

Chapelton Chat

Community News



Our cover has been beautifully created by Autumn, Age 4

Issue 1

October 2022

Scottish Charitable Incorporated Organisation SC051928



**Chapelton
Community
Association**

JADE GORDON

HYPNOTHERAPIST &
PSYCHOTHERAPIST



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Jade is based in Netherley but offers online sessions on Zoom. Although she specialises in working with parents and parents to be, all clients are welcome. Jade also runs monthly Hypnobirthing Classes at The Hut in Chapelton.

Your brain has incredible power to process events and make sense of the world. **Let's unleash your brain's power together.**

Hello!

Welcome to the very first edition of the Chapelton Chat!

We are so excited to be bringing what we hope will be a positive and informative magazine to our lovely community.

The Chapelton Chat has come about as we have recently formed the Chapelton Community Association. The Association's aim is to make Chapelton a vibrant and inclusive place to live through environmental, wellbeing and recreational projects.

We hope you enjoy this first edition. We would really love to hear your feedback, whether it is good or bad. This is a magazine for you, the people within the community, so, if you have any suggestions of anything that you might like to see included then please don't hesitate to get in touch! We want this to be as useful as possible!

Thank you and we hope that you enjoy!



WHAT'S IN THIS ISSUE:

- What's on in Chapelton?
- Meet the team at Brae
- 2022 Scarecrow Festival update
- Allotment Chat
- Solar Panel Petition
- Membership Form
- Councillor update
- Chapelton Running Group
- Wellbeing Info
- Activities
- Recipes
- Much more!



THANK YOU!

Thank you to the talented Cheryl for taking the photographs featured in this issue of the Chapelton Chat.

A huge thank you to our distribution team, Bethany, Charlie, Charlotte, Jade, Jennifer and Sarah, we couldn't do it without you!

Last but not least, thank you to Hanna Hadden for suggesting the name 'Chapelton Chat'.



WHAT'S ON!

Craft Club at Brae

Thursdays 9-11am

Parent's Club at Brae

Wednesdays 9-11am

Running Club at Hume Square

Wednesdays at 6.30pm

Walking Group at Bettridge

Mondays at 6.30pm

NVA Fireworks Display

5th November at 6.30pm

Chapelton Festive Farmers' Market

20th November

Christmas Lights Switch on

1st December

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The New Kids on the Square

I am sure most of you will agree it feels like Brae has been part of the community for a while now, They have taken on the role of becoming the local hot spot of the community and I for one, cant get enough of their incredible sausage rolls!

So lets meet the talented team behind this up and coming family business!

Jodie - One half of Brae, the eldest sibling. The Brae content creator and project leader. Previously, her career was in project management in oil & gas - which included a year overseas in South Korea at the HHI Shipyard and then a few years in local government managing upgrades to the council housing stock. A bath addict, downtime includes reading, watercolour painting, yoga, wellness podcasts, swimming in the River Dee and going on sole adventures in her tent box.

Dale - The other half of Brae. The menu creator and beacon of calm. A career working primarily in catering weddings and corporate events to date and producer of Breer Pies, alongside mum (Julie). A football fan, family quiz champion, fan of the simple life. Dale doesn't have social media and has no idea what a podcast is but he knows what he likes and does that. Never one to be in the limelight, he's happiest when in the kitchen and getting through his list of jobs.

Haley (Sister) - The youngest sibling. Has been called in for a few favours this last few weeks to help keep up with demand. Haley is a staff nurse at Inverurie Hospital. A kind and caring soul. A lover of fashion, holidays, Instagram filters, animals and very talented baker.

Julie (Mum) - Julie has been absolutely instrumental in the success of brae so far. We couldn't have done it without her. The welcoming smile when you pop by brae. Was born to be a mother therefore absolutely loving meeting all the families, young kids and babies at brae.

Dad - Without him Brae would be half of what it is. Using his DIY skills he's honed over the years he managed to turn the vision of brae into a reality. The panelling, the bespoke counter, the window tables, the tiled fireplace, the signage etc was all created by him. It was a huge family effort but he was absolutely key in making it all happen. Still a regular at brae, helping out in any way he can.

Next on Brae's agenda is creating a lunch menu. They have started with a small offering of delicious Quiche, Sausage Rolls and other pastries but will have a full offering including vegan and gluten free options in the future!

They will also be hosting their first Breer Pie and mash night in October and thereafter they will be hosting their first supper club hosting a local producer to share their passion of their produce with their first supper club diners and a bespoke menu created by Dale to showcase their work!

In their future their will be more recruitment, a breakfast offering, an alcohol licence and lots of fun nights where lots of memories can be made. We for one cant wait!



Get ready for a super scary

HALLOWEEN



**Join in the fun, decorate your home
and make Chapelton the most
spooktacular place to visit this October!**

Chapelton Community Association

**Prizes for the most spookiest and most
creative house! Donations welcomed for
the community fund**

**Chapelton Community Association is a
Scottish Charitable Incorporated
Organisation (SCIO) SC051928**





WHAT'S ON AT THE POP-UP!

17th October

Bannerman Butcher

7th November

This Girl Creates

14th November

Juniper Press

Opening hours may vary.



HAPPY NEWS!

For those of you who are lucky enough to know Suz Davies, you will know what an inspirational lady she is. Suz was diagnosed with a high grade brain tumour in 2014 and was given a year to live. At the time, her children were just aged 7 & 4 and understandably her family were completely devastated. Suz was offered awake brain surgery to remove the tumour. Fortunately this surgery was successful, but the tumour will continue to grow and because there is no cure, Suz will have to live with cancer for the rest of her life.

Suz believes that her positivity has kept her going as well as the support from her family and friends.

