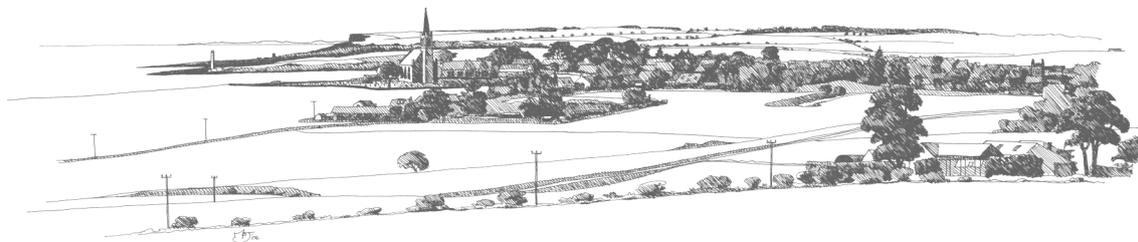


ST CYRUS NEWSLETTER



Volume 18 Issue 2

Website www.stcyrusnewsletter.org.uk

April 2021 / May 2021



Solos have resumed!

Things are looking up, vaccinations are being rolled out, those who are shielding may return to work, we are allowed to leave the house again, but more importantly I will soon be able to get a much needed haircut.

We are meeting once again. Government guidance tells us we can meet in groups of 15 for organised sport, so we will be meeting in groups of no larger than 10, just to be safe.

I have put on quite a few lockdown lbs, and can even feel my moobs jiggling as I walk down stairs which is new for me... I am really feeling it when I run but it is fantastic to be back out with the group and I can feel my fitness returning. It really is great to have the support of them all. There is always someone to run with, while a year ago I would have been with the quicker ones, now I'm a bit nearer the back, but there is always someone of a similar pace to spur me on.

I know for many that motivation is especially low at the moment, so if you are looking to get fit / stay fit / return to peak fitness then come along, we have a wide spread of abilities and all are welcome. As much as I joke about running being a rubbish hobby, it really is brilliant for your mental and physical health - the group support, coupled with the feel good factor after a run are real simple pleasures in these strange times. We meet at Tuesday/Thursday at 19.30 - head to the village hall.

Unfortunately we have taken the decision to cancel the 10k once again, this event is a huge undertaking for us and while we were unclear if the guidance would allow it to take place, we felt it was irresponsible to bring 300 outsiders to the village with all that is going on. We shall press on with planning for 2022 and will host a bumper event which will hopefully involve lots of community engagement.

Stay safe, wash your hands, and don't be one of those people that stands uncomfortably close when holding a conversation.

Si out.



Si Chalmers
stcyrussolos@gmail.com
<http://stcyrussolos.webnode.com>
 [St.Cyrus Solos Running Club](#)



Dear lovely St Cyrus NNR visitors! The breeding bird season is upon us once again!

The Shelduck are starting to choose old rabbit burrows to nest in all around the reserve, the air is becoming filled with the songs of ground nesting birds such as Skylark and the first migrant birds are joining in the nesting frenzy!

Dogs are an important part of many of our families; let's prove that it is possible to co-exist with nature through caring, understanding and commitment. We believe that Responsible Owners = happy wildlife, happy dogs, happy visitors! I use a waist band with a 1m lead attached so I can be hands free.

Please help our ground birds nest successfully by:

- Keeping your beloved hounds on a lead throughout the nature reserve and staying on paths. Your dogs can have off-leash time on the beach.

- Respecting that the Southern part of the nature reserve is a sanctuary (marked with rope). You can still go to the hide via the cattle field but stay on the path as this field is excellent for ground nesting birds. Dogs

must be on a lead in this field too.

It's going to get exceptionally busy so help us spread the word to visiting folk.

Many thanks and buckets of appreciation!

Therese Alampo, Reserve Manager

ST CYRUS PUBLIC HALL

Sadly 'the powers that be' are still not letting us open up the Hall but it is looking a little more promising.

The observant of you will have noticed that work has started on the turret although it has ground to a halt again. Rotten timbers were discovered and the painter's arms were too short and he couldn't reach all the way around. They're not really but the lifting equipment they had to get him up to the turret didn't quite get him there. There should be a MEWP (don't ask me, I just go ok thank you!) on site the week starting 29 March which should take the painter to the top and all the way around so the turret should be sparkling in the sunlight by the end of March.

We also have another repair about to start. The ceramic floor tiles started to lift in the ladies toilet. A combination of age and the very cold weather in December caused the adhesive to dry out and the tiles started to squash together. Under normal circumstances there would have been heating on in this area on a regular basis. The user groups switched these heaters on/off to suit their requirements but of course because we were closed, no heating on. We are hopeful of this work being completed by the end of April but earlier should we get the approval to re-open to our user groups.

