

St Cyrus Gala Day Special

The St Cyrus Newsletter



Volume 4 Issue 2 June/July 2006

Supporting an integrated and inclusive community with information, entertainment and discussion.



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Saturday 24th June lots of fun from 12 to 4pm

St Cyrus Gala Day

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Preparing for the Gala	4	A dedicated committee have been fundraising for eighteen months using various events to raise money and raise awareness to ensure the day will be a success. They have worked hard bringing together many local businesses and organisations who will support them on and before the big day. Farquhar Leisure, St Cyrus Hotel, The Old Bakery and the Spar shop are just a few of the businesses who are lending a helping hand to the gala day committee. The community council have also pledged their support along with the school, church, bowling club and the St Cyrus Ratters.
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Saturday June 10th Coffee Morning for the **New Hope Trust** at St Cyrus Public Hall 10am-12 Prior to this in the small hall that morning the church is holding the annual gift day. Donations to this will help to fund the day to day running costs of church & ministry. Cheques can be made to Mearns Coastal Church.

June 11th A Communion service at St Cyrus 10:00am for the whole parish

June 24th St Cyrus Gala. The church stall will be in aid of the buildings fund

30th June 9:30am end of term service at St Cyrus church. Rev G. Hastie

The Summer Mission Children's Holiday Club 'Pyramid Rock' is this year to be held at Johnshaven & begins with Songs of Praise @ Johnshaven harbour 7pm on the 8th July The Children's Mission begins Monday 10th to 14th July 10am to 12 Registration forms from your local School Other events during the week include a treasure hunt & 'five-a-side' contact Jill Duncan 850 715

The free church of Scotland
in Angus and the Mearns
Worship services at
St Cyrus Village Hall
Theme: 'Christian Living'

3pm Sunday 2 July 2006

'Starting out' - Psalm 1

Speaker: Donald Gillies – St Cyrus

3pm Sunday 6 August 2006

'Is there a Bridge over Troubled Waters?' - Psalm 22

Speaker: Rev Neil MacMillan - Kirkcaldy

Catholic Services:

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

Obituary: Ray Jenkins born 1965 died March 29th 2006 Ray was born in Seaton Deleval Northumberland the youngest of 7. His father was a coalminer. He served his time as a Turner and worked in the Tyne shipyards. Took redundancy and retrained as an engineer at Huddersfield Polytechnic came to Aberdeen in 1990 and worked in oil industry until he took redundancy in 1999, did Masters Degree in Petroleum taxation and finance, set up his own business as a consultant to oil industry. Parallel to this he had set up an engineering business with his brother in Blythe. He and Heather met through their work in the oil industry in 1995 and married March 1996. Heather was a St Cyrus 'Dowry Bride'. They set up home at Denhead Cottage, Sillycots. Ray had an interest in music but his big passion in life was rugby. He returned to playing with Mackie Academy Seniors for the 2005 season and spent his 41st birthday completing a rugby refereeing course. He leaves Connor aged 5 and Charlotte aged 2 and is much missed

Heather Jenkins

Please inform the editor if you wish to include an obituary or announcement in the newsletter.

Obituary: Captain Kelso died 2.04.06 It was with great sadness that we learned recently of the death of Tom Kelso at the age of 91.

Tom was well known in the village, and despite being severely disabled was until recently often to be seen working in his garden, and was always ready for a chat. He had a great fund of interesting stories and he was always interested in local and world events.

Tom was born in Aberdeen and spent his childhood in Penang where his father was a Naval Architect. He was educated at Mackie Academy and then went to Robert Gordon's to train in navigation with a view to becoming a Master Mariner. He pursued his seafaring career with great distinction for forty five years. At the outbreak of World War II he was serving with the King Line and assisted in the evacuation of the various ports on the Burmese coast. While in Moulamein his ship was bombed by three waves of Japanese bombers. He took in the evacuation of Rangoon, carrying 600 refugees across the bay of Bengal to Visakapatnam. It was here that he was severely injured. The Japanese bombed the town and the patients were evacuated by their relatives.

Tom was the only patient left in the hospital. He had a broken neck and was totally paralysed. The nuns in the hospital prayed for him and two of his fingers showed movement. When he recovered he took part in the Russian Convoys. After the war he was a senior Captain on tankers with the Shipping Corporation of India.

Tom enjoyed golf and bowling and was a keen artist. He had an enquiring mind and was particularly interested in Ornithology and Egyptology. He was interested in people, and many of us have listened with great interest as he recounted his experiences. In spite of his injuries he never lost his sense of humour. He was fond of dogs and even at sea had his dog with him. He will be greatly missed, and it has been our privilege to know him. We extend our sympathy to Kathleen, who nursed him for many years and to his daughter Wendy and son in law Peter.

