

Chapelton Chat

Community News



This picture has been beautifully created by Beth Johnston

Issue 3

March 2023

Scottish Charitable Incorporated Organisation SC051928



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Association**



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Hello!

Welcome to Issue 3 of the Chapelton Chat, hopefully the cold days are finally behind us as spring starts to make its way here. Its lovely seeing the daffodils starting to appear in the square and to see all those bulbs the Chapelton Community Association planted along the drive finally making an appearance!

This edition is hopefully full of exciting articles for you to read and will hopefully give you an idea of what's on in the coming months.

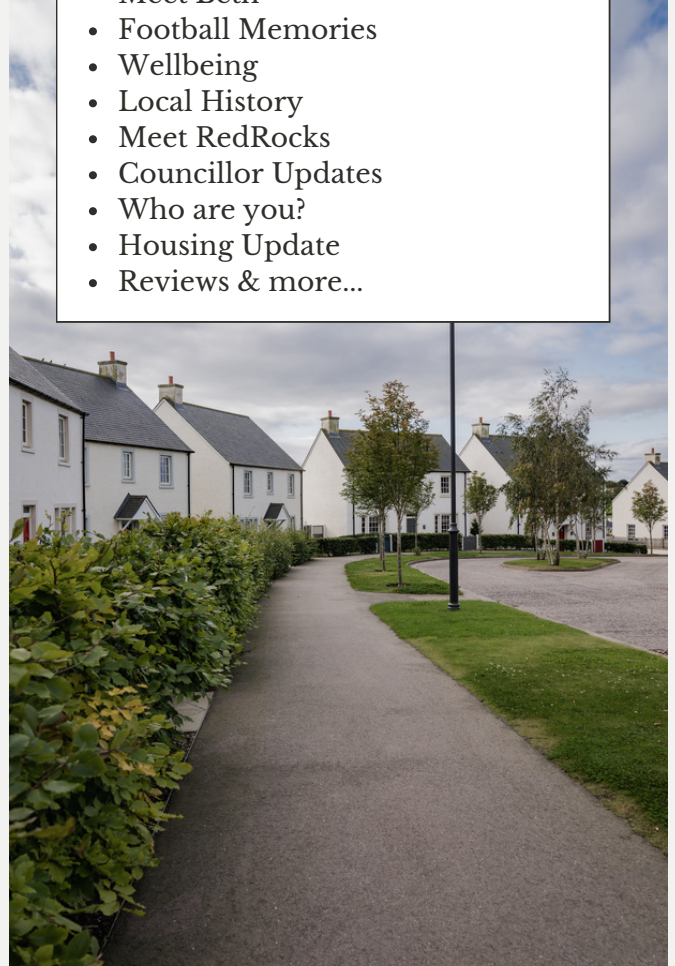
We always welcome any feedback, if you have any suggestions on what you would like to see in the Chat or would like to provide an article/ad for the next edition then please contact editor@chapelton-ca.uk.

Thank you!



WHAT'S IN THIS ISSUE:

- What's on in Chapelton
- Allotment Chat
- Recipes
- Meet Beth
- Football Memories
- Wellbeing
- Local History
- Meet RedRocks
- Councillor Updates
- Who are you?
- Housing Update
- Reviews & more...



THANK YOU!

Thank you to everyone who has kindly taken the time to contribute to this issue of the Chapelton Chat and to all of our wonderful advertisers!

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



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 Centre
Mondays at 6.30pm

60's Club at Slate & Grain
Last Wednesday of the month

Spring Wreath Workshop
Saturday 25th March at 2pm

First Aid Training
Saturday 11th and 25th March

Camera Club
Sunday 26th March

Chapelton 10K
Sunday 16th July

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Update from Councillor Catherine Victor



If there is one place that I would like to live in, it's got to be Chapelton. From the first time I drove into this delightful town, I felt like I was coming home. The way it is designed, with all its little streets and squares, to the house designs, that just make you feel good, it just gets to me. I love it.

I had the pleasure of visiting the retirement village at Landsdale and the lovely Jenny took time to show me around. They have covered every little thing that you would want to live your life in glorious relaxation, but they have thrown in a wee gym, just in case you feel energetic at some point.

The flats are beautifully finished, warm, spacious with little verandas in most, where you can show off your green fingers. The views from some of them are to die for. There is a comfortable restaurant/ bar where you can meet up and entertain your friends. What more would you want?

I look forward to seeing your town develop as time goes by, the introduction of the primary school, due to open in Autumn 2026, will be a welcome addition and we, your Councillors will not let that time table slip. There are retail units planned but the cabins are a very good stop gap in the interim.

The best bit though is the community feeling you have developed there. That is not easy in a new town so I commend all of you who are giving up your time, using your initiative and using your imagination to get people working together for the good of your area. Keep that spirit going.

I am proud to be one of your Councillors and I hope you will give me a call on 07787800678 or email me at Cllr.c.victor@aberdeenshire.gov.uk or follow me on facebook#[cllr.Catherine Victor - North Kincardine](#). I will always do my best to help you out, cannot promise I will always succeed but I'll give it my best shot.



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Youth Roundup

This issue Eliana Irwin, aged 11 has kindly let us interview her about her favourite after school activity!

Tell us about the class you go to:

I go to Newtonhill Netball Club every Tuesday night at the Bettridge Centre between 6 and 7 pm. Its for p7 and s1 kids but there is a younger age group and an older one too.

Why do you enjoy going to Netball?

I enjoy going because I really like playing the game. Its lots of fun, and because it is in the village a lot of my friends go too. Its nice to be able to play for a local team. We had our first festival at the end of last year and we played lots of other teams from around Aberdeenshire which was exciting. The next one is in March on my birthday!

What has been your proudest moment so far?

Winning lots of the games we played in the netball tournament made me feel proud.

What have you learnt from your time at Netball?

I have learnt how to play the sport and how to be part of a team. You are only allowed in certain parts of the court in Netball so you have to play well with everyone around you to be able to win.

What do you think others would enjoy about the class?

I think others would enjoy being part of a team, having lots of friends around them and learning new skills.



