

Please tell those of your family and friends who have moved away from St. Cyrus that they can read this newsletter in colour at [www.mearns.org](http://www.mearns.org)

**LADIES DAY.** On the Saturday before the Gala Day there is a gathering of finely dressed females, who assemble at The St. Cyrus Hotel for an afternoon, which is run along the same times as Ladies day at Ascot. The ladies all receive Bucks fizz and canapés on arrival, and some really turn up in style chauffeur driven in a Rolls Royce. A buffet lunch is served after the first two races, and the ladies get waiter service for all their drinks throughout the afternoon.



Another highlight of the day is when Councillor Howatson judges the best hat competition, which is fiercely contested and many ladies make their own hats based on the racing theme for the competition. A raffle is also held with prizes ranging from vouchers to be pampered to chocolates for the ladies. The afternoon normally finishes at about 4pm with the running of the final race, but many of the ladies stay late into the night and end the day singing in the karaoke.

We only sell 50 tickets for the afternoon, so that the ladies that come can have a day during which they do not want for anything, and these tickets normally sell out within a few days of going on sale!!

The tickets will be on sale from The St. Cyrus Hotel or any committee member during the first weeks of April. Jackie Pittendreich.

### 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](http://www.brechinbooks.org.uk)

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

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

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

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

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](mailto:flanngb@btopenworld.com) 850264

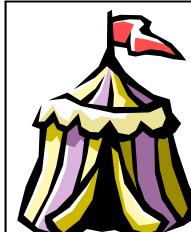
### St. Cyrus Playgroup

St. Cyrus Playgroup are holding a 'Pamper Afternoon' in the Public Hall on Saturday 21st April. A wide range of treatments are on offer including manicure, pedicure, waxing, facials, reflexology, aromatherapy massage, Swedish massage and Indian hand massage.

Mother and daughter appointments will also be available!

To book an appointment for any of the above treatments or for more information  
please phone Heather on 850533

~ St Cyrus Primary school would appreciate you collecting TESCO 'Computers for Schools' vouchers. ~



The Gala Committee are looking into various other ideas for fundraisers, including Car Boot Sale, Poker Night, Sportsman's Dinner or Treasure Hunt, if you have any ideas for fundraising events that you would like to see in the village, please contact a member of the committee ASAP. The committee members are:

**Bob Smith:** Chairperson, **Joanne Ashton:** Vice Chairperson, **Yvonne Buck:** Secretary  
**Jackie Pittendreich:** Treasurer, **Angie Smith,** **Alison Couch,** **Nick Clamp,**

# The St Cyrus Newsletter



Volume 5 Issue 1 This is a free newsletter but donations are appreciated April/May

## Preparing for Gala day



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### Gala Day

Last year I had a most enjoyable day along with my family, lots of things to do and see, the children were kept entertained by taking part in various activities and the atmosphere was brilliant.



This year with many new members on the Gala committee there are different ideas as to how we can make this a fun day for all. There are more stalls where you can take part in an activity or game. How about trying your hand on our Buzzwire, or try your football skills with our Beat the Goalie or even have a spiritual reading by our psychic!! Whilst the men are browsing around the Classic car section. The Youth club will be putting on their aprons and hats to cater for the burger lovers amongst us! And back by public demand!!!!!! The extremely popular Postie in the Stocks!!!! The community council will have their bottle stall and the newsletter group will have plants to buy & competitions for everyone. Also making a return will be The Portlethen Pipe Band and the Esk Academy School of Dancing to entertain us, and to take some of us back to our childhood we have a Candy Floss Stall!! and the stilt walking, fire eating, juggling, circus entertainers.

We are all very excited about the day coming together, and we are hoping that you will all enjoy your day at the Gala, so if I were you I would put this date in your diary or on your calendar so you and your family don't miss it!

**Saturday June 23<sup>rd</sup> 12pm till 4pm. See you there.**

**P.S any businesses that would like to advertise in the Gala Day programme  
please contact me 01674 850057 Angie Smith**

The original small band of people who so successfully restarted the Gala Day have now left the committee so any one out there who would like to join us or help in any way the next meeting of the St Cyrus Gala Committee will be held on Wednesday 4th April in the village hall, please come along and join us.