Obituary: Frances Birse Died 29:04:06 aged 86

This month saw the passing of Frances Birse, a well known citizen of St Cyrus. She was 86 years old and took a great active interest in the life of the village, being a member of the Women Guild, the choir and for some time a member of the Church Board. She also was a faithful member of the WRI. She particularly enjoyed country dancing, latterly tea dancing and enjoyed listening to Scottish music, she was born Frances Wood and the village is full of her relations!

Ethel

Wood sister-in-law

**Letters to the Edi-****tor page**

Dear Editor, Are people aware that there is now an established Cinema opportunity in Montrose, which is looking for new members?

There is no other such facility between Aberdeen and Dundee!

Films, include wartime weepies, foreign titles, 'flying daggers' and epics which have already done the rounds at the main cinemas. **Members** can have a say in the choice of available titles.

For example Friday April 7th featured 'A Woman In Winter' as part of Scottish Week celebrations, and Scottish Film maker Richard Jobson put in a personal appearance.



The venue is at the Mitchell Centre directly opposite the George Hotel, and as the pews in this ex-Church are rather hard, folk are advised to bring a cushion! **Prices** are : £5 per person and includes a complimentary glass of wine or a soft drink. (Concessions £4) **OR Membership:** £5 which entitles cardholders to a £1 reduction per attendance.



For further detail email: Enquiries@MontrosePictureHouse.com

Anne has organised a competition for you.

We suggest this is an example way forward for those wishing to use your newsletter to advertise a business interest

1. Name two of the leading stars in:
'White Christmas'
'Brief Encounter'
2. 'Motorcycle Diaries' reflected the experience of:
Steve McQueen
Barry Sheen
Che Guevara
3. 'Italian for Beginners' was based on a book by which popular authoress?
4. 'Sideways' featured a group of friends whose interest was in:
Wine
Architecture
Crossword puzzles

5. Which is the only Cinema between Aberdeen and Dundee?

6. Which Cinema gives complimentary refreshments with each performance?
Please send replies to:

Ann Yorke, Cherry Tree Cottage, Bush, St. Cyrus. DD10 0DH OR annyorke@aol.com

WINNER WITH MOST CORRECT ANSWERS WILL RECEIVE 2 FREE TICKETS FOR ANY PERFORMANCE AT THE MONTROSE PICTURE HOUSE.

*If you would like more information, or are interested in becoming a Member of the Film Society and having a say in future film titles, please contact:
Anthony Baxter at ant@montrosepicturehouse.com*

LONGROW (OR KIRKTOON AS WAS) PROPOSED HOUSE IN GARDEN

Dear Editor, How can we retain the character of a village? Smaller houses, some space, some gardens, hedges, trees and shrubs, some quiet corners, general airiness and openness?

There are already too many block walls. Infil plots are becoming far too prevalent.

Gardens may not be kept for vegetable plots anymore, not every one is kept tidy, a big influence perhaps on us and more so on a visiting planning department.

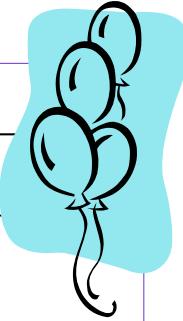
The planners seemed to pass the outline plan without too many concerns over building density, a safe route to school (no pavement in that area) coupled with more car movements which are decidedly on the increase. Is a total disregard of objections normal, no dialogue whatsoever?

The new sewage works has no extra capacity we hear, when do we stop the perennial addition of one or two houses here and there? A scheme of six or eight appears from time to time but without the pre-planning of a wider, safer roads infrastructure.

Perhaps the 'planning gain' required of a developer (one house or more) could be used before a cluster of houses appears, to improve access for everyone.

How do we get the planning department to look again at the age, character, amenity and ambience of an area; and what it means to those closest to it?