Whilst we upgraded the heating in the Main and Small Halls (it automatically kicks in if the temperature falls below 5C) the heating in the extension which has the Committee Room and the toilets is still the original heating. We have costed for replacing these heaters with more eco-friendly and more controllable ones. Ideally we would like to have them in situ before next winter but it will be dependant on whether we can find some funding assistance but we are on the case.

Maybe by summertime we will get 'out to play' again but in the meantime take care and Happy Easter.

Christine Jamieson - (Chair)
Frances Whyte - Secretary/Treasurer

200 Club Winners

	January 2021	February 2021
£100	Morag Hamilton	Elizabeth Neill
£ 50	Claire Lawson	Maureen James
£ 25	Bill Howatson	Graeme Dempster
£ 15	Barry & Suzanne Laskiewicz	Colette Strachan
£ 10	Sandy Jamieson	Iris Robertson

As always, congratulations to our winners and thank you once again to Mrs Ethel Wood for completing the draw. At least it's getting a bit warmer for standing outside - it was positively balmy when we did the February draw.

We are a charity, based in Laurencekirk, who provide a range of services and activities to support the health and wellbeing of older people (aged 50+) in Kincardine and Mearns.

In line with current guidance, our social groups and activities are cancelled, however we are still offering the following services:

- * Home delivery shopping, including prescription and post office pick-ups
- * A friendly call telephone service
- * Garden maintenance
- * Handy person service
- * A regular newsletter with information, stories, recipes and puzzles
- * Transport to healthcare appointments



**MEARNS AND COASTAL
Healthy Living Network**

The vaccination centre for people living in Kincardine and Mearns is based at Stonehaven Leisure Centre. Our volunteers are available to provide free transport for anyone who needs assistance to attend their vaccination appointment.

For more information about this, or any of our other services, please get in touch by calling our office on 01561 378130 or by emailing us at office@mchl.org.uk

If you are interested in volunteering with any of these services, we'd love to hear from you too! Please use the contact details listed above.

Covid-19 - Timetable for further lockdown easing in ScotlandPublished: 16 Mar 2021 15:45 - Part of: [Coronavirus in Scotland](#)Scottish Government
Riaghaltas na h-Alba
gov.scot

Stay Local rule to apply from 2 April.

The First Minister has set out a timetable for the re-opening of parts of society over the next two months. Stay at Home regulations will be lifted on 2 April and replaced with guidance to Stay Local, with more services including hairdressers, garden centres and non-essential click and collect services able to open from 5 April.

More college students will also return to on-campus learning and outdoor contact sports will resume for 12-17 year olds on 5 April if progress on vaccination and suppression of Coronavirus (COVID-19) continues.

The Scottish Government then hopes to lift all restrictions on journeys in mainland Scotland on 26 April. Discussions will be held with island communities already in lower levels on the possibility of having a faster return to more socialising and hospitality with restrictions on mainland travel to protect against importation of the virus.

Vaccination of all nine JCVI priority groups – more than half of the population, accounting for 99% of COVID-related fatalities – is expected to be completed by mid-April, supplies allowing. The dates outlined are enabled by strong new evidence that suggests vaccines reduce the chances of transmitting the virus as well as reducing serious illness and death, even after a first dose.

Further expected easing on 26 April includes:

- * all retail premises, libraries, museums and galleries, tourist accommodation would be able to open
- * the hospitality sector would be able to reopen outdoors for the service of alcohol, and potentially open indoors for non-alcohol service
- * up to four people from two households could be able to socialise indoors in a public place such as a café or restaurant
- * six people from up to three households could be able to meet outdoors and the limit on wedding and funeral attendance could be raised to 50 people
- * gyms and swimming pools would be open for individual exercise and non-essential childcare would be permitted
- * non-essential work in peoples' homes and driving lessons could resume from this date

On 17 May, it is hoped that groups of four people from two households would be able to socialise indoors in a private home, and that cinemas, amusement arcades and small scale outdoor and indoor events could restart with limits on capacity. Further easing on this date would include outdoor contact sport for adults and indoor group exercise

The First Minister also indicated that in early June it is hoped that Scotland could move to Level 1 and by end of June to level 0.

Grants of up to £7,500 for retailers and up to £19,500 for hospitality and leisure businesses will be paid in April to help businesses re-open progressively. These one-off re-start grants will replace ongoing Strategic Framework Business Fund (SFBF) payments and will provide more money up front to help with the costs of re-opening. Eligible businesses must have applied to the SFBF by 22 March in order to receive these payments. The last four-weekly SFBF payment of up to £3,000 will be paid on 22 March, as scheduled. Targeted restart grants for businesses that are not in scope for the current SFBF support package may be considered if the Scottish Government receives further consequential from the UK Government.

