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EDITION 11

JUNE 2012

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EDITORIAL

What a joy it is to open up the Banter e mails and see contributions from friends, old and new. I hope you enjoy the variety of contributions in this edition. Timely advice as always from Doc Forbes and far flung adventures from Becka Gauld, who is well known to so many Balmedie residents; and our Parish Threads feature once again from New Zealand submitted by Mary Cane! Let me also highlight the comments about litter and dog fouling certainly not exclusive to Balmedie, but of a real concern to all who use the paths and foreshore. It only takes a few to spoil our beautiful environment.



Edinburgh Rock Half Marathon

On 15th April Alan Smith, our Production Editor, completed the Edinburgh Rock Half-marathon together with fourteen friends. They ran as TEAM ZENA, in honour of Alan's wife, a wonderful friend to so many, who sadly died last November. Friends were generous in their support of the team and so far have raised over £4500, with all monies raised going towards Macmillan Cancer Support. Just visit <u>http://www.justgiving.com/teams/teamzena</u> for more information - and it's not too late if you want to contribute! This was a sterling effort by Alan who, by his own admission, is no Olympian. Let's hope that's the last we see of the Lycra legs!



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MUSINGS BY A WAYWARD LAD – views from the path.

Today - 11 March 2012 - I awoke to a wonderful spring day - sun shining, birds singing, and all seems right with the world! Just after eight in the morning I decided to take advantage of the good weather whilst it's here, and walk down to the Balmedie Country Park.

As I pass across Eigie Road towards the North Beach Road I cannot help but admire the purple, white and yellow crocus planted by Better Balmedie around the villages green spaces. The blooms are doing well - standing to attention and just waiting to open fully as the sun warms their heads. What a burst of colour they give to the streets. The daffodils look like they are about to burst into flower too. Luther Burbank, an American botanist, horticulturist and pioneer in agricultural science, once said that "Flowers always make people better, happier, and more helpful; they are sunshine, food and medicine for the soul". His saying is a bit flowery too, but I think he got it right. I hum "Oh what a beautiful morning..." as I walk.

Passing me, there is a constant stream of vehicle traffic, also heading down North Beach Road for the Country Park. There are 20 mph signs painted on the road but most are going faster than that. There are no children around at this time in the morning and I suppose it's relatively safe. Many are 4 x 4's with blackened privacy windows. What are they trying to hide? Perhaps they are celebrities? They certainly don't look friendly. Most of the cars I can see into seem to be carrying dogs. From experience I hazard a guess that some of the owners want to 'empty' their dogs in the wider open spaces and dunes of the country park without the need to pick up waste or walk too far themselves. A white Mitsubishi 4x4 passes me - a dog yowling in the back with excitement and anticipation as it smells the ozone of the sea, and knows that it can enjoy a wild yomp through the dunes looking for rabbits, and perhaps other doggy bottoms to sniff. Unfortunately, along with the dunes, many of the paths around the village seem to be despoiled by dog waste. Some owners seem to think that if they pick up their dogs mess in a plastic bag it won't matter that their pet actually deposits it right in the middle of the path where any residues left can still get on walkers shoes. Others seem to get tired of walking along carrying a bag of dog mess and deposit the bag right next to a path, or even worse, hang them in full sight on fences or tree branches.

I pass a Nissan hut on North Beach Road - a prefabricated steel structure made from a half-cylindrical skin of corrugated steel - painted green. It has been there for many decades slowly disintegrating, and it is surprising that this site remains unused or undeveloped after so long lying idle. Trees round about it are slowly dying too, partly from localised flooding caused by the burn nearby, but also because historically it is likely that something has leaked from the hut into the ground and poisoned the roots. Somebody has reinforced the air of neglect by

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Victoria Hall, Belhelvie, Aberdeenshire, AB23 8YR Tel: 01358 743053 Mob: 07887 536987 www.victoriagarage-belhelvie.co.uk dumping a mattress on the ground - an invitation for other fly tippers to move in too. It's a shame that on a nice day, when things are looking good, an unwelcome blemish appears to mar the scene.

The rooks in the nearby Church Of Scotland Eventide Home are wheeling and dealing in a furore of loud caws. Many have nesting material in their beaks. The nursing home is surrounded by woodland and the rooks have nested there for many years. Their nesting sites are protected by law but I bet the residents are often disturbed by the cacophony of harsh and rasping sounds coming from the nesting inhabitants. The fields round about have been recently ploughed, much to the delight of the rooks and other wildlife, foraging for bugs, beetles, and worms.

Just past the Eventide Home and the neighbouring Grange, the former Balmedie Mushroom Farm has a 'To Let' sign erected at the front. It says it is available for industrial / storage uses and there is quite a range of large, sound looking buildings here. One of the many rural agricultural holdings opposite the farm - built by the Ministry of Agriculture around the village after the war, each with an acre of ground and a barn - has been demolished, and a completely new house is now being constructed. Using this as an example, I'm sure it won't be long before a commercial developer sees the former mushroom farm as a 'brown-field' site - an opportunity for more industrial or housing development.

The car park and roads around the country park are surprisingly full of cars at this time in the morning. In one spot near the access to the salmon fishing sheds there are so many they are double parked. Through the dunes I see quite a few people with their dogs. The sun is so warm that I regret wearing a jacket and wish I had worn a light fleece. To the south the view of the Girdleness headland is being increasingly obscured by the monstrous hump of the Easter Hatton refuse tip. It is now higher than the dunes themselves, and although partly greened with grass the mass of waste hides the view from some points of Aberdeen Bay and Girdleness Lighthouse. They formerly gave Balmedie residents a valuable sense of place, of being near the city of Aberdeen. Now there is just a huge lump of the tips' profile immediately in view, and I can just see past it the tops of the high rise flats at Seaton, the dark top of Tullos Hill (another former tip), and the profile of Hill of Tramaud and Wester Hatton waste tips - hardly the same! Despite objections from the local community council representing around two thousand local people, the waste tip at Easter Hatton is now being extended even further after local councillors gave it planning permission. Some council members seem over willing to show the world that they welcome business and economic regeneration within their areas, rather than make quieter and less visible efforts to ensure that their constituent's lives are made really better by giving them a true public service. I wish they would remember that business and money do not after all have a vote at election time – but people do!

