

The St Cyrus Newsletter



Volume 5 Issue 2 This is a free newsletter but donations are appreciated June/July

~ Coming Soon ~

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St. Cyrus Gala Day Sat 23rd June 2007 12 - 4.00pm

This year's Gala promises to be a further success, following last years event. With many more contributors willing to give up their time to help St. Cyrus Village and surrounding area to have a fantastic day. There will be various community group stalls providing a wide variety of activities to keep both children and adults entertained (along with a Beer Tent for refreshments by The St. Cyrus Hotel), Urban Circus & Face Painting, Portlethen Pipe Band, Esk Academy School of Dance, Montrose ATC, St. Cyrus Youth Club will be preparing burgers and such like, The Old Bakery Coffee Shop will also be providing tea & coffee etc. There is a programme of events, which can be purchased prior to the day, at various outlets or from any committee member.

The Art Competition has been judged by Maurice Forsyth-Grant, prominent local artist. The committee would like to thank Maurice, Dave Smith & Staff at the school for their assistance. The winners are as follows,

Age Group 10-11/12years Winner - Eva Reppe-Roverselli, Runner-up - Mark Jobson
 Age Group 7-8/9 years Winner - Conal Farquhar, Runner-up - Danny Bingham
 Age Group 5-6 years Winner - Ben Wark Runner-up - Connor Jenkins
 Many Thanks to all; Bob Smith Chairman

St Cyrus Newsletter Website. www.stcyrusnewsletter.org.uk

The newsletter will soon also be available on the site and there will be lots of information of relevance to those living in or visiting the area.

The website will be a source of information for anyone wanting to know more about the services and facilities available in the village. We plan to have a number of links to other websites eg. bus and train timetables, local weather forecasts and local businesses. Photos of the area, past and present will be included and there will be a calendar to keep you up to date with events taking place in the village.

There will be information about many of the clubs and interest groups in the village and a directory of local businesses in the area. We have written to the clubs and businesses that we know of to invite them to provide details for the website. If you have not received an invitation and would like to contribute to the website then please contact us for details of how you can be included.

(NB Businesses must be located in the parish of St Cyrus) We would like to get the site set up as ASAP so we need the details of your club or business as soon as possible. The information is being collected by myself on so contact me by e-mail stcyrusnewsletter@beeb.net if you would like your group or business to be included on the website. Bernard

Editorial Policy Statement

The St Cyrus Newsletter is a free community newspaper 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 newspaper do not necessarily reflect the views of the Production Committee and they reserve 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 give the full name of individuals. 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 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
- Van Leiper
- Tom Dalziel
- Website Technician: Francis Johnson

Distribution Team:

- Bob Flann, Andrew Hamilton, Mike Burleigh, Robert Smith, Heather Jenkins, Bert Skinner, Bev Rae, Liz Leslie, John Bar-

Contributors to this edition

- | | | |
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| Wilma Jobson | George Hastie | Liz Leslie |
| Andy Turner | Michael Stachura | Van Leiper |
| Mary Singleton | Heather Jenkins | Bob Smith |
| George Murray | Caroline Hendry | |
| Neil Thomson | Donald Gillies | |
| Mike Burleigh | Alison Couch | |
| Andrew Christie | Frances Johnson | |
| Yvonne Buck | Allan Robertson | |
| John Macdonald | Tom Dalziel | |
| Lorna Grubb | Georgina MacDonald | |
| Olivia Carruthers | Harry Bickerstaff | |



Editorial

We hope that the website will increase interest and participation in the newsletter, encourage the contribution of and response to articles, photographs, written and drawn art, letters to the editor and discussion of issues. Remember the aim of the Newsletter Group is to support and appreciate the quality of our village community life as you can read in our editorial policy statement on this page. How nice it will be when folk start sending us 'Announcements' to celebrate the milestones in people's lives and make us better known to one another. Meanwhile do not panic if all this new technology is bothersome!! Those folk who prefer the old ways and have collected their own database of back issues behind the clock on the mantelpiece, never fear, we will continue to print and distribute your paper newsletter, we just wanted to make it more relevant to the younger computer literate generation among us!!! Letters to the editor still go through stcyrusnewsletter@beeb.net and the committee continues to strive to ensure you are all well represented. We are here for you as a community not to mar-

DEADLINES

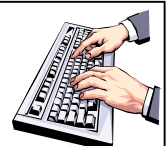
Articles and information for the next issue should arrive at the latest **July 27th** Write to us at: Email: stcyrusnewsletter@beeb.net 13 Scotston Place, St Cyrus DD10 0BZ

Dear Editor,

Letters to the Editor

I am 21 years old, and I moved from St Cyrus four years ago to attend Aberdeen University. While a youth in St Cyrus, myself, friends and other youths delighted in the weekend ritual of spending hours in rain, sleet or snow - but preferably sunshine! - at the 5-a-side pitch in the park. Over the years, observing its state on return visits home, I am dismayed at the disparity between the facilities for young and old. The bowling club for older citizens obviously receives much support whilst the artificial pitch for the young evidences no comparative maintenance and care. The pitch surface is degraded, the goalpost nets need renewing, do youngsters have access to floodlight their games during long winter evenings when they have no where else to go to meet together? apparently not. I hope newsletter readers don't find this an attack on the Bowling Club - far from it; instead, I offer the comparison of facilities to invite the questions "To what extent are the Community Council managing investment in our young people"? Are the Community Council fostering the youthful spark of this village whilst also supporting the elegance of older virtues?

