

# BELHELVIE BANTER

Balmedie : Whitecairns : Belhelvie : Potterton : Blackdog



EDITION 46

SPRING-SUMMER 2022

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## EDITORIAL

It is such a relief to be moving on from all the restrictions we have had. I think we will now all have a greater appreciation of simple things - and hopefully an increased resilience to cope with whatever life throws at us (see Dr Forbes' article on page 24), be it rising costs of living, fuel shortages or NHS delays.

Our woes pale into insignificance with what is happening in Ukraine where we see positivity and resilience amongst all the suffering. It is perhaps no coincidence that our cover for this edition reflects the colours of the Ukraine flag.

The thought of spring and approaching summer, with warmer weather and longer, brighter days should spur us on. Add to that, our new freedom from restrictions and acceptance that, with coping strategies, we *can* hopefully live alongside Coronavirus, should bolster our confidence, and make us more sociable. Here's hoping!

**Jess Petrie**, Editor

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2022-23 BANTER DEADLINES	AUTUMN-WINTER (Ed 47)	SPRING-SUMMER (Ed 48)
Articles & ads	Fri 23 Sept 2022	Fri 28 April 2023
Delivery begins	Sat 22 Oct 2022	Sat 27 May 2023

*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!*

*The cover for this edition shows farming life at Whitecairns.*

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## 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 current or previous editions, just go to our website [www.belhelviebanter.org](http://www.belhelviebanter.org). There, you can access all 45 editions of Banter, should the inclination take you! Thanks to our very talented Balmedie resident, volunteer Philip McHardy who keeps our website up to date.



We are pleased to announce that we recently received funding from the Coastal Community Challenge Fund to purchase a new defibrillator, outdoor storage cabinet and CCTV which have now all been installed at the Football Pavilion adjacent to Eigie Close.

If you need access to the defibrillator, please dial 999 to request an ambulance and ask for the code to open the cabinet. Belhelvie Community First Responders will carry out the regular checks and maintenance on this defibrillator, just like they do to the other four units in our local area. We are hoping to arrange some CPR/defibrillator awareness sessions later in the year (assuming no more covid restrictions). This brief training session will be free of charge and open to any individual or group within the Formartine area.

Hopefully by the time you read this, our long-awaited Inclusive Play Area will have been completed. All the play equipment has arrived. We are just waiting for the contractor to give a definitive date for installation. Fingers crossed it will be available for our annual Gala on Sunday 29<sup>th</sup> May 12 - 4pm (Beachside Bar is open until 5pm). Everyone must be ready for a long-awaited community get together and our village gala is a fantastic family fun day. Events kick off at 12 noon at the Leisure Centre. This year, as well as many of our old favourites, we have some exciting new attractions:

- Highfield Equine Donkeys
- Wheelie fun
- Bungie Trampolines
- Bouncy castles
- Stalls including crafts, cakes, and local community groups
- Local children singing, from Becca's Vocal lessons
- Giant football dartboard
- Coop BBQ
- D.J.
- Beachside Licensed Bar until 5pm
- Raffle with great prizes.

We would not be able to have this event without the support of local people and businesses. So, if you would like to contribute sponsorship, or a raffle prize we would love to hear from you. Whatever you do this summer, come rain or shine, make sure you come along to support your village gala.

You can contact us by phoning 01358 743725  
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'Balmedie Leisure Centre' Facebook page

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## THE END OF AN ERA

It certainly was the end of an era on Saturday 2<sup>nd</sup> April when Potterton shop and post office closed for good. This shop has operated, under the ownership of three generations of the same family, on the corner of Panmure Gardens and the B999 for 65 years. In 1957, Pat and Henry Smith took a leap of faith, committing themselves to a mortgage to buy the shop. Henry had previously been a grocer at Whitecairns.

For the last 33 years their daughter, Marion Bruce has been in charge. However, this has not always been

Marion's occupation, as after taking her highers at Bankhead Academy, she trained as an apprentice in accountancy, studying between Aberdeen and Edinburgh, and then worked as an accountant. She took over the reins of Potterton shop, the garage and filling station 42 years ago. At this time the family also had an ice cream van at Balmedie Beach. Both Marion, and her daughter Jenny, have childhood memories of standing on an upturned crate to see over the counter!

Marion is accustomed to early 4 am starts and late nights. Her commitment to the job saw her working on her wedding day, until lunchtime when she rushed to the hairdresser, closing the shop for the rest of the day. Later, heavily pregnant, she worked right up to the day her daughter, Jenny, was born.

Malcolm Bruce, our MP of the time, fought for a new Post Office to be opened in this part of his constituency, with Potterton Post Office opening within the shop in 1989. Since then, the village has had postal services six days a week.

Marion has been delivering groceries to vulnerable people in and around Potterton for most of her life. Residents with poor health, stuck at home or anyone needing a helping hand knew they just needed to phone Marion. During the pandemic, Marion and the shop staff worked diligently to support the community. She told the newspaper deliverers to stay safely at home, meaning she and her husband, Jimmy, had to complete the delivery rounds themselves for the next few months. During storms Arwen, Malik and Corrie, she filled hot water bottles and flasks for those without power, as well as charging phones and torches for people.

Marion has decided to retire, to spend more time with her grandchildren. As always, her concern now is for those Potterton residents who needed the personal touches of the team at the Potterton Shop.

We think, that after more than 33 years of serving the community, you deserve your me-time, enjoying your family. Thank you for your loyal service to the folk in and around Potterton - you have always gone above and beyond, in your role in this wee village, seeing it as more of a vocation than a job, which you have carried out with diligence and kindness. You will certainly be missed!

*Note: Potterton is to be served, as a temporary measure, by a mobile post van, on Thursday mornings between 9am and 10.30am in the car park off Panmure Gardens.*

**Grateful Potterton Resident**



## Join our team at Care at Home

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*A Community First Responder is a member of the public who volunteers to help their community by responding to medical emergencies before other help arrives. When 999 or 112 is called, a Community First Responder is sent by the emergency services whilst an ambulance is on its way.*

We are delighted to announce that we now have a fifth Public Access Defibrillator (PAD) installed in our local area. The Balmedie Leisure Centre received funding from the Coastal Community Funding to have the new unit and outdoor storage cabinet installed at the Middlefield Wasps football Pavilion on Egie Close in Balmedie. The Belhelvie Community First Responders will carry out the regular checks and maintenance on this defib just like we do with the 4 other units in our area. If you need to access the defib please dial 999 to request an ambulance and ask for the code to unlock the cabinet.

We are also thrilled that our application for funding to Arnold Clark Community Fund was successful and we received a whopping £1,000! This ensures that we can continue to buy any supplies we need for our own kit bags, buy any batteries and pads required for the PADs, and may even go towards another defibrillator - we know you can never have enough of these life-saving devices available.

We would like to say a massive thank you to Rosie Nicol and the team at Belhelvie Community Trust who arranged and paid for our own polo shirts with logo - we now look the part when we go to call outs and any other events that we attend. Photo shows First Responders Theresa and Angela wearing their new shirts.



We had such a fun day at the Sand Bothy Easter Fun day. It was great to be able to get out our Resus Manikin (also known as 'Annie!') and training defib again and practise using both. Thank you to everyone who had a go at our competitions. Well done to Pamela Wishart Carle and son Dylan who won the sweetie jar by guessing EXACTLY the correct answer of 105 sweets.

The Gala at Balmedie Leisure Centre is back after 2 long years on Sunday 29<sup>th</sup> May 12 - 4pm and we will be there with Annie again. We look forward to seeing you all there. Please join our Facebook group for more updates of what we do.

**Theresa Thomson**



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## WHITE HORSE COMING SOON!



We have all been waiting with bated breath for the opening of the White Horse. It hasn't been easy for Mario as he has been juggling so many things lately to get nearer to his dream of having his family around him and starting up the White Horse again. He remains ever positive and is hoping to have everything ready to go by the end of May. We wish him well as he gets nearer to his goal.

*Keep your eye on the Banter Facebook page for the latest news!*



With the early signs of spring, we can welcome warmer weather and more opportunities to enable us to be outside enjoying the fresh air. Walking around Potterton, we see a colourful display of spring flowers in wooden planters and in the public garden areas. The plants will change with the seasons and Aberdeenshire Council have provided some perennial plants to encourage some displays to last longer.

In recent weeks we have seen great progress in the village in the burn area and adjacent garden area. The burn is cleared of weeds, a new hedge planted, and a new path established. Potterton resident, Neil Burr is managing the extensive Burn Project (thanks for volunteering Neil) while BCT secured the necessary funding. The area is not complete yet but when finished the path will encourage residents young and older to walk through and enjoy the area.

Potterton Greenfingers members have worked alongside the Burn Project volunteers planting hedging and low-lying plants. Hopefully all the volunteers will be able to continue to work together in the future to maintain and develop similar projects for the benefit of the community.

Anyone, of any age, is welcome to join in with Potterton Greenfingers community gardening group. Enjoy a few hours or whatever time you have available in community activity. All help is appreciated either from interested individuals or family groups. The local Scouts, Guides and Brownies and school pupils are already prepared to volunteer some of their time with more planting. If interested, please contact me by text on 07918 665114.

**Hilary Foxen, Potterton Greenfingers Group**

# BLACKDOG NEWS

## from Blackdog Residents' Association (BRA)

The last six months have just flown by, and it has been a productive time for the village of Blackdog. Various activities have been implemented and progressed to improve village services and to enhance the environment within our community.



Our Village and Beach Tidy-Ups have continued at great pace. Having completed four clean-up activities in 2021, we have committed to completing a Tidy-Up each month in 2022. These will alternate between the village and the beach and, this year, as I write this article, we have already collected more than

forty big bags of rubbish and numerous large and unusual items that have been fly-tipped or washed up on the beach from unknown sources. The amount of waste collected continues to be a testament to the great effort by all our volunteers (some are pictured above). We would encourage anyone who would like to join us in these Tidy-Up activities to contact us through our Community Facebook page or at [bigneavey@aol.com](mailto:bigneavey@aol.com).

