

BELHELVE BANTER

Balmedie : Whitecairns : Belhelvie : Potterton : Blackdog

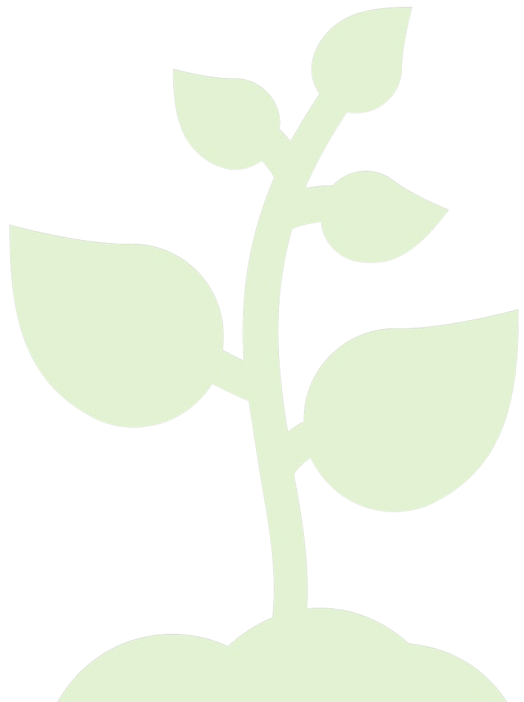
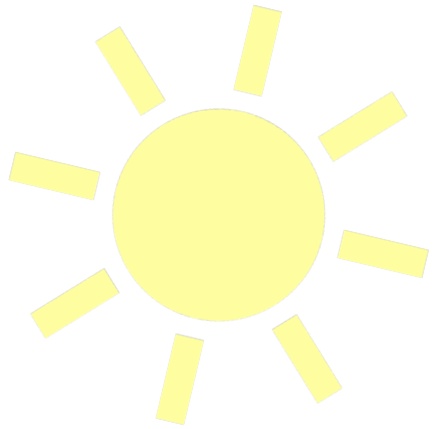


EDITION 42

MARCH 2020

CONTENTS

5	Belhelvie Community Trust (BCT)
6	Belhelvie Community Council (BCC)
7	Youth Survey
9	Potterton Community Group
10	Blackdog News
11	Blackdog Cycle Path
11	Balmedie Community Church
13	Belhelvie Church of Scotland
14	Potterton Congregational Church
15	Balmedie Congregational Church
17	Potterton Walks
19	Family First
21	NCT Bumps, Babies & Beyond
21	Craft Club
23	Balmedie Brownies
23	Baby & Toddler Group
25	Potterton Brownies
26	Scouts
29	An Anatomy Lesson
35	Balmedie School
36	Parish Threads
37	Friendship Club
39	Balmedie Beach Wheelchairs
41	Better Balmedie
43	Volunteering
45	Balmedie Sensory Garden
48	A Word from the Doc
49	Potterton Greenfingers
51	Balmedie Library
53	Country Park South Toilets
55	Balmedie Leisure Centre
60	Dates for your Diary
62	Who's Who
63	Kids' Stuff
64	Belhelvie Banter Calendar
65	Index of Advertisers



EDITORIAL

After the long Winter months, it's always uplifting to write the Spring edition editorial and realise that from now on the days are only going to get longer and warmer. Spring is indeed in the air, heralding new growth and beginnings. After the early dark evenings, the illusion that our days are becoming longer is most welcome. Belhelvie Parish awakens again and gets ready for renewing projects and continuing to make our area such a great place to live.



Youth groups are looking forward to embracing the great outdoors again, planning camping activities and excursions. Gardening groups are off to replant and restore our villages to their former floral glory. Walking groups are looking forward to new routes in better weather. New initiatives are being set up across the parish while established community groups continue with their exciting plans.

Spring brings growth. From growing plants to growing ideas and businesses, Belhelvie is certainly having a growth spurt. Hopefully, inspired by Spring's promise, folk are thinking about coming forward to volunteer and enjoy the camaraderie this brings. It's a time for getting involved, meeting new people, trying out new activities. Let's work together to make the most of ourselves and our communities as we enjoy the magic of Spring.

Jess Petrie, Editor

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

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A big thank you to our generous advertisers, it would not be possible to produce our community magazine without them. If you would like to advertise with Banter, please email belhelviebanter@live.co.uk. Help is available for advert design if necessary.

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Quarter page advert	£25	£20 each ed.
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2020 BANTER DEADLINES	SUMMER (Ed 43)	AUTUMN (Ed 44)	WINTER (Ed 45)
Articles & ads	Fri 24 th April	Fri 24 th July	Fri 23 rd Oct
Delivery begins	Sat 23 rd May	Sat 22 nd Aug	Sat 21 st Nov

Thank you to talented young artist Ariabella Gunarathne whose painting is the Banter Spring edition cover. Ariabella is a P2 pupil at Balmedie School.

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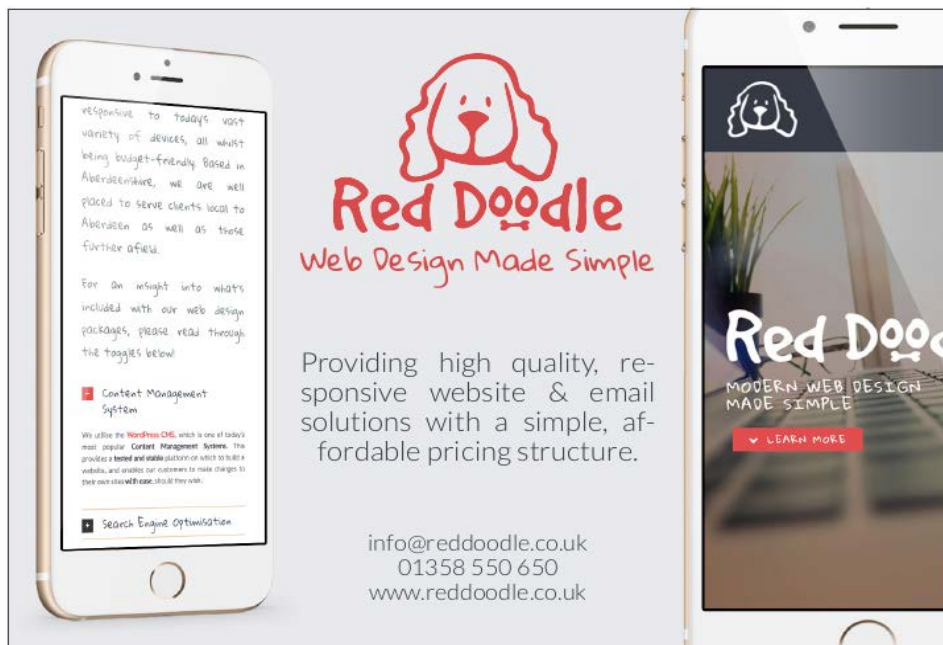
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BELHELVIE COMMUNITY TRUST (BCT)

Serving our five villages & rural areas in the Parish

Belhelvie Community Trust is a small charity (no. SCO45563) which exists to set up and run community projects and help other community groups. We are responsible for The Sand Bothy, Balmedie Beach Wheelchairs and Balmedie Community Sensory Garden. We can also offer advice and help to other groups throughout the Parish of Belhelvie. Our next BCT meeting will be 23rd March at 7.30pm at The Sand Bothy.

Our news in brief -

The Sand Bothy opens again for the season at weekends from the beginning of April and will be hosting an Easter Egg Hunt on Sunday 12th April from 12 to 4pm. Look out for posters around village and on Facebook for more details.

2020 is the Year of Coast and Water. The Sand Bothy is joining forces with RNLI, Aberdeenshire Ranger Service and East Grampian Coastal Partnership to host 4 events from 23rd to 26th July inclusive. There will be a talk on life under the North Sea, a Story Telling evening, our annual Fun Day and a Beach Clean – more details in the next edition of Belhelvie Banter.

BCT has been granted funds by Scottish Landfill Community Fund which will enable us to create a Changing Places toilet in Balmedie Country Park so that disabled people and their families will be able to visit our park in the knowledge that they can be changed in hygienic, safe conditions. A million thanks also go to our Youth Philanthropy Team at Ellon Academy who won £3,000 for us with their presentation all about Balmedie Beach Wheelchairs and Changing Places. This money is going towards our building fund too.

BCT needs volunteers. In particular, we are looking for a treasurer and a Sand Bothy bookings volunteer. We have a great group of volunteers, but we need more, as there is a great range of skills required in running the Trust. We need new Trust members to show their support and we need volunteers to take on practical tasks, including serving in the Bothy kiosk, helping to look after the Country Park, gathering information about the beach and park, looking after the Sensory Garden, helping at Beach Wheelchairs, looking after our accounts and organising fun events and fundraising.