**Yvonne Buck**

**Contact us at [angandbob@hotmail.co.uk](mailto:angandbob@hotmail.co.uk) or [st\\_cyrus\\_galaday@yahoo.co.uk](mailto:st_cyrus_galaday@yahoo.co.uk)**

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

### Production Committee

Maurice Forsyth-Grant: Chairman

Pam Harrison: Treasurer

Mike Burleigh: Editor

Lyn Hunt: Secretary

Frances Johnson: Website

Mary Singleton

Bernard Tuck

Robert Flann

Elizabeth Leslie

Robert Smith

Van Leiper

Tom Dalziel

### Distribution Team:

Bob Flann, Andrew Hamilton, Mike Burleigh, Robert Smith, Heather Jenkins, Bert Skinner, George Melvin, Bev Rae, Liz Leslie.



### Contributors to this edition

Durward Tavendale	Bill Howatson	Wilma Jobson
George Hastie	Andy Turner	Angie Smith
Mary Singleton	Heather Jenkins	George Murray
Liz Leslie	Jackie Pittendreich	John Barrie
Donald Gillies	Mike Burleigh	
Alison Couch	Van Leiper	
Andrew Christie	Bob Smith	
Yvonne Buck	Allan Robertson	
Sir Robert Smith	John Macdonald	
Andrew Hamilton	Lina Forsyth-Grant	
Tom Dalziel	Georgina MacDonald	

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.

Dear Editor,

### Letters to the Editor

Dear Editor, I'm about to be one of the latest additions to St Cyrus; I've just bought Westview on the Long Row, and I am trying to get to know more about St Cyrus. I came across the St Cyrus Newsletter on the internet, and found it very interesting and informative! I was wondering if through the newsletter I could find out more about Westview, the Long Row

 and its surroundings. I would like to change the name of the house to something a bit more interesting, so perhaps there is an association with something or someone suggesting an appropriate name? Or perhaps it has had a different name in the past?

I would also like to find out how old the house is and who have lived there... In fact, any information at all about the area would interest me! I hope to restore Westview to its former glory over time and knowing something about its history would be a great help. Perhaps someone has some old photographs which show the house? John Barrie

**Editorial** Thanks to the newsletter committee for continuing another year and to those joining us bringing enthusiasm, new skills and intellectual energy.

**The Newsletter Group** now has a well established routine with a committee meeting on the penultimate day followed by printing and folding on the last day of the month. This usually enables us to deliver the packs to the various distributors on the first day of the month. However you should bear in mind that some of these people have more than 100 copies to distribute so allow them time to fit this volunteer activity into their working day. You could volunteer yourself and reduce their work by joining the team!

**Despite** the excellent efforts of our newsletter delivery team we still sometimes hear of folk not receiving their newsletter!! We deliver in the first week of the paired months: April-May, June-July, August-September, October-November, Dec-Jan, Feb-March. If you haven't received your newsletter after seven days from the printing day then telephone me on 850988.

We were pleased to hear that there were some responses to the articles placed in the Feb/March issue on volunteering.

**Well** done to the youth club, nice column & nice photograph, can we ask everyone to set their cameras at high resolution when taking photographs for printing in these pages as this ensures sharp images. Thanks from the committee to all our contributors.

Editor

### DEADLINES

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

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

### St Cyrus W.R.I

We meet at 7:30pm in the village hall.

Visitors, former and new members are always welcome. If you would like to come along please phone Mrs Thomson 850161

2nd April is 'Grampian Growers'  
7th April Coffee Morning

7th May A.G.M. Followed by fun and games - don't forget to bring a 'photo of yourself when under five years old!

W.R.I. Coffee Morning Saturday April 7th in aid of funds.

Village Hall 10a.m. - 11.30a.m.  
'Cake & Candy', 'White Elephant'  
'Produce', Raffle etc.

### A Potted History

The first Women's Institute was formed at Stoney Creek, Ontario, in 1897. Gradually the Movement spread reaching England in 1915, and then to Scotland at Longniddry, East Lothian, in 1917.

The Scottish founder was Catherine Blair. She described the tremendous isolation suffered by rural women in Scotland in the early years of the 20th century and how SWRI strove to tackle this and to encourage and support education and social co-operation amongst Scotland's rural women.

For the first five years SWRI was run by the Board of Agriculture for Scotland. In 1922 the organisation of then 224 institutes was taken over by the new Central Council.

SWRI's own magazine 'Scottish Home and Country' was founded in 1924. At first it was published quarterly, then every second month, and finally monthly.

