

The St Cyrus Newsletter



Volume 4 Issue 6

This is a free newsletter but donations are welcome

February/March

Focus on volunteering

Volunteer and help your community Volunteer in 2007 Volunteering opportunities

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Who volunteers?

The first volunteer I encountered was Miss Gladys Forsyth Grant, aka Brown Owl. Half a century ago various timid village girls stood around her piano at Burnside and sang hymns about Jesus calling us o'er the Tumult, having first practiced our knots to perfection. Who else remembers that?

Things have changed a bit since our day. Guiding still exists, evolved for modern needs, but sadly not in St Cyrus. Likewise we haven't had a Scout group for a few years - although I could name two former Scouters over 90 still living in the village. It would be great if this newsletter formed the catalyst to bring forward a new band of willing folk to step into their hardworking shoes.

Volunteering may once have been the occupation of wonderful old ladies with little else to help them pass the time (and I'm told the F-G Easter pageants were legendary!) but now anyone can offer their help for as much time as they wish to a myriad of different organisations. You can have the freedom of becoming involved in one off projects or take on more regular commitments and because 2007 is supposed to be the year of the volunteer and New Year resolutions are still being made, we have got together with as many groups as we can to tell you what is going on locally. You can help clean up the beach once or twice a year or make a weekly visit to someone lonely, the choice is yours, and the satisfaction gained from seeing how happy your company can make a vulnerable person or how beautiful the beach is when it's tidy makes the whole effort worthwhile.

Retired folk can meet new friends and gain a new interest in life through volunteering, many who are still working can find a couple of hours here and there to do their bit and for the young or unemployed volunteering provides an opportunity to gain relevant experience that will look great on a CV. It might even help make up their minds what career direction to take.

OK, so there may be someone reading this who says "but I'm not one of Nature's carers and I'm not fit enough to pick litter and slash bracken. There's nothing I can do to help." Oh yes there is! It may surprise you to know that all the organisations who have responded to our appeal for information are eager to recruit committee members as well as "shop floor" workers.

If you can take notes and type, you can be a Secretary, if you can add up you can be a Treasurer and you may even have the necessary skills to be an effective Chairman, but you don't have to be an office bearer. Anyone interested in the running of these worthy causes can join a committee knowing they are helping to keep a valuable ship afloat.

Nowadays we have bodies such as CVS offering training in effective committee skills so there is no need to approach the job with fear and ignorance. It can be just as rewarding to be part of the team running a thriving voluntary organisation as it is to see the smile light up your client's face each week.

Don't sit there and say volunteering is for other people. Pick up the phone and enquire about something you think you might be able to do. You can always change your mind once you know more about it but if you don't call in the first place you'll never know.

Once upon a time I promised to do my best to do my duty to God and the Queen and to help other people every day especially those at home (I can't confirm I was much use at that) and I've made other promises since. What I can promise you now is that voluntary work is far more rewarding than you can imagine - so please try it.

A former Kelpie

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 identify and name 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 entry of name, service and tel contact number.

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Editorial Happy New Year to all our readers who we thought might take inspiration for their new year resolutions from an edition focused on the importance of voluntary groups in our society. The extent to which we can be considered a caring society might be judged from the number of voluntary groups, the extent to which they are supported and the quality of the service they offer.

Being relatively new to St Cyrus and wishing to find an overview of the appropriate voluntary sector offices I looked to www.kdvoice.org.uk who are the CVS (Council for Voluntary Services) and the umbrella organisation representing the interests of the voluntary sector for our area.

We invited local organisations to provide details of their services and how these can be supported with a few hours of your volunteered time. Remember also those village committees which need your support, The Youth Club, Community Council, Public hall, Gala, Flower show and Newsletter Committees.

Thanks to Mary Singleton without whose interest, support, direction and advice this edition of the newsletter would not have been possible. Editor

DEADLINES

Articles and information for the next issue should arrive at the latest 27th March

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

Dear Editor,

Letters to the Editor

Christmas Lights A big THANK YOU to all of you who donated towards the Christmas Lights including local businesses. Also the team of volunteers for giving their time for maintenance and erection and taking down the lights in unfavourable weather.



I would also like to explain why we have only nine Christmas illuminations on the main road. The council stated at the beginning that only six lamp standards were capable of taking the Christmas lights.

We have since managed to make that up to nine! As we have to pay £70.00 plus VAT to the Council for fitting connections to each lamp standard this adds to the overall cost. As the Christmas features are reasonably expensive and generally require some maintenance we are always glad to receive donations towards them. We hope to keep adding to them for the enjoyment of everyone. D H Skinner (one of the elves!)

The St Cyrus Newsletter Group acknowledges the support of Aberdeenshire Council in the production of this issue.



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

The day of prayer this year for all the churches will take place at Johnshaven Church on Friday 2nd March at 2:30pm and will include Kinneff & Laurence-kirk folk for you to chat to over a cup of tea afterwards.

In small communities like ours it is important to support the local facilities such as the shop, post office, hotel, cafes and petrol station. They all need you. The church is no different. This year, we have services at 10am in Johnshaven and 11:30am St Cyrus.

I hope that you will all make a point of coming to worship as a community this year. Psalm 146 tells us not to put our trust in princes but to trust in God. Robert Burns echoed that in his poem 'A man's a man for a' that'. Many people strut for a while on the world's stage and then come to nothing. A breath takes them away. In a changing world it is better to trust in God and do the right thing. Each of us has a part to play in our neighbourhood and our street. Look to see what you can do to volunteer and lend a hand in our village. If you know of people ill who would like a visit give me a ring 850 880 and provide their address or hospital ward details. **Hospitals no longer inform ministers of new admissions unless specifically asked to do so by the patient.** George Hastie 850 880

Scottish Episcopal Church

St Mary's + St Peter's Montrose

8am Sunday said Eucharist

11am Sung Eucharist

Wednesday 10:15 said Eucharist

Evensong during Lent at 6:30pm starting

Sunday 25th February

Inverbervie: St David's

Sung Eucharist 9:30am Sunday

FREE CHURCH: Meeting in the Public Hall
Outlines of meetings for Feb/March. All our meetings are suitable for all ages and a Creche can be arranged on request.