Young rural Scots need to find evidence of an unbiased and balanced investment in young and old in their community which encourages them to consider themselves as the nation's future. Perhaps the maintenance of the 5-a-side pitch would be a Community Council declaration of intention to improve youth facilities?
Michael Stachura





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

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

Mearns Coastal Parish has it's Annual Gift Day for stipend on Saturday 9th June from 10am to 11:30 in St Cyrus Village hall. Mrs Thomson 850161 will be there to receive donations. If you pay tax and wish to give by Gift Aid, sign a form which will enable the church to claim back the tax. Have a coffee and chat with friends whilst you are there.

The St Cyrus Plant Sale made £400 in May for church funds. Thank you to all who baked, grew plants and helped with the stalls.
2nd June New Hope Trust Coffee morning in the Public Hall 10-11:30 Stalls to include baking, bric-a-brac, crafts & gifts. Contact Mrs Sparrow
Sunday 10th June there is a communion service at 11:30 at St Cyrus for the whole parish.
 George Hastie

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

Mrs. Flora Pittendreich, lately of Dorward House died aged 82 on May 23rd

St Cyrus School: School are holding an "Enterprise Fair" on the afternoon of 19th June

St Cyrus Youth Club

~ WE NEED NEW COMMITTEE MEMBERS ~

We need parents to become involved if we are to continue running a youth club.

You could start by helping with... The

Hot Dog Stall on Gala Day!!

Youth club closes 15th June

Summer outing June 17

Restart in September depends upon more parents getting involved!

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

FREE CHURCH: Meeting in the Public Hall

All our meetings are suitable for all ages and a Creche can be arranged on request.

Quotation from the Bible: Proverbs 3: 9

"Honour the Lord with your wealth, with the first proceeds of all your crops".

"This is a picture of people as farmers, giving back to God the best of what He has given us. Do you give God the best of what He has given you?"

Outlines of meetings for June/July.

Worship & Learn Preacher - Matt Ford

3pm Sunday 3rd June "Abraham".

Refreshments.

Mid month Bible Study - Donald Gillies

3pm Sunday 17th June Study on "You shall not lie".

Refreshments.

Worship & Learn Preacher - Colin Macleod

3pm Sunday 1st July "Job".

Refreshments.

Mid month Bible Study - Donald Gillies

3pm Sunday 15th July Study on "You shall not covet".

Refreshments.

Weekday Personal Bible Studies.

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

Contact - Cathy Gillies,

Newsletter Distribution: Ordnance Survey would charge us £47 to reproduce one of their maps in order to show you the area within which we distribute the 630+ newsletters we print. However those who have Internet access can go to the Aberdeenshire Council website where they will find such a map. The direct link to the St Cyrus section is:

http://www.aberdeenshire.gov.uk/local/feature_info.asp?urn=swrefVrecordVdatasetZgisVcollectionZcommunity_councilVkeysZ29489139

We would point out that copies of the newsletter are also mailed to local libraries, nursing care homes, day centres, rest homes, community and visitor centres and schools and the National Library. Newsletters are also available for visitors to the area from The Old Bakery coffee shop. Parishioners outwith the distribution area collect their copies from St Cyrus church.

Congratulations to our local councillor Bill Howatson who has been elected Provost of Aberdeenshire. Bill took over as civic head of the council at the first meeting of Aberdeenshire Council in the new session. "I am delighted and honoured to be elected as civic head of Aberdeenshire and I am very proud to take over the post. I intend to serve the people of Aberdeenshire with energy and commitment."

The St Cyrus Newsletter Group complies with the Legal Deposit Libraries Act 2003 by providing copies of each issue for the National Library of Scotland.



St Cyrus National Nature Reserve



St Cyrus Nature Reserve is a hive of activity at the moment with breeding birds busy building nests and feeding their babies, the green-veined white and peacock butterflies are out in force on sunny days and the wildflowers are starting to bloom with a spectacular carpet of bluebells beneath the cliffs where the bracken has been knocked back.

People are busy on the reserve as well with the start of the summer events programme. The beach clean in May collected about 40 bags of rubbish from the beach and guided walk about the salmon fishing with Jim Ritchie was so popular we hope to organise another later in the summer.

Unfortunately on Good Friday reserve staff noticed an accidental gorse fire on the cliffs at the northern end of the beach. With the help of the Grampian Fire & Rescue Service and a local farmer the fire, just north of Woodston Burn, was put out but it left a big black scar on the cliffs. The coast path and cliffs and grasslands on the reserve are very dry at the moment

June/July Events All events Free!! Booking essential: all under 18's must be accompanied by an adult.

June - Sunday 10th Turn Your Eyes to the Skies July - Sunday 8th All Flippers & Fins Saturday 14th Sands of Time Sunday 22nd Family Fun Day Sunday 29th Minibeast Safari

Montrose Basin

Sunday 17th June Journey to the Centre of the Mud See Montrose Basin from an unusual angle on a guided mud walk to the centre of the Montrose Basin (wear wellies and old clothes). FREE WALK. Old Mill Car Park 10am-1pm approx

Wednesday 20th June Baywatch Guided nature walk along Montrose beach to look at the birds and animals that use Montrose Bay. FREE WALK. Montrose Beach Pavilion 10am-11.30am approx

1st-30th June A Walk on the Wildside Photographic exhibition By Jim Duncan MBVC Daily 10.30am-5pm Normal admission prices apply

1st - 31st July A Walk on the Wildside Photographic exhibition by Jim Duncan MBVC Daily 10.30am-5pm Normal admission prices apply

Wednesday 11th July Children's Activities **Camouflage** - Try your hand at camouflage, just how good are your investigative techniques. MBVC 10am-12noon