One of the drawbacks of walking or cycling around Balmedie is that the settlement is constrained by neighbouring land uses; to the South, by the waste



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Until then we must put up with what we have. Unfortunately this too is poor in places. The track that forms part of the public right of way alongside the Eigie Burn and up to the village, for example, is partly used as an access road to the Scottish Water sewage farm. The weekly visits by lorries have badly pitted and worn the surface. The holes are now water filled craters – one hole extending from the side of the track to the other so that walkers must teeter in the mud around it. In cold winter weather the water freezes over and represents a danger to the less able footed, younger or older walkers. Walks around this part of the village can now be a bit of an obstacle course.

I finish my walk alongside the burbling Eigie Burn. Willow warblers, chaffinches, blue tits, and many other small birds, are making their presence known. A wood pigeon is softly cooing for its mate. Next to the newly extended Balmedie School is an enclosure around a new eco-garden for the school children who will be planting it up shortly. The scene is peaceful and offers optimism. Next to it, however, and despite a recent organised litter pick by volunteers, the open spaces and banks of the burn are littered once more with dumped plastic bottles; carry out cartons, and other detritus, thrown away by thoughtless folk to spoil the view.

One day I hope we can all pull together in the one direction; to make our places and spaces attractive; to walk around and enjoy the views. Name and address supplied

BEWARE THE BALMEDIE DOGGIE TALIBAN

With the onset of the lighter spring nights creating a greater opportunity to walk round our beautiful village, am I alone in noticing the phenomenal amount of dog fouling on and along the village pavements and pathways?

As I made my way along the pavements and paths dodging the various doggie minefields, I wondered what this disgusting situation could be attributed to. Is there a lack of public doggie bins? Have we many lazy, irresponsible dog owners? Or perhaps even a small minority of poor canine pet owners with incontinent pooches who have access to a limited supply of poop scoop bags! I will let others decide on the most likely answer to that one! I love walking and I am sure I am not alone in feeling utter disgust when I have to scrape dog muck



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off my shoes and those of my children and off of the wheels of bikes and children's buggies.

On behalf of all the other residents of our beautiful but dog befouled village including the majority of responsible pet owners who must also be fed up dodging the dog dirt. My message is simple.....

Dodgy dog owners please clean up after your poopy pets. Bill Mackie

THE BELHELVIE PARISH SENIOR CITIZENS.

(By Paul Miller aged 94!)

We are a little late in reporting to the Banter which we have welcomed as a valuable aid to the parish and welcome and encourage all new comers to improve our environment.

The Belhelvie Parish Senior Citizens is run by a small committee started in1962 by Paul Miller and helped for many years with the late Mrs Gordon and Mrs Cooper.

A Christmas parcel scheme for OAP's of the parish was the beginning of this venture followed by an annual Summer Outing and Christmas party. Funds were raised by whist drives, raffles, donations etc. (This is still our only form of income).

We also started a youth club in the Hut but always with the lack of volunteers. We tried to encourage the Potterton Football Club but failed to form a committee. We started a Friendship Club which is still going strong, we are happy to say.

Our next annual outing is arranged for Saturday 26th May from Balmedie to Perth via Braemar, where we will stop for a cuppa, ending with high tea at Red House, Couper Angus.

The next fund raising Whist is Wednesday 31^{st} October 7.00pm for 7.30pm in Eigie House (always a happy event). Please come along and help boost our much needed funds. The help we have had in the past has been much appreciated and trust this can be continued with whatever help members of the Parish can give. Thank You.

This has been printed out on behalf of Paul by Mrs D.M.Fowler, Smiddydell Nuke, Balmedie, Aberdeen AB23 8YD

Unless you know something I don't! Mr Millar is our oldest contributor. He will need no introduction to many in the Parish as a former councillor in Aberdeen County, Grampian Regional Council and Gordon District Council, chairman of the Keep Grampian Beautiful campaign and now chairman of the Belhelvie Senior Citizens Group.





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BETTER BALMEDIE

During the spring and despite the rain, we've been hard at work at the polytunnel, growing plants for our sale on 26th May, and for planting out around the village. Our vegetable plot is taking shape: tatties planted, along with many other vegetables. We are learning from each other about flower and vegetable growing and are looking forward to finding out if we are successful!

Better Balmedie cuts grass around the planters and in some areas which do not belong to the Council. Despite the rain, cutting has started this year – we'd welcome any new volunteers who could take a turn at mowing.

We are now working closely with Balmedie Primary School pupils, who have visited the polytunnel to plant flowers and vegetables which will be transferred to their new Eco-Garden. They helped us litter pick on path from school to football pitches, and have designed scarecrows for our wild-flower meadow and their own garden.

Thanks to the Volunteer event on 24th March, Better Balmedie has now established good links with Balmedie and Potterton Brownies. Balmedie Brownies have visited the polytunnel to pot plug plants and to litter-pick around the football courts. Potterton Brownies will be visiting on 17th May.

Better Balmedie took part in the National Spring Clean, with 4 litter-picks around the village. Group members, Brownies and leaders, School pupils and staff, mums and dads and members of the Sooyang Do class all took part. Over 90 people took part during the week. We filled 5 wheelie bins and several black bags with litter and rubbish. The amount of litter and household rubbish dumped around the village is growing. Litter-picking helps and Balmedie looks tidier for a while, but within days there is litter dropped again. If you have any ideas for running an anti-litter campaign, please get in touch!

The dry-stane dyke beside the football courts has been largely repaired and we are hoping that there will be no repeat of previous vandalism. Walling will continue when volunteers are available – all help would be appreciated!

Since I last wrote in Banter, Better Balmedie members have been greatly saddened by the sudden death of Sue Pettett who was a very active member of the group. Sue took part in all of our activities, including dry-stane dyking. She was a friend to us all and will be sadly missed.

To find out all about Better Balmedie please look at <u>www.betterbalmedie.org</u> For more information, ring me on **01358 742557** or email rosie.inform@lineone.net **Rosie Nicol**

Happy gardening in 2012!

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BRIDGE OF DON ACADEMY "OLIVER!"

This June, the curtain is set to come up on the first Bridge of Don Academy school show in over a decade. It was 2001 when the school put on a production of Grease and some of the young leads from that show are now approaching their 30^{th} birthdays! It has been a long time.

The show that we chose to resurrect our theatrical ambitions is the musical classic based on Charles Dickens' timeless tale of orphan Oliver Twist. The musical, written by Lionel Bart, boasts an array of standout songs, such as "Food Glorious Food", "Consider Yourself", "I'd Do Anything" and "Where Is Love?". The streets, dens and taverns of the Victorian London depicted in "Oliver!" resonate to these songs and teem with colourful and vivid characters that have become iconic figures: Fagin, Nancy, The Artful Dodger and, of course, Oliver himself.