The outline plan stage is the best place to get involved before too much time, trouble, work, effort and expense are incurred. We, as a community are increasingly being consulted, Aren't we? Name supplied



St Cyrus summer season 2006

Preparing for Gala Day

On a beautiful sunny day on the 23rd of April the Gala-day committee held a ping pong ball race down the roadside burn. The start point of the race was the "Old Nick" and the finish point was at the north side of the bridge at Ecclesgreig Road. The day before the race the tough task of clearing the burn was undertaken by a hardy band of volunteers. Its surprising the weird and wonderful things that were

discovered by the burn clearing crew, here are some of the little gems: £1.87 at the village shop (this was donated to the RNLI), a railway sleeper, a gold earring a dinner fork, the cistern of a toilet and worryingly a huge stone that had fallen off the roof of the bridge at Ecclesgreig Road (Aberdeenshire council are investigating and repairing). Now that the burn was clear of obstructions the race was ready to go ahead. A good crowd had gathered to cheer on the ping pong balls and to fol-

low the progress of the balls down the course. First past the post was number 23 sponsored by Mags Stewart who won £25, in second place was ball number 49 sponsored by Fiona Mitchell who picked up £10, after a photo finish and a stewards enquiry 3rd place went to ball100 sponsored by Ron Bevridge who picked up £5. Last ball down and the prize of a £25 meal voucher for The St.Cyrus Hotel went to ball number 70 sponsored by Glen Jenkins.

Stuart Martin

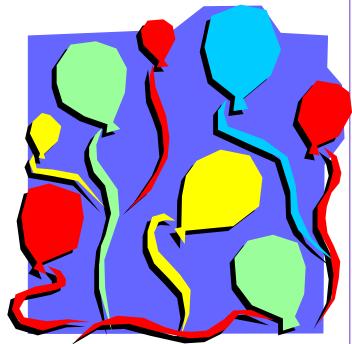
One of the many fund raising events:

The "Final Fling Friday" dance was held in the village hall on the 30th December 2005. The 100 or so people that attended danced the night away to traditional and popular music which was greatly enjoyed by all. The hall was decked in its usual splendid

festive decorations but these were added to on the night during the "table dressing" competition which allowed all the people to decorate their tables with various materials that were supplied; there are certainly some frustrated artists out there with styles ranging

from Picasso, Andy Warhol etc to the local play group. During the evening there was even a surprise appearance by a local piper who helped get everyone ready for Hogmanay and the celebrations ahead.

Sonya Stuart



Thanks to the Gala Day sponsors

THE GALA DAY COMMITTEE would like to thank all the local businesses that have supported us. So thank you to **Farquhar Leisure** for the donation of inflatables for the Gala Day. **The Old Bakery Coffee Shop** for sponsorship and for promoting and selling tickets for all our fundraising events. **R.G.S. Design** for raffle prize donations. **Country Essentials** and **the Spar shop** for prize donations and promotion of events. **The Filling station** for promoting events and selling tickets. **The St Cyrus Hotel** for supporting fundraising events. **Spencer Coatings** for sponsoring Portlethen Pipe Band **Also our thanks to ALMA HOUSE and all the people in the village who have supported various fund-raising events.**

Yvonne Buck

~ AWARDS FOR ALL ~

The Gala Committee decided a few months ago to apply to the Awards for all Scotland scheme.

Awards for all gives grants to help small groups, they are a partnership between 4 organisations that share out lottery funds (The Scottish Arts Council, The Heritage Lottery Fund, Sport Scotland and the Big Lottery Fund).

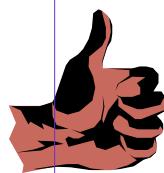
They award grants of between £500 and £5000 for projects that get people involved in their community. The Gala Committee felt that we met all the requirements to apply and we are eagerly awaiting to hear if we have been successful. It would be a big boost to our funds and enable us to purchase lots of things for your forthcoming Gala Day (e.g. tables, canvas, insurance, staging, bunting, entertainment).

We will let you all know if we have been successful with our application--- keep your fingers crossed!

Tanya Martin

Victoria Costello & Paul Jobson will be representing St Cyrus Primary at the Gala-Day opening ceremony

Summer on St Cyrus beach in the 1920s ~ 30s and 2006



A 'thumbs up' to St Cyrus dog owners from Andy Turner the SNH Reserve Manager.

There has been a good response to the posters reminding us of the dangers to our health caused by dog fouling especially on the public space of the reserve where families go to walk and relax.

We hope that like these people in the early 1900s you will have no unpleasantness with finding dogs mess if you picnic on the beach this summer.

Remember to take away any litter.



A reminder from your Local Coastguard Officer:
Don't allow persons to use inflatables on the sea shore as you can very quickly be carried out to sea.
 Darryl White Sector Manager



Report anyone who fails to clean up dog mess, give a description and their car registration number to the Dog Warden and/or Crimestoppers 0800 555 111



Dogs should be 'under control' which means either on a lead or walking with you.



Health risks of dog fouling
 A recent survey said up to 16,000 people are affected by toxocariasis every year. This is a disease contracted by contact with fouling or contaminated soil and which causes 50 cases of serious eye infection and even blindness every year.

Toxocara is a roundworm which lives in the faeces of dogs and cats. Their eggs are resistant to freezing and disinfectants and can survive for two years or more.