Wednesday 18th July Children's Activities **Bugs and Slugs** MBVC 10am-12noon

Wednesday 18th July Where the River Meets the Sea Guided walk to view the wildlife found along the beach run from the sea to the mouth of the River South Esk. FREE WALK. Montrose Beach Pavilion 10am-11.30am approx

Wednesday 25th July Children's Activities **Pondamonium** - Discover the variety of creatures living in our purpose-built dipping pond. MBVC 10am-12noon Centre Manager: Caroline Hendry

WILDLIFE IN OUR AREA So the birds are back for the summer; even the Common Swifts have arrived. Why does there sometimes seem to be less birds, when we know thousands have arrived here? Young birds tend to hop about the lower branches, rather than go to the topmost branches and sing to tell the whole world they are there. It's the adult males which do that which is why the Blackbird wakens you before 4.00 am, as he's shouting that this wee bit of the world is his and warning off any threats from other males. Eventually, with all the business of finding food and feeding young, the feathers become very worn and that's why you sometimes see particularly tatty Blue Tits around. They sometimes go on to an immediate second brood (sometimes even a third!) and become more and more scuffed looking as the summer progresses. No time to look after themselves; just get the kids fed - sometimes true to our own lives.

Meanwhile, the local Sparrowhawk is waiting for these fumbling fledglings to blunder into its path, as they too have young to feed. Sparrowhawks time their breeding to that of the small birds like Blue Tits, as they catch the young birds, which are available in large quantities and build up their own chicks with this easily available food. Blue Tits lay a large number of eggs and at the beginning of the following spring, they have been successful if they have managed to rear two birds, to keep the balance of their population at a healthy level. Nature appears cruel when those little bundles of food and feathers are fed to the Sparrowhawk chicks, but it is simply the balance of nature, even if it is a bit horrific to witness. It never ceases to surprise me when folks get really angry about Sparrowhawks killing and eating young birds and then defend their own domestic cat, which (I hope) is well fed, but also kills young birds, when they become easily available in late spring.

Birds suffer particularly badly from cats which are put out at night, as the cat will, naturally, hunt anything which flutters about. I have never heard a good argument from anyone, as to why they put their cats out of a warm house, into a wet night and think that's what cats enjoy! I know I wouldn't enjoy it and I can't figure out why some cat-owners try to justify it. This is a bit of a plea, on behalf of all those young birds who can't tell you themselves: 'Please keep your cat in the house - they really do make great company' - and save a few more unnecessary deaths to young birds.

Maybe this is also a plea from the cats, who can't speak either: 'Don't put me out in the cold and wet at night, I really do prefer to be in out of it all!

Harry Bickerstaff

Tips on photographing pets.

Pet photography can be frustrating but it should be fun. Above all you need patience.

Here are a few tips which may help to improve your pet photos.

Your pet comes first.

When photographing pets it is important to avoid making them anxious or upset. Keep the pet at ease as far as possible. Cameras can be distracting for some animals, so if you cannot get your pet to behave normally, try having someone else present to divert their attention and keep them engaged, perhaps with a favourite toy.

Lighting:

The best possible light is natural

light. If you can't take your pet outdoors try and move it near to a large window, with plenty of natural light (not direct sunlight) - a bright but overcast day is better.

Try not to use flash, as this can cause red-eye and destroy the natural colours.

As with all guidelines there are exceptions. If your pet has a black coat, then flash can actually bring out detail which may be lost in other lighting conditions.

Viewpoint.

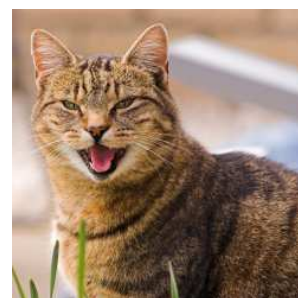
Photograph your pet on their level. A high viewpoint looking down is not always flattering. Try not to make them come to you.

Rather go to where they are most comfortable - good lighting permitting.

Get down low if needs be and take plenty of close ups. A beautiful pet portrait is a close second to the real thing.

Enjoy.

Tom Dalziel



Care for your pet and yourself : When walking off road:

Check your dog for ticks (don't forget inside ears and pads) and remove them correctly, without puncturing as this can cause infectionThis is best done with a tick removal implement from a veterinary practice or pet shop.

For your own protection, lessen the chance of being bitten and keep trousers tucked into socks. Ticks find it hard to latch on to clothing made from smooth or waxed material. Ticks can survive a full washing machine cycle but not several hours of high heat drying.

DEFRA & English Nature advise: "if a tick does attach, go to a doctor to have it removed and to be prescribed antibiotics against Lyme disease".

Many people in rural areas take ticks for granted as part of country life. These tiny blood-sucking parasites are generally considered to be simply an annoyance. But although many people realise that ticks can carry diseases that affect livestock or game birds, they often don't realise that they are at risk of infection themselves, and that those risks are increasing.

Borreliosis / Lyme disease is the most common tick-borne disease to affect humans in the UK. Each year, for the last number of years, figures published by the Scottish Centre for Infection and Environmental Health (SCIEH) have shown an increase in cases. **However, in the year 2005-06, incidences increased by 90% in comparison to the previous year.**

In many areas of Scotland, estate workers, farmers, national park rangers and the like, are reporting an increase in ticks. Areas that once harboured very few ticks are now reported to be supporting a much larger population. It isn't just rural areas that are an issue. Cases of tick-borne disease are increasingly being reported as having been acquired in urban areas. Indeed, infected ticks have been sampled from urban parks such as Richmond and Bushy Park in London.

Why the increase? Some probable reasons are milder winters, which allow ticks to feed and breed for longer; urban areas are increasingly encroaching into the countryside; more people are involved in outdoor recreation; a decrease in sheep dipping, and an increase in host animals such as deer and squirrels.

