



Drumoak & Durris NEWSLETTER

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Welcome to the Winter edition of the Drumoak and Durris
Newsletter

[Diversity](#). I wonder if what we consider as attractive has changed?

With the world opening up we can now explore places unavailable for some time, giving us fresh insights on life.



As a keen gardener I had the long-anticipated opportunity to visit a famous garden this year, it's incredibly manicured topiarised trees, laid out in an amazingly intricate geometric pattern. However I was struck by the arid landscape, lack of colour & visible animals or birds -seeing one team of ducks splashing in a fountain was a real relief. This meticulous management was leaving little space for "Wild-Life."

On return home to Scotland I had a renewed appreciation for our lush gardens, strewn with flowers, buzzing bees & with a constant overture of birdsong. This feels alive, supporting many different species, a healthy, living diversity. And so bonny!

We have new knowledge on the significant importance of the "wood wide web"-the fungal network that exists in forests, protecting, nourishing & communicating with trees, supporting their health & enabling them to be more resistant to pathogens. This helps us understand why the monoculture tree plantations were floored by Storm Arwen but those with more diverse species survived. The beautiful woodlands & the eco-systems they support is certainly an attractive part of living in Deeside.



Equally we now understand that having a healthy "diverse" selection of bacteria in the human gut, our microbiome, supports not just a healthy immune system but also good mental health. Twenty years ago when I worked in our local mental health hospital we didn't know that the majority of our happy hormone Serotonin is created here! Interestingly we have more bacterial cells in our body than human cells! New research identifies that our microbiome also includes fungi. I love that new information identified in the natural world around us is also evident within us.

Protecting this delicate balance within our gut is now being shown to be more & more important in supporting good, robust health. With a healthy microbiome we can enable ourselves to be more resistant to pathogenic or

harmful bacteria & fungi, a factor made even more important with increasing resistance to antimicrobials & antifungals.

Eating a healthy selection of different foods & drinking water free from antibiotics & hormones is integral to supporting this. I recently discovered that pharmaceutical medications excreted into our water sources are not currently able to be removed, this encourages us to minimise their usage to when absolutely essential. A preventative healthy lifestyle using exercise, good sleep, enjoying social relationships to minimise stress & loneliness can all be helpful in supporting health, enabling us to enjoy the beautiful diversity surrounding us. Perhaps indeed variety is the spice of life!

Dr Jennifer Sudder

Promoting Health-the natural way

www.promoting-health.co.uk

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*In God's grace, opening our doors
and reaching out to bring
God's love, peace and joy to all.
Why not taste & see?*

From the Manse



As an incomer to the area, it always amazes me how folk are related to one another. I was at a funeral recently and was chatting afterwards, only to discover that the two people I was talking with, whom I knew from different places, were actually second cousins.

As we chatted, I noted the family resemblance but I noted too that it is a small world sometimes and we each are connected in so many ways. I am sure you will have had a similar

experience.

Matthew's Gospel begins with a record of the family connections of Jesus, (Matthew 1: 1-16). Look closely at the genealogy and you will see some surprises. This record begins with Abraham and ends with the words '*Jacob was*



the father of Joseph, the husband of Mary. Mary gave birth to Jesus, who is called the Messiah,' (v. 16). It would have been highly unusual for women to be included in ancestry records yet Mary is one of five women listed. If you look up the back story of each of these women; Tamar,



Rahab, Ruth, Bathsheba and Mary, you will notice that they come from varied backgrounds. These women are representative of many family skeletons, skeletons we would normally keep well-hidden and yet they are there in plain sight in the family tree of God's own son Jesus.

Jesus had a varied ancestry, but these ancestors were also real people living and dealing with real issues. Some of these issues included shattered dreams and exploitation, some were managing the consequences of unexpected and unplanned events while some were having to make decisions living in the midst of conflict and dire poverty.

Each one though, recognised God for who God is and trusted in God. They recognised that God is the Creator of all, that God is Sovereign and that God is real. They clung onto their faith in a living Lord God, who loved them, cherished them and ultimately wanted the very best for them. The women in the genealogy of Jesus therefore represent hope and remind us of the grace of God that is extended to each of us.

As people we are relational. We like to know who we are talking with. We like to know how others connect to and with us, or not. God too is relational and God yearns for us to have a relationship with him and be right with him once more. God so wants this, he so loves us, that he gave Jesus, his only son, to be our Saviour. When we believe in God, when we trust God in our lives, God saves us from any bad feelings and consequences he has and we become his beloved child. We are never alone then and the Holy Spirit helps us in our own situations. The good news is that we are all each invited to have this relationship with God.

This Christmas time, as you see the story of the nativity unfold, remember Mary and Jesus. Remember the difficult circumstances of Mary and the birth, but remember too Jesus and God's great love for each of us. God wants to connect with you, are you ready to connect with God?

Lord God Almighty

Thank you for creating each of us

Thank you that you love us

Thank you that at this time of year, we can remember Jesus, his birth and celebrate.

