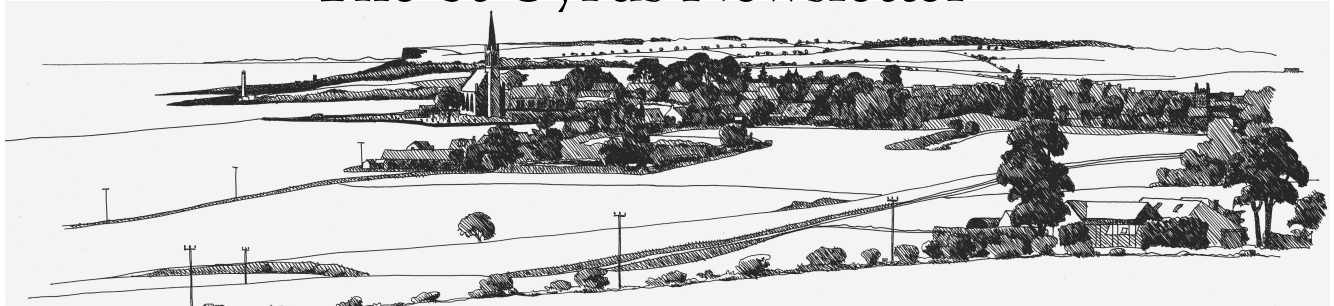


# The St Cyrus Newsletter



Volume 5 Issue 4 This is a free newsletter but donations are appreciated October/November 2007



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## Planning for Real

**Aberdeenshire**  
COUNCIL



Planning for Real (PfR) is a process of engaging with the community, which gives them the opportunity to say what concerns them about where they live, discover the developments they would like to take place and form an action plan.

These developments may be better organised by groups of people living together who are prepared to give their time and energies to improving the quality of life they enjoy or may be issues for other organisations to carry out.

The St Cyrus Planning for Real Group is independent of all other bodies and the members welcome others to join them in their first task, which is to arrange a community consultation day in the near future. The consultation will take the form of a three dimensional map of St Cyrus on which everyone in the community will be invited to put forward their views. The PfR Group would very much like the children and young people of St Cyrus to be involved in the making of this model.

Meanwhile you might take the opportunity to talk to Richard Lieper who is leading the PfR steering group or one of his team: Catherine McPherson, Allan Robertson, Mike Burleigh, Carlene Forbes, Bob Flann, John Sparrow, Bert Skinner, Morag Dalgarno, Louis Perera, Mary Singleton or Bill Howatson.

The survey conducted by South Aberdeenshire Tenant Resident Association summarised on page five is an example of a consultation but PfR has a much wider scope and aims to identify the ideas of all age groups which ought rightly to have a bearing on how their community should grow.

The PfR process will first involve most people when they are invited to contribute their ideas during a consultation day. The ideas contributed will then be sorted to identify those with a high priority and those which could be most easily implemented. Existing groups within the community may best be able to do some things but others may have to be discussed with Aberdeenshire Council or an interested sponsor. The next meeting of the group will take place on Monday 15<sup>th</sup> October in the Small Hall at 7.30pm. If you are at all interested in driving this project forward please do come along - you would be very welcome!

The St Cyrus PfR Steering Group



**Editorial Policy Statement**

The St Cyrus Newsletter is a free community newsletter produced and distributed every two months by volunteers to households and businesses in St Cyrus and district. The aim of those involved is to produce an informative, accurate and entertaining journal for those who live, work and visit in this area. We are supporting an integrated and inclusive community with information, entertainment and discussion. Letters and articles published in the newsletter do not necessarily reflect the views of the Production Committee and it they reserves the right to shorten, edit or not publish any item. Contributions will be attributed to the author. Vested interests will be declared where applicable. Articles should be between 200 and 300 words and the content should be original work relevant to St Cyrus and the environs. The St Cyrus Newsletter Group obtains written parental permission before including any photographs of children in the newsletter. When photographs of children are included they will not be given a full name and will not relate to an individual. The principal reason for this policy is because the newsletter is made available on the Internet as a downloadable PDF file. This policy is standard practice in all schools in Scotland. Photographic resources donated to and collected on behalf of The Newsletter Group remain the property of the group to illustrate the newsletter and may also be used to support village charitable fund raising. Entries for the Business directory are charged at £5 per issue for the single line entry of name, service and contact number.

**Production Committee**

- Maurice Forsyth Grant: Chairman
- Pam Harrison: Treasurer
- Mike Burleigh: Editor
- Lyn Hunt: Secretary
- Mary Singleton
- Bernard Tuck
- Robert Flann
- Elizabeth Leslie
- Richard Leiper
- Tom Dalziel

**Distribution Team:**

Organiser John Barrie supported by: Bob Hann, Andrew Hamilton, Mike Burleigh, Robert Smith, Heather Jenkins, Bev Rae Bert Skinner and Liz Leslie. Organisation by John Barrie.

Website: Frances Johnson/Bernard/Tom/David Percival

**Contributors to this edition**

- |                   |                    |               |
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| Wilma Jobson      | George Hastie      | Linda Babbs   |
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| Mary Singleton    | Donald Gillies     | Ruby Wilson   |
| Isobel Smith      | Karen Broomfield   |               |
| Mike Burleigh     | Alison Couch       |               |
| Andrew Christie   | Frances Johnson    |               |
| Yvonne Buck       | Allan Robertson    |               |
| John Macdonald    | Durward Tavendale  |               |
| Harry Bickerstaff | Georgina MacDonald |               |
| Susie Brown       | Allison Sutton     | Isla C Lupton |
| Dorothy Tuck      | Bernard Tuck       | Wendy Sparrow |



**Editorial**

The inaugural meeting of the Gardening Club was well attended by enthusiasts keen to improve their gardens and obviously very interested in learning from one another. Perhaps their collective energies may take the railway cutting saga into a new chapter? The SATRA survey suggests that most of us would like to see the area developed into a community wildlife garden. Looked upon as an opportunity for collaborative effort in design, care and maintenance the railway cutting can be seen as an exceptional opportunity to create a pleasant public garden as Johnshaven have proved possible. Given a communal potting shed and greenhouse a 'Gardening Club Railway Cutting Allotment' would be a resource in which we could all invest. Meanwhile you can contribute your ideas about this and other aspects of village life through the Planning for Real consultation.

Mike Burleigh

**DEADLINE !!!**

Articles and information for the next issue should arrive at the latest November 24<sup>th</sup>

Write to us at: Email: stcyrusnewsletter@beeb.net  
13 Scotston Place, St Cyrus DD10 0BZ



Dear Editor,

**Letters to the Editor**

We very much enjoyed reading the recent Newsletter over coffee in Country Crafts and found the article on the late Major Singleton most interesting.