Whatever the reasons, it is important for people to be aware of the risks, to know how to defend against tick attachment, and how to correctly remove ticks to lessen the chances of disease transmission. For further information visit: www.bada-uk.org, or send an A5 First class SAE to BADA-UK, PO Box 70, North Walsham, NR28 0WX. Wendy Fox: Chair BADA-UK

0845 90 90 999

GIVE BLOOD

www.scotblood.co.uk

Why give blood? Every minute of every day, someone in Scotland will need a blood transfusion. Without blood donors we cannot meet demand from hospitals. Your donation will make a real difference – especially as it can be used to treat more than one patient, in more than one way. Blood is not just needed for emergency situations. Hospitals also depend on around 1,000 donations a day for routine procedures and operations. They may need ten donations for a heart bypass operation, whereas a leukaemia patient can use more than 100 donations over the course of their treatment. However, it's not always about large numbers - just three teaspoons of your blood can save the life of a premature baby. One thing is certain - your donation will help save a life, somewhere. **Yet unbelievably, still only 5% of the population give blood.**

Who can give? You can give blood if you're aged 17-66 in good health and weigh over 50kg (7st 12lbs). Regular donors can give blood until they are 70. All you have to do is leave 12 weeks between donations and we ask you to donate three times every year

When shouldn't I give? If you are feeling unwell or have a cold or flu on the day of the session. If you have taken antibiotics during the week before you attend the session. If you've had a body piercing or tattoo within the last year. If you've been abroad within the last year to an area classed as malarial (our donor staff can advise you on the areas affected). If you have received, or think you have received, blood in the UK since 1980. If you're taking regular medication or awaiting the results of medical tests, we may also advise you not to donate. This is to ensure we take the very best care of you - and that our blood supply is safe for the patients who need it.

Some information on how your blood is used Whatever your blood type - A, B, AB or O - your donation is extremely valuable to us. Our extensive network of doctors, nurses, scientists and staff make the best possible use of your donation. Your donation is processed and tested within 24 hours and is then available for patient care. Every donation is tested for HIV, syphilis, hepatitis B and C. The Scottish National Blood Transfusion Service relies on you because Scotland relies on us. You never know when you, or someone close to you, may need us. If you would like to talk to someone in confidence about giving blood, or have any questions, please call either 01224 685685 or 01382 645166 (both office hours) or the 24hr call centre on 0845 90 90 999 or visit www.scotblood.co.uk

The City Hall, Brechin

Monday, 4th June 07

3.00pm - 8.00pm

&

Tuesday, 5th June 07

5.00pm - 8.00pm

The Sports Centre, Inverbervie

Monday, 9th July 07

5.00pm - 8.00pm

Laurencekirk

Thursday 7 June 2007

St Laurence Hall

3.00-5.00pm & 6.00-8.30pm

**IF YOU CAN NEVER FIND
THE TIME TO GIVE BLOOD
HERE IT IS.**

Aberdeen regular sessions

Foresterhill Road

Tuesday & Wednesday

4.00-7.30pm

(walk-in or appointment)

Wednesday

8.40am - 3.30pm

(appointment only)

Tel 01224 685685

Farming Calendar: Yum! It's the asparagus season and this means my SatNav is locked on to Charlton so that the car turns left of its own accord whenever it comes home from Montrose.

At this time of year nothing is quite so delicious as freshly cut locally grown asparagus. I never buy the imported version from the supermarket because it simply doesn't compare.

Charlton also sells a few other vegetables from selected local sources and of course it will soon be well into the fruit season. I don't envy them, my own foray into the pick your own market was very hard work.

Thinking of how tasty fresh local food is, I decided to check out what is available round hereabouts and tell you about it in the column but I'm afraid I have to report that I haven't found very much.

I began my search at Montrose Farmer's market (first Saturday of every month) where I saw a selection of meat and fish, cheese, soap, confectionery, plants, some vegetables and jams on offer. The most local of the stalls were Turid from Brackenrigg with her wicked bread and the Reids from Canterland (past Morphie on the way to Marykirk) who sell top quality home reared organic beef including steaks, tremendous sausages, pot roasts etc. I tend to feel that meat looks a bit sad in shrinkwrap but hygiene regulations say you can't sell it in the street without that and it doesn't apparently spoil the taste.

Next I asked friends for suggestions and a neighbour tells me she buys organic veges from Mr Fraser of Burnorrachie, Muchalls who comes down here weekly in his van selling whatever is seasonal. Then of course there are the fish vans which are patronised by many villagers on Tuesdays and Fridays and stock a good range of fresh fish and other products and let's not forget the milkman who also delivers to your door. But there the trail ends.

So, over to you readers. Do you know of any local food suppliers you are happy to recommend to other residents of St Cyrus?

The Newsletter would be delighted to hear about them (you could call it "feed back" if you really want to be corny.)

We'll happily mention your favourites in the next issue.

mary singleton



~ Inverbervie Medical Practice ~

Emergency Care Summary *What does it mean for you?*

We thought it important to ensure that everyone knows of a new initiative applying to all patients in Scotland. Everyone in Scotland will have an "Emergency Care Summary". It is a summary of basic information about your health which might be important if you need urgent medical care when your GP surgery is closed or when you go to an Accident and Emergency Department. The Emergency Care Summary contains the following information from your records:

- name
- date of birth
- GP surgery
- an identifying number called a CHI number (date of birth followed by 4 unique numbers at the end)
- information about any medicine prescribed by your GP surgery
- any bad reactions you have had to medicines that your GP knows about

The Emergency Care Summary is copied from your GP's computer system and stored electronically.