In 1918 Institutes were invited to submit designs for a badge. That sent in by Glamis WRI was chosen. It is based on the Luckenbooth brooch or Witch Heart, the crown of which usually has five jewels. The SWRI crown has four with the initials inset in them.

The motto "For Home & Country" is set within the heart.

The Luckenbooth Brooch was a traditional Scottish wedding brooch given to the bride by the groom on their wedding day, and subsequently pinned to the shawl of the first baby to protect it from "evil spirits".



The Luckenbooth charm continues the traditional theme of heart and crown.

The earliest records of heart shaped brooches in Scotland date back to 1503. In the 18th Century, these brooches were often known as 'Luckenbooth' brooches because they were sold from locked booths in the jewellery quarter of St. Giles, Edinburgh.

Liz Leslie

For English certificates: I have found The General Register Office. P.O.

Box 2,  
Southport PR8 2JD ( tel. 0845 603 7788 ) quite helpful.

Also The National Archives, Ruskin Avenue, Kew, Richmond, TW9 4DU (tel. 020 7251 8799). Esp. if you are interested in members of the armed forces. - Though I got a lot more information bout one chap from the Montrose Aerodrome Museum Society than I got from Kew ! Always try several sources if you can.

Certificates have to be ordered and paid for, cost about £8 each and they may turn out to be the wrong ones!

Too bad if you are looking for John Smith!  
Liz Leslie

Liz has arranged for villagers to learn aspects of researching their own family history.

Come along to the Public Hall between 10 and 12 noon Saturday 28th April for a Newsletter History Group coffee morning with books, computers and free advice on researching your family history.

In my work I frequently encounter network problems related to security suites. These suites offer a myriad of protection and security options that would boggle the mind of a university professor.

## Computer Corner

Some security suites are so secure they have been known to stop home networks from working, particularly those who want to get on to the internet with wireless routers. Even adapting the program in the manner it advocates in its extensive help and support pages to match your set-up does not guarantee a cure for your network ills or smooth operation.

A recent example of this that I encountered with a customer was that their computer would freeze every time they tried to print from Microsoft Outlook whether they were on or offline. The computer would take a long time to boot and the internet was slow. After advising him to uninstall the security suite all problems miraculously disappeared. He installed a free anti virus program and a spyware program and all is now well. This is not an uncommon story.

Are security suites worth having? I hear you ask. In my experience they are more problematic than using what I describe as the magic 4 formula. Essentially there are four fundamental security applications that you certainly need on your computer. Any more than these essential four can lead to problems such as no internet connection or a reduction in computer performance. Further security than the four would depend on what it is you are trying to protect. A greater level of security therefore needs a greater level of understanding from the home user. I believe and suggest that the magic 4 will be adequate for most internet usage and will not complicate your local network set-up.

The magic four consist of a firewall, windows updates, anti virus and spyware removal tool. Windows XP Service pack 2 has its own firewall which will protect you from hackers and hacking software. Windows automatic updates provides ongoing protection to security threats that are continually being exploited. An anti virus program and a spyware program should be sufficient to keep you free from attack and ongoing viruses and spyware.

It is important that you don't have two of the same security programs installed. They will inevitably conflict with each other trying to use the same resources resulting in problems. One anti virus program, one firewall, one spyware.

If your computer has a security suite installed and it starts to slow windows down or prevents network access the most effective course of action is to uninstall the application and reinstall it. It will re-identify network and internet settings and a huge plethora of other settings. It is important that you retain the activation codes for these programs before you uninstall it as it could be a costly exercise.

If you need advice on these issues contact me in the usual way, Andrew

Andrews PC Advice. 850326

### Weather Spring March-April-May

March? Spring? These two words just don't seem to go together. The weather the past few weeks was more winter than spring. But in spring things should start to grow. Well if you look around you will see that things have started to push up from the earth. Yet we are still having frost, snow, sleet, wind, some very cold rain and once in a while some very nice days.

