

# torry's vision

Spring 2013

**Saint Fittick Art Festival**

**Alan's Page**

**Councillor Yvonne Alan**

**Torry Community Council Update**

## **Features**

**THE READING BUS  
AT WALKER ROAD PRIMARY**

**A WEE POLISH PERSPECTIVE OF TORRY  
KATARZYNA PRZYKUCKA-MACLEAN**



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## Editorial

### Welcome to the Torry's Vision Spring Edition.

This magazine is put together by local residents of the Torry Community and the content inside the Torry's Vision is a fine representation of the activities and events which happen on a daily or weekly basis in our community. We are a vibrant and creative village with a big heart. Torry's Vision is here to give a voice to the citizens of Torry. We all have something to say about our community – whether it's about bin collections, seagulls, traffic or more positive aspects like our artistic and musical talents. We now have an opportunity to ensure all of our community has an input.

If you would like to get involved in your community magazine or find out more, please contact Mary Clare at SHMU on...

**Telephone (01224) 515013 · Email [maryclare@shmu.org.uk](mailto:maryclare@shmu.org.uk)**  
**Thanks for reading and enjoy the rest of your magazine.**

*Dear Reader of the Torry Vision Community Magazine, It recently came to light from one of our readers, a poem which had been published in the previous edition of the Autumn's Torry's Vision may have upset or caused offence to individuals within the community. Please be assured that this was not our intention when publishing the poem. We, the Torry's Vision Editorial Team, would like to apologise for any distress or offence that this may have caused. As we go forward, the Editorial Team will ensure that any and all submissions to the Torry's Vision Community Magazine are in line with the SHMU Code of Conduct.*

Cover image - Renée Slater



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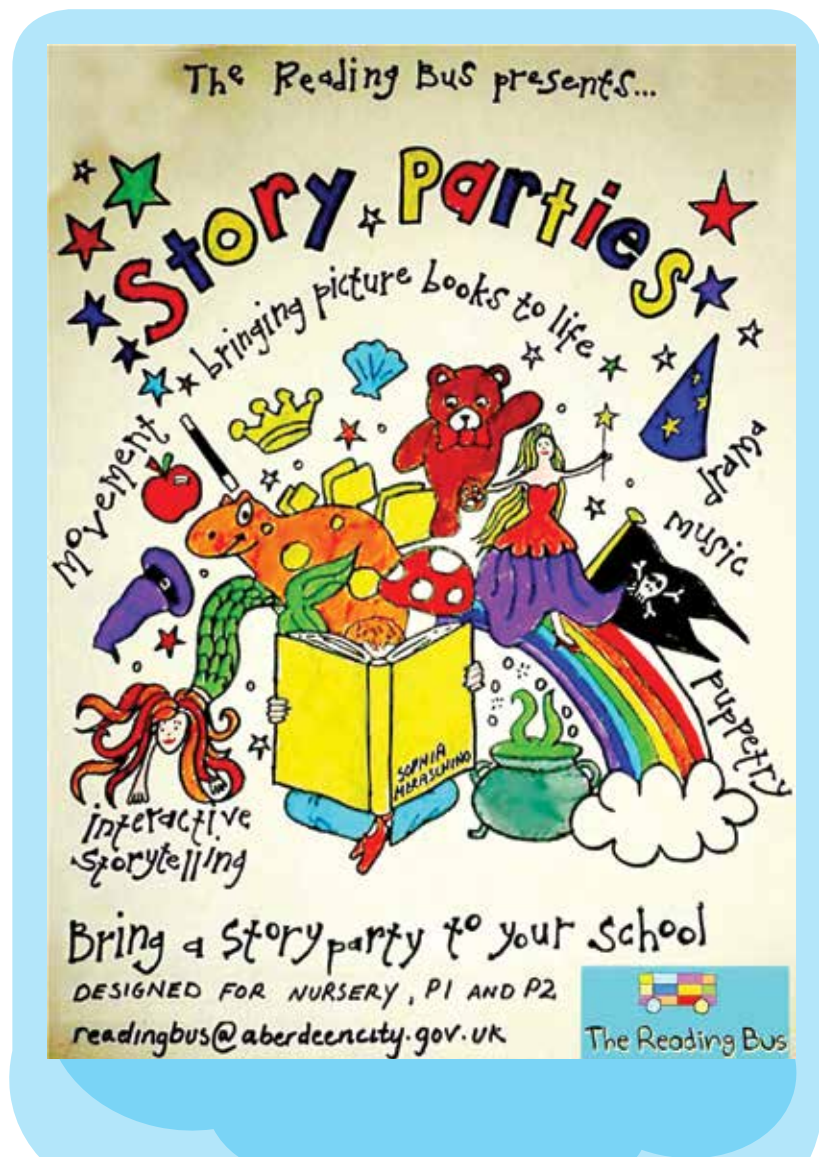
# THE READING BUS

**This term the Reading Bus has been working with Walker Road Primary on three special projects.**

Sheena Blackhall continues to visit the school as part of her Commonwealth Tour, Global Blethers. Meanwhile, our resident artist - Kirsty Aitken - has been working with pupils to explore whaling and to create an animation about the 1813 Sinking of the Oscar. During this project the class have created their own ballad and have visited Aberdeen's Maritime Museum. This animation is being created as part of the Saint Fitticks Arts Festival.