Gardening Jobs for March

Written by Charlie Craig



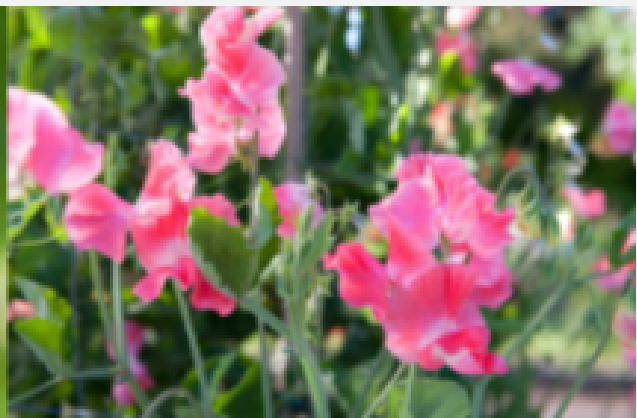
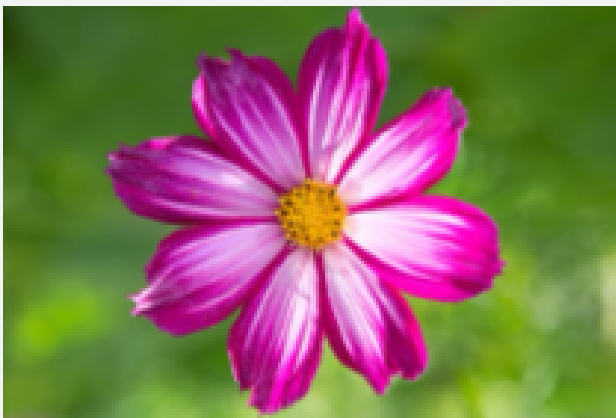
In March the days are getting longer, bulbs are flowering and although the weather is still chilly we know that spring is on the way.

SOWING SEEDS

Children will enjoy sowing seeds. If you plant seeds in March and ensure warmth using a sunny windowsill or a heated propagator, you can gain extra growth. By sowing seeds early on in the year, you can be enjoying beautiful blooms and tasty crops for a larger part of the year. The season can then be extended by carrying out repeated sowings from March/April onwards.

Lettuce, salads like rocket and coriander, brussels sprouts, cabbages and leeks can be sown now. Some herbs like parsley need soil warmth and air temperature to germinate so I usually leave these a little later.

Sweet peas can be sown in biodegradable pots or cardboard toilet roll tubes as this will allow the sweet peas to be planted out in their containers. Sow individually then place on a sunny windowsill or in a greenhouse, Cosmos are also easy flowers to grow and they look great in borders.



CHIT POTATOES

This means buying some new tubers to “chit”. Garden centres have a wide variety of seed potatoes.

Save your egg boxes – these are a perfect size. Place one tuber in each part and place them in a cool place to grow tiny new green shoots. You can also prepare the ground you will plant them in but wait until late March before you actually put them in the ground outdoors.

How about having a family competition growing potatoes in a container.



Fortunately, potatoes can be great container-grown crops. They are easy to grow even if you have a small garden space. Always use a container with drainage holes. Plant the seed potato (or multiple if your container is big enough) near the bottom of the pot on a 2-3 inch layer of soil or compost. Cover the seed potato with another 2”-3” of compost and if your soil mix is extremely dry water slightly but do not soak the potting soil.

When the potato has sprouted through the soil and is actively growing cover with compost until you reach the top of your container.

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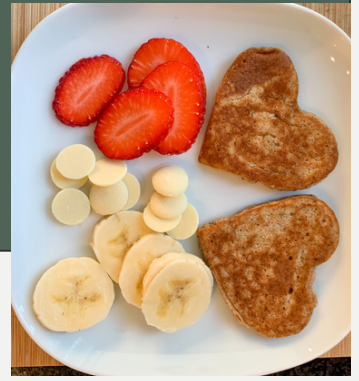
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Coral's Pancake Recipe!!

Yummy pancakes, that the whole family will love.



Ingredients

- 1 Pink Lady apple
- Half a medium banana
- 1 teaspoon of Ceylon cinnamon
- 2 tablespoons of Milled flaxseed
- 50ml of milk (any type)
- 20g of oats
- 1 medium egg
- 1 teaspoon of vanilla extract
- 1 teaspoon of baking powder



Method

- Peel apple and chop it. Place it in a microwave safe bowl, cover the bowl with clear film and microwave for 2/3min full power (until apple is soft)
- Blend all ingredients together (including cooked apple)
- Cook as normal pancakes and serve with chosen syrup, fruit, chocolate etc!
- If you don't find it sweet enough of course sugar or sweeteners can be added, but in our house it's not needed and it's children proof they are great.
- This time we chose chopped strawberries and bananas with some white chocolate buttons.



Did you know that Ceylon cinnamon is a lot sweeter than Cassia cinnamon (most common one found in supermarkets). We get them online but many specialist shops have it.



Good for breakfast, packed lunches or snacks.

You can remove all the apple and just do banana or vice versa.



Toddler Travel Reporter

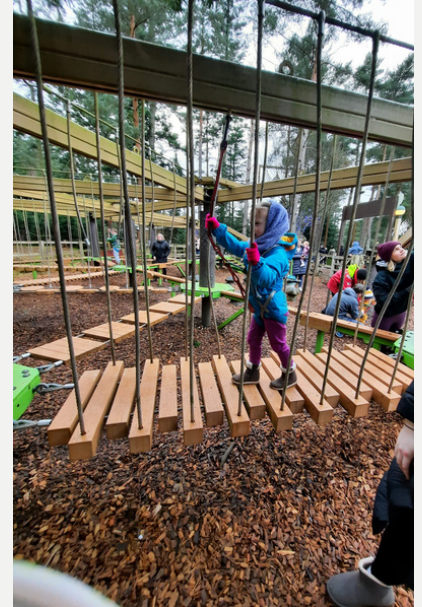
An interview with Elsie Moir

My favourite thing was running on holiday. I went on holidays to center parcs. I went on mini trek. I went with nana, auntie Rae, mummy, Hugo and Daddy. I liked doing my yoyo and seeing fairies.

It was good. I liked all of it. And pottery painting. I saw a cow and one two three squirrel nut-quins. I went in the hot tub and swimming pool. there was a bit we can stand in and get nice and warm and cosy.

I liked the restaurant with the robots it was good and I saw a cleaning up one but I don't know what it was called.

I think Skye and Cayetana and Oliver and Sadie should go on holiday there. The car was ok.