When Suz discovered that the Brain Tumour Research charity were setting up a fundraising challenge with the goal of cycling 274 miles in August (274 miles is significant as £274 is 10% of the cost of a days research at the Brian Tumour Research Centre of Excellence) She decided that she was going to do it, despite the fact that she hadn't cycled a bike since childhood!

And so she did, this amazing lady completed 274 miles on the 23rd August and had raised a fantastic £1,600 for the charity so far!

Suz is extremely grateful to everyone who has donated so far, if you would like to help in Suz's fundraising mission you will find all the information on her facebook page [facebook.com/suzanne.davies.984](https://www.facebook.com/suzanne.davies.984) or you can contact her on 07762 580 922.

Well done Suz!!



Sharon Sorrie's Dance Dimensions



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**The Bettridge Centre
Greystone Place
Newtonhill
AB39 3UL**

FOR MORE INFORMATION CONTACT SHARON JENKINS:

✉ dancedimensions@outlook.com

☎ 07736224981

📘 Sharon Sorries Dance Dimensions

2022 Chapelton Scarecrow Festival

Written by Charlotte Litherland-Moir

The 2022 Chapelton Scarecrow festival was a rip roaring success - thanks to all our fabulous scarecrow builders here in Chapelton! The heroes and villains theme was incredibly popular and we had huge numbers of visitors coming to see them which is a testament to the brilliant creativity of everyone involved - Thank you!!

This year we raised a fantastic £1250 which will go towards supporting the allotment site as well as community projects.

Huge shout out to our sponsors - Brae, Fits the Scoop, Red Rocks, Wander and Graze, Mr Dunn, Asda, McDonalds, Blossom Photography, ABWR, McColl's Photography, The Stack, Legasea, ArtRox and Route 66. Thank you so much for your generosity.

Finally, massive congratulations to this year's winners -

Public vote

1. One in a Minion
2. Evil Queen and Snow White
3. Sonic the Hedgehog

Group: Captain Jack

Hero: One in a Minion

Villain: Feathers McGraw

Judges' Vote

1. Little Red Riding Hood
2. Tomatoa
3. Super Hero Unicorn

Group: Gangster Granny

Best in Theme: Sid from Toy Story

Staging: Cruella (with car)

Best use of sustainable/recyclable materials: Sonic (Murray Street)

Allotments choice-joint winners: Ursula & Hulk and Spiderman

We are excited to announce the theme for next years festival, as voted by you, is.....
"Songs and Musicals"





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Allotment Chat

Written by Charlie Craig



christmas

WHAT TO GROW IN SEPTEMBER

September can be quite a productive month for sowing seeds, planting bulbs and growing new plants – some to enjoy soon, and some to get started for next year. If you are keen to keep growing this month, here are some ideas about what to plant in September.

SPRING CABBAGE

Being able to harvest something green and leafy in early spring is a real treat. If you want to sow spring cabbage seeds direct into the ground, try to choose a sunny spot and make sure you walk over the soil to compact it a bit before sowing, as cabbages like a firm anchor for their roots. You can also sow seeds into trays for planting out later, Perhaps also under glass and this can help to protect them from slugs and snails.

STRAWBERRY RUNNERS

If you've been growing strawberries this year, your plants will probably have sent out 'runners' by now. These are long shoots, with a few leaves on them. You can make new strawberry plants by pegging these runners down into soil or into a pot of compost, where they will take root. Once this has happened, you can cut them away from the parent plant.

SPRING FLOWERING BULBS

Spend a bit of time this month planting spring flowering bulbs and you'll make such a difference to the amount of interest in your garden at the end of winter. Daffodils, crocus and hyacinths should all be planted by the end of September; hang on a bit longer to plant tulips though. It's also worth potting up a bulb lasagne which is a container layered with bulbs that flower at different times. This is a brilliant way to get a long display of flowers for minimal effort!

WILDFLOWERS

Wildflowers are fantastic for wildlife they provide food for pollinating insects, wild birds and bats, as well as dense shelter for other small animals. You can sow wildflowers in a patch of ground, or a container. They're fast-growing, low-maintenance, help to control weeds, and look fabulous too – what's not to love !

I hope you find these tips useful.
Charlie Craig

SMALL TALK...

Each issue we will be interviewing children from the community and asking them about their favourite local classes. This week we interviewed Oliver, age 4, about his favourite class Footstars!

Oliver, why do you like going to Footstars?

I just do

What do you think of your teachers, Murray and Pam?

Murray helps me and I like his shoes. Pam has a nice smiley face.

What do you think other girls & boys would like about Footstars?

Because they will just like it, I like it and I am a children

What has been your proudest moment so far?

Doing it myself, at the start I was a teeny bit nervous, now that I am bigger I am so good at kicking the ball and putting it in the goals. They are always kind to me, they give me hi-fives!

What have you learnt from your time at Footstars?

Learn to just play football and you have to go tap tap and do crossovers like this (demonstrates), sometimes we play games with a parachute and also Peppa pig and The Smurfs! I didn't even know The Smurfs before, do you know there is a Papa Smurf, I have a Papa too.

Footstars run classes during the week and at weekends at the Bettridge Centre for children aged 2 - 7. They also offer a free trial for your first class!



NEWTONHILL BABIES & TODDLERS
Bettridge Centre
Small Hall
Fridays 9.30-11.30am

Age appropriate snack included
Cuppa & biscuit for parents & guardians
Lots of toys & activities for babies & toddlers

Under 1s - £2
Over 1s - £3
Siblings - £4

FREE BOOKBUG SESSION
9.30am
Brought to you by
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Meet Tula & Elka

They like each other...well Elka loves Tulla, but that's not always reciprocated! They love wild berries, carrots, cucumber, their meal times always...the great outdoors and sleeping and adore their mum and dad as much as they do them!!