The Reading Bus' Development Officer, Barry Donaldson, has been busy visiting Walker Road's P1 classes as part of The Reading Bus' 'Story Parties'. The children explored the Gruffalo text during an interactive Drama and storytelling session. The children will use this session as a starting point to create an e-book about the Gruffalo's adventures in Torry. Watch out a Gruffalo is about!

**To see more information about Aberdeen's Reading Bus please follow us on twitter @readingbus1 or visit our website at: [www.readingbus.co.uk](http://www.readingbus.co.uk)**



## Learn to Swim

Aquatics Aberdeen offers structured learn to swim lessons across the city, and follows a city wide learn to swim syllabus.

Classes start for children from 3 months of age and progress to Adult lessons, Rookie Lifesaving, Club participation and more.

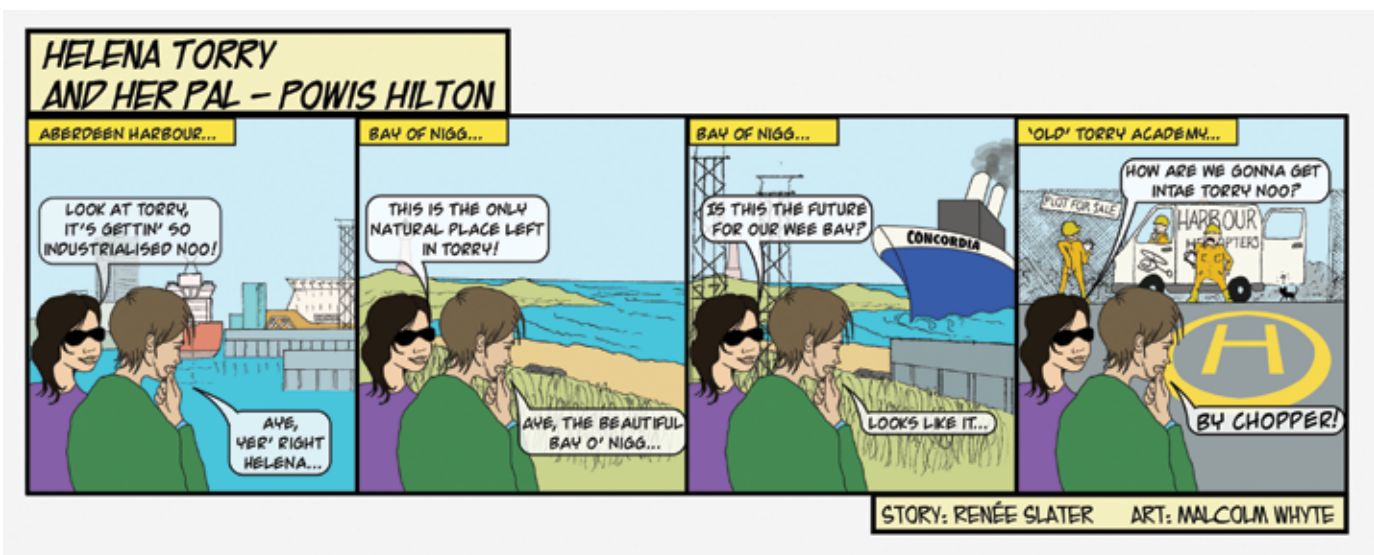
Aquatics Aberdeen is not just about learning to swim. Training IN ALTERNATIVE AQUATICS SKILLS IS ALSO OFFERED.

Please contact us for more information.

TEL: 08456013611 or Email: [aquatics@sportaberdeen.co.uk](mailto:aquatics@sportaberdeen.co.uk)