For the complete text see www.gov.scot/news/timetable-for-further-lockdown-easing/

Coronavirus in Scotland - You should:

- * wear a face covering
- * avoid crowded places
- * clean hands and surfaces regularly
- * stay 2m away from other people
- * stay at home and [book a test](#) if you have COVID-19 symptoms (new continuous cough, fever or loss of, or change in, sense of smell or taste)
- * download the [Protect Scotland contact tracing app](#)



Planning Authority Ref: APP/2018/3018 Decision Notice

TOWN AND COUNTRY PLANNING (SCOTLAND) ACT 1997 RETROSPECTIVE CHANGE OF USE OF AGRICULTURAL LAND TO FORM A 10 STANCE PRIVATE PERMANENT CARAVAN PARK, FORMATION OF ROAD, ERECTION OF BOUNDARY FENCING, WALLS GATES AND EDUCATION FACILITY AT LAND SOUTH-WEST OF ESKVIEW FARM, ST CYRUS, MONTROSE, ABERDEENSHIRE, DD10 0AQ

Reporters' Recommendation and Scottish Ministers' Decision 4.

The reporter has recommended that planning permission is approved for a limited period. Ministers have carefully considered all the evidence presented and the reporter's conclusions and recommendations. For the reasons given below, Scottish Ministers agree with the reporters that planning permission should be granted for a limited period and adopt his reasoning for the purpose of their own decision. However, Ministers disagree with the reporter that permission should be granted for a period limited to 15 years. Ministers consider that planning permission 2 should be granted for a period of 10 years to align with the Local Development Plan period and preparation of the next plan and to allow for more suitable and sustainable sites to come forward.



For the complete text see: https://upa.aberdeenshire.gov.uk/online-applications/files/3CA0A9902301C1F23C17DC091E0235FA/pdf/APP_2018_3028-DECISION_-_ALLOWED-9383562.pdf

Garden waste recycling

Aberdeenshire Council has released details of its seasonal garden waste points for the summer.

In St Cyrus it is at Ecclesgreig Road Car Park - opening times: 8am to 11am.

It will reopen on Saturday, April 10 and while there is no need to book, traffic management and physical-distancing measures will apply at all sites and visitors are being advised to stay in their vehicle until called forward.

Staff will be unable to assist with any unloading or lifting.

These sites are only to be used for grass clippings and small trimmings - not for larger trees and bushes which take up too much space and which should be taken to one of the household recycling centres.

Visitors should not arrive before the opening times to enable council operatives to have traffic management measures in place.

For more information on waste disposal see www.aberdeenshire.gov.uk/waste/household-rubbish/

Alternative to council recycling: Make your own compost

To buy a compost bin from the council you can find details online at www.aberdeenshire.gov.uk/waste or call Wasteline on 03456 08 12 07



You can also make your own as [this website](#) explains.

"Making compost is like baking a cake."



All you need to know and your mother didn't tell you about recycling and what those confusing symbols mean.

<https://www.recyclenow.com/>

COPIED FROM

[Aberdeenshire Council Ranger Service](#)



The North East Non Native Invasive Species Forum was recently hosted online. The NENNIS project works closely with our communities and volunteers to help protect our wildlife and habitats from the threat of non-native invasive species. The NENNIS website has simple information on how to identify key non-native species and the action individuals and communities can take to tackle those species.

You can find out more about the forum here:

<https://online.aberdeenshire.gov.uk/.../news/release.aspx...>

And visit the nennis webpages here:

www.nennis.org





LATHALLAN SCHOOL

Health and wellbeing has been the focus at Lathallan as the Johnshaven-based independent school prepares to open to all pupils on Monday April 12th.

Lathallan, like all schools in Scotland, was closed for in-school learning during the recent lockdown period with pupils continuing their education via the Virtually Lathallan online portal.

However, with the Nursery and Junior School making a full return on March 15th, Lathallan has focused its efforts on social reconnection to assist pupils in re-integrating into life at Brotherton Castle.

Younger pupils enjoyed a special wellbeing week, where they toasted marshmallows on a homemade campfire, renovated allotments and enjoyed an outdoor music lesson with Mrs Hossick, the Head of the Junior School.

As Lathallan prepares for the return of all Senior pupils, it will again be making full use of the expansive 60 acre grounds to deliver a range of inspirational outdoor lessons, whilst pupils in S4-S6 undertake assessments as part of their SQA qualifications.

There will also be some new arrivals at Lathallan, with four alpacas set to make Brotherton Castle their new home as soon as restrictions allow them to move to Lathallan.

The alpacas will become school Therapets, going on regular walks with pupils across the estate.



There are also plans to create an outdoor performance stage on the grounds to enhance musical and drama opportunities for pupils at Lathallan.

There are spaces for children to join Lathallan's Nursery, Junior or Senior School. To find out more contact Lathallan Admissions Officer Nicola Harrison on admissions@lathallan.org.uk or on 01561 362220.

