Five things you need to know today Edinburgh!

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Sport your trainers! — Commonwealth Day — Kirsty Wark Book Signing — Vintage Fair — Gallery Ten

Alison Johnstone MSP used to be a runner so it is nothing special for her to wear trainers — except it will be tomorrow when we are all encouraged to wear your trainers for Commonwealth Day.

Read Alison's blog here.

The Lord Provost will be raising the Commonwealth flag at the City Chambers tomorrow morning just after 9.30 am. It is expected that around 500 flags will be raised across the UK to mark the 53 Commonwealth countries.

In his speech, the Lord Provost Donald Wilson will say:

"Commonwealth countries come together voluntarily in a spirit of co-operation, partnership and understanding, and it is for that reason we are here today to raise the Commonwealth Flag with over 500 local authorities and community groups throughout the United Kingdom, Channel Islands and the Isle of Man in celebration of Commonwealth Day.

"The Commonwealth is made up of fifty-three sovereign states working together in mutual support towards shared goals of democracy, development, and respect for diversity. It's made up of two billion citizens drawn from all faiths, cultures and ethnicities.

"Beyond the ties of history, language and institutions, members are united by values set out in the Charter of the Commonwealth including tolerance, freedom of expression, respect for human rights, the rule of law, protecting the environment, access to health, education, food and shelter, and gender equality.

"It will be the largest, single raising of this flag in the history of the Commonwealth."

■ WATERSTONE'S EDINBURGH WEST END — Book Signing with Kirsty Wark

Tuesday, 8 April 2014, 6:00PM Tickets £3/£2 with loyalty card/

Join us for the launch of 'The Legacy of Elizabeth Pringle' by TV presenter Kirsty Wark. Born just before the First World War, Elizabeth Pringle has been a familiar yet solitary figure on the Isle of Arran. A dutiful daughter, an inspirational teacher, a gardener. But did anyone really know her? When Elizabeth dies, her will contains a surprise...

Further details: 0131 226 2666

Later this month there will be a Vintage Kilo Sale at Out of the Blue on Dalmeny Street on Saturday 22nd March 2014 from 11am - 4pm, £1 entry.

"The Vintage Kilo Sale returns to the Out of the Blue Drill Hall with over 5 tonnes of quality mixed vintage fashion and accessories. Only £15 per kilo! Bag 4 - 5 items and get change from a twenty! Dresses, demin, menswear, jackets, jeans,

jumpers, blouses, shirts, shorts, tees and more. Stock will be replenished throughout the day."

For more info head on over to the official website.



RALPH STEADMAN — "Authors" & "Leaders" Exhibition of Prints — Opens 22 March 2014

- Original prints by the famous satirical cartoonist Ralph Steadman.
- "Authors" Suite of etchings of famous and well known authors.
- "Leaders" Suite of large screenprints of Fantastical made up world leaders.
- Produced at the Peacock Visual Arts centre in Aberdeen.
- A collaborative exhibition with Peacock Visual Arts.

Exhibition will also include -

JANE HAMLYN — Vessels & Platters — Saltglaze ceramics at its very best.

ANNA KING — Baskets & Containers — Amazing woven forms, unlike any other.

RACHEL MACKIE — Jewellery Collection — Silver and alchemy at its finest.

Gallery TEN — 10 Stafford Street — West End — Edinburgh — EH3 7AU

Opening Times -Tues - Sat - 10.30 - 5.30