Be with us in all circumstances we find ourselves

Give us hope when we are downhearted and when times are hard

Give us guidance when we are lost

And give us your peace and joy this Christmas time

Through Jesus Christ our Lord

Now and always Amen

What is the future for Drumoak Durriss Church?

The Church of Scotland nationally and locally is undergoing major reform. These reforms are partly due to a response to a changing society in which we live in and partly to respond to changes in resources and finance.

Congregations generally are getting older with many struggling financially as well as struggling with volunteers to run church events and organisations. Certainly, within Drumoak Durriss Church it is becoming increasingly difficult to 'do' church with a decreasing number of volunteers and with a number of vacant posts such as a Hall Administrator and Property & Finance Convenor. All of this limits the ability to function as a church. Within the church nationally, there are also fewer Ministers to fill pulpits and limited funds to pay stipends.

Nationally the Church is moving from a more centrally organised management style at '121' to more local management. Presbyteries in future will have more autonomy and responsibility in decision making locally.

Presbyteries will also be much larger as they join together to provide support and share available resources. The Presbytery of Kincardine and Deeside, from January 2023, will become part of the new and much larger Presbytery of the North East and the Northern Isles. This new presbytery will also encompass the current presbyteries of Aberdeen and Shetland, Orkney, part of Moray, Buchan and Gordon.

Locally, a new Presbytery Mission Plan has been approved and this will bring changes to local churches including Drumoak Durriss Church. Both Drumoak Church and Durriss Church buildings are to close and are to be disposed of by June 2025. Drumoak Church Hall is to remain open and has been identified as a strategic location for mission.

The next step of this Presbytery Mission Plan is for Drumoak Durriss Church to decide how to move forward. Within the plan, there are several options being considered. These options include a linkage or union with either neighbouring churches of Banchory East Church or Peterculter Church or there is a third option of Dissolution. Dissolution means the congregation is dissolved and members themselves decide where they feel called to worship. Dissolution does not mean there will be no church in this parish, since the Church of Scotland remains committed to being a church for all of Scotland.

This is a time of change and reform for the church nationally and locally. As Drumoak Durriss Church moves forward, please pray for God's guidance and grace, that as the Kirk Session and congregation make decisions, these decisions are based on God's will for this parish and His glory.

Christmas Services



The following services will be held over the Christmas period:

Christmas Eve 6pm service in Drumoak Church Hall

Christmas Eve 11.30pm Watchnight service in Durriss Church

Christmas Day in Drumoak Church Hall at 10am

Drumoak-Durriss Friendship Club

The Drumoak Durriss Friendship Group met on 3rd October after a summer recess. We had an excellent talk from



Rev Shuna Dicks of Cults Church who told us about her work with immigrants who were being 'dumped' on the south coast - mind boggling some of it! This is where we hope our blankets helped! Then on a lighter note she talked of her visit to preach at Crathie Church and her stay at Balmoral as a guest of the Queen. Sorry to tell you that we lost three of our

members over the summer, Mrs Inch, Mrs Clark and Mary Johnston - we will miss them all. Our next meeting is on Monday 7th November at 2pm in Drumoak Church Hall. New members always welcome. Any queries, please call Amy on 01224 732575.

www.drumoakdurrisschurch.org

Find us on 

Durris W.I.

The Ladies of Durris SWI started their Winter Session with a visit to Pretty Rubbish Mosaics in Dess in September. Margaret Patience showed them how she uses broken crockery and glass using them to decorates discarded objects making them into colourful works of art. These were displayed round her garden, home and workshop.

In October we had a talk by Taylor Made refills, a business that makes and sells cleaning products amongst other things. Members were able to see and buy a selection of their products and hear how the business started.

In November we had a talk and demonstration by Rebecca’s Stripling from “Flowers from the Farm” a local business. Rebecca told us about building up her flower growing business and members were able to make a floral arrangement with her guidance.

In December we will have our 97th birthday party/Christmas meal at Scott Skinners.

Into January we start the year with our Burns Supper on Monday 9th in the Kirkton Hall.

Followed by our Pilates Session with the Pilates Hut on 13th February.

Our meetings are held in the Kirkton Hall and start at 7.30pm.

New members are always welcome, for any information about the group please get in touch

Carol Melvin, Press Secretary 01330 811408

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Park Bridge Update November 2022.

I am delighted to say that Aberdeenshire Council have received 3 submissions in response to the request for an independent structural

assessment of Park Bridge and at the time of writing, are evaluating them. The scope is aligned with what we wanted and includes independent verification of the assessment by a different company. There are also signs that PBAG will get the chance to be involved going forward and we’re getting the sense that the default is to re-open the bridge rather than keep it closed as before. The structural assessment is key though and a lot will depend on what it shows up. Our fingers are crossed!