Image - Renée Slater

## Reader's Cartoon



## Weekly Activities at Old Torry Community Centre

### MONDAY

**Art Group** 10am - 1pm £2.50  
(includes tea/coffee & all materials) Tutored sessions from 11 am

**Bingo** - 7pm - 9.15pm

### TUESDAY

**Messy Play** - 10pm - 11.30am  
£2 per family

### WEDNESDAY

**Internet Café Sessions**  
10am - 1pm (£1 per hour)

**Yak'n'Mak** – knitting & craft club  
-£3 (includes teas and coffees)

### THURSDAY

**Messy Play EAL (English as Additional Language)** -  
10am - 11.30am £2 per family

**Line Dancing** - 6pm - 7.30pm £2

### FRIDAY

**Internet Café Sessions**  
10am - 1pm (£1 per hour,  
every second week)

**Torry Heritage Group** -  
1pm - 4pm meets every 2  
weeks from 10 January 2014

Old Torry Community Centre is available to hire for parties, functions, meetings and rehearsal space. Please contact us for details or a booking form by email - [oldtorry@gmail.com](mailto:oldtorry@gmail.com), [facebook/oldtorrycommunitycentre](https://www.facebook.com/oldtorrycommunitycentre) or visit us on our website [www.oldtorrycc.com](http://www.oldtorrycc.com). You can view our calendar of events and classes on the web page.

Please like us on Facebook and visit our new Torry Heritage page on Facebook. See if you can remember some of the place and people on the page a great trip down memory lane for Torry Folks past and present!

Our recently refurbished centre is now a bright and welcoming hall with a new and modern kitchen facility, with toilets upgraded to accommodate visitors with wheelchairs.

# Messy Play is a gloop, Paint, Puppets, Music & movement group.

The group is open to parents with children 3 and under. The group meet at the Old Torry Community Centre, 2 Abbey Place on a Tuesday from 10am -11:30am and on a Thursday (English as additional Language) from 10am – 11:30am.

Please wear old clothes, as having fun can be **MESSY!** All children must be accompanied by an adult and sessions cost £2 per family.

If you have any queries or questions please contact the centre on **01224 894925** or email us on [oldtorry@gmail.com](mailto:oldtorry@gmail.com).



**Old Torry**  
COMMUNITY CENTRE

# THE 'BOYS IN BLUE' WANT TO HEAR FROM YOU



During June last year I was delighted to take over as the Inspector for Torry Community Policing Team. I was immediately heartened by the enthusiasm, knowledge and positive approach of my team who continue to deal robustly with those individuals involved in criminality and whose behaviour impact negatively on the quality of life in the community.

I have previously worked in Torry and am fully aware of the strong community spirit, with our partner agencies and individuals who genuinely have a willingness and desire to improve the quality of life for all those who live and work in Torry. It has quickly become apparent that Torry has a unique identity in the city and the people have a real pride in their community. I am pleased that my officers also have that sense of pride in working in the area.

Since taking up my new role, we have undertaken a number of pro-active operations to tackle a

number of issues including drug abuse and drug dealing, anti-social behaviour, housebreakings and road traffic offences.

In an effort to build on our recent successes, we would urge everyone who lives or works in and around Torry to make early contact to report suspicious incidents or criminal behaviour. Our non-emergency telephone number is 101.

My team have recently moved into the new Police Office on Victoria Road, which will again improve our response times and visibility on the streets of Torry. I want to encourage the local people to visit the new office and speak with my team and share your concerns and raise issues at an early stage.

A key element to effective policing is early intervention and with the support of the local community, who are our 'eyes and ears on the ground', we can prevent crime and disorder and make Torry a safer place for everyone.

Whilst we endeavour to prevent and detect crime in Torry, we continue to seek the support of the public and business community. A significant number of our break-ins are avoidable, if residents and property owners take basic crime prevention measures. I urge you all to secure your homes, businesses and vehicles to deter opportunistic thieves. Any suspicious activity should be reported to the Police without delay.

On the whole, Torry remains a safe place to live and work and your Community Policing Team, with your assistance, aims to keep it that way. Our overarching objective is to provide our community with a quality service, to detect and reduce opportunities to commit crime and ultimately to keep people safe.

**David Paterson**  
**Inspector**  
*Torry Community  
Policing Team*

# Councillors Comments

## Councillor Yvonne Allan

Hi Folks,

Well we are all now recovered from the festive season and I hope you all had a good time.

There were many things going on throughout the community including Hogmany party and Christmas parties at Balnagask Community Centre. There were also Christmas events happened at Old Torry Community Centre and I am sure that all who participated in these events had a great time and would join with me in thanking all who helped make these events so enjoyable. The churches also had their seasonal events which were greatly appreciated.

Well the big splash has arrived in Torry with the re-opening of Tullos Swimming Pool. I hope the good folk of Torry will use and support this wonderful facility. Once again I thank all those who were involved in the campaign to get the pool open again. It took a while but it is now a great community facility.

There is still an ongoing modernisation programme going on in Torry with Grampian Place completed and looking really good. Soon to be completed is Tullos Place which will look equally pleasing when completed. The modernisation will soon be starting in east Balnagask with folks in that area

getting kitchens and bathrooms - so when the containers arrive in the car park you know something is about to happen.

