.

Beavers visited Pets At Home and attended the Inverurie Pantomime with thanks to sponsors. They went Geocaching at Balmedie Beach, with another trip unfortunately being cancelled due to rain. Beavers enjoyed the wide game with other sections at the BBQ. An escape room evening was undertaken as well as various arts and crafts throughout the year. One highlight of the year was when the Beavers took part in a wide range of outdoor activities at the Gordon Gathering, with laser tag being a clear favourite closely followed by metal detecting with Mr T.

### CUBS

Cub numbers are around 37 between the Monday & Tuesday Packs. Alison and Lesley thank the Leaders, Young Leaders and Explorer helpers for their support in delivering the programme of activities that Cubs have been engaging in including - visiting the seals at Newburgh Beach and an evening at Balmedie Beach with the Ranger. Cubs learned how to create a Geocache and how to locate others. They have been to the Apple Store to learn about coding and programming and enjoyed the Inverurie pantomime, thank you sponsors.

Cubs visited Balmedie Leisure Centre and were able to try badminton and tennis. Some Cubs participated in this year's 10-Pin Jambowlree held in Inverurie. They took part in the Big Garden Bird Watch and after building and varnishing nesting boxes were able to put these boxes in trees close to the community centre.

Cubs completed the sponsored bike ride and took part in a sailing taster session in Peterhead Lido. They have also enjoyed learning how to light fires and practise backwoods cooking in Belhelvie Woods. Activity badges have included Athletics, Fire Safety, Chef's, Science, Navigation and Disability Awareness where they received a visit from the Guide Dogs. Staged badges included Nights Away and Time on the Water. Challenge badges have allowed Cubs to work on Outdoor, Adventure, Personal, Skills, Teamwork, Team Leader and World. Cubs were given the opportunity to attend a Survivor Camp at Daviot and the Gordon Gathering in May and are looking forward to attending the Group Camp at Daviot this September.

## SCOUTS

Scout numbers have remained steady over the last year at around 24 boys and girls. Leadership numbers have increased to 5 but due to commitments, more are needed. Cherylle praised the invaluable help from several Young Leaders. Scouts aim to spend at least 50% of time outdoors and more emphasis is on training for badges work. Activities over the last year have included Escape Rooms, communication, DIY skills, Jambowlree, Gordon Gathering, Outdoor pizza making, a NuArt tour as well as regular visits to Potterton and Belhelvie Woods where Scouts enjoy making bivvys, fires, pioneering, wide games etc.

We say goodbye to Cub Leader Donald Mackay and thank him for his enthusiasm for the last 5 years. We also wish Cub Leader Malcolm Farr a speedy recovery from injury – we miss you!

Camps, activities, weekly meetings and fun we all have would never happen without the 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** is for ages 6-8, **Cubs** is for ages 8-10.5, **Scouts** is for 10.5-14 and **Explorer Scouts** is for 14-18.

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 would like to discuss further should get in touch.

If you would find out more about volunteering with Scouting in the Parish, have a chat with one of our Leaders or email me at [balmedie@gordondistrictscouts.org.uk](mailto:balmedie@gordondistrictscouts.org.uk).

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

**Ian Thomson**  
Group Scout Leader



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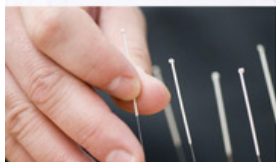
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## 3rd BELHELVIE BROWNIES (POTTERTON)



We have been very busy at 3<sup>rd</sup> Belhelvie Brownies, we've been 10 pin bowling at Inverurie, we went on our annual Brownie camp to Crathes, and we've worked hard to gain our Adventure, Adventure On, and More Adventure badges so we have now started the new programme.

We also gained our Artist badge and Campers or Campers Advanced badge, Agility badge and two Brownies very recently gained the Toymaker's badge.

For our camp the Brownies chose the theme of 'Mary Poppins Returns', having seen the film at a special showing for Girlguiding members earlier in the year.

The Brownies are encouraged to have a large say in the activities we do, they suggested many different activities to do on our camp, too many to fit in of course. We followed a trail of Mary Poppins Returns pictures, collecting as we went along, making sure we left nothing but footprints behind. We had umbrellas to decorate (first time we've taken umbrellas to camp). We made umbrella-shaped biscuits and floated baths just like the bath in the film.

The Brownies are involved in every part of camp. They are very good at putting up the tents. They help with preparing and cooking the food and washing up afterwards. They help to clean the toilets and keep the campsite tidy, especially their tents and bedding and kit.



We are all looking forward to returning after the summer holidays to continue with the brand new programme - we can't wait to start working on the new badges.

