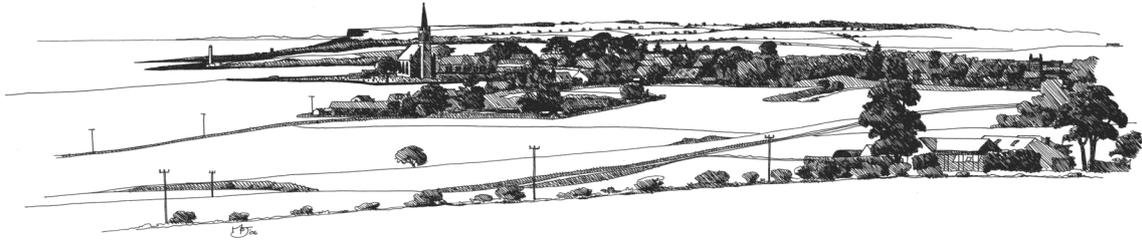


ST CYRUS NEWSLETTER



Volume 15 Issue 3

Website www.stcyrusnewsletter.org.uk

August - September 2018

Flower Show Committee Update

Committee members have planted barrels and planters around the village as well as the fountain area with plants supplied by Aberdeenshire Council. Due to the hot dry weather they have required more regular watering. Thanks to the householders who have watered them when they have been doing their own gardens. This helps with transporting water.



We have had compliments on how well they brighten up our village.

Gardens Competition

The gardens competition is now open for entrants. Categories are best kept, best flower, best vegetable, best container, best wildlife, best water feature and best overall. If you wish to enter please contact Sandy Davidson, 01674 850016 or Kathleen Masson, 01674 850277 stating the category / categories to include in the judging.

Gardens will be judged on Monday 6th August by Mr and Mrs Ritchie from Luthermuir.

Flower Show : Sunday 19th August

Doors open at 1.30. Presentation at 2.00. Raffle finishes Show at 3.30.

This is our own local show confined to our local parish which has been running for 32 years. In all this time I do not think we have encountered such a long hot dry spell which will possibly have an effect on some entries this year. Gardeners are resilient so we will see.

As stated in the last newsletter this may be the last show as entries and attendance from the village community have dwindled over the last couple of years. Committee members often raid their own gardens to help with filling entries so we will be looking at this closely before we take the final decision. Running the show takes a lot of work and with an ageing committee setting up would not be possible without helpers who turn up on the Friday night to help with staging.

Show schedules can be picked up from McColls if you have misplaced the one given out with a previous newsletter.

Norman Trewren, St Cyrus Probationary Minister, will be opening the Show. Hope to see you there.



Setting up will take place on Friday 17th from 6.30 when we need some strong helpers to help with staging. Dismantling happens immediately after the show and with plenty of helpers takes approximately half an hour. Please come and help if you can.

Isobel Smith

- Sorry your Newsletter is a little late this time. We had a problem with the printer.
- We are so grateful to everyone who responded to our appeal for help on Facebook with some great offers and advice.
- Alan Holmes from www.wearejasmine.co.uk came to the rescue and saved the day by printing this issue free of charge. How generous is that?
- Alan doesn't know we've updated the newsletter with this message but when you're looking for printing services or repairs



Disco Bingo - Great Scot

1st September 8pm

Buy a bingo card; song clips are played and you fill out the card in the with song titles instead of numbers.

It's a lot of fun, especially after a few gins and there will be

cash prizes!

We hope to see you there.





St Cyrus Public Hall

Congratulations to our winners and thank you to the Friendship Club and Tums, Toots and Toddlers Group for completing the draws.

We plan on running the 200 Club for another year - keeping the Hall up to standard is sometimes like 'spinning plates' so whilst fundraising isn't a requirement of the Hall Committee it is something we choose to do so that improvements to the Hall continue with the rental income hopefully covering the day to day running costs.

The 'new year' starts on 1 October with the first draw towards the end of the month. It costs £5 per month to play and subscriptions can be annual, half yearly or monthly. Paying monthly by standing order has been more popular over the past year but we are happy with payment in any format so long as you play. Prizes will remain as is and can be seen in the table above. Application forms are available from Committee Members and are also on the Notice Board on the right hand side in the Hall vestibule. We may even pop one through your letter box.

	May 2018	June 2018
£100	George Anderson	Joan Murray
£ 50	Derek McHardy	Margaret Whyte
£ 25	C Murray	Molly Neilson
£ 15	Beverley Rae	Gary Morrison
£ 10	Carol Cooper	Eileen Adamson

amazon smile You shop. Amazon gives. Keeping on the fundraising topic, if you are an online shopper and use Amazon you can have a percentage of your purchase cost (on most purchases although not all) donated to your favourite charity. To do this, you need to register with smile.Amazon.co.uk - it's exactly the same as amazon.co.uk the only difference being the charity contribution. Once you have registered you can choose your charity. The Hall is registered under its original name which is St Cyrus Public Library Reading Room & Hall Trust but as soon as you start typing St Cyrus our charity pops up. Just to be sure our Charity Number is SC018237. Once you register with smile.amazon.co.uk if you go to amazon.co.uk it will remind you that you are registered with their 'smile' arm. If you are not already signed up please do. Although not all purchases are eligible every little helps. If you are already registered and want to change to our charity, just click on the top bar where your current charity shows on the smile.amazon.co.uk page and you then have the option to change. Please, can we be your favourite charity? Thank you 'in anticipation'.