The pupils responded with tremendous enthusiasm to the news that the school were to produce a show this year. Over 100 students of all ages turned up at the initial auditions. The response was refreshing and showed the spirit that a show can generate right from the outset. Casting was a difficult but rewarding process. The auditions were a real eye opener and revealed the extent of the ability that is present in the school. In the end, we settled on a cast of around 50. One of the great aspects of "Oliver!" is the opportunities that it provides for younger pupils to get involved fully in the ensemble as the orphans and pickpockets that provide a great deal of the colour and sound of the show.

Rehearsals have been underway since December and the dedication and enthusiasm of the performers through those long winter months has brought us to the point where we can genuinely aspire to the high quality of show that we all want. Behind the scenes, people have been hard at work learning lines, rehearsing songs, choreographing dance routines, designing posters, preparing programmes, putting up promotional displays, building sets, sourcing props, creating costumes and all manner of activities necessary to the successful completion of our goal of the most "professional" show possible.

There is still a great deal to be done, not least to make sure we sell out the three nights of performances so that as many people as possible can enjoy what we have created. We hope that you will come along to see what will be a great night of entertainment.

"Oliver!" will run for three nights from Wednesday 27th June to Friday 29th June at the Aberdeen Arts Centre. The show begins at 7:30pm.

Tickets can be purchased via a booking form from the school or directly from the Aberdeen Arts Centre box office. Tickets are priced at a very affordable £10 and £7 concession. Mr D. Haggerty, Head of English

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SOMETHING SNIFFY.

Well winter was not as cold as last year, but it felt long, damp and dreary, so yet again we hope that we will get a decent summer. I know you're looking forward to continuing your exercise and healthy eating, or at least you should be after my nagging!

However the damp miserable summer we endured was not entirely disliked by some. Yes, if you suffer from hay fever you'll have not been quite as miserable as most of us!

So what exactly is hay fever? I looked up an interesting 1905 textbook called "The Modern Physician", which belonged to a great grand aunt, who served as an army nurse in World War One. It states that:-

"Hay Fever was first described by Bostock in 1819. It is widely prevalent during the months of May and June. It is caused by the irritating action of the pollen of plants, chiefly grasses...certain odours, such as that of the rose and emanations from certain animals, such as dogs, cats and horses". So far so good I thought, but the treatments described were a bit more interesting!

Treatment, according to "The Modern Physician", was divided into constitutional, climatic, and local. So far I could apply this logic, but here the 21st century and the early 20th century diverge, as it states:

"As a rule nerve tonics such as arsenic, strychnia, and phosphorus, are called for. Fresh air, seaside trips and where practicable a sea voyage during the months of May and June will ward off an attack. Locally the nose may be sprayed with protargol or with diluted adrenalin chloride. A solution of menthol and olive oil may be applied with a brush. "!

Rest assured cures that seem more akin to an Agatha Christie novel are NOT employed nowadays! Other "cures" such a fresh air, seaside trips and sea voyages are more sensible, but wonderfully Edwardian. Some are, in essence still used, such as is the recommendation to use dilute adrenalin, which is similar to modern decongestants, such as Sudafed.

The posh name we doctors use now for hay fever is "Seasonal Allergic Rhinitis". It is indeed caused by pollen and other small particles, such as dog and cat dander, triggering the immune system in the lining of the nose, causing the stuffiness, running nose, sneezing and blocked up feeling, just like a cold. The cells responsible release histamine, and other substances, which cause an increased blood flow to the area, and also cause the blood vessels to be more porous so the nasal lining swells. This response also attracts more cells to the area and the reaction continues, and increases, until you're a sneezing, runny nosed, sniffing miserable soul!

So what can you do? It is important to try and remember the old fashioned advice and avoid obvious triggers, and certainly fresh sea air helps, as pollen counts tend



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Murcar, Bridge of Don, Aberdeen, AB23 8BD Tel: 01224 704354 email: golf@murcarlinks.com www.murcarlinks.com to be lower at the beach (especially here as a force 8 is usually blowing!!). However avoidance is often not possible, so, to avoid wandering around looking like an astronaut, we need to try medication.

For most people anti-histamines, which block the cascade described above, are all that are needed, usually on an as required basis. Most people find that a non-sedating anti-histamine, such as Loratadine, Cetirizine or Acrivastine work well. Sometimes a sedating one, such as Chlorphenamine, can be useful.

If this is not enough then you may need to start using more direct treatment, usually in the form of sprays. It is important to realise that the decongestant sprays are great for SHORT-TERM use, up to 5 days continuously, but not for longer. This is because after this time the body responds to the decongestant by making more blood vessels, which then causes further swelling called rebound hypertrophy, and so the problem remains as bad as ever.

The better long term treatment is steroid spray, such as Beconase, and when used properly, is safe and effective. The most common reason that I find for treatment failure is not applying the spray properly. You need sit down, hold your head forward, so that the spray properly coats the nasal lining, and then after applying the spray, you put your head down between your knees, so that the nostrils are facing the ceiling. This ensures that the spray stays where it is needed, and after 30 seconds you sit up again. This should ensure that you get the full benefit from the spray.

If after all that, you still have problems, then you will need to see your doctor, as you may need stronger prescription only treatments. Occasionally we do use steroid injections for severe cases. Specialist allergy therapy is not available locally, and is reserved for the most extreme and problematic cases.

So hopefully when you are out and about, keeping you exercise regime going, the threat of hay fever will not deter you!! **Dr. Alastair Forbes**

RC CHURCH ST COLUMBA'S, BRAEHEAD WAY, BRIDGE OF DON.

St. Columba's is a small and very welcoming parish in the north of Aberdeen. There are only about 130 of us here on Sundays but we are a friendly bunch; the celebrations are lively and there is a lot going on. There's something here for nearly everyone. There are many young families in the parish, so the children's liturgy is well attended with excellent leaders. We have a number of dynamic groups meeting during the week for prayer and faith formation. Our Masses always finish up with the "mandatory" tea/coffee and biscuits with the chance to meet new folk or catch up with those you already know.