Worship & Learn Preacher - David Robertson
 3pm Sunday 4th February St Cyrus Public Hall
 Communion Service. Refreshments afterwards.

Mid month Bible Study - Donald Gillies
 3pm Sunday 18th February St Cyrus Public Hall.
 Refreshments first.

Worship & Learn Preacher - David Robertson
 3pm Sunday 4th March St Cyrus Public Hall
 Refreshments afterwards.

Mid month Bible Study - Donald Gillies
 3pm Sunday 18th March St Cyrus Public Hall.
 Refreshments first.

Christianity Explored - Donald Gillies
 Ten week video based course and discussion group.
 Available to run where requested, why not organise a group of friends? Contact: Donald Gillies, 850607

Funerals held at St Cyrus

Kathleen Anderson. Died 22nd January aged 80

Obituary: William McDonald: Bill Macdonald (Biscuits) Born Dundee Dec 1927. Although their father was a Master Grocer Bill and his brother went on to become Master Butchers in their own right. His steak pies were well known locally, nationally & even internationally. Bill became the proprietor of the Bush Hotel St.Cyrus in 1969 and built up a healthy trade (The weekly dinner dances were very popular) as people enjoyed his often quirky sense of humour, regulars will remember his pony Tanya drinking buckets of stout in the bar! Bill went on to run the Ferryden at Montrose retiring in 2000 and spending his time either tending his garden or looking for Car Boot Sale bargains. Bill died on Jan 3rd at home with his family and is survived by his wife Christine who lives in Invergarry Park and daughters Pamela, Marianne, Patricia and Caroline.

What's on at the Public Hall

OAPs every 2nd Monday from 7pm

Bowls Tuesdays and Thursdays.

Country Dancers Mondays 7pm-9pm.

Tea Dancers Fridays 1.45pm-4.15pm.

Playgroup Mon-Thurs. 9am-11.30am.

Toddlers Fridays 10am-12noon.

Keep Fit Wednesdays 8pm-9pm.

Whist Club Wednesdays 6.30pm-9pm.

Friendship Club Wednesdays 9am-1pm.

Youth Club Fridays:

Juniors P5 P6 P7 6.30pm-8.15pm.

Seniors S1 S2 S3 8.30pm-10pm.

Free Church 1st and 3rd Sunday in month 2pm-5pm.

WRI 1st Monday in month 7pm-10pm.

Community Council 2nd Tuesday in month 7.30-9pm

Also:

The St Cyrus Gala Committee is holding a Pampered Chef kitchen show in the small hall on Friday 16th Feb

The St Cyrus Gala Committee is also holding a St Patrick's Disco on Saturday 17th March.

Important:

The large hall will be out of commission on Thursday 15th & Friday 16th of February because the floor is being sanded and re-coated and I am very grateful for the co-operation of the Bowlers, Playgroup, Tea Dancers and Toddlers in agreeing to cancel their regular meetings so that the maintenance of the floor can be completed.

Make your bookings well in advance to have them announced here. Yvonne Buck 850160

~Committee Members Needed~

The Public Hall is run by a committee of user group representatives and other volunteers. If you are interested in joining these public spirited people who care for our community facility please come along to the AGM on March 6th or contact John Sparrow on 850 739 for further details.

Catholic Services:

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

~ St Cyrus Nature Reserve ~



The Old Lifeboat Station
Nether Warburton
St Cyrus
Montrose DD10 0AQ



Scotland's
National Nature
Reserves

Scottish Natural Heritage (SNH) staff perform regular litter picks across St Cyrus National Nature Reserve but every September we enlist the invaluable help of volunteers to really scour the beach of litter. This September beach clean is part of a nationwide annual beach clean organised by the Marine Conservation Society (MCS). Volunteers around Britain pick litter and record exactly what's been collected. This information is sent to the MCS who can establish an overall picture of the cleanliness of our beaches and use this information to lobby government or prosecute the main polluters.

In 2006 we followed up the September beach clean with another very successful litter pick on a fine day in December. With the help of 17 volunteers we collected over 40 bags of litter from the northern section of the beach. Litter can travel for many miles before spoiling our beaches, most of it is transported by wave and tide action, although some is wind blown or dropped by careless visitors. With so many people willing to volunteer their time to keep St Cyrus beach litter-free we are organising a spring beach clean on 5th May as part of the National Outdoor Access Festival.

Volunteers are important on the reserve, as without them we would not be able to undertake some of the large-scale habitat management that is needed to maintain and improve the site. The main volunteer project last year was bracken bashing at the foot of the cliffs where the bracken is encroaching on the wildflower rich grasslands. Bracken shades out the spring displays of wildflowers that St Cyrus is famous for. Removing the bracken allows dormant seeds the space and light to grow and produce not only a beautiful carpet of flowers for visitors to enjoy but also attracts more butterflies and insects to feed on their sweet nectar.

We had two groups of volunteers helping with the bracken bashing in August. SNH colleagues from our main Area office in Aberdeen, and from Forvie National Nature Reserve spent a day using brushcutters and other machinery on the flatter areas. We were also lucky to have band of willing helpers from the Johnshaven based Safe Habitats Alliance for Rural Kincardineshire (SHARK) group who tackled some of the more difficult to reach areas with hand tools. The eight SHARK volunteers really made an impact on areas that can't be accessed with machinery. It is hoped that all the effort will be worth it with an even more spectacular show of flowers come the spring. We plan to organise another couple of bracken bashing events this summer to continue the good work.