For information about joining 3<sup>rd</sup> Belhelvie Brownies (Potterton), please email [katherinehebron55@gmail.com](mailto:katherinehebron55@gmail.com)

**Katherine Hebron- Scott**

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

Amazing to already be writing for the Autumn edition of the Banter and fantastic to be involved in the anniversary edition – Happy Birthday Banter from all of us at 2<sup>nd</sup> Belhelvie Brownies!

We've had a fantastic fun-packed term, kicked off with our Brownie holiday at Monymusk. The Sir Arthur Grant Centre was transformed into Willy Wonka's Chocolate Factory for the weekend, and we had lots of chocolate and sweetie-themed activities (and treats, of course!), from truffle inventing, through making chocolate-scented candles, to a wide game, not forgetting the essential campfire singalong and s'mores!

Over the course of the summer term, the unit completed the Amey engineering challenge badge, which featured lots of STEM activities. We also had a really exciting visit to the central Fire Station in Aberdeen, where the Brownies were given lots of Fire Safety advice and a tour around the station. As both engines were out on shouts at the time of the trip, a fortnight later we were lucky enough to receive a visit from the Station Manager and he talked the Brownies through planning their emergency escape routes at home so they could advise their parents; and the girls were thrilled when a Fire Engine arrived so they could learn even more and see it in action, sitting in the Engine and having a shot at aiming the hose (many thanks to Andy and his team!).



We had a great joint meeting with 3<sup>rd</sup> Belhelvie Brownies in Potterton one week; a dry night so we could get outside and be 'Tent Detectives' (a Camp Skills Builder), and once we'd got our tents up, we could play 'Catch A Story'. The story grows as each Brownie catches a ball and takes a turn to add the next sentence of the story.

With more Unit Meeting Activities and Skills Builders under our belts (including the 'Lead' Skills Builder, with a Rope Race Challenge, Dance Challenge and Leadership Goals activity as part of it), many Brownies have also really engaged with the new Programme by completing Interest Badges outside the Unit, meaning we had a brilliant Badge Presentation (lots and lots of sewing to be done!), with parents and Brownies joining in a Brownie circle for a 'campfire' singalong – a great positive note to end the term.

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, or get in touch with our Brown Owl, Marianne - details in the 'Who's Who' at the back of the Banter.

**Tracy Leach (Sapphire Owl)**



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# 1st BELHELVIE RANGERS

The Rangers have been working hard on their stage 6 Camp Skills Builder. They've learned about risk assessment and preparing equipment for any eventuality, built camp gadgets, and cooked on a fire without pans. The sausages in tin foil were much more successful than the mince in a pepper or popcorn in a bag! Now they just need to build up their nights camping.

Unit activities have also included the Rangers making their own hockey sticks out of newspaper, CV building, making honeycomb, and a games night. Next term is still to be planned so we'll start off with some unit activities and a planning session.

Rangers is for young women 14 to 18 years old: no Guiding experience required. Rangers work on as many badges as they like: Interest badges, Skills Builders, and the ultimate achievement of the Gold Award. Or they can just help plan and take part in unit activities for fun. We also offer support to take on the Duke of Edinburgh Award including Girlguiding organised expeditions. This term we'd really like to welcome some new members so please get in touch if you would like to give it a try one night (no cost or obligation to join).

Rangers meet fortnightly in Balmedie on a Tuesday. If you are interested, 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**



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## **AGM**

Our Annual General Meeting will take place on Monday 9<sup>th</sup> September at 7.00pm at the Leisure Centre. Everyone

is very welcome. Our committee is currently made up of a mix of individuals from the local community who give their time voluntarily to support and shape the direction of the centre and coffee shop. We are always looking for new committee members and individuals who have an interest in supporting the centre to continue to provide its services to the community. I look forward to seeing you there.

## **SUMMER FETE**

The lovely run of hot weather that we are having as I type this, did not unfortunately appear on the 26<sup>th</sup> May for our Summer Fete. However, it was still a great success and a good day was had by all. Thank you to all those who came along and supported the event.

## **FITNESS CLASSES**

‘Pound’! £... no, not the ones in your purse; this is a new fitness class running at the Leisure Centre on a Monday night. Get your ‘Rip Stix’ at the ready as Emma takes you through a rocking work out! This has been a really popular class so get in touch with the centre for details/booking.

## **WW.com**

We are delighted to welcome a new Weight Watchers class to the Leisure Centre on a Tuesday night 6-7pm. Everyone welcome.

## **FITNESS CLASSES**

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 a 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.

