

CELEBRATING EVERYTHING LOCAL IN AND AROUND KINTORE AND DISTRICT

IMAGE CREDIT: Ken McEwen

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WELCOME TO YOUR KINTORE KONNECT

Deadline for next issue: 10th May 2025

Cover Photo

Lambs and their mum in the Spring sunshine taken near Kintore by Ken McEwen

Happy Easter to all our readers

Thank you for your continued support.

The KDCC Team

CONTACT US ONLINE



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GIRLGUIDING KINTORE





What we have been up to

On the run up to Christmas, all units worked hard on their donations for those in need.

1st and 3rd Rainbows and 3rd Brownies held a Bake Sale and Lucky squares. We had some items left from our bake sale which certainly did not go to waste. The team at Jim Reid Car Sales happily consumed the items and gave us a donation for them. Thank you! All money raised, purchased items for the food bank.



Of

Appreciation

Aberdeenshire North Foodbank wish to thank

1st & 3rd Kintore Rainbows

and 3rd Kintore Brownies

For your generous food donation of

170kg

Date: 18th December 202

Aberdeenshire North Foodbank (Scottish Charitable Incorporated Organisation Registered charity number SC045884 | Registered in Scotland





Guides generously filled shoe boxes of various toiletries and stationery for The Rotary Shoebox Scheme.





Rangers also held a Bake Sale and the money they raised, purchased various games, toys and activity sets which was donated to Mission Christmas cash for kids. Great work.



Achievements







We've had some very busy girls completing badges. Lottie (left) and Ava (centre) from 3 rd Kintore Brownies and Isla (right) from 3 rd Kintore Rainbows accomplished everything required to gain their Gold Awards. Fantastic work girls.

Girlguiding Leaders always like to include their girls in planning activities and listen to the feedback. When asked before the October break if there was anything the girls would like to do or repeat, both Rainbows groups wished another Rainbows Day. So, without further ado, we organised a Saturday at the Church Hall with a Christmas theme.

We made edible Christmas trees, jam tarts for snack, muffin pizzas for dinner, crafts included making angels for the tree, handprint everlasting mistletoe, posting Santa letters, singing carols, hearing a Christmas story, a visit from Rainbow Teds relative the Christmas Bear and finished with watching some Christmas short movies in our pyjamas. It was a very busy but enjoyable day. One Rainbow, as she was leaving, said she'd had the best day ever. How lovely.



Rainbows and Brownies started 2025 making table decorations for the Kintore Street Party Burns Supper fundraiser. This was held at Kintore Golf Club and proceeds go towards the Kintore Street Party which will be held this year on 30th August. It was a great evening.

We also celebrated Chinese New Year (year of the snake) with a few tastes of China and welcomed Connor McCarthy, who graduated university last year with a BA Hons Degree. He used his expertise to show the girls the different stages of drawing a snake.





Rangers took a bowl of mashed potato, added a few other ingredients and produced Scottish Macaroons and Tattie Scones. This may sound strange, but they were delicious.





Guides made dragon heads for a dragon dance and made their own spring rolls for celebrating Chinese New Year.





Girlguiding know the importance of being independent as well as working in a team. We constantly remind tour girls they can do anything they put their mind to and show them how to be their best selves. One such instance was when our Brownies discovered many different tools and their uses. They enjoyed using them and a few seemed keen to go home and put their skills into practice!





Leaders find volunteering rewarding and give the girls so many experiences and opportunities. We have many local girls waiting patiently to join; however, we do not have enough volunteers! Do you think you could join us? If so, contact details are below.

Easter is just around the corner. From the Kintore Girlguiding Team Happy Easter!

KINTORE SCOUT GROUP - February 2025

Kintore Scouting is growing! We are delighted to now have a Squirrels Drey, with new leaders and young people attending. This has been under development for some time by Andy Till, the District Commissioner for Gordon District. It's great to see the Scout Hall being utilised as much as it is now, with groups meeting most nights of the week. There are possible plans to expand further and have Explorers meeting in Kintore. This isn't possible without the help and input from our volunteers, not just the leaders dedicating the time each week but also parents willing to help, so the more people we get involved in each of our sections the more benefit we can bring to the young people of Kintore, and the surrounding area.

The winter term of Scouting in Kintore is usually spent indoors, given the weather conditions outside at this time of the year. So, our groups had a lot of fun with crafts, games and learning important life skills. We were involved in the Remembrance Parade in November, with various craft nights before that, we served pancakes and mulled wine at the Christmas Lights switch on as well as a lot of fun nights. A highlight was the Cubs doing Taskmaster nights!





It wasn't all indoor fun though, early in December, 15 of our Scouts attended the Big Fordel Freeze, this is a Scout Adventure site located beside the Forth Railway Bridge north of Edinburgh. A weekend of adventures, fun fair, meeting new friends and survival!!! Survival was tested, on our first night we had temperatures well below zero (-2), and on the Saturday morning it was snowing as you can see in the pictures. Our young people battled through without complaint, building snowmen, keeping all of us in good spirits with a lot of singing and playing around. There were adventure activities once the snow stopped, and a campfire. Sunday morning saw strong freezing winds, which leaders battled from the early hour while Scouts slept soundly!!! But we all had fun, it was an enjoyable weekend and great to see how the young people handled it.





For 2025 it is looking just as busy with many camps in the planning, we'll get some group gatherings and also a lot of activity nights and skills nights. In February the Scouts are looking forward to a sleep over at Skyline, May will see another Adventure Camp, Flag Camp and in September there will be the Gordon Gathering for everyone to get involved in. In addition to the camps, we hope to hold some water sports sessions, kayaking, Canoeing and Stand Up Paddleboarding (SUP). It's rewarding to see the Young People in each section develop and progress while learning these life skills.