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MONDAYS	THURSDAYS
<p>TIME 0915 - 1015 Serenity Savasana - FREE</p> <p>TIME 1030 - 1130 Nurtured Baby : Baby Massage</p> <p>TIME 1200 - 1300 Lunch Time Yoga Flow - All Levels - FREE</p> <p>TIME 1745 - 2100 Level One & Two: Drumming About</p>	<p>TIME 0910 - 1000 Pilates (Beginners): Tanya</p> <p>TIME 1015 - 1115 Hatha Yoga: Create Space UK</p> <p>TIME 1150 - 1250 Gentle Hatha: Create Space UK</p> <p>TIME 1800 - 1900 Yoga Vinyasa Flow - Embodied Therapy</p> <p>TIME 1930 - 2100 Meditation - Aberdeenshire Soto Zen</p>
TUESDAYS	FRIDAYS
<p>TIME 0915 - 1015 Guided Meditation - FREE</p> <p>TIME 1030 - 1130 Restorative Yoga - FREE</p> <p>TIME 1830 - 1930 Iyengar Yoga: Sam McKeown</p> <p>TIME 2000 - 2100 Kuk Soal Won: Paul Bond</p>	<p>TIME 0915 - 1015 Pilates with Julie</p> <p>TIME 1030 - 1130 Ruyi School - Tai Chi</p> <p>TIME 1145 - 1245 Nurtured Baby - Baby Yoga</p> <p>TIME 1700 - 1800 Teens Yoga - FREE</p> <p>TIME 1800 - 1900 Community Yoga - FREE</p>
WEDNESDAYS	SUNDAYS
<p>TIME 1815 - 1915 Pilates with Julie</p> <p>TIME 1930 - 2030 Yin Yoga: Embodied Therapy</p>	<p>TIME 1815 - 1915 Qi Gong: GaWell</p> <p>TIME 1930 - 2100 LAST SUNDAY Women's Circle: Embodied Therapy</p>




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Who are you?...

Rev Mary Jepp



Someone, who knows me pretty well, a couple of weeks ago, asked me 'who are you?' It was one of those conversations which has caused me to ponder my own identity. Now I can come up with, a long list of adjectives, just as you can,...here are a few: Canadian, female, Christian, mother, walker, cook, knitter...the list could go on and on. I suppose in a sense those are really only surface adjectives and each adjective on its own could lead to another list, the lists might even go on forever. I do wonder if those lists actually say who I am. Underneath the adjectives are a set of values; ways of being or believing that we hold important and underpin, most of the time at least, the way we lead our lives..

Occasionally we hear in the media the expression 'British Values' or even 'Scottish Values'. Looking on line I was surprised to see that England and Scotland have their own set of values, which supposedly are the basis of the way we are governed and the way we live our lives. A Scottish Government website states that "We are a society which treats all our people with kindness, dignity and compassion, respects the rule of law, and acts in an open and transparent way". The words that resonate for me are "with kindness, dignity and compassion" and I wonder as I think about the world, Scotland and the communities in which we live, how we might see those values in action?

In the many conversations I have in my work, I see those values reflected in the communities in which we live. I see great kindness and concern for families, friends and neighbours, individuals supporting charities and reaching out to others in so many different ways. I know there are moments when I feel exhausted by the news of wars, natural disasters, poverty and inequality, but saying that I know that we are connected to people around the world. I find it very hard at times not to be consumed by so many stories.

I realize that those words may seem somewhat gloomy or overwhelming. We are as they say 'only one person' and can only do so much. However, as individuals, one step at a time we can make a huge difference in the situations that we find ourselves. A starting point is to seriously consider our own personal values...what makes us tick! What underpins the way we live our lives and then ask ourselves are we true to those values?

As for me I come from a family of immigrants, and although I don't consider myself to be one most of the time these days I am an immigrant. Out of my experience and that of my family I would say or at least hope that 'being welcoming' is at the heart of who I am. Not surprisingly I have been in situations where I have not been welcomed and in situations where I have been welcomed and I know which I prefer...Thank you for welcoming me to this bit of Scotland!

So...back to the question...who are you?...

SMALL TALK...

Each issue we will be interviewing children from the community and asking them about their favourite local classes. This time we interviewed Gracie, age 3, about her Ballet class!

Gracie, why do you like going to Baby Ballet?

Cos I do!

What do you think of your teachers?

Nice

What do you think other boys and girls would like about Baby Ballet?

Don't know

What has been your proudest moment so far?

Don't know

What have you learnt from your time at Baby Ballet?

Good toes naughty toes, march march march!



Classes run on Saturday mornings at the Bettridge Centre!



Meet Daphne & Martha

Daphne is our 7 year old tabby, we rescued her from cats protection at 4 months old. She loves catching birds and watching everyone walk past in the front garden.

Martha is our 2 year old Maine coon/ Scottish fold, she is the biggest sook and loves to be cosy and sleep all day. Sometimes she'll bring us a little mouse to play with!

These gorgeous girls belong to the lovely Hadden Family.

Meet Beth

Owner of Hawthorn and Hare

Hawthorn and Hare is the creative works of Chapelton resident, Beth Johnston.

The cover artwork is a mixed media painting, of watercolour, pencil and ink that features some of the picturesque homes located on Bunting Lane, in the heart of Chapelton.

Beth is an accomplished graphic designer, artist and illustrator who works as a secondary school art teacher.

Taking inspiration from the wild lands and wildlife of the surrounding area Beth has her own line of greetings cards and takes commissions for paintings including landscapes and pet portraits and graphic design services. You can find her Etsy shop at: www.etsy.com/uk/shop/hawthornandhare or contact her for commissions via: hello@hawthornandhare.com





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Chapelton 200 Club

Have you bought your number yet?

Use the QR code or visit the Chapelton Community Association website to buy!



Chapelton Over 60's Club

We meet at Slate and Grain on the last Wednesday of the month between 6:30pm and 8:30pm

Dates for your diary...

29th March

26th April

31st May

28th June

Themes tbc...



Football Memories Scotland

An update from Charlie Craig



In 2009 the project Football Memories, an innovative partnership between Alzheimer Scotland, the Scottish Football Museum and members of the Scottish Football Heritage Network was launched. The Heritage archive of football images became the central resource for reminiscence activity, with over 100 groups meeting Scotland-wide to share their Football Memories.

As well as having access to this growing resource, new groups have extended their participation beyond those living with dementia. In the wake of the pandemic many individuals, within our communities, felt isolated and some were living with mental health conditions. Memories Scotland now aims to bring more people together in reminiscence.