Sunday Mass is at 9.45. There are weekday Masses at 10 am on Wed. and Friday. The parish priest is Fr Keith Herrera (01224) 621 581

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GORDON GROUP RIDING FOR THE DISABLED ASSOCIATION Lorna Reid

Little did I know when I got married that our request for no gifts, but donations instead to the local Riding for the Disabled Association, would see us as grateful users of this wonderful service in years to come. My in-laws farmed near the Gordon Group RDA riding stables at Tweeddale, near Inverurie, and their association with horses made RDA an apt choice. At the time the group was fundraising to build an indoor riding facility so we passed over our cheque and followed the group's progress in the press.

Fast forward a few years, the indoor riding school at Tweeddale became a reality and we had two wee girls. When our vounger daughter experienced mobility issues arising from low muscle tone, it was the occupational therapist who suggested that riding as therapy would improve her core strength. Riding would have to be conducted in a controlled manner and in a safe environment so Madeline started riding with Gordon Group RDA at age 4, perched atop the group's much loved Shetland pony, Whisky. Now 13, Maddy still rides at Tweeddale on a Monday evening and it's her favourite hobby. She's pictured here at Christmas riding Willie.



However, learning to ride is just one achievement that can be gained from RDA. Many children and young adults who come to Gordon Group have complex needs. RDA gives individuals the opportunity to achieve their personal ambitions, develop life skills, experience the outdoors, combat social isolation and connect with animals. Such skills might be as simple as putting on your own boots or improving communication by following instructions. Some riders come through school and staff report that pupils can be more focused at school following their RDA riding session.

Fundraising is a constant for the Group too as Tweeddale costs hundreds of pounds each week to run. There are initiatives throughout the year and in 2011, BP staff raised over £37,000 for the group by a coast to coast sponsored cycle ride to help pay for feed, visits by the farrier and equine dentist, building maintenance and new tack to name but a few of the ongoing expenses incurred.

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However, learning to ride is just one achievement that can be gained from RDA. Many children and young adults who come to Gordon Group have complex needs. RDA gives individuals the opportunity to achieve their personal ambitions, develop life skills, experience the outdoors, combat social isolation and connect with animals. Such skills might be as simple as putting on your own boots or improving communication by following instructions. Some riders come through school and staff report that pupils can be more focused at school following their RDA riding session.

Fundraising is a constant for the Group too as Tweeddale costs hundreds of pounds each week to run. There are initiatives throughout the year and in 2011, BP staff raised over £37,000 for the group by a coast to coast sponsored cycle ride to help pay for feed, visits by the farrier and equine dentist, building maintenance and new tack to name but a few of the ongoing expenses incurred. Gordon Group RDA also recently purchased a new pony named Buddy to join the existing eight mounts at Tweeddale.

Maintaining a riding facility such as Tweeddale takes effort. From feeding, grooming and mucking out horses to leading ponies in the riding school, to managing the finances and coordinating helpers, the majority of tasks are undertaken by a dedicated team of volunteers. Around 60 volunteers each week are required to run the six riding sessions at Gordon Group RDA and currently 90 children and adults per week benefit from these sessions. There is always a waiting list for RDA services and there is always room for more volunteers – the group is desperately seeking a treasurer right now. Helping out is fun and you don't have to be 'horsey' as training is an integral part of RDA volunteering. If you'd like to know more about Gordon Group RDA, or would like to volunteer with RDA, please contact the Gordon Group Chairperson, Worsley, 01467 e-mail Mrs Sarah on 681622, or by sarah@theworsleys.fsnet.co.uk

TARTS AND CRAFTS

Tarts and Crafts café and art gallery is situated behind the library in Balmedie, just follow the signs in the village. We have good parking and disabled facilities.

We serve delicious home-cooked food, catering for all tastes and special dietary requirements. Food for vegetarians is one of our specialties. All soups, cakes and bread rolls are baked on the premises using fair-trade ingredients where possible. Our tea and coffee is also fair-trade and we also have a selection of herbal and fruit flavoured teas. Children are most welcome and our snacks and drinks are child friendly.

Opening times – 10am to 4pm on Thursday to Saturday

In addition to relaxing in front of our wood burning stove with one of our home bakes and freshly made hot drink you will be surrounded by our display of arts and crafts made by talented local people. If you have a hidden talent why not approach us to display your creations.

We are always on the search for volunteers and no offer of help will be turned down. If you are considering volunteering with us do not hesitate act now. Contact us either by calling into the café, by phone or email. You will be welcomed to the team and supported by an experienced volunteer while you are learning the ropes. Why not check out our website? **www.tartsandcrafts.co.uk**

Phone: 01358 742002 Info@tartsandcrafts.co.uk

WRI

We are almost at the end of meetings before the summer break, we haven't decided on an outing for our June meeting but maybe one of our members will come up with an idea to suit all.

Our last whist meeting at Eigie House before the summer was Wed. 23rd May. Our whists are well attended and we thank all who come along and enjoy a game, a cuppa and of course the sausage rolls and cakes.

The syllabus for the 2012-2013 WRI has still to be arranged but it will be available for the next issue of the Banter. Our first meeting will be Sept 12th 7.30pm at Eigie House and the first whist after the break is 26th Sept 7.30pm.

Any ladies and gentlemen who are interested in coming along but are a bit bashful to take the first step, please contact me - **Elaine Strachan**

Tel. 01358 743173.

BELHELVIE PARISH CHURCH SOCIAL COMMITTEE

At the end of April a total of 33 adults, 8 children (+ 2 dogs!) took part in our Sponsored Walk for Christian Aid at Forvie Sands, Newburgh. It was a very enjoyable day with the added bonus of sunshine and a delicious, well-earned supper, back in the Forsyth Hall afterwards, courtesy of the Balmedie Chip Shop!

We are now looking forward to the following events:-

Friday 1 June – Concert in The Forsyth Hall hosted by Jim and Marisha Addison.

We would encourage you to come along and enjoy a fantastic, musical experience with Jim on the keyboard and Marisha singing a wonderful variety of popular songs, both modern and favourites from the past. She is also a highly accomplished jazz singer and flautist.

Sat 9 June – A '99p' Stall at the Balmedie Gala, Balmedie School Any donations of good quality items for our table will be much appreciated.

An Open Photograph Competition, closing date Sat 18 August, followed by a display and presentation of prizes on Fri 7 September at a Talent Show in the Forsyth Hall. Details and entry form are included in this magazine.