## **LEISURE CENTRE BACK GARDEN**

In the last edition I mentioned the clearance work that was taking place at the back of the Leisure Centre. The area is now completely clear and the grass has grown over the summer, leaving the space so much more appealing and attractive. The committee will continue to work through ideas, suggestions and funding in order to develop this area further for the benefit of the community. We will keep you updated.

**Emma Ritchie** Treasurer

# MODERN DAY STRESS

## Part 2: Where do our perceptions come from?

In the last edition of Banter, I mentioned how we react to **our perceptions** of a stressful incident. I'd like to talk about where these perceptions come from and how they affect us.

**Our Conscious Minds are active about 20% or less of the time.** Research shows that it can be as low as **5%**. The Conscious Mind is our creative mind, our identity, the one that is in the present and in touch with the Real Me/Inner Wisdom. We use this mind to look at the future, review the past, solve problems and learn, by reading or watching a video.

The Subconscious Mind does NOT work like that. It is a tape recorder. It needs repetition.

**We are being run by our Subconscious Minds – up to 95% of the time.**

From age 0 - 6 we are in a dream-world state and merely record what is going on about us. We don't understand words that our parents and teachers use to us. E.g. 'Don't cry Jimmy, you've been bad, you don't deserve this, you're never going to be good enough for that.' Jimmy records this as 'I mustn't show my emotions, I am bad, I don't deserve and I am never going to be good enough'. Repetition ensures that this tape recording is firmly embedded in the Subconscious. These statements become **beliefs** that are going to run Jimmy's life: the decisions he makes and how he feels about himself. **When people act in a certain way, or words are said, it is like a trigger for an explosion of emotion e.g. anger, often totally misunderstood by others.** It also affects his biology and thus, his health, even more so as he gets older.

**Our beliefs shape the way we filter the world and see reality.**

It's a bit like push the button, play the tape! It does have a useful and good side. Our learned behaviour of what to do when a danger presents, for example, relies on the subconscious to alert and get us to act. The Conscious Mind is too slow. We want to be able to jump out of danger's way as fast as possible! We can walk, drive and do jobs whilst talking to our friend. Our helpful tapes set us up for this. We can multi-task as our subconscious has a loads of 'how to' tapes e.g. 'how to weed', 'how to drive', or 'how to run'. I am sure you have experienced being so engrossed in a conversation that you don't realise you have walked so far!

**Psychology reveals that 70% of these learned behaviours/beliefs are disempowering, self-sabotaging and limiting.**

**If our tapes are playing 90+% of the time, when ARE we actually FULLY CONSCIOUS? We use our amazing Conscious Creative Mind when we are fully in present time.** If we don't have our full attention on a situation, then the subconscious mind steps in and runs us. We can now see that we are not fully conscious very often! We do our jobs and day dream, thinking about the past or worrying about the future – yes, our subconscious has taken over.

***We can now see that if our Subconscious runs unhelpful tapes/belief of 'you are not up to the job' or 'you'll never make it', 'you don't deserve it', 'you made a big mistake', 'you are not good enough' when we attempt a new or difficult task, how life becomes more difficult!***

**The good news is that we can recognise patterns that come from our programming and change them.**

**Being fully present takes practice but the more we practise it, the better our health will be.**

Why not write a 'Magic Letter'? This is a great way to access our subconscious. Let's suppose you have a stressful situation at work. Write to your boss and explain how you feel.

Write it **all** down (*you're not going to send it – this is for you*). Add to it later, until you feel you really have written down ALL your anger, fear, frustration, hurt, humiliation, shame and so on. Then destroy it – burn or cut it up. Better out than in! **If tears come, allow them. Don't bury the emotion again. Let it out. If you feel the upset is linked to an event, write it down. Be in present time. STOP**, take a few deep breaths into the belly and breathe out noisily. The noisy outbreath discharges the vagus nerve – a nerve that energises most of our vital organs to repair.

We can practise being more in the present using **Emotional Freedom Technique (EFT)**. You will find lots of information on this fast spreading, simple, self-help therapy on the internet. We tap on certain points or meridians (acupuncture points) while being fully conscious of an uncomfortable feeling. This helps that feeling reduce. Anyone and everyone can use EFT. (There are also EFT practitioners who can help with difficult big Traumas).

**Healing our beliefs can transform our physical, emotional and mental wellbeing, totally changing how we are in the world.**

As we gain more understanding of where perceptions originate, we have more knowledge and awareness, not only of ourselves but of others. We can understand why we react in certain ways and also why others do. We may 'trigger' others. The person that triggers **us** is not the problem. **The problem is the explosive emotions that we have bottled up, waiting to be released, or triggered.**

Finally, when you feel the stress or explosion – **BREATHE OUT**. Be aware of your belly as you take some slow calming breaths – breathe in for a count of 3, hold, then breathe out for a count of 3 and hold.