There is soon to be a team of engagement officers working in the area speaking to householders re the new food waste recycling service. This will be a door knocking campaign during the month of February to help promote the use of the bins and find out from tenants any problems. The household being talked with will be from the multi-story buildings and the tenements.

*Good wishes to you all*

*Yvonne Allan*

## 10 SECOND TIP BITS

*Written by Mandy "The Quine fae Torry"*

**If you're doing** a wee bit of a "spring clean" and you run out of your favorite furnish polish and the local convenience shop is closed, why not try equal parts of olive oil, white vinegar and lemon juice - now you have homemade furniture polish.

**Did you know** that hand sanitizer will break free a frozen lock or why not put some hand sanitizing gel on your feet to make them less smelly?

**Received an** unexpected Christmas gift of soap last year and don't know what to do with it? What if you store the bar of the unopened soap in your drawers where you put your clothes, and as a result they will always smell extra fresh and nice.

**Need help studying?** When studying a certain subject why not pretend that you are having to teach it to someone, this will help you pay attention.

## Torry Heritage Group

Last year saw the forming of a new group in Torry. **The Torry Heritage Group** meet every second Friday of the month - from 1pm to 3pm, at the **Old Torry Community Centre, Abbey Place**.

It's made up of many people who have an interest in Torry and its history. What we are doing is collecting stories about our Torry through the ages and saving them for future reference.

I would ask anyone with past memories or anyone interested to pop in past the community centre, or you can give us a call on **894925**.

**Alan Reid.**



# Saint Fittick Arts Festival

**The Saint Fittick Arts Festival is an inclusive community festival that has run since 2011. It created events using historical heritage to bring the community together. The Book of St Fittick from 1902 inspires the festival, with Saint Fittick being the Patron Saint of Torry.**

The 2013 festival ran during August and September, offering a wide variety of free arts and heritage opportunities, enabling all ages of the community to meet, take part, be creative and learn together.

Some of the highlights included: Heritage Tours, Animation, Glass Fusing, Maritime Exhibition, Inter-generational Documentary and Drama at the church.

Our Heritage Tours were a huge success. They involved not only local people understanding their own history, but it also brought others from outside the community. These tours were well attended involving a number of age groups.

The animation project with Walker Road Primary School started prior to the opening of the Festival. The

Deputy Head and the Reading Bus (School support project) wanted to follow up a previous animation from 2011 but with a younger age group. 22 P5 & P6 children visited the 'Sinking of the Oscar' exhibition. The school has now made the focus of the exhibition part of their curriculum.

There were 3 Glass Fusing Workshops offered by a local gallery. Two of these workshops were open to the general community within the gallery and one for the local community centre members.

Marine Exhibition - this was very successful and has created a great relationship between Old Torry Community Centre and Aberdeen Maritime Museum. This will mean that future exhibitions will be offered to the centre.

Aberdeen Maritime Museum loaned the Saint Fittick Arts Festival an exhibition of the Sinking of the Oscar - a whaling ship that was sunk in a local bay in Torry with the loss of 42 lives, on 1st April 1813. The exhibition had been displayed in the museum over a number of months during 2013. When this event was ended The Festival was able to display it for a further month in the community centre. A great deal of the exhibition is now on permanent display in the centre. The highlight of the event was the visit by Walker Road Primary School as part of their animation project.

Inter-Generational Documentary - the funding for this came from ACC 50+ Initiative. Firstly it allowed local young people to meet with WW2 veterans and share stories. The Documentary has become part of at least 3 senior schools' curriculum. It is also now a feature in Aberdeen Central Library. It was viewed during our Screen Archive Film





Images - Renée Slater

night. The importance of spoken history and intergenerational links were highly important here and will have long-term benefits. The film was also recently shown at the Belmont Picturehouse to an audience of at least 100. There was a question and answer session for the five young producers after the showing with many of those who participated in the documentary in the cinema.

Drama at the Church - this was very popular and attracted at least 100 people. The local Saint Fittick's Church's Leading Lights Theatre Group gave a cabaret performance of their Evita show. This is an event that we will continue to support and has great potential. The show ran in Aberdeen Arts Centre the week afterwards to rave reviews.

***“Tell us about the difference your project made to the people involved in it”***

The difference has been incredibly positive and widely

varying. There is a gaining of skills from things like glass-fusing and there has been a greater understanding of local history and culture through the Heritage Tours, Screen Archives and The Maritime Exhibition.

There is an ongoing benefit to the local primary school children with the Animation Project. These skills will include music, animation art and storytelling. According to the Deputy Head, the children will also have a greater confidence to take through their time at school, encouraging other children to participate in such events in the future.

The Intergenerational Documentary has wide benefits. It not only allowed young people to understand and respect those who took part in the horrors of WWII – it also made the history real as many of the veterans were around the same age as those young producers when they were at war. By this documentary now being on the curriculum of

secondary schools it will allow the young producers to discuss the issues of this history with their friends and family.

