

...and he can prepare recipe ingredients and his memory means he does not need to be able to write down orders.

Fly Cup Catering want to buy their premises so that they can expand their venture and when Fiona heard about their ambitious plans she knew she had

from jail, I will be thinking about Thomas and how he has progressed and the difference the money I raise can make to help Fly Cup Catering."

The jail break is on April 23. To support Fiona with a donation call her on 07739 825350.

the senior section cover piano, guitar, clarinet. The judge was Ken M former head of music at Aberdeen City Council. he is much in demand as a band leader and teacher.

## Energy theme for marathon walk weekend

A FEW places remain for the slow marathon next Saturday which takes energy as its theme.

Late registrations can still be accepted via the Deveron Projects website for anyone who wants to join in the 26-mile trek from Tullynessle back to Huntly.

The slow marathon is part of artist Andrea Geile's project Energised Landscape. Earlier this week 80 people had registered for the walk which will take people past Neolithic sites, across hill tops and past renewable installations including turbines and solar farms and new pylon constructions.

Walkers must register in advance and attend the safety briefing on the eve of the walk.

The following day, there will be discussions on the theme, Energy and Us and anyone is welcome to go along. The talks session

is taking place at 11 Gordon Street and will pose the question, what does energy mean for our local landscape?

The discussion will look at human relationships to energy and energy structures in the landscape.

The panel will include Jelte Hammeijer - founding partner at Scene Connect which assists communities to meet renewable energy objectives and Jamie Wilkinson, who previously worked for Community Energy Scotland and is a board member of Huntly and District Development Trust, who will talk about what the energised landscape means locally.

Members of the public are invited to contribute to the discussion.

Booking is via the Deveron Projects website or on 01466 794494, lunch is included.

## LEAN & LO IS THE WAY TO

Lean Steak Burger £1.19 each (made with 95%

Lean Beef & Pork Sausage £12.69 per kg (made with 95% lean meat)

Low Fat Chicken Fillet 150g £2.14 each

Low Fat Venison Steak 150g £2.53 each

Low Fat Beef Steak 150g £2.78 each

Low Fat Pork Steak 150g £2.44 each



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