

Sunday in Edinburgh – What's On Today



Scottish Inter-Faith Week begins today; its theme this year is *Journeys*, and the programme includes films about young women from different faiths and about the journey of the soul, a mindfulness session, talks on religious freedom and on Middle Eastern Art at the British Museum, a discussion about the role of meditation in religion, an inter-faith Shabbat service, Faith Exchange – and a perennial favourite, **The Big Inter-Faith Quiz**. The opening event is today at the [University of Edinburgh Chaplaincy](#) and will feature a variety of speakers and performers; 4.30-5.30pm, 5 Bristo Square. It will be followed by a dinner reception open to all, 5.30-6.30pm at the same venue. Please email Sakina@eifa.org.uk if you wish to attend the dinner. Full week's programme [here](#).

Marchmont Playgroups's Christmas Fun Day! Free Monkey Music sessions, Meet Santa, mulled wine, chocolate and bottle tombolas, raffle, face painting, games, lucky dip, biscuit decorating, children's tattoos, refreshments. 2-4.30pm, [Marchmont St Giles' Church](#), Kilgraston Road. Entry £2, children 5+ £1.



Filmhouse Junior: films for a younger audience. Today: *Belle and Sebastian* (PG). 11am, [Filmhouse](#), Lothian Road. Tickets £3.50 per person, big or small.

Storytelling – Stargazing Stories: throughout the world people tell stories about the stars in the sky, why they have particular names and how they got there. Join storyteller and musician **Marion Kenny** in the Great Hall of the Portrait Gallery, gaze up at the constellations on the ceiling overhead

whilst being transported through the cosmos with traditional tales and tunes from around the globe. For ages 7+. 2pm *or* 3pm (45 minute sessions), [Scottish National Portrait Gallery](#), 1 Queen Street. Free and unticketed.



Meet Your Maker: Textiles and Ceramics. Join craftmakers in celebration of Scottish craft as they showcase the design, processes and techniques behind their work. Independent designer **Laura Spring** invites you to drop in during the morning to have a go at producing a two colour pattern sample onto fabric, using the Museum's collection as inspiration. Ceramicist **Frances Priest** will answer your questions on working with clay and get creative in the production of a large-scale collaborative artwork – experiment with drawing and mark-making on clay. **Ursula Hunter** will introduce you to the craft of lino-printing. From 2pm to 3pm Laura Spring and Ursula Hunter will be in conversation with the Museum's Assistant Curator, Art & Design, Sarah Rothwell. Please note times of demonstrations will vary and some artists will not be available at certain times – see website for details. Textiles and ceramics sessions are free and offered on a drop-in, first come, first served basis; the 'in conversation' event is also free but booking is required via the NMS [website](#) or by contacting the information desk. 10am-4pm, [National Museum of Scotland](#), Chambers Street.



Winter Guided Walk: join a Garden Guide for a leisurely afternoon walk around the Garden, discover stunning seasonal highlights and learn about the history of the Garden and its plants. For ages 14+. 2pm, meet at John Hope Gateway, [Royal Botanic Garden of Edinburgh](#), Inverleith Row. £5 per person; no advance booking needed.

Botanical Treasures: join RBGE staff to view some of the

hidden gems from the Garden's collections, and hear the stories behind the objects chosen for the latest RBGE publication, *Botanical Treasures*. For ages 12+. 12.30-3.30pm, Real Life Science Studio, John Hope Gateway, [Royal Botanic Garden of Edinburgh](#), Inverleith Row. Free.

St Giles' at Six: Festal Evensong sung by the combined choirs of St Giles', St Mary's Episcopal Cathedral and Paisley Abbey. 6pm, [St Giles' Cathedral](#), High Street. Free: retiring collection.



Five things you need to know today Edinburgh!



Light Night

Edinburgh charity in the running for national award

Lochend Community Growing Project

Kyloe Cow

Light a Light

Today we have the official ceremony to light the Christmas decorations in the city centre.

The official opening ceremony to Edinburgh's Christmas is an event for the community by the community. There will be seven

stages spread along George Street with 60 community companies and 1350 performers who will entertain the crowds before the big switch on.

The theme this year is favourite Christmas Carols and festive tunes. Festive fireworks will be released from behind the Gold Stage which will be situated on the junction of George Street and North St David Street.