***“Tell us about any wider benefits to the community”***

It has brought skills and a greater understanding about heritage. It has helped benefit the schoolchildren – especially with skill-sharing within the varied nationalities involved in the animation project. The roll-on effect will also bring the parents together. This project was not a passive event; there was a great degree of participation by local people – some for the first time in an event like this. This can only be a bonus and a long time benefit for the community. A group has now been established to consider a feasibility study, search for long-term future funding and set up a local arts charity.



# TORRY

## Community Council

### So who sits on Torry Community Council?

We are twenty men and women who stay in Torry and are passionate about all issues Torry, and were elected from twenty-four candidates in October 2012. We were almost alone in Aberdeen in having contested elections!

The Community Council is a statutory consultee on matters to do with planning and key issues affecting Torry that involve the City Council, the NHS, Scottish Water and a wide range of organisations who have a remit or desire to work in Torry. We talk to and work with all organisations and groups that can bring benefits for Torry, and enjoy good relationships with all the city councillors elected for Torry.

Last year was a very busy year which included: -

Sponsoring Torry St. Fitticks Church to be entered in the Scottish Civic Trust Awards. They were commended for their refurbishment of the kirk but sadly did not get the big award. Opening a dialogue with the Harbour Board about a proposed development of their site on Greyhope Road and about their possible expansion plans that include Nigg Bay. All developments are watched carefully for the likely impact of any development on Torry. Listening to concerns about road safety in North and South Grampian Circle and supporting residents who wanted a one-way system for pedestrian safety. The final decision belonged to

the City Council who agreed to introduce a one-way system that is now in operation.

Attending a presentation on the proposed Sistema music project for young people in Torry. The latest news we have is that 2015 is the likely start date and details are to be sent to schools, community organisations and the Community Council for further comments.



We welcomed the re-opening of Tullos Pool in November 2013 after a long fought community campaign.

The Community Council had a stand at the Lighthouse Festival held in June and enjoyed the good weather on the day.

We have been able to use some of our local grant to support Torry groups to provide activities and equipment for Torry folk of all ages.

We are now watching to see what proposals will be brought forward

for the prison site now that the new prison at Peterhead is open.

Interested? Then keep in touch with us.

Lastly, the most significant issue for Torry Community Council last year was the proposal brought forward by Aberdeen City Council to merge Torry and Kincorth Academy onto a new site at Loirston. This proposal was vigorously opposed at every opportunity by the Parent Councils and Torry Community Council working together, which included promoting on-line petitions, lobbying and finally sending a delegation to urge the City Council to maintain Torry Academy; an academy that has been serving Torry folk for almost 90 years. We even lobbied the Scottish Government to call in the proposal but once again, we made the argument but did not get support.

Torry Community Council's position remains that the proposal is wrong for Torry. The community council are working closely with the school parents on the impact of the proposed new school.

Want to know more? Then come along to our meetings on the third Thursday of each month (except July), all held at 7pm in the Library of Torry Academy, or contact the Secretary, David Fryer.

# A Wee Polish Perspective of Torry

By Katarzyna Przykucka-Maclean

My name is Katarzyna Przykucka-Maclean and I have lived and worked in and around Torry over the past six years - and to be honest it wasn't my choice, but fate took me there.

After moving from Poland to Aberdeen, I met my future husband where he had a flat in Torry, so after a year of being together I have moved in with him and then a few years after that we became a family after having our son. I have to admit that Torry has grown on me over the years - especially now with a little one. There are a lot of activities in community centres for kids and parents, even better with Tullos Swimming Pool being open again, together with the different play parks in the local area.

*"What I can say is that I live in a nice area with very friendly neighbours"*

I am extremely happy that just on our door step you have everything you need - Tesco and Lidl's, nursery, medical practice and down the harbour a friendly local pub Campbells, where you can spend time with friends and family close to your home and being surrounded by beautiful views of the harbour. You don't have to go far away to experience wildlife - just go for a walk down the golf course to the bay and maybe if you are lucky you can see dolphins, or you can change direction and go for a walk along the River Dee.

I noticed recently there have been improvements around Torry such as the skyscrapers within the Balnagask Circle have been done up and few block of flats around Torry Academy as well, which looks a lot better.

I used to work in the city centre and commuting to work wasn't too bad, you can even walk it, taking just about half an hour. But now in past 3 years I have been working in the Tullos Industrial Estate and the thought of having work place so close to my home is pleasing as it gives me more time to spend with my family and friends.

People say that Torry has a bad reputation for drugs and crime, but to be honest in all the years I have been living here I have not come across it and to be truthful I think you can encounter such problems everywhere. What I can say is that I live in a nice area with very friendly neighbours and the only thing that bothers me is rubbish on the streets after windy days, as recently there has been a lot more rubbish than expected and I hope that something can be done about it - maybe after that our Torry would be cleaner and even nicer.