Volunteering is fun, and making things happen is satisfying. If you can spare even a small amount of your time, please get in touch. We would love to hear from you!

www.belhelviecommunitytrust.org.uk

www.facebook.com/Belhelvie-Community-Trust

www.thesandbothy.co.uk

www.facebook.com/The-Sand-Bothy

Or contact me on 01358 742557 or email rosie.nicol81@gmail.com

Rosie Nicol

BELHELVIE COMMUNITY COUNCIL (BCC)

Update on the buses

Last year we ran a survey about public transport in our area, 171 people responded – thank you everyone! We presented the results to Stagecoach and Aberdeenshire Council at the Bus Users Forum (public meeting). In August, a new bus timetable started operating with 2 more 54 buses going along Eigie Road in Balmedie during the week and a new 747 service going through Balmedie to and from the airport. In January, Aberdeenshire Council started operating two trial services (A64 & A65) in Blackdog going into Aberdeen and connecting Blackdog to stops on the A90.

We continue to attend the Bus Users Forum every six months and talk to Stagecoach and Aberdeenshire Council about your feedback and especially the requests to return the 54 route to stopping on King Street at Morrisons.

For more about the Bus Users Forum see the Aberdeenshire Council website:

www.aberdeenshire.gov.uk/roads-and-travel/public-transport/area-bus-forums

Community consultations

We are currently working with the Belhelvie Community Trust to find out what activities and facilities young people want in our area. From this consultation we want to identify ideas the community can work on. This is part of a wider project to consult with you about facilities and activities in our area in 2020.

Find out more about the consultation: <https://belhelviecc.org.uk/surveys.html>

Working together

It's been a busy few months for the Community Council. We continue to review local planning applications, work with the Police and other services, and help local groups with funding. We've also attended the Police and Social Care surgery in Balmedie, Community Council Forums and Community Councillor training, and the meetings held by the Belhelvie Community Trust, Potterton Community Group and Green Fingers group and the Blackdog Residents Association.

Find out more about our work: <https://belhelviecc.org.uk/work.html>

Get involved with the Community Council

There are a lot of opportunities to get involved and work on issues that matter to our communities such as road speed signs, the Balmedie Sensory Garden, reinstating and clearing paths in the villages, helping with funding applications for local projects, improving local transport and local planning. Contact us to find out more.

How to contact us

Monthly meetings are the 3rd Monday of the month, 7pm at Balmedie Leisure Centre.

For details see our website: <https://belhelviecc.org.uk/meetings.html>

Send us an email at: belhelviecommunitycouncil@hotmail.com or call 07767 237644.

You can also find us on Facebook: www.facebook.com/BelhelvieCommunityCouncil

Carolyn Wood

HAVE YOUR SAY!

**Facilities and activities for young people -
Vote for your favourite ideas.**



The **Belhelvie Community Trust (BCT)** and **Belhelvie Community Council (BCC)** want to know what activities and facilities there should be for young people in our area.

We collected ideas in January, and now we need your help to rank the ideas so that we can work on making them happen. Vote for your favourite idea on the Community Council website: <https://belhelviecc.org.uk/surveys.html>

Community Consultations

We are running the survey for young people as part of our community consultations in 2020. We'll be asking for your help later in the year to find out what other projects we can help you work on.

Would you like to help us find out what projects to take forward?

Then contact Belhelvie Community Trust info@belhelviecommunitytrust.org.uk

You can find out about the projects that BCT supports and how to get involved, on the BCT website <https://belhelviecommunitytrust.org.uk/projects.html>

Volunteers needed...

to help us make Balmedie Beach accessible to everyone!

Why not join our friendly group and help us to keep **Balmedie Beach Wheelchairs** running.

Can you give up a morning or afternoon to help us?

Jobs might include:

- welcoming wheelchair-users
- looking after equipment
- helping to keep the boardwalk clear

Training available in March 2020.

Call Fiona on 07864 350989



**Balmedie
Beach
Wheelchairs**

Easter at the Sand Bothy

Easter Egg Hunt
*and many other activities
for all the family!*

Sunday 12th April
12 noon to 4pm

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



BALMEDIE COMMUNITY SENSORY GARDEN

WEEDING DAY

Tuesday 3rd March at 11am

Come along and help get our
marvellous garden ready for new
sensory plants and garden installations!
Bring along some gardening gloves and
we will provide refreshments.

Open to everyone!

Where: Balmedie Sensory Garden -
up the path beside the library.



Find us on Facebook:
Balmedie Community
Sensory Garden



**Wheelchair
friendly**



POTTERTON NEWS

The **Potterton Community Group** (PCG) meets on a quarterly basis from 7.15pm - 8.30pm in the Stead Inn Restaurant. The main aim of the group is to look at projects to improve the local environment within Potterton and organise seasonal events and the monthly café - open to everyone to support bringing the community together. Meetings are open to all residents to attend. Next Meeting will be held on **Tuesday 3rd March and will include the AGM.**

Our monthly **Pop Up Café** continues on the last Saturday of every month from **10.00am - 12.00noon** in the **Stead Inn Restaurant**. The café is run by local volunteers serving and providing home bakes as well as fresh hot pancakes made on the premises. £3 for adults, £1.50 for children, for unlimited drinks, pancakes and home bakes.



Christmas Tree Switch On

Thank you to everyone who joined us for some festive cheer for our Village Christmas Tree Switch-On at the Potterton Community Centre on Sunday 8th December. Over 100 residents were led by Ref Paul McKeown singing Christmas Carols followed by mulled wine, hot chocolate and home bakes served by members of the Potterton Community Group. Thank you to everyone who donated home bakes. It was great to see so many people coming together at Christmas.

Other Potterton Groups & Activities

Event	Day	Time	Venue
Indoor Bowling	Every Thursday	2.30 - 4.30pm	Potterton Community Centre £2 per Session
Knit & Natter	Every Monday	2.00 - 4.00pm	Potterton Community Centre £1 per Session
Adults Art & Craft Group	Fortnightly Tuesdays	7.30 - 9.00pm	Stead Inn Function Room £3 - £4 per Session See Facebook for events.
Walking Group	Monthly Tuesdays	From Noon	Walks arranged Monthly - details on Community Notice Board on Panmure Gardens.

Caroline Anderson, Potterton Community Group

BLACKDOG NEWS

The Blackdog Residents Association would firstly like to wish everyone a Happy New Year and a prosperous 2020. Since the last article was submitted, the BRA have had another gardening day at the end of November which saw the committee and residents tidy up Hareburn Terrace, and the road now has lovely new planters and plants which will brighten up the road coming into the village.

From the 6th January, a trial run is being held in Blackdog with a new bus service coming into the village being operated by Central Taxis (Aberdeen) Ltd. The more people that use the service, the more likely Aberdeenshire Council will continue it and add more times.

We are unfortunately losing Tom Sanders, our Chairman, this year. Tom has worked very hard in the past year with the BRA and we want to thank him for all his efforts. We will continue developing the work that Tom has already done. We would also like to thank Bernadette McCartney, our Treasurer, for all her hard work, as she will also be stepping down. In addition, we would like to thank all members of the BRA the past year for the work they have put in to the Committee.

We are always looking for volunteers and new committee members - please get in touch with us if you are interested blackdogresidents@hotmail.com

Stephanie Mann



BLACKDOG BEACH CLEAN-UP

East Grampian Coastal Partnership is hosting a beach clean-up at Blackdog Beach on **Sunday 29th March** from **10am to 12pm**. All welcome. Please come along and help to make a difference and meet other like-minded people.

Service 64

Blackdog - Aberdeen

MONDAY - FRIDAY

Blackdog Hareburn Terrace	0905	1210
A92 Berryhill Farm Road	0910	1215
Aberdeen (School Road)	0922	1222
Aberdeen Union Square	0930	1230
Aberdeen Union Square	1140	1350
Aberdeen (School Road)	1148	1358
A92 Berryhill Farm Road	1200	1410
Blackdog Hareburn Terrace	1205	1415

Please note on journeys to Blackdog there is no drop off between Union Square and Seaview Caravan Park. On journeys to Aberdeen there is no pick up between Seaview Caravan Park and Union Square.

Service 65

Blackdog - Bridge of Don - Peak connecting service

MONDAY - FRIDAY

Blackdog Hareburn Terrace	0730
A92 Berryhill Farm Road	0735
Bridge of Don Retail Park	0740
Blackdog Hareburn Terrace	0745
Blackdog Hareburn Terrace	1630 1730
Bridge of Don Retail Park	1635 1735
A92 Berryhill Farm Road	1640 1740
Blackdog Hareburn Terrace	1645 1745

BLACKDOG CYCLEWAY PLAN APPROVED

A new cycling and pedestrian link to the south of Blackdog village has been approved by councillors. The three-metre-wide route will join a path from the A92 Murcar roundabout to just south of Blackdog. It will also link in with an existing bus layby on the road. Aberdeen City Growth and Resources committee agreed to spend £450,000 on the route after funding was secured by Aberdeen City Council to develop the shared-use cycleway. With the aim to improve cycling and walking facilities in the area, this project forms part of a proposal aiming to create a link between Ellon, Newburgh and Foveran, with plans to progress south to Balmedie and Blackdog.



Loving Balmedie and Finding Lasting Joy

Jesus came to bring us back to God, in whose presence is a lot of joy (Psalm 16)

You'd be VERY welcome, especially if you're not religious or don't know much about the Bible!

www.balmediecommunitychurch.uk

SUNDAY MEETINGS

Welcoming and friendly!

Every Sunday, 1.30pm to 3pm

3 Ash Row (near the Co-Op)

1.30pm - 2pm: Drinks and snacks

2pm - 3pm: Music, Bible talk,

discussion together



HOME GROUP

We drink coffee, eat cake, read the Bible and pray for one another and for Balmedie. Informal and relaxed.