A charity that organises social activities for adults with disabilities so they can in Edinburgh and the Lothians has been nominated for a national award.

From Wiff Waff ping pong tournaments, to panto and speed dating. Get2gether arranges social activities in ordinary places for disabled people, supporting them to build confidence as well as skills for developing lasting friendships and relationships.

Get2gether is the only Scottish charity in the running for the everyday impact award for new enterprises. Voting is open to the public and closes on November 24.

The charity is being recognised for its uniqueness. As well as offering membership to any adult with a disability, members decide what activities they want to do. The activities are ordinary, everyday social events in ordinary, everyday places and members are increasingly gaining the confidence to go out independently of the group.

The awards are organised by the Directory of Social Change, an independent charity that provides training and information to the voluntary sector.

Edinburgh charity get2gether has over 70 members and was set up after research and feedback showed that adults with disabilities wanted more opportunities to develop friendships

and relationships and to have dedicated support to help them make it happen.

Since get2gether was set up in May 2013 many members have found friendship, dating and romance at sell out club nights at local venue The Cav and a range of events, which are all decided by the group.

The charity's members are also growing in confidence with some who were nervous about mainstream venues now going out to socialise independently as well.

Marion Smith, Project Co-ordinator, said,

"We are delighted to be nominated by the Directory of Social Change for the everyday impact award for new enterprises. It's great for the group to see that what we have achieved and the impact it is making is being recognised. It's so encouraging. We hope that people will take the chance to show their support and vote for us!"

"Since we launched this year we have run packed out club nights and a whole range of activities. Coming to the events is a great way for people to meet new people in a fun and safe place. We can already see people gain more confidence about going out and meeting new people."

On 29 November there will be a workshop running from 11am till dusk including wreath making, learning about DIY garden materials, planting in a polytunnel, herbal Christmas presents and garden arts. The project is at 6a Lochend Quadrant. You can contact them for more information on lochendsecretgarden@gmail.com



Edinburgh's Christmas will officially launch this weekend with the big Light Night celebrations later today and the opening of the European Christmas Market and Kyloe Cow is ready!

Kyloe Cow gets in the festive spirit with a Christmassy makeover by local artist Chris Rutterford. Donning his favourite festive socks and sporting a Santa inspired white beard Kyloe cow is bringing Christmas cheer to the West End.

Complete with chalk painted belly The Huxley are encouraging fellow West End friends to write messages of good will over the festive season. Chalk will be provided!

On 15 December 2014 the Christmas tree in Charlotte Square will be lit. This is a tree to enable those who have lost loved ones during the year to come together to remember, and also raise funds to support the patients at St Columba's Hospice.

Everyone is welcome to attend the Tree Lighting Ceremony. The gates will open at 5.30pm and the lights will be switched on at 6.30pm. The event will also include a special service and carol singing.

People can 'dedicate a light' on the Tree of Remembrance by sending a donation to the Hospice along with the name of those they wish to remember, and they will then receive a Light a Light Christmas Card inscribed with the name of their loved one with space to add their own additional message.

Donations can be sent via post using the dedication form on the Light a Light flyers (available in the Hospice, Iona Café and charity shops), via telephone on 0131 551 1381 or via e-mail at fund@stcolumbushospice.org.uk

Road diversions today in the city centre



If you are travelling to the city centre today you are advised to plan ahead, with up 30,000 people expected to flock to the annual Christmas lights switch-on.

A series of road closures will be put in place to accommodate the Light Night event, which will take place from 1.30pm to 5pm.

These are as follows –

Before and after the event

- George Street closed to traffic in both directions between junctions, 10pm on Saturday, 22nd November until 11.30pm on Sunday, 23rd November.
- Hanover Street northbound closed, 12.30am until 6.30am on Sunday, 23rd November.



During the event (1pm until 6pm on Sunday 23rd November)

- George Street closed to traffic in its entirety.
- Castle Street, Frederick Street and Hanover Street closed both ways between Rose Street and Young Street/Hill Street/Thistle Street.
- Mound closed between Princes Street and Castle Street.

Members of the public wishing to join the celebrations should leave plenty of time for travel and use public transport where possible to avoid congestion.

Light Night will involve more than 1000 people performing on stages along George Street from 2pm on Sunday, followed by a fireworks display at 4.50pm and then the official switch-on.