Feel inside your body – where do you feel this stress? Rather than getting angry with it, or dismissing it, **FEEL** where it is in your body. When we feel stressed and anxious we tend to disconnect and not be fully **IN** our bodies. **Our bodies are here to help us!** Listen to your body. Get in touch with the feeling. Breathe! (Massage helps us connect to our feelings).

Be aware of the surroundings and the **NOW**. Use **ALL** senses – the smell, touch, sound, taste, feelings. Stopping and being, helps us tune into our own inner wisdom. This means we relax and the tension dissipates and this will release more energy to deal with the problem. Our inner wisdom may well suggest other possible solutions.

**GRATITUDE:** We need time to appreciate what we have and to count our blessings. When you feel a stressful thought coming into your busy mind – distract from it and be thankful that you are alive, that the sun is shining, that the birds are singing, nature, your home, your family, your friends and so much more. The more we are thankful, the more we will receive to be thankful for.

**Maggie Brooks-Carter**  
Osteopath and EFT Practitioner



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## BALMEDIE COUNTRY PARK NEEDS YOU!

Do you feel you could play an active role within a community group? Members of Belhelvie Community Trust (BCT) are volunteers whose goal is to improve community life across the parish. Many successful projects have already been undertaken and there's no shortage of opportunities to do more, for the benefit of all. However, the amount that can be done depends largely on the resources to do it and our most important resource is our volunteers, their skills and their time. Could you be part of this? Do you have some time you could devote to improving our community?

Members of BCT are often asked why they don't do more. The answer is simple... they can't spread themselves any further. Among its successes, BCT has already brought to life the old Rangers' Hut and transformed it into today's Sand Bothy, with its exhibitions and kiosk, fun days and free wheelchair rental. BCT is also in the process of fund-raising to improve the disabled toilets. This all takes time – the volunteers are enthusiastic about projects and do an amazing job. However, more volunteers are needed, if they are to sustain their present level of support and take on new projects.

Would you like to meet up with like-minded people to discuss the future of Balmedie Country Park? Would you be willing to help form a 'Friends of Balmedie Country Park' group? This is an opportunity for individuals who have perhaps not been volunteers before, to get involved and make our wonderful Country Park better for everyone. Of course Aberdeenshire Council maintains this area but funds only allow for a basic service. It could be made so much better. BCT is always there to help volunteer groups working on community projects and ongoing support is always available – they just need more volunteers.

If you think you could help, please contact Belhelvie Community Trust at [rosie.nicol81@gmail.com](mailto:rosie.nicol81@gmail.com)

**Fiona Winstanley**

At **BELHELVIE BANTER**, we are always on the look out for new and interesting articles. **Do you have something you'd like to share? Or do you have ideas that you think might make Banter better?** At the moment we could do with support in the editorial and advertising areas. If you think you would like to have a go at editing or perhaps assisting with any of the jobs involved with advertising – then we'd love to hear from you.

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

# BALMEDIE COMMUNITY SENSORY GARDEN

## - MAGNIFICENT 7s WOODS



Belhelvie Community Trust is happy to report that we have been awarded a second grant from Landfill Tax funds, which will allow us to carry out more work in the Woods. This will include sensory features, benches, tables, a draughtboard, further planters and planting. Once this work is completed in the autumn, we look forward to a busy time in 2020, involving people of all ages and abilities, including the school, nurseries, library, and uniformed groups. We hope you agree that the garden is already looking good, a lovely place to walk, and hope that you will enjoy and help to maintain it for years to come.

**Rosie Nicol**



## PARENT & TODDLER GROUP

**at Balmedie Congregational Church**

Our Parent & Toddler group has welcomed lots of new parents from the village and surrounding areas which is fantastic, it's great to have other parents to chat to.

We run on a Friday morning in the Balmedie Church Hall from 10-11.30am, £2 includes juice and snack - suitable snacks available for younger babies too. £1 for tea/coffee and a fine piece. At our group we provide a variety of toys to suit all ages from babies to toddler years - our babies love the handmade sensory bottles.

We had our first fundraising event recently and raised a fantastic amount of £76 towards the Parent & Toddler Group. A huge thankyou to everyone who came along and supported this event. Feel free to follow our Facebook page.

**Diane Cassie** 07850 235215

## BALMEDIE BEACH WHEELCHAIRS

Can you get on the beach and stick your feet in the water? Have you felt the wind in your face and tasted the salty air on your lips? Most of us have but there are some of us who can't.