Our residents continue to be disappointed by the number of tree/bush guards that are scattered throughout the village, which are a by-product of the land-scaping efforts implemented when the new road routes were established. We continue in our attempts to determine who looks after the maintenance of these trees and bushes so that the village can help support them in the disposal of the guards.

By third quarter 2022 we should have a defibrillator purchased and sited within the village. We have identified an approved installation point and are currently sourcing funding to purchase the unit, cabinet and spares. This will be a vital piece of equipment within the village.

We continue working with Aberdeenshire Council to address the village's requests for improvements in the areas of safety, health and the environment. Discussions continue, regarding a new path from the tenement block to the bus stop; for appropriate waste and glass recycling bins within the village; strategically placed rest benches within the village; and support in our campaign to reduce vehicle speeding within Blackdog village. Progress has been delayed in a number of these activities, due to a lack of materials and manpower and we hope that these issues within the Council can be resolved in the short-term so that activities can continue to a positive conclusion.

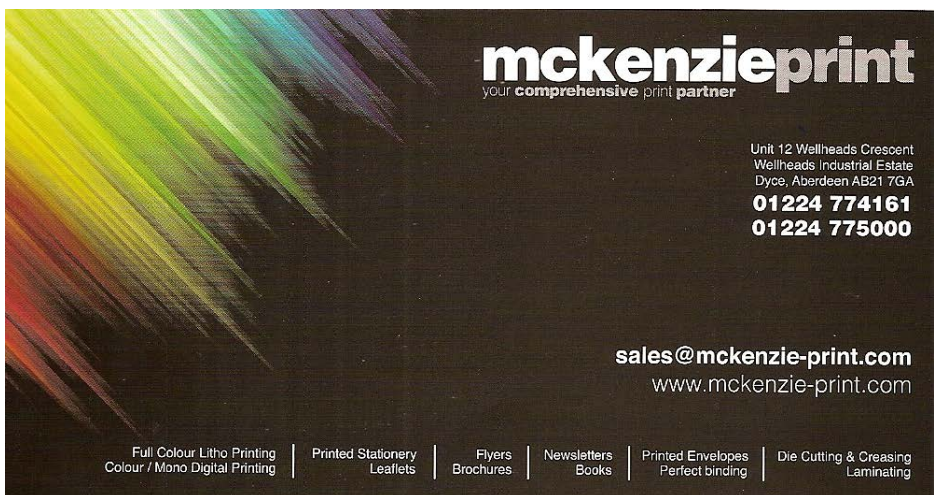
Over the coming months, there will be an increase in heavy vehicles and manpower on the new slip road approaching Blackdog as Kirkwood Homes start their preliminary groundwork for the new housing project within the village. In a similar timeframe, the oil-remediation project by FCC at Blackdog Landfill will also begin its installation. This increase in activity and support trucking of materials etc., is a potential safety concern and we will be working with both Kirkwood and FCC so that they ensure that all vehicles are properly monitored and controlled throughout the operation.

We are delighted to announce that Blackdog will be holding a Gala Day this year, on Saturday 27<sup>th</sup> August. This will be an occasion that is long overdue, and the village is looking forward to having this back as an annual event for everyone to enjoy. We will be having all the usual entertainment with a BBQ, bouncy castles, face-painting, games, raffles, bottle stalls, craft stalls and so much more, so get the date in your diary!

In December 2021, the village was the delighted recipient of a Christmas tree, donated by Butterywells Farm, which became unexpectedly available after the devastation of Storm Arwen. The tree and lights display were a huge success with our residents, so much so that we plan to have a Christmas tree available, on an annual basis, to celebrate the festive season.

Finally, we continue our search to see if there is anyone in the village, or surrounding communities, who may have old newspaper cuttings/historical articles about Blackdog that we could share with the community. The aim is to generate more interest in the history of the village. If you have anything that you feel would be newsworthy, then please feel free to send to Alan Neave at East Blackdog Steading ([bigneavey@aol.com](mailto:bigneavey@aol.com)), who will be looking to collate the information. Many thanks!

**Alan Neave Chairperson BRA**



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- Four separate loft areas.
- Two garages with remote up and over doors.
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*Photo: blue moon  
over the bay from  
the sun lounge, on  
1st August 2015.*

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### PAUL CAIRNS - Local Artist in Aberdeenshire



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- Impetigo treatment
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- Emergency hormonal contraception
- Initiation of contraceptive pill
- Provision of compliance aids
- Offshore medical supplies
- Disposal of unwanted and expired medicines



## **FAMILY FIRST**

### **The World Around Us**

Many of us might have found over the past few months that we're going through phases of keeping up with the news and then finding it too difficult to watch or listen to. Usually, the news has a mixture of good and bad stories but in the past two years, it seems to have mainly been negative: a worldwide pandemic, numerous wars, royal crisis and political turmoil. Any of these alone can be a lot for us as adults to understand never mind the children and young people in our care.

With the saturation of technology, it can be hard to shield our children from the events occurring in the world around us. A short car journey can involve news bulletins on the local radio which little ears hear; trips to the shops or takeaway often involve the presence of large screen TVs containing rolling 24 hours news; natural curiosity of children and young people can lead to playground conversations which can become exaggerated and cause distress.

And then unexpectedly our children and young people faced the reality of having to 'stay at home' for months on end whilst this unknown disease spreads around the world.

As much as we may want to shield our children from the horrors and sadness going on in the world around us, doing so may in fact be detrimental to them. What is going on around the world does impact our children's lives and as they grow and question the world around them, they begin to see their place in the world and develop their own viewpoints on issues and injustices. How can we keep them involved in current affairs in a safe way, ensuring they don't become scared of the world they live in?

The BBC Children's news programme Newsround recently celebrated its 50<sup>th</sup> anniversary in April. The creator, Blue Peter's producer Edward Barnes, said, "I wanted children to feel that our news was very much their news." He was concerned that children weren't finding out about what was going on in the world around them so wanted to create a programme in which children and young people could learn about the world around them in an age-appropriate way. So, the suited presenter behind the desk was replaced with a more casually dressed presenter who stood in front of the news desk in brightly coloured jumpers and spoke directly to young people.

Over the past 50 years Newsround became the stepping stone for many famous journalists: Krishnan Guru-Murthy who covered the war in former Yugoslavia and went on tour with a little known boyband called Take That; Julie Etchingham who won a BAFTA award and Emmy for her show on how children in Bosnia were affected by war and Lizo Mzimba who covered the 9/11 attacks, the launch of the first Harry Potter book and travelled to Iraq to report on how the war there was affecting children and young people.

The wonderful thing about Newsround is that it doesn't only cover heavy topics like war and climate change, it offers a breadth of topics such as animals and nature. In April, Martin reported the birth of an endangered monkey at Chester Zoo. Sports events and fixtures such as the World Cup, Six Nations and the Olympics are regularly featured and Newsround also provides children with the opportunity to learn about inspirational children and young people like themselves.



There is also a back catalogue of special episodes discussing issues such as periods, sexism in schools and the experience of being young, black and British. These programmes might be helpful for parents wondering how to broach sensitive subjects with their children but more importantly it provides a reliable source of information for children and young people to learn from if they have questions or interest and are doing their own research.

The 5-minute Newsround broadcast is a highlight for many children (and teachers!) in the school day but for children whose first language is British Sign Language (BSL), it's a school tradition that they have been excluded from until now. From Tuesday 19<sup>th</sup> April 2022, Newsround is going to be available online with a BSL interpreter. As one young, deaf viewer said, "I think it's really good. It means having that access and having the interpreter there makes it easier for me to access the news." *Newsround 01.04.22*

50 years ago, a dedicated news bulletin "that wasn't children's news but was news for children", (Edward Barnes), started its 6-week trial and today is continuing to evolve, ensuring all children are able to access the news. In those 5 minutes children and young people have the opportunity to be informed of what is happening in the world around them, to think about and discuss important issues and to respond to them.

Who knows, maybe the children and young people of our Parish are watching what's happening in the world around them and will go on to make the world a better place.

**Emma King**

<b>Important Additional One-off Dates for your Diary</b>			
<b>May</b> Sun 29 <sup>th</sup>	Balmedie Gala	Balmedie Leisure Centre	Noon - 4pm
<b>June</b> Sun 12 <sup>th</sup>	Memorial Service for Lost Loved Ones	Belhelvie Church	11.00
<b>June</b> Tues 21 <sup>st</sup>	The Church Guild	Forsyth Hall	19.30
<b>July</b> Sat 2 <sup>nd</sup>	Christmas Lights Bazaar	Wee Kirk, Balmedie	Noon
<b>August</b> Sat 27 <sup>th</sup>	Blackdog Gala	Blackdog Community Park	11.00 -16.00



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## OUR UNSUNG HEROES OF THE STORM

In November 2021 when Storm Arwen struck our area, some unfortunate folk were faced with a real struggle as they desperately tried to keep warm and find hot drinks and food. Freezers defrosted, house temperatures fell, and some families had to find alternative accommodation until power was restored.



The areas around Redmoss Road and Milton of Potterton, Belhelvie Lodge and Whitecairns were particularly badly affected, as fallen trees prevented reconnection to the power grid. At Milton of Potterton five power lines came down and several lines were seen hanging near Edgehill Gardens and across the B999 from Cannahars to Potterton. For those who could access the internet, Fubar (Facebook page), became a reliable source of information, gathering and posting food truck locations, road closures and updates on areas without power. Many residents held out in the hope of power being reconnected, several elected to go and stay with relatives, however for some this was not an option, and they took advantage of free hotel accommodation from SSEN (Scottish & Southern Electricity Networks).