Every Friday, 7:30pm - 3 Ash Row, Balmedie

For more info please email: balmediecommunitychurch@gmail.com

We'd be delighted to see you!

Graham & Tineke Wintour



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BELHELVIE CHURCH OF SCOTLAND

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

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



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

As the parish minister for the local area, I'm available to anyone and everyone who just needs a chat and someone to listen to – don't ever feel you're alone. Please feel free to be in touch at the phone number above if there's any way I can help.

Sunday 23rd February, 11am

Thursday 9th April, 7:30pm

Friday 10th April, 7:30pm

Sunday 12th April, 9am

Sunday 12th April, 11am

Thinking Day/Founders Day service

Maundy Thursday Communion, Belhelvie

Good Friday Service (Holyrood Chapel, Newburgh)

Beach Service (by Sand Bothy)

All Age Worship

The Forsyth Hall is open for bookings so 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 - www.belhelviechurch.com

Rev Paul McKeown

POTTERTON CONGREGATIONAL CHURCH

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

For info contact the minister Rev Andy Cowie on 07715 279478

Friends - you may have heard through the grapevine that I have suspected cancer of the thyroid and that by the time you read this, I will have been in hospital for an operation. It is amazing how we respond to situations, by how we have seen others respond. A friend of mine who went on to be the Head of the Royal Mission to Deep Sea Fishermen was asked to go into hospital for tests for cancer. He postponed it because it was his 'busiest week of the year'. His comment, if it is cancer, the bulk of people diagnosed with cancer, do not die (instantly because of it), they have to learn to live with it.

I also look at my wife and grandson, both of whom have come through major cancer surgery. All three are fantastic examples of making the best of the situation they find themselves in. Perhaps, all three being Christians, they have the benefit of knowing their God is with them. I give thanks, that my God is also with me and that I have His peace with me.

God is there for everyone, even if you have lost contact with Him, or ignored Him, He will still listen to you. (Please pray / speak to Him for me.) If you are unfortunate and find yourself with cancer and need someone to speak to, as well as the professional bodies and charities that are there for you, you are welcome to give me a call.

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

Rev. Andy Cowie



BALMEDIE CHRISTMAS LIGHTS

Another Christmas has passed, and we would like to thank the following local businesses that have sponsored the Christmas lights - Balmedie Fish & Chip shop, Aberdeen Training Services, Barratt Homes, Gary Taylor Plumbing & Heating, and John Duncan Plant Hire.

Our Christmas light switch-on event was a great success. A lovely crowd of people turned up to see the lights being switched on, followed by mulled wine and hot mince pies inside the wee Kirk hall. If you would like to get involved with supporting the Balmedie Christmas Lights project, please phone 01358 743114.

Thank you to everyone involved.

Diane, Catherine & Fiona



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

A special time was had by all at Christmas, so a big thank-you goes to all who supported our Christmas Fayre and came along to the switch on of our Christmas Lights. Candlelight, bible readings and carols at our Christmas Eve service reminded everyone of the real reason for Christmas.

We have lots of events planned for the Spring:

Our **Boys' Brigade with Girls' Association** continues to meet at our Wee Kirk from 3.30 to 4.30pm every Friday and costs £2. New members are welcome.

The **Ladies' Group** meet in the Kirk every Wednesday from 11am to 12noon. Do join us for a tea or coffee.

Our **Spring Fair** is on 28th March from 11am to 2pm where we will have a variety of stalls and teas etc.

The **Family Movie Night** is scheduled for Saturday 4th April at 6pm and our Easter Bunny Drive, a family fun night, is on Wednesday 1st April at 6.30pm.

During the Easter School Holidays, our **Pop-Up Craft Clubs** are on Tuesday 7th April and Thursday 9th April (phone 07850 235215 for further information).

Here at the Kirk, jointly with Potterton Congregational Church, we will be having our **Holy Week services** on Wednesday 8th April at 7pm and Easter Sunday on 12th April.

At the **Wee Kirk**, we are pleased to host local drama and pilates groups in our building. We would also be delighted if other groups would like to use our premises. If you would like more information about this, do get in touch with Diane on 07850 235215. Our building is bigger than it looks from the outside!

Rev. Andy Cowie

A BIG THANK-YOU!

Margaret Murison from Balmedie has worked tirelessly for many years to organise Christmas gift boxes for the Stella's Voice charity which aims to protect the most vulnerable children in Moldova from human trafficking. 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 Christmas gifts. In November each year, Margaret is seen knee-deep in shoe boxes filled with essentials to send to Moldova, one of the world's poorest countries. She has certainly made a difference to many young lives during the time she has been a coordinator within this project. After so many years, Margaret is now ready to hand on her job to someone else. So, thank you Margaret for all you have done for those less fortunate. You are an inspiration to us all. *If you would like to help with Christmas boxes for Stella's Voice, phone Margaret on 01358 742285 for details.*

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* We are looking for the men's Darts Team for the next session.

If interested, please contact our staff for more details.

* See our Facebook page for latest information www.facebook.com/TheSteadInn

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AB23 8UB
Tel: 01358 742071

Opening Hours:
Monday - Closed
Tuesday to Friday - 4pm onwards
Saturday - 2pm onwards
Sunday - 3pm onwards

POTTERTON WALKING GROUP

Potterton Walking Group has been busy planning their Spring walks. The group meets at the Potterton Recycling Centre at midday on the dates below. Anyone wishing to join them would be most welcome...

3 rd March	Pitfour Loch, Mintlaw
31 st March	Stonehaven and Dunnottar Castle
28 th April	Kemnay to Fetternear and return (6 miles)
19 th May	Cruden Bay and Slains Castle

Chris Schenk

THE PETROLEUM WOMEN'S CLUB SCOTLAND

Can you imagine what it is like to be constantly on the move around the world... finding yourself in a different town, a new country, perhaps with a new language and culture. It can be very hard when far from home and without the support of family and friends, to make contact and settle into the new posting. Or, it could be that you have been here for some years and suddenly find yourself with more time on your hands... children leaving home etc.

This is where the PWC comes in. For nearly fifty years now the Club has been providing support, friendship and social contact. There are women from 26 different countries who meet once a month for a general meeting where there is usually a speaker or demonstration. There are also many activities on offer... you can join the book club, join ladies who lunch, go ten pin bowling, go walking or play bridge/canasta. There are craft and gourmet groups, a dinner club, you can meet other women for lunch and a movie. Each year a local charity is selected, and over a quarter of a million pounds has been raised. We meet at the Deeside Golf Club, Golf Road, Bieldside AB15 9DL.

The PWC is open to women whose own, or whose partner's income, is derived from the oil and gas industry. Membership is now available for Associate Members - women with no oil industry connection, but who would like to meet new people and try new activities. Anyone interested in knowing more can log on to the website and contact us at www.pwcos.com or use our e-mail address PWC4news@yahoo.co.uk

We would love to welcome new members from Belhelvie Parish. Why not join us for a monthly coffee morning and see how it goes?

Janet Hood

Leigh Alexandra Soft Furnishings

Made to measure in your own fabric

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FAMILY FIRST

The Spring of Hope

I was recently talking to a 7-year-old about the seasons and I asked her what she thought of Spring. With a big smile on her face she quickly rattled off the following words: "warm, sunny, flowers grow, the animals come out, there's bees and ladybirds and at Easter we get to go on an Egg Hunt and then eat the chocolate. The Easter Bunny knows if you can't have chocolate and will hide something else. He will always give you something you like."



I asked her if she knew why the Easter Bunny gave us eggs and she thought for a minute then replied, "He's telling us a story about giving."

What a beautiful answer!

I love all the seasons, but there's something especially beautiful about Spring. Everyone seems happier and more relaxed. The busy-ness and stress of all the festivities of Christmas are behind us and for many, it is a relief to get back into a regular routine.

We're able to enjoy the warmer days, the longer evenings, the beautiful sights and the scents of the flowers budding and the sound of the birds happily chirping in the trees. I love Charles Dickens' phrase in his book *A Tale of Two Cities*, 'The Spring of Hope.' It is so much easier to be hopeful and positive about what's ahead when you are surrounded by such beauty, as we most definitely are in our Parish.

And then of course is the Easter Celebrations. Easter is celebrated in most European countries and Western cultures. It is the religious celebration of the resurrection of Jesus Christ. In Scotland, a traditional celebration involves rolling painted eggs down a hill; the eggs symbolising the stone rolling away from the tomb and the new life following the resurrection.

In Germany, decorated eggs are hung from a tree called *Ostereierbaum*; whilst in the Lutheran Church the Easter Bunny symbolises a judge who determines if children have been good or bad.

In Bermuda, children fly kites to symbolise the rising of Jesus Christ. And in Poland the Easter festivities involve boys walking around the town sprinkling girls with water or perfume; and eggs called *Pisanka* are beautifully decorated with traditional symbols of fertility and Spring.

Whether you celebrate Easter or not, I hope you enjoy the beauty Spring brings to our Parish and that this Spring will be a 'Spring of Hope' for you and your loved ones.