Our Squirrels meet once a week at the moment on a Thursday, 5:00pm to 5:45pm, with a waiting list for a second night if we get volunteers to step forward. Beavers meet 6:00pm to 7:15pm on Tuesday and Thursday, Cubs meet 6:30pm to 8pm on Monday and Wednesday and Scouts meet 7:30pm to 9pm on Tuesday and Thursday. Part of being a Scout is developing Skills For Life, helping prepare for



everyday challenges, having opportunities to travel, learn from others, meet people from all over and gain memories for life. Get in touch if you are interested in getting involved, look up scouts.scot on the internet for more information.

We also have some amazing Young Leaders at Kintore who help with our younger sections, enjoy various camps and work towards their Duke of Edinburgh expeditions and awards. Throughout the years we see the Young Leaders develop their own skills, grow in confidence and go on to further their education and look towards their careers. The more people that help us with the younger sections the more we can do in the community, so don't be afraid to get involved.

> Many thanks to all the volunteer leaders, parents and helpers who make it possible, we look forward to seeing everyone over the coming months!

> > Kintore Scout Group



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KINTORE & DISTRICT COMMUNITY COUNCIL

And just like that, another year has flown past, and we are in 2025, the members of Kintore and District Community Council wish all our readers a happy and prosperous year ahead.

We have been very fortunate this winter too, not to experience any major flooding events as we have in recent years, but we have a strong Resilience team who are ready to respond should any events occur.

Volunteers are essential in our community and many local groups like the Community Council, Action Kintore and the Floral Display group are in danger of folding without your support. Events organised by these groups rely entirely on people stepping forward.

Your Community Council can only exist with the time generously given by our members and volunteers. We are funded entirely by money raised at our fundraising events like the Fireworks, donations, and the money from advertisers in this magazine.

We would like to acknowledge a generous donation from the Kintore Primary School Kids Club following its dissolution. We are grateful for all donations, and we are sure it will be put to good use.

Last year was overall a great success for Kintore and District with many people getting involved in the It's Your Neighbourhood project. What a difference it made to the town, especially around the Town House and the very colourful floral displays which received many positive comments from within and out with the Community.





There are several new benches around the town to have a seat and a chat and they have been well used. The hard work was recognised by the Keep Scotland Beautiful campaign where we were praised highly, acknowledged and suggested that we could move up a gear to compete to the National 'Beautiful Scotland' Competition, where we compete against other Towns and Communities across Scotland. They awarded us the second highest level 4 – Thriving score. In our first year of participating in this project that is a remarkable achievement, and huge congratulations are in order for our CC members and the members of the community who willingly gave their time to help because we are sure to need more volunteers this year.

Other projects we are looking closely at, is the reinstatement of public toilets and regeneration of untidy, unused & underutilised Council owned ground. We will also add to the benches available for public use around the town and will use these to help highlight the QR Codes for the 'Explore Kintore – QR History Trail' at the same time as a welcome resting place whilst exploring Kintore.

In March we will have to decide whether we continue with a well-planned 'It's Your Neighbourhood

Project' by maintaining what we already have achieved and by adding some new objectives working with the great group of volunteers we have and alongside the fantastic Floral Team or do we move up a gear and enter the Beautiful Scotland competition.

What do you think, it would need many more willing residents to contribute to the scheme to make it a success and perhaps win National recognition?

Your thoughts and offers of assistance would be very welcome, feel free to email us on info@kintorecommunitycouncil.co.uk with any new ideas or offers of help.

We look forward to your input and involvement.

A major challenge this year is maintaining the quality and quantity of the floral displays because Aberdeenshire Council has stopped providing a lot of the plants for this which they have done for many years. They are unable to provide these because of the well-publicised budgetary constraints.

The **Best Kept Garden** competition will be open again this year and we look forward to seeing the many beautiful gardens around Kintore and District.





Do we need allotments in Kintore? This was a question asked a couple of years ago, what do you think, would they be well used? If you have thoughts on this, please send us your comments to info@ kintorecommunitycouncil.org.uk

Things to look forward to this year,

Clan BookBench Trail 2025 – Thanks to generous donations from 12 local businesses we are delighted to have secured a sculpture as part of the trail which will be in The Square between the 30 th of June - 22 nd of August which we hope will attract a lot of visitors to the town. We have chosen 3 different artworks from the 78 designs on offer which will decorate our Book Bench and we will manage to confirm shortly which design will decorate our bench. Massive thank you again to OEG Kintore, Genny Hire, Jim Reid Vehicle Sales & Service, STATS Group, J&G Dossett Family Butcher, First Photographics, eGroup Kintore, Brimmond, The Square Hotel, A&L Stronach, NOV and CRC Evans who have all donated equally under the sponsorship name of BenchMark Kintore to help bring the Clan Book Bench Trail to Kintore for the first time ever.

The ALL NEW 'Explore Kintore' - To coincide with the Clan Book Bench Trail , we will launch our very own 'Explore Kintore- QR History Trail' where we will encourage locals and visitors alike to explore more about the rich history of Kintore. You will soon see QR Scan Tiles attached to benches, walls and signs welcoming you to scan and listen via your smartphone a brief audio history of ten historic buildings/sites within our town. This will also be linked to a map on our website which will show you the best routes to get to each site and a link to a more detailed history in text. We are all very excited to get this up and running.

Kintore Street Party which has been a huge success these past two years returns on Saturday August 30 th and we look forward to seeing you there.

Kintore Library

We are sure that everyone will be aware that over the past few months there has been a lot of worry and concern about the closure/reduction in hours of the library which serves the community. It was good to know that a rethink has taken place and there will be no reduction in access to the public, although still some clarity needed on the school access provision.