SHARK bracken bashers

If you are interested in joining SHARK please contact Rebecca Chambers on 01561 362120 or at shark@johnshaven.com

Conservation volunteering contacts:

BTCV : <http://www2.btcv.org.uk>

NTS : <http://www.nts.org.uk/web/site/home/home.asp?>

SWT : <http://www.swt.org.uk>

JMT : <http://www.jmt.org>

CJS : <http://www.countryside-jobs.com>

If you are interested in working in conservation one of the best ways to gain experience is through volunteering at a local site. Some organisations offer residential opportunities but often regular volunteering, for example a day a week or similar, can fit in around other commitments and shows commitment to the work. You can also take part in John Muir Trust Award designed to encourage people to take a closer look at nature or find other volunteering opportunities and job vacancies through Countryside Jobs Service (CJS) who produce a weekly newsletter full of job vacancies and info on training courses. We are working on the events programme for next summer and want to include a few new events to add to the popular ones from last year so look out for more information coming soon! We would also like to encourage more local groups of all ages and interests to make use of the nature reserve and organise either a visit to group meetings or a trip to the reserve with either Andy or Alison. Just give us a call for more information on 01674 830 736 or pop into the Reserve Office.

Mearns Healthy Living Network:

As most people know, the population of Scotland is getting older. This is particularly so in Aberdeenshire which is due to see the second highest rise in the proportion of older people in the country in the next 10 years.

This changing population brings with it new challenges as well as new opportunities. The Mearns Healthy Living Network was established in 2002 to meet some of these challenges. It provides a range of services and activities for older people in the Mearns area, including St Cyrus. These services and activities include help with shopping and transport, a handyperson scheme for small DIY jobs around the house and garden, lunch clubs, exercise groups, computer and art groups and other social activities. In all, 120 people use the project's services and activities each week. These services and activities are provided through the hard work and commitment of 50 volunteers.

The Healthy Living Network is a voluntary organisation funded mainly by the Big Lottery Fund with two part-time staff based in the Community Centre in Laurencekirk. Though our initial grant is due to end this year we are confident of getting more funding to continue with our work in the Mearns and to start work in the coastal communities north of St Cyrus, from Johnshaven up to Catterline.

The Healthy Living Network is increasingly busy in the St Cyrus area. Until recently a exercise class has run in the Village Hall. Computer and art groups have also run in the past. Several people also use the shopping service regularly.

If you think you might want to use one of the Healthy Living Network services or come to one of its groups, or if you simply want to know more, please do get in touch with Ed or Nikki at the Mearns Community Centre. We're also interested in any ideas you might have for other things we could be doing in the area.

We also really need more volunteers in the St Cyrus area, particularly volunteers able to help with driving, shopping and handyperson jobs. The commitment can be as small or as big as you like and training is provided. There is also the opportunity to become involved in the management of the project. We are setting up a new management committee and as yet we don't have anyone from St Cyrus involved. If you want to know more about these volunteering opportunities with the Healthy Living Network, again please contact Ed or Nikki.

Ed Garrett, Project coordinator,
Mearns Healthy Living work,
Mearns Community Centre,
148 High Street, Laurencekirk AB30 1BL
Tel: 01561 378130 mhl@care4free.net



~ St Cyrus Friendship Club ~

The Friendship Club..... continues to be open to all comers every Wednesday in the village hall at 10am You don't have to be a member, just drop in and have a coffee. We are very grateful to all those who help in running the club, but we can always use more. If you can help us with either transport or in the hall please contact me, John Gavin 850288 or Barbara Dunbar.

Volunteers work in a rota which comes round about once in four weeks. The more volunteers we have the less often your turn will come round and there is no reason why you shouldn't volunteer as a 'pair'!

We are usually finished and cleared up by 1:00pm. If you can spare one Wednesday morning in four, please let us know. As I have said, we are

open to all, so once you have collected your passengers or done the serving, there is no reason why you shouldn't move to the other side of the counter, have a coffee, do your exercises, have a game of scrabble or dominoes & lunch. If you're an intellectual, Mrs Davidson will test you with a quiz!

John Gavin



Home-Start Kincardine A unique volunteering opportunity to support children and families

Home-start Kincardine is a voluntary organisation based in Stonehaven, committed to promoting the positive side of family life, by offering practical help and support to families with children under five years of age.

Many parents feel overwhelmed or exhausted by the stresses and difficulties of everyday life. All too often they have no close family or people around them who can give them encouragement, support or breathing space when they need it.

Our volunteers, who are all parents or grandparents, understand the pressures and demands that come with the job. They undergo a 30 hour preparation course, really designed to give them a picture of some of the issues that may be facing families at this moment in time.

They visit their Home-Start families once a week for 2-3 hours and although every family's needs will be different, the support may include:

- taking the children to the park
- helping parents keep appointments
- spending time listening and encouraging a parent
- playing with the children whilst Mum has a break

All expenses are paid and regular on-going training sessions are offered to all volunteers.

Do you think you would like to be a volunteer for Home-Start?

If your answer is yes, then call Carol or Heather on 01569 767773 to find out more information.

We usually run two courses a year, at different locations.

There is one starting in Portlethen on February 6th. We would love to hear from you.

BEFRIENDING MAKES A DIFFERENCE



Kincardine & Deeside Befriending is a well established local charity which matches lonely, isolated, older people with a volunteer on a one to one basis. We are currently looking for people to join us as befrienders throughout Kincardineshire and the Mearns –could you make a real difference to someone's life in the St Cyrus area?

As Spring approaches, along with some warmer and longer days, we may begin to think about trips out to enjoy the countryside with perhaps a stop for a cup of tea. For some older people, however, this is not a possibility as they are unable to get out and about without help and may not have family or friends locally who can support them.

This is where a volunteer befriender can help – someone who can spend an hour or two each week or fortnight visiting an older person, perhaps accompanying them on a walk, taking them out for a drive or simply visiting at home for a chat and a cup of tea. Befriending is very flexible and can be fitted in around full or part time work. Our befrienders are both men and women and of all ages. Most find they get as much pleasure as they give in their role.

The scheme provides support, training and expenses for its volunteers. Befriending can make a real difference to someone's life – providing companionship, practical help and a listening ear. If you feel that you have a little time to spare and could help out in your community please contact: Catherine King 01569 765714

42-46 Barclay St, Stonehaven, AB39 2FX

e-mail befriending@hotmail.com

St Cyrus Playgroup: Playgroup will be taking enrolment for the 2007-2008 session during the week beginning 5th February 2007. This is for children in their ante pre-school year, ie those who will be 3 years old between 1st March 2007 and 29th February 2008.