Frances Whyte, Secretary/Treasurer

Activities in St Cyrus - To book the Hall contact Lara Smith on 07565 597559				
Weekly		Day	From	Till
Hall	Friendship Club	Wednesday	10.00am	1.00pm
Hall	Highland Dancing	Tuesday	3.00pm	7.00pm
Hall	Indoor Bowling Start 18 September 2018	Tuesday	7.00pm	
Bowling Green	Outdoor Bowling 850425, 850438	Monday	1.30pm	
		Wednesday	6.30pm	
		Saturday	1.30pm	
Start at the Hall	Solos Running Club Si 07841 847914 or Nicola 0776644 8281	Tuesday Thursday	7.30pm	Flexible
Hall	Scottish Country Dancing	Monday	7.30pm	9.00pm
Hall	Tai Chi Beginners Tai Chi Existing Members	Wednesday	12.30pm	1.45pm
			1.30pm	3.15pm
Hall	Tea Dancing	Friday	2.00pm	4.00pm
Hall	Whist (Starts 19 September)	Wednesday	7.00pm	9.00pm
Johnshaven	Yoga (Wairds Park)	Thursday	5.30pm	7.00pm
Weekly Term Time Only				
Hall	Playgroup	Wednesday	9.30am	11.15am
Hall	Youth Club (Juniors only)	Friday	6.30pm	8.15pm
Monthly				
Hall	Public Hall Committee	1st Tuesday	7.00pm	9.00pm
Hall	Senior Citizens	2nd Monday	7.30pm	9.30pm
Hall	WRI	1st Monday	7.30pm	10.00pm
	Brownies (Girls aged 7-10)	Thursday	5.30pm	7.00pm
	Rainbows (Girls aged 5-7)	Thursday	5.30pm	6.30pm

To all club contacts: If you like to add your tel no, please email stcyrusnewsletter@hotmail.co.uk



The WRI starts back on Monday 3rd September at 7.30pm in the Village Hall.



There is no further information on the agenda at the moment but look out for posters in McColl's shop and the Notice Boards nearer the time.

New members welcome.

Christine Jamieson

St Cyrus Yoga Club



We continue to meet over the summer at Johnshaven. Classes are on a Thursday at 5.30pm at the Wairds Community Hall in the Caravan Park.

Beginners welcome, you just need a mat and comfortable clothes - no shoes required. Cost is £5 per session (1hour 30minutes.)

Need more information, call Georgina at jeomac@btinternet.com

St Cyrus Indoor Bowling Club



Starts 18th September
At 7pm

Every Tuesday in the Village Hall.

New members very welcome.

All you need is flat shoes.

Mrs Joan Murray



Scottish Country Dancing

Scottish Country Dancing begins again on Monday 17th September from 7:30 - 9:00 in the village hall on Monday evenings. If you are an

experienced dancer, we would be pleased to see you. Please note, there is no dancing on the 2nd Monday of each month.

If you would like to learn, please contact Elizabeth on: elizab_neill@hotmail.com or

Senior Citizens Coffee Morning

Coffee Morning will be held in the Village Hall on Saturday 11th August 2018



All Welcome!



The Whist Club restarts Wednesday 19th September in the BHJY UJ8888881900-PPublic Hall at 7pm.

हठयोग **New morning and evening HATHA YOGA yoga classes**

My name is Sarah and I am a local qualified Hatha Yoga Teacher. I have been enjoying the many benefits of yoga for over 20 years and would now like to share these benefits with others.

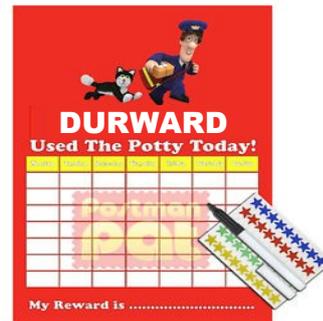
Yoga is an ancient science that can help us to keep our physical bodies healthy, our hearts open and our minds more peaceful.

Please come and learn more about this healing practice. All levels welcome.

90 minute classes starting on 21st August - Tuesday evening 'drop in' class at Tangleha, 7pm.

Morning classes at my home studio (At Commieston Cottages, just outside St Cyrus) every Tuesday and Friday morning, 10am. (Booking essential for these as limited to 8)

Classes £6, concessions available, Bring a mat and blanket or extra layer. Please phone or text for further details 07763678393.



When your job is up the coast,
Driving a van and delivering post,
The biggest worry is plain to see,
Where to stop to have a pee.

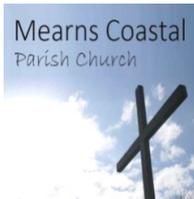
A man was kind and offered respite,
But time you see was getting tight,
The door was shut, at last some peace,
For Durward to get some relief.

He washed his hands in the toilet sink,
But something now would make him think,
No other problem could hold a candle,
To a toilet door with a broken handle.

Panic now was setting in,
It would appear he could not win,
What would happen to the mail,
If Durward's escape attempts did fail.

Many tools they did employ,
But, alas, still no joy.
Our hero was now at a loss,
So he went and phoned his boss.

At last, after sweat and tears,
The lock got broke, and Durward cheers,
His lousy prison was no more
But at the expense of a brand new door.



Hello from Mearns Coastal Parish.

Aren't we having a marvelous summer? Day after day with at least some sunshine and warm too! Just pray that we get rain for the fields, though – preferably overnight! For those of you going away for the holidays, travel safely, have a wonderful relaxing time. In the best H&S traditions I should tell you here not to forget the sun cream and make sure you keep hydrated, and come back refreshed.

Our plans for the development of the gallery in the Church I regret to say are still tied up in the red tape of permissions and warrants, etc. We ask for you to join us in your prayers for a speedy resolution to all these ongoing setbacks.