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NCT BUMPS, BABIES & BEYOND

The National Childbirth Trust (NCT) group 'Bumps, Babies & Beyond' is based in the Axis Centre in Newmachar and is hoping to welcome parents and expectant parents from Belhelvie Parish to their meetings.

The group meets at The Axis Centre every Thursday from 1.45 - 3.15pm all year round. In the main hall, we have set up a baby area with toys and a play gym. For the older children there is a soft play set-up including a ball pit. We also have ride-on cars and plenty of space for the kids to run around. For adults, we have tea and cake! We are a very friendly bunch and are always on hand for a chat or support. This year, we hope to have a variety of activity sessions for the children from visitors.

We would love it if you would join us. You can keep up to date on our Facebook page (NCT Bumps, Babies & Beyond Newmachar). Just come along on a Thursday. The suggested donation to help cover the room hire is £2 and there is no need to join the NCT or sign up to anything.

Anissa Ladha

NCT Group Link/Parent Support

CRAFT CLUB

Our first term has taken off to a great start. It is also good to see some new girls and boys joining the craft club. Since our Christmas break, we have been making crafts that are related to particular dates of the year. We made rat lanterns for Chinese New Year, 2020 calendars using finger paints - and flags for the Robert Burns theme using tissue paper. The children have focussed well with excellent results.



There are still a few spaces available at our craft club. We meet Wednesdays at 6.30pm in the Wee Kirk hall next to the Co-op. A monthly payment will secure a space. We look forward to making lots more crafts in the next term.

For more details, phone 01358 743114

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BALMEDIE BROWNIES (2nd Belhelvie)

It's our 40th anniversary year!
Woohoo, happy birthday to us!

At the time of writing, we're looking forward to the nearly-new sale we're having at the start of February - funds from this will help subsidise our 40th anniversary Brownie holiday to the Girlguiding activity centre at Netherurd. Thank you to everyone who supported this fundraiser, either by donating items, and/or buying and helping on the day. Also in February is World Thinking Day which has been celebrated since 1926. It's a day of international friendship within the Girl Guide/Girl Scout movement all around the world. This year there is a fantastic wide-game event called 'Wander the World' in Dundee with girls attending from all over Scotland. We're hoping it'll be a fine day!



The Programme themes we're focusing on this term include 'Know Myself' and 'Have Adventures' - there are lots of unit meeting activities and Skills Builders to explore within those themes, and we can't wait until the end of March when the clocks go forward and we have lighter evenings so we can spend more time outside.

We have space in our unit at the moment for new members. Brownies is for girls aged between 7-10 years old, so if you're interested in Brownies/Girlguiding, please register (to find out about being an adult volunteer or for your daughter to join) via the Girlguiding Scotland website www.girlguidingscotland.org.uk and click on 'Get Involved'. Contact Brown Owl (Marianne McIntosh) if you have any questions: 01358 724231.

Tracy Leach (Sapphire Owl)
2nd Belhelvie Brownies



BABY & TODDLER GROUP

Our group meets on a Friday morning at 10am in the Wee Kirk hall opposite the Co-op. We have a range of toys for babies and toddlers to explore, including sensory items which helps to develop fine motor skills. Toddlers can have fun with our bigger toys - wooden train track, ice cream cart, cars with garage and lots more. So why not come along and let the little ones explore while you enjoy a cuppa. The cost is £2 for children's play and snack, and £1 for cuppa and cakes.

For more details, phone 01358 743114



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POTTERTON BROWNIES

(3rd Belhelvie)

Hi, my name is Lucy and I go to 3rd Belhelvie Brownies. In total, I have 35 badges. My favourite badge that I have is my horse riding one because I love going horse riding. I am in the six called Hedgehogs and I am the sixer. My favourite Brownies game is Fish.

This is me with all my badges.

Lucy (Age 9)



This term, the Brownies have been concentrating on working through the new Brownie Programme. There are new books, badges called Skills Builders and we have Unit Meeting Activities. Interest badges are now completed at home.

For a Skills Builders badge one of the activities chosen by the Brownies was called Beat the Butterflies. The girls had to combat their nerves and worries using breathing techniques before performing in a Brownies Got Talent show in front of the other Brownies. The show was presented by Lucy who organised the acts and made sure everyone knew what they had to do. At the show, the Brownies met the judges - Simon Cowell (Brown Owl), David Walliams (Elf Owl) and Amanda Holden (Tawny Owl). Barn Owl was the Musical Director. The first act was 'Unknown Dancer' who danced to the song Into the Unknown from Frozen 2. The next act was by two Brownies who showed off their acting skills and pretended to be teachers from Balmedie Primary School. Next, another two Brownies danced to Single Ladies by Beyoncé. The final act was another dance routine to Kill This Love by Black Pink. At the end of the show, the presenter, Lucy, surprised the audience by doing a dance routine too. At the end of each act, the microphone was passed to each judge for their comments. The audience decided the winner and a great time was had by all.

In the upcoming weeks we will be planning and organising our Brownie Camp at Crathes Castle in May. We are looking forward to it!

Amy Wood (Barn Owl)
3rd Belhelvie Brownies



BACK COPIES OF BANTER

Sometimes we are asked if we have extra or back copies of Banter but unfortunately, we don't. If, for any reason, you do wish to check out things in previous editions, just go on to our website www.belhelviebanter.org There, you can access all 41 past editions of Banter, should the inclination take you! Thanks to our very talented volunteer Philip McHardy of Red Doodle who keeps our website up to date.

SCOUTING IN THE PARISH



Beavers, Cubs, Scouts and Explorer Scouts have again been busy with a many exciting activities. We all had great fun at the Inverurie Panto (Oh yes we did!) and a big THANK YOU to Keith and Jo for making it possible.

The camps, activities, weekly meetings and fun we all have would never happen without the dedication of 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. We welcome Mark Taylor, Gillian Armstrong, Daniel Breen and Neil Powers who are all in the vetting process and will be joining our Beavers, Cubs and Scouts shortly.

This year we will be holding our 8th biennial Family Camp in June where all Beavers Cubs and Scouts can camp for two nights with at least one parent but their whole family can come too. The weekend will be fully programmed to make the most of some exciting outdoor activities. We expect around 200 will be attending.

Three Beavers have gained their Chief Scout Bronze Awards and three Cubs their Silver Awards which were presented by the Deputy District Commissioner.

Scouts have been enjoying a brilliant programme which included a visit to Transition Extreme where they got to try wall climbing, BMX biking and Skateboarding on the special arena. Scouts also had a night walk from Newmachar to Ellon. Well done.

Cub activities have included a Healthy Eating evening, Serving Leaders with a pancake and cuppa and having a go at a Locked Room challenge (Lockfast Security – Help!!!).

Beavers had to imagine a structure to build, draw a plan, then bring along recyclable materials to build them! There were some indescribable creations!!!! On Burns Night, I was invited to address the Chocolate Crispy Pudding instead of the Haggis. Beavers had the pudding with custard (neeps) and cream (tatties). Good fun.

We would like to say a huge THANK YOU to Alison Warren who, after 10 years as Tuesday Cub Leader, hung up her necker. Alison has been a wonderful leader to a generation of Cubs and her enthusiasm and hard work has been much appreciated.

Balmedie Scout Group is for girls and boys and caters for ages 6 through to 25.

Beavers (age 6-8), **Cubs** for ages 8-10.5, **Scouts** 10.5-14 and **Explorer Scouts** 14-18.

Please note, for Beavers there is a long waiting list, so it would be a good idea to add names to the waiting list from the child's 5th birthday.



With our Centenary of Scouting in the Parish fast approaching, your help is sought please. Finding a piece of land within the Parish to develop for Scouting and wider community use is high on our to-do list. Plenty open space and proximity to woodland is on our wish list but any land would be considered anywhere in the Parish of Belhelvie. Anyone in a position to offer us suitable land under any terms and wishes to discuss further should get in touch soonest please. We all strive to do our best with the Youth of the Parish and with your help we could enhance this tenfold.

If you would like to find out more about volunteering with Scouting in Belhelvie parish, you are kindly invited to drop me an email at balmedie@gordondistrictscouts.org.uk or have a chat with one of our Leaders. For all Scouting enquiries please call 07743 844040 or email as above.

Ian Thomson
Group Scout Leader



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ANATOMY LESSON

from Complementary Health, Balmedie

Our body is super important, literally we take it for granted every day. However, not many of us take enough time to learn more about it. So, in the interest of spreading awareness, I am going to introduce you to one basic and well-known muscle of the body. The **Biceps Brachii**.

‘Bi-ceps brachii’ is what it sounds like on the tin. Also known as ‘The Guns’, and over worked by teenage boys everywhere! It is a two headed muscle that connects from the shoulder by one long tendon and one short tendon to a single point just below the elbow. Interesting fact, in some people the Biceps Brachii has been reported to have as many as 3 to 7 heads.



The biceps brachii acts on the joints in the shoulder, elbow and the radioulnar joint. It's a primary mover in elbow flexion e.g. pulling your hand up to your face as demonstrated in the picture here. Also, assisting and stabilising shoulder movement, it acts as an antagonist as you extend your arm, full length, helping the triceps brachii on the back of your arm.

All arm muscles are supplied by a group of nerves, that originate from the neck and brain, called the Brachial plexus. To be more specific, it is innervated by the musculocutaneous nerve.