Sat 24 November, 10.00 a.m. – 12.00 noon – Christmas Coffee Morning in The Forsyth Hall. We look forward to sharing your company in the months ahead.

Enquiries to Doreen Crawford, Convener, Tel: 01358-742309, <u>doreen51@talktalk.net</u> Arthur G Nicolson, Secretary, Tel: 01358-743628, <u>arthurnicolson@sky.com</u>

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Dear Belhelvie,

Since I last wrote, we have visited an island where a leaf could be written on and posted until 1974. We have been given Black Boy peaches which stew down to a rich dark red colour, and been told the word for "Oh dear, this is twisted on so tightly I don't seem to be able to undo it": '*Bloked*..' We have been shown the prickly shrub that was so thorny, horses had to wear leather chaps out mustering. We have volunteered planting native trees, and welcomed our neighbours visiting us from Belhelvie, at the bus-stop.

Our 40th wedding anniversary is coming up, just before we leave to come home. There is a little island in Lake Wanaka called Ruby Island. It is about half a mile off shore and we intended to transport ourselves out there and picnic, in a 'Swallows and Amazons' sort of way. Plans had been going well. Having acquired a kayak and practiced paddling and swimming with wetsuits and life jackets...we were getting the feel of the alpine water and the distance. Then, when the kayak was minding its own business on shore, I ran over it when turning the car around. Yes I know, don't say it, someone else already has.

So.... there has been a partly successful fibre-glass first aid session and a rethinking of our options. We have to fall back on our own resources. Resourcefulness is in the air here. It is an integral part of the local Scots bred mentality. The feeling of being cut off, making do and having to survive is never far away.

In the 1800s European ships regularly traded around the Southern oceans. They went south to catch the 'Roaring Forties' which helped speed them along, and on the whole it was a very clear passage. Well nearly clear very often they didn't see the Chatham Islands or the Aucklands (yes I said Aucklands) to the East and South of New Zealand before they bumped into them. The islands were tiny in the distance, but nasty and rocky if you had the misfortune to be in the dark or fog. Misfortune it was too, because even if you had navigated accurately by the stars, the island's position on the maps, it turned out later, was as much as 35 miles out. So many people perished through cold and starvation after being washed ashore that in the late 19th Century the New Zealand government had a health and safety discussion, and made arrangements to help survivors. Domestic animals were let loose on the islands, solving the food problem. Castaway relief stations were set up with necessities in a container. Boots, guns, clothing, tools, matches. A man's three piece suit was designed in Dunedin and woven to be especially warm and hard wearing. Finger posts were set up pointing to the provisions. How annoying it would be searching for the box, when you are wet and cold.

Government agencies being their usual careful selves put this caveat on the survival boxes, hoping to deter thieves.

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The curse of the widow and fatherless light Upon the man that breaks open this box Whilst he has a serviceable ship at his back

For some time after I read this I pondered what 'fatherless light' was.

It has a resonance and a poetic ring to it, but I couldn't fathom the meaning.

It was only later that I realised the line should have ended at fatherless, and the word 'light' is, as in 'alight'. Imagine for a moment you are the engraver. You need to keep the lines the same length to fit nicely onto the metal. Do you read the words and consider the meaning... probably not...

There is a memoir of a woman washed ashore with 14 men from ship called 'The General a Grant'. They had six damp matches. After the men had fizzled out 5 of them, she says she was so nervous she had to step outside the cave while they argued about whether to use the last one or dry it out and try it another day. They decided to wait and it lit, and they survived for 18 months in reasonable comfort before they were rescued. The woman turned out to be good castaway material, (Mary she was called, as it happens) because she had ingenuity and skill, sewed sealskin clothes and created a small farm.



Now why should I be so intrigued at the notion of castaways and castaway boxes? Is it because I feel castawayed or casted away a bit myself? Not that there is any comparison. Here I am in 2012, only 10 miles from a shop, writing on a laptop; with hot water, a fridge and a wheelbarrow behind me; but I am a long way from home in unfamiliar surroundings, separated from things and people I know.

Recreating one's life from scratch is challenging. Separated from accumulated possessions, personal priorities are revealed. We may not have to struggle with matches here, but we still need the equivalent of a cooking pot, a gun and a sturdy hound's-tooth three piece suit.

Not sure about the fatherless light. All the very best to you all, **Mary Cane**



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1ST BELHELVIE RANGERS

Last term the Rangers did some star gazing, identified animal tracks, made a non-Newtonian fluid (i.e.goo), and enjoyed a night out bowling. Our thanks go to Ivor Jenkins who led the star gazing.

This term we are moving onto Olympic themed events. We'll be holding our own mini Olympics, designing our own sportswear, inventing some new sports and making our own energy bars-**see below**-let's hope it's nice! We'll probably be joining the District celebrations as well for the Queen's jubilee in June.

Our last meeting is the 21st of June and we will be starting back up after the school summer holidays; date to be decided. Please get in touch in the meantime if you are interested in joining as a member (women 14-26 years) or as a helper (18 years +). Susan 01224 703335 s.osbeck@rgu.ac.uk

Energy Bar Recipe

50g low fat margarine	150g rolled oats
200ml runny honey	100g chopped nuts
50g brown sugar	150g mixed seeds
80g wholemeal flour	180g chopped dried fruit
D 1 (1000C	1 11 1 1 1 1

- Preheat oven to 180°C and grease and line a shallow baking tray.
- Melt the margarine, honey and brown sugar over a low heat. Cook for a further two minutes and take off the heat.
- Mix the dry ingredients and add them to the wet, mixing it all together.
- Press the mixture evenly into the baking tray and bake for 25 minutes or until golden. Cool in tin for at least 1 hour.
- Cut into bars and store chilled.

POTTERTON 2S GROUP AT POTTERTON COMMUNITY CENTRE

Currently, we have places for children aged 18 months (parent to stay untill they turn 2 years) till 3 years when they can transfer to the playgroup at Potterton Community Centre run by the same staff.

We aim to encourage social and communication skills through positive play within our happy and safe environment for the children. The group is run by qualified staff and rotational parent helpers.