For over ten years, Chapelton resident Charlie Craig has been part of the team of Alzheimer Scotland volunteers facilitating Football Memories sessions at Pittodrie Stadium with the backing of Aberdeen FC Community Trust and the Club. Donnie Macdonald from Black Street has recently begun volunteering at the meetings and his vast knowledge of football in Moray and North East has been excellent.

With the full support of Cove Rangers Football Club a monthly session is now held in the Sponsors Lounge at Balmoral Stadium. This new venue is particularly convenient for those living on the south side of the City and north of Stonehaven.

A monthly Sporting Memories meeting is also held at Aberdeenshire Cricket Club at Mannofield.

An advantage of the partnership with Aberdeen FC is the full cooperation received from former players who are always very willing to give up their time. Current player Jonny Hayes was appointed last year as an Ambassador for the AFC Community Trust and he enjoyed an afternoon with us sharing stories about his career.

Well known former players Drew Jarvie and Joe Harper regularly enjoy reminiscing with the groups. Player and team photographs, match programmes and newspapers, especially when Aberdeen were very successful, are a great source of stimulation for our members. A useful benefit from the sessions is the respite it gives to the wives and partners of the members. It may be the only time, once a week, for them to pursue their interests or meet friends for a chat away from caring duties.

The Football/Sporting Memories Project are keen to recruit more volunteers to help at the meetings which are very informal. Please contact Charlie Craig by email charliec1807@icloud.com for more information.

Discussions are ongoing in partnership with Libraries Scotland to form Memory Groups to provide opportunities for anyone more interested in the themes of Working Life and Social Life or Local History. Perhaps it may be worthwhile to form such a Group in Chapelton, particularly for those who now live in our community from outwith the North East.

(Photo taken at recent session with Donnie to the left of Dons Legend Theo Snelders.)

St Ternan's Easter Services

Maundy Thursday Holy Communion
(we remember Jesus' last meal with his followers) 5pm

Good Friday Reflection 12 noon

Easter Sunday Holy Communion 10.30am



Spring Sailing with Aberdeenshire Sailing Trust

Would you like to have a go sailing this year? In Aberdeenshire you can learn to sail on the sheltered waters of Loch of Skene during the springtime. Once you have the basics, Aberdeen and Stonehaven Yacht Club offer lots and lots of opportunities at both Loch of Skene and Stonehaven. And for younger people, Stonehaven Sea cadets offer lots of additional opportunities.



Our organisation, Aberdeenshire Sailing Trust, is an organisation that teaches beginners, and aims to make sailing accessible to those who might not otherwise be able to access it, for example, people with disabilities.

Each March we take our fleet of dinghies back to Loch of Skene to be ready for the short but action packed Skene sailing season, which for us runs from April till

approximately mid June. For children we run Easter holiday RYA Junior Courses, and Tuesday after school sailing club. For adults we run evening RYA courses in our lovely stable Wayfarer dinghies. In addition to this we run sailing for school groups, and for groups such as Scouts, Guides and Boys Brigade. We're hoping to have funding in place to run a disability club at Loch of Skene too. By the time you read this we should know and you could find out more on our website:

www.aberdeenshiresailing.org.



Big adventures start with little people in tiny boats. Sailing is a skill for life, helping young (and not so young) people find confidence, happiness, friendships, life adventures and even careers.

Chapelton of Elswick 10k

Written by Ann Gallon



The planning has started for this years Chapelton of Elswick 10k which will be held on Sunday 16th July. The 10k is organised by residents and runners with the money raised going to local charities and community groups with £4900 being raised last year.

The 10k race will be open to 400 runners this year and you can stay updated by following us on Facebook/Chapelton10k, Instagram/Chapelton10k and on the runchapelton.co.uk website.

On the day there will also be the kids races, bouncy castle and face painting as well as hot food stalls.

The committee can't put on the event without the support of our 10k volunteers to help with marshalling, registration and numerous other roles and the residents that donate home bakes for the famous Chapelton 10k home bake stall.

If you would like to help on the day, if you are not going to run yourself, or would like to be a sponsor get in touch info@runchapelton.co.uk.

Let's hope we can get over the £5,000 raised for local charities and community groups this year.

Thank you, the Chapelton 10k committee.

Ann Gallon, Ailsa & Michael Barker, David Butler, Rachael Cutler-Howie, Leighanne Deboys, Natalie Florance, Christine Groves, Jackie Knight, Rachel Rollo & Jon Spence.



Volunteer with us

'I enjoy it so much. The girls are lovely and I feel I'm doing something worthwhile. It's amazing!'

Tayba, leader



girlguiding.org.uk/interested

Hello my name is Sarah and I am the unit leader of the 1st Portlethen Rainbows. I have been in Girlguiding since I was five years old and have progressed through Rainbows, Brownies, Guides, Young Leader to Adult Leader.

I currently run the Rainbow unit in Portlethen along side Lyndsey. Here we get the opportunity to interact with a variety of characters and are fortunate in being able to help the girls learn and develop new skills whilst also enjoying craft and games nights with them.

We have 1 Rainbow unit and 2 Brownie units that cover Portlethen, Newtonhill, Chapelton and Muchalls, it is definitely not enough. Over covid we lost 3 units as many volunteers weren't able to continue helping so now we need new volunteers to step forward and give us their time. Our waiting lists are very long as some girls aren't getting spaces in units before they are too old so they aren't getting the same Guiding experience that I experienced growing up.

In Girlguiding the opportunities are endless. We do activities indoors and outdoors, badges, crafts, adventures away from the meeting place and it is a great way to meet new friends. An example of activities I have done with my unit in the past are, visiting the farm stop and we have had an evening at Jump In.

Even if you could donate some of your time so that more young girls can join, that would be amazing. If you can give your time it would be much appreciated so we can give more girls the Guiding experience. Please go to the link above to register your details if you feel this is something you could do.