It has also been said that the Biceps Brachii muscle gave all muscles their name: it comes from the Latin *musculus*, "little mouse", because the appearance of the flexed biceps resembles the back of a mouse. The same phenomenon occurred in Greek, in which $\mu\upsilon\varsigma$, *mŷs*, means both "mouse" and "muscle".



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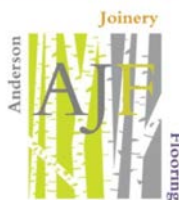
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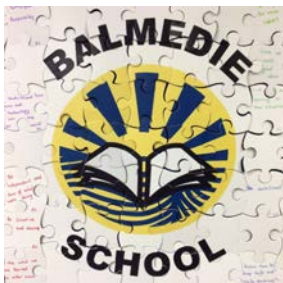
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BALMEDIE SCHOOL

Teacher, Mr Steven Milne, shares his news

We at Balmedie Primary hope everyone is having a fantastic 2020 so far. Last term was a hectic, but exciting time here in school as the children took to the stage performing concerts, and in the case of the P7 pupils, a talent show. These proved to be a great success all round. Miss Farquhar (P1 teacher) organised a collection for the Cyrenians Food Bank and lots of valuable donations were gratefully received as you can see. Thank you to all who contributed.



This term (term 3) is one of the longer ones, and one of our targets has been focussing on some Scottish traditions and language around January 25th (Robert Burns' birthday). It's always interesting to see if the children know any 'local' words. Obviously, language changes over time and can even be different from district to district. I remember my grandfather, who was a 'fairmer' out near Banchory, used to say 'nowt' for 'cows' and I used to think he meant 'nothing'!

I'm sure more mature readers from around the North-east will recognise a few, if not all, the following local words, but it would be interesting to see if younger readers can identify any of them. the answers are at the end of the article, so no cheating!

- | | | | |
|---------------|---------|-----------|-------------|
| 1. puddock | 4. tod | 7. oxters | 10. wabbit |
| 2. caddie | 5. een | 8. sheen | 11. siller |
| 3. bubblyjock | 6. lugs | 9. lum | 12. glaikit |

The list could go on and on. One of my own particular favourite sayings is, "Dinna fash yersel" which basically means "Don't worry."

A' the best, frae Balmedie Skweel.

Answers for the 12 words above: 1. frog, 2. horse, 3. turkey, 4. fox, 5. eyes, 6. ears, 7. armpits, 8. shoes, 9. chimney, 10. tired, 11. money, 12. stupid

PARISH THREADS

Taking out the Spite



I have mended the log baskets. Over the years, they had suffered the attention of a chewing puppy, and the weight of many logs. Basket mending material grows well in the parish of Belhelvie. It appears in the form of willow from the Scandinavian word *vikker*, from which we get wicker. I cut enough to repair them from the boggy patch at the bottom of our garden. Helen, my basket-maker friend, has been coaching me in the ins and outs of randing, and waling. She suggested cutting back all the damaged edges, soaking for three days and replacing them with the new softened lengths of willow. She showed me how to remake the top rim or wale, by easing back on the lengths before pushing them into place. That's called, 'taking out the spite,' she said, 'now tamp it down, and the willow shouldn't kink.' I pushed the withies into place, pondering that the word 'tamp', is so underused, compared to lamp, stamp, and damp.

Leaving the newly mended baskets behind at Ardo, we began our bi-annual pilgrimage to New Zealand. One wintery morning on our way to the car, early snow drops yawned, and beech mast crunched grumpily underfoot. Along the road to the airport, rooks lined up on fence posts, silent black witnesses to our leaving. You can tell I am conflicted about travel. My ill-tempered grandmother who rarely went anywhere, thought there was nothing you could do abroad, that wasn't better done at home. While she couldn't be the best judge of that, and abroad for her was anywhere outside her parish, travelling does change a person. We become less confident of the land beneath our feet. We notice more, we are alert for differences, and the unexpected. To protect us from harm, we may feel the need to carry talismans, a scallop shell necklace, a sprig of white heather or a St. Christopher medallion.

I see there is a Scottish pilgrimage book recently published, that links up landmarks, chapels, holy wells, and ancient stones. It would seem there is a need for walking holidays with a spiritual aspect, so we can explore the landscape in our down time, in a more attentive way. We have an easier way to walk out of the parish, now that the cycling track is to be extended to Black Dog. In the late summer I see a stranger took up residence in the parish. It came with the new roadside planting.

It is a wildflower I haven't seen in Belhelvie before. Queen Ann's lace or Wild Carrot, a flower of the old umbelliferous family, now renamed Apiaceae. The pale cream flower differs from its umbel cousins; cow parsley, lovage, hogweed et al, because it's the shape of an umbrella, but blown inside out.

What would we do without the exciting stories brought back on the warm breath of people who return, having dared to travel?

This time abroad, I shall bring back more grandmother stories for my research project. Stories of how faraway grandmas pass on their family history. The journey south felt longer for us this time, but not as long as the Scots settlers must have felt spending 14 weeks aboard ship, as they ate oatcakes they had made at home in Scotland. In a year where we are being exhorted to eat less meat to combat climate change, perhaps I could tell you that plentiful meat has not been around for long. In 1868 a Scottish pioneer living near here, wrote home to report that he was astonished that meat was so plentiful in the new country. 'They kill another pig before they have finished the first!' he excitedly told his mother. Grandma raised her own pigs during the two world wars, so she would have understood the value of finishing one, before killing the next.

Now by leaving a video link open on the pillow, people can have virtual sleepovers when they are apart, to have the comfort of a partner's partial presence. I wonder how the recent New Zealand stories of separation will differ from my grandmother's. She experienced an unfriendly world, that gobbled up her loved ones, leaving the basket of family in need of repair, in need of tamping down while taking out the spite.

Mary Cane

BALMEDIE FRIENDSHIP CLUB

25 Feb	Sandy Towler Entertains
10 Mar	Talk by Douglas Wilson (British Legion)
24 Mar	Ray Mears entertains
7 Apr	Day Mackie entertains
21 Apr	Befriend a Child (Talk)
5 May	Bill Black entertains
19 May	Bridgescapes (Talk)

Any Belhelvie Parish residents over 50 would be very welcome to join us. We meet every second Tuesday in the Eigie House lounge 2-4pm and enjoy talks, musical entertainment and chat. Our Spring 2020 programme above looks promising. Please see our Facebook page for further details or contact us.

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BALMEDIE BEACH WHEELCHAIRS

Volunteers, We Need You!

2020 is upon us and already the diary is filling up! Exciting things are happening down at Balmedie Country Park this summer. There will be some changes in the facilities that will make it a wonderful place for families to be able to visit and spend more time together.

At Balmedie Beach Wheelchairs we are looking forward to the arrival of a new wheelchair and, also a walking frame that has beach wheels that will be added to our fleet. This extra equipment will allow bigger groups to get out together down on the sand this summer.

Last year we had many requests for the Wheelchairs on weekdays. Some of these bookings were from large groups like 'Inspire'. These were amazing days and we would like to make it possible for more similar events this year, but this will require some more new volunteers.

We are looking for people who can help us out. If you think you can spare some time, then please get in touch. We run a monthly rota but sometimes we need people that can also be available at late notice. We are open on Sundays, beach events and for bookings.

There is no heavy lifting involved and you will not be asked to push wheelchairs in the sand. We need people who are prepared to get involved with the families, help to take care of cleaning and the maintenance of the Wheelchairs and the Bunker. There is a training session available so we will all be working from the same manual and everyone is required to do a PVG (Protecting Vulnerable Groups) disclosure.

We will be opening for the new season on Sunday April 5th and we have already had requests from events that are coming up. If you think you can spare us some of your time, whether it is regularly, occasionally, or if you just want to chat about how you can help then please call.

Check us out at www.balmediebeachwheelchairs.co.uk - we also have a Balmedie Beach Wheelchairs Facebook page - or phone me on 07864 350989 for details.

Fiona Winstanley



Here's **Fiona** strutting her stuff during an interview with 'That's TV Scotland North'. You can view this on YOUTUBE.COM if you search '*Making Balmedie Beach more inclusive for wheelchair users*'.

What a star!

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BETTER BALMEDIE

With the festive period now just a memory, it is time to get back into our old routines of maintenance and improvement to our village environment. Planters have been filled with bulbs received from Aberdeenshire Council and will soon be popping through the soil. Indeed, some dwarf irises which we planted outside our potting shed are already in bloom.

Over the last quarter, edges within the compound have been levelled out with quarry dust and walling blocks. Work has started on the fence separating the public garden space from our work area and will now be completed and painted. Planters for vegetables will then be constructed with a central feature in the public area.

There is now light at the end of the tunnel and if you feel you would like to help us reach our goal then please contact me on 01358 743851. If you are recently retired, our activity at Better Balmedie is an excellent way to maintain physical and mental health. Working in the fresh air, concentrating on tasks, interacting with other people can instil a feeling of achievement and camaraderie. Teenagers are also very welcome to join us for a spell of volunteering and this can also qualify as part of the Duke of Edinburgh Award as well as adding to a CV to impress potential employers.



All new volunteers will get a warm welcome, with a guarantee of a fly cup in the Wee Kirk.