All patients will have an Emergency Care Summary created unless they write to the Practice Manager stating that they do not wish an Emergency Care Summary.

St Cyrus Surgery A public notice was displayed in the Mearns Leader and Montrose Review on Friday 20th April, 2007 announcing that there will be no St Cyrus surgeries from 1st April, 2007. This was formally approved by NHS Grampian and GP sub-committee.

Repeat Prescriptions: The repeat prescription system seems to be going well with most people completing the reorder form, emailing the practice (prescriptions@inverbervie.grampian.scot.nhs.uk) or even writing what they need on a piece of paper.

Public Holidays Surgery will be closed Monday 9th July

NHS Minor Ailment Service at Michies Inverbervie

This is a new service for people who don't pay prescription charges. You can use the NHS Minor Ailment Service if:

- you are registered with a GP surgery in Scotland
- you don't pay for your prescriptions
- you don't live in a nursing home or residential care home

You don't have to make an appointment. Your pharmacist will speak to you when you visit the chemist. The service is for people who are needing advice and free treatment for minor illnesses and ailments such as:

- | | | |
|-----------------|-------------|----------------------|
| ● acne | ● diarrhoea | ● head lice |
| ● athletes foot | ● eczema | ● mouth ulcers |
| ● cold sores | ● hay fever | ● warts and verrucae |
| ● constipation | ● headache | <i>and many more</i> |

If the pharmacist feels that it is better for you to see a GP, you will be advised to make an appointment with your GP. Leaflets are available at the chemist and surgery for more information on this.

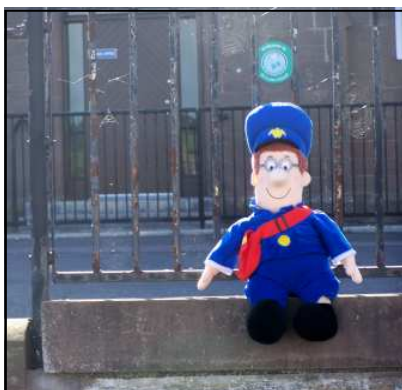
Walk-ins: At present more and more patients are just "turning up" at the surgery. We would like all patients if possible to telephone the surgery rather than "walk in". This is because the duty doctor may be out on an emergency and the receptionist will inform you of this at the time of the phone conversation. If it is an emergency you will be given advice e.g. to phone 999 yourself.

On The Day Appointments

If you require an appointment on the same day that you phone and request an appointment, you will be offered the next available appointment. You will **not** be given a choice of appointment.

Green Cards Issued by Pharmacist

The green cards are not for the patients' repeat prescriptions. They are for the minor ailment system at Michies.



Postman Pat:

Guess where Postman Pat has stopped today..... and win.....an Argos gift voucher.

All entries by stamp address envelope to:

'Postman Pat' c/o the editor, 13 Scotston Place, St Cyrus, Montrose DD10 0BZ no later than 30th June 2007.

Durward.

Disability Travel Issues: Part One. In this and the following edition I will provide information on disability travel throughout Great Britain and Ireland.

Scotland-wide free bus travel for elderly and disabled people: Older people and people with disabilities can now travel free throughout Scotland using a concessionary bus pass thanks to a new scheme set up by 'Transport Scotland' the Scottish Executive's transport agency.

The new scheme removes boundary restrictions and the time limits on travelling at peak periods of the old local schemes. This means older and disabled people can now travel free on any local bus service, or scheduled long distance coach service, anywhere in Scotland even during the rush hour.

A Scottish Citizens' National Entitlement Card (Entitlement Card) is needed to use the scheme.

There is no charge for an Entitlement Card.

Applying for an Entitlement Card: If you have never held a travel card before and now wish to apply because you are aged 60 or over, you can pick up an application form (LS304) from your nearest Post Office, from an SPT Travel Centre or from SPT's Travel Card Unit at Consort House, 12 West George Street, Glasgow G2 1HN. Tel 0141 333 3211. Textphone 0141 333 3258.

If you think you may be eligible for an Entitlement Card to take advantage of the free bus scheme because you have a disability, you can get an application form (NCT001) from your local Social Work office. Information on where you should apply can be obtained by contacting the Travel Card Unit at SPT.

Who is eligible for an Entitlement Card?

Every one who applies for an Entitlement Card, whether they are applying on the basis of age or disability, must live in Scotland. You will have to provide evidence that you reside in Scotland.

To qualify for an Entitlement Card you must be either: 60 years old or over, or you are of fare paying age and qualify under one of the following:

- 1: You receive the higher rate of the mobility component of the disability living allowance;
 - 2: You receive the higher or middle rate of the care component of the disability living allowance;
 - 3: You receive attendance allowance;
 - 4: You receive a mobility supplement of the Naval, Military and Air Forces (Disablement and Death) Service Pension;
 - 5: You have a disabled person's parking badge (commonly known as Blue Badge); or,
 - 6: You are of fare paying age and qualify under one of the following:
 - 7: have been certified and registered as blind or partially sighted;
 - 8: would be refused a driving licence because you fail to meet the eyesight standard;
 - 9: suffer bilateral hearing loss greater than 70dBHL averaged over 1, 2 and 4kHz;
 - 10: live in a residential home or hospital and are eligible for the higher or middle rate of the care component of the disability living allowance or attendance allowance;
 - 11: have been refused a driving licence or have had your driving licence revoked on medical grounds, except for on the grounds of persistent drug or alcohol misuse;
 - 12: under legal age to drive but would have a driving licence application refused on the grounds of impaired physical fitness except where the impairment is caused by persistent drug or alcohol misuse;
 - 13: your ability to travel is impaired by a mental illness which has lasted for more than a year and you need to travel to keep health or social care appointments or take part in activities as part of a treatment, care or rehabilitation programme;
 - 14: you have been diagnosed as terminally ill or with a progressive degenerative condition and your illness means your mobility and ability to carry out day to day activities are severely impaired; you have lost one or more limbs.
- Allan Robertson

Village orderly

THE successful village orderly scheme is to return this year to St Cyrus as part of an Aberdeenshire Council wide drive to help keep our communities tidy.