Little Hands Weaning Recipe

By Charlotte Farmer

Savoury Veggie Muffins

Ingredients

- 1 medium (250g) courgette
- 1 medium (120g) carrot
- ¼ cup (30g) frozen peas
- ¼ cup (30g) frozen sweetcorn
- 1 cup (125g) cheddar cheese
- ½ cup milk of choice
- ¼ cup Greek yoghurt
- ¼ cup olive oil
- 2 eggs
- 2 cups (250g) plain wholemeal flour
- 3 tsp baking powder



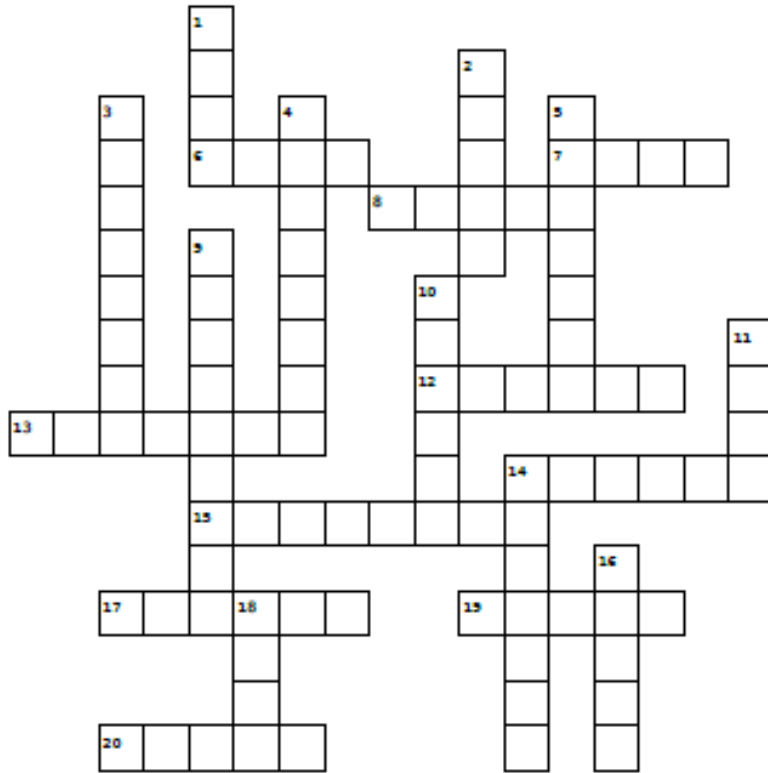
Method

- Preheat oven to 180degC
- Grate the courgette and carrot and pop them in a clean tea towel, wrap it around them and squeeze as much of the juice out as you can. You can save this juice and add to smoothies or sauces!
- Now add the courgette and carrot into a large mixing bowl along with the frozen peas and sweetcorn. Add the grated cheese, milk, yoghurt, olive oil and eggs and mix them altogether. Then sieve the flour and baking powder into the bowl and stir until just combined – resist the temptation to over stir! The final mixture is thick, lumpy and messy which, if you're like me, goes against all my inner instincts to leave it that way but it's worth it for lighter muffins!
- Fill the mixture into a muffin tray, either grease it well or use reusable/paper cupcake cases, and bake for 20-25 minutes.

These muffins are really easy to adapt and use whatever left over veggies you have in your fridge.

We like to add these to our freezer stash ready for lunch, dinner or a snack – Harvey and Darcy's favourite is to eat them with a side of good ol' baked beans. Suitable from 10 months.

Crossword Puzzle



Down:

1. boy (4)
2. he's a terrible gossip (5)
3. moving home (8)
4. Ive got the shopping (8)
5. lets chat (7)
9. I'm very embarrassed (9)
10. needs a good wash (6)
11. dont trouble yourself (4)
14. I'm awfully wet (7)
16. a woman (5)
18. where do you stay? (4)

Across:

6. do you carve this for halloween? (4)
7. clean your ears (4)
8. girl (5)
12. your hands are dirty (6)
13. foos yer doos? (7)
14. its very wet and windy (6)
15. he comes from the country (8)
17. what the Dons play (6)
19. give us a cuddle (5)
20. the emperors new clothes (5)

(HINT) All answers to this crossword are in Doric!

What's coming next

An update from Caroline Fife

The last years have been exceptionally busy for the design team as the construction programme moves towards the Cairnhill neighbourhood centre. They have worked closely with the three housebuilders on the new areas, there will be an even larger variety of homes from one bed apartments up to some substantial houses on the edge of the development. Taking each housebuilder in turn.

Snowdrop

With just one plot left to finish at the entrance to Chapelton and one at Brooke Lane, Snowdrop have recently got planning permission for the land at the southern edge, just over the Pheppie burn, now named Queen Elizabeth drive. It will be on 30 large plots, and they are starting at the eastern edge. These vary in size but will all take advantage of the views.

AJC Homes

There are only a few remaining houses left at Benton Crescent and AJC will then build out and down towards the burn before turning round and up towards the Brio building. The old farm steading has been demolished and AJC plan to bring forward four homes to the south of the wooded area. The remaining trees there will have to come down, but we are planting a new woodland walkway with a variety of species and it should make a nice cut through to the country park.

Places for People

A major planning application for Places for People should be going in at the end of this month. This will be for 180 homes and take the Chapelton building area right up to the new school via the Cairnhill neighbourhood centre. The design includes a square surrounded by retail (11 units one of which will be a pharmacy) and a larger community building just beyond their current offices. To the west of the playpark there will be a more formal park with a toddler play area sheltered by a hedge and with a food kiosk and there are also more allotments. In the meantime, they will be building out the area up towards the Cookney road and finishing off the cottages to the rear of Brio.

In addition to the above is the proposed "Oakley" building that will sit at the edge of the woodland (recently felled). Amanda Greig is raising money for this incredible project to benefit autistic children within Aberdeenshire and the location was chosen to be near facilities but to enjoy some peace and privacy. We have a design for the replanting of the wood area but – and you will have heard this before – the badgers are causing a delay to proceedings. We hope to be nearly through the long monitoring phase and be able to start on the planting. It will initially be fenced to allow the trees to establish but the planting will be more varied and allow more species to flourish.

We are also proposing 5 self-build homes to the south of the allotment area. This has been years in the planning process thanks to the rewilding of the burn and the complications.



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Our shop is open Wednesday to Saturday from 10.30am to 12.30pm and reflexology sessions can be booked online via our website, with day, evening and weekend appointments now available.

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Reflexology for a Restful Sleep

by Shona Tough



Have you found yourself feeling stressed or anxious and not sleeping well lately? Well you aren't alone. Nearly 1 in 5 people aren't getting enough sleep in the UK.

Sleep is vital for our bodies and if we aren't achieving a healthy sleep regularly it impacts our overall wellbeing. Sadly, sleep deprivation is becoming a huge problem in our society with increasing amounts of people stating that they're experiencing poor sleep. If you're having difficulty in falling asleep, waking up throughout the evening with a racing mind or not feeling refreshed upon waking then reflexology can help to restore your poor sleep habits. After all when you sleep well it makes your day so much easier to deal with.