We are former residents of St.Cyrus and now reside in Montrose which leads me on nicely to Bill Howatson's article on Violet Jacob and in particular her book The Interloper. The House in the Close in Kaims refers to our own house in Montrose-Straton House situated opposite the Library and regarded as one of the oldest houses in the town. Violet Jacob visited it many times and mentions it in her book The Lairds of Dun. She was connected to the elderly ladies who lived here, known as the Misses Renny. Her description of the house and garden were more or less taken from The Lairds of Dun but the real people are given fictional names.

Regarding the other names and locations which I found in the Reference Department of Montrose Library: Kaims = Montrose.

Blackport = Brechin. North Lour = North Esk.

Whanland = Kinnaber House. Garvie Kirk = St.Cyrus. Morphie = Gallery. Misses Robertson = Misses Renny. Lady Eliza = Violet Jacob's GrandAunt, who wore a red wig and was an awful character. Morphie Kirk = Logie Pert.

Yours sincerely  
Allison Sutton

Straton House, Montrose. August 2007





## St Cyrus Church Services are at 11:30am every Sunday.

Services at 10am in Johnshaven & 11:30am St Cyrus.

There will be family services on the first Sunday of each month and these will start on October 7 at 11.30am at St Cyrus.

Since 2002 Mearns Coastal Parish has been gathering funds to renovate St Cyrus church. We had some money from the sale of our older buildings and there has

been successful fund raising for which we are grateful but costs continue to rise. Our architect has outlined a plan of essential work which will include reproofing the building, replacing rhones also painting and gilding the clock faces. We have applied for a grant from the Heritage Lottery Fund and hope that if all goes well we may be able to start work this year.

### Wedding:

11th August Sharon Robertson & Darren Bruce. St Cyrus

**Obituary:** Mrs Ethel Nicolson died on 1st September aged 80 at A.R.I after a short illness. Ethel was born in Shetland in 1927 at Uphouse, Cunningsburgh and was one of nine children. She married her husband Harry who was also from Shetland in 1948 and they had three children Sheila, Margaret and Carol. The family came to St Cyrus in 1971 and ran one of the shops. Ethel lost Harry in 1989 and continued to live at Dawn View which had been the family home since 1973. She loved her garden and spent many happy hours there with her cat Cindy. Ethel loved animals, hated to see them mistreated and supported many animal charities. Ethel and Harry were delighted when their grandson Neil was born in 1976 and Ethel was overjoyed when he married Lesley in 2000 and they had two little boys Adam and Joe. We extend our sympathy to Sheila, Carol, Margaret, Syd, Neil, Lesley, Adam and Joe.

### Catholic Services:

Saturday 6.30pm St David's Episcopal Church: Bervie  
Sunday Mass at 9am and 11am St Mary's Stonehaven

### St Cyrus Announcements

Please inform the editor before the deadline if you wish to include an obituary, announcement of a birth, death, engagement, wedding, birthday or achievement in this newsletter

### St Cyrus Youth Club New Session 07/08

We have managed to put a new committee together for the 07/08 session but really need more parent guardian help when it comes to volunteering for trips/fund raising.

Juniors: P5 - P7 - 6.30pm to 8.15pm

Seniors: S1 - S3 - 8.30pm - 10.00pm

Yearly Membership £6.00 for first child and £3.00 for any other sibling thereafter. Weekly subscription £1.50.

### Scottish Episcopal Church

**St Mary's + St Peter's Montrose**

8am Sunday Said Eucharist

11am Sung Eucharist

Wednesday 10:15 Said Eucharist

**Inverbervie: St David's**

Sung Eucharist 9:30am Sunday

### The Free Church in St. Cyrus

#### Meeting in the Public Hall

Quotation from the Bible: Proverbs 3: 13, 14

"Blessed is the man who finds wisdom,  
the man who gains understanding,  
for she is more profitable than silver  
and yields better returns than gold."

*...Biblical retail therapy!*

Outlines of meetings for October/November.

**Worship & Learn** Preacher - Jonathan Cook  
3pm Sunday 7th October St Cyrus Village Hall.

"Gideon". Refreshments.

**Mid month meeting**

Sunday 21st October.

House group at Muirhead Cottage.

**Worship & Learn** Preacher - Neil MacMillan  
3pm Sunday 4th November St Cyrus Village Hall.

"Nehemiah". Refreshments.

**Mid month meeting** Sunday 18th November.

House group at Muirhead Cottage.

**Weekday Personal Bible Studies.**

By arrangement. One to one or small group. Informal.

Contact - Cathy Gillies, 850607

### St Cyrus Primary School

October holiday dates from Thursday, 11<sup>th</sup> Oct  
returning Monday, 29<sup>th</sup> October.

### A note from the Newsletter Group Committee.

We hope you all enjoy the colour centre page but must inform our readers that we are unable to include these in every edition as we have no funds for this.

The cost of printing a double sided colour page for one issue can be up to £200 which is our best taking for a fund raising coffee morning.



## St Cyrus National Nature Reserve



The highlight of another very successful summer events programme was a new event to celebrate National Moth Night. Moth experts Dr Mark Young and Brian Stewart discovered a nationally rare moth living on the reserve. The micro moth *Lobesia abscisana* has only been found at one other location in Scotland, in the Shetland Isles, and this is the first record for the moth on the Scottish mainland.



Garden Tiger moth

National Moth Night, held this year on Saturday 11<sup>th</sup> August, is organised jointly by Atropos (butterfly, moth and dragonfly journal) and the UK charity Butterfly Conservation. Volunteers carry out surveys on the same night covering as wide range of habitats as possible and collate the results to give an idea of the distribution and numbers of different moth species throughout the UK.

St Cyrus reserve is well known for its colourful butterflies including the rare small blue butterfly, but few visitors realise that it is home to over 220 types of moth. Local moth enthusiasts Brian Stewart & Dr Mark Young of Aberdeen University set up light traps across the dunes to investigate the moths that take to the wing as dusk falls across the nature reserve.