Visit www.lathallan.org.uk to find out more.



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As we approach the Easter holidays we are mindful there is added pressure for

some families with no breakfast club or school lunch for the kids. We are very well stocked and would encourage anyone worrying about this to pop in and see us, we have plenty kids snacks including juice, biscuits, crisps etc.

We are also very fortunate to have been gifted a selection of Easter eggs for the families we support.

Opening Hours W/B 29/03/21

Monday 12-2

Tuesday 2-4

Wednesday 10-12

Thursday 6-8

Friday 6-7

Saturday 10-12

Please message our [facebook page](#) in confidence if you require support



Street edge cleaning

As we walk the village streets more and more, it surely can't have escaped our notice, that verges and pavement edges are slowly and surely becoming overgrown?

Simple street gutters now have what appears to be semi-permanent soil, or winter grit (or Main Street is the worst for that!) and public green spots, which have had 'mulch' dumped on them so often, the edges can barely be seen. (Quite often, the simple reason for the dirty streets, is because the council road sweeping lorry cannot access for parked cars.)

It's not enough, in my view, to moan about it and I suggest that, those of us, who care about it, make as simple start, by brushing and clearing the pavement outside our various dwellings.

At the present state of our streets, we would very very soon, have the problem of what to do with the piles of soil/dirt and that is where we would need a plan and some cooperation from Aberdeenshire Council.

The biggest problem I have found, is simple disposal of the soil, leaves, grass etc. and Aberdeenshire Council would have to make some provision for the uplift/disposal of all of that material. We cannot simply sweep it into a pile and leave it there.

So, is it possible through our Community Council, Aberdeenshire Council and just ordinary citizens to thus improve our village? What do others think?

Harry Bickerstaff

Note from the editor: You can send any replies to stcyrusnewsletter@hotmail.co.uk and we will pass them on to Mr Bickerstaff.

A wee walk

My mother-in-law, her brother, sister and other children used to walk to school in St Cyrus from Stone of Morphie, a distance of about 3 miles.

They used to walk along the main road. At that point, the 1920s, there was a path next to the main road. This path still exists under the grass. I proved this at one point at the Community Council meeting after having dug up a section of grass. At that point in time I was trying to get a cycle path from the railway viaduct. I spent time measuring the width of this path with my wife about every 5 metres along the path and it was the same width as the shared pedestrian/cycle path coming out of Montrose going towards the House of Dun and also to the south of Montrose going towards the Rossie Braes.



Aberdeenshire Council at that point would not give us a cycle path, but during lockdown this path has been reappearing from Lochside bus stop down to the Wide Open and in places further south. It would be nice if they could clear at least a pedestrian path because it is noticeable that more people are trying to walk along it down to the viaduct.

I walked it myself the other day but most of the way I walked on the road because, as an old pedestrian, I found the way underfoot too difficult and uneven to walk on safely.

This village has almost doubled in size in the last 20 years therefore Aberdeenshire Council has received a lot of planning gain money and increased Council Tax. Still no increase in the infrastructure of the village.

An afterthought - the maximum a child has to walk to school in the village is 1.3 miles. It would be nice to see more cycle paths in the village to accommodate children being able to cycle to school safely.

David Neill

“Building Back”

As we start to see the vaccine roll out over the UK, at long last we are seeing light at the end of this long tunnel. Council services are gearing to restore our basic Council services.

Your local Councillors met with our new Director of Infrastructure Services, Alan Wood, last week and it was refreshing to hear that he agrees with us to restore our grass cutting, weed street spraying, road repairs and that has also been helped by the allocation of an infrastructure fund at the budget, which will also allow us to repair and hopefully restore some of the bridges we have lost.

These proposals are all important and capital spending by Councils also helps create jobs and keeps the local economy moving too. As a Councillor, I see one of my most important roles to help our young folks secure jobs and stake out a future as we can all recall our first steps on our career ladder. That can be daunting at the best of times and especially now, so any assistance that Aberdeenshire Council can give has got to be positive, and that also means helping firms invest and create the jobs of the future.

We can all learn lessons from the past, but we need to accelerate building back.

George Carr



Funding for practical training on offer to women in rural Scotland

Women in rural Scotland are being offered funding for practical training, thanks to two new schemes that we're running on behalf of the Scottish Government.

You can apply for the [women in agriculture practical training fund](#), or if you're not in agriculture but still in rural Scotland, you should apply for the [women in the rural economy training fund](#) instead.

Both schemes are designed to help women develop their skills and talents with the help of practical, land-based skills training with full funding of up to £500 per course.

Ecclesgreig Park 1949 - 1955

The Mayfield site was chosen for the Playing Field in March 1949. Money had to be raised to buy the land, so the large committee organized many events for the purpose. These were whist drives, dances, raffles, concerts, country dances, fetes which had events such as car treasure hunts, fancy dress football, tug of war etc. By the end of June they had managed to raise £239 which was worth a lot more then than it is now.