We can be contacted on info@parkbridgeactiongroup.com or visit our website at

<https://www.parkbridgeactiongroup.com> or on Facebook at <https://www.facebook.com/SaveParkBridge>

Anne Shearer

The PBAG Team

Photo of Park Bridge by Tom Clarke

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Our season of beautiful flowers is about to begin.

From April onwards we look forward to offering stunning bouquets for every occasion, or for the enthusiast why not try a bucket of flowers and foliage to arrange yourself.

Wedding flower options are available

Please contact Rebecca on
07720 294103 or

Rebecca.Stripling@btinternet.com

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Deeside Fitness I'd like to introduce myself, my name is Rhona, I am a mum to two young children. I'm also a personal trainer and group fitness instructor. I specialise in Pre and Post Natal exercise and run a Mum and Baby Fitness class in Banchory. Over the last few years, from my own personal experience and from speaking to other mums, I have found that there is very little guidance or advice given on how, when and what exercises to do in the postpartum period. I hope this article can help some new mums or mothers to be, and please pass it on to anyone that it could help.

After having a baby, often the only advice given is to wait 8 weeks after a vaginal birth and 12 weeks after a c-section birth before returning to exercise. It is important to remember that this is a very general guidance, and your body will not be magically ready to jump into pre-pregnancy exercise at this stage. It is important to allow your body to fully recover and adapt after the many changes it has undergone during the last 9 months.

Firstly, let's start by looking at why postpartum exercise can be so beneficial for both your physical and mental health. When done correctly, exercise can help your body heal and recover after pregnancy and birth.

Strengthening your pelvic floor and core muscles can help eliminate or manage any pelvic floor dysfunctions and symptoms. Exercise is a great way to help prepare you for the physical demands of motherhood, improving your cardiovascular health, bone mineral density, overall strength and aerobic function. When you exercise, your body



releases endorphins, 'happy' hormones, which can help improve your mood, self esteem and confidence. Exercise can help reduce stress, postnatal anxiety and depression. Regular exercise can help manage and lose excess weight.

Exercise can also be a great way to socialise, catching up with a friend whilst going for a walk together or joining a mother and baby fitness class and making new mum friends. The benefits also pass on to your child, you are your child's role model, when they see you exercising, you are setting positive healthy foundations for them, they see exercise as a normal part of daily life. Involving your child in your workout can also be special bonding time for you both, and something you can enjoy together. Exercise can also be enjoyed as time to yourself, some 'me time' which can be so important when you're caring for a wee one 24/7, get out for a walk in the fresh air whilst your partner looks after the kids, or ask a family member to help with childcare so you can go for a swim or do a home workout whilst your baby naps.

So, when and how should you start exercising? There is no exact answer to this, nor is there a one size fits all. Each woman's experience of pregnancy and birth is unique (as are subsequent pregnancies and birth) our bodies react and heal in different ways and speed. It can be quite daunting returning to or starting exercise after having a baby. The incredible journey of growing and having a baby puts your body under enormous amount of pressure and many physiological changes, and often results in pelvic floor dysfunction, separation of the abdominal muscles and other injuries, and just like running a marathon your body needs time and rest to recover and heal. It is important to make sure that your pelvic floor and core are functioning well before participating in more intense exercise. Starting off slowly and building up gradually is a great approach. Listen to your body and be kind to yourself. It's really important that if something doesn't feel right, if you have any symptoms or concerns, that you seek professional advice (contact your GP or if it is an option a pelvic floor physiotherapist).

In the early days after birth, I recommend starting pelvic floor exercises, working on regaining the connections with your breathing and your deep core and pelvic floor muscles. Working up to performing 10 x quick contractions and 10 x slow contractions (aiming to build up to holding the contraction for 10 seconds) 3 times daily. The NHS Squeezy app is a great tool to help remind you.

Mobility and gentle stretching can be very helpful . Focus on loosening your upper back, chest, hips and ankles. Also paying attention to your posture, often the position of feeding your baby can result in your shoulders rounding, you can try and think about 'lengthening your collar bone' and opening up your chest.

Walking is a great form of exercise for new mothers, it is convenient, you can do it with your baby (in a buggy or carrier), involves no cost and is a great way to get some fresh air. I would recommend starting with a short gentle walk, for about ten minutes. If there is no pain or heaviness after this walk, extend the distance or duration the next time, you might find doing two short walks per day is preferable to one longer walk. If you had a c- section, assisted or difficult birth, you might find that walking around the garden is all that you are ready for in the first few weeks, you will still get the benefits of being in the fresh air and getting your body moving, and you can build up the distance gradually or do it more often. If possible, try to do some of these walks without a buggy, as this allows your arms to swing and trunk to rotate.

Gradually introduce some low impact functional body weight exercises. These are exercises which you may use in everyday life, you squat, lunge, bend, lift reach, twist, and often do this whilst holding your baby. Building strength

in these functional movements will be very beneficial and can help prevent injuries. Exercises such as sit to stand, squat and lunges will all be beneficial. At this stage I would avoid high impact exercises involving jumping or running which can put a lot of extra strain on your pelvic floor muscles.