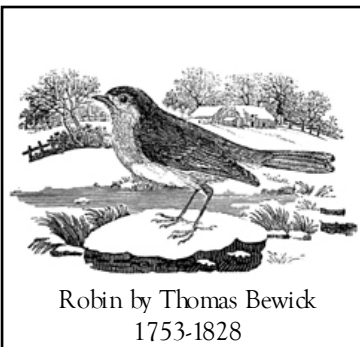
Ten adults and six children joined Brian Stewart and Alison Couch on the Sunday morning for 'Operation Moth' to discover what had been attracted to the light traps during the night. The moths were identified and recorded, for inclusion in the national results. In total 81 species of moth were recorded ranging from tiny micro moths to large, brightly coloured Garden Tiger moths and demonstrated that the popular belief that moths are not as colourful as their butterfly cousins is very far from the truth.

Alison Couch



Cinnabar moth

**Stolen Trailer!** Some time around Wednesday 5<sup>th</sup> September our new Ifor Williams tipping trailer was stolen from the nature reserve car park. If you have any **information** please contact the nature reserve on 01674 830736 or Grampian Police on 0845 600 5 700.



Robin by Thomas Bewick  
1753-1828

**Winter Songster - or Assassin?** Birds sing of course and everyone now knows, from TV wildlife programs, they don't actually sing their wee hearts out simply for our pleasure. That, of course, doesn't take away in the slightest from the pleasure they give us when they're in full song. Sometimes, at three o'clock in the morning in mid-summer, our local Blackbird isn't exactly appreciated, even if it is one of the loveliest songsters in the world.

So why should we be hearing the wistful song of the Robin at this time of the year? Surely, they're not nesting and protecting a nest just now?

Well, they're definitely protecting something, for as we now know; birds don't sing for nothing.

Perhaps seeing a Robin's incredibly aggressive reaction to a simple small ball of red wool can give some clue.

Local Robins are, in fact, joined by continental Robins at this time of year and there is tremendous competition for a regular source of food from all these extra birds; a competition which frequently ends in death!

It is Robins themselves, which cause the deaths, as they are now into survival mode and the loser will die.

Sometimes, the death is from starvation, but a lot of the deaths are directly caused by other Robins.

Discussing this once, with my wife, she was amazed to find two Robins fighting so violently that they, literally, came tumbling over her feet! They paid absolutely no attention to the human figures beside them, as this was a fight over food and winter resources.

Robins need to think for a whole winter's provision and that means they do not share. Anything which remotely resembles another Robin is quickly, and violently, seen out of the area.

That sweet, wistful song, is actually a death threat to any other Robins in the area.

So if someday you find a dead Robin, with a neat hole drilled into its head, remember; it is almost certainly a result of the fight for survival, which takes place every autumn and winter on our doorsteps by our 'Whistling Assassins'

Harry Bickerstaff



St Cyrus residents south of the A92 were asked to contribute their views on the development of the Railway Cutting between Mercury Terrace & Morphie Drive. There were 56 Returns with 1 blank form, a total of 55 net.

Q1: Do you want this area to be left untouched? Answers: Yes 2 no 49

Q2: Do you want this area to be cleared of all rubbish? Answers: Yes 54

Q3: Would you want this area to be maintained by Aberdeenshire Council in future?  
Answers: Yes 52 no 1

Q4: Would you like to see this area landscaped? Answers: 41 yes 9 no

Q5: What kind of landscaping or development would you like to see?

Several persons answered this last question with phrases and sentences included in the following:

The cutting should be developed with small trees, perhaps rowan plus shrubs and plants, a rock garden and easily maintained grass area/s similar to what was done at the railway cutting in Johnshaven.

Some added that the area would need to be suitable for elderly, should be wheelchair accessible, must be lit with at least one street lamp and might have a memorial bench. One person observed that an overhead shelter from rain would also be an advantage (many communities now have these 'Youth Shelters'. Another wrote "A communal garden with 2 or 3 points of access to provide informal meeting place for villagers" another wrote "The need for a well lit through pathway with benches, trimmed grass and steps up to Cliff Place" which nicely illustrated that the site would need to be open and not remain a cul-de-sac.

One returned form pointed out that we have no allotments in the village and that this area might be organised to provide space for communal use.

It was suggested that it was nice to have a natural habitat for flora & fauna within the village and that it should be developed as a wildlife garden and haven to attract wildlife with a small shallow pond and perhaps the primary school would have some involvement and use the area for nature study. Many requested landscaping with small trees, bushes, shrubs, grass, flowers and some offered to contribute plants. Several suggested that seating on the flat open area next to Morphie Drive would allow an overview of the whole cutting and that this area should be tidied up so that people could sit on benches and that bins would be needed for those who exercise their dogs in the area.

The most radical plan was to tidy the area by levelling which would enable it to be used for either off road parking or an easily supervised play area for children with swings, climbing frame as exists elsewhere around the village. One remarked that it would be nice to have a walk through trees and shrubs but that the deepest part of the cutting might need filling in a bit.

Many responses showed concerns at how the area might not be respected suggesting that it might be vandalised but others observed that currently the disrespect was being shown by those who left litter and rubbish. There was also a concern that the land next to 15 Morphie Drive had been damaged when used as a building site.

One or two (obviously people who attend the Community Council meetings) were aware of some technical and legal problems to be addressed before we can begin 'making things happen' they also showed awareness of a need to make the area low maintenance as the council has no budget to take responsibility for this area. The skate park idea was referred to but I think the issues there are well known to folk especially those who know anything of the Laurence Kirk skatepark.

However several people rightly observed that children south of the A92 have to cross a busy road could do with having a small playing field and five a side pitch fenced to prevent nuisance to neighbouring properties. It was also suggested that an area where children could safely use off road track bikes and toboggans in the winter was needed hinting that a shortage of safely accessed play space for children in the village might locate this elsewhere than the cutting. The need for a place where teenagers could meet was also mentioned. One response proposed a fence enclosing a five-a-side pitch to prevent nuisance to neighbouring properties.

With regard to implementing any of the above one return suggested that the support of a TV gardening programme might help draw together a team to develop & maintain a community garden and one very detailed plan evidencing much thought and effort proposing a garden was accompanied by the statement that we should "Seek professional advice rather than the well meaning ideas of amateurs like myself"

Summarised by the editor

Fence off Mercury Drive & Morphie Terrace to try to keep rubbish out

**'PRESSURE' from our own Weatherman** [Mac provided a chart for which we did not have space]

Pressure, we are all under pressure, every day we have the pressure of work, school, life, just about everything we do has some kind of pressure associated with it. But there is one kind of pressure that very few of us think about and that is atmospheric pressure. What is atmospheric pressure? It is the weight of the air above us and all its components, on the surface of the earth. This affects us in many ways. Atmospheric pressure contributes to the speed and direction of the wind, the temperature of the air and the type of weather we have. High pressure is said to bring with it good weather while low pressure brings poor or bad weather. However there are exceptions. An old area of high pressure that has been around for a long time can and will bring very low clouds, fog, smog, drizzle and long periods of light rain. Low pressure moving fast can bring first heavy rain, and strong winds followed quickly by rapidly clearing skies, warm air and bright sunshine. Both of these systems are not the norm, the high would normally bring good weather and the low bad but watch out things can and do change. Just remember we will have weather, whether or not.  
HAVE A NICE DAY Questions for MAC?