[There were many Storm Arwen unsung heroes within our communities. Here are just a few with apologies if anyone has been missed:](#)

Thank you to Jane and Tannet Parker who, with Jim Irvine, wielded chain saws to cut back trees; Marion Bruce and staff in Potterton shop who filled flasks and hot water bottles; Gwen Pirie, who made soup and distributed it around Milton of Potterton; Jenny Nicol and Shuna Jenkins who organised a hub in Potterton Community centre offering heat, meals, food parcels, filling flasks and hot water bottles and recharging phones; the nursery staff who provided milk; the local Scout organisation who gave free access to their catering equipment, tea and coffee; Potterton shop and Jane Parker who provided food; Audrey & Willie Wright who refused to leave their home, so they could look after an elderly neighbour; Emma Forsyth of the Cake Cabin at Muirton Farm who provided bread, scones and cakes and Carol Clements from Balmedie who came to Potterton to offer her services. Thanks, must also go to our local First Responders, who were on standby to help if required; Bill Murray and the staff at Balmedie Leisure centre, who provided not only a warm space but hot food and drinks, hot showers; The Coffee Apothecary (Pitmedden) who offered half price meals to those without power. We are grateful to the Brownie Leaders for their understanding when the Community Centre could not be used for their group. A big thank you also goes to Camille Russell (Live Life Aberdeenshire) and Reece Ironside (Aberdeenshire Council) for enabling the use of Potterton Community Centre, and to Councillors Hassan, Johnston and Powell who gave their support. Finally, we also need to thank the engineers from SSEN who worked tirelessly to reconnect homes.

Thank you everyone!

**A Grateful Potterton Resident**



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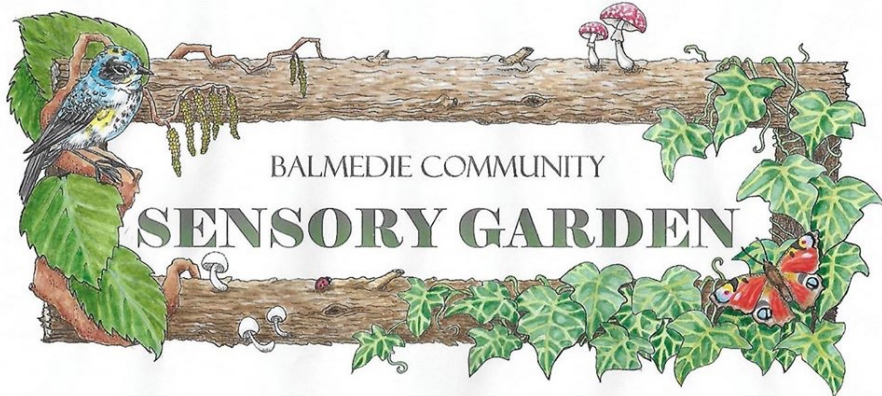
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Things are coming along well in the Sensory Garden this year so far. We have enjoyed a variety of spring bulbs and flowers and the summer ones are just starting to emerge.

We are delighted to have had our inclusive picnic tables and benches installed in the garden, allowing people the chance to stay and enjoy the surroundings and listen to the birds sing! We hope this will be a well-used space in the summer for families to enjoy picnics (but please no BBQ's due to wildlife in the area).

We have started working on a Willow Classroom and hope that children from different visiting groups can enjoy this outdoor space for stories and outdoor activities.

We would welcome new people to come and join us on a Tuesday morning from 10.00 to 12.00 to do some gardening and discuss new ideas. No gardening experience is necessary. Feel free to turn up on the day or contact us on our Balmedie Sensory Garden Facebook page.

**Joni Corbett**, Sensory Garden Lead Co-ordinator



*Volunteers hard at work in Balmedie Sensory Garden*



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# The Sand Bothy

What a wonderful start to the season at the Sand Bothy! Our volunteers have been back to open the kiosk at the weekends, serving ice-creams, refreshments and snacks to beach visitors from all over. We have welcomed new and returning groups to the Bothy main room to offer art and craft sessions, and we were absolutely delighted to host an Easter Fun Day, our first since 2019!

We had a great turn out on Easter Sunday. Hundreds of children came along to enjoy the Egg Hunt and Easter Riddle trail and to make Easter crafts. Our Raffle was especially popular thanks to all the fabulous donations from local groups and businesses. We raised a wonderful £1456.50. A huge thank you to everyone who came along on the day and to our brilliant team of volunteers who give up their free time for us to make events like this possible.

Thanks to Coastal Communities Funds we have been able to provide free workshops. We had Art Class Instructor Amanda Club host adult art classes on Thursday afternoons throughout April and May. We have also been able to provide free workshops to children in the community through Your Love Rara Community Interest Company. The children were invited along to enjoy two hours of sea-side themed games, activities, crafts, and dancing during 6 workshops over three weekends in May. We are hoping to raise further funds that will allow us to offer similar events for the community towards Autumn.

## **Our Sand Bothy kiosk is open Saturdays 12-3pm and Sundays 12-4pm.**

Please keep an eye on The Sand Bothy Facebook page for future details. You can also contact us through the Facebook page if you would like to use the Sand Bothy venue or volunteer with us.

**Joni Corbett** Sandy Bothy Coordinator





## A WORD FROM THE DOC...

### Resilience

Little did I think that the next time that I had to consider a Banter article, we would be looking at a war in Europe and facing a perfect storm of financial woes. The NHS is still staggering along, a bit like a drunk wandering home after a good night out, but at least it is making slow progress and is still upright. We are still woefully short of GPs and nursing staff in primary care, but we carry on, maybe not that calmly at times! So how do staff manage to do this? The ability to cope, adjust, be flexible and focus on the things we can control, helps staff manage. In short, there is remarkable resilience being shown by people throughout the country. This has meant that there has not been a collapse in services, but things have been sorely stretched.

As a GP I am aware that for patients, who are facing problems on a personal level, resilience does vary. Some people struggle to adjust to what others consider to be a little blip, and others seem to take significant problems and serious illness 'in their stride'. This variability is well known, and there are factors which help you have better resilience and some which undermine it too.

Having a supportive group of family and friends is important, as is having a job security and not having to worry about being able to afford things. Many are lucky to have this, but some don't and despite this, they still cope. Being isolated, not having support, facing economic hardship or job insecurity begins to erode resilience and it becomes harder to maintain with such problems. You can still struggle despite having apparent advantages and even if you do have some disadvantages, you can take steps to help your resilience. It is important to be aware of how you can nurture your resilience, as I fear we are all in for a testing time.

Unbelievably, there have been some useful gains from the pandemic. One has been an increase in the information about resilience available online, in the general media and better awareness of how important this quality is. NHS Inform is a good place to start when looking for information about this or other health concerns.

To make a start, you can try to appreciate the 'simple' things in life, such as taking time to enjoy a sunset, having a cuppa with friends or family, looking at birds feeding in the garden or taking note of how nature changes as the seasons pass. Personally, I find that walking our family dog is very helpful.

Volunteering is also good for you, this brings you into contact with others, and helps your wellbeing too. I suggest that you get in touch with the Belhelvie Community Trust to see how you can help at the various groups affiliated to the BCT, thereby helping your personal and community resilience.

This may all sound a bit trite, but these things do help ground you and gain a sense of perspective which is part of maintaining and developing resilience.



Once you have some perspective you are more able to realise that there are some things that are beyond your control, so there is little or no value in spending too much time and emotional energy worrying about these factors.

Identifying what you can affect and perhaps change also helps build your resilience. You need to develop a degree of flexibility which helps you adjust and adapt to changing situations. Some people do this more easily than others and it helps them cope with life changing diagnoses or sudden changes in personal circumstances. However, you can practice and develop resilience skills too.

This may sound daunting, and some may think that I am stating the obvious, but resilience is an important quality to be aware of and try to develop. Please do not think that I will pass up the opportunity to emphasise other aspects of resilience, such as staying healthy by keeping up your exercise and sensible eating. Maintaining good habits in these areas also feeds into more general resilience and are worth the effort, so stay active!

A final word, about Covid and Influenza jabs. Please DO NOT ask your GPs about them, as we are no longer involved. You will receive letters inviting you for your Covid boosters and flu jabs in due course. If you think you have been missed, please contact the Health Board or look up the telephone number on NHS Inform.

Take care and stay active, practise your resilience and have a good spring and summer.

**Dr Alasdair Forbes**



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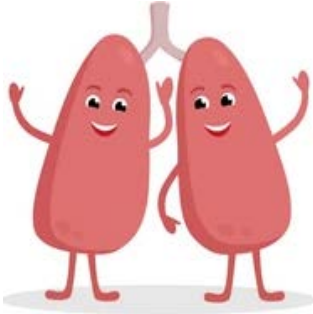


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## BREATHE YOUR WAY TO BETTER HEALTH



We all take breathing for granted but it is a wonderfully powerful tool that we can use to help us modulate our health and mood. Our breathing is our powerhouse and vital for everything we do. In these times, with very frightening information coming from the media and government, we need to look after ourselves! It seems they, and the medical services, have forgotten that stress exacerbates everything. It also affects the immune system - so it really is time to do what we can to stay healthy.

Our inner self is so important, and we can influence it with our breathing, thoughts (switch off the news), being more in touch with ourselves, taking time just to BE, eating fresh food or food with as few preservatives as possible, drinking unpolluted water and being in touch with nature and, in this area, who doesn't want to beach-walk?

Calmer states mean that we can digest our food better, cope with stressful events and sleep better. All this helps the rest and digest part of our system - the essential part that enables healing. Other techniques can be used to give us energy - the easiest way is to monitor how we feel inside (joy, sadness, fear, excitement, anxiety) and how our bodies feel (tight, in pain, 'not right', diarrhoea, coughing).

Our breathing habits often interfere with how we cope with a stressful situation. Have you ever gasped with shock or amazement? Have you ever concentrated so much on something so hard, that you have hardly breathed at all? Have you ever rushed and become 'out of breath' or exercised to the point of very fast breathing or even 'being out of breath'? What about feeling upset - what happens to your breathing?