Monday 10-12noon Friday 10-12noon Children are welcome to attend one or both sessions

Sessions are priced £4 for 2 hours and include a snack

Children under 2 (18month+) must be accompanied by an adult

Any further questions, queries or to organise a visit to our facility please don't hesitate to call: 01358 743335 and ask for Jenny or Joyce





OVER LAND AND SEA WITH BECKA GAULD

I don't live in Aberdeen anymore - I've moved down to Edinburgh but I pop up at least twice a year to see friends, play some tunes at the Lampie and come out to Tarts and Crafts for some nice homemade soup and a tasty cheese scone. I helped set up the café and get the Gala back up and running and was involved in the councilled project that catalysed the beginning of the Banter and various other projects so I like to look in every now and then and see how they're all getting on. It's fantastic to come back and see the differences groups like Better Balmedie and the Christmas Lights Group are making to the village, see the renovated football pitches and paths around these and through the Community woodland to hear about the evolution and ongoing successes of the Gala. I'm so glad to see Balmedie thriving.

Last time I was up - in January this year I was looking at everything through new eyes - I've been broadening my own horizons recently with an overland trip to Morocco then another to Iran last year. My partner had a yearning for a big trip and as I don't drive a motorbike, we got a Toyota Landcruiser when it came up second hand on line. There's a comfortable platform in the back to sleep on while the luggage is stored underneath and I made wee curtains for all the windows; with a good sleeping bag it's surprisingly snug. Before we took the big three -month trip to Iran, we thought we'd give both ourselves and the car a trial run. Although we've been together for years, three months in a car together is quite a big pressure on any relationship so our first trip was a month to Morocco in March 2011.

Alex had been there on his motorbike, solo, two years before so he knew some of what to expect but travelling together in a tougher vehicle meant we could tackle some of the remote places more confidently. The overnight ferry from England to Spain was pleasant enough and we hurried on down through Spain in three days, stopping to take in a few things: Italica - impressively extensive if fairly two-dimensional remains of the Roman capital of Spain with wonderful mosaics and a huge, still three-dimensional circus. Grandilla - a village abandoned when it was cut off from the world by the creation of a large reservoir in the 1960s and is now being painstakingly and bizarrely renovated for academic and tourism purposes by students; the amazing landlocked cliff-top city of Ronda looking out over plains with a churning river running right through the centre in a 100ft deep gorge. I loved the mountains in the north, the way the soils were brightly coloured from terracotta reds to ochre yellows and the huge storks with their bulky nests of sticks located on buildings and electricity poles.

We took the short ferry across the water to Ceuta, (the Spanish province on the Moroccan mainland) and on to the Moroccan border a few miles inland. Alex had warned me about the chaos of the border with plenty of people offering to help you with your paperwork (written in Moroccan) for a fee. We tried to do it ourselves, we had the Overlander's guidebook with details of exactly what to write where, only the form was slightly different!



Garíoch Arts Group *invites* you to their 30th Annual Art **Exhibitim** at Inverurie Town Hall (upstairs room) on the 11^{th -} 18th August 2012 inclusive. The exhibition runs between 10.00 am and 4.30 pm and admission is FREE!!

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Oh well, we accepted some 'help' in the end for a more modest fee than we feared and passed on through into Morocco. The first challenge was to obtain Moroccan car insurance in the first big town to which we came. Alex's schoolboy French was extremely helpful - we resolved it without too much trouble then picked up some particularly delicious cakes at a bakery on the way.

We headed to the beautiful blue washed old town of Chefchouran for our first taste of tajine and the usual Moroccan hotel levels of disrepair. While I have good memories of this town we quickly learnt a preference for avoiding anywhere where tourists are commonly found and where the local population is dependent on tourists for their livelihood. Any children you meet or even drive past run after you begging for 'bonbons' or 'stylos' (pens). Stallholders and restauranteurs come out on the street and try to verbally manoeuvre you into their shops. People offer to find you a place to stay or to use their internet at home or just ask you for stuff. Carpet sellers are the worst; if you walk too close to a carpet shop or slow your pace near one or make eye contact, you end up having to be down-right rude to get away, which is worth doing - otherwise you'll be walking away with a carpet, whether you planned to or not. It's an impressive and effective way to run a business but we poor polite British are 'sitting ducks'. The worst moment for all this was on day two when we drove a long and convoluted route on bumpy tracks to see a recommended waterfall. We were getting quite tired by the time we approached and it wasn't far off sunset, so many of the touts had packed up for the day. Slowing down to turn into the car park, the car was suddenly swamped with touts and we instantly decided to continue driving and just get out of there. It never ceased to amaze me how, in the North anyway and no matter how remote, mountainous and inhospitable you think the place, if you stop for the night or to eat, someone will ALWAYS appear over the brow of the hill to sell you something or offer to help with any problems you may or may not have. Children herding their flock will come charging over asking for sweets and pens. We didn't have supplies of either of these with us and even if we did, encouraging reliance on begging didn't feel like a helpful contribution.

We were very relieved to find this attitude gradually faded as we moved further south to areas that didn't normally meet many tourists. Our main focus of the trip was to drive over excitingly rugged and 'knarly' tracks in remote mountain areas. We usually used our 'Overlander's Guidebook' and our GPS to find the routes that had been tried and tested by people previously. Travelling along these roads was done partly for the challenge but mainly to see the parts of the country and people's everyday lives that one doesn't normally see. The views were brain-meltingly and consistently stunning.

If you want to see any photos of the trip, they are accessible to anyone, even if you're not an account holder at https://www.facebook.com/pages/Beckas-Insects-on-tour/118317831539267 in photo album labelled Morocco.





HAVE YOU GOT WHAT IT TAKES?

Are you a Mum/Dad, a former Scout/Guide or just interested in working with youngsters? Do you think you could conjure up and organise a programme of activities for a year? Have you the patience to meet the demands of up to 24 lively 6-8 year olds?

Can you calm down the hyper, empathise with the weepy and see where help is needed? Can you command quiet and make everyone listen without talking?

Could you work as part of a committed team?

Can you give an evening a week, time preparing and meet with the team now and then? Could you make a promise and keep it?

Do you have fun every week?

Answer 'YES' to all the above? You're probably already a Beaver Scout Leader.

However if you are uncertain about most of it you are no different to any of our leaders before they took their first Scouting steps.

We have a committed team running not only Beavers but Cubs and Scouts too. We wouldn't throw you in at the deep-end but work with you to grow your experience, knowledge and confidence.

You would initially be integrated into the team until you are ready, along with others, to form a 2^{nd} Beaver Colony to meet the huge demand we have for places. The original team will still be available to support you all.

If you'd like to know more about us or come along to visit our meetings, please give me a call or drop us an email.

We know that Scouting works for youngsters and adults alike – we just can't meet the demand.