The National Lottery celebrates its 25th anniversary this year and Better Balmedie has been successful in receiving £950 from them, to organise an event in the village sometime this summer... so watch this space!

Better Balmedie would like to say a big thank-you to all individuals, groups and businesses who have supported our work. Special thanks goes to Balmedie Co-op and Ellon Fire Brigade who gave us donations recently.

Allan Jeffrey

[#celebratenationallottery25](#)



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In Belhelvie parish, if no-one volunteered, we would be in a very sorry state indeed. You would not have Banter regularly delivered to your home for a start - in fact there would be no community magazine at all. We wouldn't have Potterton Community Groups, Blackdog Residents'

Association, Belhelvie Community Council, Belhelvie Community Trust, Balmedie Leisure Centre, Rainbows, Brownies, Guides, Rangers, Beavers, Cubs, Scouts, Boys' and Girls' Brigade. There would be no Better Balmedie, Potterton Greenfingers, Friendship Group, Sand Bothy, Beach Wheelchairs, Health Walks, First Responders or Sensory Garden. In our villages we would have no plants, benches, signposts, noticeboards, Christmas trees or lights. Litter would accumulate due to no voluntary litter picks. No volunteers would mean few church activities or clubs – and no parent support for our school. It's a thought isn't it?

Volunteering is good for you! You can connect to your community and make it a better place. Volunteering helps you make new friends, expand your contacts and boost your social skills. It's a great way to meet new people especially if you are new to the area, strengthening your ties to the community and enabling you to meet folk with common interests.

Volunteering is good for your mind and body. Helping and working with others affects your overall psychological well-being. It improves mood and can help with depression, taking your mind off your own worries and keeping you mentally stimulated. Volunteering also helps you stay physically healthy. Studies show that volunteers have a lower mortality rate and are less likely to develop high blood pressure.

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

Group	Contact	
Balmedie Beach Wheelchairs	Fiona Winstanley	07864 350989
Belhelvie Banter	Jess Petrie	07763 314579
Better Balmedie	Allan Jeffrey	01358 743851
The Sensory Garden	Joni Corbett	07522 987856
The Sand Bothy	Rosie Nicol	01358 742557
Potterton Community Group	Caroline Anderson	07920 280212
Christmas Lights	Diane Cassie	01358 743114
First Responders	Marc Wood	01358 743002
Scouts	Ian Thomson	07743 844040
Belhelvie Community Trust	Rosie Nicol	01358 742557
Belhelvie Community Council	David Wallace	01358 743595

The revamped glasshouse with its fresh easy layout is a pleasure to visit. New ranges of products and extended range of indoor plants, pots and containers.



The **garden bird** section has been changed to allow even more choice, while the Parkhill team continue to keep **bird food** very competitively priced by packing on site into 1, 3 and 6kg sizes, with even greater savings on 20kg bags.



Dog treats and sundries are also in the glasshouse.



Composts

Our award-winning composts are very keenly priced, e.g. a 70 litre bag of Mother Earth compost is only £5.50 (8p per litre). Seedlings and plants love our composts, they root in and establish quickly. It is clean and great to work with.

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www.parkhillgardencentre.com





BALMEDIE COMMUNITY SENSORY GARDEN

In Autumn last year we had mixed classes from Balmedie Primary School join us over two days to plant 2,500 bluebell bulbs in an area of the garden protected by hazel trees. They all did an amazing job.

After a quick talk and demo from Rosie Nicol (The Sensory Garden & Belhelvie Community Trust) and Allan Jeffrey (Better Balmedie), the children set off armed with a trowel and some bluebell bulbs and made sure to place them 'pointy' side up in the earth so that the new shoots would reach for the sun.

This couldn't have been done without the help of local volunteers from Better Balmedie and The Sand Bothy who prepared the land for us and assisted with walking children between the primary school and the Sensory Garden, the planting of the bluebells and keeping the children entertained with stories of wildlife and facts about the trees and plants around them.



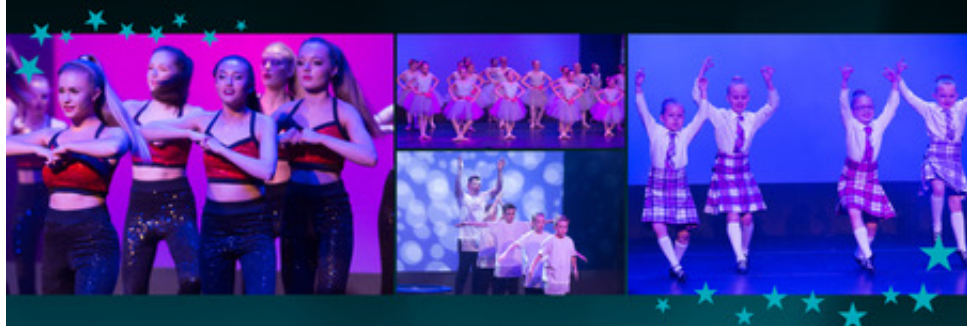
As I write this, the first of the bluebells are starting to poke their heads through the soil and this fills me with such hope for the year ahead. Interestingly, the bluebell often symbolises humility or gratitude.



Garden projects like these, work best when there is a team of people to help maintain them. We are now looking for new volunteers to give a few hours a week, a month or whatever you can manage, to help look after the garden, share their creative ideas or even just do an hour of light weeding in the flower beds.

We have organised a **'Weeding Event'** for **Tuesday 3rd March at 11am** in the **Sensory Garden**, to prepare for spring plants and hopefully bring us one step closer to the Sensory Garden's grand opening this Summer. Everyone is welcome to join us for the weeding day. This is a great opportunity to have a chat and see if this is something you might be keen to help with. You can also contact me or Rosie on Facebook at: Balmedie Community Sensory Garden.

Joni Corbett
Lead co-ordinator,
Balmedie Sensory Garden



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A WORD FROM THE DOC...

Feel better by doing nothing?

I do hope that you all have had an enjoyable and not too frantic festive season and are now looking forward to the next decade. We continue to live in what we can call 'interesting times', for want of a better, but perhaps unprintable description! I do hope that all the doom and gloom has not stopped you from making your annual resolutions to improve your health, and that you are still managing to take steps, hopefully many, to achieve this. You already know that I'll nag you all to eat well and be more active, but I thought I'd focus on something which is equally important, but perhaps overlooked, ensuring that you get enough sleep.

This is what I mean by my title. Getting enough sleep is very important for your health, both physical and mental. Our modern, 'always on, 24/7' life, sadly, does not seem to allow for this and we need to ensure that we do get enough sleep. Adequate sleep is important at all ages, but particularly in children and adolescents, and I do wonder if lack of sleep is, in part, one of the causes of the reported increases in anxiety and low mood in the younger population.

The obvious question is why is sleep important? I will answer this simply, I hope, from a non-specialist GP viewpoint, so if any Banter readers are experts please bear with me...

Sleep is important to enable a period of rest which allows the body to undertake care and maintenance, physically and mentally. Lack of sleep has been shown to have effects on physical performance, the immune system as well as mood and feeling of well-being. There are complex hormonal changes when you are asleep, and this helps our body function normally. We have evolved on a planet with periods of light and dark as we spin round the sun, and our biology is adapted to this. Our increasing use of artificial light, the general noise of today's society and going against our natural rhythms by working at night, all impacts on our ability to sleep effectively.

Good sleep is more important in children and adolescents, as this helps the brain develop normally. The teenage brain is particularly vulnerable, as, for want of a better description, it undergoes a process of 're-wiring'. For younger people, it is advisable not to use mobiles phones, tablets, laptops or other screens near bedtime as the blue light can 'fool' the brain into believing it is day time so it does not 'switch off' as it should to allow the person to fall asleep. This is true for adults as well, so leaving your phone out of your bedroom would be a great idea - an old-fashioned alarm clock can be set to waken you instead. Not watching TV in bed before trying to sleep is recommended as well.



I like to think of the brain as being like a vast, busy, very complex library. When you are awake this library is open and information flows in and out, like books coming and going. Libraries used to have daily newspapers as well, and these are like things you need to memorise for a short time, a phone number to call for example. When you fall asleep, it is akin to the library closing, so allowing the staff to clean up and file everything. The newspapers are cleared away, books are returned to the correct shelves and new books are sorted and correctly filed. This is a simple way to look at how your memories are made - they are like the books, and the short-term memories you do not need to keep are the newspapers cleared away and recycled.

If you do not sleep well it is like a library that is short staffed. Things do not get done as well as they should. Your ability to sort new information and so make new memories, retrieve details from older ones, and do the daily housekeeping are all impaired, so gradually you feel the effects of this more chaotic brain, and health can suffer. I hope this metaphor illustrates why sleep is important.

This is a beguilingly simple resolution, to do nothing, but it is amazingly easy to compromise how much we sleep get. Do try and look at what we call 'sleep hygiene', that is following good habits of not using screens in bed, not napping in the day, and avoiding stimulants such as caffeine before bed. Alcohol is not good as a nightcap, as it also impairs sleep quality, like the library staff being a bit tipsy!

So good luck in this resolution, I do hope it will be easier than some to achieve, and when awake keep active!