WHY?? The answer is because of where we are located on this earth. We are fairly far north on the edge of an ocean and on the extreme northeast end of a

river of warm water known as the Gulf Stream. As weather systems move east from North America they will encounter The Gulf Stream at some point. A basic rule is if the system stays north of the stream it will be cold with all the cold weather that comes with a cold low pressure system. If the low pressure system crosses the Stream it will be warm and in most cases wet. So far this month most systems have stayed north of the Gulf Stream. By the end of May we will be happy for this to happen as it will help the Atlantic ridge of high pressure to build northeast to bring us SUMMER. MAC

## 'Maggies Keep Fit'

**Wednesday at 8:00pm**

**St. Cyrus Public Hall**

**Movement to Music**

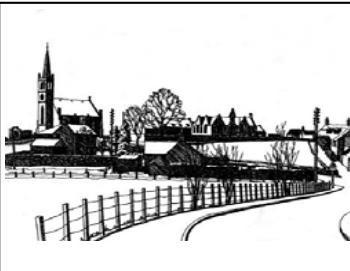
**Suitable for All**

**Come and join us for an hour of good fun**

**£3.00 per person-bring a mat**



Georgina MacDonald



St Cyrus Church Services are at 11:30am every Sunday. Services at 10am in Johnshaven & 11:30am St Cyrus. The Sunday 1st April communion service is 10am Johnshaven as is the 5th April Maundy communion. There will be a Good Friday service 7:30pm at Arbuthnott

St. Cyrus Easter Day service is at 11:30am on the 8th April. Ordinary services 15th to 29th also 11:30 at St. Cyrus (10am at Johnshaven)

### 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

Easter is a happy time when we see the returning of spring and growth. But for Christians, it is the time when we remember that Jesus suffered for our sins and was willing to face death on the cross to pay for them. And God raised him up to a new kind of life. It is hard for us to think of the fear and sorrow of life before the message of Jesus and his risen power. Christian faith and belief have helped people in bereavement and sorrow and hardship down through the centuries. Sadness, betrayal, pain and even death itself have been faced by Jesus and he has overcome them for us. We can turn to him when we know sorrow and sadness. "Christ is risen. He is risen indeed" is still the real message of Easter Day.

The St. Cyrus service is at 11.30am on April 8th George Hastie 850 880

### 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: 7, 8 "Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones". A reverent fear of God brings true wisdom and soundness to our lives while evil erodes and destroys life.

Worship & Learn Preacher - Bob Ackroyd  
**3pm Sunday 1st April** St Cyrus Village Hall.  
"Jonah". Refreshments.

Mid month Bible Study - Donald Gillies  
**3pm Sunday 15th April** St Cyrus Village Hall. Study on "You shall not commit adultery". Refreshments.

Worship & Learn Preacher - Alasdair I Macleod  
**3pm Sunday 6th May** St Cyrus Village Hall.  
"Samuel". Refreshments.

Mid month Bible Study - Donald Gillies  
**3pm Sunday 20th May** St Cyrus Village Hall.  
Study on "You shall not steal". Refreshments.

Contact - Donald Gillies, 850607

### What's on at the Public Hall

**WRI Coffee Morning** 7th April 10-11.30am  
**Whist Drive** Friday 13th April 7pm  
**Pamper Afternoon** Saturday 21st April  
**Family History Coffee Morning**: 28th April 10am -12  
**Country Dance** 28th April 7:30—11:00pm  
Regular meetings: OAPs every 2nd Monday from 7pm  
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  
**Make your bookings early with Yvonne Buck 850160 to have them announced here.**

### St Cyrus School: Comic Relief - Red Nose Day

The school sold red noses prior to the event. Pupils could dress up in "red" on the day and Mrs V Smith, a parent, donated tray bakes which were sold to the children and also ran a "Guess the Celebrity" which in total raised £190 for Comic Relief.

### 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

### Catholic Services:

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

**Obituary:** Kathleen Anderson (nee McIntosh) born at Braehead, St.Cyrus 4 March, 1926 to Lizzie and Dave McIntosh. After attending school in the village, Kath worked in Keiller's restaurant, Montrose followed by a spell in John Lindsay's fish shop in the High Street. Then she took employment as cook at Ecclesgreig Castle during WWII when the castle was in its heyday as a centre of the local community. She recalled feeding the German POWs who were employed on the estate and in 2001 received a visit from one of these along with his family to renew acquaintances and relive memories of more than 60 years ago. Kath married George at St.Cyrus Church in 1947 and soon after began to raise their family at Windyedge. Kath soon got back to work in the 1950s as a cook at both St.Cyrus and the Bush hotels before continuing with seasonal work at local farm estates. Her love and devotion to traditional pastimes such as knitting, embroidery, and especially gardening featured strongly as she and George were regular contributors to the St.Cyrus Flower Show. This culminated in them winning Village Garden of the Year 2005. Also her love of music and dancing saw her enjoy the tea dances in the Village Hall in recent years. Kath passed away peacefully on the 22 January this year at home and is survived by her husband George, son Michael, daughters Valerine and Lorranie and their families, including nine grandchildren and two great grandchildren. George Anderson