Balmedie Beach Wheelchairs consists of a group of volunteers who offer a service totally free of charge and have now been around for just over a year. We have had the greatest pleasure in helping people with disabilities and walking difficulties by providing our All Terrain Wheelchairs down here at the Bunker.

Many families have visited us but we have had some group bookings too. In June Chris Simpson of 'Inspire' held a beach party and people travelled from all over to attend. The excitement was wonderful, as everyone wanted to get on the sand. To top it all off, the sun shone all day. 'Charlie House' also booked us for a day and included a photo shoot with photographer Beth, who recorded families' wonderful beach experiences.

Whether it's been school, individual or group visits, the feedback has always been very positive, reflecting the enjoyment that we have brought to individuals and their families. We are so encouraged by this.

Would you like to share our enjoyment in helping others in this way? We would be very grateful for all offers of help to enable everyone to share the experience of our wonderful beach here at Balmedie. If you would like to play a part, however small, please get in touch.

Check us out at [www.balmediebeachwheelchairs.co.uk](http://www.balmediebeachwheelchairs.co.uk) - we also have a Balmedie Beach Wheelchairs Facebook Page - or phone me on 07864 350989 for details.

**Fiona Winstanley**

## CRAFT CLUB

**at Balmedie Congregational Church**

We hope everyone enjoyed the Summer break. We return on 28th August. Craft Club is on Wednesdays at 6.30pm in the church hall, for primary school age children - providing a wide variety of crafts from using needles and threads to baking some fancy pieces.

Before our summer break the boys and girls took part in planting sunflowers in the sensory garden that is attached to the church and maintained by the fantastic Better Balmedie group of volunteers. The sunflowers have all grown to a fabulous height. Well done everyone!

Over the Summer holidays we had our play scheme week, which included four mornings and a day trip away. Great fun was had by all.

**Catherine & Diane 01358 743114**



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## LINKS NURSERY NEWS

Links Nursery in Balmedie continues to build on previous successes and has some good news they would like to share with the community!

In April this year we were inspected again and managed to sustain our grades, which are 5's (very good) - this is the second highest mark on the grading scale. We are extremely proud of these grades, given that we are now one of the highest performing nurseries across Aberdeenshire and Aberdeen City.

We feel we stand out because of the fantastic opportunities we expose the children of all ages to. We offer a variety of real life experiences including woodwork. Our gardens are fully equipped with construction resources, and mud kitchens providing wonderful play opportunities. Our children are also learning to care for our nursery dog Mathilda who brings delight to the entire service. The children love to take her for walks around the village.

We have recently planned to adopt two chickens that will live in our gardens and we are making preparations and finding out all about how to care for them.

We love to welcome families who wish to pop in for advice or who are seeking high quality childcare. We always try our very best to accommodate their needs.

We are forever grateful to all our families who recommend our service.



**Lyndsay Fleming**, Manager Links Nursery

### PICK UP POINT AT BALMEDIE

Bring your garden waste in bags to the Balmedie Library car park for pick up by a Council Truck which will be there every Saturday from 1 to 4pm.

You can empty your bags into the truck and then take your bags home to recycle. This service is available until November 2<sup>nd</sup>.





## **FAMILY FUN DAY AT THE SAND BOTHY**

Saturday 27<sup>th</sup> July brought one of the best summer days weather-wise. It was also a great day for all who attended the Sand Bothy Family Fun Day, a joint fund-raising event for the Sand Bothy and the RNLI. The best way to describe the throng of visitors to the Bothy is probably to say it was “just hoaching”! Volunteers serving at the Bothy kiosk worked tirelessly for more than five hours to cope with the queues for icecream, drinks and snacks. The activities on offer seemed endless and kept families entertained all afternoon.

There were RNLI stalls, tours of emergency vehicles from Police, Fire and Coastguard services as well as the opportunity to see and find out about Police dogs. Vintage vehicles (a steam roller and traction engine) were on show. First Aid and First Responder demonstrations were also popular.

Children were enchanted by the Love Rara characters who entertained with songs and games and had everyone dancing and performing. Add to this the donkey rides, crafts, face painting, the Lego tent and story-telling and I’m sure all young visitors to the Bothy slept well that night! And making this event accessible for all was the wonderful team of volunteers at Balmedie Beach Wheelchairs where wheelchairs were available.



It is amazing to think that this very successful event, attended by so many locals and visitors, was organised and run mainly by volunteers giving their own time in an enormous effort to bring our community together. The Sand Bothy is going from strength to strength thanks to all who support this project, by volunteering and attending events like this very successful Fun Day. Thank you to everyone involved - fun it certainly was!