Dr Alasdair Forbes



We are looking forward to getting gardening projects going as the weather improves, and hope to discuss and progress creating a new path in the public garden area. This will be discussed at the next Potterton Community Group meeting. We will also discuss funding to

date for self-watering planters - an Amberol catalogue will enable group members to discuss this further.

Weather permitting, we have two further gardening events ahead:

On **Sunday 9th Feb** and **Sunday 8th March at 11 am** onwards we aim to release cases from tree stems, which are now seriously too tight, and we will also excavate a new larger flower bed near the Potterton shop. Events will be advertised in the Community Group Noticeboards and on Facebook. Do keep an eye out for details - all volunteer help will be very welcome.

Hilary Foxen



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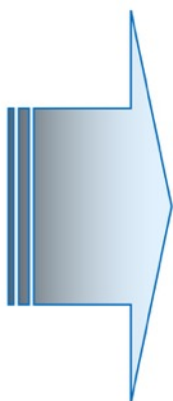
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Thursday 10.00 - 13.00
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Saturday 10.00 - 13.00

Tel: 01358 281070

We have a **Public Consultation Survey** currently running until the end of February 2020. This is to gather information regarding preferred library opening hours and library services. You can complete the survey online at:

<https://www.surveymonkey.co.uk/r/ABSLIBRARIES> or get a copy at the library.

We are hosting **Bookbug Rhyme Time** sessions for pre-school children, Wednesdays on the second and fourth week of the month from 2.00 - 2.30pm. On Tuesdays, on the first and third week of the month, we will also be hosting a **Rhyme Time** for 0-2 years, from 10.00 - 10.30am. The **Bookbug Library Challenge** is a free programme for children aged birth to four, running now until Saturday 27th April. After 4 library visits, each child will receive a Bookbug Library Challenge certificate. Come along to the library and let your child join as a library member and take part in the challenge.

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. New members are always welcome. To celebrate Climate Week, we will also be hosting a **Climate Change Craft Session** on 25th March from 3.30 - 5pm for families with young children.

Our **Book Group 'Bookends'** is restarting on Thursday 5th March at 7.30pm at Balmedie library. New members are welcome - contact library staff if you would like to join us. The group is meeting once a month, on the first Thursday of the month, to share in the joy of reading. We also have a **Winter Challenge Competition** currently running at the library until Saturday 29th February for all ages. Come to the library to pick up a postcard and collect a sticker by coming to a library event, listening to an audio book, reading a new genre of book, etc. Once 7 stickers are gained, your entry will be put in a prize draw to win a family pass to Landmark or a pass to Blair Drummond Safari park amongst other prizes, so pop along to the library to take part.

Our **Lego Club**, for children aged 8 and over, runs on Mondays from 6.00 - 7.00pm during school term-time. We are looking for new members so please contact library staff if you are interested in your child attending the Lego Club.

Email: balmedie.library@aberdeenshire.gov.uk

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We would like to share with you, the wonderful new refurbished south block toilets at Balmedie Country Park. Our aim was to give the local community a usable facility, and I would say our team has done a tremendous job. We had a lot of support from numerous corporate companies and Balmedie resident David Moss who put so much effort and hard work into the refurbishment.

We are hoping to work with Aberdeenshire Council to have a system put in place for time slots, for the use of the toilets to the public, this way it prevents the toilets being vandalised.

The project was run by Military Fitness owners of the Beach Ballistic Obstacle Event and was project managed by RM Architecture.

We would like very much if locals would come along and get involved in our next **Beach Ballistic** held **1st & 2nd August** every year at the Balmedie Country Park. This is the UK's only Beach Obstacle Course Race. We are always looking for helpers too.

Please get in touch if you have a project in Balmedie we can help with, here's to a busy 2020!



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Well that's another busy year past, and it was great to see so many of you join us throughout December for festive dining and some truly magical events. All staff and

committee helped cook, deliver and serve Christmas dinner to the lovely pensioners at Eigie House. This was obviously a great success for we were invited back for their Burns supper. Our haggis was beautifully piped in by Gavin from Ellon Pipe band, and the address to the beastie by Colin had to be seen to be believed. Not surprisingly, there was a fantastic turnout for the very popular Belhelvie Church Christmas Eve service, so much so that we may have to move it to the Main Hall in future as the Small Hall was bursting at the seams.

We have some great fundraisers planned, starting with an evening with **Annie Moon** on **Friday 28th February at 7pm**. All proceeds will go to Danz Creations Team visit to Euro Disney Paris. Then on **Monday 16th March at 6.30pm**, **Pound Fitness** are holding a '**Glow Party**' in aid of Cancer Research. Please come along and join the Pound Posse.

Following on from a successful spin-athon organised by Katrina Hall in November which raised over £900 for CHAS, there is a **Quiz Night** to be held in the **Beachside Coffee Shop** on the **20th March**. Another date for your diary is our **Summer Fete** which as usual will be held at the **Leisure Centre** on the **31st May from 12 to 4pm**.

Now everyone loves a game of dodge ball, and we have this for children of Primary 3 age and upwards. So, come along kids, it's the last Friday of every month including holidays from 4 to 5pm. Join our gymnastics coach **Kerry's Dodge Ball** - it's extremely popular and great fun.

The landscaping around the Leisure Centre is now complete, as is the erection of the security fencing and gates. Please be aware that all gates will now be locked, due to a spate of vandalism.

If, like me, you are partial to a nice piece of fresh fish, venison, pheasant or pigeon then **Peterhead Fish Company** and **A Taste of the Wild** are in the Leisure Centre's car park every Wednesday between 2 and 2.30pm.

Finally, on a sad note, Beachside Coffee Shop held its first funeral tea, for Beryl, one of our lovely pensioner ladies who attended our afternoon Bingo. She will be sadly missed by all.

Bill Murray

Voluntary Committee Chairman

Cadgers Garage

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Tues	Lego Club	The Sand Bothy	15.30-17.00
Wed	Ladies Group	Balmedie Congreg. 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 Congreg. Church	10.00-11.30
Fri	Balmedie Com Church Home Group	3 Ash Row	19.30
Sat	Better Balmedie	Balmedie Congreg. Church	10.00
Sat	Catholic Mass	Ellon Church	18.00
Sun	Catholic Mass	Bridge of Don Church	09.30 & 18.00
Sun	Balmedie Community Church	3 Ash Row	13.30-15.00
Sun	Catholic Mass	Ellon Church	11.30

Fortnightly

Tues	Friendship Group (see article)	Eigie House, Balmedie	14.00
Tues	Adult Arts and Crafts	The Stead Inn, Potterton	19.30-21.00
Wed	1 st & 3 rd Wed of each 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 st Tues	Coffee Haven	Forsyth Hall, Belhelvie	10.00-12.00
1 st Sat	Craft Club	The Sand Bothy	15.00-17.00
2 nd Wed	SWI	Eigie House, Balmedie	19.39
3 rd Mon	Belhelvie Community Council	See article	19.30
4 th Wed	Whist	Eigie House, Balmedie	19.30
Last Sat	Pop Up Café Potterton Group	The Stead Inn, Potterton	10.00-12.00

Bi-Monthly

2 nd Monday	Potterton Community Group	The Stead Inn, Potterton	19.15-20.30
4 th Monday	Belhelvie Community Trust	Balmedie Library	19.30

Term Time Groups for Children and Young Adults

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	Mainly Music Parents and Toddlers	Forsyth Hall, Belhelvie	13.30- 15.00
Tues	Rhyme time (0-2yrs) (see article)	Balmedie Library	10.00-10.30
Tues	Rainbows	Balmedie School	18.00-19.00
Tues	Cubs	Potterton CEC	18.30-20.00
Tues	Guides	Balmedie School	19.00-20.30
Tues	Explorer Scouts	Potterton CEC	19.30-21.30
Wed (fortnightly)	Bookbug Rhyme time (see article)	Balmedie Library	14.00-14.30
Wed	Beavers	Balmedie School	18.00-19.15
Wed	Rainbows	Potterton CEC	18.00-19.00
Wed	Balmedie Kids' Craft Club	Balmedie Congreg. Church	18.30-19.30
Thur	Brownies	Potterton CEC	18.00-20.00
Thur	Brownies	Balmedie School	18.15-19.45
Fri	Boys' Brigade with Girls	Balmedie Congreg. Church	15.30-16.30
Fri	Scouts	Potterton CEC	19.00-21.30

More Dates for your Diary

FEBRUARY

Sun 23	Founders Day & Thinking Day Service	Belhelvie Church	11.00
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MARCH

Tues 3	Weeding Morning	Sensory Garden	11.00-13.00
Tues 3	Potterton Walking Group	Recycling Centre	noon
Tues 3	Potterton Community Group	The Stead Inn	19.15
Sun 8	Potterton Green Fingers	See Potterton notice board	11.00
Sat 28	Spring Fair	Wee Kirk Hall, Balmedie	11.00-13.00
Tues 31	Potterton Walking Group	Recycling Centre	noon