## Gardening for Everyone

The St Cyrus Gardening Club was launched at a very well attended meeting of thirty persons and apologies from a further ten. After some very informative instruction on making compost from the Rev George Hastie and lively discussion with Alison Couch telling us about her work as SNH Reserve assistant helping the St Cyrus School Nursery children make a garden corner and contributions from many others suggesting activities for future garden club meetings, a committee was agreed upon and the date of the next meeting decided.

We will meet henceforth at the Public Hall on the 3<sup>rd</sup> Tuesday of every month but much is yet to be decided upon such as membership charges etc. The informal atmosphere with everyone obviously feeling comfortable and confident to contribute will continue to be the main feature of our meetings. With such a pleasant learning environment we can all expect to benefit and our gardens also hopefully some shared garden allotments throughout the village, will soon evidence improvement whilst we will also reduce the costs involved.

The members already represent a good cross section of our village community and some we all agree are experts and the rest of us who know enough to know we know nothing!

By organizing the exchange of plants and gardening knowledge we aim to reduce the escalating costs of improving our gardens. A Supplier has agreed to give us very favourable discounts (for example 80 litres of compost for £3) which together with the reduced costs of bulk buying will help us all. Our first practical sessions will help us all prepare for the autumn and winter. Come along to our gatherings, perhaps meet some new friends and in a year or three St Cyrus might even win A Britain in Bloom competition! To join

the St Cyrus Gardening Club contact Pam Harrison on 850283

Our Committee to date comprises: Chairman - Pam Harrison

Vice Chairman - Marion Beaton, Treasurer - Lina Forsyth-Grant, Secretary - Sue Waddicor

Committee Members: Lyn Hunt, May Watson, Frances Johnson, Alison Couch

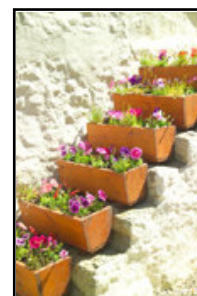
3<sup>rd</sup> Tuesday of each month in the Public Hall

Tuesday 16<sup>th</sup> October 2007 at 7.30pm – 9.30pm

Tuesday 20<sup>th</sup> November 2007 at 7.30pm – 9.30pm

Tuesday 18<sup>th</sup> December 2007 at 7.30pm – 9.30pm

Pam Harrison



Pam Harrison

## A QUICK FLOWER ARRANGEMENT.

### PROCEDURE.

1. Place wet oasis into cylindrical vase level with the top. This is optional as the arrangement can be done without it but it is easier to place the foliage and flowers using oasis.

2. Place the branch at the back of the oasis in the vase. The height of the arrangement can be 1-1.5 of the height of the vase.

3. Put the two upright leaves in front of the branch.

4. Then the two leaves at the bottom. (first photograph)

5. Flowers are placed with the smallest at the top and working down to the largest or a spray in between leaves at the bottom of the arrangement.

Flowers will probably wither before the leaves so it is simply replacing the flowers and you then have another arrangement.

Happy flower arranging. Isobel Smith

### MATERIALS USED : First arrangement

1 leafless branch (contorted Hazel in these arrangements but any twiggy branch would do)

Two New Zealand flax leaves (any pointed leaf could be substituted)

Two fatsia leaves (again substitutions could be hosta in the summer, ivy and hellebore in the colder months)

Three dahlias (or any single headed flower)

### MATERIALS USED : Second arrangement

Branch

Two fern leaves

Two bergenia leaves

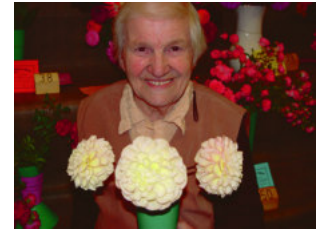
Two stems spray chrysanthemums



Isobel Smith



# St Cyrus Flower Show 2007



Above are some of the 2007 St Cyrus Flower Show Prizewinners

The Annual St Cyrus Flower Show was held in St Cyrus Public Hall on Sunday 19<sup>th</sup> August 2007. Despite some rather inclement weather the event was well attended and a good day was had by all.

Among the prizewinners were James Shepherd & Georgina Davidson (top)

**FLOWER SHOW 2008:** Our AGM to plan for next year will be held on **Thursday 11<sup>th</sup> October at 7.30pm** in the Public hall. If you are interested please come along as we would like to have new committee members. Immediately after our short AGM we discuss and set out the schedule for next year so if you have any good ideas for our show why not join us? We meet again in the spring to finalise details for show day and then once more in August to run the event. We are a very friendly committee and enjoy playing a part in village life through our St.Cyrus Flower Show. Please come and join us.

Isobel Smith

**The School Sunflower competition winners were:**

1. Rebecca Foster 2.6metres
2. Connor Jenkins 2.32metres
3. Mark Jobson 2.12metres

Below are some of the St Cyrus Primary School paintings exhibited at the Flower Show



# St Cyrus Flower Show 2007

## Photographing Flowers



Flowers come in various shapes and sizes and depth. If your Camera has aperture controls try setting the aperture at f16 or f22 for greater control over

how much remains in focus. If you want

to make the flower stand out from its background try using 5.6 or less.



The flowers on this page are all prizewinners at the 2007 St Cyrus Flower Show and were photographed indoors with a black background to make them stand out.

Photographing flowers out of doors requires a steady hand and a lot of patience. If it is windy and the flowers are blowing about you should probably think of waiting for a less windy day otherwise you will probably be disappointed with your results. You can always try a wind shield such as a firm piece of card or hardboard (preferably white or silver) to reflect light back into the flowers.



Centre pages by Tom Dalziel

The light is usually best in the early morning and usually the wind is lighter in the morning, too.

Watch out for deep shadows which can affect your results.

Try to photograph a flower that is blemish free as any blemishes show up more distinctly in close-up. Remember if you are photographing flowers

in the wild, **NEVER** remove them from their natural habitat

**Always use a tripod or monopod, if possible to minimize the effect of movement, both of the flowers and your camera.**

**St Cyrus Calendars:** Collect any calendars you ordered from the Old Bakery coffee shop.

**2009 Calendar Competition:** Folk are already sending me photograph entries; remember to take the camera with you when you go out for a walk.