We have Playgroup places remaining for the rest of this session, ie until the end of June 2007 as well as places in our Rising 2's group. Further information from Heather on 850 533 or Beth on 850 167

We will be holding several fundraising events between now and the summer holidays. These include a 'Pamper Zone' afternoon with manicure, pedicure and massage appointments available, a 'Soup and Sweet' as well as a 'Fashion and Beauty' evening. No dates are arranged as yet, watch the local noticeboards for more details.

Heather Jenkins

PS Thankyou very much to the Mission Team for a great Christmas Party. It was really good. Thanks for all your hard work. From Connor and Charlotte

Scouting in Angus:

The 1st Montrose Scout Group has Beaver, Wolf Cub, and Scout groups which meet at the Scout Hall, Queen Street, Montrose. Contact the Group Scout Leader tel 01674 677036 and ask for Alison O'Hara for details with regard to your child joining us.

There are 2 other Scout Groups in Montrose and they are:

The Hillside Group (who meet at the hut beside the playing fields off Main Road) They have Scout, Cubs & Beaver units.

2nd Montrose (meeting at Borrowfield school) these groups have Beavers (age 6-8years), Cubs (age

8-10/11) and Scouts (age 10-14)

which meet on different evenings from our group.

The 2nd Montrose groups all meet on the same evening.

Montrose District Explorer Scout Unit (age 14-18) who meet once a month at Queen St Scout Hall.



Girlguiding UK

St Cyrus parents recently made enquiries as far away as Auchenblae to place their children with a scout/guide group.

Girlguiding UK is the largest youth organization in the UK.

It was formed in 1910 so we will soon be celebrating our centenary. Although we still keep some of the traditional values and activities which Mum and Granny will remember doing we are very in tune with the needs of today's girls.

More than 50% of the female population of the UK has been involved at some time in their lives in Girlguiding; currently 30% of all 8 year old girls are in Brownies.

Some celebrity members have been, Cat Deely, Glenda Jackson, Lorraine Kelly, Mo'Nique, Anita Roddick, Tanni Grey-Thompson, Delia Smith and Carole Vordeman.

Being a Rainbow, Brownie or Guide (or a Leader) is lots of fun and a great way of making new friends, joining in activities and learning new skills. Some of the badge choices available now are Circus Skills, Chocolate, Friend to Animals, and Glamorama as well as the traditional cooking, crafts and knots.

There are Brownie and Rainbow units at Inverberrie Burgh Hall and a Brownie unit at Johnshaven Church Hall but waiting lists are preventing St Cyrus children from enjoying the excitement and fun of playing and learning with their peers especially in the 10+ age group as there is no Guide Unit in the Coastal District south of Stonehaven. The organisation needs leaders.

What does it take to be a Leader in Guiding?

You need energy, enthusiasm, a big heart and an even bigger sense of humour. While it is not always easy you do not have to be Superwoman as help and support is always at hand.

The Kincardine and Deeside Scout District Commissioner Rose McLaren welcomes enquiries from volunteers willing to start Scout/Guide, Brownie or Rainbow Units in St Cyrus. Contact Rose McLaren on 01561 361 996

Take a look at www.girlguiding.org.uk/guides/ where you will find areas for Guides, Parents and Leaders. This is a lovely well designed website reflecting the wealth of activities available for the girls from camping through all those skills they can evidence with their badge collections.

Adults interested in supporting can learn more at www.girlguiding.org.uk/join/

Or e-mail JoinUs@Girlguiding.org.uk call 0800 169 590 1 for more information or to register your interest.

Telephone Rose McLaren on 01561 361 996 to arrange a meeting

Article by Evelyn Richardson

ST CYRUS JUNIOR YOUTH CLUB



"We require to have at least three duty parents at Club each night"

St Cyrus Junior Youth Club welcomes children from P5, P6 and P7. The Club meets every Friday night from 6.30 – 8.15 pm in the Village Hall and runs from the Late Autumn to the Early Summer School Terms. It offers a variety of activities in both the large and small halls: table tennis, pool, snooker, Playstation, music, games, theme evenings, games evenings and trips. There is also a Tuck Shop with a choice of drinks, snacks and sweets for sale.

Members are welcome to bring their own music, CDs, Playstation games and videos (at their own risk!) The annual Membership Fee is £5.00 for the

first child and £2.50 for any siblings. The weekly Entry Fee is £1.00. Fantastic value!!

Parents/guardians of Youth Club Members will be issued with a Rota Sheet and will be asked to attend, on occasion, to help out with the running of Club. We require to have at least three duty parents at Club each night to satisfy Child Protection legislation. If parents are unable to do their duties, then they must find another parent to take their place.

The Youth Club Committee tries to organise as many activities for their Members as possi-

ble and they are always open to suggestions from both Members and parents/guardians. Throughout the term, the Youth Club Committee will put together some trips. The Members will be notified and issued with the relevant parent/guardian Consent Forms for completion.

Our special shows have been big events in recent years. The "Stars In Their Eyes" show is especially popular and a lot of fun for all!

Your child will be very welcome.

St Cyrus Youth Club Committee

ST CYRUS SENIOR YOUTH CLUB



"Members are welcome to bring their own music, CDs, Playstation games and videos"

St Cyrus Senior Youth Club welcomes children from S1, S2 and S3. The Club meets every Friday night from 8.30 – 10.00 pm in the Village Hall and runs from the Late Autumn to the Early Summer School Terms. It offers a variety of activities in both the large and small halls: table tennis, pool, snooker, Playstation, music, games, theme evenings, games evenings and trips. There is also a Tuck Shop with a choice of drinks, snacks and sweets for sale.

Members are welcome to bring their own music, CDs, Playstation games

and videos (at their own risk!)

The annual Membership Fee is £5.00 for the first child and £2.50 for any siblings. The weekly Entry Fee is £1.00. Fantastic value!!