We would like to acknowledge the hard work and commitment of local people, spearheaded by Fiona Brown, in their fight to keep Kintore Library open.

Many of you will know that Janet our long term Librarian will be leaving soon and we wish to thank her for her many years of dedicated service to both the school and the local community. We wish her well for the future. Please make sure that you continue to use the library, and if you have not visited before, please consider doing so.



Dates for your diary

Sunday Afternoons at Bennachie Parish Church Kintore. Please check Messy Church Kintore Facebook page for details.

9th March	₋ 14:30-15:30
20th April (Easter Fun)	14:30-15:00
11th May	_15:30-17:30
8th June (Church Picnic @Monymusk Park) - —	_12:00-15:00

Play Together Learn Together Worship Together



KINTORE COMMUNITY CHURCH

Following the launch of our new building and then a wonderfully busy Christmas season, 2025 is shaping up to be even more exciting for Kintore Community Church. Our new Alpha course started on Tuesday 4 February and we're delighted to welcome a fantastic number of guests as together we ponder some of the big questions of life and the universe.

Guardian writer, John Harris, recently flagged the importance of such moments: "Where do we go and who can we find to meaningfully share our thoughts about life's inescapable fundamentals: love, loss, death, fear, bereavement, regret?"



In his article, though he describes himself as a 'devout agnostic,' John Harris earnestly explores whether our culture may be on the brink of a return to a rootedness in something transcendent, something other, something holy.

I think he's onto something. The daily grind of life can squeeze out the necessary time to ponder such things – or perhaps we're just not ready to surrender the grip of control, a prerequisite for such spiritual exploration – but we do ultimately long for that sense that we're caught up in a bigger story.

No one goes to the Grand Canyon to feel self-affirmed in how awesome they are. They go to be experience awe in something much bigger, even scarier, than them. In that, we often find peace and purpose.

Such peace, however, is not ultimately found just in nature or external religious architecture and practice, as profound and beautiful as those things can be. It's found in a person and his people. Namely, Jesus and his Church.

"Come to me," Jesus says, "and you will find rest for your souls." (Mat. 11:28-30)

It's as we lift our eyes to him, the God of the miraculous and the mundane – just as ready to extend his love and companionship whether you're paying a bill or praying a prayer – that true awe overtakes us and calms the soul.

The wonderful thing is, that can happen during Alpha or during a walk. That can happen on a Sunday morning or a Friday night. That can happen through careful study or anxious desperation. Just know, you're not alone. "Come to me..." is for everyone and any time.

If there's any way we at Kintore Community Church can be of assistance to you, please don't hesitate to reach out (info@kintore.cc).

We warmly invite you to join us for our Sunday morning service at 10:30 AM, where you'll find a welcoming community, uplifting worship, and an inspiring message. Whether you're new to our church or a returning visitor, we would love to connect with you!

For more details about our church, our mission, and upcoming events, please visit our website at www.kintore.cc, or look us up on facebook or instagram. We look forward to seeing you!

May you know God's grace and peace as you read this.

KINTORE COUNCILLOR REPORT - G. Reid

Kintore and Newmachar Libraries – UPDATE

At Garioch Area Committee on the 4th of February, where we were to scrutinise the devasting proposed reductions to library provision at both libraries, the lead officer announced two things prior to questioning:

Kintore Library will see NO reduction in Public Hours – they will remain at 15 hours. Newmachar Library – NO decision will be made now until June as they work on alternatives and more community engagement.

It was quite a positive day, although there may be a reduction in the librarian service to the schools (eg class teachers may have to become involved) and there has been no decision yet on Newmachar.

I stated however, that this process had been handled incredibly badly, causing distress and upset to communities and staff, and wished that this comment to go forward to the Communities Committee. Unfortunately, all of the Conservative, Lib Dem and Independent councillors (bar cllr Millar) disagreed and voted against it. I can only imagine then that they think this is how you consult and engage with residents.

I insisted that the lead officer comes back to local councillors re their plans for community engagement in Newmachar, and that any proposals MUST come back to Garioch Area Committee so that we can debate and comment on them before they go to Communities Committee in June for the final decision. The lead officer and fellow committee members agreed to this.

It has taken a large effort to get this far, and I would like to thank all of the community who took the time to email, attend meetings and speak in person as I don't think this would have happened without their input and pressure.

Kintore - Street Lighting Works

I was very pleased that the two long awaited columns, which I repeatedly argued for and chased, were both finally installed mid-December and are working fine. They make a big difference, but we need the rest of the streetlights attended too as well.

There currently is no more budget for any further works during this financial year, and with this in mind, I have been pressing the Director and Head of Roads and Infrastructure re next year's budget for these works.

In my dialogue, I have discovered that there is just £50,000 currently allocated for the Street Lighting Budget for 2025/26 for all of Aberdeenshire. I am in opposition and have no sway over how much is allocated to the budget, but I feel that this is far too little.

In the subsequent questioning over how much will go towards replacing columns, and how many columns are currently awaiting work, I received these responses:

1. Can you give me an operational judgement on how much of the £50k will go on column replacements and what approximate number or columns can we expect to be replaced?

'We have not made a final judgement on the split of the £50k of capital plan allocation. However, at the moment I suspect that we will allocate the vast majority, if not all, of the £50k to maintenance of the lighting stock, as opposed to LED. I have used the phrase "maintenance of lighting stock", as we also have to ensure that we can deal with other issues, such as cable failures or issues with control pillars. These can see many lights going out, and that would then move that work up the priority list. Outside that, I expect our focus to be on replacement columns.

If we assume that we do not need the funding for other "maintenance" then £50k would allow us to replace around 20 - 30 columns. It is relatively difficult to predict, as depending on the particular installation, and the location, costs can vary quite dramatically. As I noted in my original response 4 lights close to the trunk road cost around £25k to replace.'