Please remember that this is just a guide, and some women will be able to return to exercise sooner and others may take longer, listen to your body and get professional help if required. If you would like any more info or advice please email Rhona at deesidefitness@outlook.com or check out our Facebook or Instagram.

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Durriss School We have had a lovely, busy start to our new school session!

In Term 1 we invited parents in to learn about how we teach creative writing in school. The session was very well attended – and parents even had a go at some of our activities.

P1-3 have been busy learning about their own health and well-being in Term 1 and how to better look after themselves. They have had lots of visits from the community to enhance their learning – several doctors, a dentist and even a group of student doctors who helped run a Teddy Bears’ hospital. P4-7 have been learning about lots of different explorers through history, what it means to explore and the class had a fantastic day’s visit down at Discovery Point in Dundee.

We have also started a knitting club on a Tuesday lunchtime! 10 children attend along with a teacher and a volunteering granny. Our plain and purling is certainly improving, slowly but surely!

This term we will be starting a new community initiative called ‘Silver Stories’. This involves children phoning members of the community weekly for a chat and to read to them. We already have a few local volunteers for the project, but if you’d like to volunteer – please contact Durriss School on 01330 700425. If you would like more information, this can be found on their website at - <https://silverstories.co.uk/>

We are still unable to get out and about for our forest school sessions due to a number of precarious trees in our local woods. Fingers crossed that they can be cleared away soon so we can get back to days spent learning in the woods!

Durriss School are going to be involved in our assessment for our Silver Accreditation towards becoming a UN Rights Respecting School. At school, we actively promote the teaching of children’s rights and ensuring we have a culture where all their rights can be actioned. The children learn about a new UN Right each month and share their learning at home. So far this session we have learnt about Article 28 The right to education, Article 1 Knowledge of the rights and Article 38 Protection of children from war and armed conflicts. In December we are going to learn about Article 14 – freedom of thought, belief and religion.



Warm Space Project. Drumoak Durriss Community Group is delighted to announce that they will be opening Drumoak Bowling Club every week on Fridays 11.30 to 3.30pm from 18th November to 14th April as a Warm Space for both Drumoak and Durriss communities.

The purpose of the Warm Space Project is to offer a warm space to benefit all ages from young to not so old in a time when fuel and food bills have increased. We are offering a time to socialise and support each other through a difficult economic time

while enjoying free refreshments and homemade soup.

We have a team of volunteers ready to greet you and provide games quizzes, music and more to keep you amused while enjoying time together with old and new friends.

Drumoak Durriss Community Group is very grateful to Meikle Carewe Windfarm for funding for this project.

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[Drumoak Durriss Crathes Bowling Club](#) Finally after a couple of years of disruption, we managed to



return to a normal outdoor season of bowling, with all competitions back up and running. A lot of progress has been made with regards to increasing our club profile within Bowls Scotland, which enabled us to stage a 'Try Bowls Event' to encourage locals to come and have a go of bowls. We did manage to get an additional 5 members to join at a special reduced rate, so we will definitely repeat the same event next summer.

Both the Gents and the Ladies competed in the Dee Don league throughout the summer, along with competing in our 'in house' competitions. Two of our new members, Stevie and Lorraine Fox who moved up to Banchory from Glasgow last year became our Gents and Ladies Champions. Both are super keen to compete and help the club move forward. Our club were victorious in the Jubilee Cup this year, beating our neighbours Culter over the two legs. We also managed to host our first Open Triples in 3 years with 20 teams competing for our trophy which was eventually won by 3 members from Culter Bowling Club. The sun shone and a very successful and enjoyable weekend was had by all. A big thank you to all our helpers for giving up their time to support and run the event over the two days.

We are now into the Indoor Season and our 'hat nights' are on Tuesday & Thursdays 6-8pm & 8-10pm and Wednesdays at 2pm. Everyone is welcome to come along and have a go. Bowling membership fees are Indoor £25, Outdoor £50 or both for £70. £2 Members hat fee, £3 Visitors hat fee.

We continue as a club to hold social events throughout the year too. We have held some Quiz Nights and Bingo Nights which have all been successful. Please keep an eye out on our notice boards and Facebook page for other upcoming community events

We have also been working closely with the Community Group, who have provided the Chip Van and Pizza Van nights in our car park, then folk can come and use the pavilion for eating and additional refreshments. It has proved to be a great success, so again, keep an eye out for more of these events.

During the quieter months of November, December and January, we will only be opening the Bar on a Friday night 7-11pm. Saturday nights are still available on request for any other function/event. Social memberships are still only £10 per calendar year (Jan-Dec).

Anyone wishing to hire the pavilion should contact Kevin Anderson on 07833 771761, or message through our Facebook page.

Finally I as the President of the Club, would like to make huge plea to our Community to please come and join us either as a bowler or socially. 'Use us or lose us'.