**Editor**

## LOOKING FOR FUNDS!

Many of you will know that Belhelvie Community Trust runs The Sand Bothy at Balmedie Country Park. From our work there we got to know local organisations that support disabled people, and we realised that many folks of all ages miss out on visits to our beautiful beach because of their disabilities.

This led to us setting up Balmedie Beach Wheelchairs, which is now up and running, lending out all-terrain wheelchairs so that disabled folks, their families and carers can enjoy the beach and Country Park together.

Our next mission is to improve the toilet block at Balmedie Country Park so that people with multiple and complex disabilities can be changed safely and comfortably. We already have funds pledged by Aberdeenshire Council, but we still need approximately £15,000 to make the alterations and equip the facility with changing table and hoist.

We are therefore looking for your help to raise that money. Every penny will count, so any help you can give will be much appreciated. Perhaps your employer has a community fund committee who could be approached? Perhaps you know of people who take part in runs and races who would support this project? Perhaps you would run a mini event to raise money? Please get in touch with your ideas. Contact 01358 742557 or [rosie.nicol81@gmail.com](mailto:rosie.nicol81@gmail.com)

Thank-you.

**Rosie Nicol**  
**Belhelvie Community Trust**

The advertisement for City Home Helpers features a background image of an elderly woman's face on the left and two hands holding a heart shape in the center. The text is arranged in a clear, professional layout.

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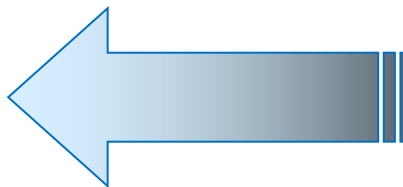
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Saturday: 9.00 - 12.30 Sunday: CLOSED

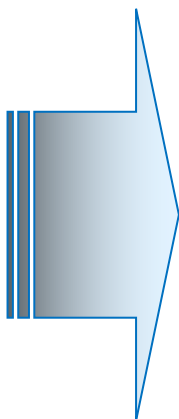
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## JOG SCOTLAND BALMEDIE

Jog Scotland Balmedie is a new running group aimed at beginners and intermediate level runners. Our aim is to provide a friendly, welcoming approach to starting jogging, whatever your reason for taking part. We currently have two groups, one for complete beginners and one for those who are working towards continuous running for 30 minutes or 5K distance. We run in Balmedie and the surrounding area and enjoy making use of the various paths that allow us to run without having to be near the roads. All that's required to join in is membership of 'Jog Scotland', which is free and can be done on-line.



The group is open to anyone aged 18 or over, of any fitness level. Jog Scotland also recognises the importance of running not only for physical health but also for the benefits to mental health, and jog leaders have received mental wellbeing training. We are also looking for jog leaders so let us know if you are interested. It's not necessary to be a fast runner, as long as you are able to maintain a jog for 30 minutes in order to complete the full couch to 5k programme.

The group is currently meeting outside the old White Horse building on Old Aberdeen Road from 6pm, ready to run at 6.30pm. Sessions are £2 per night or members can pay the full 10-week block for £18. For further details, see our 'Jog for Scotland Balmedie' Facebook page. You can also call Michelle on 07739 008137 or email [jogscotlandbalmedie@outlook.com](mailto:jogscotlandbalmedie@outlook.com)

**Mark Brown**



## Beachside Coffee Shop

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***We look forward to seeing you!***

[www.balmedieleisurecentre.com](http://www.balmedieleisurecentre.com)  
or our Facebook page **Balmedie Leisure Centre**





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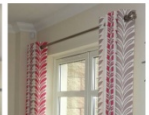
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## NEWS FROM ABERDEENSHIRE COUNCIL

It's Autumn and that means the current Council is into its third year of this term. Much has been achieved, and there is still much to do.

We have just ended the summer recess, but prior to that many topical items were discussed and agreed, and I'll give a brief summary of some of those matters in this report.

At the meeting of Formartine Area Committee prior to the summer recess, we reflected on the projects that had benefited from the Area Fund in 2018/19 – £5,000 was donated to Belhelvie Community Trust towards the community sensory garden in Magnificent 7's wood, £2,361 to Blackdog Residents Association towards the shed and fencing in the Community Park, and £5,000 to Belhelvie Parish Church towards the new Annexe at Forsyth Hall. All were excellent projects – and I am hopeful local community groups are again able to find projects which meet the aims of the fund again in this Council year. Do please get in touch if you'd like the link to the application form.