Prizes for raffles were things like a double pack of cards, 50 cigarettes, a safety razor, a screwdriver, a pair of nylons, a handbag, a marmalade dish, a Pyrex dish, chocolates, a pig, a calf etc.

In November 1950, the committee was told that the value of the land was £400. It was felt that this was expensive and, as the field had a crop of potatoes, it would be two years before there would be a good enough growth of grass. As the Association only had about £550 in the bank, it would mean only £150 left to get items for the playing field. Government grants etc had been stopped due to the economic condition of the country.

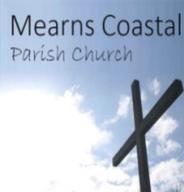
Despite the above reservations, the decision was made in April 1951 to go ahead with the purchase of the field. The field was ploughed, grass seed was sown, it was measured, pegged out and fencing was put up. A lot of the work was done by members of the committee thus saving money. However, by the middle of May 1953 the Association had only about £22 in the bank. Therefore, it was back to fund raising and getting the people of the village interested.

It's not exactly clear when the playing field opened, but the putting green was in operation in 1954, the tennis courts and bowling green to be ready in later years.

The tennis courts were opened at 3pm on 16th April 1955. As there was no pavilion at that time, it was proposed that a temporary shelter be erected for the use of playing field users. As yet, I have found no date for the opening of the bowling green.

Admission prices for the tennis courts, along with a set of rules were drawn up. My half sister, Dora Edmonds, living at Avondale at that time, was to be asked to take money from those wishing to play tennis and to look after the courts. The committee discovered that the formation of a tennis club was necessary and this was done with 8 club members forming a committee to look after the courts.

Elizabeth Neill



Hello Everyone

You'll no doubt have noticed that the Church was reopened for Easter – on Palm Sunday and Easter Day, and we trust that we'll now be able remain open for regular Sunday Worship every week (10:00 am for those who don't remember – it has been a long while, after all!). The standard Covid-19 precautions still remain in place – social distancing, the wearing of face coverings, hand sanitising, the one-way system and

regrettably, still no singing! The Church is able to accommodate 43 persons in the Sanctuary, based on the social distancing rules.

As I'm sure all the other contributors to the Newsletter have found, it's difficult to find any interesting news to tell you. We can't set any upcoming dates in 'tablets of stone', but we are hopeful that this year we will be able to hold our annual plant sale. That's usually in May, so we're just waiting for clarity on what we're permitted to do before setting the date, which we'll then advertise.

One project we've had on the go for a wee while now concerns the 'Dowry Bride'. I'm sure that you all know the story of the St Cyrus Dowry Bride, but just in case you don't ... It was the sight of a couple in the snow on their wedding day way back in the early 1800s that led a civil servant to establish the tradition of the 'Dowry Bride'. John Orr, the Accountant General of Madras in India, is said to have been so moved by the sight of an obviously not very well-off couple struggling in the cold up there on the hill on their wedding day that he offered them some money. From a one-off gift to help out this couple in the cold, Mr Orr continued this donation to struggling newlyweds. He was a very wealthy man and in his will he left money to continue this tradition – but stated some very clear rules about to whom this annual gift of money should be given. Mr Orr died in 1845. After his death, the annual interest from £1,000 was to be split between four brides - the tallest, the shortest, the youngest and the oldest getting married in St Cyrus Church in any one year. This amounted to quite a bit of money in those days! The measuring stick, which still stands near me in the pulpit, was used to find the worthy 'Dowry Bride of St Cyrus'. John Gavin, a well-known stalwart of the Church here wrote, round about 2010 a small book, which he called 'The Dowry Brides of St Cyrus.' Well it's now 2021. Dowry Brides are still standing under the measuring stick and although Mr Orr's bounty has long gone, a gift is still presented to the recipient. We've been busy bringing John's book up to date, and it's ready to go to the printer. So, watch this space!

In the middle of March we sadly bid farewell to our organist Doreen Paterson. She has moved down to England to be close to her family, and we wish her joy in her new home. She will be missed, and not only for playing the organ! However, that does leave us without an organist, so if there's someone out there who has the ability and would like to take up the post – when we can sing again in the Church – you'd be very welcome to play our beautiful 1904 pipe organ!

Please remember that if you know of a pastoral need, if you would like me to visit, or if you would like to know more about any aspect of our ministry here in Mearns Coastal Parish, and if you would like to be more involved in your Church, don't hesitate to contact me by phone or email, or by coming along to our services at 10:00 am every Sunday.