Parents/guardians of Youth Club Members will be issued with a Rota Sheet and will be asked to attend, on occasion, to help out with the running of Club. We require to have at least two duty parents at Club to satisfy Child Protection legislation. If parents are unable to do their duties, then they must find another parent to take their place.

The Youth Club Committee tries to organise as many activities for their Members as possible and they are always open to suggestions from both Members and parents/guardians. Throughout the term, the Youth Club Committee will put together some trips and we try to tailor different types of trips to suit the senior age group. The Members will be notified and issued with the relevant parent/guardian Consent Forms for completion.

Your child will be very welcome.

St Cyrus Youth Club Committee

Scottish Wildlife Watch

Calling all junior Wildlife Watchers! There are lots of interesting activities and events available to adult members of SWT, but we do cater for children as well. Scottish Wildlife Watch is the junior membership of SWT and there are lots of Wildlife Watch groups scattered all over the country providing children with the opportunity to explore, appreciate and understand their environment and above all, have fun! Your local group, run from SWT's Montrose Basin Visitor Centre, meets

on the last Wednesday of the month from 6.30pm – 8pm. Past activities have included a visit to the Mills Observatory in Dundee, looking for red squirrels at Kinnaird, trips to Crombie and Monikie Country parks, sausage sizzles and Halloween parties – phew! And if that's not enough to inspire you, forthcoming events include a 'Mud Safari' and learning all about what seeds require and making your own germinators in a session called 'Seeds & needs'! The Montrose Basin Watch Group is in a fortunate position as it is

headed up by our Lead Teacher/Naturalist, Alison O'Hara. However, Alison relies heavily on support from dedicated adult volunteers without whom, the group would not be able to function. Should you be interested in volunteering for the group or you or someone you know would like to join the Watch group, then contact the visitor centre on 01674 676336.

You don't even need to be a member of Wildlife Watch to take part, just have a love of nature!



"dedicated adult volunteers without whom, the group would not be able to function"

Santa Claus Competition

Like the real Santa Claus I too had a very busy Christmas but I did have time to take part in a xmas party dressed up like one. I wonder if any of the younger ones in the village recognise who is under the costume?

And if not maybe mum and dad will be able to help. There is a prize for the first correct entry to be drawn by the editor. Postal entries to the editor 13 Scotston place St Cyrus.

closing date 28th Feb.



Guess who is disguised as Santa

YOUTH CLUB NEWS

Stars In Their Eyes

We are looking for acts for the upcoming Stars in Their Eyes very soon. Please contact Morag on 850656 if you would like to be involved in anyway. Thank you!

Activity Nights for February :

2 February: Dodgeball
9 February: Usual night
16 February: No Club – School Holiday

Fundraising We are holding a coffee morning and jumble sale in the Public Hall on Saturday 24th March. Donations will be most welcome and we can arrange for pick up nearer the time. **AGM** We will be holding our annual general meeting in June 2007 and if any parent would like to join the committee, please let us know. Many Thanks. Wilma Jobson.



"We are looking for acts for the upcoming Stars in Their Eyes"

St Cyrus School

£52 raised from Christmas Enterprise post box donated to Aberdeen Royal Infirmary Children's Hospital



"chat about
volunteering
possibilities
with Yvonne
MacDonald"

Aberdeenshire Disability Action

Aberdeenshire Disability Action is a voluntary organisation and registered charity established in 1992. We provide information and support to physically disabled people throughout Aberdeenshire.

To help carry out this work, we are always looking for Volunteers to either work on reception at our Inverurie office, or help out in various ways with our projects.

Volunteering opportunities are varied and can also be lots of fun.

If you are interested in volunteering, or just having a chat about the possibility, please call Yvonne Macdonald on 01467 629909 between 10.00hrs. - 15.00hrs. Monday to Friday.

We are all of us volunteering our interest and care every day.....

"She had noticed that an alarm was flashing outside one of the older peoples bungalows"

Sheila Brown called by my house this morning. ~Yes you can dictate your 'letters to the editor' in person~. She had noticed that an alarm was flashing outside one of the older peoples bungalows in Mercury Place. We can all learn from the thoughtful way she reacted to seeing this because apparently the alarm light had been flashing for some time **without**

anyone enquiring to see what help might be needed. Sheila reacted to seeing the flashing alarm light by inviting Charlie Pirie a neighbour to join her and the pair called at the bungalow to find the householder OK if a little confused and not realising they had switched the alarm light on. We can all of us learn from this example by:

Being observant, caring about others and responding/enquiring in the company of another person. Not everyone lives in purpose built bungalows with alarm systems but by enjoying contact with our neighbours regardless of the season we are more likely to observe those times when they have real need of someone to listen or provide help. Editor.

~ Disclosure ~

A lot of volunteering opportunities now require you to complete what is known as a Disclosure check. This is essentially a criminal records check designed to protect children and vulnerable adults. The process of doing a Disclosure is straightforward and certainly shouldn't put anyone off volunteering. It's a matter of filling in a short form which is then completed by the organisation you are planning to volunteer with. There is no charge for volunteers doing this. The process is now normally completed within a month, meaning that it shouldn't delay the start of your volunteering too much. Ed Garrett

~ Stop Press ~

The Public Hall Committee have been awarded a £10,000 grant from Awards for All Scotland which when added to the £2,700 they have raised to date plus the £500 generated by the Burns Supper means that we have only to find £3,000 to pay for the new windows in your village hall. Now we can begin the work by replacing the windows in the small hall Lina Forsyth-Grant

Volunteering:

The definition of volunteering is one of those all encompassing statements which underlines the powerful philosophy behind the concept and the scale and variety of the task: "The commitment of time and energy for the benefit of society and the community, the environment or individuals outside one's immediate family. It is undertaken freely and by choice, without concern for financial gain."

Such a flurry of words also brings home the fact that volunteers are special people. For a large rural authority like Aberdeenshire volunteers are a major force in delivering services and serving the community.

Aberdeenshire Council is acutely aware of the massive contribution volunteers make in a whole spectrum of areas from social and community care, community development, to environmental improvement and education. It is a unique contribution and one which affects all of us at some

stage or another.