Becoming more aware of our breathing will help us to manage our life and health - physical, mental, emotional and spiritual. Our immune system will be grateful.

**Get in touch with how you are breathing now.** Place one hand on your heart and the other on your belly. Is the lower hand rising? In an ideal world, we want to feel a rising of the belly as we breathe.

**Think of something exciting** that you did, then think of a sadness - did your breath change?

**Our mood governs our breathing**, so we tend to sigh more when we are sad, and our breathing rate increases when we are excited. Indeed, when we are anxious and worried, we will probably only breathe using the upper chest. This is not an efficient way to breathe as we are not oxygenating our bodies to the max. Sitting for long periods slouched in front of a computer encourages this form of breathing. The main breathing muscle is the diaphragm which separates the abdomen from the chest. Its electrical supply comes from the neck. It acts like bellows drawing air in.



***Massaging your tummy and under your ribs will help calm you, especially for sleep.***

Therapists' hands-on approaches help to relax the diaphragm and increase the space in the ribcage. Working on the ribs and back stimulates the rib/intercostal muscles which give the information to the diaphragm. Relaxing effects of massage are another.

***Massaging your own face is always beneficial and the muscles of the face (and tongue) are linked to the vagus/relaxing/rest and repair nerve.***

There are many self-help techniques that are easy and fun. We really want to use the amazing diaphragm to its full capacity. Important blood vessels and the eating tube pass through it so it is also involved in the circulation and digestive processes with its pumping and sucking effects.

**Start the day with a stretch of the arms overhead. Then place your hands just below your ribcage.** Always begin by breathing out to calm your system.

*Take a deep breath in, then take longer to breathe out. At the same time, press your fingers in, under the ribs and take another breath keeping the pressure on.*

*As you breathe out for the second time, allow your fingers to press in and up a little more.*

*Repeat one more time.*

*Then stretch your arms overhead and lean back a little to look at the sky.*



Just being more in tune with your body is really the message here. Our bodies store all the stresses, traumas, accidents, upsets, adventures, and excitements that we have had. Pain is often the body's way of telling you that it wants to heal a past event. Coughing after this, is OK! You will be moving secretions around. Obviously, take advice before doing this if you already have heart problems or difficulties with breathing.

**Alternate nostril breathing** helps us relax, lowering stress levels with knock-on effects on the cardiovascular system. It will help you get to sleep, reduces anxiety and promotes an overall feeling of wellness. It has been noted that athletes who have used this technique regularly find they have increased endurance.

1. Close the left nostril with your finger and breathe in to the right one.
2. Close that right one with your finger for 3 seconds.
3. Slowly breathe out through the other left nostril.
4. Breathe in through the left nostril.
5. Close it with your finger, hold for three seconds.
6. Breathe out through the right.
7. Repeat for a few minutes.

Touch therapies help to goad the body's own pharmacy into action and allow the body to heal itself. Osteopathy and Remedial Massage maintain or restore better structure and thus, a better functioning respiratory system. Reflexology allows the lungs to be worked through the feet! All this is non-invasive so definitely worth a try. Breathe in light, love and healing to your precious body and be grateful for every breath.

**Maggie Brooks-Carter, DO, RN, SMTO**



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# AN UNFORGOTTEN WHITECAIRNS FARMER

## When good neighbours become good friends

I was driving past Parkseat on the Ardo Road recently and noticed a beautifully built cairn on a hill. I walked up to have a look but there was nothing to indicate why it was there.

I knew it was on land once owned by the late Alistair King, one of the last crofting farmers in the area, and could see someone had begun to renovate his now semi-derelict cottage. Nothing ventured etc, so I wrote a letter asking about the cairn and



put it through the door - without much hope of receiving a reply. The following day an email arrived from Gavin Drummond, the now owner of Parkseat and Alistair's cottage. He told me he met Alistair in 2002 when he and his partner bought the ruin that was Parkseat house. They intended to rebuild it and make it their home. At the time, Alistair was still working the croft.

To get to Parkseat, Gavin had to pass Alistair's cottage and, over the years, on the way back from work, would often stop for a chat - and anyone who knew Alistair knows that his 'chats' could go on for a long time.

Sadly, in 2013, Alistair got cancer and soon was unable to look after himself. Determined that he would not spend his last days in a Home, he hatched a plan with Gavin to enable him to remain in his beloved Whitecairns cottage. Gavin, his family, and several carers made this possible for him. Alistair died in 2015. He had no living relatives.

Gavin decided to collect together the small number of belongings left by Alistair - his watch, knick-knacks and even the flying ducks from his living room - and put them in a capsule along with his old photographs of long-forgotten folks. This was buried at the highest point on the farm. Above it, Gavin built a cairn in Alistair's memory because, as he says, "A friendship with a neighbour and the realisation that without anybody to put something in place, then that whole life just fades away." By the cairn there is a plaque with the inscription:

*"Underneath this pile of stones  
Lies neither gold nor ash nor bones  
It simply marks a place of highest spot  
Simply so one old farmer is not forgot.*

*In memory of Alistair Clark King, a lifelong farmer of Whitecairns.  
This was his battlefield."*

**Janet Jones**



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



## Balmedie Beach Wheelchairs

We have had a great start to our new season! On Easter Sunday we were participating in the Sand Bothy Easter Fun Day. It was a wonderful event and as we were number 4 on the Quiz Trail, we had many visitors to our doors.

One of our lovely visitors was Nicola (47) who came with her friends from Archway. For the first time in Nicola's life, she was able to go on the beach and in the sea. They were over the moon and have promised to come back to see us again, but next time, they will bring a change of clothes!

Two days later we had visitors from the Netherlands who were quite overwhelmed about Balmedie Beach Wheelchairs. They loved what we are doing and couldn't quite believe that it was created and maintained by fundraisers and volunteers. We were pleasantly surprised at the £100 donation they put in our fundraising bucket as they left. Later that day they transferred £5,000 into the BCT account for us to buy another Hippocampe! Charles, Helena and Sam had brought Lily for a trip to the beach despite the haar, before they were to return home the following day. Lily laughed the entire time and the pure joy on all their faces was wonderful to see. We will be naming our newest addition to the fleet 'Lily'.



In March we received the X8 Electric Wheelchair. This one we called Anne in honour of the grandmother of our brilliant volunteer Rachel, who made a considerable financial contribution to its purchase. The X8 is an amazing chair, very simple to use, and provides an element of independence that the other chairs cannot. We hope to make the X8 available later this summer when we are sure all volunteers have completed the safety training.

We are thrilled to be part of this project and we would love for others to come and join us. If you would like to spare a few hours to help then please get in touch. We would love to meet you.



**Fiona Winstanley**



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### ***DON'T FORGET...***

The deadline for submitting articles and adverts for the next edition of Belhelvie Banter is

**Friday 23<sup>rd</sup> September**

Please email:

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We cater for all genders in Beavers, Cubs, Scouts and Explorer Scouts. There are spaces in all sections, except Beavers, where there is a waiting list from 5<sup>th</sup> birthday. Our Scouting groups been busy recently enjoying a wide range of activities and experiences with their friends.

Outdoor experiences are a priority for all sections, be it camping, hiking, working with communities, learning skills in the woods, or tracking one another. Scouts had a



weekend at Templars Park, enjoying cooking on open fires and learning how to cut and chop wood. They have also been helping with the Balmedie litter-pick.

Beavers have had interesting meetings and the Critter Keeper came along with lots of

animals, snakes and spiders for them to see and touch. Beavers were previously busy doing good turns at home and raised funds for the Sand Bothy and Guide dogs. A representative from Guide Dogs for the Blind came along to one of their meetings and explained how important the funds were and how it would be spent. Beavers have also been out enjoying the lighter nights.

All sections have very strong memberships which is so pleasing to see. Our 20 Volunteer Leaders continue to deliver exciting programmes of activities to all sections and are to be commended for their dedication. Enquiries for places and to volunteer for all sections please contact [balmedie@gordondistrictscouts.org.uk](mailto:balmedie@gordondistrictscouts.org.uk)

**Ian Thomson, Group Scout Leader**





## 100 YEARS OF SCOUTING IN BELHELVIE PARISH

Scouts were first registered in Belhelvie Parish late in November 1921 and the first recording of a Leader and Scouts was in January 1922.

The Scoutmaster was W. Murison of The Police Station, Balmedie and there were 13 Scouts that first year. The following year, 1923, there were 17 Scouts and 2 leaders, the Scoutmaster now being J.H. Loutit of Ardo House. 1924 was a popular year as there were now 28 Scouts, 14 Wolf Cubs and 5 leaders. The Scoutmaster was A.W. Ross, Schoolhouse, Balmedie and the Cub Mistress was Miss M. Mavor, c/o Mair, Stirling Hillock, Whitecairns. Our story continues until 1931 which seems to be the last year of our early history with 16 Scouts only and the Scoutmaster on his own was Rev. J.E.S. Otty of Belhelvie South Church Manse (Potterton). Then nothing for forty years. Our next appearance was in 1972 and we've been continuous since.

The black and white photo below is of Scouts circa 1925 at Balmedie Beach, and is from the James Morrison collection which was rediscovered several years ago behind a bricked-up door in a cottage at Stoneyards, Menie. You can view the entire collection at the Buchan Heritage Society website: [www.buchanheritagesociety.co.uk/gallery](http://www.buchanheritagesociety.co.uk/gallery)

Note the bell tents, the hand cart that was a fixture of early Scouting, and the water boiler on the open fire.