St Cyrus Nature Reserve summer events:



June: Sunday 18th Coastal Flowers & Plants

St Cyrus National Nature Reserve is famous for the wildflowers which carpet the cliffs, dunes and grasslands during the summer. Celebrate World Oceans Day with a guided walk through the reserve to discover the clever tricks coastal plants use to survive in this harsh and changing environment. Please bring a wildflower book if you have one. **Time** -1400 to 1545

Meet - Visitor Centre, St Cyrus National Nature Reserve, Nether Warburton, St Cyrus, Montrose

Booking - Essential. Phone 01674 830736 (Under 18's must be accompanied by an adult)

July: Sunday 9th Turn Your Eyes To The Skies

Join expert ornithologist Harry Scott and Scottish Natural Heritage staff on a guided walk through the dunes and grasslands of St Cyrus National Nature Reserve. Learn about the huge variety of birds that make the reserve their home so remember your binoculars! **Time** -1400 to 1545

Meet - 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

July: Sunday 16th Minibeasts & Butterflies

Take a closer look in the undergrowth to find & identify some of the smaller residents of St Cyrus National Nature Reserve on a guided walk. Keep your eyes peeled for grasshoppers, butterflies and lots of other creepy crawlies! **Time** -1330 to 1500

Meet - Visitor Centre, St Cyrus National Nature Reserve, Nether Warburton, St Cyrus, Montrose

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



black & red cinnabar moth

July: Sunday 23rd St Cyrus Family Fun Day

Come & join the fun at St Cyrus National Nature Reserve. Lots of games & activities for all the family based at the visitor centre.

Test your detective skills with our treasure hunt, try your hand at sand sculpture in the sand art competition or learn about wildflower folklore on a walk through the reserve with Scottish Natural Heritage staff. Make a bird or bat box for your garden or be captivated by the visiting storyteller.

Aberdeenshire Council Rangers and local Marine Mammal Medics will also join Reserve staff to highlight the amazing wildlife right under our noses. **Time** -1200 - 1600

Meet - 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

August: Sunday 6th All Flippers & Fins!

Have you ever seen the dolphins, whales, sharks and seals that live in our coastal waters? Learn more about these amazing creatures from Elaine Rofft a Marine Mammal Medic. Pick up some tips on identifying whales & dolphins and see how Elaine & her colleagues rescue injured animals.

Time -1400 to 1545

Meet - 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



Some of the species you can expect to find on the reserve this summer and a writing competition

New face on the beach.....

Hello, my name is Alison Couch and I am the new seasonal warden down on the nature reserve. I started in March having moved up to St Cyrus from Devon where I was working as a Marine Ranger at a Seashore Centre leading educational visits & public events.

My official title is 'Site Management & Interpretation Officer' so I help Andy with the practical management of the site as well as being in charge of organising and leading the educational visits and events on the reserve.

We've already had a couple of school groups visit the reserve to learn about the importance of St Cyrus and spot some of the special plants and animals that make it their home.

There are lots of opportunities to come and learn more about this fantastic place with the events we are running this summer. Whether you want to hunt for minibeasts, learn more about birds or spot whales & dolphins from the cliff top hopefully there's something for you.

Recent sightings at the nature reserve...

Spring has sprung and there are lots of birds starting to nest down on the reserve. Everything from the familiar little blue tits to the crows are busy building nests in preparation for their new arrivals. The cliffs are full of noisy fulmars with the impressive buzzards soaring above with their broad wings outstretched.

The gorse bushes are brilliant hiding places for all sorts of birds including the gutsy but tiny wrens. You'll hear a wren before you see it with its very loud, shrill call it sounds like it should be much bigger! Linnets also like the gorse and the distinctive males with red patches on their forehead and

breast can be seen twittering from the tops of bushes. Another show off is the stonechat it's black head, white neck band and bright orangey breast make it easy to spot especially with its call sounding like two stones bashed together. One of the most popular birds, the skylark with its warbling song, is

heard throughout the reserve but often hard to see high up in the sky.

Skylarks are among the ground-nesting birds on the reserve & benefit from careful dog owners who lessen disturbance by keeping their dogs under control across the reserve.

The river and sea have their own feathered friends, small flocks of beautifully coloured eiders and shelducks can be seen bobbing around in the swell while cormo-



rants dry their wings and oyster catchers enjoy the rich pickings on the beach.

Mute swans and red

breasted mergansers both make the most of the food rich river but have to paddle fast against the flow!