2. If you could also furnish me with the number of columns that have been cut and capped and not yet replaced, and the amount of budget that would be required to carry out this work? 'The most up to date information that I can access at the moment is that we have 137 columns that have been removed/capped and not yet replaced. That information is a month or so old, so it may have increased a little. Again difficult to give a firm figure but in the region of £205 – 275k.'

I know that this does not make great reading, but I will press for the lights in Kintore to be replaced as I did for this year. However, it is clear that this budget needs to be increased as these lights are vital for road and personal safety reasons. If you have any opportunity to have any dialogue with the councillors who set the budget then I suggest you press this matter with them.

GP Appointments - Kintore Surgery Update

As you may remember, in support of the community and the recent petition, I met with representatives of Aberdeenshire Health & Decial Care Partnership (AH&SCP), who have overall responsibility for GP provision in Aberdeenshire, late last year. I had raised the concerns that I have repeatedly raised with the Inverurie Medical Practice (IMP) re the need for GP appointments to be restored at our surgery. It had been a very positive meeting and they requested a meeting between themselves, the practice and myself to discuss this. I have chased this twice, as they initially hoped it would happen by the end of January, and I will continue to press for this and update after the meeting with IMP.

Surgeries

The next of my regular constituent surgeries will take place at; Fintray Village Hall, 6.00-6.30pm on 4th Mar 2025. The dates for the rest of my surgeries are:

- 13th May 2025 Kintore Primary, 5.45-6.15pm
- 3rd June 2025 Kinellar School, 6.30-7.00pm

There is no need to book so please come along if you feel that I can assist you in anyway.

Cllr. Glen Reid Community Champion LGiU Scottish Councillor Awards East Garioch (Ward 12)

ABERDEENSHIRE LIEUTENANCY

British Empire Medal presentation to Susie Hunt

I had the great pleasure of presenting Susie Hunt from Kemnay with her British Empire Medal for a lifetime of service to the arts and crafts. In 2003, Susie founded what is now the largest geographical Open Studio event in the country, North-East Open Studios (NEOS). NEOS is a not-for-profit organisation promoting arts and crafts in the North-East of Scotland. The Open Studio event is held annually in September. Over nine days, artists and makers open their studio doors and welcome visitors into their creative spaces, showcasing a diverse range of artworks from painting and ceramics to jewellery, glass, textiles, wood, sculpture and more.

Wedding Anniversaries and Birthday celebrations

One of the Lieutenancy's roles continues to be to ensure that messages of congratulations are delivered from Their Majesties, The





Scottish Charity Air Ambulance – Operation Skyward

William Paton DL attended the launch of Operation Skyward, a fundraising initiative from Scotland's Charity Air Ambulance. In October this year, the Aberdeen team will receive a state-of-the-art Airbus H145 to replace the current Airbus EC135. With increased range, more space and night flying technology, it will allow the team to save even more lives. The launch was attended by numerous fundraisers, some of whom had themselves been airlifted. The SCAA receives no government funding, but relies instead on donations, an army of volunteers, and support from

firms such as Babcock. The new fundraising launch is intended to help the expense of running a cutting-edge helicopter that will allow the SCAA to save more lives.

30th Anniversary of The Elphinstone Trust, Aberdeen University

Dr Fiona Kennedy OBE DL attended a Civic Reception at Aberdeen Town House to celebrate the 30th Anniversary of the Elphinstone Trust which is a centre for the study of Ethnology, Folklore, and Ethnomusicology at the University of Aberdeen. Established in 1995 in celebration of the quincentenary of the university's founding, the Institute researches and promotes the culture of the North and North-East of Scotland in context.

Honours and Awards - The Kings Award for Voluntary Service

Congratulations to The Bailies of Bennachie and the Buchan Battalion Boys Brigade who were recently awarded the King's Award for Voluntary Service. The Bailies care about Bennachie, its natural environment, history and culture, protecting Bennachie's unique landscape for future generations. The Bailies of Bennachie was founded in 1973. From a mere 40 enthusiasts initially, there are now over 5000 members.

We were also delighted that five Aberdeenshire residents were recognised in His Majesty's New Year's Honours list. Many congratulations to all.



The Aberdeenshire Lieutenancy would like to know of any individual or voluntary organisation who has made an exceptional contribution for the wider benefit of others in their community. The Lieutenancy will assist in giving full consideration for appropriate recognition. Please contact us at the email address below, in confidence, should you have any suggestions.

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Very best wishes to you all Sandy Manson His Majesty's Lord-Lieutenant of Aberdeenshire







KINTORE'S UNSUNG HERO - Alan Milne

Every issue we interview a 'weel kint face' of Kintore. Someone who goes above and beyond to give something back to the local community. This issue we interviewed Alan Milne who has been on our radar for quite a few months and we thought there was never a better time than now to highlight the great work he does.

Meet Alan Milne



Alan on the right and Ainslie Reid on the left who benefited from Alan's quick response this time last year when he took a stroke.

Do you originally come from Kintore?

Yes, I do. My wife, Eona-Jane (Adams), is from Kintore. We've been married for nearly 28 years, and we have twin girls who are turning 17 soon.

Can you explain to our readers which Voluntary Groups you are involved in today and what motivates you to do these as a volunteer?

Around 2018 I think, I approached Kenny Thomson, who was the treasurer of Kintore and District Community Council (KDCC) at the time, about how the community council could help me secure additional Defibrillators (AEDs) for the town. Kenny, being the helpful person he is, said KDCC could assist, but they'd like me to join. I was already volunteering as a Cardiac Responder (Wildcats) and a Community First Responder, both part of the Scottish Ambulance Service.