I am pleased to tell you that my years of training for the ministry are now at an end and that I will be ordained as a minister of Word and Sacrament (OLM) in our Church on the hill on Thursday 23rd August. Presbytery has agreed to appoint me to remain here in Mearns Coastal Parish and I'm very happy about that. My heartfelt thanks to all – within the congregation and in the wider community – who have supported me since I started here in February last year.

We're in for a treat on Wednesday 10th October. Alastair McDonald, the well-known Christian folk singer will give a concert in the Church. I've seen him several times now and he never ceases to entertain and makes for a really enjoyable, fun evening. His last performance up here was in Arbutnott Church earlier this year and it was a sell-out. Mark the date in your diaries and come and join us. Details of time and ticket prices will be circulated closer to the event.

If anyone has any queries about the services the church offers or if in need of a listening ear, please do not hesitate to contact me, or our Interim Moderator, Rev. Brian Smith either by phone or email).

Enjoy your summer! Yours in Christ.

Norman Trewren, Probationary Minister

Tel 01561 377359; email: NLennoxTrewren@churchofscotland.org.uk

Facebook: www.facebook.com/mearnscoastal

Interim Moderator Rev. Brian Smith - 01561 340302 - email BSmith@churchofscotland.org.uk

After another very successful Gala Week a number of people deserve recognition for their efforts without which these events would not go ahead.

- * All the staff at McColl's for selling tickets for the cinema and the ping pong ball race.
- * Morag and Jack Dalgarno who yet again organised the school's football tournament.
- * St Cyrus Solos for hosting a very well attended evening fun run and for providing fun packed events on Gala Day.
- * Libby Dickson, Tracy Fairley and Tanya Martin for enthusiastically cooking and serving the burgers & hot dogs at the Dads v Lads football match and Chris Mackie for assisting with the tuck shop.
- * To all those that assisted with the Gala set up / taking down, your help is very much appreciated.

We rely on local people to keep Gala Day going and without their assistance there would be no Gala – as occurred elsewhere recently.

So, to Martin Ross of Ross Agri for the use of the fields for parking and help with putting up/taking down the colourful bunting, Jim Masson for delivering and collecting the bales for the arena, Doug and Stuart Rose for supplying the round bales and lifting the stage, Alasdair Wilson for lending his truck, David Alexander for lending, erecting & dismantling his tent and John Harrison & Gordon Cameron for supplying the water for the water walkerz THANK YOU VERY MUCH!

Expenses are an inevitable part of putting on a Gala what with insurance, first aid provision, replacing worn out equipment and paying for attractions for the circle and side events like inflatables, foot darts, petting zoo....

To cover these expenses and keep the cost of the tickets/bands for the youngsters at an affordable rate we rely upon and are very grateful for donations from stall holders and other companies, namely:

- * Tacno Technical Solutions
- * St Cyrus Flower Show
- * St Cyrus Outdoor Bowling Club
- * St Cyrus Parent Council
- * Holly Mae's
- * St Cyrus WRI
- * Montrose Playhouse Project
- * St Cyrus Youth Club
- * The Old Bakery
- * St Cyrus Scout Group
- * Liz Swankie Home Bakes
- * The Ice Cream Van
- * Andrew Glaysher
- * Tangleha Artists
- * Stonehaven Cats Protection
- * Brechin Pipe band

St Cyrus Gala 2018



The following people who assisted with the inflatables, please take a bow:

Sandra Perera, Chris Mackie, Ashley Ritchie, Tracy Fairley, James McKellar, Mark Perera, Tanya Martin, Sam Martin, Colin and Arlene Smith, Lyndsey & Mark Arbutnott, Craig Fotheringham, Ruth and Heather Gettings, Morag Dalgarno, Kirsty Broadley, Billy Strachan, John Brown, Paul Batty and Colin Dewars.

If you wish to assist at next year's Gala please talk to one of our Committee members – Carole Mackie, Louis Perera, Val Fotheringham, Grant Ritchie, Tracy Brown, Phil Donald, Elizabeth Alexander, David Smith and Pauline Geddes.

And so to next year - Gala Day 2019 will be held on Saturday 15 June 2019 – see you there.

St Cyrus Tums, Toots and Toddlers



Despite a fun and varied programme, which has involved cupcake decorating, messy play and sensory sessions, mini discos, crafts, ride-on sessions, parachute sessions and a whole lot more, it is very sad that after at least 35 years of running in the Village Hall there haven't been enough new families coming to the toddlers group to continue meeting in the hall each Friday.

We were delighted to donate our parachute and musical instruments to St Cyrus Primary school, along with £100 to buy new waterproofs for the nursery children's adventures! We hope they enjoy them.

Should there be enough interest to reinstate the group, the Hall Committee have kindly agreed to store many of our toys and equipment and members have other items themselves – please get in touch via our Facebook page if you are interested in getting it going again.

We do hope to continue to run the group in a more informal way, with meet ups locally and occasionally in the Public Hall, so please check our facebook page "St Cyrus Tums, Toots and Toddlers" to see what we are up to.

Over the years, the group has provided a welcome to new families coming to the village, offered much needed solidarity, advice and coffee for tired parents and helped local parents and children make friends - relationships which have continued at the school gate and beyond.