Reflexology is a fantastic therapy that's deeply calming for both your mind and body. It's a great way to relax, refresh and recharge yourself. During a treatment you'll be put into a state of relaxation which helps your body to cope with any stresses you may have. The flow of energy which is created within your body during your session, encourages the body to respond and it starts to heal any imbalances within. Reflexology is all about restoring your body and bringing it back to its natural balance. Many people find after they've had a treatment that they're able to sleep better and wake up feeling more refreshed.

It's important to prioritise time for yourself so that your body has a chance to fully rest and recharge. If you'd like to try out this amazing therapy to help improve your sleep quality; then book in a treatment with us today at AB Wellness & Reflexology.

Shona's a clinical reflexologist who runs her own practice AB Wellness & Reflexology which is based in Chapelton, Aberdeenshire. Shona's passion is in women's wellness and she's dedicated to improving women's long-term health in all areas of their wellbeing, through her reflexology sessions. All of which are created to your own unique requirements. Shona's fully insured and a full member of the Association of Reflexologists.

ABWR can be found on:
www.abwr.co.uk

<https://www.facebook.com/abwellnessandreflexology>
<https://www.instagram.com/abwellnessandreflexology/>
<http://www.linkedin.com/in/ShonaToughABWR>

Chapelton Community Association

An update from Charlotte Litherland-Moir

What a busy few months we have had! We were overwhelmed with how many people attended the Christmas Light switch on! I thoroughly enjoyed the wonderful singing from the Aberdeen Chorus of Sweet Adelines and the super late night shopping from The Boxes. A huge thank you to Santas Elves Sarah Culter-Howie, Sarah-Louise Hay, Helen Gauld, Kirsty Bean and Gillian Steven for all your hard work, and of course the big man, Santa himself! I'm sure everyone who met him was absolutely charmed!! Santa also put in an appearance at the Kids Christmas party, which was a huge success thanks to all Coral Duran Puertas' party planning skills!

Craft club is going from strength to strength, the crochet workshop was so well received attendees asked for a block of classes, and our lovely teachers Emily and Tracey have put together a fabulous course which was booked up as soon as it went on sale! Keep your eyes peeled on our social media and website for upcoming monthly workshops including Truffle making (with our own Jamie from Cocoa Ooze), straw plaiting and spring wreath making!

60s club continues to go from strength to strength and they had a particularly fabulous Burns night with a piper and highland dancers. Its free to attend and they are a super group where you can be sure of a warm welcome and a giggle. Last Wednesday of the month, 18.30 at Brio.

As I write this, Fun Bingo looks set to be a full house, and we hope this might become a regular feature!! Camera Club beginners DSLR workshop with Megan from Blossom Photography was really enjoyed by those who attended, and the second Camera Club will take place in March with our very own wildlife photographer extraordinaire Cheryl Michie leading the group.

We were delighted to be awarded a grant towards providing first aid training and have booked this for the 11th and 25th of March. This is open to anyone who lives, works, or regularly spends time in our local area. We are offering the full SQA approved one day first aid at work (including adult, paediatric and defibrillator use) for just £30 per person (it should be £110+vat so this is a huge discount). Save a life-book now!

The first draw of the 200 club happened in January-huge congratulations to Iona Spence who won the £92 prize pot!! Tickets are still on sale if you missed out, or you want more chances to win!!

With spring in the air, we are looking forward to Easter and are excited to bring you an Easter trail-check out our socials/website for more details and printable worksheet. We are also going to be launching an Easter bonnet competition so grab the glitter glue and get crafting!! We are also keeping our fingers crossed that all the bulbs we planted in the Autumn are growing well and will be peeping out very soon!!

If there's anything you're keen to be involved in, or would love to see happen, please don't hesitate to get in touch! And if you're not a member yet, why not join us!!
Hello@chapelton-ca.uk

KEEP UP THE AMAZING WORK TEAM BRAE!!

We wanted to spread the love and give a shout out to the amazing team at Brae who since opening, have worked tirelessly to create a lovely, warm and inviting café for our little village.

They have continued to listen and grow, we love the new food offerings and have been blown away at the pie nights.

We feel so lucky to have such a talented bunch on our doorstep and cant wait to watch them grow!

Thank you guys, keep up the amazing work, we are all behind you!!



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Local History

Written by George Masson



I am sure you are all familiar with “Nether Cairnhill Farmhouse” that is located on the Causey Mounth road just as the road drops down to the ford at the Pheppie Burn and the wee bridge that allows you to cross the burn without getting your feet wet. The farm house is very prominent now, that all the surrounding trees and farm buildings have been removed. Is the farmhouse the next on the list? Once you are over the bridge continue along the Causey Mounth Road past the derelict buildings of Pheppie Farm where the two Gammie brothers used to live before the farmhouse was destroyed by fire. There used to be a dam on the right hand side of the road and the Gammie’s many years ago would use this water to power their mill. The dam is long gone as is the mill, but the water still runs along the lade and often floods the road on it’s way to the Pheppie Burn. (see old map displayed in St Ternan’s)

Continue along this section of the Causey Mounth and you will come to St Ternan’s Scottish Episcopal Church on your right. The church is open during daylight hours and visitors are welcome to visit, sit and enjoy the quiet. You will find it relatively cosy; the temperature is maintained at 12 Deg to help protect the building interior from damp, and make the church feel even more welcome to visitors.

The church centre section was built in 1829 and extended in 1876 with the addition of the Chancel and an extension to the body of the church to the West. In the later part of that century, there was a congregation of 200. The church is built on a ridge running East to West and can be clearly seen from Chapelton. The fishermen of Scateraw now Newtonhill, would use the church roof crosses to guide them into Scateraw harbour at the end of a fishing trip.

When the church was originally built it was on the main road between Stonehaven and Aberdeen. The Pike road was built after this but 400 yards to the East, so there would be little footfall past the church even until the present day. It was known then as the “Episcopal Chapel of Muchalls.” Muchalls referring to Muchalls Castle or estate not the village which only become Muchalls in the early 1950”s Before that it was called Stranathraw. The Episcopal congregation had worshipped in the Castle Chapel there since being thrown out of Fetteresso Parish Church (Ruined church and graveyard beside Stonehaven Garden Centre) because the Scottish Bishops would not swear allegiance to William and Mary 1688? (Episcopal Church was the established church in Scotland prior to this).