The insects are starting to appear with lots of flies particularly welcomed by the swallows after their long migration from Africa. Butterflies come out with the sunshine and delicate small white butterflies and black & red cinnabar moths have shown their wings already, more will be appearing soon.

June brings more wildflowers and the carpets of primroses and cowslips have been supplemented with bluebells, red campion and patches of comfrey.



Wild pansies, violets and tiny forget-me-nots are also appearing, tread carefully they are very small and easily missed!

St Cyrus young people's summer writing competition:

Write a poem or an adventure story set in the past or present about the St Cyrus nature reserve and shoreline. You might write as a journalist interviewing adults or even imagine a day as another living thing. If you are a budding scientist then you can submit your investigation diary but - remember we are looking for good descriptive writing.

1st prize Secondary £10 book token 1st prize Primary £10 Book token

2nd prizes £5 each Closing date 20th August

You can enter as many stories or poems as you like. Send them to Alison Couch, St Cyrus National Nature Reserve, Nether Warburton, St Cyrus,

How a pipeline helped archaeologists learn more about our local history.....

Hospital Shields

Melanie Johnson, CFA Archaeology Ltd

During the construction of the Aberdeen to Lochside Natural Gas Pipeline between Garlogie and Lochside in Aberdeenshire, archaeologists from CFA Archaeology Ltd of Musselburgh were monitoring the work to ensure that any archaeological remains found were properly excavated and recorded.

This led to the discovery of the remains of three previously unknown prehistoric roundhouses to the north-east of Hospital Shields farm, near St Cyrus (NGR: NO 722 674), which were fully excavated in April and May 2004.

The houses would have been circular, built of timber posts, with a thatched roof and walls possibly made of turf or wattle-and-daub. The remains were quite poorly preserved, with just a few of the sockets for the posts surviving and a distinctive type of hollow lying inside the buildings, suggesting these houses were of a type known to archaeologists as ring-ditch houses. They would have measured about 10m across.

Finds included pieces of broken saddle querns, a stone rubber used with this type of quern for grinding corn, a pivot stone (a stone with a hollow in it, probably used as the pivot for a door), a possible stone lamp, and a few sherds of handmade pottery.



The site has been radiocarbon dated to the first quarter of the first millennium BC, ie 1000-800 BC, placing it into the period known as the Late Bronze Age.

These are the houses of a small farming community which would have had fields and livestock located nearby. They would have survived by growing their own crops of barley and some vegetables and by keeping sheep, pigs and cattle. They would have traded some items, like pottery and stone tools, amongst other communities nearby.

Melanie Johnson MA PhD FSA Scot AIFA
Project Manager

NB There are no longer any features to view at the site



~ Flower Show 20th Anniversary: 20th August 2006 ~

Please support this long established community event by preparing now to enter an exhibit. The show schedules contain all the information you need to enter. Contact Dorothy Tuck 850003 or any committee member if you need a show schedule which only costs £1 (these will also gain you entry on the day) Contact Sandy Davidson 850 016 if you would like to enter your garden as an exhibit. Andrew Simmons Head Gardener at Balmoral Castle will judge the gardens this year.

***Everyone who enters an exhibit will receive a souvenir of this 20th Anniversary Show**
Contact Mrs Isobel Smith 850425 if you have any queries regarding the show. Isobel Smith

A BIG Thank you from The St Cyrus Playgroup committee and staff.....to EVERYONE

The Playgroup meets in the Village Hall Tues/Wed/Thurs 9:30 –12:00 for ages 3-5yrs contact Heather Jenkins 850533 who also runs the Rising 3's for 2-3 year olds meeting Monday 9:30 to 11:00

Playgroup Sponsored walk and teddy bears picnic



A BIG Thank you from The St Cyrus Playgroup committee and staff to everyone for your huge support with fund raising which generated £2,995 which ensures the group

continues for its 32nd year. The Playgroup are running a **Gala Dance** on the evening of **Saturday 24th June** 8pm to 1am music by The Strathmore Ceilidh Band.

Tickets £10 including Stovie Supper.

This is a family friendly evening. Contact Heather Jenkins for tickets on 01674 850533

15th of June the Toddlers and Playgroup are having a sponsored walk with their Teddy Bears from the Church to the Park where they will have a Teddy Bears picnic. They are learning to think about others and are raising money for the church restoration fund.