"We made friends as we were returning to the village after 10 years, so I didn't know other mums and wee ones. I still have some of those friends today and so do the boys. The mother and toddler group is great for new mums coming into the village and we went on to help run other groups for our kids." **Christine, Toddlers 1986 - 1990**



"This was the only way I had of meeting parents and for my children to interact with their age group. It is so sad that this facility will be lost for local people." **Marion, Toddlers 1991 – 1995**

"When I first moved to St Cyrus in 1996 I had a 6 month old baby and knew nobody. Going to toddlers really helped me get to know people and get involved with things, not only in toddlers, but within the village as well. I was really made to feel very welcome and it was nice to have people to talk to and get advice from as I was a first time mum. Before I knew it I was on the committee and felt really part of a fantastic group of adults and children. Both my son and daughter learned valuable skills in socialisation and interaction with other children and made some great friends, I also made some great friends too. I would totally recommend the toddlers group to any parent with young children in the village." **Eve, Toddlers 1996 - 2002**

"Toddlers was the highlight of the week for my children. We made new friends and some of these people have become life long friends. Toddlers is the start of making children socialise and learn to share and allows the adults to relax while their children play in a fun and safe environment." **Shona, Toddlers 2000 – 2009**

"Toddlers was a life saver for me, moving to the village with a tiny baby & not knowing anyone. I made some amazing friends & my children have grown up with their class mates." **Beth, Toddlers 2004-2010**

"Toddlers was always my safe haven, somewhere I knew I wouldn't be judged. Having a child with additional needs and knowing you had the support of other parents was my life saver. Without the friends I made and the support of those friends, I would of been lost." **Gemma, Toddlers 2008 – 2014**

"Being new to village with a colicky baby Toddlers offered help, support and understanding at a vital time. My daughter and I have made life long friends. We are so sorry the group is closing and new families will not benefit from it." **Suzanne, Toddlers 2015 -2018**

We would like to thank the village for all their support over the years, but particularly offer our thanks to the St Cyrus Public Hall Committee who have provided a home for the group.

Join us with your Tum, Toot, Toddler or Pre-Schooler each Friday - check our facebook page "St Cyrus Tums, Toots and Toddlers" for details of events and play dates. And do get in touch if you would like to re-establish the group in the Village Hall.

The St Cyrus Tums, Toots and Toddlers Committee 2018



Scottish Natural Heritage
Dualchas Nàdair na h-Alba
 All of nature for all of Scotland
 Nàdar air fad airson Alba air fad

What on earth has happened to the Scottish climate? As we bask in the Mediterranean heat more and more people are choosing a staycation! The beach most days now echoes the popularity of St Cyrus beach depicted in 1930s postcards, with a fine array of beachwear and bodies packed around the entrance of the beach! It's lovely to see everyone enjoy the place!

I have been worried about how dry things are and looking closer at the reserve you notice immediately how the warm weather is affecting things within the dunes. You can see how utterly frazzled the plants are. The clustered bellflower are wilted, the ragwort looks spent and the maiden pinks (pictured) are only flowering in small handfuls not the 100's upon hundreds of last year! The butterflies are not as abundant and the creatures that are active in damp conditions that many creatures rely on as food are harder and harder to find.



The heat and drought tolerant creatures such as the wild Marjoram (oregano!) and grasshoppers seem to be thriving though, as are the wasps!

Wasps have been busy making their nests in old rabbit burrows and hollows all around the reserve, it's nice to see them doing well after so many years of hardly seeing a wasp! I know many people see them as horrible evil bugs but look beyond this shallow misinterpretation and see the wonderful (and important!) little critters that they are! The wasps you are most likely to see in these burrows are Tree wasps, *Dolichovespula sylvestris*. but you will also see common wasps, *Vespula vulgaris*. They have a fascinating life cycle and both build wonderful paper nests from wood foraged in the area, which they chew and turn into pulp to expertly make their beautiful nests. At first the queen is responsible for all foraging but when the workers are mature they take over, some foraging for nectar, others wood to expand the nest and some searching for prey – other invertebrates and so on. They are important pollinators, are valuable keeping crop pests down and do a great job clearing up! All in all they are really important for the health of our environment!



The common lizards, *Zootoca vivipara* can be seen basking in the warm sun lizards. They are adapted to 'drop' their tail if attacked or grabbed by a predator and as the pursuer gets distracted by a wriggling tail the lizard runs away and lives to grow a new one! The common lizard are quite unusual amongst reptiles as they incubate their eggs internally and give birth to live young. You will see them in all shades of greens and browns basking on rocks, notice boards, fence posts and paths on the Reserve, beautiful

Watch out for the Lions mane jellyfish, they do sting. The popular remedy is to pop shaving cream on the area and 'shave' it off with a bank card or similar! Lions Mane are the largest of the jellyfish species and some on the beach have been the size of dustbin lids! But the really big ones can have bodies up to 2.3M diameter with tentacles 37m long! They eat zooplankton (mini animals in the water) little fish and other jellyfish. They have a main body (the bell) which they pulsate to enable them to get around and trailing stinging tentacles they use to capture prey! They act as mini floating oasis for certain types of shrimp and young fish. The recent warm weather has produced lots of plankton in the sea causing a feeding frenzies and 'blooms' of jellies!

Fires have been a daily battle for us resulting in two call outs of the fire brigade. One fire got really big and we just could not contain it ourselves but with the help of four fire fighters it was put out – all because somebody simply walked away from a campfire! PLEASE REPORT ANY UNATTENDED FIRES STRAIGHT AWAY TO THE OFFICE.

We have received some amazing pics on our facebook page; a local lady, Pauline Smith, has such a keen eye for the smaller wasps and bees (tiny solitary bee pictured in a harebell!) and is, I suspect, making many new discoveries for our species list on the Reserve. She has photographed rare leaf cutter bees and digger wasps (more on this in the next newsletter!). Local people with cameras can help build up fabulous records of the wildlife on the reserve so thanks to everyone who sends us photos!



The feeding frenzies of sea birds are starting as the waters warm and sand eel, clupeids (sprat and herring) start to shoal in their masses! Keep your eyes peeled for the magnificent humpback showing up again! Why would you pass up on such a banquet!