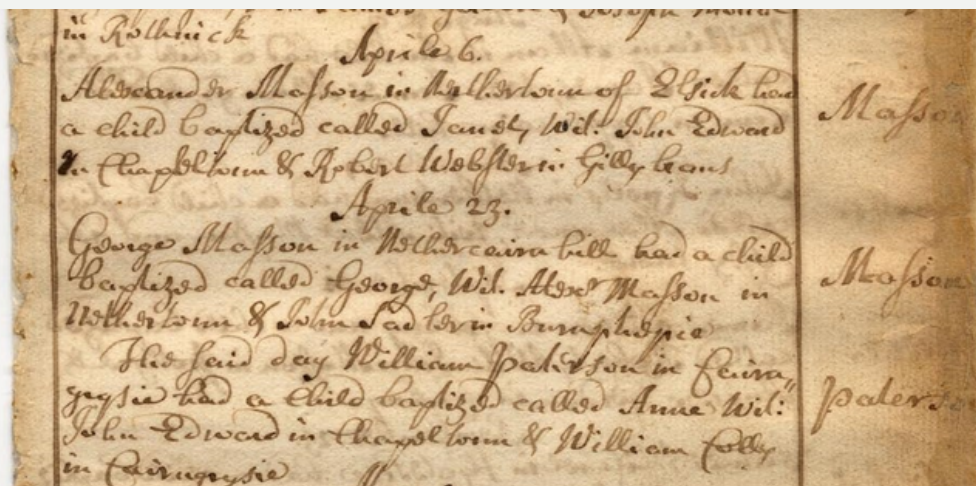
I can trace my Family "Masson" back to 1720. There is no graveyard at St Ternan's or at Muchalls Castle. Episcopalians of this area at that time were all buried at "St Mary of the Storm" Cowie, which they would have been classed as their "mother church". A long walk from Scateraw! I have often wondered where the name Masson came from and why at one time it was so common in this area until the early 1900's when almost the whole population moved to Torry and Stonehaven. I was born there "A Torry Loon". My great grandfather, grandfather and father all fishermen (another story there) I was looking through one of St Ternan's Church registers (1729 - 1881) copied on to CD and can be purchased, and came across the following entries, which in some ways gives another look where the Masson's originated from...April 6th 1734,
Alexander Mafson of Elsick had a child baptised called James Witness. John Edward Chapelton & Robert Webster In Gilly Brands

April 23rd 1734

"George Mafson (note the "f" rather than the double s) in Nether Cairnhill had a child baptised called George, Wit, Alex Mafson in ? and John Taylor in B

If anyone can complete the inscription recording these baptisms, I would be delighted to hear from you.

I find this a bit spooky that here am I George Masson, living at 5, Nether Cairnhill Drive, (Nether in Scots/Doric, means lower) just a stone throw from where a George was born and lived and baptised into the Scottish Episcopal Church at a service in the Chapel at Muchalls Castle. The priest who baptised George on the 23rd April 1734 was William Angus who was Priest at "The Episcopal Chapel of Muchalls, from 1731-1736. The Chapel was built as part of the castle, but destroyed by Cumberland on his way North to Culloden in 1746. Reading through this section of the register I am amazed at the number of baptisms Rev William Angus carried out during his time there. On another page there is a record of a Bannerman of Elsick being baptised in the Chapel of Muchalls. So it is possible that the Bannerman's and the Earl Marshal brought over from France servants with the surname Masson. A friend of mine who regularly holidayed in France in a campervan sent me back photo's of shops and businesses with the name "Masson" above the door. However I have also read that the name originated in Angus!



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Classes run at the following venues. Monday - Bettridge Centre, Newtonhill. Tuesday - The Den and The Glen. Thursday - The Hanover Community Centre, City Centre.

A update from Cllr Mel Sullivan



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, police reports and other bits and bobs.

The Kincardine & Mearns Area Committee budget closes at the end of February (and reopens for the new financial year in April). For 2022-23, there were no applications specifically from Chapelton, but there were several from the North Kincardine Rural Community Council (NKRCC) area. Until Chapelton is large enough to warrant a separate community council, it will remain part of the NKRCC.

North Kincardine Rural Community Council - £430

Maryculter Community Hall Association - £7,850

Banchory Devenick Parent Council - £1,147

Maryculter Woodlands Trust - £1,108

There's unfortunately no update on a commercial service to replace the school bus to Newtonhill Primary. The current school bus isn't expected to continue past the Easter holidays.

Good news for Chapelton Primary – everything is still on track and it hasn't been impacted by the budget cuts the council will be having to implement this next year.

Weekly news emails continue to be sent out. These include the latest planning applications and other local items of interest. Please let me know if you would like to receive these. My email address is cllr.m.sullivan@aberdeenshire.gov.uk



OPENING HOURS

Monday	10-12
Tuesday	12-2
Wednesday	1-3
Thursday	2-4
Friday	5-7
Saturday	10-12

The Community Larder is located at:

Stonehaven Community Education Centre
Robert Street
Stonehaven
AB39 2DH

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Thank you!



Registered Charity SC051811



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The Haven, Stonehaven

The Haven in Stonehaven is a registered charity (SC051811). The Haven began life as a Social Enterprise Wellbeing Space in Market Square offering a range of classes and treatments. Over the last five years The Haven has evolved, the Wellbeing space still exists in the square and there is also a Community Larder which is based in the Stonehaven Community Centre.

The Wellbeing Space comprises of the Yoga Studio, a Mindful room and a Healing room. Classes and treatments at the space include yoga, Pilates, meditation, massage, Qi Gong, martial arts and drumming. Each class is ran by self employed practitioners, the Haven also offers some free Wellbeing classes which are made possible by different funding grants.

The Community Larder is open for all, it strives to make food accessible for all and to reduce food waste. There is an annual membership scheme in place; it's free for those who need it, £5 for a single membership and £10 for a family. Everyone receives a bag for life and during our larder opening hours members can access food which comprises of a mix of business surplus, donated and bought-in food items. It works by taking what you need, and giving what you can. You can give items that we need if you are able to or make a cash or card donation. By everyone in the community using the larder it reduces the stigma for those who rely on it due to food insecurity.