Yours in Christ

Norman

Rev. Norman Trewren
Ordained Local Minister at
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Website: <http://mearnscoastalparish.org>
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Interim Moderator: Rev. Brian Smith. 01561 340302
email BSmith@churchofscotland.org.uk
Session Clerk: Dr Marshall Halliday. 01674 850549
email mmhviennahorne@aol.com



Mobile phones, tablets, laptops and computers have been essential tools for keeping Scotland's children educated and entertained, especially during lockdown. Sadly, more time online has increased the risk of online exploitation and abuse, making it more important than ever that parents and carers learn how to protect their children from internet-savvy online abusers.

The key to helping keep your kids safe is to be curious. Be calm, friendly and chatty about what your children are doing online – ask them lots of questions about what they look at online and who they are talking to. And don't just ask them just once, make it a habit to have a regular check in with them about their online lives.

www.childprotection.scot/stay-safe-online/



I'm thrilled that two new seasonal members of staff will be starting at St Cyrus NNR at the beginning of April. One for 5 days a week and one for 3 days. I will no longer be alone! It's the first time we have had two seasonal posts!



Warm day, sunshine, blue sky, solitary bees and wasps starting to emerge and this wonderful whorled snail, sat tightly on a rosebay willow stem! It made me think of a scene from Charlie and the chocolate factory for some reason, a swirling giant lollipop seen from the perspective of the inhabitant of ants, spiders and woodlice The banded snail comes in a variety of colours, pinks, browns, yellows and everything in-between! They are so eye catching after a light rain shower on an early summers morning brings them out in force!

We have two species of banded snail at St Cyrus NNR, the white lipped snail, *Cepaea hortensis* and the brown lipped snail, *Cepaea nemoralis*. Fascinatingly *Cepaea nemoralis* is almost at its northernmost British location here and St Cyrus NNR is apparently one of only two locations in Britain where both species are found together.

A 'tell tail' sign spring has sprung! Like the tracks of a miniature Sherman tank, weaving through the marram grass, tail towed behind and feet and toes splayed for efficiency whilst walking across the soft sand looking for any invertebrate tit bits!

It's great to see the tracks of the wonderful common lizard, *Zootoca vivipara* again! Look out for them basking on fence posts, driftwood and rocky boulders. Much has to be done after a winter in sleepy torpor, fat to build and mating to commence!



Flattening their bodies over warm cosy spots, creating the largest possible surface area to catch the suns warming rays upon, these little solar powered gems are a real treat to see! As you explore the reserve you will start seeing them in the same place time after time basking in their favourite spots.



I've never seen such a fantastic sundog! In the recent early spring sunshine there have been some cracking sundogs! Keep your eyes peeled, but not burned, for this awe inspiring natural phenomenon! This one had a complete halo around it! (I'm hoping Torc from Aberdeen Astronomical Society can tell us a bit more!)

The sundog, also known as a perihelion is a wonderful phenomenon that appears when sunlight hits ice crystals within cirrus cloud creating a concentrated bright spot on one or both sides of the sun.



Inspiring Aberdeenshire is one of the council's biggest annual events. The awards celebrate the achievements and successes of our people across Aberdeenshire who go the extra mile for their communities, often with little or no other official recognition.

Nominations are open for Inspiring Aberdeenshire 2021. This nomination link will stay open until 5 April engage.aberdeenshire.gov.uk/inspiring2021.

The awards, which are in their ninth year, are there to recognise unsung community heroes of Aberdeenshire, those people who work tirelessly to support their community and the people in it, but who often don't get recognised any other way. These are their awards; awards which demonstrate beyond doubt that it is our people who make Aberdeenshire tick.

There have been 8 awards in previous years, recognising everything from cultural heroes to green champions, and those who demonstrate outstanding bravery. For 2021 an extra category has been added. The Covid-19 category seeks to recognise the best of the community effort in response to the pandemic. The Covid award and all others can be given to either individuals or groups.



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Online Scamming

For the time being, life as we know it, has changed. We're spending more time online.

Our devices are overloaded with news alerts, updates and unexpected (if always welcome) calls from relatives.

Everyone is preoccupied. And scammers prey on this. This means it's important to know how to avoid scams so you can keep yourself and your family safe online.

Click through for our top tips to avoid online scams such as **Online shopping scams, Vaccine scams and Online dating scams** right now <http://bitly.ws/cqRT>.

Citizens Advice is a network of 316 independent charities throughout the United Kingdom that give free, confidential information and advice to assist people with money, legal, consumer and other problems.

<https://wearecitizensadvice.org.uk/>



Money Map campaign re-launch supported by Scottish Government

The Money Map tool was launched in November 2020. Following the success of the tool, the Scottish Government are supporting a re-launch of this campaign. As with the November campaign, our key aim is for the Money Map tool to be used as a one-stop

shop to help people increase their income, reduce their bills and meet the costs of daily living. We hope the tool will save people the unnecessary and often unhelpful slog of having to search the web, resulting in missed opportunities to get the financial support that is available to them.