Tom Dalziel





Ben More left and Stob Binnein right from Cruach Ardrain, south east of Crianlarich.

## Munroitis

Hello, my name is Lindsay Kerr and I have an addiction. Munros are Scottish Mountains over 3,000 feet high and it seems that I am destined to walk the hills forever in an attempt to climb all 284 of them.

It all started in 1998 when at the age of 52 I discovered that a path led to the top of 4,409 foot Ben Nevis, Scotland's highest mountain. This surprised me for up until then I had presumed that dimbing mountains was a risky pursuit involving ropes. Intending this to be a one-off event I got some sensible gear together, left my home in St Cyrus at 3am, drove 170 miles to Fort William and climbed the 5 mile Pony Track Path from the car park in Glen Nevis to the summit.

I felt very proud, but during the drive home a strange thing happened. I found myself making plans to climb 4,295 foot Ben Macdui in the Cairngorms, Scotland's second highest mountain. I had been smitten with Munroitis, a condition from which, according to the famous mountaineer Hamish Brown, there is happily no escape and no known cure.

Over the past 9 years, dimbing a hundred Munros has led me through many adventures with each expedition forming a story in its own right. I got lost, camped wild, experienced joy and faced fear. I discovered myself as well as the mountains and whenever things went wrong I stifled the panic with humour.

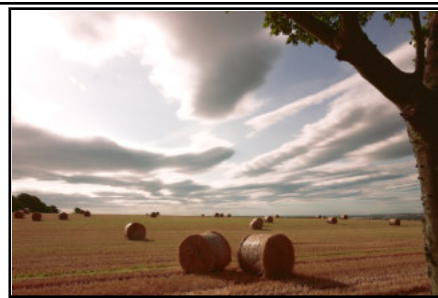
As with most Munro baggers I reached enlightenment. I became more at home in the hills and I dimb Munros now to enjoy them rather than just to tick them off a list.

It is still an addiction. I get withdrawal symptoms and yeam for my next campaign, then afterwards live through it again while telling the tale.

Lindsay Kerr

**Editor:** Lindsay keeps a diary of his dimbs, some of which we will publish in future issues perhaps challenging others to follow his example of healthy living.

**Farming Calendar:** Harvest 2007 must go down as one of the most peculiar we have ever experienced at Scotston. After a dismal summer, the weather actually brightened up in the nick of time so we managed to get through it quite well. The barley looked good but the wheat, which had grown far too tall due to mistimed chemicals and rain, began to fall over. Since cereals are much more difficult to combine when flat on the ground we sprayed it with glyphosate to hasten ripening and kill underlying weeds. It's the first time we've tried that and I'm sure it won't be the last.



We sold all the malting barley in advance in spring for what was a tremendous price at the time but when other parts of the world suffered seriously awful weather conditions thereafter, completely ruining their crops, Scottish prices started to rise. In the end "spot" price was at least £50 per tonne more than we got but those of us who had contracts benefited in that we were the folk who actually got grain away off the farm quickly because buyers understandably wanted to know how much they already had before committing to signing up for anything so much more expensive.

Normally we might be worried after a load goes away in case it is rejected and paid at feeding price minus transport and drying costs. In 2007 we were all rather hoping it would be rejected because then it would be worth £30-40 more as feed - a very strange experience.

The other significant thing about 2007 was the reminder that frail life still goes on around us and personal circumstances can make working patterns a matter of juggling. But those of us who work on the land know that tasks like lambing, sowing and harvest can't be put off to another day. Sometimes good neighbours and friends are able to help out but mostly we just get on with it ourselves. It's all part of the job and actually hard work can be very therapeutic.

mary singleton

**GALA DAY FUND RAISING:** We held a very successful Car Treasure Hunt with around eighteen cars taking part, and approxiamely fifty persons, many thanks to all who turned up on a very miserable day (weather wise), to support this Gala Day fund raiser. A much appreciated thanks to Colin & Isobel for all their hard work in preparing the route & clues.

Forthcoming fundraising event, the much anticipated Halloween Disco, Saturday 27<sup>th</sup> October, 8.00pm till 1.00am, at the St. Cyrus Public Hall, tickets £5, available from the Hotel, Filling Station and Committee Members.

Fancy Dress optional!!!!!!!!!!!!

Bob Smith

<b>0845 90 90 999</b>	<b>GIVE BLOOD</b>	<b>www.scotblood.co.uk</b>
<p>Laurencekirk, St Laurence Hall Thursday 4<sup>th</sup> October 3.00-5.00 &amp; 6.00-8.30pm.</p>		<p>The Sports Centre, Inverbervie Thur, 8<sup>th</sup> November 2007 5.00pm to 8.00pm</p>
<p>The City Hall, Brechin Tues, 2<sup>nd</sup> Oct 07, 3.00pm to 8.00pm Thur, 4<sup>th</sup> Oct 07, 5.00pm to 8.00pm</p>		<p>Aberdeen regular sessions Foresterhill Road Tuesday &amp; Wednesday 4.00-7.30pm (walk-in or appointment) Wednesday 8.40am - 3.30pm (appointment only) Tel 01224 685685</p>



### Flu Vaccinations:

It is hard to believe that the 'flu' season has returned again. You are entitled to a free NHS flu vaccination if you are over 65 or have a chronic disease such as: diabetes, respiratory disease including asthma, heart disease, renal disease, immunosuppression due to disease or treatment, nursing home patients/long stay residential, liver disease, carer

**St Cyrus Patients** - a Flu vaccination clinic will be held in St Cyrus Public Hall on Monday 15<sup>th</sup> October, 2007 from 9.30 am - 12 noon. Please telephone the surgery to make an appointment.

If you do not fit into one of the above categories and wish a flu vaccination contact either Albyn Hospital, Boots, Charles Michie or any other chemist who will give information on a private flu vaccination. The cost is around £20 - £25 per vaccination.

**Eye Health Care:** From 3<sup>rd</sup> September, 2007 local Optometrists (Opticians) can provide free eye health care paid for by the NHS. If you now have an eye problem including an eye emergency you can visit your Optometrist for advice. Optometrists have the same equipment as Ophthalmologists. After they carry out the examination they may be able to treat and manage your eye problem at their practice, or they can refer to a hospital Eye Clinic. The local Optometrists for the practice are:

Duncan & Todd, Stonehaven, The Spectacle Company, Stonehaven/Montrose, Boots the Chemist, Montrose/Aberdeen

To find any Optometrist you can call the free NHS Grampian helpline on 0500 20 20 30. If you have an eye problem out-of-hours you can call NHS 24 on 08454 24 24 24 if you feel your eye problem cannot wait until your Optician or GP Practice opens.