Cheryl Michie

Photographer



Hello, I am Cheryl Michie. I am a part-time photographer based in Scotland. The reason I got into photography was because I needed a new challenge in my life. I was working fulltime as a senior project engineer and studying an MBA in oil and gas management. After I graduated, I found that I had some spare time and decided to buy a camera and learn a new skill. I am a self-taught photographer and have been doing this since January 2021. I fell in love with photography immediately and hope to do this full time one day.

Photography allows me to be creative and artistic and gives me a sense of freedom. I get to capture and bring out the beauty of what I see and show the world my expressive side. I am constantly learning and trying to enhance my skills with every image and video I shoot. I predominately photograph wildlife and landscapes, however, I have been doing weddings, family and pet photo shoots. I am currently in the process of setting up my website so that you can view my portfolio and purchase prints. If you wish to book a session, then please get in touch so we can discuss your requirements. I look forward to working with you.

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Solar Powered Silliness

Written by Alastair Struthers



For the benefit of those who are unaware, there has been a bit of environmental controversy going on in the town this year. As we all know, the company who own the land at Chapelton (Elsick Development Company known as EDC) put in place stringent rules controlling how the town looks. These apply to the builders and to us residents alike and they dictate what is permitted and not permitted when it comes to design and alterations. One such control is their policy on solar panels which oddly states that they are not permitted on the front elevation of any building that fronts a significant road or square.

I challenged EDC via the Chapelton Community Interest company (the CCIC who are effectively the gate keepers) to revise the policy as it seemed entirely out of touch with the reality of the modern world and with the vision that I think many of us bought into for Chapelton as being a modern sustainable town that championed the environment. I was gobsmacked when, even after many letters of support from the residents, EDC replied saying that they would not change their policy and they would continue to ban solar panels facing these significant roads and square.

I asked outright if they were placing the aesthetics of the town over the environment. I feel it is worth printing verbatim that query and answer here:

Dear Jonathan,

Thank you for your reply in relation to my PV query.

I would like to ensure that I have clearly and unambiguously understood your response on behalf of the CCIC on this issue.

Would I be correct in saying that the CCIC would refuse any request to add PV panels to the south facing elevation of my house which would be the most efficient place for them to be located, and that this decision is based on aesthetic grounds.

Regards
Alastair Struthers

Alastair,

My apologies for the delay in responding. You are correct. The CCIC are not able to approve your application for solar panels on the street facing elevation of your property. The decision is based on the Design Advice Circular 9 - Photovoltaic Cells and Wind Turbines - panels must not be placed on street-facing elevations.

Regards,
Jonathan

As a result of this policy it is worth noting that Stephen Homes were made to re-locate solar panels that were already fitted on Murray Street to the back of the house where they are far less efficient.

As EDC proved unwilling to listen to the interests and opinions of the residents the issue was raised at the local Community Council (the North Kincardineshire Rural Community Council in case anyone wants to know) who were very much in agreement with us that this warranted further pressure and should be amended. The recommended raising it with our local Green Party MSP Maggie Chapman.

So I did. I spoke to Maggie's office and instantly she was on the case. She wrote to Mark Ruskell as the spokesperson for the Environment and Climate, as well as contacting Patrick Harvie as Minister for Zero Carbon buildings. We are hopeful that with enough political pressure put on EDC they may see fit to change their policy to promote the environment over aesthetics. A decision that seems even more pertinent now given the current cost of energy crisis and the need for us all to reduce our reliance on fossil fuel generated power.

If you feel passionately about this issue then Maggie has asked for as many people as possible to write to her showing their support. Her email address is maggie.chapman.msp@parliament.scot and all you need to title your email 'Chapelton Solar Panel Policy' and say is that you are writing in support of the letter from Alastair Struthers on 14th August.

Hopefully we can make a difference here. I would like to thank everyone who has supported this cause so far and also anyone who takes action after reading this too.

Chapelton Community Association



Chapelton
Community
Association

The Chapelton Community Association is a Scottish Charitable Incorporated Organisation (SC051928) and has seven trustees, in order to pursue any projects we need members! If you are interested in joining us please fill out the membership form on the previous page and return it to 130 Greenlaw Road. It's free to become a member and means we can work together to make Chapelton an even better place to live.

The CCIC will continue to put on various events of their own throughout the year aimed at bringing people to Chapelton (and selling houses), and any queries about house building/maintenance should still be directed to them. (CCIC_Admin@chapeltonlife.co.uk)

The Chapelton Community Association will be focussed on projects and events for the people who live here. Our first event will be a fundraiser-decorate the front of your home for Halloween and our judges will wander round on Halloween and choose the spookiest, and most creative décor to win a prize! You don't need to sign up to enter, but even if you simply pop a pumpkin out, you could be in with a chance of winning!

If you have an idea for a group/event/project you would like to see happen please don't hesitate to get in touch on hello@chapelton-ca.uk. We look forward to hearing from you soon!

Please fill in this questionnaire and return it to 130 Greenlaw Road to help us prioritise activities and events. Please do not put any identifiable information on here.

Thank you so much for your help!

1. Please write in the box, the number of people in your household in each of the below age categories

0 – 4 5 – 10 11 – 14 15 – 20 20 – 35 35 – 50 50 – 70 70+

2. Please indicate what events you would be interested in (tick all that apply)

Wellbeing

Yoga Board Games Group Theatre Trips First Aid Training

Environmental

Litter Pick Habitat Creations Bulb Planting

Recreational

Family Picnic Gala Day Seasonal Events

Fundraising

Quiz Night

Any other activities? _____

3. Do you have any pets? Please indicate number

Dog Cat

Other (please specify) _____

Membership Application

I wish to apply to become a member of Chapelton Community Association.