# Torry Treasures

*Torry Treasures on shmuFM has been going now for the best part of four years. The show is a community programme that supports participation in local events, passes on neighbourhood news and encourages discussion on a range of issues.*

*Alongside the serious we have fun too!*

You can phone in with your opinion or request a favourite music track. We even want you to be critical of the show!

Torry Treasures has had a number of presenters. Some are a continuing presence while others have either gone off to present their own shows like Nick or have mobility problems like the beautiful Billie Arthur. There have been others who have moved to full-time work.

Our listeners are wide and varied also. They come from not only Torry but we've have had feedback from other parts of Aberdeen too. We have listeners form other parts of Scotland and even from Adelaide in Australia.

We have interviewed Councillors, MPs MSPs, Fire & Police Services planners and developers. We have

had representatives of youth and community organisations and we have loved every single input. One of our favourite interviews was the one we had with an astronaut who was visiting Torry Academy during our first year of broadcasting.

We are continually evolving. We have moved our show from 2pm Thursdays to 10am on Tuesday morning.

The Treasure presenters are Renée Slater, Paul McDonald and Gary Cheyne.

We are always looking for new and younger talent to help the show be more representative of the community we live in.

If you are interested in training for the show please contact Adele at SHMU by emailing [adele@shmu.org.uk](mailto:adele@shmu.org.uk) or calling on **01224 515013**.



**Torry Treasures in new Tuesday slot** shmuFM's Torry community show, Torry Treasures, moved to a new Tuesday slot in December. The show, hosted by Torry residents, now broadcasts live from 10-11am every Tuesday morning. The show is repeated from 7-8pm every Tuesday night.

**Torry Treasures' team** - Renée, Paul and Gary - present this lively and entertaining show, which provides news, views, events, entertainment and extraordinary interviews about and from the people of Torry. The show features news about community centres, churches, festivals, heritage and many others things of concern to the Torry community.



## Torry's New Harbour - A Step Closer?

**Aberdeen Harbour has always considered itself not just a supporter of the Torry Community, but as forming part of the Torry Community.**

Aberdeen Harbour has been a business since 1136, making it the oldest registered business in Britain (Guinness Book of Records), and the Torry Community has played a key role in its transition from these early beginnings, to the modern facility of today. The Board, therefore, welcomes the opportunity to update the residents of Torry with our potential plans, and hope that the Torry Community will continue to play a central role in our future.

Aberdeen Harbour Board are proposing an ambitious scheme to create an additional harbour at Nigg Bay, and this scheme was recognised recently by the Scottish Government, who believe this development is of 'national significance'. A recent independent report, furthermore, has estimated that an additional harbour at Nigg Bay would, by 2034, contribute an additional £1 billion per year to the local economy, and an additional 7,000 jobs.

So, why would the creation of an additional harbour at Nigg Bay bring such rewards? The main reason is that the existing harbour is reaching capacity and, as residents of Torry will

know, the sight of vessels waiting in the bay to enter the port, is now commonplace. The harbour is experiencing record levels of activity and this increase in activity is set to continue for some years to come. A second challenge that Aberdeen Harbour is facing is that vessels are getting larger, and the port lacks berths which are deep and long enough to accept some of the larger vessels wishing to visit.

An additional harbour at Nigg Bay, however, would solve many of these problems. The new harbour would provide 1,500 metres of quay, with a minimum depth of 10 metres. This would allow us to not only accommodate the increased activity, but to accommodate the larger vessels associated with the renewables and subsea sectors, not to mention larger cruise ships.

In other words, this development would help City & Shire to fully realise its economic potential. The construction of such a valuable asset, however, would come at a cost, and recently drilling rigs carried out a geological study of the seabed with the aim of further assessing the costs involved. Estimates suggest that the development

would cost approximately £320 million and, for a business with a £27 million turnover, it is clear that funding this project will be a challenge.

The benefit of being a Trust Port, however, is that all of our profits are re-invested into the improvement of harbour facilities. Regardless of this, however, all efforts are being made to identify external sources of funding.

A Traffic Impact Study has been carried out, identifying an improved coastal road from Nigg Bay to the south, ultimately connecting with the AWPR, as a primary source of access. This would ensure that harbour traffic avoids the constraints of the city centre, and from routing through Torry.

The Board intends to preserve the green space and amenities surrounding Nigg Bay and an Environmental Impact Study will help ensure that the harbour is able to maintain its excellent, environmental record during project construction.

The Board has been encouraged by the favourable response to their plans to date, but they remain committed to listening to the views of the Torry Community.