# ~ St Cyrus Nature Reserve ~



## St Cyrus National Nature Reserve



### Events for May 2007

**All events are Free!! But booking is essential and all under 18's must be accompanied by an adult**

#### Saturday 5th – Spring beach clean

Celebrate Scottish Outdoor Access Week and help keep St Cyrus beach beautiful by taking part in a beach clean to remove litter washed ashore during the winter storms.

Gloves & litterpickers provided.

**Time** – 1000 to 1330

**Meet** – SNH Visitor Centre, St Cyrus National Nature Reserve, Nether Warburton, St Cyrus, Montrose

**Booking** – Not necessary. Phone 01674 830736 for more information

All under 18's must be accompanied by an adult

#### Saturday 19th – Between the Tides

A celebration of the world between the tides. Join local salmon fisherman Jim Ritchie on a fascinating walk to learn how local folk have made a living from the world between the tides, harvesting salmon from the beach at St Cyrus for hundreds of years.

**Time** – 1100 to 1300

**Meet** – SNH Visitor Centre, St Cyrus National Nature Reserve, Nether Warburton, St Cyrus, Montrose

**Booking** – Essential. Phone 01674 830736 to book or for more information

All under 18's must be accompanied by an adult

#### Saturday 26th – Beautiful Botany

St Cyrus National Nature Reserve is famous for its carpets of wildflowers including many rare species. Join botany expert David Welch and Scottish Natural Heritage staff on a guided walk through the flower rich grasslands of St Cyrus, celebrating 'Be Nice to Nettles Week' and revealing the importance of flowers to insects and other wildlife.

**Time** – 1400 to 1545

**Meet** – SNH Visitor Centre, St Cyrus National Nature Reserve, Nether Warburton, St Cyrus, Montrose

**St. Cyrus Nature Reserve Diary:** The winter is a relatively quiet time for visitors at St Cyrus National Nature Reserve however there have been lots of things going on behind the scenes. A film crew from BBC Scotland's Adventure Show spent a cold couple of days on the reserve at the beginning of March filming and interviewing Reserve Manager Andy Turner about some of the cliff nesting birds that live on the reserve. The final piece was shown on the Adventure Show on Sunday 25<sup>th</sup> March.

There have also been a number of improvements made to the Visitor Centre and Reserve Office over the winter including the installation of ground source heating which uses the Earth's natural heat to provide heating and hot water. The new heating system has helped towards the nature reserve achieving a gold standard award from the Green Tourism Scheme. We are very proud as this top rating has been achieved by only a few places in Scotland.

Our events diary for the summer has been finalised and following the success of last year's programme we have again organised for some local experts to help lead the walks to give a more detailed insight into the special wildlife found on the reserve.

Just a reminder that from the start of April to September the southern half of the reserve will be closed to visitors to allow ground nesting birds extra protection during their breeding period.

Can dog owners please remember keep your animals under close control or on a short lead when walking on the nature reserve. Disturbance caused by dogs running across the reserve has caused several species of birds (shelduck, eider, oystercatcher) to fail to breed / raise young in the past.

Alison Couch

Access rights extend to people with dog(s) only where dogs are "under proper control". Section 9 (d) of the Land reform (Scotland) Act 2003 "Close Control" means that the dog is able to respond to your commands and is kept close at heel, and a "short lead" is taken to be 2 metres. Scottish Outdoor Access Code 2004.

### Why do we take photographs?

Hopefully so that others may see them and find them interesting and enjoyable.

Taking a photo is reasonably straight forward. You point the camera at the image you are trying to capture, you frame the image in the viewfinder; you focus the camera; press the shutter and that's it. Or is it? How often are we disappointed with the results?

**The trick to getting a good picture is getting the composition right.**

**There** is no right or wrong way to take a good interesting picture, but there are guidelines.

#### Keep it simple

Try not to have too much clutter in your image. Use something in the

foreground as a 'frame'.