On Wednesday 17th May, myself and a group of volunteers from St Cyrus attended the Heartstart Discovery Course in the Village Hall. The Course Co-ordinator, Helen Brady, introduced the course which is a national programme co-ordinated by the British Heart Foundation. Helen administers the programme from Kings Cross Hospital Dundee. She took us through the basic steps of Adult

Basic Life Support. Usually it is a relative or close friend who is the first to discover the unconscious person. It was stressed that the most important action was to ensure the safety of all involved and the call for help. We were given a demonstration of how to manoeuvre a person who is breathing normally into a 'recovery' position. We were shown how to begin resuscitation if the person is not breathing. Here again the importance of dialing 999 for professional help was stressed. Did you know that dialing 112 on your mobile will automatically put you through to the emergency services if your battery is low or the signal is poor?

We were also shown the technique for rescuing someone who is choking. All the techniques and procedures shown to us were very simple and easy to perform. We were made to feel that we had acquired in a short time some simple skills that could save the life of a loved one. See Mike Burleigh's article for details about accessing the course. Georgina MacDonald Secretary, Village Hall Committee.

St Cyrus Friendship Club Summer Outing

Wednesday 28th June. The Friendship Club will be having their summer outing on Wednesday 28th June to Fyvie Castle and returning via Kintore and Banchory, stopping at the Raemoir Garden Centre and Shop. The cost includes a Soup and Sandwich lunch, but does not include admission to the castle. Mem-

bers of the National Trust get in free. Admission is £6 or £5 for "concessions", but there is no cost for admission to the gardens.

The cost for non members of the Friendship Club is £10. The bus will leave St.Cyrus at 10.00a.m. and return at 4.30 - 5.00p.m. As the bus will be going up the coast road it will be possible to

collect & return people from Johnshaven & Bervie. For information phone: John Gavin (01674) 850288





A farming calendar

When is a weed not a weed? There are some relatively unfamiliar sights on farms nowadays. You might see a double line of fencing with burned off vegetation in between or field headlands all yellow and nae-weel-looking. You may wonder what's happening and I can tell you that it's probably an environmental scheme.

We joined the Rural Stewardship Scheme in 2004 and manage some small bits of the farm as conservation areas because of it. It's a five-year commitment and we do get paid but in reality this is no more than compensation for the outlay involved.

We've planted over 500m of hedges containing a diverse mixture of shrubs. A few plants broke in snow drifts but they will be trimmed anyway next year so I don't think this really matters. Controlling weeds to give the hedges a chance to establish has been our biggest problem but they are taking off at last after their rather shaky start

A "conservation headland" is a 6m wide strip round a field that gets no pesticides and no nitrogenous fertiliser. This makes for a poor crop of barley but it provides a haven for invertebrates – or it would if it didn't also encourage birds like partridges which enjoy eating them! Another option we have is a "grass margin" (or "beetlebank") surrounding a field. It is a longer term strip of rank grasses where several species can live undisturbed. This has a beneficial effect on controlling aphids if the right creepie crawlies move in.

In a rather hidden away place we have half a hectare of "species rich grassland". Once again it is artificially sown but this time the grass is non competitive and combined with many interesting wild-flowers which are encouraged to naturalise. It certainly looks exciting so far.

We have four areas of "unharvested crop", a mixture of cereals, kale and clover. Ours grew haphazardly depending on the soil type but it did attract a wide variety of wild birds - and roe deer tucked in with relish too. One patch produced a splendid show of field poppies in its first year and was much admired by passers by. These plots have recently been re-sown and I hope they will be as good conservation value as they turned out to be at the first seeding

Conservation brings problems as well as benefits. Classified weeds such as docks, thistles and ragwort are as happy to colonise as the wildflowers we want and controlling them can be a problem when you aren't allowed to dive in with the tractor and sprayer. This means we have to spot spray or pull them by hand – after writing to SEERAD for permission, of course. Nothing in farming is ever as straightforward and easy as it looks to the observer.

M.S.S

Calendar of events at The House of Dun Tel: 01674 660100.

June 11,17,18,25 Music at the Mansion 2.00-4.00pm with afternoon cream teas

July 02 Teddy Bears Picnic 1.00-4.00pm

July Sat/Sun 15/16 Jousting Event & Medieval 11.00-4.45pm

July Sat/Sun 22/23 Dog Day Afternoons 11.00-4.00pm A 2-day dog lovers fun extravaganza

July 29 Robin Colville, Pianist 7.00-9.30pm music of Edward Greig.

August 02 The Festival Players' Theatre 7.30pm Open air production of 'Hamlet'

August 06 Poetry in the Parlour 1.00-3.00pm

Calendar of events at The Montrose Wildlife Centre

Tel 0131 312 7765 All events unless otherwise stated are at the Montrose Basin Wildlife Centre

June 3rd to 10th Wild Life Week June 10th Childrens Activities. Ring 01674 676336

11th June - Family walk, Montrose Basin - Meet at Old Mill Car Park, Bridge of Dun. Led by Ranger.