Therese and Simon

Events St Cyrus National Nature Reserve



Tuesday 31st July Music and food - No booking required, ALL AGES

Celebrate the launch of the Kincardine and Mearns new edible trails with Feis Rois National Ceilidh Orchestra who will perform from 12 – 2pm. Free tasty Scottish wild treats and Scottish traditional music at its very best.

Taste the finest of Scotland's Natural Larder. Mark will have a stand during the lunchtime Ceilidh session with a display of locally-foraged foods, he will then leading a foraging walk from 2:30 to 4.

Sunday 2nd September 10:30-3:30pm - Booking required, 15 PLUS

Birch Bark Containers - Birch bark is an amazingly enduring and versatile natural product readily available from our native birch trees. Making durable small containers is a lovely way to learn about the strength and flexibility of this beautiful bark. If made well it will be waterproof and lasts for decades. The Saami Reindeer Herders use birch bark containers for storing coffee, salt and sugar. as the container is both light, strong and keeps goods dry.



Saturday 15th Sept 12-4pm - Drop in, ALL AGES

Marine Conservation Scotland big beach clean weekend. Keep St Cyrus NNR beautiful and protect wildlife by helping to tidy up the beach. Refreshments, gloves, pickers and lots of information provided!

Sunday 16th September All Day event

Come and chat with the staff from 13:00 – 15:00 and find out why the reserve is so special

Wildlife Walk 10-12pm - Enjoy a relaxing and stimulating walk around the reserve and discover all about the moths, butterflies and other amazing wildlife that calls St Cyrus NNR their home. Join the St Cyrus NNR rangers and learn about the management of St Cyrus NNR at our stall.

Sunday 23rd September 1:30-3:30pm - Booking required, 10 PLUS

Fungal Foray; Join expert mycologist Liz Holden to explore the fascinating world of fungi found at St Cyrus National Nature Reserve.



Another 8 weeks of achievements by the solos. We are especially proud of our couch to 5K graduates, who successfully completed their first park run. Everyone did great and we have all been inspired seeing how hard they have each worked to achieve their goal of running their first (of hopefully many) 5k.

The gala was a huge success - the 5K fun run had an amazing turn out and everyone seemed to enjoy it. We are hoping to make this an annual event going forward to do our bit for the gala. The gala day races were fun too - a special shout out to the Medieval Realm who took part in 'pass the water back' and of course everyone who participated in the games.

Iain completed triathlon X which is a 3.8km swim, 180km bike ride over several tough mountain passes and a 42km run which includes running up and down Scafell Pike to finish.

Steve completed the Celtman ultra triathlon for which he had to swim 3.8km through a jelly fish infested sea loch (Steve can vouch for that!), cycled 202km with 2000m of climbing (and driving rain!), A coveted Blue T-shirt was well earned by Steve that day! Well done to both of our Solos 'IRONMEN' for completing extremely tough races.

Judith completed her first triathlon which was in training for her doing a half iron man later in the year which is also known as 70.3, as that is the cumulative mileage she will cover during the event. Madness.

Bryony completed her 50th park run, with her faithful friend Suzi running with her.

The Solos really have been achieving greatness in every step. If you fancy giving running a try, come along - it's not all ultra marathons and triathlons, we have plenty plodders and people who are unable to run a whole session and take plenty walk breaks. I guarantee you won't be too slow and you'll be made to feel welcome! Tuesday and Thursday at the Village Hall at 19.30. See you at the wall.

The solos will be hosting disco bingo 1st September at the village pub. We are looking forward to this and it should be a lot of fun - a date for the diaries. The more the merrier.

Our 5k Halloween fun run will be on Saturday 3rd November, so if you enjoyed the gala fun run, or weren't able to make it - come along and take part.

Solos out.



Si Chalmers
stcyrussolos@gmail.com
<http://stcyrussolos.webnode.com>
 [St.Cyrus Solos Running Club](#)

Our Coastal Gem



Every couple years since I have been elected, a couple of friends and myself have undertaken the coastal walk from Inverbervie to St Cyrus. This year we were joined by fellow Cllr Jeff Hutchison and Nigel Taylor from Mearns Tourist Association as well as several interested residents who added great value to our discussions along the route.

It is a fascinating walk, sprinkled with so many points of interest from start to finish. Not only is the scenery breath-taking, but the natural diversity of plants and wildlife mingled with historical and cultural gems make this one of our greatest potential assets for tourism.

The refurbished car park at Inverbervie is a superb gateway for walkers to kick off, and all the way to Gourdon walkers enjoy a tarmac path funded by Sustrans. After Gourdon however a mix of poor path network, multiple land ownership, land slips and poor drainage presents many challenges to see this iconic route upgraded.

Signage at all our villages is in need of a revamp which is more a Council responsibility, and Scottish National Heritage would have responsibility for the latter part as it enters the reserve.

Currently Johnshaven have a motivated team of volunteers led by Karen Kennedy who have taken an interest in progressing the route south of Gourdon, to link up with St Cyrus and finally the Angus path network to Montrose. As with any project it is challenging, but sufficient land exists which could be used to create a decent path using a mini digger in parts, and also have a discussion with land owners where we need to rise to the cliff tops on the approaches to St Cyrus. The aim would be to give farmers a new cliff top fence in return for a couple of metres land, which could create these missing links.

Miltonhaven and Tangleha present a different challenge where the path really is shingle beach which is of course not so accessible for the less able. Boardwalks may be the answer here as these are very successful at Balmedie beach. We also have some crucial bridges which are integral to the route so maintenance of these is essential work too.