If anyone has, or knows of photographs of Scouting in Belhelvie, from any period, we'd be delighted if you could contact us. [balmedie@gordondistrictscouts.org.uk](mailto:balmedie@gordondistrictscouts.org.uk)

Balmedie Beavers, Cubs and Scouts celebrated 100 years since Scouting was first established in Balmedie by visiting 'Jump In'. The following photo shows the Cubs enjoying the fun. Balmedie Cubs smashed their goal of 100 hours of jumping to mark the centenary. They were also treated to a movie night and a 'Jump In' sleepover, then even more jumping before breakfast next day to complete their goal.



**Ian Thomson,  
Group Scout Leader**



**Can You Help?  
You Can Help.  
Help, You Can!**



Whatever way you look at it there are many ways you can support our youth organisations in Belhelvie Parish.

Firstly, why not consider volunteering as a helper or assistant leader at one of the uniformed sections? Guiding delivers programmes of activities for girls aged 5 and over whilst Scouting is for both girls and boys currently from age 6. If you are unsure if it's for you, why not arrange to come along and see what Scouting and Guiding provide for the youngsters in the parish.

Secondly, in the Centenary Year of Scouting in the Parish, have you land that could be put to good use for youth development for the next 100 years? Donation, Peppercorn Lease or Sale we're happy to consider whatever you feel able to offer. Finally, have you considered, if you feel able, leaving a legacy for supporting the brilliant work Scouting and Guiding do in Belhelvie Parish week in, week out?

**Please contact us at [balmedie@gordondistrictscouts.org.uk](mailto:balmedie@gordondistrictscouts.org.uk) for Scouting and [1stbelhelvieguides@gmail.com](mailto:1stbelhelvieguides@gmail.com) for Guiding. Thank You.**



## 2<sup>nd</sup> Belhelvie Brownies at Balmedie



We have had an exciting time since October - a trip to the Science Centre, followed by doing some Science Experiments at Brownies. We also did some remembrance activities which included activities done by Brownies in the past. We remembered those who fought during the war and made some remembrance stones to put around the village. The girls also helped

make the Christingle oranges for the Christingle service at Belhelvie Church which they attended. The girls all made Christmas wreaths and some Christmas crafts to take home. We also went to Inverurie Panto to see Sleeping Beauty - it was so good to be able to go again.

In our first week back after Christmas we were working in teams that had different activities to complete. These included long jump, saying the alphabet as many times as they could in a minute, speaking in French, making animal noises, designing a hat, and thinking of rhyming words. The girls all had great fun.

We also saw Luca at Ellon Cinema where we were joined by other Rainbows, Brownies, Guides from all over Gordon and Buchan. Due to Covid, we had to have a few weeks back on Zoom, but we managed to watch Encanto and completed activities.



This summer, we are going on a 'Brownie Holiday'. There is a special celebration for the Queen's Jubilee that Rainbows, Brownies, and Guides from Gordon will be attending. Finally, we have an outing to Blair Drummond Safari Park where we will join with Rainbows, Brownies, and Guides from all over Scotland.

Brownies are for girls aged 7 - 10 and we are always looking for new girls or leaders in our area.

If anyone would like to volunteer, please register your interest via the Girlguiding website: [www.girlguiding.org.uk](http://www.girlguiding.org.uk) (click 'Get Involved'). Do contact me if you have any questions, on 01358 724231.

**Marianne McIntosh**  
Brown Owl, 2<sup>nd</sup> Belhelvie Brownies

## 1st BELHELVIE GUIDES

The Guides helped fundraise for Children in Need in November with a Strictly themed night and enjoyed a visit to the Ellon cinema in December, getting to see a Guiding only showing of Disney's Luca. The girls have organised several activities themselves including making sherbet, a games night, and even a night of decorating techniques. We've made beeswax wraps for our sandwiches to cut down on plastic use and tried some meditation techniques.

This term we're working on several badges including Take 2 in 2022 where we'll be planting 22 plants at the Sensory Garden, going on a penny hike for at least 22 minutes, picking up at least 22 pieces of litter, and a few more 2 or 22 themed activities. In May, we'll hopefully see you at the Balmedie Leisure Centre Gala while in June, there's a Jubilee Jamboree for the girls at Leith Hall to celebrate 70 years of reign of the Queen (Girlguiding's Patron).

One of our leaders stepped down last year, but I'm happy to report that we have had a new volunteer come forward so there are now two volunteers again at the unit. Unfortunately, we are still only able to run fortnightly due to my other Guiding commitments. My ideal would be to get at least another two adult leaders to share the volunteering so that the unit can meet every week, but the volunteers will only need to help fortnightly.

Guides are for girls 10-14 years old and are on a Tuesday night. If you are interested in joining us (as a member or a helper) please get in touch by giving me a call or emailing [1stbelhelvi-guides@gmail.com](mailto:1stbelhelvi-guides@gmail.com) or register online:

<https://go.girlguiding.org.uk/join-us/join-as-member/>.

If you would struggle to help on a Tuesday, get in touch anyway. We could look at changing nights. Come join the fun, make friends, and make a difference.

## 1st BELHELVIE RANGERS

The Rangers completed their Lead Stage 5 badge last year and finished the term off with a Christmas baking session (not sure how dough got in some of the places it did!). They started the year by learning relaxation techniques, cipher skills, and decorative knotting techniques for use as SWAPS for international camps (Special Whatchamacallits Affectionately Pinned Somewhere). We also had a campfire cookout making dampers.

We were very lucky to receive a grant from Generation Cashback for Communities which let us buy uniform and books for the girls. This term we are working on another Skills Builder and Take 2 in 2022. We're going to make 22 seed bombs amongst other 2/22 activities. We'll be joining the Guides at the Jubilee Jamboree in June.

Rangers are for young women, 14-18 years, takes place on a Monday night, fortnightly in Newburgh. Let me know if you are interested in joining us but need help getting to Newburgh and we can see what can be done. The Rangers would also welcome any adults who would like to volunteer. Email [1stbelhelvierangers@gmail.com](mailto:1stbelhelvierangers@gmail.com) or register online: <https://go.girlguiding.org.uk/join-us/join-as-member>

**Susan Osbeck** writes both the above articles for Guides and for Rangers. She can be contacted on 01224 703335.



SC045563

## BELHELVIE COMMUNITY TRUST (BCT)

Serving our five villages & rural areas in the Parish

### What do we do?



#### THE SAND BOTHY

Our little community building - refreshments, information, exhibitions, classes and community events all happen here.

#### BALMEDIE BEACH WHEELCHAIRS

We enable access to our wonderful beach for disabled people, their families and carers.



#### CHANGING PLACES

Excellent toilet facilities for disabled people, their families and carers.

#### INCLUSIVE PLAY EQUIPMENT

Roundabout and swings in the play park next to The Sand Bothy.



## BALMEDIE SENSORY GARDEN

A peaceful place for volunteers to meet and work and for everyone to enjoy (right).



## POTTERTON BURN PROJECT

A work in progress to alleviate flooding and create a path around a community park (left).

## LITTER PICKS

BCT runs monthly community litter picks in Balmedie, and supports events in Potterton and Blackdog.



We can help and support other community projects too, but we are limited in numbers, so we continue to need help from the communities of Belhelvie parish to achieve our goals. Volunteering is very rewarding but governed by many rules, regulations and sometimes hindered by cumbersome procedures, BUT it is so satisfying to see things happening in our parish that would not be provided by statutory services.

**Rosie Nicol**

[www.belhelviecommunitytrust.org.uk](http://www.belhelviecommunitytrust.org.uk)  
[info@belhelviecommunitytrust.org.uk](mailto:info@belhelviecommunitytrust.org.uk)  
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## BETTER BALMEDIE

Better Balmedie has been back working for some months now. Following the destruction of Storm Arwen, we used our chainsaw to clear six paths around the woods by the football pitches. Many of the tree trunks have been chopped into logs and are now available for £3 a bag (to raise funds for our group).

The sloped planter at the south entrance to the village was beginning to rot so we have replaced this with ground-level perennial plants. The council was unable to give us bedding plants this year so we have gone with perennials.

Due to a rotting spar, the owl in the boat display at the library was detached during a recent storm. Further inspection indicated weathering damage to the boat so we decided to look for a fibreglass replacement which requires less maintenance. This has been sourced in Newburgh and now we need to transport this to Balmedie. We would be grateful for help so if anyone has a trailer able to carry a 15 foot long, 6 foot wide boat and is willing to help us, then please phone me at the number below.

We have been busy. We have repaired and replaced the damaged finger post sign beside the library. Picnic tables (accommodating wheelchair users) have been put together and fixed in place in the Sensory Garden. A bench has also been placed on the footpath leading up to Belhelvie Church. We have also cleared the weeds and fallen debris from the footpath at the Eigie Road playpark.





We are looking after the new Christmas tree we have planted at the Wee Kirk. A greenhouse that we managed to salvage after it blew away, is now permanently fixed and is full of seed trays. And our bowser is now fixed with a new tyre in time for the growing season, to go round the village watering our many plant displays.

The crocus displays in the village were exceptional this year as were the daffodil displays which have thickened up over the years.

On 29<sup>th</sup> May, we will have a table at the Leisure Centre, and on 4<sup>th</sup> June, we plan to have our plant sale beside the Wee Kirk. These events are a means of raising money to fund our projects so do come along.

Our team of volunteers all look forward to the work ahead of us over the spring and summer months. We would like to thank all those who have helped to support our work and would love to see some new volunteers joining us. Just come along with your enthusiasm to make Balmedie better. We meet at 10.00am on Wednesdays and Saturdays.



**Allan Jeffrey**



**LOGS FOR SALE - ONLY £3 PER BAG**

We are hoping you won't be needing logs over the next few months, but if you would like to stock up in preparation for the colder months coming, we have logs for sale. All proceeds benefit our community. Call by on Wednesday or Saturday to Better Balmedie site by the Wee Kirk 10.00 - 12.00 or phone 01358 742884

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**POTTERTON WALKING GROUP**

At the moment, Potterton Walking Group usually meets every three weeks. The routes vary and will sometimes involve a bus journey to a start point.