Name	
Address	
Phone	
Email	

Membership Criteria

I am aged 16 or over; and

Criteria	Tick One
I am resident within Chapelton	<input type="checkbox"/>
I am resident within 2 kilometres of Chapelton and not a Director, Partner, Shareholder or Employee of an organisation that for the purposes of making a profit is involved in: <ul style="list-style-type: none"> • the planning, construction, or marketing of new homes in Chapelton; or • the maintenance of public spaces in Chapelton 	<input type="checkbox"/>

Members of a SCIO have statutory duties under The Charities and Trustee Investment (Scotland) Act 2005 (as amended).

As a member of Chapelton Community Association I agree to;

- act in the interests of Chapelton Community Association
- seek, in good faith, to ensure Chapelton Community Association acts in a manner which is consistent with its charitable purposes

I have read and understand the Chapelton Community Association Constitution.

(Available at: <https://www.chapelton-ca.uk/constitution>)

I have read and understand the Chapelton Community Association Privacy Policy.

(Available at: <https://www.chapelton-ca.uk/privacy>)

Signature	Date



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Passing on the baton - your new councillors for 2022-27

Written by Cllr Mel Sullivan



Voters went to the polls on the 5th May to choose their council representatives for the next five years. With Ian Mollison's retirement and the other incumbents either moving or not being successful, this means an entirely new team for North Kincardine.

David Aitchison has moved over from being a councillor in Westhill, Shirley Burnett and Catherine Victor, both from Stonehaven, round out the quartet. I'm sure we all bring different strengths and qualities to the role, and I hope we will make an effective team on your behalf. Cllr Victor and I have already formed a good working relationship!

You can find me on Facebook as 'Councillor Mel Sullivan, North Kincardine'. My webpage is <https://melsullivan.mycouncillor.org.uk>. On here you can find longer articles on things like recycling and resources to help with the cost of living crisis, as well as the Trading Standards Bulletins, road closures and other bits and bobs. You can also sign up through the webpage to my weekly (non-political) news emails. These include the latest planning applications and other local items of interest.

My first months as a councillor have flown by. Many hours of training, many hours of meetings. Aside from full council and Kincardine and Mearns area committee, I'm also on Infrastructure Services, Waste Management, Transport Strategy, Live Life Aberdeenshire, Rapid Rehousing, Aberdeenshire South Access Panel and Kincardineshire Educational Trust. Of course, there are also two community councils to attend – three if Portlethen's starts up again. Chapelton is currently represented by the North Kincardine Rural CC. I have been attending those meetings for over a year now, and whilst I find the overall design of Chapelton to be wonderful, the specific policy against solar panels 'ruining' the aesthetic is very disappointing.

The next stage of planning for the primary school in Chapelton has been approved, as well as removing the link to the number of houses built. The route between Chapelton and Newtonhill Primary has been assessed as safe for children to walk with an adult, this means the school bus provided will be removed. Following objections, the Education Service agreed to keep the bus in place until the 23rd September to allow more time to look into the possibility of a replacement commercial service.

A bin replacement scheme is underway. 'Diamond' bins need to be replaced. We are the only area in Scotland still using these, so they need to be swapped out for the kind everyone else uses, that way south Aberdeenshire doesn't need its own fleet of bin lorries that can't be used elsewhere. These bins are coming to the end of their projected 15 year lifespan anyway. This process will be slow, so it's starting in the rural areas at the end of August, gradually making its way to the coastal urban areas. This is to take advantage of decent weather in the harder-to-reach routes. Old bins will be shredded and recycled into new bins.

There will be plenty of advertising in the run up to the bin swap, including letters sent to residents two weeks beforehand. The company replacing the bins will be working in tandem with the regular bin lorry and crew, following directly behind them on their route. Your current bin will be emptied, then immediately replaced. It is very important that your bin is left out on these replacement days, even if it's empty. Workers will be actively looking for bins, but obviously problems will be caused if they cannot locate and replace your bin on the day. Bins will be replaced on their normal collection days, so you will have two consecutive weeks when you'll need to put the appropriate bin out so that it can be replaced with the new style.

For casework, email cldr.m.sullivan@aberdeenshire.gov.uk

Chapelton 10k and Running Group

Written by Ann Gallon



In 2018 a group of runners gathered together in 'The Hut' with the idea of creating a Chapelton 10k. It was our first year so we wanted it to remain a relatively small event with no more than 250 runners. Bracing the wintery weather I set out for a run one morning and created the route. I ran it in both directions and after both discussing and running it with Chapelton resident Campbell Hayden we decided on the route as it is today. Yes the hill will always remain!

Our first race in 2018 was a great success, raising a fantastic £2500 for charities and local organisations.

It was only after that I decided to create the Chapelton Running Group or CRG as it's now commonly known. I am a very keen runner, normally running six days a week and kept "bumping" into other runners in and around Chapelton so I knew there were like-minded people out there.

CRG meet at 6.30pm every Wednesday at Hume Square. We are a social running group and whilst we have a wealth of running experience amongst us, none of us are qualified coaches. All we ask is that you can run 1km comfortably, although all abilities are welcomed along. I like to think we are a very friendly bunch!

In the summer months we like to get out and around Chapelton on lovely social runs, including trails, hills and adventures. Unfortunately the winter are far more restrictive due to the darker nights so we incorporate 'training' sessions such as intervals, hills and pyramids in amongst some easy social runs. Each session is tailored to ensure all abilities are included.

In 2019 our Chapelton 10k was back and another great success, the field growing to 350 runners. Even Commonwealth Games Marathon bronze winner Robbie Simpson turned up. That year we raised £3750 for charities and local organisations.