All our villages will benefit tremendously from this project and our superb food and drink outlets, our museums and shops along the way provide fantastic value for tourists. This is a great project for all of us to do our bit and get involved.

George Carr



**NEAR
FOR
YOU**

About Kincardine and Mearns CAB

We provide free, confidential and independent advice to everyone who needs it.

As a member of the Scottish Association of Citizens Advice Bureaux, we have two aims:

- * to help people understand their rights and responsibilities and to help them take action to solve their problems.
- * to work locally and nationally to change policies and practices that are the root cause of problems, preventing issues arising at source.

Kincardine and Mearns Citizens Advice Bureau (KAMCAB) provides a good-quality, robust generalist advice service to anyone within the Kincardine & Mearns Area. It achieves this by working to Citizens Advice Scotland (CAS) quality of advice standards, providing comprehensive staff and volunteer adviser training and support and by working in partnership with other local organisations.

Opening Hours: Monday 9.30 - 12.00; Wednesday 9.30 - 12.00; 14.00 - 16.00 (appointments only) 16.30 - 19.00 (appointments only); Thursday 9.30 - 12.00; Friday 9.30 - 12.00.

For more information see www.kamcab.org.uk

Bervie Parish Church Inverbervie

Friday 24th August at 7.00pm

Arbroath Male Voice Choir Summer Concert

Tickets £10 at the door

In aid of Bervie Church Steeple Fund

Includes refreshments afterwards

Everybody welcome!

South Kincardineshire Churches Cluster Group

Songs of Praise



Sunday 19th August 2018 - 2.30pm Bervie Church

"Voyage of Life Gardens" Followed by a BBQ



Automated External Defibrillator (AED)

I would like to thank the **Solos Running Group** for contributing £50 towards the replacement of the battery for the village AED which is located on Coronella.

In the last 5 years no one has had to use it. This is a public AED and if you wish to train in using it, I would need at least 10 names to pass on to the Scottish Ambulance Service for them to run the course.

If you are interested please send an email to : dav_neill@hotmail.com with the subject **Heartstart**.

Cycling

I have heard that the footpath between Johnshaven and St Cyrus may be restored and people have expressed the feeling that it should also be for cyclists.

It is noticeable that there are more cyclists in the village and passing through. I would like to see a cycle/footpath from the old railway viaduct over the Northesk, along the east side of the main road up to the village. This would give cyclists the opportunity to use the shop, hotel and cafe. In the village I would like to see subsidiary cycle paths along the side of the park and up Ecclesgreig Road to service Invergarry Park and Ecclesgreig Gardens. I also think there should be a cycle/foot path along the east side of the proposed new housing estate so that children can walk or cycle safely to and from school.

Are there any like minded people in the village who would like to form an action group for safer walking and cycling? If so please contact me: dav_neill@hotmail.com with the subject Cycling.

David Neill

Car Park Top of the Cliffs

Every summer it is becoming harder to park on our small car park above the cliff paths because of campervans and/or tents. It has become more common for campervans to be parked for a full week, without being moved. Lately, that has included large tents, obviously along with the overnight parking of the associated cars.

That is a very selfish use of a small public car park, especially when there are legitimate caravan/camping sites in, or near, the village.

However, the latest selfish action, where the campervan, or tent users have emptied their Chemiloo toilets onto the path and then driven away, means, in my view, that a restrictive height bar and a 'No Overnight Camping' notice have become necessary, so that ordinary members of the public attempting to use our very simple facility, can have access and the access should be in sanitary conditions.

I have watched the car park becoming less and less available each summer and I think the time has come for ordinary families on a simple day out, or residents of our village, to have an equal chance of access, without finding the whole car park blocked by two or three campervans and/or tents.

Harry Bickerstaff



Panthers Basketball Club was formed in 2006 by Archie and Sandra McKechnie. The first members were pupils from Portlethen Academy who were looking for a basketball outlet after they left school.

From a starting membership of 36, 10 years later, Panthers now has over 300 members. Panthers teams have had success over the years with the Senior Men's team winning the Grampian League, Grampian Cup and Chairman's Cup. The Senior Women's team have also won the Grampian League and been finalists in the

Chairman's Cup.

Panthers is a Positive Coaching Scotland (PCS) approved Club which means all coaches, parents and players are aligned to the PCS vision and key principles. The support of parents, coaches, team reps, table officials, referees and volunteers has further helped to create the positive environment in which Panthers players learn and are encouraged to improve.

There are a variety of training venues in South Aberdeenshire and a session to suite every age and ability. Our main training venues are Portlethen Academy, Mackie Academy, **Mearns Academy** and Stonehaven Leisure Centre.

We would love to hear from you! Whatever your age or experience we have a team for you. For more information visit the website www.panthers-basketball.com/contact.

**Water scarcity – please keep using water wisely,
Council supporting users of private supplies**

As warm, dry weather continues in Aberdeenshire, there is increasing pressure on water supplies and forecast rain is not expected to replenish supplies sufficiently. Significant rainfall over a prolonged period is required but this is not expected in the near future.

Aberdeenshire Council and Scottish Water are continuing to provide support to a number of properties experiencing water shortages and are encouraging everyone to use water wisely.

Both agencies are working with the Scottish Government to provide bottled water and tanks to those in the area whose private supply is running dry, at no cost. Council teams are already dealing with requests relating to around 40 water supplies, serving around 60 properties, a number which is expected to increase.

The council has delivered, or householders have collected, 2,500 1.5 litre bottles of water. Fifteen 1,000-litre bowsers have been issued and filled by the Council, which will be refilled as required.

There are more than 7,500 private water supplies in Aberdeenshire – the highest number in the country. Given the limited capacity of the council, priority is being given to elderly, disabled or ill occupiers and householders may have to augment the supplies the council provides with water from other sources.