You can access a campaign toolkit with updated social media assets from the team at the Scottish Government also [Money Map re-launch campaign toolkit](#).

For any questions, please contact Barbara Adams, Senior Officer (Campaigns): Barbara.adams@cas.org.uk.

You can also find us on



www.facebook.com/citizensadvicescotland

GIVE BLOOD

The Town Hall, Melville Gardens, Montrose

03 and 10 May 2021; 14:20 - 16:00 and 17:30 - 19:30

The Theatre Mearns Academy Community Campus, Laurencekirk

11 Apr 2021; 10:30 - 12:30 and 14:00 - 15:40

Appointments are available from four weeks before the session. To book your appointment, use your online donor account, call us on 0345 90 90 999 (Monday to Friday, 9am – 5pm), or email nss.snbtsequiry@nhs.scot.

Online blood donor account

Aberdeen Blood Donor Centre - A new way to book appointments.

Aberdeen Blood Donor Centre is now open Sundays. You can make, view and cancel blood donation appointments at Aberdeen Blood Donor Centre using our new online donor account.

Sign up to give blood www.scotblood.co.uk/giving-blood/sign-up-to-give-blood/

Accountancy, Taxation and Business Services - Axiom Business Consultancy Limited. For a professional, confidential and prompt service for all your accountancy, bookkeeping, payroll and tax liability needs please contact Christopher Doan FCCA (Chartered Certified Accountant with over 25 years experience). Mob 07572835144 or Email c.doan@axiombusinessconsultancy.com

Accountancy, Taxation and Business Services - TaxAssist Accountants provide accountancy and tax services for the small business community and personal tax affairs. Please contact us for friendly and helpful advice on 01674 668200, or by email doug Crawford@taxassist.co.uk, or visit us at 1-3 Bridge Street, Montrose.

Antiques and Collectibles - Croft Curios - Provincial Silver Flatware, Miltonhaven Caravan Park, Open daily 10am - 5pm; Tel: 01674 850413; e-mail: miltonhaven@btconnect.com ; Website www.miltonhaven.co.uk

Architectural Services - RGS Design; Bob Smith; Mob 0779 3007016; E-mail bob@rgsdesign.co.uk

Architectural Services - Norman McIntosh MCIAT Chartered Architectural Technologist; Roundhouse Architecture Ltd, The Roundhouse, Lochside Road, St Cyrus, DD10 0DB. Tel 01674 850187; Mob 07754758245; e-mail info@roundhousearchitecture.com; Website www.roundhousearchitecture.com

Babysitting - Carla's Babysitting Service 01674 850845 / 07398206509

Beauty Therapist - in the comfort of your own home. Hazel Anderson Tel 01674 850402; Mob 0774 5962502

Beauty Therapist - MYA Beauty; Highly trained beauty therapist now taking bookings. I offer current 'in trend' treatments such as: HD Brows - LVL - Lycon Waxing. For more treatments please go to my website: www.myabeauty.co.uk or by telephone on 07703693085

Blinds - Featherston Blinds; Also extensive range of lamps and furniture; 141 High St, Montrose. Tel 01674 677602; e-mail info@featherstonblinds.co.uk; Website www.featherstonblinds.co.uk.

SOOSC (St Cyrus Out of School Club) Ltd - Contact Vicki or Marjolein on 07907800582 - email soosc01@yahoo.com

Chimney Sweep - Ewan McLean, Barton, Kingoldrum, Kirriemuir. Mob 0771 1334203

Chiropractor - Elevate Health, Chiropractic & Wellbeing. Stonehaven, The Sheriff Court Buildings. AB39 2JD. Tel: 01569 766444. Book online at www.elevatehealthuk.com

Computer Repairs - Sparky Computers; Mobile computer repairs service for home & business. Tel 01561 378911; Mob 07887 808556

Dorn Therapy - This method treats pain safely, naturally and gently. To get on the road to recovery contact: lynne@yourbestfootforward.co.uk; www.yourbestfootforward.co.uk www.facebook.com/yourbestfootforward.co.uk or tel 01674 660202

Driveways & Landscaping - Moir Driveways Ltd, Tel No: (01674) 850028, Mob No: 078 8174 2782, Email: moir2@sky.com

Driveway & Patio Services - John Adam; 01674 850779; Mob. 07771 846357; email johnadampaving@hotmail.co.uk

Professional Dog Groomers - Pretty Paws, Purpose built Salon; all breeds catered for, pick up / drop off free of charge. Masagana House, Lochside Road, St Cyrus. Mob 07926361001; FB [Pretty Paws](https://www.facebook.com/PrettyPaws)

Driving School - Brian A Thomson; Fairmont, South Links, Traill Drive, Montrose DD10 8EJ. Mob 0777 5727603