The scheme, which has been widely welcomed over its operation for the last five years, runs in the village from late June to mid September and the recruitment process for an individual to act as an orderly has been completed.

The main duties of the village orderly revolve around keeping St Cyrus tidy by picking up any rubbish and enhancing the appearance of the general environment.

And while health and safety provisions do not allow the orderly to operate mechanical equipment or have access to herbicides or paints, the work done over the years has been much appreciated as a positive contribution to the general appearance of the village.

The post holders are recruited on a temporary contract for the 10 week period.

The orderly working in St Cyrus is to be shared between the village and Johnshaven over a five day period.

Councillor Bill Howatson said "The scheme has been welcomed throughout Aberdeenshire and I am particularly pleased that it has been rolled out again. I would be very keen to hear from local residents what impact the orderly has in maintaining the appearance of the village over the summer months."

"This year for the first time the scheme has been extended to other communities in the Mearns."



Photograph by Frances Johnson

TIMETABLE OF REGULAR EVENTS

Playgroup	Monday	9.30am-1.45pm
	Tuesday	9.30am- 12.00
	Wednesday	9.30am- 12.00
	Thursday	9.30am-12.00
Toddlers	Friday	9.30am -11.30am
Friendship Club	Wednesday	9.00am -1.00pm
Country Dancers	Monday	7.30pm - 9.00pm
Tea Dancers	Friday	2.00pm - 4.00pm
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	1st & 3rd Sunday every month	3.00pm -5.00pm
WRI	1st Monday every month	7.00pm - 10pm
Senior Citizens	2nd Monday every month	7.00pm - 9.00pm
Community Council	2nd Tuesday every month	7.00 - 9.00pm

Public Hall Bookings are made with Yvonne Buck Hallkeeper

Fees are paid to Lina Forsyth-Grant Treasurer

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 conditions of hire. Recently regular users have been inconvenienced because of the poor state of the hall following use by occasional users.

FUNDRAISING EVENTS TO BE HELD IN THE HALL: JUNE/JULY

New Hope trust	coffee morning	Saturday	June 2nd	10:00-11.30am
Parish Stipend	coffee morning	Saturday	June 9th	10:00-11:30am
Senior Citizens	coffee morning	Wednes	4th July	10:00-11.30am
Hall Committee	coffee morning	Wednes	11th July	10:00-11.30am
Senior Citizens	coffee morning	Wednes	18th July	10:00-11.30am
Hall Committee	coffee morning	Wednes	25th July	10:00-11.30am

Playgroup is presenting a Fashion & Beauty evening Tuesday 19th June

ST.CYRUS PUBLIC HALL COMMITTEE MEETING—TUESDAY 5th JUNE
7.00pm—EVERYONE WELCOME—PLEASE COME
Georgina MacDonald—Secretary

St Cyrus W.R.I

We meet at 7:30pm in the village hall. Visitors, former & new members are always welcome. If you would like to come along please phone Mrs Thomson 850161 St Cyrus W.R.I held their A.G.M. on the May 7th. The last meeting of the session. Mrs. Mary Aitken, was awarded the cup for most marks gained in the monthly competitions. Joint runners up were Mrs. Helen Keith and Mrs. Elsie Hair. The Maggie Haughs' quail for Flower of the Month went to Mrs. Kath Scott. The next session starts on Monday September 3rd.

St. Cyrus Playgroup; are holding a Fashion & Beauty Evening on Tuesday 19th June at 7:30 in the Public Hall. Fashion will be shown by 'Clover Fashions' and 'Elizabeth Shoes' and 'Bodywork' will be providing the Beauty aspect. Tickets are £6 from Playgroup members or Heather

Public Hall User Group: We are compiling a current list of all user group contact details and will only print these in the hardcopy issue when we have written permission from everyone to include their names & telephone numbers. Please note that from this edition onwards we will remove all telephone numbers from newsletters before they are made available on the Internet .

St Cyrus Youth Club

The Youth Club are holding their AGM on Thursday 14th June

~ WE NEED COMMITTEE MEMBERS ~

Come along to the Public Hall at 7:30pm

Village Calendar: a big "Well Done" from Tom to all you photographers.

Tom Dalziel has compiled a St Cyrus 2008 calendar from the many photographs you sent him. Our aim is to have these printed and available for purchase in early Autumn. Money raised will support Church and Public Hall funds. Meanwhile start taking pictures for the 2009 calendar, glorious St Cyrus beach scenes , Gala day fun, keep the photos coming.....send them to Tom 38 Invergarry Park,



Volunteering opportunity - and a good day out at the beach!

The Aberdeen Race for Life event, is a women's 5km run/ walk which raises money for Cancer Research UK. The event at the Kings Links will see 8000 ladies take part and nearly 100 volunteers attend. **This event relies on volunteers** to help in a range of roles including event set-up, marshalling, welfare officers, finish co-ordinators and pre event marketing opportunities.