More bowsers are being delivered this week and farmers concerned about their livestock are being advised to submit requests direct to Scottish Water.

There are warnings that when rain does fall, private supplies could become contaminated and users should be wary.

Users of untreated supplies should ensure they boil water before drinking, cooking and brushing teeth. Those using such supplies may be eligible for grant funding towards treatment – contact the council's Environmental Health team for information.

Long term, the council is providing advice on future solutions to improve water security, such as support to help connect to the mains. If that is not possible, improvements to the current source or forming a new supply can be considered and grants may be available for some of this work.

If you need assistance in relation to water supplies, please contact the council by phoning 01467 539539 (during office hours) or by emailing: environmental@aberdeenshire.gov.uk

Some useful advice from Scottish Water is also available online: <http://bit.ly/2K1CQ7s>

**Don't just recycle
reuse!**

<https://groups.freecycle.org/group/montrose/posts/all>

The Freecycle Network™ is made up of 5,322 groups with 441 members across the globe. It's a grassroots and entirely nonprofit movement of people who are giving (and getting) stuff for free in their own towns and thus keeping good stuff out of landfills.



<https://www.ilovefreegle.org/explore/126>

Give and get stuff for free with Mearns Freegle. Offer things you don't need, and ask for things you'd like.



GIVE BLOOD

You can donate blood at:

The Sports Centre, Kirkburn, Inverbervie

3 September 2018

16:30 - 19:15

The Town Hall, Melville Gardens, Montrose

10 & 13 September 2018

14:30 - 16:00 and 17:30 - 19:30

For other venues or more information see:
www.scotblood.co.uk or call 0845 90 90 999

ART CLASSES at The Boat-house Studio Tangleha should resume at the end of the Summer and during Autumn.



Send your contact details to **Sheila MacFarlane**, The Boathouse Studio, 1 Tangleha, St Cyrus DD10 0DQ; email smacfarlane1@btinternet.com or Tel 01674 850342.

I can then get back to you with details when application forms are ready. I will also be posting on Facebook.

- **Accountancy, Taxation and Business Services** - Axiom Business Consultancy Limited. For a professional, confidential and prompt service for all your accountancy, bookkeeping, payroll and tax liability needs please contact Christopher Doan FCCA (Chartered Certified Accountant with over 25 years experience). Mob : 07572 835 144 or Email c.doan@axiombusinessconsultancy.com
- **Accountancy, Taxation and Business Services** - TaxAssist Accountants provide accountancy and tax services for the small business community and personal tax affairs. Please contact us for friendly and helpful advice on 01674 668200, or by email dougscrawford@taxassist.co.uk , or visit us at 1-3 Bridge Street, Montrose.
- **Antiques and Collectibles** - Croft Curios - Provincial Silver Flatware, Miltonhaven Caravan Park, Open daily 10am - 5pm; Tel: 01674 850413; e-mail: miltonhaven@btconnect.com; Website www.miltonhaven.co.uk
- **Architectural Services** - RGS Design; Bob Smith; Mob 0779 3007016; E-mail bob@rgsdesign.co.uk
- **Architectural Services** - Norman McIntosh MCIAT Chartered Architectural Technologist; Roundhouse Architecture Ltd, The Roundhouse, Lochside Road, St Cyrus, DD10 0DB. Tel 01674 850187; Mob FB 07754 758245; e-mail info@roundhousearchitecture.com; Website www.roundhousearchitecture.com
- **Beauty By Elaine** - Elaine Riddell 36 Invergarry Park, St Cyrus, DD10 0BU. Home visits available by request, Mob 07855 002497; email beautybyelaine@hotmail.co.uk; Beauty by Elaine
- **Beauty Therapist** - in the comfort of your own home. Hazel Anderson Tel 01674 850402; Mob 0774 5962502
- **Beauty Therapist** - MYA Beauty; Highly trained beauty therapist now taking bookings. I offer current 'in trend' treatments such as: - HD Brows - LVL - Lycon Waxing. For more treatments please go to my website: www.myabeauty.co.uk or by telephone on 07703693085
- **Blinds - Featherston Blinds**; Also extensive range of lamps and furniture; 141 High St, Montrose. Tel 01674 677602; e-mail info@featherstonblinds.co.uk; Website www.featherstonblinds.co.uk
- **Childminder** - Lisa Grant - Fully Registered Childminder, Age 4+, Breakfast Club & After School Club (drop off / collection St Cyrus Primary School) In service days & Holidays Tel: 07495427269
- **Chimney Sweep** - Ewan McLean, Barton, Kingoldrum, Kirriemuir. Mob 0771 1334203
- **Cleaning** - Maid4cleaning Ltd. We are a local cleaning business with 5 years professional cleaning experience in domestic and commercial cleaning. Tel 01674 850375 or 0757 7020586
- **Computer Repairs** - Sparky Computers; Mobile computer repairs service for home & business. Tel 01561 378911; Mob 07887 808556
- **Driveway & Patio Services** - John Adam; 01674 850779; Mob. 07771 846357; email johnadampaving@hotmail.co.uk
- **Professional Dog Groomers** - Purpose built Salon; all breeds catered for, pick up / drop off free of charge. Masagana House, Lochside Road, St Cyrus. Mob 0754 2849907; FB [Paws & Claws](https://www.facebook.com/Paws&Claws)
- **Driving School** - Brian A Thomson; Fairmont, South Links, Traill Drive, Montrose DD10 8EJ. Mob 0777 5727603
- **Electrician** - A1 Electrical (David West Proprietor); Select Approved Electrician; Tel 01674 677365; Mob 0775 9347353; Website david-west-electrical.co.uk; FB [David-West-Electrical](https://www.facebook.com/David-West-Electrical)
- **Electrician** - John McIntosh Electrical Ltd Registered in Scotland. SC433510. Registered head office: Lamondfauld Cottage, Dubton Road, Hillside, Montrose DD10 9EQ. Tel 01674 434 267 Mob 07971 520 435 Website www.johnmcintoshelectrical.co.uk
- **Electrician** - Barry West; Tel 01674 677365; Mob 0784 2911414; email barrywestelectrical@hotmail.com
- **English Tutor** - National 5/Higher English Tuition - Michelle Stirling, Maybank Lochside Road, St Cyrus. Mob: 07596465203; Email: ddmstirling581@glow.sch.uk
- **Garage** - The Motorstore Montrose. Repairs, Pre-MOT, tyres, batteries and exhausts. Tel 01674 678887
- **Garage** - Wilsons Garage, Main Road, St Cyrus. Tel 01674 850244. E-mail wilsonsgarage85@btconnect.com . MOT's, servicing, repairs and diagnostics.
- **Guitar Lessons** - Caroline Jones, LTCL. Experienced in working with children and adults. Also ukulele for beginners and music theory. Tel: 01561 361178. Website: www.carolinemjones.wordpress.com
- **Hairstylist** - Tammy, Mobile Hairstylist St Cyrus. Mob 0756 5594360
- **Handmade soap products** - Artesan Crafts at 14 Murray Street Montrose for handmade soap products and other craft gifts. Mob 07931 949190. Open Tues-Sat 9.30am - 5pm. For Dec/Jan see FB [@artesan.crafts.scotland](https://www.facebook.com/artesan.crafts.scotland)