2nd July - Outing to Corrie Fee - led by Angus Ranger & Brian Ballinger (SWT). Meet 10am car park at top of Glen Clova (NO 284 761) very rough hill walking, stout boots essential, bring lunch. (5 hours)

13th August. Barry Budden Outing. Meet 10am at car park at Monifieth playing Fields (NO 503 324). Bring Lunch. Approx 6 hours.

Going away on holiday? Some Advice from Scott Forbes:

Now that the summer months will soon be upon us thoughts undoubtedly turn to holidays and spending some time in the sunshine. However, it is important to take steps to reduce the risk of being a victim of crime. Almost half of all housebreakings occur when the property is empty and these measures should help improve your home security:- **Make sure** your home looks like someone is living in it. Don't close your curtains - in daytime this shows the house is empty. **Think** about getting automatic time switches to turn your lights on when it gets dark.

Fit mortise locks or bolts to all outside doors and locks to all downstairs or easily accessible windows.

Cancel any milk or newspaper deliveries.

Cut the lawn before you go and trim back any plants that a prospective intruder could hide behind.

Get a friend or neighbour to look after your home. They can collect your mail, mow your lawn and so on. This gives the impression that someone is living in your home. If you leave keys with a neighbour, don't label them with your address.

Don't leave valuables like your TV, Hi-fi or Video where people can see them through windows.

Mark any valuable items with your postcode and house number using an 'invisible' pen that you can get from DIY shops. If your property is stolen, this will help Police identify it if it is found, which might not only allow us to return it to you but could also provide better evidence to convict the people responsible.

Make sure that you have up to date contents insurance.

Lock the garage and shed with proper security locks, after putting all your tools safely away so they cannot be used to break into your house. If you have to leave a ladder out, put it on its side and lock it to a secure fixture with a 'close shackle' padlock or heavy duty chain.

Finally, lock all outside doors and windows. If you have a burglar alarm, make sure it is set and that you have told Police who has the key.

And just before you set off, it's worth spending a couple of minutes checking that you've done all you had to do and taken everything you need with you. You can access other useful advice about Crime Prevention at www.crimereduction.gov.uk

Have a good summer and remember, if you have information about any crime, call Grampian Police on 0845 6005700 or Crimestoppers on 0800 555111.

Constable Scott Forbes, Community Beat Officer, Coastal Villages

~ THE GREAT OUTDOOR CHALLENGE ~

Did you know there is a west coast to east coast backpacking event that has been held every year since 1980? This year it has been sponsored by The Great Outdoors Magazine and supported by Berghaus. Of the 300 walkers, about 80 chose St Cyrus as their destination, even though the final act of wetting their boots in the North Sea means a last struggle up the 250ft cliff path before finally registering arrival at finish control in the Swallow Park Hotel, Montrose.

The walk takes at least a week with accommodation ranging from a hotel to a hedge. One camper in Glen Clova woke to find about six inches of snow round his tent, on the 22nd of May!? The age range is 19 to a remarkable 83, with nationalities ranging from Austria, UK to Canada and USA. Most have done it before, so they must like our country and one man is on his 25th!

Many congratulations to Roger Smith from East Kilbride, the event coordinator for all his preparatory work and his willing helpers at finish control in the middle fortnight in May. Any local up for the challenge??

Photo Left to Right

John Joys, Altrincham 3 crossings ; Roger Smith, Coordinator; Alan Hardy, on-the Naze 19 Crossings.

Bob and Gwen Flann



This edition of the newsletter was sponsored by the St Cyrus Gala Committee and photocopied by Aberdeenshire Council whilst we await a response to our application for a grant to purchase a laser printer.

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

HeartStart Course:

This excellent 'fun' and very important learning experience was attended by John & Wendy Sparrow, Georgina MacDonald, Peter and Caroline Snow, Bob Flann, Barbara Dunbar, Mike Burleigh, Anne Anderson, Irene McHardy and Amanda Nicoll.

We recommend this important course to all those caring for others either in the home or in work/social situations. Contact Mike Burleigh if you would like your name to be included in the next local course or Helen Brady on 01382 424114 if you would like her to arrange a Heartstart course for your Club, Workplace, Youth Group, School.

We recommend serious consideration of the Heartstart information sheet. Editorial Team

Letters to the Editor; Editorial comment:

With regard to the LONGROW (OR KIRKTOON AS WAS) PROPOSED HOUSE IN GARDEN. We would point out that should you wish The Community Council to discuss this or any other issues you should write for them to be placed on the agenda at the next meeting to:

Norman McIntosh, Secretary, St Cyrus Community Council, Lower Whitehills, Lochside Road, St Cyrus, DD10 0DB

.....and of course attend the meeting to support your case.