If you would like to join us, please contact me at [Johnhutcheon1@gmail.com](mailto:Johnhutcheon1@gmail.com) or phone 07811 071732.

**John Hutcheon**





## BELHELVIE CHURCH OF SCOTLAND

Just as the spring flowers have been rising through the ground after a long sleep, it's been great to see so many community activities getting going again after the pandemic. Here in your local Church of Scotland, we want to flag up a few of our own groups that are up and running again.

Our **Sunday School** for children aged 3-11 runs on the **first Sunday** of the month, and now starts in church with the rest of the congregation before heading over to the Forsyth Hall for their own programme. On the **third Sunday** of the month, we move into the Forsyth Hall for **All Age Worship**, a more informal, contemporary and child-friendly service with a wee bit of something for everyone.

**The Guild** are meeting again and are hosting a talk at 7.30pm on Tuesday, 21<sup>st</sup> June when David Stephen will be speaking about 'Tartan and the making of a kilt'.

We've re-started our **Men's Breakfasts** - usually at 9.30am on the last Saturday of the month at the Cock and Bull (cost £7). A wee chance to catch up over some excellent food. Next dates are Sat 28<sup>th</sup> May and Sat 25<sup>th</sup> June. Please contact Allan Ritchie in advance for numbers. Contact [allan.ritchie@btinternet.com](mailto:allan.ritchie@btinternet.com) or 01224 704386.

**Coffee Haven**, our drop-in café in The Forsyth Hall, is meeting again from 10am-12noon on the first Tuesday of each month. Great home bakes and chat!

**Mainly Music**, our parent and toddler pre-school group (in photograph), meets on a Tuesday from 1.30-2.30pm in The Forsyth Hall. Great fun songs, happy play and fine pieces all round! If you're interested, please contact Jeanette Lamb on [jeanettelamb@btinternet.com](mailto:jeanettelamb@btinternet.com) or 01358 742684.



Our new Annexe is a great addition to our Halls complex and if you're looking for big or small spaces to hire for your group or event, please contact our Hall Convenor, Carole Winter on [forsythhallets@gmail.com](mailto:forsythhallets@gmail.com) or 07545 347721.

Our regular services continue to be uploaded on YouTube and are available as podcasts on iTunes and Spotify.

And lastly, we are holding our annual **Memorial Service** for anyone who has lost loved ones over the last year or is still holding them in their hearts after many years, on Sunday 12<sup>th</sup> June at 11am in the church. Once again, all are welcome.

For more information, contact me on 01358 742227 or [pmckeown1@btconnect.com](mailto:pmckeown1@btconnect.com)

**Rev Paul McKeown**

## COFFEE, ZUMBA & FRIENDSHIP

We are delighted to announce that we are back up and running again with our first Coffee Haven since lock down having taken place at the beginning of April. It was lovely to see some friendly faces back. A hot cuppa, scone and chat hopefully perked up everyone on what was a cold, snowy, miserable morning.



We will continue our coffee mornings on the first Tuesday of every month from 10am to 12 noon with future dates on May 3rd, June 7th, July 5th, August 2nd & Sept 6th. It would be lovely to see you in the Forsyth Hall, by Belhelvie Church whether you come with friends or by yourself, you will get a very warm welcome.

Our Zumba classes continue, also in the Forsyth Hall on a Monday morning. Feel free to come along and see if it's for you! If you could help, please let one of us know. Thanks in anticipation!

As ever, if you require any further details, please contact me on 07816 657742 or any of the pastoral care team. Hope to see you soon.

**Fiona Miller**  
Pastoral Care Team



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## BALMEDIE CONGREGATIONAL CHURCH

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Balmedie next to the Co-op. For details contact  
Rev Andy Cowie on 07715 279478

Ukraine... what a disaster, for the ordinary folks. The West continues to huff and puff, yet Ukraine amazingly stands alone to deal with Russia, a superpower. As Christians, our power lies in prayer - for the very brave Ukrainians who risk their lives daily for their Country. We pray for everyone suffering as a result of the war and we pray for peace. But how will we welcome the refugees?

Yes, as a Church, we are open again. Still keeping distance and wearing masks, but we do now manage a cuppa at the church service. Numbers are not yet back to pre-Covid, but it would be good to welcome you any Sunday.

Our Church and our sister Churches supported a project in Malawi, a water pump, to help a village improve its harvests. We are waiting to hear about the next project. We are small and we cannot change the world, but hopefully we can make the world of a difference to some.

But of course, this country is beginning to feel the financial consequences of Covid and the war in Ukraine. I am sure we are all asking, 'Who allowed the UK / Europe / the West to become reliant on Russia and China for our energy and wheat?'

It seems incredible that we find ourselves in the pockets of dictators. For good reasons, we closed down our oil production, we pay farmers to take land out of agricultural use, then find we have shortages! We need to pray for wisdom for our leaders. In today's financial crisis, if you know of people struggling, let us know, so we can try and help.

The under 5's groups are on Wednesday and Friday mornings; Ladies' Coffee Group now meets at 2pm to 3pm on Wednesdays. Kids' Craft Club and Boys' Brigade also take place in our wee kirk. All these groups are open to everyone.

**Rev. Andy Cowie**

## BOYS' BRIGADE

*John 10 v10 (NIV) 'Have life, and have it to the full'*

Our group has restarted after Covid - Friday afternoons 3.30 - 4.30pm. We are small, but our programme includes crafts, games, helping others. The boys enjoyed a visit to Pittodrie, to watch Dundee V Aberdeen - a special time when the statue of Sir Alex Ferguson was unveiled. Special, because Sir Alex as a boy belonged to the Boys' Brigade in Glasgow and is at present an Honorary Vice President of the Boys' Brigade. We have spaces for school-aged boys and girls. Andy Cowie (above) is Chaplain to the Aberdeen and District battalion.

**Margaret Cowie**  
(Acting Captain) 01224 703248

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# BELHELVIE COMMUNITY COUNCIL (BCC)

## **Community Council Elections 2022 - dates and deadlines**

We're looking for new Community Councillors to represent the communities of Balmedie, Belhelvie, Potterton, Blackdog and Whitecairns. There are a lot of opportunities to work on issues and projects that matter to our communities. We also work closely with other community groups, the Police, our Aberdeenshire Councillors and Aberdeenshire Council's Formartine Area Office.

**If YOU would like to be a Community Councillor, please submit your nomination form to Aberdeenshire Council's Formartine Area Office by 30 May 2022 (5pm). You can download the nomination form, find out how to submit your form and see the key dates for the elections on the Aberdeenshire Council website:**

[aberdeenshire.gov.uk/communities-and-events/community-councils/cc-election/formartine-elections/](http://aberdeenshire.gov.uk/communities-and-events/community-councils/cc-election/formartine-elections/)

## **Annual General Meeting**

We will be holding our Annual General Meeting (AGM) on Monday 20 June 2022, starting at 7pm, this will be followed by our monthly meeting starting at 7.45pm. Our AGM includes the election of Office Bearers for the Community Council. For the latest information on our meetings please see our website:

<https://belhelviecc.org.uk/meetings.html>

## **Potterton Shop**

On behalf of the community, we would like to thank Marion Bruce, her family, and all the staff at the Potterton Shop for all their hard work and the support they have provided in Potterton over the last 60 years, especially during the pandemic and recent storms. We were delighted to be able to nominate Marion for the Inspiring Aberdeenshire Lifetime Achievement Award [engage.aberdeenshire.gov.uk/inspiring-aberdeenshire-2022](http://engage.aberdeenshire.gov.uk/inspiring-aberdeenshire-2022) and we wish her the best of luck in her retirement.

The Post Office are supplying a mobile service in Potterton, based in Panmure Gardens on Thursday mornings (9am - 10.30am).

## **Local planning and developments**

Barratts are holding engagement events online and in person about their proposed development in Potterton. We expect Barratts to advertise the events through local newspapers and online using their website [denviewroadpotterton.co.uk](http://denviewroadpotterton.co.uk). Please look out for information about the events, we will be sharing information through our Facebook page [www.facebook.com/BelhelvieCommunityCouncil](http://www.facebook.com/BelhelvieCommunityCouncil) and website.

## **Planning information from Aberdeenshire Council**

Aberdeenshire Council's website has lots of information available on planning applications and policies in our area. Aberdeenshire Council planning web-pages has links to planning applications search, building warrants, development plans (LDP), master plans, built heritage, planning enforcement, natural heritage, archaeology and property enquiries - [www.aberdeenshire.gov.uk/planning](http://www.aberdeenshire.gov.uk/planning).

Aberdeenshire Council planning applications - these web-pages include a search for planning applications, the ability to save searches, track applications and set up notifications. <https://upa.aberdeenshire.gov.uk/online-applications/>

Aberdeenshire Council plans and policies - these web-pages include the local development plans (LDP) for 2017 and 2022, the main issues report and the strategic development plan. <https://www.aberdeenshire.gov.uk/planning/Plans-and-Policies/>

### **Local help, advice and support**

Foodbanks - Aberdeenshire North Foodbank in Ellon - 07562 914986

Instant Neighbour in Aberdeen - 01224 489955

Grampian Coronavirus Assistance Hub - 0808 196 3384 who can answer questions about benefits, financial support, schools, testing and wellbeing.