- Event Organiser, Olivia Carruthers contact: olivia.carruthers@cancer.org.uk
- Everyone is welcome to help, whether male or female we are just grateful for the support. Of course if you are female you can take part by registering at www.raceforlife.org

Anyone who would like to volunteer is welcome, no matter what their skill. We are looking for people to help

Enter Cancer Research UK's Race for Life 2007, supported by Tesco now at www.raceforlife.org

Together we will beat cancer



Windows Vista is the hotly debated topic in the computer world at the moment. The burning question is whether one should upgrade from XP? and Can you? The number of compatibility issues with old programs and hardware that I have come across in the course of my work recently may shed some light on whether Vista is good or bad for your PC.

One of the most common problems has been peripheral hardware and software compatibility problems. In most cases it is due to the fact that peripheral manufacturers (especially of printers, scanners and certain wireless network adaptors) have been slow to catch up with the roll out of windows vista and their drivers (files needed by the system to run the hardware), and accompanying software suites were too late for the launch of vista. If you are having problems with this the best advice I can give is to log on to the manufacturers web site and look for a link entitled "Support" from there you should find a **drivers** download link. Find your make and model and download the latest Vista drivers and install them.

One other common complaint is related to internet browsing software. People running AOL 9.0 for example, discovered incompatibility and a lack of the program's ability to identify methods of connection and the internet simply stalled. You can get the update from AOL (AOL 9.0 VR).

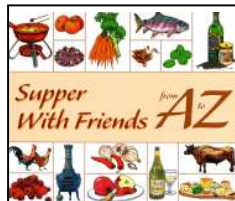
These are some of the representative problems people are finding with Vista which is more attributable to 3rd party manufacturers not getting their act together for the launch of vista.

Is it wise to upgrade to Vista or should I buy a new PC? If you want to upgrade your old PC to vista here are a few things to consider. From a hardware perspective a machine that was not designed for Vista is not always easy to determine whether it will run it without difficulty. You can register with www.driverguide.com and download their tool kit, run it and it will tell you in detail what hardware lurks within your tower. You can then systematically go to the manufacturers' web sites and check compatibility.

Before you embark on this course of action however, check your system has the minimum requirements. Your computer needs a minimum of 512mb of Double Data Random Access Memory (DD RAM) to run Vista, if money is not the issue then in my experience the more RAM the better whatever system you run. Vista is a hungry system and depending on which version will depend on how hungry. The next most significant hardware issue is the Graphics chipset. The bigger the better, again 128mb of RAM on the graphics board is more than helpful.

So is Vista worth having? There are so many improvements over XP, too many to mention here and sadly I have run out of space for this issue to answer this so if anybody wants to know more let me know and I will continue in the next issue of computer corner. If you have any questions regarding the above please contact me in the usual way I am happy to give free advice.

Andrew Andrews PC Advice.



Thanks from 'the friends' to everyone who helped by selling or purchasing "Supper with Friends" which raised £4,606 for MacMillan Cancer Support.

Village History Study Group: Empire Buttress and the Arctic Convoy (part two)

George Murray recalls his merchant navy war service as a wireless operator on a ship sent in 1944 to the Russian port of Murmansk with heavy lifting gear to replace the bombed dockyard cranes.

The convoy passed through the submarine boom at Loch Ewe beginning the passage to the Arctic on 15th August. Our only cargo was a German V1 flying bomb for the USSR Govt. The destination was the port of Murmansk which was well within range of Luftwaffe bombers operating from occupied Norway and Finland and was frequently and heavily bombed. The convoy course would take it through the Denmark Strait West of Iceland, high into Arctic waters near Jan Mayen, well up toward the summer ice limit running through between Spitzbergen and Bear Island before turning almost due south for Murmansk. The long daylight hours in these latitudes favoured the German bombers and torpedo aircraft and the submarines of the Northern Fleet. Yet this convoy progressed toward the Kola Inlet without the loss of a merchant vessel. The warships towed a device to deflect the enemy acoustic torpedoes but these were not always effective. In the actions that beset the convoy in its eastward passage, the sloop, HMS Kite had been detached to hunt a submarine contact made by HMS Keppel and was rejoining the convoy when on 21st August she was observed by Kapitän Leutenant Pietsch in U344. Kite was travelling at only 6 knots and on a steady course, trying to free some entangled gear when she was hit twice on the starboard side by torpedoes. She broke in two and sank within one minute taking most of her crew, 217 men with her.

Of the thirty or more survivors in the freezing Arctic water only 14 could be rescued and 5 of these died on the deck of the rescuing vessel. The action continued for the following day U354 commanded by Kapitän Leutenant Sthamer fired two torpedos at the escort carrier Nabob one of which struck the vessel causing considerable damage aft, whilst the second hit the frigate Bickerton which was fuelling from the Nabob at the time. Other members of the escort group not engaged on hunting U354 rescued the doomed frigate's crew and she was sunk by the rescue vessels. A German flying boat was shot down by the convoy's gunners and revenge was taken for the loss of Kite. a Swordfish torpedo bomber equipped with depth charges from the carrier Vindex spotted the U344 travelling at about 3 knots on the surface and successfully dropped their charges on her. The kill was confirmed by surface vessels. Then on the 23rd another of Vindex's Swordfish aircraft found U354 and she was attacked and sunk by the destroyers Keppel and Loch Dunvegan with the sloops Mermaid and Peacock.