Unfortunately, in 2020 and 2021, Covid put a stop to the 10k but we didn't want to let the charities down. In 2020 we completed a virtual 24 hour relay. We had amazing participants come together and we raised £1498. The following year I thought – let's go bigger and a virtual 48 hour relay was arranged. Our wee running community came together and what a team!! We raised an amazing £3111 for our local charities and voluntary organisations. The buzz we got from these virtual events, against the backdrop of the pandemic, was amazing. Our WhatsApp group was going crazy – what a team we were!!

This year our new committee came together to bring back the Chapelton 10k. The committee includes myself, Christine Groves, David and Karine Butler, Jon Spence, Jackie Knight, Leighanne Deboys, Rachel Rollo, Rachael Culter-Howie, Ailsa and Michael Barker and Ian Smith.

I remember saying at one of our first meetings "let's make sure it is an event made by runners for runners" and that remained our motto throughout. Each committee member had their own role and ran (excuse the pun) with it. We all worked so well, pulling together determined to deliver a fantastic event.

I must also mention Chris Fryer who organises the children's races and does a fantastic job! We have an amazing committee and we created an amazing day. The feeling you get when the starting horn goes off is something I can't describe.

Our home-bake stall to reward our runner's always gets the best feedback - we couldn't do this without the help of the Chapelton residents and every fine piece is greatly appreciated! Our feedback this year has been amazing and "community spirit" is something we are praised for year after year.

This year we raised an amazing £4900!!!! – the committee are absolutely over the moon with this. The committee put a lot of time and effort into creating this event but this makes it so worthwhile.

The marshals and volunteers on the day play an amazing part and we can't thank them enough. Without them, our event would not go ahead. It would take another page to go through each role but you all know who you are!!

If you are a runner or thinking you would like to return to running, please come along and try out CRG. If anyone is interested in starting running there is potential to start a total beginners group which I would lead at same time as CRG. Running, for me, is and has been a major part of my life and plays a big part of maintaining both my physical and mental health. I highly recommend it!

If you want to speak about starting or joining us please drop me an email anngallon161@btinternet.com



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Messy Hands Activity!

How to make your own bird feeders

This super simple idea will help keep the birds fed over winter!

You will need -

Pots (We used clean yoghurt and jelly pots)

Twine

Lard

Bird Seed

Scissors

Twigs

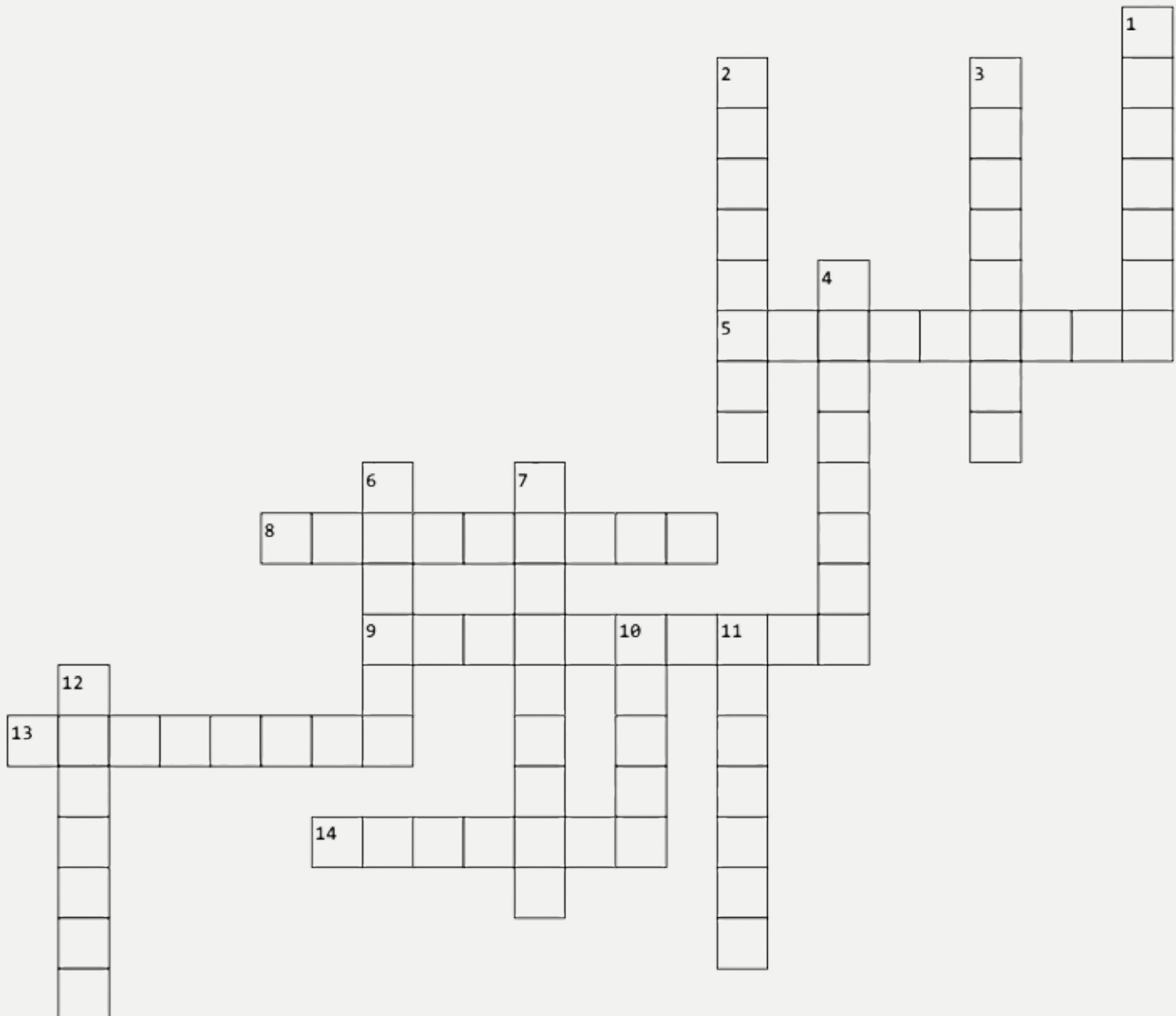
1. Firstly melt your lard (we thought it might make it a little easier for little hands to mix) however, you could also use it at room temperature. (That might be less messy)!
2. Pierce a small hole in the bottom of all the tubs using the scissors. Thread a length of the twine through the hole leaving plenty excess twine at the top and bottom.
3. Add your bird food into the lard until it starts to hold itself together.
4. Fill the pot to the brim ensuring the string remains in the centre of the pot.
5. Tie a knot in the string at both ends of the pot and then, add your twig to the end of the string - this will act as a little perch for the birds!
6. Place the pots into the fridge or freezer until the mixture has set.
7. Cut away the pot, and then hang the feeder from your tree!