Club President
Kevin Anderson

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The “No Name Walking Group” Walks in 2022.

The No Name Walking Group is still going strong since Ronnie Mitchell started it up to help friends who wanted to get out and about. Over time, the participants have changed but the ethos has not; it's a group of people who just want to get out on the hills without wanting to be part of an organised “club”. That doesn't mean we are careless or blasé or take unnecessary risks but it does mean we insist that anyone coming on the walks takes responsibility for their own fitness, equipment, clothes, boots etc. We send out a brief description of the forthcoming walks a couple of weeks in advance describing the route, distance, altitude and conditions underfoot, i.e. path, track or “off-piste.”

We have also introduced more leisurely and less demanding strolls for folk who want and need, to get out amongst the hills for health reasons but who couldn't do steep uphill or walks longer than 12km. A few examples of the strolls are Park Bridge to Mains of Drum via Dalmaik Church; Fetternear Estate; Callater Lodge Bothy; Charr Bothy; Loch Lee; Ballater Riverside walk; Blackhall; Banchory to the Milton; Ballater to Dinnet via the Cheese Factory and several others. Sometimes there's a common theme – a café at the end or the halfway point.

Of course, many of the group are familiar with many of the walks but we have “scouts” who try out new walks before leading the group on them. Some new routes this year included Conachcraig; Mt Battock from Glen Esk; Tuiric, Claise, Tom Buidhe and return via the Monega Pass; Loch Lee and Cairn Caidloch; Forvie Sands; Loch Beanie, Mt Blair and the Cateran Trail; Tap o' Noth; Peter Hill; Linn of Dee, Creagan nan Gabhar, Sgòr Mor; Birse, Murley, Glencat and Carnferg; 'Bervie to J'haven via Gourdon Hill and Benholm Mill; and others.



Another new walk this year which was perhaps our most challenging and, perhaps, the most satisfying was from the Old Bridge of Tilt to Linn of Dee which is a 35km hike needing about 7.5 hours walking time. The logistics took a bit of organising because to finish in daylight (it was on August 23rd) we needed to be “boots on the ground” at Tilt at 0900 and then we wanted a couple of volunteers to meet the five of us at the Linn of Dee. It's a well-known walk more often done from north to south but that has more complicated logistics. In the past the landowner, the Duke of Atholl, was vehemently opposed to walkers interfering with his sporting pleasures leading to what has been called The Battle of Glen Tilt in August 1847. However, the gamekeepers we met were very pleasant and helpful.



Talking of the clash between walkers and landowners, our experiences have always been courteous on both sides. In early October we had planned a walk around Loch Callater from Auchallater taking in Jock's Road and Loch Kander but there was a stalking party out. The 'keepers asked us to avoid certain areas which we were happy to do. There has to be mutual respect, in our opinion. On that occasion when we reached the head of the loch, the Allt an Loch (sometimes, it seems that not a lot of thought has gone into the names of features) was well over knee height but a friendly 'keeper ferried us over in his 4x4. Some hill-walkers forget, or deliberately ignore, that what they see as a playground is a place of work for others – not to mention the income generated for hoteliers and restaurateurs.

Everybody going into the hills should be familiar with OS maps and the grid reference system or be with companions who are. A new system has been created called "what3words". It has divided the earth's surface into 3 metre squares and assigned every square a three word code. So, for example, Keith's Tower is at [///listen.wasps.provider](#); Park Shop at [///trainers.hampers.overcomes](#); the Eiffel Tower is at [///invent.fevered.qualify](#) or, if you prefer, [///brin.salin.visage](#) and so on. Whether or not walkers choose to use it will be down to personal choice and availability; at the time of writing it isn't featured on the OS app but is on the OutdoorActive app.

There is no charge for the walks but we've developed the custom of dropping a small amount into a kitty jar. That then gets regularly distributed to two charities in particular so much so that up to the end of September we had sent a total of £438 to the Braemar Mountain Rescue Association and the Mountain Bothies Association. The BMRA has published a book describing their formation and a number of their rescues many of which are simply astonishing; we're glad to know that they're around. The Mountain Bothies Association is responsible for about 100 bothies but only owns 2 of them; the rest are made available by the landowners with the MBA maintaining them.

If you're interested in joining us on our walks call Ronnie Mitchell on 01330 811900 or Peter Richardson on 01330 811674.

Drumoak and Durris Community Update – November 2022



Intro:

The Crathes, Drumoak and Durris Community Council has been very active working on several projects and issues in the community over the summer months and below you'll find an update on our headline topics to keep you up to date.

Meet Your Community Council:

As a starting point to this update, we thought it would be useful for you to know who we are.

We currently have 3 Community Councillors: Anne Shearer, Lynn Coull and Jules Wood representing Drumoak. In Durris, our 3 Community Councillors are Shaun Falcus, Mark Ansell, also our Treasurer and David Edgar, also our Chair. In Crathes, our 2 Community Councillors are David Morrish and Peter Renwick.