- **Handyman** - Aaron's Home & Garden Services. Tel: 01674 850845 Mob: 07753180715
- **Hotel / Restaurant** - St Cyrus Village Inn - Bentleys Restaurant - Great Scot Village Pub. Tel 01674 850356; Website: www.stcyrus-hotel.co.uk; email stcyrushotel@btconnect.com FB www.facebook.com/St-Cyrus-Village-Inn
- **Joiner** - Ross Leitch Joinery Services. Tel 01674 677552, Mob 0789 2673099; Website www.rjlsld.co.uk
- **Joiner/Building Contractor** - Dontay Contracts - Windows/Doors/Extensions; Serving the local community. Call 01674 850055 or Mob 07723 323671
- **Joinery Manufacture** - MJM (Stevie Maddock) - Doors, Windows, Staircases, Bespoke Products; Mob: 07802894695; Website www.maddockjoinerymanufacture.co.uk
- **Joinery**, Property Management, Building Works, Bathroom and Kitchen Installation - MarNik Properties - Contact Mark 07468 451072 or Nik 07501 080398
- **Landscaping and Groundworks** - Gary Low; Tel: 01674 672494; Mob: 07969 066807; email: gary@gllandscaping.co.uk; Website: www.gllandscaping.co.uk/
- **Locksmith** - Will McDermott. Qualified Locksmith. 24/7 emergency call outs and all locks changed. Based in St Cyrus. Email: Will.advent@gmail.com Website: <http://www.willmcdermottlocksmith.co.uk>; Phone Number (free): 0800 0856820; Mobile: 07590623456
- **Man and Van** - MAF Couriers. Skip runs, DIY store collection or anything else you might need a van for. Tel: 07715557968; e-mail MAFCouriers@hotmail.co.uk; FB [MAF Couriers](https://www.facebook.com/MAFCouriers). Contact Mark for a quote.
- **Massage Therapy** - Remedial and Sports Massage (AMTS), Swedish (SMS). Hilda Peters, Member of Scottish Massage Therapists Organisation. Johnshaven (or home visit if required.). Tel 01561 361965; Mob 07810 374793; E-mail mitiselfortis@gmail.com
- **Painting & Decorating** - Grant's Decorating is a family owned business for domestic and commercial clients. Mob 07508244711; email enquiries@grantsdecorating.co.uk; Website www.grantsdecorating.co.uk; FB <https://m.facebook.com/grantsdecorating>
- **Plumber** - Heating Engineer. Martin Ritchie, Myreside, Long Row, Kirkton, St Cyrus; Tel 01674 850107; Mob 07837 578454
- **Photographer** - Snowfox Photography, Lee Corpe, St Cyrus, Mob 0779 2957118; Website www.snowfoxphotography.com
- **Reflexology** - Falling to pieces with back, neck, migraine or joint pain? The Dorn Therapy Method treats pain safely, naturally & gently. To get on the road to recovery contact lynne@butterflydreams.co.uk; Mob 07808 764712
- **Solicitors** - Scott Alexander, 46 High Street, Montrose, DD10 8JF. Contact Elizabeth Alexander on 01674 671477; Website www.scottalexandersolicitors.co.uk
- **Taxi** - St Cyrus Taxi; Nick Alchin. Wheelchair accessible, local, long distance, airports. Email stcyrustaxi@gmail.com; FB [stcyrustaxi](https://www.facebook.com/stcyrustaxi); Mob 07889 740235 - 07852 912896
- **Tool Hire** - R.K Services (Montrose) Ltd; 67 North Esk Road, Montrose. Tel 01674 677500
- **Typing Services** - Park Typing Services; Moira Park; Mob 07854 066026; FB [Park Typing Services](https://www.facebook.com/ParkTypingServices); Twitter [@ParkTyping](https://twitter.com/ParkTyping); Email parktypingservices@gmail.com
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The Newsletter is distributed to over 700 households in the village every two months.