The council's statement of aims for volunteering rests on recognising the importance and critical role of volunteers, promoting the effectiveness and value of volunteering, and securing greater recognition and appreciation of the contribution made. The council is keen to see more people come forward to take up voluntary roles, and make the passage as easy for them as possible within the demands of modern society.

It is also focused on setting models of good practice for volunteers, providing training, and ensuring that volunteers have the same health and safety rights as employees of the council.

For people who opt to take up the role of the volunteer – and St Cyrus has some fine examples of individuals who have followed this route – Aberdeenshire Council takes the view that there are clear rights that have to be underscored, not least of all for volunteers to know what is expected of them; to have clear lines of support and supervision; to be valued;

to have safe working conditions and to enjoy personal development through participation. In turn the local authority looks to volunteers to be reliable and honest, respect confidentiality and carry out their tasks in a way which does credit to the principle of voluntary service.

The council also recognises that support for volunteers is important. Wherever possible, volunteers' skills, talents and interests should match the council's needs, and that this should extend to young people who wish to become volunteers.

Above all, Aberdeenshire Council recognises the value of volunteers and is keen to develop a strategic approach to the development of volunteering, and to encourage networking to promote best practice and ensure quality of service to the consumer. It is hard to imagine where we would all be without the input of the voluntary sector – a group we can be proud of in an age when public service is not always seen as a top priority.

Cllr Bill Howatson



"Aberdeenshire council is keen to develop a strategic approach to the development of volunteering"



~ INVERBERVIE & DISTRICT DAY CENTRE ~

The Day Centre was begun in November 1989, and has provided care for many elderly, lonely, or less able people from St.Cyrus to Catterline over the last 17 years.

The company, the friendly chat, and ever welcome 'cuppa' are very much appreciated by our members.

We currently have members from Gourdon, Johnshaven, and St.Cyrus, as well as Inverbervie

While some of the Carers from 1989 are still actively involved, new Volunteers to the team would be warmly welcomed.

Can YOU spare a few hours once a week to help ...?? ... (we meet on a Thursday in the Inverbervie Parish Church Hall)

Both male and female helpers would be welcome.

The duties are not difficult, and the rewards from spreading a little happiness are very substantial.

PLEASE THINK ABOUT IT !!!

Contact :
Rosie MacALLAN 01569 763635
or
Madge Melvin 01561 61155

St Cyrus W.R.I. 7.30 pm. in the village hall. Visitors, former and new members are always welcome. If you would like to come along please phone Mrs. Thomson on 850161 5th Feb 'Around the World' John Gavin. 5th March 'Grampian Growers' Mark Clark 2nd April 'Tales of Cairo' Francis Moir 3rd May AGM.

St Cyrus Newsletter Group AGM Feb 27th committee room in Public Hall 7:00pm

~ SCOTTISH COUNTRY DANCE ~

This club was started in the village fifteen years ago. It meets on Monday nights from the beginning of September till the end of May, in the Public Hall from 7:30pm-9pm.

Apart from the weekly dance nights the club has a Christmas night, a Wine and Cheese night and an Annual open Dance at the end of April. We have Alistair Wood and his band from Edinburgh to play for us and welcome dancers 'frae a' the airts'. Alistair and his band enjoy coming here to play for us and have never failed to lift the dancers with great music.

New members are welcome but it must be stressed that this is not a beginners group. Some experience is necessary as it is not an easy form of dance.

Contact Joan Davidson 850367



This month I am concentrating on what to look for when buying computers. It has come to my attention that certain retailers wish to sell you the computer that has the superior specification without considering the general build quality.

I recently had an enquiry about which notebook to buy from a choice being sold by a well known retailer. Their advice was inappropriate and was driven by specification not quality, a complaint was made and the matter was resolved in favour of the customer.

However buying well specified PCs at cheaper prices can mean that corners have been cut on the parts of the computer that are not often mentioned in the general specification. Power supply units, main circuit boards etc are the sort of components certain manufacturers try to cut build costs on and as a consequence quality can be sacrificed.

The analogy here is that you could buy an expensive make of Hi Fi from a tried and trusted supplier of Hi FIs or you could buy the one that has a higher specification for example but from a poorer quality Taiwanese counterpart.

Computers enjoy the same situation as Hi FIs. Certain makes are more reliable than others. They might have a number of components from well known good quality manufacturers but these can be limited to the core components such as the central processor or the graphics chip. There are only two companies that make these for mainstream machines such as AMD and Intel. The graphics chips are also made by two main manufacturers, Nvidia and ATI. The question remains which manufacturer makes the components on the main circuit boards and graphics boards that surround and feed these core chips. It is these parts that are often made by a myriad of different manufacturers and range in quality.

Buying a computer should not rely on the specification solely, but the general quality of the whole system. If the two things are right you will have a computer that will outlast its cheaper rivals.

So how do you decide on which is the best to buy? Most computer magazines have detailed reviews of the latest systems and is a good place to start when searching for your ideal machine. They also give guidance on what sort of system will suit your needs. I am also happy to give independent free advice on this issue. You can e-mail me in the usual way at andrew@andrewspcadvice.co.uk.

Allan Robertson writes for us in this issue on:

Citizens Advice Bureau

Citizen's Advice Scotland:

<http://www.cas.org.uk/>

CAB = The Citizens Advice Bureau = CAS Citizen's Advice Scotland

Hi, Allan here again, this time I have been asked to write about The Citizens Advice Bureau (CAB) for short. Our local bureau is in 32 Castle Street, Montrose, where a salaried Manageress directs a team of us volunteers each giving a minimum of 4hrs per week. We try to maintain a minimum of four people (3 volunteers & 1 paid member of staff) per day. We are open four days per week, Monday & Tuesday from noon until 4pm and Thursday & Friday from ten am until two pm.

There are 3 finance and one industrial specialist all of whom are volunteers.

We have offices in Arbroath, Forfar and Montrose and support monthly outreach clinics in Brechin & Montrose. A feature of our Montrose office is the large number of people from Aberdeenshire who call upon our services although we are primarily for Angus citizens. This situation will be remedied as several information bodies in Aberdeenshire have applied for affiliation with Scottish C.A.B.