### Aberdeenshire Signposting Project

The Aberdeenshire Signposting Project is now up and running at Inverbervie Medical Practice. The Scottish Executive funds the project and it is to help people who could be at risk or who are currently experiencing mild to moderate health problems e.g. people who:

- feel isolated and alone
- have lost confidence
- are new to the area
- have found themselves unemployed
- are coping with some kind of loss

The project is for all people, over 16 years of age, who are in any of the above categories.

Any member of the medical staff here at Inverbervie can make a referral to the Signposting Team. The aim of the project is to source, both locally and further afield, the most relevant sources of help, support, information or advice. The Signposting Team will also accompany people who feel that joining a club would be beneficial to them but who are reluctant to go on their own. Please ask anyone here at the Medical Centre if you require any more information.

### Prescription Delivery Service

New drug regulations have come into place which have restricted the items the Charles Michie Pharmacy are able to send down to the Post Office. These include some painkillers, sleeping tablets or anything that requires cold storage (e.g. Insulin). All other medication will continue to be sent down to the Post Office. If one of the items requested has been restricted a note will be enclosed in the bag with the other items informing the patient that there are more items to be collected at Charles Michie in Inverbervie.

### Hospital Waiting Times

By 31<sup>st</sup> December, 2007 there will be new ways of defining, recording and measuring waiting times. This will make waiting for hospital appointments or admission more transparent, consistent and fair for patients.

If the patient cancels their appointment or admission, they are recorded as "could not attend" (CNA). Their waiting time clock will be set to zero and they will be offered another appointment.

If the patient cancels again, advice will be sought from the Healthcare Professional to whom the patient was referred on what is the most appropriate action. Either a further appointment will be offered and the patient's waiting time clock will be set to zero from the date of cancellation or the patient will be returned to the care of the referrer e.g. GP.

If the patient does not attend their appointment or admission they are recorded as "did not attend" (DNA). A further appointment will be offered and the patient's waiting time clock will be set back to zero.

Lorna Grubb Practice Manager

## All The Public Hall windows are now double glazed



Public Hall Bookings made with Yvonne Buck Hallkeeper 850160  
Fees are paid to Lina Forsyth-Grant Treasurer 850355  
Letting Charges: Committee Room Small Hall Large Hall  
Regular Users: £4.50/hr £4.50/hr  
£6.00/hr  
Occasional Users: £6.50/hr £6.50/hr  
£8.00/hr

The Public Hall is available for hire to all local residents.  
Occasional users are required to pay a deposit of £50 together  
with the fee for hire of hall prior to the event. The deposit is  
returnable if the hirer has complied with the terms and condi-  
tions of hire.

### FUNDRAISING EVENTS TO BE HELD IN HALL: OCT/NOV

Playgroup Prize Bingo 'nite' Saturday 6<sup>th</sup> Oct  
Gala Day Fund Halloween Disco Saturday 27<sup>th</sup> Oct 8.00pm to 1.00am  
Community Fund Raising Saturday 24<sup>th</sup> Nov 10.00am - 2.00pm

ST.CYRUS PUBLIC HALL COMMITTEE MEETING  
Tuesday 2<sup>nd</sup> October 7.00pm

~ IMPORTANT ~

Hall User Group representatives are requested to  
attend as there will be a Fire Prevention Update  
Georgina MacDonald—Secretary 850896

## TIMETABLE OF REGULAR EVENTS

Playgroup Rising 3's	Monday	9.30am - 11.00am
Playgroup	Monday	11.15am-1.45pm
	Tuesday	9.30am-12.00am
	Wednesday	9.30am-12.00am
	Thursday	9.30am-12.00am
Toddlers	Friday	9.30am -11.30am
Friendship Club	Wednesday	9.00am -1.00pm
Country Dancers	Monday	7.30pm - 9.00pm
Tea Dancers	Friday	1.45pm - 4.15pm
Youth Club	Friday	6.00pm - 10pm
	Juniors P5 P6 P7	6.30pm-8.15pm.
	Seniors S1 S2 S3	8.30pm-10pm.
Keep Fit	Wednesday	8.00pm-9.00pm
Free Church	1 <sup>st</sup> & 3 <sup>rd</sup> Sunday every month	3.00pm -5.00pm
WRI	1 <sup>st</sup> Monday every month	7.00pm - 10pm
Senior Citizens	2 <sup>nd</sup> Monday every month	7.00pm - 9.00pm
Public Hall Committee	1 <sup>st</sup> Tuesday of each month	- 7-9.00pm
Community Council	2 <sup>nd</sup> Tuesday every month	7.00 - 9.00pm

## St Cyrus W.R.I meet at 7:30pm.

Visitors, former and new members welcome  
Please contact Mrs Thomson Secretary 850161.  
Kathleen Masson is President

W.R.I meetings :-

November: 'Source of the Luther to the sea' The  
speaker will be Ian Bell.

3<sup>rd</sup> December: 'Entertainment by Auchenblae' 9<sup>th</sup>  
December, Christmas Lunch at George Hotel.



**The New Hope Trust** Saturday 27<sup>th</sup> October,  
Coffee Morning will be held in the Public Hall from 10.00  
am until 11.30am. There will be a Raffle and stalls for Home  
Baking, Bric-a-brac, Crafts and Books.  
We are also collecting Donations for the Christmas Shoe Box  
Appeal at this event. Con-  
tact Mrs Wendy Sparrow for further information about the  
Coffee Morning and the Shoebox Appeal, Tel 850739

## St. Cyrus Public Hall Fund Raising Update

In August we were awarded £2570.33 by Rural Development Small Awards Fund to buy new crockery and cutlery, a new boiler and extractor fan for the kitchen and to replace a small window with a new double-glazed unit.

The summer coffee mornings raised £369 and Rainbow Whist held in September raised £172 towards Hall Funds.

The next event planned is Community Fund Raising on Saturday 24<sup>th</sup> November from 10.00am until 2.00pm.

Representatives of hall user groups and local people who produce craft items are invited to book a table (6ft.x 2ft 3ins) and do their own fund raising in the hall.

The Hall Committee will raise funds for the Hall by selling tea, coffee and cakes from 10.00am and soup and sandwiches from mid day.