The meetings are held on the second Tuesday of the month, next meeting is Tuesday 13th June 7pm in the Public hall.

Local councillor Bill Howatson can be contacted on 01674 830746 or by e-mail - Cllr.W.Howatson@aberdeenshire.gov.uk on any matter relating to council issues.

Copies of the newsletter can be found at the Montrose, Laurencekirk and Inverbervie libraries

The Public Hall

List of contacts

Please inform the editor if you would like your contact details or articles about your group published in the newsletter.

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Lyn Hunt: Secretary

Kate McMillan: Treasurer

Mary Singleton

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Robert Flann

Elizabeth Leslie

Bernard Tuck

We would like two young people to join the team for our bi-monthly production meetings

Send your letters to the Editor

before July 30th for the next issue PLEASE

Write to us at:

Email: stcyrusnewsletter@beeb.net

Post: 13 Scotston Place St Cyrus DD10 0BZ

Wanted Newsletter Distributors

Thanks to Stuart Martin and Bob Flann over 630 Newsletters were delivered in April. Would you help to deliver in your area?

Contact Stuart Martin on 850227 or martins0801@aol.com

Emergency tel numbers:

Plumber: Aymer McFarlane: 01674 850000 / 07956 489660

Computer problems? Ring Andrew 01674 850326 / 07793 107612.



From 'Heartstart' to 'First Responder'?



Along with several others from the community I recently attended a Heart-Start course at the village hall, the course was informative, enjoyable and most of all easy to understand. We watched video scenarios of people collapsing, chest pain, heart-attack, choking and severe bleeding injury (not for the faint hearted).

We then worked in groups carrying out practical skills, placing each other in the recovery position using "Resuci-Annie" for the Heart compression's and mouth to mouth resuscitation. The course gave us all the basic skills to help someone young or old experiencing a heart-attack who may have collapsed or stopped breathing. We also learned how to respond in the event of someone choking or suffering a severe bleeding injury.

The Heart-Start course has started some of us thinking seriously about setting up a committee for a St Cyrus First Response Team. Volunteers from the area covered by this newsletter would be sent by the ambulance service, sometimes in pairs, to persons who may have collapsed or have chest complaints. They would provide vital help in those minutes before the ambulance arrived.

The course gave us we thought, the confidence to help in situations we could be faced with any day. Further courses can be arranged in group sizes of 10 or more, to be included in the next one contact Mike Burleigh on 850 988.

Having some medical knowledge myself I found the course a great refresher and a very worthwhile way of spending 2 hours in good company. I have young children and the child resuscitation and choking instruction certainly gave me more confidence to deal with this if the need ever arose.

I would certainly recommend this course to any person or group within the community caring for family or friends, young or old from toddler to pensioner. Hopefully I have given an insight into what the Heartstart course was about. Those of us who have completed the course are now interested in setting up a St Cyrus First Responder Group but **we need more members**.... take the Heartstart course and find the confidence to join us. It's your community let's give it the best facilities we can.

Amanda Nicoll
31:05:2006



Heart Attacks – The facts

Over 300,000 people in the UK suffer a heart attack every year. About half are fatal. Although many people survive, in about 30% of heart attacks, the person dies before reaching hospital – usually due to *cardiac arrest. **About 70% of all cardiac arrests occur out-with the hospital environment – without the life-saving equipment on hand.**

*When someone has a heart attack, they risk going into cardiac arrest, which means their heart stops beating, or stops beating effectively. At that point, they will inevitably die unless help reaches them within a matter of minutes.

We know that bystanders performing cardio-pulmonary resuscitation (CPR) can **DOUBLE** a person's chance of survival, buying crucial time to allow the emergency services to reach them.

If just 10% of the population trained in Emergency Life Support, many many more lives could be saved each and every year. Training in CPR does save lives.

Heartstart Discovery launched in Dundee in 1997, in Perth in July 2003 Dunkeld in March 2005 and in Montrose in October 2005. **Heartstart Discovery** provides **FREE** CPR training and encourages as many people as possible to learn the skills required to save lives. To date, over 9,000 people in Tayside have taken advantage of the courses provided by **Heartstart Discovery**.

Would you know what to do if one of your loved ones suffered a heart attack?

Come along to a **Heartstart** course and learn the skills you need- it really does save lives.

Please contact Call Helen Brady, **Project Co-ordinator, Heartstart Discovery, (Tayside)** TODAY on Dundee (01382) 424114.

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