Currently, I am the group coordinator for the Inverurie First Responders, which is thoroughly rewarding as it involves helping local folks in their time of need while waiting for an ambulance. In 2024 we were called out 384 times to assist individuals across the Garioch area. The team also give presentations to various groups and do demonstrations of CPR.

I have been with KDCC for 7 years and Inverurie's First Responders and Wildcat Responders for 8 years. Previously, when I lived in Turriff, I was a member of the local retained fire service. Before that, I spent 10 years as a combat medic with the Army Medical Corp in the army reserves (TA), I was part of the army medical corps assigned to the 2/51 Gordon Highlanders.

I am also part of the KDCC Resilience team who help when we have flooding events as we have had over recent years, manning the pumps and delivering sandbags.

What were your highlights of 2024 for KDCC and The First Responders?

2024 has been a fantastic year for KDCC, with all the work being done as part of the It's Your Neighbourhood project which I have participated in, really pleased to see the difference to the area around the Town House which I was heavily involved with along with others.

During this time, I also became the coordinator for our team of local First Responders.

What is your 'day job'?

For nearly 25 years, I've worked mostly offshore as a Rope Access Construction Supervisor. Commonly known as "Dopes on the ropes". It's a playful, somewhat humorous term that has been used to describe rope access technicians. The nickname likely comes from the perception that working at great heights suspended by ropes looks risky and adventurous to the untrained eye.

Why would you recommend others to follow your lead and become a community volunteer?

I enjoy being part of the Community Council and helping with the various projects around the town and helping make it a nicer place to live in. I also maintain the Defibrillators around the town.

Volunteering as a First Responder is very rewarding but can also be quite tiring, especially when you get a callout in the early mornings. Finding the correct balance isn't easy, but the satisfaction of helping others is worth it.



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Youth Projects

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Junior Group Monday 3.30pm-5pm P5 P6 and P7

Mind Yer Heid Youth group Tuesdays 5pm-6.45pm Age 15+

YAFTS Youth Group Young and Free To Speak Tuesdays 7pm-9pm Age 12+



All groups are free and delivered by youth workers and volunteers to create a safe, fun space for young people to have a voice, make positive changes in their community, participate in educational workshops, and to have fun!

Get in touch with Rachel Lewis, our youth development worker for more info about our groups, or if you have some time to volunteer! Thebothiekintore@gmail.com

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Kintore Additional Needs Support Group

1st Wednesday of every month (termtime)
Ask for location (10am-12pm)

The Kintore Additional Needs Support Group is run by a parent of children with additional needs for parents / carers of children with additional needs. The group welcomes members regardless of the current diagnosis status. We have been running in Kintore for over 10 years and collectively we have lots of experience to share.

Please contact Janine Cracknell on 07584672271 janinecracknell@outlook.com for further information.



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DONVIEW VETERINARY

Arthritis - The Hidden Disease in Our Pets

Billy, a 9-year-old Black Labrador, came in last week with his owners who were concerned about his increasing stiffness, particularly in the mornings when getting out of his cozy bed, and in the evenings when trying to hop up on the sofa to join them for TV time. Interestingly, he seemed fine at other times and walked into the clinic with no obvious signs of discomfort.

After a thorough exam, I found thickening in Billy's elbows and signs of discomfort in both his elbow and hip joints. These signs pointed to early arthritis – a common condition in medium to large, active dogs. Arthritis is a slowly progressing disease that causes subtle, persistent pain in the joints. Often, pets mask the pain, and as a result, it can go unnoticed until it's more advanced.

Key signs to watch out for:

- Stiffness after resting or after long walks
- Slowing down during walks
- Difficulty jumping into the car or onto the sofa
- Intermittent limping

Billy was in the early stages of osteoarthritis, but the good news is that there are many effective ways to manage arthritis, and early intervention is crucial. The sooner we catch it, the better the treatment results.

Here's how we can help:

- 1. Weight Management Billy was a bit overweight, so we started him on a "weight- watchers" program with a high-fiber, low-fat diet. Our team of practice nurses is fantastic at helping owners with weight management and providing ongoing support. Maintaining a healthy weight is the most important factor in controlling arthritis. We also started a controlled exercise routine, incorporating short, regular walks instead of fewer, longer walks.
- 2. Supplements Glucosamine HCL combined with Chondroitin is a common supplement used to treat arthritis. It's important to choose a high-quality veterinary formulation, as they're often more effective than those sold at health food stores. Always consult your vet before selecting a supplement for your pet.
- 3. Comfortable Bedding A thick memory foam bed can provide added comfort and alleviate stiffness, particularly while your pet sleeps.
- 4. Injections Monthly injectable treatments for arthritis can provide excellent control over stiffness and discomfort
- 5. Pain Relievers/Anti-Inflammatories Many pet owners don't realize that their pets could be in pain from arthritis. The signs, such as stiffness and limping, are often subtle. These medications not only manage pain but also reduce inflammation around the joints.
- 6. Physiotherapy We have a skilled physiotherapist who visits our clinic regularly. They work wonders on stiff joints and muscles, helping improve mobility and comfort.
- 7. Acupuncture Acupuncture is another effective, natural method for managing arthritis pain and promoting long-term relief.

Arthritis can be especially tough for our pets, as it often causes dull, chronic pain that they may not show openly. But with proper management, we can help our pets stay comfortable and slow the disease's progression. It's also important to note that cats can suffer from arthritis more than we realize, often hiding their pain differently than dogs.

If you notice any of the signs of arthritis in your pet, don't hesitate to consult your vet. They can assess your pet's condition and discuss the best treatment options to keep your furry friend happy and comfortable!



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KINTORE CHURCH

A lesson in Perseverance?