APRIL

Wed 1	Easter Bunny Beetle Drive	Wee Kirk Hall, Balmedie	18.30
Sat 4	Sand Bothy kiosk opens at weekends	The Sand Bothy	
Sat 4	Family Movie Night	Wee Kirk Hall, Balmedie	18.00
Sun 5	Beach Wheelchairs opens	07864 350989 for details	
Tues 7	Easter Pop Up craft p1-7 school kids	Wee Kirk Hall, Balmedie	10.00-11.30
Wed 8	Holy Week Service	Balmedie Congreg. Church	19.00
Thur 9	Easter Pop Up craft p1-7 school kids	Wee Kirk Hall, Balmedie	10.00-11.30
Thur 9	Maundy Thursday Communion	Belhelvie Church	19.30
Fri 10	Good Friday Service	Holyrood Chapel, Newburgh	19.30
Sun 12	Beach Service	The Sand Bothy	09.00
Sun 12	All Age Worship	Belhelvie Church	11.00
Sun 12	Holy Week Service	Balmedie Congreg. Church	11.00
Sun 12	Easter Fun Day with Egg hunt	The Sand Bothy	noon-16.00
Sun 19	Beach Clean-up	Meet at The Sand Bothy	14.00-16.00
Tues 28	Potterton Walking Group	Recycling Centre	noon

School Holiday Dates

APRIL Thur 2	Occasional Day	Balmedie, Ellon
APRIL Fri 3	Last day of Spring term	Balmedie, BoDA, Ellon
APRIL Mon 20	First day of Summer term	Balmedie, BoDA, Ellon
MAY Mon 4	May Day holiday	BoDA
MAY Fri 8	In-service day	Balmedie, BoDA, Ellon
JUNE Mon 1	Occasional Day	Balmedie, Ellon



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 really do with some extra help with designing adverts or attracting new advertisers. If you think you would like to have a go at assisting with any of the jobs involved with advertising - then we'd love to hear from you at belhelviebanter@live.co.uk

WHO'S WHO

Ambulance/ Police/ Fire Brig.	emergency	999
Police Scotland	non-emergencies	101
Community Policeman	Douglas Donald	101
Fire Brigade	non-emergencies	01224 696666
NHS 24	(18.00 to 7.00)	0800 111 999
Scottish Gas	emergency line	0845 600 8855
Scottish & Southern Energy	emergency line	0800 300 999
Scottish Water	emergency line	0845 600 8855
ABERDEENSHIRE COUNCIL:	HQ, Gordon House, Inverurie	01467 628011
	CLlr Paul Johnston	07799 582879
	CLlr Jim Gifford	07766 497856
	CLlr Karen Adam	07388 956121
	CLlr Andrew Hassan	07388 956123
	Dog Warden	01467 628195
	Environmental Health	08456 081207
YOUTH ORGANISATIONS:		
Beavers (Balmedie)	All enquiries to Ian Thomson balmedie@gordondistrictscouts.org.uk	07743 844040
Cubs (Potterton)		
Scouts, Explorer Scouts		
Rainbows (Balmedie)		
Rainbows (Potterton)		
Brownies (Balmedie)	Claire via website www.girlguiding.org.uk	
Brownies (Potterton)	Pauline Wood	01358 743002
Guides (Balmedie)	Marianne McIntosh	01358 724231
Rangers (Potterton)	Katherine Hebron Scott	01330 833448
	Christine Coldwells	07766 050457
	Susan Osbeck	01224 703335
CHURCHES:		
Belhelvie Church of Scotland	Rev Paul McKeown	01358 742227
Congregational B'medie & P'ton	Rev Andy Cowie	01224 703248
Catholic Church BoD & Ellon	Fr Patrick	01358 724580
MEDICAL CENTRES:		
Scotstown, Bridge of Don	Cairnfold Rd AB22 8LD	0345 189 7070
Udny Station	Woodside Terr AB41 6PJ	0345 189 7070
Danestone, Bridge of Don	Fairview St AB22 8ZP	01224 822866
Oldmachar, Bridge of Don	Jesmond Dr AB22 8UR	0345 3370510
Oldmachar, King Street	526 King St AB24 5RS	0345 3370510
Ellon	Schoolhill, Ellon AB41 9JH	0345 3371150
DENTISTS:		
Bridge of Don Practice	2 Balgownie Rd AB23 8JP	01224 703010
Grandholm Practice	Grandholm AB22 8BH	01224 701890
Kingseat Practice	Kingseat Business Park AB21 0AZ	01651 260200
Oldmachar Dental Care	Jesmond Drive AB22 8UR	01224 827095

SCHOOLS:

Balmedie Primary School	HT Douglas Ford	01358 742474
Bridge of Don Academy	HT Daphne McWilliam	01224 707583
Ellon Academy	HT Pauline Buchan	01358 720715

COMMUNITY CENTRES:


Balmedie Leisure Centre	Bill Murray	01358 743725
Potterton Community Centre	Joanne Murray	01358 727910
Belhelvie CC (Green Hut)	Joanne Murray	01358 727910

POST OFFICES:

Balmedie PO	Eigie Road, Balmedie	01358 742556
Potterton PO	Potterton AB23 8UY	01358 742670

Balmedie Pharmacy	Dickies, 3 Rowan Drive	01358 741226
First Responders	Marc Wood	07789 965236
Belhelvie Community Council	David Wallace	01358 743595
Belhelvie Community Trust	Rosie Nicol	01358 742557
Balmedie Beach Wheelchairs	Fiona Winstanley	07864 350988
Balmedie Health Walks	Dan Wood	07851 733096
Belhelvie Banter	Jess Petrie	07763 314579
Balmedie Out of School Club	Lynne Fyfe	07920 295508
Balmedie House Eventide Home	Ann Reid, Service Manager	01358 742244
Balmedie Library	Debbie Barclay	01358 742045
Balmedie Friendship Group	Margaret Murison	01358 742285
Potterton Community Group	Caroline Anderson	07920 280212
Better Balmedie	Allan Jeffrey	01358 743851
Neighbourhood Watch	Paul Collier (Belhelvie)	07825 216233
Belhelvie Bowling Club	Marion Donald	07729 817718
Scottish Women's Institute (SWI)	Elaine Strachan	01358 743173
The Sand Bothy Project	Rosie Nicol	01358 742557
The Sensory Garden	Joni Corbett	07522 987856

KIDS' STUFF

Kindergym		
Messy Monkeys		
Bouncy Tots		
Gymnastics		
Twos Group		
Baby Clinic		
Soo Yang Do		
Danz Creations		
Balmedie Out of School Club		
Mainly Music, Forsyth Hall		
Balmedie Craft Club		
Under 5's Rhymetime (monthly)		
Baby & Toddlers/ Messy Play		
Links Nursery, Balmedie		
	Phone the Leisure Centre for details of these first 6 groups.	01358 743114
	Danny Collins	01651 869005
	Miss Simpson	01358 743661
	Lynne Fyfe	07920 295508
	Jeanette Lamb	01358 742684
	Catherine Cassie	01358 743114
	Library	01358 742045
	Diane Cassie	07850 235215
	Lyndsay Fleming	01358 743094



BELHELVIE BANTER CALENDAR 2020



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Dates for start of deliveries of your latest Belhelvie Banter are shown in **blue** squares above.

INDEX OF ADVERTISERS

GARAGES & TRANSPORT	Page	RETAIL (continued)	Page
Cadger's Garage, Belhelvie	56	Leigh Alexandra Soft Furnishings	18
Cadger's Taxis	18	Peterhead Fish Company	56
Lawrence of Kemnay, Balmedie	2	Potterton Shop	24
GARDEN SERVICES		SERVICES	
Parkhill Garden Centre	44	Balmedie Pet Crematorium	57
HEALTH & BEAUTY		Barnardo's Scotland	57
Brooks-Carter Clinic	47	City Home Helpers	54
Bupa Dental Care Kingseat	27	Clock Repairs	24
Complementary Health	28	D&P Consulting Services	54
Dickies Pharmacy	50	Flowerpots Childcare	40
Douglas Leal Chiroprapist	57	Grampian Carpet Cleaning	42
Elizabeth Ann Ross Physiotherapist	30	MAC Architects	4
Hair Shack	31	McKenzie Print	28
LEISURE		Red Doodle Website Design	3
Beachside Coffee Shop	22	Robert Lamb Architectural Services	38
Cock & Bull Restaurant	40	TRADES	
Danz Creations	46	Anderson Joinery	30
Inverurie Panto (*Back Cover)	*BC	C MacLeod Joinery	57
Murcar Links Golf Club	58	Carle's Sheds	18
Newburgh Golf Club	12	Craig Reid Plant Hire	58
The Coffee Apothecary	20	Don Tarmacadam	34
The Sanctuary	31	Gary Taylor Plumbing & Heating	18
The Stead Inn	16	Gough Decorators	32
PETS & THEIR NEEDS		John Duncan Plant Hire	32
Happy Tails Dog Services	12	KF Watson Electrical	4
Lady & Tramp Pet Grooming	38	Lokal Loksmith	47
RETAIL		Michael Duncan, Builder	33
Bridgefoot Organic Farm	30	North East Oil & Gas Services	52
Dark Night Delivery	3	Reid Plumbing & Heating	22
Flowers by Tx	30	SIR Joinery Ltd	24

Copy deadline for Summer Edition - Friday 24th April 2020

email: belhelviebanter@live.co.uk



Snow White

5th - 24th December 2020
Inverurie Town Hall

Tickets on sale January 2020
Sign up at www.inveruriepanto.com/newsletter