The meeting of the Infrastructure Services Committee back in June agreed the recommendations of a paper on potential support for a joint bid between the Council, Aberdeen City Council and EventScotland to bring the 'Tour of Britain' Cycle Event to the North East in 2020 and 2021, which is an exciting prospect. If successful, the route is determined by the organisers – however, with Belhelvie parish on the border with Aberdeen City there is a real possibility the event could find itself coming to our community and hopefully bring some national coverage of our wonderful area, and tourism-related spin-offs with it.

Also before the recess, we approved the new tariffs for pay and display car parks across Aberdeenshire. This received unnecessary negativity from the press. Before the changes, the subsidisation of Car Parking had reached an unsustainable level, which was beginning to eat into funding of (in my view) more important services overseen by the Council, therefore change was required. Whilst it is regrettable that the 'free periods' have had to be removed, it is now cheaper to stay longer in our town centres and any profits taken in by these car parks will be reinvested in the town centre car parks – and more options to pay such as contactless payment will be rolled-out which can only be a good thing.

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

**Cllr Andrew Hassan**

Tel: 07388 956123 Email: [cldr.a.hassan@aberdeenshire.gov.uk](mailto:cldr.a.hassan@aberdeenshire.gov.uk)



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

**Thursday** 10.00 - 13.00  
**Friday** CLOSED  
**Saturday** 10.00 - 13.00

**Tel: 01358 281070**

From 3<sup>rd</sup> September, every second Tuesday, we will be hosting a **Rhyme Time** for 0-2 years (term time only), from 10.00 - 10.30. Also on 28<sup>th</sup> August and 25<sup>th</sup> September, there will be **Bookbug** sessions for 3-5 year old children in the library.

Our **Knit & Natter Group** is a very friendly gathering of local ladies. 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.

Our **Lego Club**, for children aged 8 and over, will restart after the school Summer holidays on Monday 26<sup>th</sup> August. It runs on Mondays from 6.00 - 7.00pm. We are looking for new members so please contact library staff if you are interested in your child attending the Lego Club.

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)

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**Debbie Barclay**

## 40 EDITIONS OF BANTER AVAILABLE



Sometimes we are asked if we have extra or back copies of Banter but unfortunately, we don't. If, for any reason, you do wish to check out things in previous editions, just go onto our website [belhelviebanter.org](http://belhelviebanter.org). There, you can access all 40 editions of Banter, should the inclination take you! Thanks to our very talented Balmedie volunteer Philip McHardy of Red Doodle who keeps our website up to date.



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# NEIGHBOURHOOD WATCH

## BELHELVIE BRANCH

### Getting Involved



Neighbourhood Watch in Belhelvie continues as always in the background, but we are always there if you want to get in touch. I'm frequently contacted by readers in the parish asking Neighbourhood Watch questions. My initial question is "Do you live in Belhelvie?" The answer is often no. I ask if they are able to set up their own watch, only to never hear from them again.

If you are interested in starting a Neighbourhood Watch group, you can go online to [www.neighbourhoodwatchscotland.co.uk](http://www.neighbourhoodwatchscotland.co.uk) and start a scheme for your street. As every scheme will vary in size and location, members will determine how it will best operate to achieve its local aims.

Neighbourhood Watch concerns crime prevention, but also involves neighbours working together to keep their community safe. This can instil a sense of security for residents, knowing neighbours are keeping an eye out for possible crime.

Many neighbourhoods feel their communities are not so cohesive as they once were. People lead isolated lives, living next door to one other without getting to know their neighbours. Neighbourhood Watch can bring people closer together in an unobtrusive way that suits everyone involved.

Whatever the problem, you have the power to do something about it. Success can be achieved when several people come together as a group. You can help develop a stronger community, share information about what's happening, support one other to prevent crime and improve the quality of life in the area.

There's no cost involved in this project so why not get together with your neighbours and suggest setting up a street scheme before winter sets in?

**Paul Collier**



At Balmedie Beach, this summer, on July 6<sup>th</sup>, ten hardy souls braved the North Sea. This fun event takes place on beaches all over the UK and is intended to promote naturism and its health benefits both physical and

mental. People came from as far afield as Dundee, Forres, Nairn and Invergordon to take part. If you missed it this year and would like to take part, it's now an annual event, so look out for details of the Great British Skinny Dip at Balmedie Beach next summer – or you can contact me at [sunnybroom@hotmail.com](mailto:sunnybroom@hotmail.com)

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## SHOE BOX APPEAL for 'STELLA'S VOICE'

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

**Margaret Murison** from Balmedie has taken this charity to her heart and works tirelessly to organise such gifts. Can you help? Could you fill a shoe or boot box (or anything similar) with appropriate items for those in need? Every little helps. If you would like to drop off your boxes to Margaret, please phone her on 01358 742285.