Should you be interested in joining the Community Council, we are actively looking for 2 people to represent Drumoak and 2 people to represent Crathes, simply get in touch.

Hill of Fare Wind Farm:

Dunecht Estate in conjunction with RES have proposed a windfarm development on the Hill of Fare. This is a very significant proposal, not only for our community, but for the many communities adjacent to and within sight of the proposed turbines. <http://www.hilloffare-windfarm.co.uk/>

In October, RES held 4 public exhibitions in each of Crathes, Echt, Midmar & Learney Halls and despite some advertising of these event by RES, the Community Council is aware that many people remain unaware of the proposal, not least because no exhibitions were held in the affected population centres such as Banchory and Drumoak. The community councils adjacent to the Hill of Fare created a questionnaire independent from that of RES which they tabled at these exhibitions, the results of which will be made available shortly.

A very important element of the proposal will be its impact on the landscape. The 17 planned turbines will be 250 metres (820 feet) high to the blade tip. As a comparison, the towers of the Queensferry Crossing are 207 metres high. 17 turbines of this height on top of the Hill of Fare, which itself rises some 300-350m above the surrounding ground. There will also be a need for new pylons to connect to the grid, a network of roads on the hill and the battery compound.

A planning application will probably be forthcoming early next year and the community councils, who are statutory consultees to the planning process, are seeking ways to ensure that they understand better community views. In the meantime, the questionnaire used at the exhibitions is available from the community council website <https://www.crathesdrumoakdurriscc.org/>

An independent website, based in Midmar, is providing a portal for further information at <https://hilloffare.org/>. There will almost certainly be other public events held by the 'communities' to provide relevant information and gather views. Watch this space!

The Glebe:

Antisocial behaviour continues to be an ongoing issue at The Glebe in Drumoak with some very serious incidents over the summer, one resulting in the fire brigade attending to deal a fire that had been lit in the woodland area.

The Community Council has been working on this issue for some time with both Aberdeenshire Council representatives and their Ranger service and Police Scotland and very recently held a meeting onsite to try and find a way forward.

The discussion is very much still ongoing following that meeting and alongside some other 'quick win' measures, we are very keen to introduce a By-Law to manage the Glebe and provide the relevant authorities, the power they need to deal with the situation as it unfolds, but this is not a quick or easy process and will take time to develop. We really need the authorities to have a log of every issue and incident and therefore ask the local community, surrounding landowners and users of the space to help us, by reporting any behaviour that is not acceptable (for example, lighting fires, defecating in the area, littering including in the river, bottle breaking, excessive noise and partying) by calling 101 as soon as they see anything.

[Park Bridge:](#)

We know there's a detailed update planned by Park Bridge Action Group in this newsletter so won't say too much, but the Community Council continues to work closely with Aberdeenshire Council and The PBAG to ensure relevant information is available to all parties involved.

[Park Quarry:](#)

We continue to engage with Park Quarry with representatives from the Community Council meeting onsite with JKR Management on a regular basis. The meetings allow us to discuss any issues raised, complete noise surveys with them and to understand the work they are / plan to carry out.

[Road Safety in our Community:](#)

Following on from our Road Safety Survey at the beginning of the year, which we can't thank you all enough for completing. We were really enthused by the response rate and detailed comments, it really helped bring our case to light with Aberdeenshire Council. Our sub-group spent some time collating all the data received and then presented the key themes and issues to Aberdeenshire Councils Area Managers and Roads and Infrastructure Managers.

We've since held a series of follow up meetings, reviewing the feedback and requests and discussing each of the communities in detail. Whilst discussions are still very much ongoing, we've started to see some positive actions taking place on several of the points raised which is great news.

In Park, enhanced gateway signage and speed limit repeater signs are due to be introduced. It is hoped that a vehicle activated speed sign can also be sited here as a temporary measure.

In Drumoak, enhanced gateway signage is being introduced with it's location on the east being reviewed. It's been agreed to review pedestrian crossing signage on the A93 and we're currently engaging with the community to get feedback on the most popular crossing locations. The 20mph speed limit signs near the school will also be re-activated which is great news.

In the Kirkton of Durriss, we continue to challenge the council on the reduction of the 50mph speed limit and in Woodlands of Durriss, conversations continue gateway signage, speed limit boundaries and pedestrian access to the school.

In Crathes, it is proposed that a review of the A93 junction and road layout will take place to consider crossing points and active travel.

As well as the above, we are continuing to work on the over grown vegetation and blocked ditches issues that appear across all of the rural roads in our communities.

[Linking Kirkton of Durriss & Woodlands of Durriss:](#)

At one of our meetings earlier this year, one of our Community Councillors presented the idea of connecting Kirkton of Durriss and Woodlands of Durriss, to Crathes and Drumoak using a mixture of the existing and historical paths that exist. The main objective was to allow residents from each of the communities to travel safely by foot or bike between each of the communities. As you can imagine this project is still very much in its infancy and will take a significant amount of time and work to bring it to life – should you wish to be involved in developing the idea, please do let us know.