As orders were incorrectly made our ship Empire Buttress was routed to the White Sea to call at Archangel and Molotovsk (now Severodnisk) where we were not expected and finally sent back to Murmansk where the rest of the convoy had arrived on the 24th of August. An ex RN submarine one of three on passage with the convoy to Russia with Russian crew went missing and never reached Russia. It is thought she moved out of her allotted position and may have been lost to 'Friendly Fire'! We endured a further five days in very dangerous waters escorted by five Russian destroyers before we could finally begin our work which was to unload heavy deck cargoes from the convoy cargo ships so that they could discharge the remainder of their cargo with their own derricks It was our lot to remain in the area of Murmansk engaged in this work until the 1st of August 1945. We were the last of the convoy ships to make passage home to the East coast port of Dundee. I never imagined as we sailed past St Cyrus that this was to become one day my home.

In the terrible waters of the Arctic where even in summer the chance of surviving more than a few minutes is minimal, the Russian convoys suffered losses of 104 merchant ships and 20 Naval units. Many airmen of both sides met their fate in these icy waters as did around 2000 German submariners in about 30 U-boats which were sunk. In fact the German submarine service lost around 30000 men from a total strength of around 40000. George Murray

Thanks to George Murray, Van Leiper, RWA Suddaby Keeper of the Department of Documents: Imperial War Museum. Primary evidence: George Murray, Ships log for Empire Buttress 1944-45, The Arctic Convoys 1941-45 by Richard Woodman. Convoys to Russia 1941-45 Bob Ruegg and Arnold Hague.

Family History IV: Over to you:

If you have started on that family tree you may have exhausted family knowledge and patience by now but have no time for that visit to Edinburgh.

So here are a few useful web sites to help further research.

www.familyrecords.gov.uk

www.scotlandsppeople.gov.uk

www.familysearch.org

Two local ones that I enjoy browsing through. (Found three ancestors!)

www.mywebtriscalli.co.uk

www.kinhelpp.co.uk - dozens more sites listed

here.

And then there is always Cyndi's list-Scotland.

The above are all free sites. This one: -

www.Ancestry.co.uk

I use it a lot. A small fee is charged but you can have a 14 day free trial first.

Liz Leslie

PS Our Newsletter Group Family History Coffee Morning raised us £115 Thanks to all who came.

New Community Beat Officer for the Coastal Villages. I am taking advantage of the St Cyrus Newsletter to introduce myself to the residents of St Cyrus. I took up the post of Community Beat Officer on the 18 April, replacing Scott Forbes who now works within the Force Control Room at Police Headquarters.

I have been a Police Officer for eighteen years. For fourteen of those years I have worked within the Kincardine area, having been stationed at Portlethen, Inverbervie and Laurencekirk.

Since starting I have had to deal with a number of vandalisms in the village. One at the bowling green where a number of benches were damaged and more recently at the Nature Reserve where a number of signs had been spray painted.

Whilst on foot patrol in the village a number of the residents have inquired about the law relating to Dog Fouling and the use of Mini Motos.

There is concern regarding Dog Fouling on the footpath in front of the school and the Playing Fields on Ecclesgreig Road. Persons who allow their dogs to foul in these areas are committing an offence if they fail to tidy up the mess. If you see a dog owner who has not cleaned up after their dog, you should note the details of the offence as soon as possible. Details should include the name and address of the person in charge of the dog, a description of the dog, plus details of the date, time and place. You should contact the Police or the Local Dog Warden at Stonehaven. It is important to describe clearly the place being fouled to find out what regulations cover that area.

The concern regarding Mini Motos centres around persons using them on the public roads around the village. Persons under sixteen years of age can only ride a mini moto on private ground and they must have the permission of the owner of the land. Persons over 16 can also use a mini moto on private land but again only if you have the land owner's permission. They can also use them on the roads but to do this the bike must be:

- Registered with the DVLA (the Driver and Vehicle Licensing Agency)
- Taxed
- Insured
- If you are using the bike on roads you also need to:
- Have the correct driving licence for the bike
- Wear an approved protective helmet

Make sure your bike has an official number plate, brake lights and indicators and if you using it at night you need to have lights fitted and which work

Finally can I just remind you that for non emergency calls the telephone number for Grampian Police is 0845 600 5 700.

Have a nice summer and I hope to meet some of you soon.

Neil Thomson CBO

Business Directory

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

Electrician: David West 01674677365 mobile: 07759347353

Brechin Books: (try us 1st)Whinfield, Edzell DD9 7TN Tel 01356 648378 www.brechinbooks.org.uk

Computer problems? Ring Andrew 01674850326 /07793107612 www.andrewspcadvice.co.uk

Plumber: Aymer McFarlane:01674850000 / 07956489660

Window Blinds: Featherstone blinds: Dod Melvin 850 429 or 07900254542 dodmelvin65@tiscali.co.uk

To advertise your business in this space contact the editor Mike Burleigh at: 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 tel contact number.

This column could pay all our production costs, please consider including your business address.

*Please note that there is a separate charge for including your company in the website directory.

St Cyrus Community Council meets the 2nd Tuesday of each month @ 7:00pm in the Public Hall
contact the chairman Bob Flann on flanngb@btopenworld.com

FLOWER SHOW: There is to be an open night on Thursday 14th June when Isobel Smith will be giving a floral art demonstration in the Public hall at 7.30pm. All welcome, £1 entry includes refreshments.

At their last meeting the committee finalised details for their 21st event to be held on 19th August and opened by Mike Rumbles, MSP. Flower show schedules are now being distributed and if you have missed getting one please contact Dorothy Tuck, or a committee member. Show schedules cost £1 and allow entry into the show. The gardens competition will be judged before the show and this year previous winners of the Smart Cup will not be allowed to enter for best garden. We are hoping this will encourage some new entrants for this competition. Entries should be placed with Sandy Davidson, **Good luck to the children who now have their Sunflower plants, we look forward to the measuring in September. Hope to see you at the Show.** Isobel Smith