Find out more about the event on [Edinburgh's Christmas' website](#).

A number of bus routes will be diverted on the day. For information on bus routes affected visit [Lothian Buses' website](#).

Follow [@edintravel](#) on Twitter for live traffic updates.

Dumbarton 3-6 Hibernian



Hibs eventually secured a valuable three points this afternoon after a nine goal thriller which included a hat trick from striker Dominique Malonga against Ian Murray's Dumbarton at the Bet Butler Stadium.

Head Coach Alan Stubbs was able to select an experienced side compare to last week thanks to the return of injured duo Mark Oxley and Scott Robertson as well as the new Conga internationalist Malonga.

Jordon Forster and Dylan McGeough remain on the injured list.

There was little indication of the goal fest to come in the first quarter which, although Hibs dominated, they were unable to pierce the 'Sons defence.

The breakthrough eventually arrived in the 22nd minute after some great interplay which ended with Scott Allan firing home from just inside the box.

Five minutes later Liam Craig did well to find Malonga and the on-form striker finished from a tight angle to double the advantage.

On the half hour mark, Paul Hanlon (pictured) added a third after Allan turned provider with an excellent low cross to the back post.

At that point the points seemed to be in the bag however the Easter road side started the second half badly and Chris Kane pulled one back five minutes after the break.

That goal should have been a warning, but Andy Graham made it 2-3 on the hour mark and the large travelling support began to fear the worst.

Malonga then restored Hibs' two goal advantage with a sensational 25 yard strike which flew into the corner of the net.

The Hibs' fans relief was short lived however when Gary Fleming made the score 3-4 with 20 minutes remaining.

Two minutes later Sam Stanton replaced Danny Handling before Lee Mair passed up a golden opportunity to equalise but his shot went wide of the post.

Stubbs' substitution proved to be inspired when Stanton made it 3-5 after a fine flowing move then Malonga wrapped things up with five minutes remaining to secure the three points and the match ball.

The result sees Hibs overtake Queen of the South into third place at least temporarily as Queens play Raith Rovers later tonight at Palmerston.

Hibs: Oxley, Gray, Stevenson, Hanlon, Fontaine, Craig, Robertson, Allan, Handling, Malonga, Cummings. Subs: Perntreou, Harris, Stanton, Heffernan, Sinclair, Booth, Kennedy

Photograph by John Preece

<http://www.photoboxgallery.com/jlp-photography>

Hawes Pier incident – police appeal for witnesses

Police in Edinburgh are appealing for witnesses after a road traffic accident at Hawes Pier, South Queensferry, this afternoon.

The accident happened around 1.15pm when a refuse lorry crossed the road and came to rest on the pier.

The driver was taken to hospital. His condition is not known at this time.

The road was closed between Hawes Brae and The Loan, resulting in a diversion through Dalmeny after the incident.

North Edinburgh Community News published this photo of what happened

[Post](#) by [North Edinburgh Community News](#).

Heart of Midlothian 2 Rangers



SPFL Championship, Saturday 22 November 2014 – Tynecastle

The last time Hearts played Rangers was back in August at Ibrox Stadium on the first weekend of the new season. Robbie Neilson's men recorded a fine 2-1 victory over their main challengers for promotion and since then hadn't tasted defeat in the league all season. Ally McCoist's men came to Gorgie on Saturday for the return fixture – and again left empty-handed as the Maroons stormed to another victory.

Neilson hinted during the week at a couple of changes to the team which won at Falkirk last Saturday and he duly obliged with Callum Paterson replacing Jordan McGhee and Jason Holt coming in for Prince Buaben who picked a knock in training during the week and was deemed only fit enough for a place on the substitutes bench.

Another huge crowd of over 17,000 packed into Tynecastle to create a raucous atmosphere. However, the importance of the occasion seemed to get to the players in the opening period of the game. Hearts seemed to have got sucked into counter-attacking mode with Rangers overly physical approach and long ball tactics unsettling the home side.

This physical approach reached boiling point in the 21st minute when Rangers Steven Smith lunged into Callum Paterson with his studs leaving referee Craig Thomson no alternative but to show a red card to the Ibrox player. Hearts began to show more attacking moves but it was Rangers who almost took the lead when Law's free-kick was saved well by Neil Alexander.