Happy making!



Chapelton Crossword

Can you work out what links all the answers? Email your answer to editor@chapelton-ca.uk for your chance to win a prize!



Across

- 5.** United States educator (born in Canada) who invented the game of basketball(1861-1939) (8)
- 8.** Stevensons sea-washed Angus construction (4,4)
- 9.** pile of stones raised for a purpose, usually as a marker or burial mound and naturally raised area of land, not as high as a mountain (5,4)
- 13.** Rupert-media mogul (7)
- 14.** Ag (6)

Down

- 1.** Charles _____ Mackintosh (6)
- 2.** festive Flags (7)
- 3.** burn of (chapelton stream)(7)
- 4.** Bute town (8)
- 6.** without milk (5)
- 7.** Charles_____Gordon-late chief of the Clan Macleod who changed his name (8)
- 10.** Scottish philosopher whose sceptical philosophy restricted human knowledge to that which can be perceived by the senses (1711-1776) (4)
- 11.** Lidl with an added 'e' and 'l' (6)
- 12.** Brookes friend (chapelton architects) (6)

Beating the Seasonal Blues with Serotonin

Written by Jade Gordon



As the season changes and the dark nights draw in, it's common for us to notice a shift in how we feel, some look forward to the darker nights; getting the fire on, cosy clothes and candles, but for others it's a more challenging time.

One of the best things we can do is to boost our serotonin level; serotonin is a wonderful neurotransmitter that helps us cope better with life, it helps us feel good and contributes to our mental wellbeing.

We can boost our serotonin in many ways, the top two I'd suggest for this time of year are, moving your body and interacting positively with others, here are some local ideas to help you boost your serotonin:

Visit Newtonhill Beach - I know there can be a strong urge to hibernate, and especially if the rain is battering off the windows, but getting outside and going for a walk gives you an instant serotonin boost. Head down the steps at the end of Skateraw Road to Newtonhill beach and let the sea air blow any cobwebs away (I always like to take a flask of tea too).

Join the Newtonhill Walk – There's a group of locals that get together on Monday evenings at the Bettridge Centre at 6.30pm for a walk. This is a great option as it gets your body moving and gives you the opportunity for interacting with others, a great way to meet people nearby (There's more details on the Bettridge Centre's Facebook Page).

Make time to Connect – Connecting with others meets one of our basic needs; a primitive need to be part of a tribe, and when we meet that need our brain rewards us with serotonin. This month make time to connect with a friend or family member. If you're a parent or parent to be the Chapelton Mum Walking Group often meet in Brae on Wednesday mornings (check the 'Chapelton Mum Walking Group' on Facebook).

Try a Martial Art – There's a wonderful Choi Kwang Do class on Monday and Friday evening at The Bettridge Centre, it's perfect for beginners of all ages, and adults and children train in the same class. This is a great opportunity to learn something new, to have positive interactions, and to move your body. Plus, it will give you self-defence skills too.

These are all simple suggestions, because you don't need to do anything huge; it's much better to take some small steps that you can do regularly, these are the things that really add up and create positive change.



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Bake with us!

How to make yummy toasted marshmallow flapjacks

These yummy flapjacks will be sure to hit the sweet spot!