I remember hearing an academic from the university of Aberdeen talk about an early ascetic group of people who lived in a desert area of Egypt. The people were known as the Desert Fathers and Desert Mothers. Beginning about 300 AD, these communities of men and women lived a monastic and contemplative life, whilst also weaving baskets and cloth as a means of supporting themselves.

The interesting thing is that some of the writings and sayings from the time reveal just how much these men and women struggled with their vocation. They described, for example, the phenomena of the 'Noonday Devil' – the time of day when their concentration, motivation and ability to study, work, think and write seemed to be sabotaged by forces outwith their control. Of course it's no surprise that (somewhat predictably) the Noonday Devil would tend to rear its head across the hottest part of the day!

Yet the Desert Fathers and Mothers' solution to the affliction of the Noonday Devil was an intriguing and, it seems, a practical one. When prayer and contemplation were difficult, they resorted, quite simply, to weaving their baskets.

It is an interesting story, and it offers fascinating insight into human nature and the importance of perseverance. For any of us, perseverance in the face of difficulty is surely a remarkable quality. When the going gets tough – as it can for us all – we probably have our own, personal equivalents of weaving baskets; in other words, of simply doing what has to be done in order to get by - or to get through those particular hours (or days or months or years)...and out the other side.

It would seem to me that any dip into the news or current affairs at the moment, brings us face to face with the most incredible stories of resilience and perseverance, and of people showing remarkable strength and determination in the face of unprecedented difficulty and indeed, horror. But of course, not all acts of resilience are as newsworthy. For many of us, small acts of resilience are just as much a feature of our daily lives. Which leads me to wonder whether we should celebrate and prize more than we tend to, the dogged, day-to-day resilience that most of us try to embody?

Whatever our journey; whatever the path we're on, our resilience is surely a shared characteristic of what it means to be uniquely and wonderfully human. May we continue to weave baskets – for ourselves and for others.

Rev Sheila Mitchell Bennachie Parish Church at Kintore

Kintore Kids Club

Kintore Kids Club

We would like to inform the local community of the dissolution of the Kintore Kids Club Committee who managed the Kintore Primary School out of school club. In June this year the Club was successfully transitioned from management by a Parent Committee into a provider who specialise in managing out of school clubs. Due to changes in legislative requirements for management of out of school clubs and the ability to secure cover staff for a small club at short notice it had become untenable to have working parents continue to manage the club. After a consultation period with staff and families attending the club it was agreed that looking for a new service provider specialising in out of school care was the best solution to ensure the future of the club at Kintore Primary. We are pleased to report this has been successful and the Club is now run by The Club@ who also look after the provision of Midmill and Kinellar primary school clubs.

The former Kintore Kids Club Committee has now been formally dissolved and would like to take this opportunity to thank all members of staff and parent committee volunteers past and present who contributed to its success over the years. We are happy to see the new club at Kintore Primary thriving and are also delighted to be able to donate surplus funds on dissolution to the following local organisations as per the terms of the Kintore Kids Club

Constitution:

- Kintore Primary School Parent Group
- Kintore Fundraising Team
- Action Kintore SCIO
- Kintore & District Community Council
- The Rotary Club of Kintore
- 1st Kintore Scouts
- Girlquiding Kintore





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Rotary Club (Kintore, Blackburn & Kemnay)

At this time of year our Club gets quite busy, organising various annual events and assisting with other commitments. There are youth competitions to organise, including the Rotary Primary Schools Quiz, and we have in our local area 6 primary schools – Kinellar, Hatton of Fintray, Midmill, Kintore, Kemnay, and Alehousewells. The winning school will progress to the Area Final, the winners of which will take part in the District Final at the Beach Ballroom in June. It is great fun to run this competition, and the pupils enjoy the challenge. In addition to the Quiz, we have other competitions where the youth can demonstrate their talents. These include Young Musician, Writer, Photographer, Artist, Chef, and Environmentalist. Winners of the District competition can progress to the National Final, and we are proud to have had local students progress through to the National Final and win.

Apart from these events, we are regularly asked by local organisations to assist with their fund-raising events, for example Summer and Christmas Fayres. We also assisted with the Fireworks event at Kintore in November. Other fundraisers include the annual Duck Race in Kintore.

Each year we invite local Clubs and organisations to apply for funding for specific projects of their own, and last year we received 16 applications, most of which were successful. Apart from the above, our Club maintains the four Defibrillators located in Blackburn and Fintray.

Rotary is also involved with International campaigns, such as the End Polio Now project, and the Shoe Boxes, plus Sand Dams in Asia and Africa, Shelterbox, and flood relief. Rotary Clubs throughout the North East of Scotland were heavily involved following the recent flooding in Brechin.

If you are interested in any of the above, or just to find out more, please contact us at Kintore, Blackburn and Kemnay Rotary, or come along to one of our meetings to meet the members.

You can contact me by email: stevewrightrotary@btinternet.com

Steve Wright Club President







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Scottish Ambulance Service

Inverurie First Responders

A Year of Dedication and Gratitude

The past year has been an exceptionally busy one for Inverurie Community First Responders (ICFR), as we have continued to support our community in times of emergency. Our dedicated team of volunteers has responded to hundreds of life-threatening calls, providing critical interventions before ambulance crews arrive. Covering a vast area, including Garioch, Formartine, Marr, and even parts of Aberdeen City, we have worked tirelessly to ensure that help reaches those in need as quickly as possible.

As demand on emergency services continues to rise, our responders have stepped up, answering calls ranging from cardiac arrests and strokes to breathing difficulties and falls. Each response represents a moment where we were able to provide care, comfort, and potentially save a life.