Hearts then threatened with Alim Ozturk's free-kick and then a

long-range effort from Morgaro Gomis before a header from Brad McKay was brilliantly saved by Rangers keeper Simonsen right on half-time. The ten men of Rangers held on to keep the game goalless at the break. **Half-time: Hearts 0 Rangers 0.**

Rangers approach to the game seemed to be to stop Hearts at any cost and this didn't change in the second half. Former Scotland striker Kenny Miller lunged into Kevin McHattie five minutes after the break with a challenge that seemed as bad as Smith's one in the first half. However, referee Thomson deemed it only worthy of a yellow card and Miller was substituted shortly after. Kevin McHattie, sadly, wasn't able to continue and was replaced by Adam Eckersley.

Moments later, Hearts deservedly took the lead. Callum Paterson, doing a power of work down the right wing, delivered another teasing cross which was only partially cleared by the Rangers defence. The ball broke to Jason Holt who fired a brilliant shot past the despairing arms of Simonsen to open the scoring. Cue bedlam at Tynecastle.

The old cliché is that teams are at their most vulnerable when they've just scored and this was almost proved correct as Rangers came close to equalising immediately. Neil Alexander produced a brilliant save from close range from Law with Foster hitting the crossbar with the rebound. Tynecastle heaved a huge sigh of relief.

Jamie Walker then spurned a chance to seal the game when he dragged his shot wide as Hearts passing game had the visitors chasing shadows at times. Rangers replaced MacLeod with veteran Kris Boyd much to the disgust of the travelling support who let Ally McCoist know their feelings in no uncertain terms. Their disgust turned to anger a few minutes later when Jamie Walker was fouled by former Hearts hero Ian Black inside the penalty box. Walker took the penalty himself with the expertise of a veteran and this secured a deserved victory the Maroons.

The football, particularly in the first half, wasn't the best quality but Hearts eventually stuck to what they're best at and played their opponents off the park. It has to be said that Rangers were brutal at times and the tide seems to be turning against their manager Ally McCoist. Rumour has it that the ball and Craig Thomson's whistle were taken to Edinburgh's Royal Infirmary after the game for recuperation...

This will be of no concern to Robbie Neilson and his Hearts team who now sit nine points clear at the top of the SPFL Championship. While we've still to reach the halfway point in the season, it's surely better to be in Hearts shoes than anyone else's.

Hearts: Alexander, Paterson, McHattie, Ozturk, Gomis, Walker, El Hassnaoui, Holt, King, Pallardo, McKay.

Rangers: Simonsen, McGregor, McCulloch, Mohsni, Wallace, MacLeod, Law, Black, Smith, Daly, Miller

Referee: Craig Thomson

Att: 17,004

Top man: Alim Ozturk – possibly his best display of the season.

Wave Energy Scotland to be

established



Scotland is to establish a wave energy technology development body to encourage innovation in the industry Minister for Business, Energy and Tourism Fergus Ewing announced today.

‘Wave Energy Scotland’ will bring together the best engineering and academic minds to collaborate in a research and development programme to accelerate wave technology further.

Mr Ewing will provide more detail on Wave Energy Scotland during a Parliamentary statement on marine energy which he plans to make next week.

The Scottish Government recognises that early stage technologies, such as wave energy, can take time to flourish.

The development of wave energy has also been hampered by the uncertainty facing the energy sector more widely, following the lengthy and delayed changes to the electricity market resulting from the UK Government’s Electricity Market Reform process.

Given that uncertainty, it is not surprising that investors are presently reluctant to commit to higher risk marine technologies. In spite of generous support for the sector from the Scottish Government, the lack of private capital has seriously hampered the progress of both wave and tidal energy developers.

Fergus Ewing said:

“With the extraordinary ocean energy resources off Scotland’s coasts, our belief in the future success of wave energy is

undiminished.

“Now is the right time to consider the future of our support for wave energy in Scotland. This is a young industry and we still have a lot of learning to do in marine renewables.

“We want to encourage further innovation in wave energy development and we recognise the need for a bold new approach to supporting this emerging technology. There is also a lack of design convergence in wave energy with many different concepts in development, while tidal appears to be converging on a front-runner design.

“With Wave Energy Scotland, we are proposing a fresh and collaborative way to accelerate wave technology development. The best minds in industry and academia will work together to develop technologies that can be commercialised by the private sector.