However, as part of the initial investigations we discovered that many years ago Aberdeenshire Council had already identified the potential to create a Core Path, connecting Kirkton of Durriss and Woodlands of Durriss but nothing had ever come of it. After some general enquiries at the beginning of summer, we have begun working with Aberdeenshire Council to progress this plan. Not only will this open up access between the two communities, but it would also open up access to Kirkton Wood and Woodlands wood for recreational activities again which we believe would be welcomed.

[Windfarm Community Funds Applications:](#)

In 2022 the CDDCC has made awards totalling £18,500 from the **Mid Hill Windfarm Community Fund** to the following local Groups:

Durriss Primary School for replacing obsolete IT equipment.

Crathes in Flower Group to provide Christmas tree and lights.

Mesolithic Deeside Group to help with the cost of Carbon Dating items discovered.

Balladrum Bridge Commemorative Plaque Restoration.

Crathes Hall Mobile Staging purchase.

The Movement Bothy for assistance with their new accommodation.

Drumoak Badminton Club for help with equipment.

Durriss Scottish Womens Institute for help with events and hall rent expenses

Durriss Bowling Club for help with hall rent expenses

Drumoak Primary School for help with Swim Teacher Training.

The **Meikle Carewe Windfarm Community Fund** application window for 2022 closed in September. The CC hope that our area has had several applications for consideration.

Funds remain available so please go to the CDDCC website for application guidelines.

[Contact Us:](#)

As well as the projects above, the Community Council work closely with Aberdeenshire Council and are here to support you with issues or queries you may have. To contact the Community Council or any of the Community Councillors, you can do so using our email address crathesdrumoakdurrisscc@gmail.com or via our Facebook Page or Website contact form.

If you want to join us at a meeting; maybe to add your thoughts to something we are working on or to raise a point that you'd like us to help with we'd be more than happy. Simple get in contact and we'll let you know the details of our next meeting.

We generally meet on the 2nd Wednesday of every month at 7.30pm, with the venue rotating each month between the communities. Anyone is welcome to attend a meeting

=====

[200th Anniversary of Durris Kirk](#)

On the weekend of 18th and 19th June 2022 we celebrated the 200th Anniversary of Durris Church. On the Saturday many enjoyed the exhibition in the Church and Kirkton Hall which celebrated Durris Church and Durris life through the ages. The exhibition included ancient treasures of the church, old records, many many photographs and of course Peggy Duncan's famous newspaper cuttings and scrap books! The highlight for many was meeting up with 'auld kent faces' and having a news over a cuppa and some of the many homebakes - BIG thanks to the ladies from the SWI and church for providing such a great spread!

The celebrations continued into Sunday with a special service of celebration. We were honoured to welcome the Rt Rev Dr Iain Greenshields, Moderator of the Church of Scotland, and his wife Linda. It was wonderful to see Durris Church full for the occasion. After the service Dr Greenshields planted a commemorative cherry tree in Durris Glebe and this was followed by a buffet lunch in Kirkton Hall which was very well attended. We welcomed many friends from past and present some of whom had travelled quite some distance to be with us.

=====

HOMEOWNERS – IMPORTANT NOTICE

**In February 2019 the Legislation relating to smoke detection in your home changed.
All domestic properties in Durris/Drumoak could be affected.**

You need to have the following: -

- **One smoke alarm installed in the room most frequently used for general daytime living purposes.**
- **One smoke alarm in every circulation space on each storey, such as hallway and landing.**
 - **One heat alarm installed in every kitchen.**
 - **All fire alarms are to be ceiling mounted and must be interlinked.**
- **Carbon monoxide detectors are to be fitted where there are carbon fuelled appliances (such as boilers, fires, open fires, heaters, stoves, or a flue).**

The Regulations came into effect in February 2022.

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[News from Drumoak and Durris Playgroup](#) Its been another busy term for Drumoak and Durris Playgroup. We said good bye to some of our older creche children moving onto Nursery and wished them luck in their new adventure. This opened up spaces for some new children and they are all settling in really well. As part of our topics we have looked at Autumn, Pets, Fireworks and much more. It always amazes me how much our fantastic playworkers Lynne Watson and Kirsty McIntyre manage to fit into a two hour session! We have also been very fortunate to have Becky Cockburn join the team as a volunteer. Becky has proved a huge hit with the children (and parents) and has been an incredible help to both Lynne and Kirsty, literally saving the day on a couple of occasions. Thank you, Becky.

We are very excited that we now have access to the woods again, with the help from the Nursery, parents and local councillors. They all worked so hard one weekend to get the woods back to their former glory, after the damage caused by the storms last year and we now have a safe, exciting space to explore, play and learn in.