## SHMU INTRO SESSIONS

The shmu 'intro sessions' are 30 minute interactive information sessions on everything that we can offer here at station house. This is a brilliant opportunity for groups who would otherwise struggle to be heard or gain any coverage locally. The group can record their own jingle, which will be aired on shmuFM.

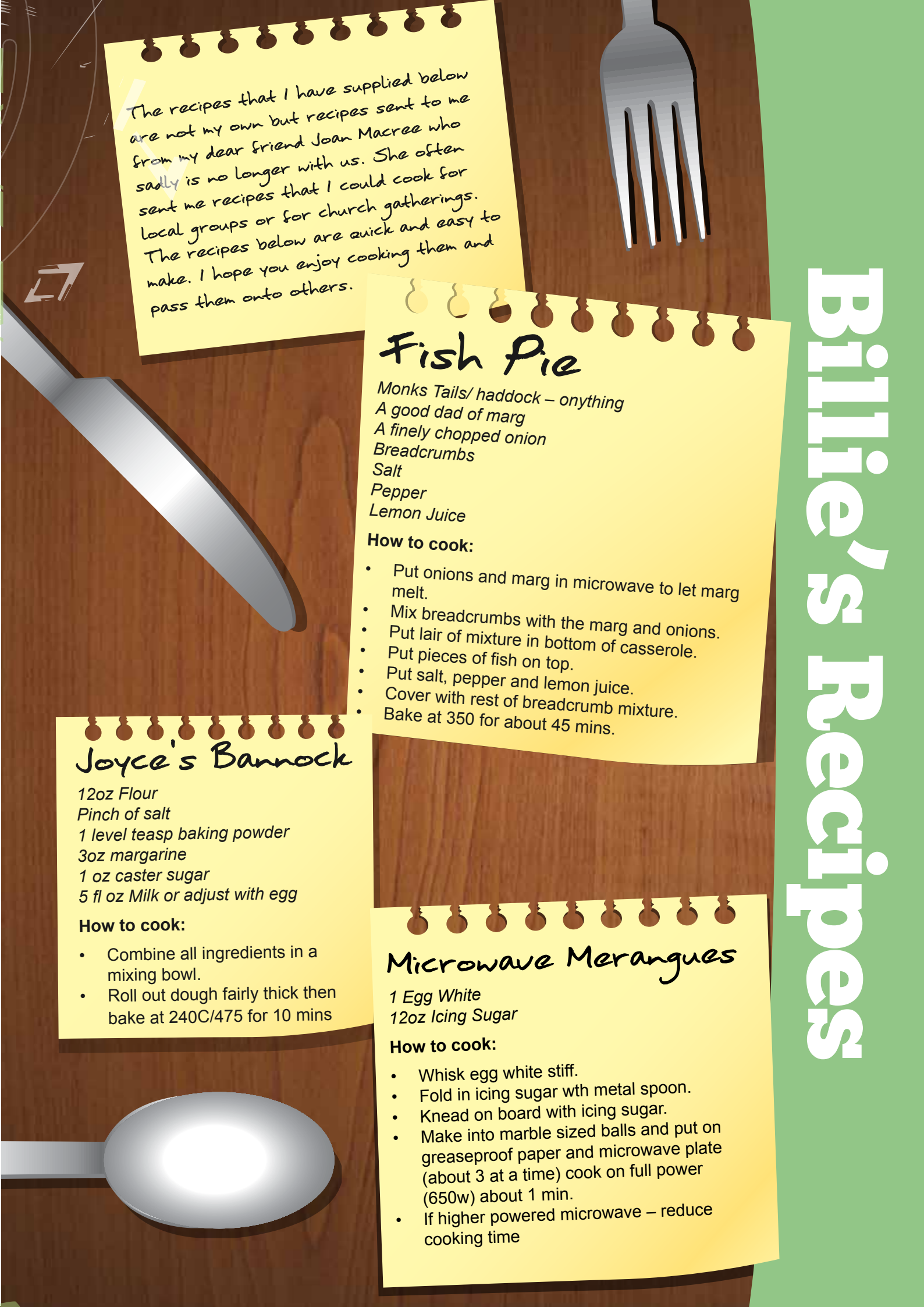
We are happy to deliver our intro session to staff teams, active groups of all ages, service users and anyone else who wants to find out more about your local media organisation.

The important work we do at station house media unit (shmu) through digital media and community media development is open to everyone and we would like to hear from local services, projects and organisations within the seven regenerations of Aberdeen.