We need volunteers.

The aims of the Scottish CAB service

The Scottish CAB service is united by two aims:

to ensure that individuals do not suffer through lack of knowledge of their rights and responsibilities, or of the services available to them, or through an inability to express their need effectively
and, equally

to exercise a responsible influence on the development of social policies and services, both locally and nationally. CAS and Scottish bureaux work together to achieve these aims.

A service with principles

The CAB service is led by 12 principle that guide the work we do.

These 12 principles are:

- A free service
- Confidentiality
- Impartiality
- Independence
- Accessibility
- Effectiveness
- Community accountability
- The client's right to decide
- A voluntary service
- Empowerment
- Information retrieval
- A generalist service



You can also read more about the [CAB Service 12 Principles](http://www.cas.org.uk/aboutthecabservice.aspx). Which you will find at:

<http://www.cas.org.uk/aboutthecabservice.aspx>

We also operate an equal opportunities policy: the CAB Service is independent and provides free, confidential and impartial advice to everybody regardless of gender, race, sexuality, age or disability.

WEATHER : CLOUDS:

When we step out of the house for the first time each day, what is our first reaction?

For me it is to look up and view the sky. This I must admit, for me, is mostly from training.

After working in the weather business for 47 years looking up is a must. If for no other than to

see who is throwing things at you when you get the forecast wrong. The main reason for

looking up was and still is to see the beauty that is there above our heads. **CLOUDS.** What are clouds? Why is it that at times they look so friendly and at other times menacing? I guess it is all in the eye of the beholder. I could write here all day and not be able to convey to you what clouds mean to me. But I have been told about a web site that may be able to tell you what I cannot. It is the web site of the Cloud appreciation Society. It is some site. I have not gone through all that is there to see but I can tell you that it is a site worth looking at, just go to: <http://www.cloudappreciationsociety.org/> Let me know what you think of this site. I hope that it thrills you as much as it does me.



MAC

AN OPPORTUNITY FOR VOLUNTEERING

Did you know that one in eight people are caring for a family member or friend? Many people do not realise that they are carers and are not aware of support which is available to them. What is a carer? It is anyone who cares for a family member, friend or neighbour who because of a disability or frailty cannot manage without help. They do not have to be living with the person for whom they care.

The Princess Royal Trust for Carers (PRTC) is a national charity that supports informal carers and locally there are independent Carers Centres which are affiliated to the PRTC. These organisations support carers in many different ways. Information and advice including benefits advice, group support, carer training, relaxation therapies, sitting, counselling and a listening ear are some of the ways support is given to the carer.

Volunteers play a large part in supporting carers in a variety of ways. One way is to sit with the person being cared for to allow the carer some much appreciated time out. Transport for young carers (8 – 18 years of age) to allow them to attend support groups and activities is another way that volunteers can help. These young people often miss out on the normal life of their peer group because of caring for a parent or sibling. Assisting with mailing, photocopying and other clerical work are all areas where volunteers can help. No special qualifications are required to volunteer, just a commitment to a few hours when you can.

Angus Carers Centre in Arbroath and an outreach centre of Aberdeen Carers Centre at Stonehaven are the Carers Centres affiliated to the PRTC and working in your area.

If you are interested in volunteering please contact June, Volunteer Coordinator 01241 439157. If you are caring and would like more information about available support please contact Anne on 01241439157.

Volunteering – Give Time not Money!

Recent research has found that a massive 42% of people in Scotland today volunteer, but over 50% adults are waiting to be asked. Whether you are an individual, an organisation or a business, you can make a positive impact on your community and motivate others to do the same. You can learn skills and make new friends; you can improve your community and help people that you care about, giving a little time to help someone out with your family. Don't wait to be asked! Here are two examples of the wide range of volunteering opportunities available now on our database. If you are interested in the following volunteering opportunities, would like to find about others, or advertise your new opportunities, phone Jane or Angie at Volunteer Centre South Aberdeenshire on 01330 825794.

Pet Fosterers - It is so important for people to know that their pet is being cared for while they are incapacitated through being in hospital, etc. People who become homeless also benefit from our organisation as they don't have to give up their much loved pet.

Stonehaven Community Education Centre – Boys Group Youthworker - The group is lively and frequently challenging, but has huge potential, and all of the young people are great fun to work with. We need friendly, enthusiastic volunteers (preferably male) with a good sense of humour and an ability to maintain firm boundaries. The group has interests in sports, music and cars amongst other things, and we try to find ways to encourage these interests and introduce others. The boys are very loyal to the group, think highly of the adults involved and appreciate that they are listened to and not judged by the youth workers.

Angie Millar VCSA Admin Assistant Volunteer Centre South Aberdeenshire



Consumer Network needs volunteers to provide information about consumer issues

We are looking for new volunteers from all over Scotland to join our Consumer Network. The Consumer Network is a group of volunteers who help to keep us informed about the issues that concern ordinary consumers throughout the country.

Our volunteers are asked to send us information three times a year about any problems they face in their day-to-day lives, or things that affect their local community. From time to time we also ask our volunteers to help with research projects as part of the ongoing work of SCC. Recently, volunteers have given their opinions about:

The impact of the smoking ban ~ Access to NHS dental services ~ Shopping habits

The time commitment is quite small, perhaps an hour or so every couple of months. There are no formal qualifications required and no barriers to eligibility.

Interested?

Please contact our Consumer Network Co-ordinator, Gill MacGregor, on 0141 227 6462 or visit our website for further details: <http://www.scotconsumer.org.uk/getinvolved/index.htm>

“VOLUNTEERS URGENTLY NEEDED FOR COMMUNITY COUNCIL SECRETARY AND MINUTE SECRETARY POSTS”

After four years of outstandingly dedicated and hard-working service to the Community Council, Norman McIntosh has decided to step down as Secretary and have a well-earned break from civic duty. Norman will be difficult to replace but the post of Secretary is a fascinating opportunity to become intimately involved with all matters concerning the community of St Cyrus.