Donations of Raffle prizes will be much appreciated. There will be a fee of £5.00 per table booked. Booking forms can be obtained from Dorothy Tuck Tel 850003 and must be returned to the committee, with the fee, before the end of October.

The final event of the year will be the St Andrews Dance on 1<sup>st</sup> December. A light supper will be included in the ticket price.

Look out for posters with more details at a later date.

PLAYGROUP: 'Prize Bingo Nite' Saturday 6<sup>th</sup> October. Tickets (£1) will be on sale from beginning of next week from Karen Broomfield 850581 or through playgroup, they will also be available from The Garage and at the shop.

**Apologies:** to Allan Robertson that we were unable to make space for his series on disability travel which will be continued in the December-January issue, also to Durward for being unable to include his contribution.  
Editor

## St Cyrus Bowling Club

During the summer St Cyrus Bowling Club was visited by members of Scottish Disability Sport who are not only preparing for the first IBD World Championships to be held in Australia in October 2007, but also training to defend the gold medal for Scotland in disability bowls at the Commonwealth Games in Glasgow in 2014. In a letter of sincere thanks received from the Chairman of Scottish Disability Sports, it was acknowledged that the bowling facilities at St Cyrus were positively outstanding and that the visitors were particularly impressed by the green and 'bowled over' by the outstanding hospitality extended by our club



Sadly this summer has been rather wet resulting in a few occasions when bowling has been rained off. Hopefully we'll have a few sunny evenings yet to finish off the season. The results of this year's competitions will be published in the next edition of this newsletter.

Ruby Wilson



I thought that in this issue I would write about the basic requirements for setting up a website. This is something I have been working with for some time now so I thought I would share my knowledge in Computer Corner.

It is not as difficult as it may at first seem and not as expensive as you think to get a web site up and running. There are a few fundamental requirements that need to be considered when embarking on setting up a web site.

Firstly you need a name for it otherwise known as a domain name. You can log on to a website like [www.lowcostnames.com](http://www.lowcostnames.com) and type in the domain name you want to get. This facility is available on all domain name reseller's sites which will allow you to quickly discover whether the name you have chosen is already taken. Once you have established its availability you need to decide whether you want it to be a .com, .co.uk, .org, .me.uk or one of the others on offer. Usually a .co.uk name costs around £12 for the year, a .com is roughly double.

The next step is to find a host to upload your web site to. This can be your own internet service provider or any one of a number of companies willing to take you on. For a basic site for a year you would be looking to pay around £25 for a basic hosting package. This allows you an e-mail forwarding facility as well as somewhere to park your web site and domain name.

The web site itself is usually a collection of pages that are built on a type of computer language that the World

Wide Web can understand. The main languages are html and php although there are others these are the ones that are still the most common. Thankfully you need not concern yourself with the detail of these because there are web site editors now that can do all the computer language work for you. As long as you can desktop publish you can put together a basic site with linking pages and graphics to enhance its layout while the editor makes your masterpiece work. FrontPage that comes with Microsoft office for example, is a handy tool that can do this kind of hard work for you. There are other editors available which you should find after a bit of digging around on the internet.

Once you have got your domain name, your host and your website all you need to do next is to load it up to the internet. Your host will send you information on how to do this. The important software required for getting the site transferred to the internet is a File Transfer Protocol (FTP) manager. Smart ftp is a free download that can do this for you. You need the username, password and ftp address of your host. Once you have put this information into the appropriate boxes in the FTP program it will connect to your domain and you can begin upload of your site. You will need broadband to make this a smoother operation. Once this is complete you and anyone else who knows your web site address can access your site. If anyone needs further information on this log on to [www.andrewspcadvice.co.uk](http://www.andrewspcadvice.co.uk) and fill in the inquiry form and I will be happy to give further free advice.

Andrew Christie

**Diamond Wedding:** Bob and Bunty Smith, Mercury Terrace, celebrated their diamond wedding on 15th August. First to arrive was Postie Durward with the card from the Queen. Morning visitors included Lord Lieutenant. Mrs Carol Kinghorn and Deputy, Dr. Andrew Orr who presented the couple with flowers and a card. Lunch was celebrated at The Old Bakery with son Robert and wife, daughter Barbara, Gerald Ritchie [Best Man] and his wife. An appropriate place for Bob and Gerald, both bakers by trade, who reminisced on the use of the oven still visible there. In the afternoon Provost Bill Howatson arrived with flowers for Bunty and whisky for Bob from Aberdeenshire Council. Four generations of the family gathered in Broughty Ferry along with best man and bridesmaid Mary Stephen to finish off the celebrations. Isobel Smith



### St Cyrus War Memorial



November 11<sup>th</sup> and the act of remembrance for those who gave their lives in the two great wars approaches. Only a very few communities in the United Kingdom could be described as “blessed villages” in that none of their men or women paid the supreme price in the defence of their country. The lost men of St Cyrus are commemorated on the memorial before the church which bears the names of 39 villagers who fell in the Great War and 11 who died in the Second World War. The churchyard contains two War Graves Commission headstones whilst a further casualty of the first war is interred in a family plot.

Several other men are named on family headstones. Examining these I became aware that there are three names missing from our war memorial. The family plot of Robert and Jessie Jolly shows details of their sons Robert a Second Lieutenant in the Gordon Highlanders who died in November 1919 and is buried there and Norman a Lieutenant in the Royal Army Medical Corps who was killed at sea in December 1942; his name is recorded with others who were lost at sea on a panel of the Brookwood memorial. The third is James the son of George and Susan Watson who as a member of the Scots Guards fell in action in January 1915; he has no known grave and is named on the Le Touret memorial in western France.

I would like to see the names of these three men added to our own memorial and have established that this could be done by a Montrose company for about £180.

I would welcome support from the members of the community to achieve this and would like to ask for donations toward the cost of the work. My interest in the War Memorials Trust has already been stated in an earlier newsletter and I would add that any surplus in contributions received would be sent into that trust to further their work of maintenance of war memorials.

Donations to: Mr Richard Leiper, 15 Morphie Drive, St Cyrus DD10 0BY

Van Leiper

### Collectors and helpers for The Scottish Poppy Appeal

Help us keep The Scottish Poppy Appeal growing by volunteering as a collector or helper.

A volunteer collector may place poppies in outlets, at events, in workplaces, supermarkets and collect on the street and in their local area. A helper may take on an administrative role or help in another way. We urgently need to recruit more people as many of our current volunteers are retiring from active duty. Poppyscotland helps more and more of those most in need in the ex-service community so we need your help more than ever.