*Station House Media Unit (shmu) is situated just off Great Northern Road in the old Station House Community Centre, Woodside. We offer free access to, and training in video and radio production, and magazine and online publications to residents of all ages living in Seaton, Woodside, Middlefield, Tillydrone, Torry, Northfield and Cummings Park.*

shmu is supported by Aberdeen City Council as one of the core cultural organisations in the city, and is at the forefront of Community Media development in Scotland. We support residents in the seven regeneration areas of Aberdeen in radio and video production, traditional and on-line publications, music production and digital inclusion. The organisation also supports other disadvantaged communities, both geographic and communities of interest, with our employability and training arm. We have also developed ADJUST, a programme for offenders, both pre and post release.

If you would like to book an intro session for your group or project, please contact Denise, either by email [denise@shmu.org.uk](mailto:denise@shmu.org.uk) or phone: (01224) 515013.



The recipes that I have supplied below are not my own but recipes sent to me from my dear friend Joan Macree who sadly is no longer with us. She often sent me recipes that I could cook for local groups or for church gatherings. The recipes below are quick and easy to make. I hope you enjoy cooking them and pass them onto others.

## Fish Pie

Monks Tails/ haddock – anything  
A good dad of marg  
A finely chopped onion  
Breadcrumbs  
Salt  
Pepper  
Lemon Juice

### How to cook:

- Put onions and marg in microwave to let marg melt.
- Mix breadcrumbs with the marg and onions.
- Put lair of mixture in bottom of casserole.
- Put pieces of fish on top.
- Put salt, pepper and lemon juice.
- Cover with rest of breadcrumb mixture.
- Bake at 350 for about 45 mins.

## Joyce's Bannock

12oz Flour  
Pinch of salt  
1 level teasp baking powder  
3oz margarine  
1 oz caster sugar  
5 fl oz Milk or adjust with egg

### How to cook:

- Combine all ingredients in a mixing bowl.
- Roll out dough fairly thick then bake at 240C/475 for 10 mins

## Microwave Merangues

1 Egg White  
12oz Icing Sugar

### How to cook:

- Whisk egg white stiff.
- Fold in icing sugar with metal spoon.
- Knead on board with icing sugar.
- Make into marble sized balls and put on greaseproof paper and microwave plate (about 3 at a time) cook on full power (650w) about 1 min.
- If higher powered microwave – reduce cooking time

# Billie's Recipes

# COMMUNITY CONTACTS

## Alcohol

Alcoholics Anonymous 0845 769 7555  
Drinkline 0800 917 8282

## Benefits

Benefits Agency Advice Line 0800 587 9135

## Crime

Crimestoppers 0800 555 111

## Drugs

FRANK – National Helpline 0800 776 600

## Dentist

Emergency - G-Dens 01224 558 140

## Doctors

NHS 24 Emergency 08454 242 424

## Electricity

If you have a Power-Cut 0800 300 999

## Family Planning

Square 13, Support & Advice 01224 642 711

## Gas

Gas Emergency 0800 111 999  
Gas Emergency with a Meter 0845 606 6766

## Housing

Emergency Repairs 01224 480 281  
Call Centre Emergency 0845 608 0929

## Police

Non-Emergency 0845 600 5700

## Samaritans

Need to talk 01224 574 488

## Social Work

Social Work Duty Team 01224 765 220  
Emergency Out-Of-Hours 01224 693 936

## Young Carers

Support & Information Service 01224 625 009

## Water

Scottish Water Emergency 0845 600 8855

## Balnagask Community Centre

Balnagask Road, Aberdeen, Aberdeen City  
AB11 8HX, 01224 871206  
[www.facebook.com/Hazel.Balnagaskcommunitycentre](http://www.facebook.com/Hazel.Balnagaskcommunitycentre)

## Old Torry Community Centre

2 Abbey Pl, Aberdeen, Aberdeen City, 894925  
[www.oldtorrycc.com](http://www.oldtorrycc.com), [oldtorry@gmail.com](mailto:oldtorry@gmail.com)  
[www.facebook.com/oldtorrycommunitycentre](http://www.facebook.com/oldtorrycommunitycentre)

## Tullos Community Centre

Girdleness Rd, Aberdeen 01224 291882  
[www.facebook.com/tullos.community](http://www.facebook.com/tullos.community)

## David Fryer (secretary of the Torry Community Council)

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(Meetings are every third Thursday of every month at  
Torry Academy at 7pm. Except July.)

1. What is your mother's brother called?
2. What is the ARI?
3. Where is the new Town House?
4. Where is the Citadel?
5. What is the Leading Light?
6. What is Pittodrie?
7. What is a Gale?
8. Name the four Spring Flowers?
9. Where is Greyhope Road?
10. Who does the Torry Vision Quiz?

# Alan's Quiz

Answers: 1. Uncle, 2. Hospital, 3. Manschnal College  
4. Castlegate, 5. The Two light Houses, 6. Football Ground,  
7. Strong Wind, 8. Snow Drop, Crocus, Daffodils, Tulips  
9. The Bay of Nigg, 10. Alan Reid