Our Scout Group caters for all youngsters from 6 to 18 in the Parish and beyond.

BEAVERS – For 6&7 year olds. The Wednesday evening colony is very popular, supported by 4 Beaver leaders. They meet in Balmedie School at 6pm. We currently have long waiting list which is open from youngster's 5th birthday.

CUBS – Our Packs meet both Monday and Tuesday in Potterton Comm. Centre at 6:30pm. Ours Cubs regularly get out and about. For youngsters aged 8 to 10¹/₂.

SCOUTS – Our Scout Troop caters for 10-14's. Meet Friday nights 7-9.30pm in Potterton Community Centre and are always out and about. Please note our new vacancy for Leaders here too to join our current team.

EXPLORERS – Our 14-18 group meet in Potterton Fridays from 7:00-9:30pm. All our sections are for boys and girls and we are a multi-cultural organisation. To contact any of our sections call - **01358 743156**

e-mail balmedie.scouts@btinternet.com Ian Thomson Group Scout Leader.



LISTED BUILDINGS IN THE BELHELVIE AREA

In Aberdeenshire there are in excess of 3500 listed buildings. These are buildings which are of some importance either nationally or internationally (Category A), regional (Category B) or of local importance (Category C).

Within Belhelvie parish we have 13 listed buildings. <u>Orrok House</u>, is the only A listed building with its <u>Gate pillars</u> and <u>Doocot</u> being B listed. The house dates from prior to 1770 when it was acquired or built as a 'third house in the country for retirement' for Alexander Fordyce, a London banker. It is believed that it could be an even older house remodelled. In 1780-1 John Orrok purchased the property and built the Gate pillars and Doocot. John Orrok had been a ship's captain trading in the East and West Indies and bought the Colpna or Over Blairton estate and renamed it Orrok. The name Orrok came from the Orrok's family estate in Fife, which had been sold.

There are another five Category B listed buildings. The <u>Old Parish Church of</u> <u>Belhelvie</u> (St Columba) which now lies in ruins and its <u>morthouse</u> which dates from 1835. <u>Belhelvie Lodge</u> c1783. <u>Ardo House</u> and outbuildings, originally a house and granary in 1756, was altered in 1838 when a new house was built, perhaps to the design of JF Beattie, who also laid out the gardens. <u>Old Manse of Shiels</u> in 1775 was a long narrow thatched house but by 1784 had been developed into a 2 storey building. <u>Menie House</u> in 1782-3 was a simple 2 storey L-plan house but in 1835 was transformed to a design similar to Auchmacoy in Logie Buchan.

The C Category buildings are: <u>Belhelvie Churchyard</u>, <u>Balmedie House</u>, <u>lodge and</u> <u>gate pillars</u> (1878) and <u>Shiels House</u> (1862).

Source: Historic Scotland

Shuna Jenkin

BALMEDIE SCOUT FAMILY CAMP



The biennial Balmedie Scout Family camp is being held at Haddo the first weekend in June, when aptly the theme is The Jubilee. Over 120 boys and girls and their families from all sections of the Scouting movement in the area are expected to attend. We are hoping for dry weather. **Ivor Jenkins, Cub Scout Leader**

BALMEDIE CONGREGATIONAL CHURCH CRAFT CLUB

The craft club takes place in the school on Thursdays from 6.30-7.30pm during school term time. All primary school age boys and girls are welcome to join us. We always have fun whether it is glueing, painting, sewing, creating and a great favourite, baking. This year once again we will have the chocolate stall at the gala. Hope to see you there! Catherine Cassie 01358 743114





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GIRLGUIDING – YTHAN DISTRICT

Our district is expanding and now includes 14 units between Rainbows, Brownies, Guides and Senior Section. Our district covers Potterton, Balmedie, Newburgh, Pitmedden and Udny Green. Most recently we have had a new Guide Unit open in Newburgh and a Senior Section Unit open in Pitmedden.

As a district we try to do a couple of events every year where we try to get as many units involved as we can and this year we will be holding a Queens Jubilee Street Party and this is likely to be lots of fun for all the children and adults involved.

We are very lucky to have such good leaders to help run all these units but unfortunately one of our leaders is moving and therefore we are looking for someone to take up this role. The unit involved is a Brownie Unit in Balmedie. You do not need to have had any experience just enjoy being with children and willing to learn as you go along. Leaders as well as children usually find their experiences with Guiding very rewarding and lots of fun. If anyone is interested please contact Marianne McIntosh on 01358 724231.

BELHELVIE BOWLING CLUB

The outdoor season at the club commenced on 21st April. If you are recently retired or have a spare evening or two the club is looking for you! New members always welcome. Please contact **Marion Donald, secretary on 01358 723126.** Alternatively email <u>marion.donald@btinternet.com</u> We look forward to seeing you.

BALMEDIE LIBRARY

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OPENING TIMES

MONDAY	2.30 - 4.30	5.30 - 7.30	TUESDAY	Closed
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FRIDAY	Closed		SATURDAY	10.00 - 1.00

The first Thursday of each month (term time only), there is a Rhymetime session for under-fives from 11.30 - 12.30 come along and join in the fun.

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Look out for our new and exciting Summer Reading Challenge for summer 2012. More details will be available from the library shortly. Contact the librarians during opening hours or pop in and see what is happening.





OPEN PHOTOGRAPH COMPETITION

Promoted by Belhelvie Parish Church Social Committee

Subject categories:-

1. Landscape/Seascape

2. Flora / Fauna

The age ranges are:-Children 5 – 10 years Children 11 – 16 years

Adults 17 +





Photograph entries maximum A4 size

To be judged by 2 Independent and Professional Photographers Each single entry to be accompanied by Competition Entry form and fee-£2 Entry forms can be had from outlets displaying this poster or Social C'tee member

All entries to be with Doreen Crawford 742309 or Arthur Nicolson 743628 No later than Saturday 18th August 2012. <u>See entry form for details</u>

Presentation of prizes to be made at a Talent Show in The Forsyth Hall on Friday 7th September 2012 when all entries will be on display.

ENTRY FORM

NameAge if 16 and under

Address and phone number

.....

.....

Entry Fee enclosed <u>£2.</u> <u>Yes/No</u> Category..... Any voluntary information i.e. Location, Time of day, Weather conditions etc

.....