#### Point of Interest

Before you press the shutter, locate the aforementioned main point of interest and watch background elements which may cause distractions.

#### Change your Viewpoint-

Don't always take your photo straight on. Try a higher or lower camera angle.

#### Frame the picture.

A "frame" is something in the foreground which leads your eye into the picture. e.g. a tree or path.



### Village orderlies.

Over the last few years, the village orderlies have played a big part in keeping St Cyrus tidy over the summer months and contributed to the general appearance of our community. The scheme is to be repeated again this year, as is the provision of plants for use in the village, and is to run from late June to mid September. St Cyrus and Johnshaven are to share an orderly over five days. The main duties for the orderlies will be the same as in previous years, but for Health and Safety reasons they are not permitted to operate mechanical equipment and will have no access to herbicides or paint. As ever the success of the orderly scheme rests on getting people in post and advertisements are to be placed once only in The Montrose Review, The Mearns Leader and The Kincardineshire Observer in the publication dates nearest to April 6. From the same date, they will be on the Robert Gordon University and the Aberdeen University web sites under the joblink scheme. They will outline the work involved. Anyone interested, or who knows of someone who might wish to apply, should look out for the advertisements. The village orderlies do a fantastic job, and it's important we don't miss out on the opportunity to get one in place for St Cyrus.

Bill Howatson

#### Direction of movement

Try and have your subject moving 'into' the picture. That is leave space so that it appears to be moving into, as opposed to out of the photograph.

#### Rule of Thirds

A major principle taught in photography is the rule of thirds. The theory is that the human eye travels naturally to a point about two-thirds up the page. A good example of this rule is landscape photos.

**Remember our calendar competition and send me any good local pictures of St Cyrus for consideration**  
Good luck .....happy "shooting". Tom Dalziel

and less sky) or two thirds from the top for lots of sky and less land and sea).

**Move in close on things like flowers, butterflies etc.**

**And finally try to add some humour.** Look for unusual signposts or amusing photo opportunities.

Remember these are only guidelines. As you gain experience it is sometimes useful to bend these 'rules' for more creative photos.

**Remember our calendar competition and send me any good local pictures of St Cyrus for consideration**

Good luck .....happy "shooting". Tom Dalziel

### Learn more about disabilities and the available support

The Disability Living Allowance or (D. L. A.) takes different forms according to the age of the person. There is one for children below sixteen years old and one for older people but they all have one thing in common, they are not means tested which means that they will not affect other benefits and do not depend on the amount of money you earn. If you need or want to know more about D.L.A. you will find the website below useful: [www.direct.gov.uk/DisabledPeople/FinancialSupport/](http://www.direct.gov.uk/DisabledPeople/FinancialSupport/)

You may be able to get Disability Living Allowance providing that you are aged under 65 and you have needed help with personal care or had walking difficulties resulting from a three month physical or mental disability if you are likely to need this help for at least another six months.

Those already getting Disability Living Allowance when they reach 65, may continue to benefit if they still have care and/or mobility needs. If you go into hospital the D.L.A. stops after four weeks however if you have a car on motability the contract stands.

#### Here is what you should do if you have mobility needs:

To get the mobility component of Disability Living Allowance, your disability must be severe enough for you to have the following walking difficulties, even when wearing or using an aid or equipment you normally use:

- you are unable or virtually unable to walk, or you have no feet or legs, or
- you are both 100% blind and 80% deaf and you need someone with you when you are out of doors, or
- you are severely mentally impaired with severe behavioural problems and qualify for the highest rate of care component, or
- the effort of walking could threaten your life or seriously affect your health, or you need guidance and/or supervision from another person when walking out of doors in unfamiliar places. There are two rates of the mobility component depending on how your disability affects you:
- the lower rate, if you need guidance or supervision out of doors
- the higher rate, if you have any of the other, more severe, walking difficulties

Some people will be entitled to only the care component or the mobility component, others will be entitled to both.

Allan Robertson





## Shepherd's Calendar – part 2

By the time you read this, our first lambs should have arrived.

When the flock was much larger, a contractor would come in January to check the ewes with an ultrasound scanner, identifying whether they were barren, carrying singles or multiples. This meant I could divide them into appropriate groups for feeding so that single lambs didn't grow too big and triplets and quads were born as thrifty as possible. Without that information I now have to rely on the "shepherd's eye" guesswork to try and keep them as fit as I can.