Volunteers for the post would become the principal communicator with the public, the press, Aberdeenshire Council and a host of other public bodies on behalf of the Community Council. The position principally involves receiving all the communication to the Community Council and responding as agreed by the Members, so letter writing skills are obviously important, but there are a lot of other telephone discussions and meetings and becoming Secretary is ideal for someone who cares about their community and who would like to be able to make a real difference. The Secretary also draws up the agendas for each monthly meeting. The post is entirely voluntary but expenses such as postage and printing are paid and a small honorarium is usually also paid.

One role not included in the Secretary's duties is that of Minute Secretary, as it was decided to split these roles some time ago, and there is also a vacancy for this position. This simply involves recording the business at each monthly meeting and sending out the Minutes by e-mail to Members and interested parties.

Anybody who is interested in the post of Secretary would normally become a Member of the Community Council (although this is not essential), but in the first instance this could be achieved by co-opting them as a Member (as there are currently vacancies) until such time as it is possible to hold an AGM when the appointment could be formalised.

We would all be grateful if anyone who is interested, or knows of someone who might be interested, could get in touch as without a Secretary the Community Council cannot function and meetings are currently postponed. Absolutely no experience of Community Councils or of being a secretary is required, just an interest in the place you live in!

Please contact either Andrew Hamilton (Chairman) ah@andyhamilton.com
or Bob Flann (Vice-Chairman) on flanngb@btopenworld.com
if you would like to find out more.

Business Directory

Computer problems? Ring Andrew 01674850326 /07793107612

Plumber: Aymer McFarlane:01674850000 / 07956489660

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

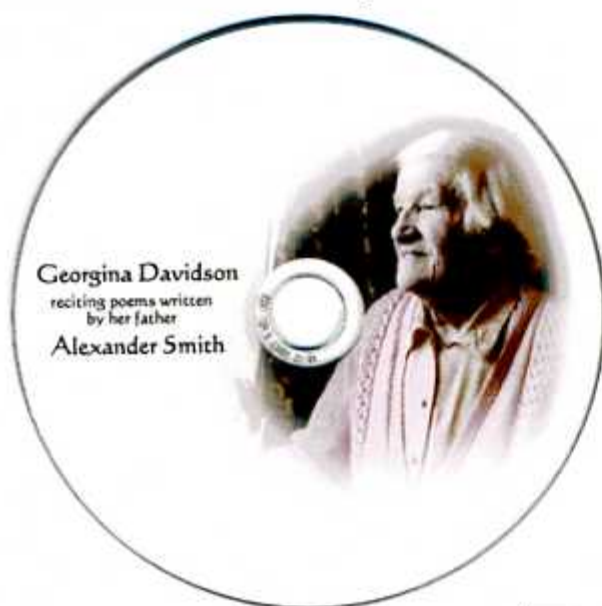
Entries for the Business directory are charged at £5 per issue for the single line entry of name, service and tel contact number.

St Cyrus Community Council Meets the 2nd Tuesday of each month @ 7:00pm in The Public Hall (given volunteers for the posts advertised on page 15)

No volunteers.....no Community Council ! contact ah@andyhamilton.com or 850284 or Bob Flann (Vice-Chairman)on flanngh@btopenworld.com 850264

**Remember to keep sending your 'St Cyrus through the seasons' calendar competition photographs to:
Tom Dalziel 38 Invergarry Park who has already received some nice pictures.**

Georgina Davidson was 90 last year and celebrated her birthday with these of her recollections broadcast as part of BBC Scotland's 'magnetic memories' radio series.



John Gavin has organised the production of these audio CDs from material he gathered for the BBC radio programme.

They are available from John Gavin on 01674 850288

Price £5 in aid of St Cyrus Church restoration fund

The poems and the stories explaining how her father came to compose them are:

- Reminiscences of her childhood
- To a mouse
- The family dog
- A grievous loss
- The runaway horse
- An appreciation of Robert Burns
- The death of James Ramsay MacDonald
- Doing one's duty
- Address to the Haggis
- The Battery Hen

Thanks to Pete Wolsey for his very professional reproduction of these CDs

Our little recipe book records monthly suppers with the Adams', Laundons and McCaw s taking turns to prepare the various elements of the meal.

The alphabetical concept for the supper is quite straightforward. Each course has to begin with the appropriate letter of the alphabet and any beer, wine or spirits must do likewise. Sounds easy but when you arrive at X, Y & Z, things become a little interesting!

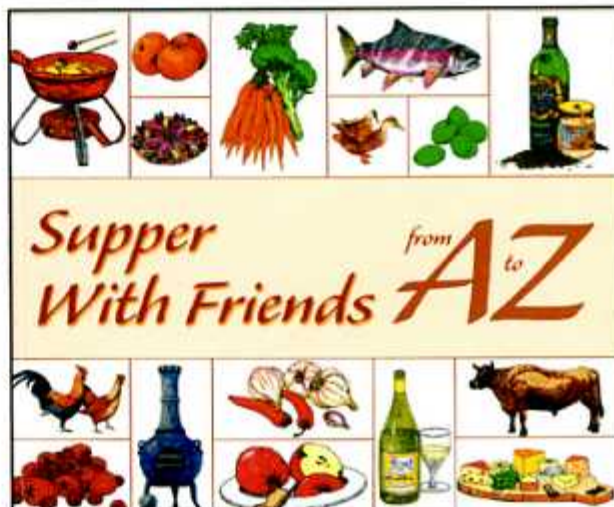
Fin McCaw became our resident expert in locating obtuse 'liquid refreshment' and would scour Oddbins and Threshers religiously – we believe he missed his calling.

The main course would be provided by the host with the starter and puddings being rotated. Also, we were not allowed to let each other know what we were making, which led to some interesting meals where certain flavours ruled the evening. This book is not targeted at any one wishing to produce cordon bleu cooking.

Other than covering printing costs, proceeds from the book will go to Macmillan Cancer Support.

We hope you enjoy the recipes as much as we did in producing the originals.

John Adams



Purchase your copy at the Old Bakery, cost is £8.00 all profits go to Macmillan Cancer Support.