**Stella's Voice needs:** stationery items such as pencils, crayons, colouring books, notebooks, personal care items such as shampoo, shower gel, toothpaste, toothbrushes, hair accessories and warm scarves, hats and gloves.

We know it's a long time away despite some department stores having already set up displays, but as you start to think about Christmas, we hope you will consider an extra gift to the Stella's Voice charity.



## BELHELVIE SWI

Our first meeting after the summer break is **Wednesday 11<sup>th</sup> September** when our guest is a Doric speaker - a very entertaining lady with lots of stories. The first whist is on **Wednesday 25<sup>th</sup> September**. It would be good to have a few more players. This is a fun evening for those not too serious about the game.

On **10<sup>th</sup> and 11<sup>th</sup> September** the Homeskills and Handicraft Section of the SWI are holding their conference at the Beach Ballroom. The exhibition of handicrafts is open to the public so please come along and see the wonderful crafting our SWI members do. Our meetings are on the **2<sup>nd</sup> Wednesday** of the month and the whist is the **4<sup>th</sup> Wednesday** - both at 7.30pm at Egie House Balmedie where you will be made very welcome. The annual fee for this year is £30.00. I am off to Summer School in Shetland soon - all organised by the SWI - one of the many opportunities open to members. For information contact me on 01358 743173.

**Elaine Strachan**

## AUTUMN DATES for your DIARY

### WEEKLY

Mon	Knit & Natter	Potterton CEC	14.30-16.30
Wed	Ladies Group	Balmedie Congregat. Church	11.00-12.00
Thur	Knit & Natter	Balmedie Library	10.30-12.30
Thur	Health Walks	Start Balmedie Library	10.00
Thur	Indoor Bowling	Potterton CEC	14.30-16.30
Fri	Under 5's Group Messy Play	Balmedie Congregat. Church	10.00-11.30
Sat	Better Balmedie	Balmedie Congregat. Church	10.00

### FORTNIGHTLY

Tues	Friendship Group (see article)	Eigie House	14.00
Tues	Adult Arts and Crafts	Stead Inn, Potterton	19.30-21.00
Wed	SWI (see article)	Eigie House, Balmedie	19.30
Wed	1 <sup>st</sup> & 3 <sup>rd</sup> Wed of the month - Bingo	Eigie House, Balmedie	19.30

### EVERY 3 WEEKS

Tues	Potterton Walking Group (see article)	Potterton Recycling Centre	12.00
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### MONTHLY

1 <sup>st</sup> Tues	Coffee Haven	Forsyth Hall, Belhelvie	10.00-12.00
3 <sup>rd</sup> Mon	Belhelvie Community Council	See article	19.30
4 <sup>th</sup> Wed	Whist	Eigie House, Balmedie	19.30
Last Sat	Pop Up Café Potterton Group	Stead Inn, Potterton	10.00-12.00

### BI-MONTHLY

2 <sup>nd</sup> Monday	Potterton Community Group	Stead Inn, Potterton	19.15
4 <sup>th</sup> Monday	Belhelvie Community Trust		19.30

### TERM TIME GROUPS FOR YOUNG PEOPLE

Mon	Lego Club	Balmedie Leisure Centre	15.30-17.00
Mon	Lego Club (Over 8's)	Balmedie Library	18.00-19.00
Mon	Cubs	Potterton CEC	18.30-20.00
Tues	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 Congregat. Church	18.30-19.30
Thur	Brownies	Potterton CEC	18.00-20.00
Thur	Brownies	Balmedie School	18.15-19.45
Fri	Boys Brigade with Girls	Balmedie Congregat. Church	15.30-16.30
Fri	Scouts	Potterton CEC	19.00-21.30

## SCHOOL HOLIDAY DATES

<b>Sept</b> Fri 20 <sup>th</sup> & Mon 23 <sup>rd</sup>	Autumn half term	BoDA
<b>Oct</b> Fri 11 <sup>th</sup>	Last day of Autumn term	Balmedie, BoDA, Ellon
<b>Oct</b> Mon 28 <sup>th</sup>	First day of Winter term	Balmedie, BoDA, Ellon
<b>Nov</b> Mon 18 <sup>th</sup> & Tues 19 <sup>th</sup>	In-service days	Balmedie, Ellon
<b>Nov</b> Thurs 21 <sup>st</sup> & Fri 22 <sup>nd</sup>	In-service days	BoDA

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# PETER PAN



7th - 24th December 2019  
Inverurie Town Hall

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