“The Scottish Government and its enterprise bodies are absolutely committed to supporting the development of the wave and tidal sectors to unlock the potential of our seas.

“Marine energy is an important part of our renewable energy portfolio offering real economic opportunities for Scotland.

“This means that while the tidal energy sector is ready to build array demonstration projects – the MeyGen project in the Pentland Firth is one such example – the wave energy sector must evolve further to gain the confidence of investors.”

Edinburgh wave energy firm [Pelamis](#) announced it was to go into administration only yesterday.

Alan Stubbs hopes for an early goal against Dumbarton



Hibs have the chance to make up ground on either leaders Hearts or second place Rangers who meet this afternoon at Tynecastle, but Head Coach Alan Stubbs knows his players will have to be at their best to beat Ian Murray's Dumbarton.

Hibs have consolidated their position in the top four after a run of unbeaten games, but a recent run of injuries including goalkeeper Mark Oxley, defender Jordon Forster and midfielder Scott Robertson has been a cause for concern for the supporters, but these are the type of games that the club have to win if they are to return to the top division next year.

Speaking to Hibs TV, Stubbs said: "We know we're going to be in for a difficult game.

"Whenever we've played Dumbarton they've got everybody behind the ball and made it difficult for us.

"So we don't expect it to be any different. I just think that we're on top we need to score an early goal to help settle us down – to give us a platform to move on from.

"What I will say is that when we haven't scored we've still looked to be in control of games.

"But we just need to show that killer instinct and when we do get opportunities we need to take them."

Meanwhile Hibs' legend Pat Stanton will be at the Clubstore today between 10.30 and 12.30 to sign copies of his Dream Team book.

John Muir Winter Carnival



The final countdown has begun to the John Muir Winter Carnival on 29th November, 10am-4pm at Foxlake, Scotland's first cable wakeboarding park in Dunbar, which will host everything from a FoxTrail 13k Run and Christmas Market to a Kidz Forest Zone and demonstrations by the recently crowned, Junior straight line UK Wakeboarding Champion, Edinburgh-born Blair Fraser, (16).

The family-themed event is aimed at encouraging people of all ages and fitness levels to get outdoors, regardless of the weather and enjoy taking part in all-year-round sports.

Additional events and competitions on the day include, coastal rowing, Cyclecross , Zorbing, Disc Golf, a 'come and try' archaeological excavation "Dig on the Hill" on the site where the old Hedderwick Hill Mansion House once stood and charity wakeboarding for Macmillan Cancer by Edinburgh University Ski and Wakeboard Club.

Foxlake Director James Barbour, said: "Following the overwhelming success of our first John Muir Winter Carnival we decided to expand it and include additional sporting activities, some which people might never have tried, and invite even more local businesses along to take part.

"Already we have been inundated with enquiries, ticket bookings and race entries and are confident it is going to be another huge success."

The Carnival is part of this year's Saltire Festival 2014, run by East Lothian Council. Tickets prices are £4 per adult, £2 per child available on the day. Food and drink will be available

to purchase at the Boardside Café, recently awarded Best Eatery within a Visitor Attraction Award, alongside Knops Beer Company, based at Archerfield and The Big Blu.

Saturday in Edinburgh – What's On Today



Edinburgh Steiner School Christmas Market: handmade gifts and crafts, puppet shows and fairground games, raffle, tombola, complementary therapies, live music, King Winter's Grotto, Viennese Cafe, world food market, craft workshops, star hunt and more. 11am-4pm, [Edinburgh Steiner School](#), 60 Spylaw Road. £2/£1 (£5 for family of 4).

Flamenco Fun! An exciting **performance** of dance and music from Imma and friends, followed by a **workshop for all ages**, covering the basic steps of flamenco. Refreshments provided. 12 noon-1.30pm, [Granton Library](#), Wardieburn Terrace. Free: no booking required, just turn up!



Portobello Expectant and New Parents Event: if you have just had a baby or are expecting one, come along and learn about the great range of local groups, classes and services. From ante-natal classes to baby groups, breastfeeding support, nappy services and tumbletots – there's something for everyone, and group representatives will be on hand to tell you more. The first 50 people will receive a

free *PlayTalkRead* goody bag! 12 noon-2pm, [Dalriada](#), 77 Promenade, Portobello. Free: more information from Sarah at Sarah@birthandbeyond.org.uk.