By volunteering as a collector or helper for Poppyscotland you will be making a real difference to the lives of veterans and their dependents in need in Scotland affected by many issues including poverty, mental health problems and disability. Poppyscotland (formerly The Earl Haig Fund Scotland) rebranded and relaunched in 2006. For more information contact Isla Campbell Lupton on 0141 221 8141 or

[icampbelllupton@poppyscotland.org.uk](mailto:icampbelllupton@poppyscotland.org.uk)  
[www.poppyscotland.org.uk](http://www.poppyscotland.org.uk)



THE EARL HAIG FUND SCOTLAND

### Business Directory

**Electrician:** Dave Smythe 07767 371 591 Approved NiC ELG Domestic Installer

**Electrician:** David West 01674677365 mobile: 07759347353

**Brechin Books:** (try us first) Whinfield, Edzell DD9 7TN Tel 01356 648378 [www.brechinbooks.org.uk](http://www.brechinbooks.org.uk)

**Computer problems?** Ring Andrew 01674850326/07793107612 [www.andrewspcadvice.co.uk](http://www.andrewspcadvice.co.uk)

**Fencing: Metal and Wooden: JS Gates and Fencing** Jim Smith 01674 850529 mobile: 07887858249

**Plumber:** Aymer McFarlane: 01674850000 / 07956489660

**Window Blinds:** Featherstone blinds: Dod Melvin 850 429 or 07900254542 [dodmelvin65@tiscali.co.uk](mailto:dodmelvin65@tiscali.co.uk)

To advertise your business in this space please contact the editor Mike Burleigh at: [stcyrusnewsletter@beeb.net](mailto:stcyrusnewsletter@beeb.net) or write to 13 Scotston Place, St Cyrus DD10 0BZ Entries for the Business directory are charged at £5 per issue for the single line entry of name, service and telephone contact number.

**This column could pay all our production costs. Please consider including your business address.**

\*Please note there is a separate charge of £5 per year to include your company in the website directory.

**Some Security Advice from the Community Beat Officer:** With winter and its longer, darker nights just around the corner I thought it an ideal time to mention Crime Prevention. We all have a responsibility to look after our own property.

So with that in mind the following advice may help:

Most thefts from homes are committed by 'opportunistic thieves'. They will notice a window left open, a house that looks unoccupied or has little or no obvious security and where they think they won't be seen. The following advice will help you deter a thief :

**Perimeter:** The boundary fence or wall to the rear of your home should be constructed in such a way that it is difficult to climb. The fence or wall to the front should be kept to waist height to avoid obscuring doors and windows. This discourages thieves as they cannot work without being seen. Ensure that all tools and other items that could be utilised by the thief to break in are securely locked away.

**Lighting:** A thief will do everything they can to avoid being seen. A home without lights on and surrounded by darkness indicates that not only is the house empty, but that neighbours are unlikely to see anyone approaching. Consider fitting movement activated lighting on the exterior of your home. If you are not to be at home at dusk use a time switch to activate lights or an automatic "dusk 'til dawn" light to give the impression that the premises are occupied.

**Doors and Windows:** Check your windows and exterior doors and ensure that they are sound and fit for the purpose. The strongest windows and doors can still be overcome if you do not ensure they are locked whenever necessary. When you leave home ensure that all windows and doors are secure and if locks are fitted use them. Patio doors are potentially vulnerable. Anti-lift device should be installed to prevent sliding patio doors from being lifted out of their tracks. Insurance companies usually require key operated window locks to be installed on all ground floor windows and all other windows that are easily accessible from the ground. All locks should meet or exceed the standards specified by insurance companies. Please check your policy for its full requirements.

**Alarms:** Installing an alarm can help protect your home but you should ensure that it best suits your needs. Alarms systems can be split into two categories audible alarms and remote signalling alarms. Audible alarms when activated let of a sound siren deterring a thief from continuing any further and attracting the attention of passers by and neighbours. Remote signalling alarms will notify an activation to an alarm monitoring centre, who in turn notify the Police.

**Marking Property:** Property is often recovered in circumstances which leads the Police to suspect it is stolen but it can be difficult to trace the rightful owner. This leads to the property either being returned to the person it was recovered from or processed as lost property. Security marking is one way in which you can ensure that the Police return your property to you if it is found.

This is a very brief run down of some of the measures that any householder can take to reduce the chances of their home being targeted. I have a number of leaflets on the subject for distribution or if you wish a free survey can be carried out on your property by one of the local Officers.

**Patrol update:** In the June issue of the Newsletter I mentioned Dog Fouling and Mini Motos.

In relation to the dog fouling the Aberdeenshire Council's Dog Warden has carried out a number of patrols and will continue to do so periodically. During my own patrols I see that it still seems to be an issue in the Beach Road area, so can I remind dog owners/walkers that it their responsibility to tidy up after their dog.

During the last couple of weeks the subject of persons using mini motos on the public roads has been brought to my attention. Can I ask that if you see mini motos being used on the road that you report this by telephoning Grampian Police 0845 600 5 700.

Also whilst on patrol I have been approached by a number of residents concerned about the vandalism that occurred in the village earlier in the summer. In the majority of cases the culprits were detected and reported. A number of these were only detected because members of the public took the time to speak to the Police, pass on snippets of information or provide statements. This only highlights how much the Police rely on yourselves for assistance in detecting crime.

Last of all can I assure you that St Cyrus is a nice community to stay in.

Community Beat Officer Neil Thomson

St Cyrus Community Council meets the 2<sup>nd</sup> Tuesday of each month at 7:00pm in the Public Hall.

Please

contact the secretary Frances Johnson [fcmjohnson@hotmail.com](mailto:fcmjohnson@hotmail.com)

Minutes of CC meetings can be found on the St Cyrus website [www.stcyrusnewsletter.org.uk](http://www.stcyrusnewsletter.org.uk)

The Community Council will do all they can to support the St. Cyrus Planning for Real project which we must stress is a separate initiative independent of the St. Cyrus Community Council. Your Community Council puts on a show of lights at Christmas, Meams folk know that the 3<sup>rd</sup> Saturday in June is St Cyrus Gala Day, our annual Flower Show continues to set standards, people outside St Cyrus read our newsletter with interest and probably many more read our website, and now we have a garden club, all of which adds up to a picture of a community with it's head up and going places... Do make sure you contribute your ideas to the Planning for Real consultation so that everyone really is involved. With reference to the railway cutting the Community Council plans to begin spending £2,000 made available by Aberdeenshire Council for starting a landscape programme by putting in a wood post and rail fence along the top road and planting some trees.

Bob Hann - Chairman