Ingredients -

130g Butter

150g Golden Caster Sugar

1 tbsp. Golden Syrup

230g Rolled Oats

60g Mini Marshmallows

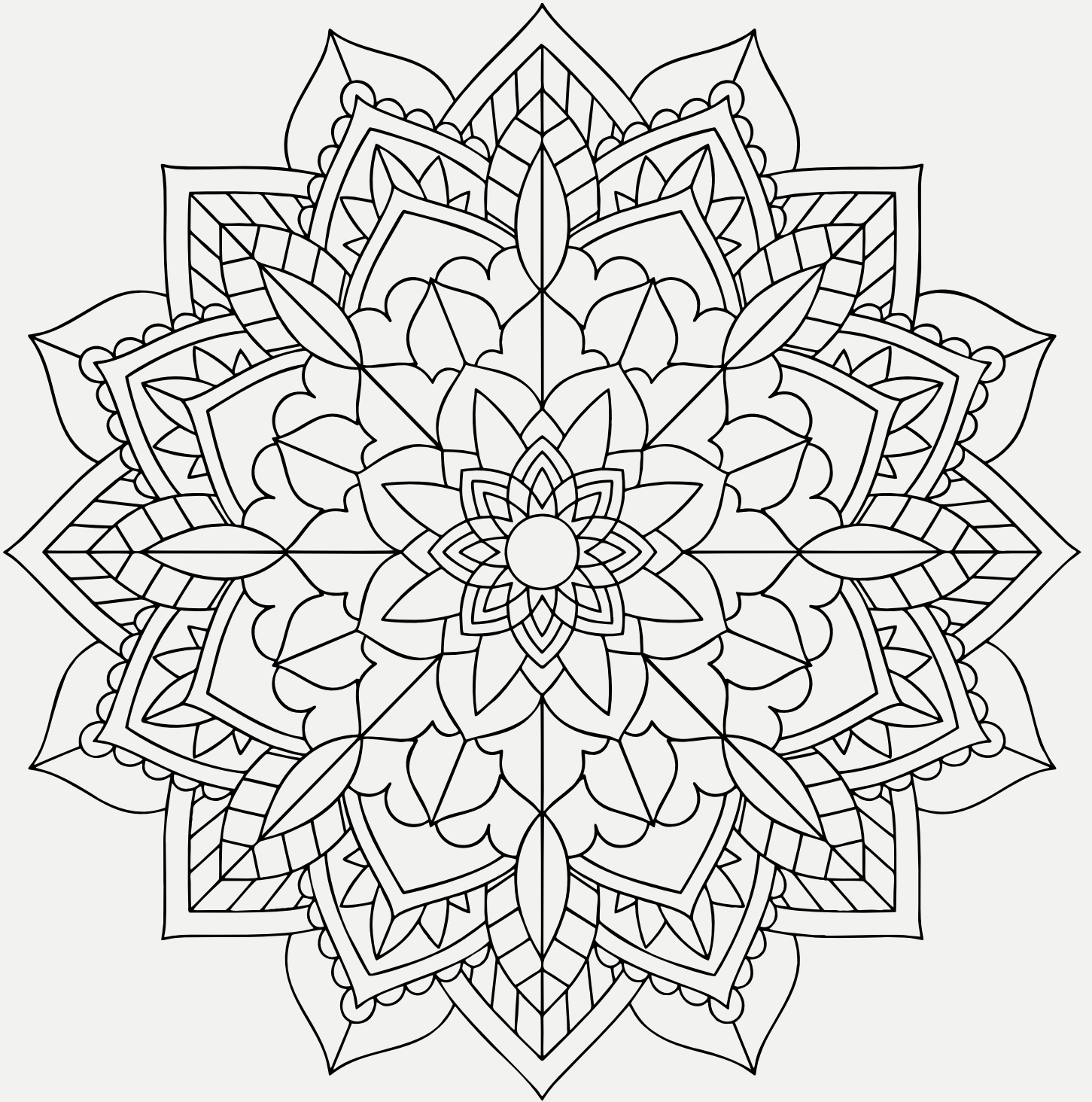
60g Dark Chocolate Chips

1. Start out by measuring out your ingredients and by preheating your oven to 180degC.
2. Melt the butter in a pan, add in the sugar and stir until it has melted and the mixture is no longer grainy.
3. Add the rest of the ingredients into the mixture and stir to combine
4. Pour the mixture into a lined square baking tray and bake for 12 mins.
5. Leave to cool and then cut into squares.

Happy baking, we hope you enjoy!



Colouring fun for all ages!



St Ternan's Scottish Episcopal Church

Written by George Masson



St. Ternan's is the Northern most Scottish Episcopal Church in the Diocese of Brechin.

We are part of the world-wide Anglican communion. The church is located in the North Kincardine Rural Community Council area, to the west of the A92 about a mile from Muchalls Village on the Causey Mounth where the road branches off to Cookney and Netherley.

The church is open everyday. Our Family Eucharist service is held on Sunday's at 10.30am. Refreshments, prayer and chat service/meeting is held on a Wednesday morning at 11am.

Messy Church is being held in The Hut starting on Sunday 2nd October, run by Maryculter Trinity Parish Church and St. Ternan's. Families welcome. Please check our website www.stternans.co.uk and Facebook for further notifications and updates.

Our community room is available for hire, it has a well equipped kitchen, toilet facilities (including disabled), baby changing are all available. There is also space at the rear of the church which could be used for fitness classes, public meetings, first aid training & concerts. There is a space at the front of the church for musicians/choirs. A PA system is available for playing your own music, we also have an Epson projector, screen and WI-FI. Car parking included with disabled spaces available.

Rev Mary Jepp is licensed as Priest-in-Charge and Transitional Minister for St. Ternan's and St. James Stonehaven. Church Contact number is 01569 730625, please leave a message and your call will be returned ASAP.

Bettridge Centre Newtonhill



**Sport | Exercise | Dance
Community Groups | Meetings
Parties for all ages**

01569 731320 www.bettridgecentre.org.uk

The Bettridge Centre is run by the community for the community. From pre-school groups to Newtonhill Out of School Club and our ReActive8 programme for older people, we pride ourselves on providing the perfect space for a wide variety of high quality activities at affordable prices to local people of all ages, abilities and backgrounds in a friendly, welcoming environment.

As one of the largest venues south of the city, we support these activities by letting out space for parties, functions, festivals, show and events of all kinds.

The centre is fully accessible and has disabled toilet and shower facilities. With easy transport links via the A92 and the bypass, plus free car parking, we are the perfect venue for all occasions.