As lambing approaches, we vaccinate the ewes against pasteurella (pneumonia) and clostridial diseases (e.g. tetanus) & we may also worm them. These treatments help protect lambs as well as ewes.

In early March, I spray walls and gates with disinfectant, we muck out the steading and re-bed it with fresh clean straw. Once the first lambs are born I check the sheep every couple of hours, day and night. If a birth is straightforward, I first make sure the lamb can breathe by removing membranes and fluids from its nose and I might make it sneeze, give it a rub or swing it in the air, and then I dress its navel with iodine.

It is important for the shepherd to be as unobtrusive as possible to allow natural bonding to take place, especially with a young first time mother who can go completely bananas when she sees what she has produced, but in most cases instinct takes control and a ewe gives her offspring a good lick whilst I merely keep a watchful eye. Sometimes I will need to help dry lambs, especially with multiples, and I may also need to give them colostrum (first milk) by stomach tube. Newborn lambs are very vulnerable and can die quickly if they get chilled and don't feed within a couple of hours.

I'm used to sorting out a jumble of legs and heads inside a sheep. My hands become very dry from constant use of disinfectant and they can be painfully crushed by contractions. But it's a temporary inconvenience, there's no place for glamour in the lambing shed and I don't mind. I am at peace when I'm alone working with my sheep.

What better reward could there be for those broken nights and bruises than the sight of happy contented ewes nursing strong healthy lambs as they graze sweet spring grass and gambol in the April sun?

mary singleton

**Recycling; An Important Explanation:** One of the biggest changes we faced over the past year and a half in St Cyrus and surrounding area is the new method of collecting domestic waste. Eighteen months ago Aberdeenshire Council provided a weekly collection whereby everything we produced was taken away and sent to landfill sites. It was a fairly straightforward situation for residents.

**However**, the European Union said that the amount of waste going to landfill had to be dramatically reduced. It was no longer environmentally friendly to dispose of waste in that way, and there had to be greater national efforts to recycle waste or Member States would be faced with penal fines.

The change to a new system of collections has not been without its problems, and I thank everyone who has shown great patience during the roll-out of the changeover. In a bid to help people cope with the new regime, Aberdeenshire Council last year piloted a scheme to deal with green waste. St Cyrus was one of the six pilot settlements in Aberdeenshire.

**Last** season an open skip was provided in the car park at Ecclesgreig Park to take green waste. The skip had a capacity for two tonnes. As a result it filled up quickly thus limiting what residents could put in.

In addition, the skip was used for a whole range of waste products that contaminated the green contents and meant that the refuse could not be composted. At times 20% of the skip's contents had to go to landfill, at a stroke defeating the purpose of the recycling initiative. The Scottish Environment Protection Agency (SEPA) was concerned about the use of open, unmanned skips as a potential breach of waste management legislation.

**This** year, the council is to bring in another change for St Cyrus, with the introduction of an enhanced system of green waste collection. A lorry with a capacity for between four and five and half times the tonnage is to come to Ecclesgreig Park throughout the growing season for the collection of green waste. It shall be manned and Aberdeenshire Council staff will be on hand to assist residents in putting their garden refuse into the lorry which can compress the waste.

**The** lorry is to be available every Saturday for the 32 weeks following the start date of April 14, with precise timings posted in advance.

**Concern** has been expressed at the prospect of a large lorry taking up space in the car park, and clearly the siting of the facility will have to weighed against the needs of other users of the car park, but a better service, with assistance, and the ability to take a hugely increased amount of waste, with reduced risk of contamination is a step forward.

**At** time of writing, council officers are assessing alternative sites within St Cyrus. The collection point has to be as accessible as possible for residents.

A risk assessment on the deployment of a lorry in the car park has been carried out, and in addition to the injection of an additional £400,000 for waste services generally, £47,000 has been allocated for the repair and maintenance of council sites used for waste collection points. The question of extending the car park has also been raised but this has to be balanced against the consequences of reducing the area open space provided in Ecclesgreig Park.

**The** limited introduction of skips last year was well received in communities, and in total almost 300 tonnes across the shire was diverted from landfill. Residents in St Cyrus did their bit by putting in 52 tonnes over the trial period. This contributes a great deal to the overall target which the council must meet, and to the bigger battle to recycle.

**The** emphasis on recycling is such that meeting waste targets generally is something that is not negotiable and Aberdeenshire Council has no option but to comply with EU and Scottish Executive directives.