Our work would not be possible without the unwavering support of our community. This year, we have been incredibly grateful for the generous donations from the **Inverurie Tractor Run, Delm8** the **Panto Group at Echt,** and **Kintore Community Council** to name but a few. Their kindness and contributions help keep our service running, allowing us to maintain our lifesaving equipment and continue our training. Community events like these highlight the incredible spirit of support that exists within our local area, and we cannot thank them enough for their generosity.

We also want to extend our heartfelt gratitude to the families who have chosen to donate to us in memory of a loved one. In times of grief, it is deeply touching to see such generosity and kindness. These donations not only help us continue our work but also serve as a lasting tribute to those who have passed. Every call we respond to reminds us of the importance of our role, and we are honoured to be there for families during their most difficult moments.

Training and Skill Development

In addition to responding to emergencies, we continuously seek opportunities to enhance our skills. This year, we were fortunate to receive a specialized training session from Rebecca Gray, a former responder who is now an ambulance technician with the Scottish Ambulance Service. Rebecca provided invaluable training on the use of oropharyngeal airways (OPA) and bag-valve masks (BVM)—critical tools for managing airways during cardiac arrest situations.

These essential devices were removed from responder kits during the COVID-19 pandemic but are now being reintroduced by the Scottish Ambulance Service. Having this training, particularly for our newer team members, ensures we will be fully prepared to utilize these lifesaving interventions as soon as they are reinstated.



KDCC Treasurer Jim Reid presenting First Responder's Fabio Greatbatch & Alan Milne with a brand new projector screen by donated by KDCC

Strengthening Our Community Impact

As we move forward, our commitment to the community remains stronger than ever. We are continuously working to expand our reach, improve response times, and provide additional CPR and AED training to local groups. Public awareness and education play a vital role in saving lives, and we aim to equip as many people as possible with the skills to act in an emergency.

We encourage individuals, businesses, and community groups to get involved. Whether through simply spreading awareness about our work, or fundraising every effort makes a difference. If your group is interested in training sessions or learning more about how to support Inverurie CFR, we welcome you to reach out.

From all of us at Inverurie CFR, thank you for standing with us. Your support means everything, and together, we can continue to make a difference in the lives of those who need us most.



Alan Milne

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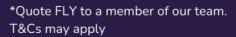








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Aberdeenshire North Food Bank

Aberdeenshire North Food Bank - Your Support Makes a Difference

We know all too well that the cost-of-living crisis continues to affect many households, making it harder for families to put food on the table. That's why we are incredibly grateful for the generosity of those who continue to donate food, money and time to help support our food banks.



Over the past year, from 1st January 2024 to 1st January 2025, our 5 food banks have fulfilled 4,595 vouchers, providing vital support to 8,371 people across Aberdeenshire. Of these, our local food bank in Inverurie supplied 729 households with emergency food parcels, feeding 999 adults and 540 children. These numbers highlight both the ongoing need for food support and the incredible generosity of our local communities.

Our **monthly wishlist** of most-needed items can always be found on our website and Facebook page. While some items are in constant demand—such as **UHT milk, long-life fruit juice, and tinned meat**—we see the impact of your kindness as donations of highlighted shortages increase each month.

Changes in Inverurie

As we continue to navigate the challenges of food distribution, we have made the difficult decision to **close our warehouse in Inverurie** due to its location no longer being suitable for our needs, although the Food Bank in St James's Place remains operational. However, we are actively searching for **new premises in Inverurie**, as we remain committed to serving those in need within the community.

Thank You

We are incredibly fortunate to be part of a community that cares deeply for its neighbours. Whether you've donated food, given money, or volunteered your time, your kindness makes a real difference. We long for the day when food banks are no longer needed, but until then, we extend our heartfelt **thank you** to everyone who supports us.



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KINTORE LIBRARY

Would you like to access newspapers, magazines, e-books and audio books for free online? – then please read on.

Kintore Library is CURRENTLY open 15 hours a week, on a Tuesday morning 9 - 13.30, Wednesday afternoon 14.00 - 18.00, Thursday afternoon 13.00 - 17.00 and Saturday morning 9 - 11.30. These hours are correct until 30th March 2025. After this the hourly pattern may, or may not, change.

What else can you do at the library?

Knit and Stitch - is currently on a Tuesday 10.00 – 12.00, no booking is required but spaces are limited. For details 01467 532605 or email kintore.library@aberdeenshire.gov.uk

Bookbug sessions - are currently on a Tuesday at 10.30 - 11.00 – booking is advisable but subject to space we are happy to accept people walking in. Book at livelifeaberdeenshire.org.uk/libraries.

Jigsaws - there is a wide selection of adult's jigsaws available for borrowing.

Toys - whilst these need to remain in the library there are a selection of toys and games to be played with including lego and duplo.

Bra Bank - bring in your new and gently worn bras and we will arrange for them to go to Africa, via a charity partner.

Ink Bank - bring in your empty ink cartridges, proceeds go to Girl Guiding

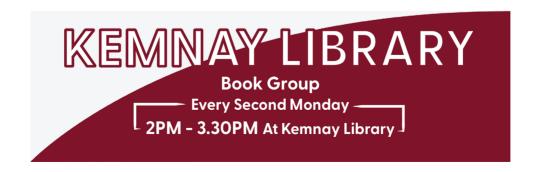
NHS - hearing aid batteries, food caddy and battery bags are available on request.

For information on how to access free ebooks, talking books, magazines and newspapers on your device, or to request your next good read, please see livelifeaberdeenshire.org.uk or call into the library – you will need your borrower number and PIN.

Reports on Facebook indicate that after three months of uncertainty the library will continue to remain open to the public for the full 15 hours. At the time of writing this has not yet been formally confirmed to library staff, although the closure proposal has been withdrawn from the council committee.