REGULAR WEEKLY PROGRAMME

MONDAY		
Baby Sensory	9:15	15:30
La Jolie Ronde	10:00	11:00
Line Dancing	13:30	14:30
Choi Kwang Do	18:00	20:00
Walker School of Dance	18:00	20:00
Centre Stage	20:00	22:00
Newtonhill Netball Club	20:00	21:30
Maitland Badminton (Private hire)	20:00	21:00
Innes Badminton (Private hire)	21:00	22:00
TUESDAY		
Busy Bees baby & pre-school group	9:30	11:30
Footstars (pre-school football)	9:00	15:00
Chair Yoga	11:00	12:00
Newtonhill Netball Club	17:00	21:00
Beavers/Cubs	18:00	20:00
Aberdeen Astronomical Society	19:30	21:30
Russell Badminton (Private hire)	20:00	21:00
WEDNESDAY		
ReActive8 meetings	10:30	12:30
Teeny Tunes	09:30	11:30
Library Service	15:30	18:00
Metafit	18:00	19:00
Portlethen Sports Club	18:00	19:00
Yoga	18:15	19:15
Scouts	19:00	21:00
Yoga	19:30	20:30
Lethen Archers	19:30	21:30
Harding Badminton (Private hire)	21:00	22:00

THURSDAY		
Zumba	9:30	10:30
Yoga	9:30	11:00
Busy Bees baby & pre-school group	9:30	11:30
AFCCT Walking Football	13:00	14:00
AFCCT Football Centres - 5-7	16:00	17:00
AFCCT Para Football – 8-12	17:00	18:00
Jacob Badminton (Private hire)	18:00	19:00
NCC Football	19:00	20:00
Dance Dimensions	19:00	21:00
Yoga	19:00	20:00
Walking Netball	20:00	21:00
Auld Boys Football (Private hire)	21:00	22:00
FRIDAY		
Parents & Toddlers	9:30	11:00
La Jolie Ronde	10:00	11:00
Library Service	13:00	15:30
Dance Dimensions	16:00	19:00
Choi Kwang Do	18:00	20:00
Jacob Badminton (Private hire)	19:00	20:00
SATURDAY		
Dance Dimensions	9:15	15:30
Footstars	10:00	14:00
SUNDAY		
Grampian Radio Car Club	10:00	16:00
Centre Stage	15:00	17:00
Newtonhill Out of School Club: 07793561748 Open every week day 07:30–09:00 and 14:45–18:00 Holidays 07:30–18:00		

Green Swaps



If you're anything like me, you would like to think of yourself as being environmentally aware, and trying to do your bit to help our planet. But the reality of daily life with two wee ones and two dogs means, if I'm totally honest, I usually just grab products that are convenient and easy, and brands I know when I'm running round the supermarket. This year, my new year's resolution was to try and become "greener" but without spending any more money than we already are. But-there was no way I was going to realistically change all our buying habits in one fell swoop and juggle family life! So I've been trying to change one product at a time-and trialling some "green swaps".

Toilet Roll - We go through rolls and rolls of loo roll (the Andrex puppy would be proud!). We were very loyal Andrex users so this swap was going to be challenging as everyone in the family has a strong opinion when it comes to wiping their bottoms! We decided to try "Who Gives a Crap" so we ordered their eco-friendly recycled toilet paper. The packaging was super cute and a big hit in our house, but the loo roll was a miss for the rest of the family (I quite liked it). They said it pilled up and was too easy to poke a finger through (thank goodness for hand soap!). Next we decided to try the premium bamboo toilet paper from the same brand and this has been a resounding win! Not only have we been enjoying the "where's wally" style packaging but ordering a box on amazon means I haven't even had to remember to pick it up at the supermarket and price wise, it is more expensive at £1 per roll compared to 65p per roll that we were paying, but we don't seem to go through them nearly so quickly, so we reckon they average out about the same. [5 stars]

Dishwasher tablets - We run our dishwasher at least once a day-it always seems to be full! So finding a product that cleans as well as our favourite "Fairy Platinum" was going to be tough. To be fair I didn't do very much research here-social media seemed to have realised I was interested in making greener choices and had started serving me "smol" adverts on repeat. Being the influenceable consumer that I am, I duly ordered the trial pack fully ready to tut as my crockery came out still grubby. I tried the first load and I was genuinely surprised when everything came out clean even the lasagne dish which I hadn't pre-soaked (because who has time?!). What's more, when I took the glasses out, they were actually less streaky than normal, and with subsequent washes with the smol dishwasher tablets they have lost all the cloudy marks. The cardboard packaging is pretty good, and they have had a bash at creating "child-proof" openings. I haven't given it to a child to see if they can manage (and we are still at the locks-on-cupboards stage) but it certainly seems to be husband-proof judging by his utter confusion when I asked him to chuck a tablet in and switch it on! The best price I found for our Fairy tablets was 17p (when it was on offer) per tablet, and smol is 19p per tablet, so pretty similar. It's another subscription service which I've actually found really easy to use and you can increase or decrease your order frequency as much as you like (so you can plan ahead for Christmas/birthdays etc when, if you're anything like us your dishwasher will be constantly running!). [5 stars]

Glass cleaner - I love our house, but I don't love constantly wiping fingerprints and dogs snot off our glass doors. My least favourite cleaning job is the shower glass. No matter what I try I simply cannot get it clean. It drives me nuts. I have no brand loyalty to glass cleaners. In fact, I think I've probably tried and disliked every glass cleaner in the supermarket. A friend suggested I try ENJO. A chemical free cleaning cloth system that's supposed to last 3-4 years-simply spritz with water and wipe it down. And at £54 for the two cloths suggested for glass-it would need to last at least four years!!! Sounds too good to be true! Well, credit where credits due, it worked pretty well on the glass doors and windows, getting rid of sticky fingerprints and dog lick marks. it didn't leave any streaks and there was no excessive elbow grease needed. Buoyed up by this, I headed to my nemesis, the shower. Well, it failed at the final hurdle. It didn't seem to make any difference to the shower screen-so the search continues. [2 stars]

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