The Scarf home energy advice team offer support on understanding heating controls and energy bills, tariff switching, Warm Home Discount applications, and grants and schemes for improvements to your property. The service is open to owner occupiers, private tenants and local authority and council tenants. Get in touch on 0808 129 0888 or email [Info@scarf.org.uk](mailto:Info@scarf.org.uk)

More information on the BCC website:

<https://belhelviecc.org.uk/help-with-local-issues.html>

### **Police 101 service**

If you need to contact the Police about a non-emergency issue, you should call 101, this is available 24 hours a day, 7 days a week. Call 101 if you want to talk to your local police officer, get crime prevention advice, or report a crime that does not need an emergency response, for example:

- if your car has been stolen
- your property has been damaged
- you suspect drug use or dealing
- you want to report a minor traffic collision, or
- you want to give the police information about crime in your area

### **Monthly meetings**

Everyone is welcome at our monthly meetings. They are held **every third Monday, 7pm**. For information, see our website: [www.belhelviecc.org.uk/meetings.html](http://www.belhelviecc.org.uk/meetings.html)

An archive of meeting minutes is also available on our website, and the latest minutes are posted on our noticeboards each month.

<https://belhelviecc.org.uk/meetingminutes.html>

### **Contact us**

Email: [belhelviecommunitycouncil@hotmail.com](mailto:belhelviecommunitycouncil@hotmail.com)

Phone: 07767 237644

Facebook: [www.facebook.com/BelhelvieCommunityCouncil](http://www.facebook.com/BelhelvieCommunityCouncil)

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Do you love Scotland? Of course you do! Then why not consider joining the North East Aberdeenshire NTS Members' Centre, which was formed over 40 years ago with the primary aim of raising funds to support the National Trust for Scotland, particularly the properties in this area. Over the years, the Members' Centre has raised and donated many tens of thousands of pounds to fund projects locally. Fundraising activities include organising concerts, talks and visiting historic houses and gardens, many of which are not open to the public. Most events take place at either Haddo House or Fyvie Castle. It has been very difficult to organise fundraising activities over the last couple of years. Recent events have included 'Carols for Christmas' in December (hastily relocated from Haddo Chapel to Methlick Parish Church because of the devastation caused by Storm Arwen) and a 'Musical Afternoon Tea' featuring local band 'Garioch Blend'. Visits to yoghurt makers Rora Dairy, Gordon Castle and the House of Dun are planned for the Summer. Most events (not visits) are free to members. Non-members are very welcome to attend and are asked to give a small donation of £3.

So, if you are a member of the NTS and would like to get more involved and help support our local properties then join the North East Aberdeenshire Members' Centre. Annual membership costs £10. Members are kept up to date with Members' Centre news and wider NTS developments through regular newsletters.

To join, contact Dr. Alistair Flett, Easter Crichtie Cottage, St. Katherines, Aberdeenshire, AB51 8SR, tel 01651 891620 or email [ne.aberdeenshire.mc@gmail.com](mailto:ne.aberdeenshire.mc@gmail.com).

**Patricia Shaw**



## **BALMEDIE CHRISTMAS LIGHTS**

A big thank you to everyone who came along to our first 'Come visit Santa light switch on event'. It was good to see so many on such a cold, rainy night. The great news is that we hope to do it all again this year!

We will be attending the Balmedie Gala at the Leisure Centre in May with a sweetie jar tombola. Please come along and help us raise funds for our Christmas Lights. In July we will be hosting our second Christmas Bazaar evening in the Community Garden area behind the Wee Kirk. There will be several stalls suitable for all ages. More details to follow on our Facebook page.

Let's raise as much as we can to help light up our village!

**Diane Cassie**



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# BIODIVERSITY

## Why Encouraging a Child's Sense of Wonder is So Important



Rest assured our planet is in no danger. Despite careless use of language and barring some unforeseeable and cosmic catastrophe, the planet will still be here for many hundreds of millions of years. What is less certain is the future health and diversity of life on our world, all of which is interdependent, and the different habitats it occupies. Over-population, economic development and technology are all

putting pressure on the natural world. The result is a well-documented catalogue of plant and animal extinctions and a loss of the diversity that healthy ecosystems depend on. We can see this for ourselves. Fewer insects and birds in the sky, fewer fish in our rivers. When was the last time you saw a once-common hedgehog in your garden?

A significant contributor to environmental damage and loss of biodiversity is a lack of understanding that inevitably stems from our disengagement from nature. Children spend less time exploring nature, fewer adults live and work in a natural environment and our appreciation and awareness of nature diminishes. Improving our appreciation of natural ecosystems is essential if there is to be any hope of stopping or reversing the current environmental damage.

### So, what is biodiversity?

Biodiversity is simply all the different kinds of life that occur naturally in a particular habitat - the variety of animals, plants, fungi, and even microorganisms like bacteria that make up our natural world. Each of these species and organisms work together in ecosystems, like an intricate web, to maintain balance and support life. When you lose or destroy some of these species, the entire ecosystem suffers and remaining species also come under threat.

Ultimately, human society also depends on healthy ecosystems. The food we eat, the water we drink and the air we breathe, the natural beauty around us, all depend on a balanced ecosystem. The UK is one of the world's most nature-depleted countries, in the bottom 10% globally and last among the G7 group of nations. It has an average of about half its biodiversity left, far below the global average of 75%. This makes it vital that we encourage future generations to learn how nature functions around them and to understand the importance of caring for our local environment.

## Educating our children about biodiversity and the natural world

There are lots of opportunities for children of all ages to get involved and a wealth of materials and information is available for parents and schools alike.

For example, the Biodiversity Activities Pack from Countryside Classroom can be found at [www.countrysideclassroom.org.uk](http://www.countrysideclassroom.org.uk) or check out the Fun & Learning resources at [www.rspb.org.uk](http://www.rspb.org.uk) and excellent age-specific biodiversity learning materials are available from [www.twinkl.co.uk](http://www.twinkl.co.uk)

### Banter Minibeast Hunt

A great activity to do outdoors with nursery and primary-aged children is a minibeast hunt. It's great fun, and children can be very engaged with it, and it can be used to teach curriculum! Observation is one of the key skills for scientists. Being able to observe the world around you, use your senses to experience it, and record what you observe are key skills for all types of scientists, but also important skills for lots of other professions including art.

Curiosity is an essential element of good scientists. Constantly wanting to ask "why?", "what?" and "how?" shows a desire to understand the world around us. Minibeasts are all around us, and yet their microhabitats can seem like whole new alien worlds. Giving children the chance to examine these habitats closely gives them an opportunity for lots of new questions. Why does a particular minibeast live where it does? What does it eat? How does it move? Why doesn't it get eaten? This can develop analytical and connective thinking.

So why not take your Banter out with the little ones and complete your own Minibeast hunt to see how many you can find! A fun activity that can be adapted for all ages! More info can be found at [www.woodlandtrust.org.uk](http://www.woodlandtrust.org.uk)



**Gwen & Jenny**

Keep Potterton Green Group



# BALMEDIE LIBRARY

It is with a positive outlook that the library service is open again to the public. Going forward, Balmedie Library will be open Wednesday morning 10.30-12.30 and a Friday afternoon 1-5pm. From May, these hours include the click and collect service.

## BOOKBUG

I'm happy to say that Bookbug has been going for some months now and it has been getting good attendance. The Bookbug Challenge (open from ages 0 to 5) will be continuing for the rest of the year. The children have been enjoying selecting their award certificates. There are also prizes to be won and the first prize went to Jessica Smith age 3, who received a mini Bookbug. Jessica was very shy when she first came to the group and has really blossomed. A big well done to Jessica. Going forward, bookings for this and any other library events will continue to be made online.

## USING THE LIBRARY SPACE

Book groups that have been ongoing through the pandemic via Zoom are being welcomed back to the library. If this is something you would be interested in joining, or if you have an idea for another group that would like to use the library space, please email me at [balmedie.library@aberdeenshire.gov.uk](mailto:balmedie.library@aberdeenshire.gov.uk)

## BALMEDIE NURSERY / SCHOOL

It was great to have Balmedie Nursery come for a visit to the library in the Easter holidays and I look forward to them coming again soon. I will also be visiting the primary school to introduce myself to the children, speaking to all the individual classes about the library, our facilities and the Summer Reading.

## SUMMER READING 2022

The Summer Reading initiative is linked to the Year of Scotland's Stories 2022 <https://www.visitscotland.com/about/themed-years/stories/> where we celebrate stories inspired by, written, or created in Scotland. This year it will run from the 20<sup>th</sup> June to the 27<sup>th</sup> August and there will also be a creative competition.

Summer Reading is in collaboration with the Book of Deer project <http://www.livelifeberdeenshire.org.uk/news-folder/book-of-deer> and <http://bookofdeer.co.uk>

## DIGITAL LIBRARY SERVICES

Check our online services: [www.aberdeenshire.gov.uk/libraries/digital-landing-page](http://www.aberdeenshire.gov.uk/libraries/digital-landing-page)  
There are thousands of publications available for you to borrow for free. Magazines are available on Pressreader. Do get in touch if you need more information.

**Jane Geddes** Library Administrator

Tel: 01358 281070 Email: [balmedie.library@aberdeenshire.gov.uk](mailto:balmedie.library@aberdeenshire.gov.uk)

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

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## BELHELVIE BOWLING CLUB



We opened for the season in April, so if you would like to join us, come along on a Monday night at 6.30pm or Thursday afternoon at 1.30pm and enjoy a great pastime. We can supply bowls initially for you to have a go and all you need is flat shoes. Feel free to bring along friends or family members.

The club is hoping to get a lease of the hut from Aberdeenshire Council, so if you or a group you know are looking for somewhere to meet, we would certainly be willing to discuss a way forward. [If you would like to know more, contact me on 07729 817718 or email: marion.donald@btinternet.com.](mailto:marion.donald@btinternet.com) You can also get information on the website: [www.belhelviebowlingclub.com](http://www.belhelviebowlingclub.com).