PLEASE NOTE:- ABSOLUTELY NO WRITTEN INFO/MARKINGS TO BE ON PHOTOGRAPHS

Return to Doreen Crawford, 14 Kirkhill Road, POTTERTON AB23 8ZA or Arthur Nicolson, 36 Eigie Crescent, BALMEDIE, AB23 8WH.

SC016387 Belhelvie Church of Scotland Charity Registered in Scotland



GARDENING SERVICE I offer personalized custom cleaning solutions to fit your schedule.

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- ► Some duties you may expect from me include:
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 - Dusting
 - Making Beds
 - Washing Windows (inside outside)
 - Ironing
 - Patio Cleaning
 - Cutting Grass
 - Cleaning gutters, etc.
- ► Spring Cleaning (house and garden)
- After Party Or Pre-party Clean
- ▶ End Of Tenancy or Pre-tenancy Clean
- ► After Build Clean Or After Construction Clean

My prices for house cleaning are reasonable and customer satisfaction is my Number 1 priority - Your house and your garden will be cleaned up exactly as you want it Call Ewa on 0772 498 1212

POTTERTON PRE-SCHOOL PLAYGROUP AT POTTERTON COMMUNITY CENTRE

many of the residence of Potterton and for their money! A big thanks goes to nearby villages come together for a past coffee and some delicious home bakes made by our very talented mums. As well as bringing the community together we did raise funds for both the pre-school and 2's group children, the money will go towards new equipment which will benefit all children involved. In addition to our usual stalls the Rising 5's created their own stall in which they made tuck shop sweetie bags, planted flowers, Panda cupcakes and friendship bracelets. This gave the older children a

It's been a busy few month at Potterton chance to handle money, interact with Pre-School Playgroup. We recently held customers and use very persuasive our annual Spring Favre which was a selling techniques, a few of which could huge success. It was lovely to see so give "The Apprentice" candidates a run their



Of course this is some of the children's last term at pre-school playgroup before moving onwards and upwards to Primary School. They are all looking forward to their visits in the coming weeks and are excited to embark on their next adventure together. We will celebrate this time with class photographs and a graduation ceremony. We wish all the children and parents a smooth transition and look forward to hearing how they are progressing in the coming months.

Potterton Pre-School Playgroup has an additional member of their team in the form of a cuddly panda affectionately known as "Panda" the children take turns to take him home for the weekend, write in Panda's diary what they have all been up to, then discuss with the group the following week. The children all love to have Panda and enjoy the interaction of telling their friends what adventures they have been on over the weekend.

POTTERTON PLAYGROUP sessions are: 9.30-12noon Tuesday and Thursday 12.30-3pm Tuesday and Thursday 9.30-12noon Wednesday

A lunch time club does operate (at an additional cost) to enable a full day at playgroup on a Tues & Thur. Any further questions, queries or to organise a visit to our facility please don't hesitate to call: 01358 743335 and ask for Jenny/Joyce or Jo



BALMEDIE GALA 2012 BALMEDIE PRIMARY SCHOOL SATURDAY 9TH JUNE 12 NOON TO 4PM

Why not come along and enjoy this event which raises money for local causes.

The gala starts at noon with a procession lead by Grampian Police pipers from the Leisure Centre to the Primary School.

Balmedie Gala is a community involvement project and all surplus funds are donated to local causes so please help support us

ALL TYPES OF STALLS TO CHOSE FROM - PLUS PUPPET SHOW ONCE UPON A TUNE GRAMPIAN FIRE DEPARTMENT BETTER BALMEDIE GROUP CHRISTMAS LIGHTS GROUP GRAMPIAN POLICE RNLI AND LOTS, LOTS MORE.

THE BALMEDIE GALA 5-A SIDE TOURNAMENT FINAL

THIS YEAR WE ARE HAVING A GALA DISCO AT THE WHITEHORSE INN ON SATURDAY EVENING SO COME ALONG AND BOOGIE TO 60s MUSIC

BE SURE TO GET YOUR RAFFLE TICKETS (£1each).

FIRST PRIZE: GOLF FOR 4 AT TRUMP INTERNATIONAL GOLF COURSE SECOND PRIZE: $\pounds150$ THIRD PRIZE: $\pounds100$ PLUS LOADS OF OTHER PRIZES DONATED BY LOCAL BUSINESSES.

RAFFLE WILL BE DRAWN AT THE EVENING DISCO.

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BE A PART OF ITT The Scottish Home Show 2012 is an exciting new event for the north east, showcasing the latest in everything from garden designs and conservatories to innovative home designs and gadgets to help improve your home.

To book your exhibitor space and be a part of this exciting event contact George Walker Event Management on george@georgewalkerevents.co.uk

visit ScottishHomeShow.com for further details and to download your booking form... 1st and 2nd September 2012 at the AECC



DATES FOR YOUR DIARY

J une Fri 1 Tue 5 Tue 5 Sat 9 Wed 13 Tue 19 Wed –Fri 27-29 Thu 28 Fri 29	Belhelvie Church Social Concert Forsyth Hall Queen's Jubilee Holiday Public Holiday Friendship Group Beetle Drive Eigie House Balmedie Gala Balmedie Primary School SWRI last meeting before summer Eigie House Friendship Group Outing to Banchory and Beyond! Bridge of Don Academy Oliver! Aberdeen Arts Centre Better Balmedie "Scotland's Open Garden Scheme" Balmedie School School Term ends Balmedie Primary, BoDA, Ellon Acad	2.00pm Noon-4pm 7.30pm 7.30pm 7.30pm
July Sat 7 Sat 28	Better Balmedie Guided Tour of Pitmedden Gardens Better Balmedie Guided Tour of Drum Castle Gardens	TBA TBA
August Mon-Fri 6-10 11-18 Sat 18 Mon 20 Tue 21	Holiday Club Forsyth Hall Garioch Art Group Exhibition Inverurie Town Hall Closing Date for Photo Competition In service day Balmedie Primary, BoDA, Ellon Acad School term starts Balmedie Primary, BoDA, Ellon Acad	10am-Noon 10am-4.30pm
September Fri 7 Wed 12 Fri 21 Mon 24 Wed 26	Talent ShowForsyth HallSWRI (Rural)Eigie HouseAberdeen HolidayAberdeen HolidaySWRI WhistEigie House	7.30pm 7.30pm
October Mon 31	Senior Citizens'Fundraising Whist evening Eigie House	7.00pm
November Sat 24	Christmas Coffee Morning Forsyth Hall	10am-Noon