Electrician - John McIntosh Electrical Ltd Registered in Scotland. SC433510. Registered head office: Lamondfauld Cottage, Dubton Road, Hillside, Montrose DD10 9EQ. Tel 01674 434 267 Mob 07971 520 435 Website www.johnmcintoshlectrical.co.uk

Electrician - KDH Electrical Ltd; 52 Invergarry Park, St Cyrus DD10 0BU; 01674 850325, Mob 07309 694189, Email kdhopkins16@outlook.com

English Tutor - National 5/Higher English Tuition - Michelle Stirling, Maybank Lochside Road, St Cyrus. Mob: 07596465203; Email: admstirling581@glow.sch.uk

Foot Care - Foot Health Practitioner V Heberton. Mobile Routine foot care for those unable to care for their own feet.  Mob 07799 770040.

Garage - The Motorstore Montrose. Repairs, Pre-MOT, tyres, batteries and exhausts. Tel 01674 678887

Garage - Wilsons Garage, Main Road, St Cyrus. Tel 01674 850244. E-mail wilsonsgarage85@btconnect.com. MOT's, servicing, repairs and diagnostics.

Grass sledging - Track is available at Canterland. It is free but donations are received for running expenses. Children need to be accompanied by parents. Tel 07384390816

Guitar Lessons - Caroline Jones, LTCL. Experienced in working with children and adults. Also ukulele for beginners and music theory. Tel: 01561 361178. Website: www.carolinemjones.wordpress.com

Hairdresser - Mobile; Fully qualified. Ladies, Gents, OAP's and kids. Stephanie Milne 07825913105

Hairstylist - Tammy, Mobile Hairstylist St Cyrus. Mob 0756 5594360

Handyman - Aaron's Home & Garden Services. Tel: 01674 850845 Mob: 07753180715

Hotel / Restaurant - St Cyrus Village Inn - Bentleys Restaurant - Great Scot Village Pub. Tel 01674 850356; Website: www.stcyrus-hotel.co.uk; email stcyrushotel@btconnect.com FB www.facebook.com/St-Cyrus-Village-Inn

Joiner/Building Contractor - Dontay Contracts - Windows/Doors/Extensions; Serving the local community. Call 01674 850055 or Mob 07723 323671

Joinery Manufacture - MJM (Stevie Maddock) - Doors, Windows, Staircases, Bespoke Products; Mob: 07802894695; Website www.maddockjoinerymanufacture.co.uk

Joinery, Property Management, Building Works, Bathroom and Kitchen Installation - MarNik Properties - Contact Mark 07468 451072 or Nik 07501 080398

Landscaping and Groundworks - Gary Low; Tel: 01674 672494; Mob: 07969 066807; email: gary@gllandscaping.co.uk; Website: www.gllandscaping.co.uk/

Locksmith - Will McDermott. Qualified Locksmith. 24/7 emergency call outs and all locks changed. Based in St Cyrus. Email: Will.advent@gmail.com Website: <http://www.willmcdermottlocksmith.co.uk>; Phone Number (free): 0800 0856820; Mobile: 07590623456

Massage Therapy - Remedial and Sports Massage (AMTS), Swedish (SMS). Hilda Peters, Member of Scottish Massage Therapists Organisation. Johnshaven (or home visit if required.). Tel 01561 361965; Mob 07810 374793; E-mail mitisetfortis@gmail.com

Plumber - Heating Engineer. Martin Ritchie, Myreside, Long Row, Kirkton, St Cyrus; Tel 01674 850107; Mob 07837 578454

Photographer - Snowfox Photography, Lee Corpe, St Cyrus, Mob 0779 2957118; Website www.snowfoxphotography.com

Local Independent School - Lathallan is less than ten minutes from St Cyrus and offers an exceptional education for Nursery, Junior and Senior School pupils, with a focus on small class sizes. Contact Nicola Harrison on admissions@lathallan.org.uk or 01561 362220.

Solicitors - Scott Alexander, 46 High Street, Montrose, DD10 8JF. Contact Elizabeth Alexander on 01674 671477; Website www.scottalexandersolicitors.co.uk

Taxi - St Cyrus Taxi; Nick Alchin. Local, long distance, airports. Email stcyrustaxi@gmail.com ; FB [stcyrustaxi](https://www.facebook.com/stcyrustaxi); Mob 07889 740235 - 07852 912896

Tool Hire - R.K Services (Montrose) Ltd; 67 North Esk Road, Montrose. Tel 01674 677500

Transport Services - Landrover and Trailer Hire; J Jobson, Invergarry Park, St Cyrus. Tel 01674 850603; Mob 07816 214254

Web Design & Online Marketing - Alasdair Orr. Tel 0844 800 7109; Mob 07979 990 898; e-mail al@sugarshaker.com ; Website www.sugarshaker.com

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