We run a parent and toddler group where an adult stays with their little ones during the sessions. These are run twice a week on a Tuesday and Thursday from 9.30-11.30am and are open to ages 0- pre-school nursery age. These involve some free play, age appropriate art and crafts, snack, singing and story time. The children have great fun and those accompanying them can enjoy a cup of tea and a chat. We currently have a few spaces available on a Thursday morning.

We also run two creche sessions weekly, on a Wednesday and Friday, where children aged 2 years to pre-school

nursery age can attend unaccompanied for two hours. These sessions are fantastic preparation for nursery, with both Drumoak and Crossroads Nursery teachers making regular visits to meet our children who will move onto them. It has been wonderful watching our little ones settle into these sessions, gain independence and confidence away from their parents. These sessions are very popular. We have one space available on a Wednesday and Friday, so please get in touch if you are interested as I'm sure they will be snapped up quickly! We also have a waiting list your name can be added to.

Drumoak and Durriss Playgroup is a not-for-profit charity, run by a volunteer committee. For the running of our groups to continue we require to raise funds to help pay for increased rent etc. We were very lucky to have Deeside Photographics join us for a photo shoot. As always Logan managed to get all the children (and parents) smiling and laughing. We also held a Halloween party in Drumoak Bowling club, which was a great success and raised almost £200. We would like to thank Morrisons, Tescos and Stuart Steel Electrical for kindly supporting this event with snacks and face paints. The next fundraiser we are planning is a Magical Christmas Afternoon tea with Santa, so put Sunday 4th of December in your diaries!

Last thank you goes to Emily Mitchell for her hard work and dedication as chairperson over the last few years. We are very happy to welcome Kirsty Fraser into this role, and wish her luck.

Our committee is a great way to get involved in the community. If you are interested in joining or helping out at any of our fundraisers, we would love to hear from you, Drumoakanddurrisplaygroup@hotmail.co.uk

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- ✓ **Indoor work:** stripping out, reuse / recycle
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e.g. dry stone walling sessions
- ✓ **Produce Pop-Ups:** firewood & organic food
- ✓ **Join us:** Wed PM / Thu AM / Monthly Sat

Find out more & get involved:

www.camphillwellbeing.org.uk/compass

Follow us: [@CWTCompass](https://www.facebook.com/CWTCompass)



Compass
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Compass is a project of local charity, **Camphill Wellbeing Trust**. The Trust provides medical and therapeutic services to help patients and their families address illness, build resilience and maintain wellbeing.



Camphill Wellbeing Trust is a business name of Camphill Medical Practice Ltd
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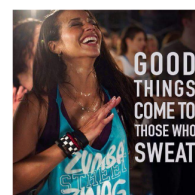


Monday, 1.30pm
Crathes Hall
Wednesday, 9.30am
Culter Mills Club
Thursday, 1.15pm
Banchory West Church



Zumba Gold Toning with Siobhan

Friday, 1.45pm
Culter Mills Club



Zumba with Alison
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Drumoak Bowling Club

For any information on these classes
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Alison 07786561934

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[Drumoak and Durris Community Group](#) In the past few weeks we have organised events which have been well received. From the BBQ to the fireworks night, and also the fish and chip van (returning soon) and the pizza van! We have to thank Kevin Anderson and the bowling club for opening up on the Saturday nights when the vans were serving.

Feedback from people was they enjoyed themselves so watch the DDCG Facebook page for more upcoming events including the Great Christmas Tree switch on.

If you want to join the Community group come along to our meeting at the bowling club on the 2nd Monday of each month at 1930 and introduce yourself.

=====

[From the Editor.](#) I would like to thank everyone for their message of support and cards over the past few weeks since I had my cardiac arrest. No warning, never felt ill and out of the blue, cycling, as I do 5-6 times a week, bang! If it wasn't for the nurses who stopped and gave me CPR at roadside, I would not be here now. The wonderful NHS brought me back and can't thank them enough. Now on recovery path so onwards and upwards!

I am sorry if you contributed an article and it never got published this edition, it was well over subscribed which is lovely from an editor's point of view. All articles not in this issue will be kept over for the next edition in Spring 2023.

Thanks everyone

Kevin McPhee-Smith

=====



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DRUMOAK & DURRIS NEWSLETTER

This Newsletter has been published quarterly for over 20 years. Firstly as a community service by Drumoak-Durris Church of Scotland, and more recently by the Drumoak & Durris Community Group. It is produced and delivered FREE by volunteers to all households in Drumoak and Durris.

Editorial Team
Kevin McPhee-Smith
Elaine Harkins
Marjory Taylor

e-mail: editorddnews@btinternet.com

Useful information

Drumoak-Durris Church	drumoakdurrischurch.org
Drumoak & Durris Community Group	drumoakdurriscg.org
Crathes Drumoak & Durris Community Council	crathesdrumoakdurriscc.org
Aberdeenshire Council	Aberdeenshire.gov.uk

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