It is intended that in addition to public open time library staff undertake outreach activities, for instance Bookbug sessions, visits to clubs and groups and so forth. If you would be interested in this, or have suggestions to make please get in touch at kintore.library@aberdeenshire.gov.uk.

From a personal point of view I have been single manning the library for the past 18 months and more and have decided that it is time to take the Council up on their offer of voluntary severance and will leave the library service on 30th March. Staffing thenceforth will be arranged. Having briefly worked in the old library I opened the current library up. It has been a pleasure and a privilege to serve the communities of Kintore, Blackburn, Fintray and environs and Kintore and Midmill Primaries along with my former colleagues for this length of time. I will certainly miss the face-to-face work but am looking forward to spending my time in other directions without the need to be at work at 8.30!



CoppaTrek with Gi

Hi! My name is Claire and I have been selected to take part in this year's Coppatrek! in the Isle of Skye in June. An extraordinary and life-changing adventure, all in the name of encouraging everyone to check their chest.

Along with Gi Fletcher and fellow Coppafeel! supporters, I will trek Trotternish Ridge (18km/1,180m of ascent), Glen Sligachan (18km/370m ascent), Duirnish Coast (19km/700m ascent) and Bruach Na Frith (14km/947m ascent) over five days from 14 th -20 th June.

I'm raising money and awareness for Coppafeel! to ensure that all breast cancers in young people are diagnosed early and accurately. When diagnosed early, breast cancer treatments are more effective, and survival rates are higher. Early detection can save lives. Breast cancer can affect people of all genders. Nearly 400 men are diagnosed with breast cancer every year in the UK. That means we want all guys, gals and non-binary pals to be checking their chests monthly. Currently only 29% of 18-24 year olds do this as a regular part of their routine. I am on a mission to change that.

Coppafeel! encourages everyone to #FeelItOnTheFirst. That is, to check their chest, pecs and boobs on the first of the month. With your help, we can spread that message with a wee flavour of the North East!

How you can help:

- Most importantly please check your own chest regularly. Get to know **your** 'normal'- if in doubt get it checked out!
- **Get talking** with friends, family, colleagues or any community group you may belong to. Together we can make checking your chest a normal part of everyone's self-care.
- Pop up a poster. Coppafeel! has a fab digital resource library with **FREE** poster and leaflet downsloads. Visit their website at Coppafeel.org for more details.
- Follow me on Instagram @coppatrek_with_gi_and_me
- On the first of the month, I will post a 'Foos Yer Doos' shoutout, please show your support with a simply reply or picture that includes #AyePecing. Please tag me in your post. If you and your workplace or community group would like a group specific shoutout just get in touch!!!

Your help and support would be appreciated – and it might just save you, or a loved one's life. Thank you.

You can follow my training progress @coppatrek_with_gi_and_me or get updates via my Justgiving page: www.justgiving.com/page/claire-auton-2



On the 23 rd of June 2019, the Bailies of Bennachie and 400 friends linked hands around Mither Tap (the Breast) raising funds for Breast Cancer Care, University of Aberdeen Development Trust and Aberdeen Mountain Rescue.

It was an incredibly emotional day. Not just for me but for every one of those 400 'friends' who had a story to tell that was similar to mine. Surgery, chemotherapy and radiotherapy later, this picture was taken just two months after I rang my 'End of Treatment' bell. I am one of the lucky ones and so grateful to be selected for Coppatrek! With Gi 2025.





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WHAT'S ON - WEEKLY CLUBS

EVENT	WHEN	WHERE	TIME
Junior Group - P5, P6 & P7	Every Monday	The Bothie	15:30-17:00
3rd Kintore Brownies	Every Monday	Kintore Public Hall	16:00-17:15
3rd Kintore Rainbows	Every Monday	Kintore Public Hall	16:15-17:15
1st Kintore Rainbows	Every Wednesday	Kintore Public Hall	18:15-19:15
1st Kintore Guides & Rangers	Every Thursday	Kintore Public Hall	19:00-20:30
Kintore Scouts - Cubs (8-10 years)	Every Monday & Wednesday	Kintore Scout Hut	18:30-20:15
Kintore Scouts - Beavers (6-8 years)	Every Tuesday & Thursday	Kintore Scout Hut	18:00-19:00
Kintore Scouts - Scouts (10-15 years)	Every Tuesday & Thursday	Kintore Scout Hut	19:30-21:00
Young & Free to speak (YAFTS) (All kids S1	Every Tuesday	The Bothie	19:00-21:00
Toddlers' Group - Kintore 0-3 Group	Every Monday & Friday	Kintore Public Hall	09:30-11:15
Kintore Community Church	Every Sunday	Community Church, Forst Road	10:30
Bumps & Baby - Kintore 0-3 Group	Every Wednesday	Kintore Public Hall	10:00-12:00
Kintore Taekwon-Do School	Every Monday & Wednesday	Kintore Parish Church	19:00-20:30 19:30-21:00
Kintore Golf Club Non-profit Community Sports	All week	Kintore Golf Club	10:00-20:00
NKI Kintore Karate	Every Friday	Kintore Primary School	16:30-17:30

WHAT'S ON

Get involved with your community

EVENT	WHEN	WHERE	TIME
Kintore SWI	First Tuesday of every month	Kintore Public Hall	19:30
Kintore Community Council Meeting	Third Tuesday of every month	Kintore Primary School	19:00 - 21:00
Kintore, Kemnay & District Rotary Club	First & Third Thursday of every month	Ask for location	18:45
Messy Church	See Poster on Pg 12	Kintore Church	15:30 - 17:30
Kintore Additional Needs Support Group	1st Wednesday Of Every Month	Ask For Location	10:00-12:00

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