Throughout the year The Haven facilitates social dining events, a seed giveaway, 'Grow Your Own' courses and cookery courses. The Wellbeing Space timetable changes throughout the year, please see the photo for our current yoga studio schedule.

Wellbeing is at the heart of everything The Haven does, and it exists thanks to our amazing 'Haven Helpers', these are the volunteers who dedicate time and energy to helping us run the Community Larder and our events. If you would like to know more, please email havenstonehaven@gmail.com or check out our social media pages [@thehaveninstonehaven](https://www.instagram.com/thehaveninstonehaven)



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Meet the Maker

The talented Claire at RedRocks answers our questions

Tell us a bit about yourself and Redrocks and how you got started?

I'm a design graduate from Gray's School of Art and ended up as a visual merchandiser and then Store Manager after uni. After I had my little boys in 2008 and 2009, both presented with traits of autism and other associated conditions quite early on, so I knew I couldn't return to a "normal job" when they were so young and needed constant support. To allow me to work from home, I went back to my artistic roots and started RedRocks with bespoke silver and gemstone jewellery and hairpiece designs.



What attracted you to Chapelton and why did you decide to make that move?

By summer 2021, my older children had started Academy and my little girl (who is also autistic) had settled into nursery which meant I could commit to working outwith our home a bit more. When the opportunity for The Boxes came up, I just knew it was exactly what I'd been waiting for and would allow me to combine my retail experience and design background whilst being close to my kids if they needed me.



How have you found the last 18 months here?

Absolutely incredible! The support and friendships I've built with both residents of Chapelton and other tenants at The Boxes has been so positive and motivating. I love when people from the town and surrounding villages pop in for a wee chat and catch up and the reaction when we've held community events like our Christmas Night and Summer fun day has been overwhelming!



What does RedRocks have planned for the future?

I'm currently in the process of moving from my single box unit into the double unit at the front of the box park which is both extremely exciting and stressful! You're all invited to a big opening day around the start of March for the launch of RedRocks v.2 with lots more space for Scottish jewellery designers, my dedicated wedding area and a larger space for all of my crystal and holistic gifts.

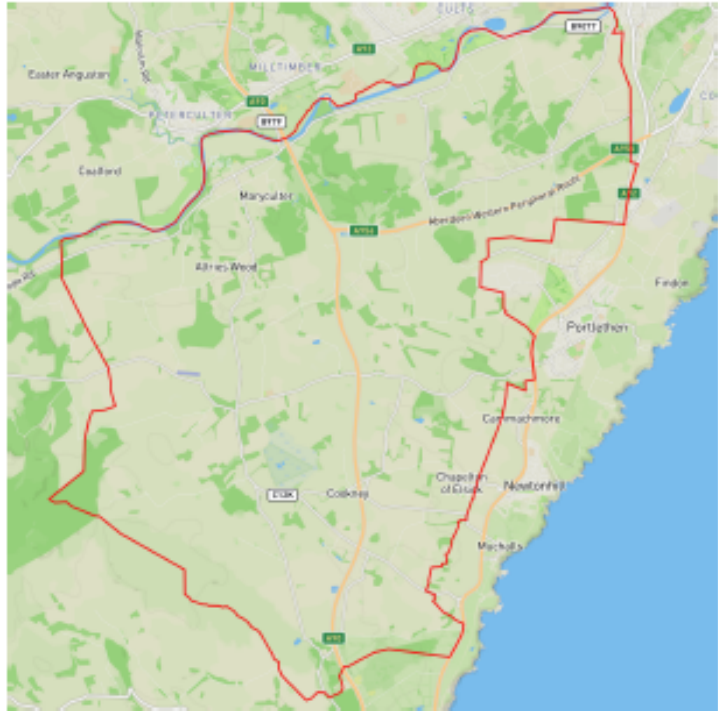


Red Rocks was recently named as a finalist in the Wedding Jewellery Category at the Top Tier Awards at the end of February, where they were named Jeweller of the Year!!! Congratulations.

NKRCC Update

If you didn't already know, Chapelton falls within the boundaries of North Kincardine Rural Community Council (NKRCC). NKRCC covers a broad geographic area including Maryculter, Netherly, Cookney, and Banchory Devenick. The role of community council is to represent the views of those who live within its boundaries and to address concerns raised. Community Councils are also statutory consultees for planning and licensing applications.

Recently the community council has supplied a tree to Lairhillock School as part of the Queens Green Canopy and arranged for Aberdeenshire council to locate a bench at Templars' Kirkyard. The gravesite is maintained by the council's Landscape Services and located within the grounds of Maryculter House Hotel.



<http://portal.historicenvironment.scot/designation/SM10831>

The monument comprises the remains of Maryculter Chapel and burial ground, which is also known as the Old Parish Kirk of Maryculter. The church is believed to have been associated with a house of the Knights Templar, founded by Walter Bysset between 1221 and 1236 at Maryculter.

If you would like to attend a community council meeting they are on the 3rd Monday of each Month with the exception of July when there is no meeting, and December when it is held early. Location can vary so please check our website or contact your local community councillor.

Full list of community councillors: <https://www.nkrcc.org.uk/councillors/>

Your local Chapelton community councillor is Blair Moir (blair.moir@nkrcc.org.uk)

A Juicy Review!



For those of you who haven't come across Vanessa and The Juicing Co. before, they are a small business based in Stonehaven who provide raw, cold pressed juice to their customers.

After Christmas I had got myself into a bad snacking habit and was feeling pretty lousy, I had bought juice from Vanessa previously and loved how it made me feel so I decided to give one of their 3 day cleanses a try to hopefully curb my sugar cravings, and get the snacking under control.

The cleanse is their most expensive package at £120, but as this was going to be the entirety of my food for 3 days I was happy to pay this price.

When the box arrived it contained 18 bottles of bright, freshly pressed juice, a shot and 5 different juices to drink each day.

I was a bit worried about how my body would handle only drinking juice for 3 days but I shouldn't have worried...on day 1 I went to bed feeling hungry and quite tired with a slight headache but that night I had the best sleep I had in months, day 2 and 3 were surprisingly easy, I couldn't wait to drink the next bottle of juice and I had no cravings for junk food and I felt full of energy.

Honestly, I was quite sad after day 3 that I had to go back to eating food again, I would have happily carried on a little longer.

I would definitely give Vanessa a shout and try some of the juices if you want to give your body some love and nourishment. I will definitely keep ordering from her fantastic local business!



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