Councillor Bill Howatson

Given that so few people attend the many public meetings held at the St Cyrus Public Hall we thought you might like to read the Chairman's reports to three of the AGM meetings held during Feb & March.

## St.Cyrus Public Hall: Management Committee Chairman's Report for the Year Ending 31/01/07

The year 2006/2007 was dominated by the fundraising for the new windows in the small hall and large hall. It has been a whole community effort – many local people, clubs and businesses have made generous donations and have helped with fund raising. (coffee mornings, boot sale, whist drive nights, Bags 2 School). We ended the year the windows' fund adding up to £3342.73. The Committee would like to thank everyone who supported and helped us with this task. In addition, the application for Awards 4 All has been submitted.

This year the hall obtained the newly introduced Public Entertainment License, which will last for the next three years. The Committee had to make sure that the hall satisfied all the requirements, i.e. Public Liability insurance, Fire Safety, Health and Safety regulations. The Fire Safety training session was performed for the groups' and clubs' representatives and it was agreed to have it annually in September. The booking forms for regular and occasional users have been reviewed and changed in compliance with PEL. Following the death of Mr J Herd, one of the Trustees, it was brought up that the number of the remained Trustees was not sufficient. New proposed Trustees were added to the Deeds. There was a slight drop in the rent income, however, overall the 2006/2007 year has been satisfactory. Big thanks to Committee members for their time and dedication. We would like to wish all hall users an enjoyable 2007/2008 and look forward for another successful year. Lina Forsyth-Grant, Treasurer

## St. Cyrus Newsletter Group: Chairman's Report: The newsletter group has.....

during the period April 2006 to February 2007:

**Produced** in the 12 months since the founding meeting a free bi-monthly newsletter format which has been improved over 6 issues.

**Established** a dependable news gathering, editing, proof reading and publishing procedure with printing on the last day of the two monthly block periods: April-May, June-July, August-September, October-November, Dec-Jan, Feb-March.

**Organised** distribution by volunteers which has ensured delivery to the 630+ houses of the St Cyrus area from the first day of the new issue period to within the first week of production.

**Arranged** for libraries, nursing care homes, health, heritage and community centres to receive copies of the newsletter by post and e-mails in .pdf format copies to interested officers of Aberdeenshire council, media, voluntary bodies and agencies who have expressed an interest.

**Ensured** that the newsletter is available in pdf format on the internet at [www.mearns.org](http://www.mearns.org) and the Rural Community gateway website.

**Developed** and refined a policy document meeting appropriate community development and legal requirements.

**Been rewarded with** an increasing local community interest and expertise in contributing, presenting and delivering appropriate content.

**Received** an Awards for All Scotland grant of £4,916 for the purchase of a laser printer, has held a history focused coffee morning + sold notelets to raise funds for production costs.

**Helped** the Public Hall committee fund raising efforts by printing and selling calendars.

**Begun** the process of establishing a St Cyrus Community website

Maurice Forsyth-Grant: Chairman

## ST. CYRUS COMMUNITY COUNCIL Chairman's Report 13<sup>th</sup> March 2007

A quieter year but with progress on a number of issues.

Funding still available for railway cutting project but await appointment of agent to draw up plans.

Village Gala a great success with two Community Council stalls raising further funds.

Christmas Tree lights and Christmas Decorations again a great success thanks to Bert Skinner and band of volunteers. Plants for community again obtained from Council and distributed.

Road safety improvements to slow traffic on main road completed including a number of flashing 30 mph signs; traffic monitoring suggests speeds are not excessive.

Concerns expressed about locations of new yellow painted bus stop markings resulted in these being relocated.

Concerns expressed about footpaths and drainage at Lochside Road have resulted in further improvement works being carried out by the Council.

Continued liaison with police with visits from Community Beat Officer and Inspector Jim Gordon.

Pressure to repaint roadside railings has resulted in agreement with Council to paint them in a colour of the community's choice.

Newsletter edited by Mike Burleigh has been great success and has included Community Council articles.

Problems perceived with overflow into Woodston Burn from new sewerage maceration works allayed by full explanation from Scottish Water.

Norman McIntosh has stepped down as Secretary after 4 years of hard work and was presented with inscribed Quaich by the Community Council to thank him for all his efforts. Andrew Hamilton (retiring Chairman)