**Marion Donald**  
Club Secretary

### School Holiday Dates 2022

<b>May</b> Mon 2	May Day Holiday	BoDA
<b>May</b> Tues 3	In Service Day	BoDA
<b>June</b> Thurs 2	Postponed May Day Holiday	Balmedie, Ellon
<b>June</b> Fri 3	Queen's Platinum Jubilee	Balmedie, BoDA, Ellon
<b>July</b> Fri 1	Last day of Summer term	Balmedie, BoDA, Ellon
<b>August</b> Mon 22	In Service Day	Balmedie, BoDA, Ellon
<b>August</b> Tues 23	First day of Autumn term	Balmedie, BoDA, Ellon
<b>September</b> Fri 23 & Mon 26	Local Holiday	BoDA
<b>October</b> Fri 14	Last day of Autumn term	Balmedie, BoDA, Ellon
<b>October</b> Mon 31	First day of Winter term	Balmedie, BoDA, Ellon
<b>November</b> Thurs 17	In Service day	Balmedie, Ellon
<b>November</b> Fri 18	In Service Day	BoDA
<b>December</b> Fri 23	Last day of Winter Term	BoDA

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

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# WHO'S WHO

<b>Ambulance / Police / Fire / Coastguard</b>	emergency	999
<b>Police Scotland</b>	non-emergencies	101
<b>Community Police</b>	Stacy Morrison	101
<b>Scottish Fire &amp; Rescue Service</b>	non-emergencies	01224 728600
<b>NHS 24</b>	non-emergencies	111
<b>Scottish Gas</b>	emergency line	0800 111 999
<b>Scottish &amp; Southern Energy</b>	emergency line	0800 300 999
<b>Scottish Water</b>	emergency line	0800 077 8778
<b>ABERDEENSHIRE COUNCIL:</b>	General Enquiries	03456 081208
	Waste and Environmental Health	03456 081207
	Dog Warden	01467 539039
<b>Councillors: Mid-Formartine Ward</b>	CLr Paul Johnstone	07799 582879
<i>Correct at time of going to print, prior to May 2022 local election results.</i>	CLr Jim Gifford	07766 497856
	CLr Andrew Hassan	07388 956123
	CLr Sheila Powell	07503 492480

## YOUTH ORGANISATIONS:

<b>Beavers (Balmedie)</b>	}	All enquiries to Ian Thomson	
<b>Cubs (Potterton)</b>		<a href="mailto:balmedie@gordondistrictscouts.org.uk">balmedie@gordondistrictscouts.org.uk</a>	07743 844040
<b>Scouts, Explorer Scouts</b>			
<b>Rainbows (Balmedie)</b>		Claire via website <a href="http://www.girlguiding.org.uk">www.girlguiding.org.uk</a>	
<b>Rainbows (Potterton)</b>		Pauline Wood	01358 743002
<b>Brownies (Balmedie)</b>		Marianne McIntosh	01358 724231
<b>Brownies (Potterton)</b>	Katherine Hebron Scott	01330 833448	
<b>Guides (Balmedie)</b>	Susan Osbeck <a href="mailto:1stbelhelvieguides@gmail.com">1stbelhelvieguides@gmail.com</a>	01224 703335	
<b>Rangers (Potterton)</b>	Susan Osbeck	01224 703335	

## CHURCHES:

<b>Belhelvie Church of Scotland</b>	Rev Paul McKeown AB23 8YR	01358 742227
<b>Balmedie Congregational Church</b>	(The Wee Kirk) Rev Andy Cowie	01224 703248
<b>Ellon Catholic Church</b>	3 Union St, Ellon AB41 9BA	01358 724580
<b>King's Church</b>	King's Way, Bridge of Don AB23 8BL	01224 651000
<b>Baptist Church Bridge of Don</b>	Dubford Road, Bridge of Don AB23 8GS	01224 826256
<b>St Columba's Catholic Church</b>	Braehead Way, Bridge of Don AB22 8RR	01224 825653

## MEDICAL CENTRES:

<b>Scotstown, Bridge of Don</b>	Cairnfold Rd AB22 8LD	0345 1897070
<b>Udny Station</b>	Woodside Terr AB41 6PJ	0345 1897070
<b>Danestone, Bridge of Don</b>	Fairview St AB22 8ZP	01224 822866
<b>Oldmachar, Bridge of Don</b>	Jesmond Dr AB22 8UR	0345 3370510
<b>Oldmachar, King Street</b>	526 King St AB24 5RS	0345 3370510
<b>Ellon</b>	Schoolhill, Ellon AB41 9JH	0345 3371150

## DENTISTS:

<b>Bridge of Don Practice</b>	2 Balgownie Rd AB23 8JP	01224 703010
<b>Grandholm Practice</b>	Grandholm AB22 8BH	01224 701890
<b>Kingseat Practice</b>	Kingseat Business Park AB21 0AZ	01651 260200
<b>Oldmachar Dental Care</b>	Jesmond Drive AB22 8UR	01224 827095

## SCHOOLS:

Balmedie Primary School	HT Douglas Ford	01358 742474
Bridge of Don Academy	HT Daphne McWilliam	01224 707583
Ellon Academy	HT Pauline Buchan	01358 281150

## COMMUNITY CENTRES:

Balmedie Leisure Centre	Bill Murray	01358 743725
Belhelvie CC (Green Hut)	Joanne Murray	01358 727910
Pottertont Community Centre	Joanne Murray	01358 727910
Balmedie Beach Wheelchairs	Fiona Winstanley	07864 350988
Balmedie Health Walks	Dan Wood	07851 733096
Balmedie House Eventide Home	Ann Reid, Service Manager	01358 742244
Balmedie Library	Jane Geddes	01358 281070
Balmedie Out of School Club	Lynne Fyfe	07920 295508
Balmedie Pharmacy	Dickies, 3 Rowan Drive	01358 741226
Balmedie Post Office	Egie Road, Balmedie	01358 742556
Belhelvie Banter	Jess Petrie	07763 314579
Belhelvie Bowling Club	Marion Donald	07729 817718
Belhelvie Community Council	David Wallace	01358 743595
Belhelvie Community Trust	Rosie Nicol	01358 742557
Better Balmedie	Allan Jeffrey	01358 743851
Blackdog Residents' Association	Moira Neave, Secretary	07876 323835
First Responders	Theresa Thompson	07931 251993
Neighbourhood Watch	Paul Collier (Belhelvie)	07825 216233
Pottertont Community Group	Caroline Anderson	07920 280212
The Sand Bothy Project	Joni Corbett	07522 987856
The Sensory Garden	Joni Corbett	07522 987856

## KIDS' STUFF

Please check current status of groups as arrangements may vary.

Twos Group	}	Leisure Centre, Balmedie	01358 743725
Tae Kwon Do			
Abribeats			
Kindergym			
Future Fit Academy			
Mana Life Pilates			
Baby & Toddlers / Messy Play		Diane Cassie	07850 235215
Balmedie Craft Club		Catherine Cassie	01358 743114
Balmedie Out of School Club		Lynne Fyfe	07920 295508
Danz Creations		Miss Simpson	01358 743661
Mainly Music, Forsyth Hall		Jeanette Lamb	01358 742684
Under 5s Rhymetime (monthly)		Library	01358 742045



## Dates for your Diary

<b>Weekly</b>			
Mon	Belhelvie Bowling Club	Belhelvie Bowling Green	18.30
Tues	Sensory Garden Group	Sensory Garden	10.00 - Noon
Wed	Under 5's group	Balmedie Cong. Church	09.30 - 11.00
Wed	Better Balmedie	Behind Balmedie Cong. Church	10.00 - 12.00
Wed	Catholic Mass	Bridge of Don Church	10.00
Wed	Ladies Group	Balmedie Cong. Church	14.00 - 15.00
Thurs	Indoor Bowling	Potterton CEC	15.00 - 17.00
Thurs	Belhelvie Bowling Club	Belhelvie Bowling Green	13.30
Fri	Under 5's Group	Balmedie Cong. Church	09.30 - 11.30
Sat	Better Balmedie	Behind Balmedie Cong. Church	10.00 - 12.00
Sat	Catholic Mass	Bridge of Don Church	10.00
Sat	Sand Bothy	Balmedie Country Park	Noon - 15.00
Sun	Catholic Mass	Bridge of Don Church	09.30 & 18.00
Sun	Belhelvie Church Service	Belhelvie Church	11.00
Sun	Balmedie Congregational Church	Balmedie Cong. Church	11.00
Sun	Sand Bothy	Balmedie Country Park	Noon - 16.00
<b>Every 3 Weeks approx.</b>			
Tues	Potterton Walking Group	Contact J Hutcheon see article	12.00
<b>Monthly</b>			
1 <sup>st</sup> Tues	Coffee Haven	Forsyth Hall, Belhelvie	10.00 - 12.00
3 <sup>rd</sup> Mon	Belhelvie Community Council	Zoom meetings (see article)	19.00
Last Sat	Men's Breakfasts (see Church article)	Cock & Bull	09.30
<b>Term Time Groups for Children and Young Adults</b>			
Mon	Cubs	Potterton CEC	18.30 - 20.00
Mon	Ranger Guides (Fortnightly)	Newburgh	19.30 - 21.00
Tues	Mainly Music	Forsyth Hall	13.30 - 14.30
Tues	Rainbows	Balmedie School	18.00 - 19.00
Tues	Cubs	Potterton CEC	18.30 - 20.00
Tues	Guides (Fortnightly)	Balmedie School	19.00 - 20.30
Tues	Explorer Scouts	Potterton CEC	19.30 - 21.30
Wed	Beavers	Balmedie School	18.00 - 19.15
Wed	Balmedie Kids' Craft Club	Balmedie Cong. Church	18.30 - 19.30
Thurs	Rainbows	Potterton CEC	17.30 - 18.30
Thurs	Brownies	Potterton CEC	18.00 - 19.45
Thurs	Brownies	Forsyth Hall	18.15 - 19.45
Fri	Boys' Brigade with Girls	Balmedie Cong. Church	15.30 - 16.30
Fri	Scouts	Potterton CEC	19.00 - 21.30

*See page 17 for*

## Important Additional One-off Dates for your Diary

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**Copy deadline for Autumn-Winter Edition - Friday 23<sup>rd</sup> September 2022**  
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