All Night Live Extravaganza: The Valeetahs, Fast Girls, The Twistettes, Babylon Dub Punks, The Phelgm and Dirty Red Turncoats. 7pm-3am, [Henry's Cellar Bar](#), 16a Morrison Street.

Bookbug: songs and stories for pre-school children. 10.30-11am today and every Saturday, [Fountainbridge Library](#), 137 Dundee Street.

In Praise of Food: Choir Cookbook Launch. The choir will launch a new book of their favourite recipes; you are invited to a lavish afternoon tea with entertainment from the church's musicians. 2.30-4.30pm, [St Andrew's and St George's West Church](#), George Street. £5 per person: all profits will go towards the choir's 2015 trip to Germany.



The Vintage Kilo Sale: over 5 tonnes of quality mixed vintage fashion and accessories – £15 per kilo! Stock is replenished throughout the day. 11am-4pm, [Out of The Blue Drill Hall](#), 36 Dalmeny Street. Entry £1.



Meet Your Maker: Textiles and Ceramics. Join craftmakers in celebration of Scottish craft as they showcase the design, processes and techniques behind their work. Independent designer **Laura Spring** invites you to drop in during the morning to have a go at producing a two colour pattern sample onto fabric, using the Museum's collection as inspiration. Ceramicist **Frances Priest** will answer your questions on working with clay and get creative in the production of a large-scale collaborative artwork – experiment with drawing and mark-making on clay. **Ursula Hunter** will introduce you to the craft of lino-printing. Also available on Sunday 23rd

November, but please note times will vary and some artists will not be available at certain times – see website for details. Textiles and ceramics sessions are free and offered on a drop-in, first come, first served basis. Lino printing session costs £20 and will run from 1-3.30pm on Saturday only: tickets can be booked [online](#) or by contacting NMS. [National Museum of Scotland](#), Chambers Street.



Family Cinema: see your favourite films for free! Adventure, excitement, fun and laughs: choc ices and juice available to buy for 50p each during the interval. Best for children up to 10 years: all children must be accompanied by an adult. This week ***Hoodwinked! (2005)***. 10.30am-12.30pm (inc. interval), [St Bride's Centre](#), Orwell Terrace.

Nothing But The Poem: Thomas Lux. Read and discuss a selection of work by this month's poet (please note that the poet will be present on paper only). Thomas Lux is one of America's leading poets, known for his highly entertaining and provocative poetry. 6pm, [Scottish Poetry Library](#), 5 Crichton's Close. Tickets £5/£4: book via [eventbrite](#).



St John's Craft Fair: handmade arts and crafts, including stationery, jewellery, upcycled furniture and knitted jumpers, scarves and hats. Proceeds to St John's Development Fund. 2-4pm, [St John's Episcopal Church Hall](#), Princes Street.



Botanical Treasures: join RBGE staff to view some of the hidden gems from the Garden's collections, and hear the stories behind the objects chosen for the latest RBGE publication, *Botanical Treasures*. For ages 12+. 12.30-3.30pm, Real Life Science Studio, John Hope Gateway, [Royal Botanic Garden of Edinburgh](#), Inverleith Row. Free. Also available at

same times on Sunday 23rd November.

Winter Guided Walk: join a Garden Guide for a leisurely afternoon walk around the Garden, discover stunning seasonal highlights and learn about the history of the Garden and its plants. For ages 14+. 2pm, meet at John Hope Gateway, [Royal Botanic Garden of Edinburgh](#), Inverleith Row. £5 per person; no advance booking needed. Also available at same time on Sunday 23rd November.



Christian Aid Christmas Craft Fair: enjoy a cup of coffee and some home baking and pick up some Christmas presents. Crafts plus Christian Aid cards and gifts, preserves and cakes. 10am-12 noon, [Mayfield Salisbury Parish Church](#), 18 West Mayfield. £3 per person.

GENERATION Tours at Modern One: free, discussion-led tours of the GENERATION exhibition, focusing on key themes and artists. 11-11.45am or 1-1.45pm, [Scottish Gallery of Modern Art ONE](#), Belford Road. Free and unticketed.



Live Music with Baby Taylor: Baby Taylor began touring the Glasgow music scene at 17; her album *A Moment of Sympathy for All My Enemies* was completed by the age of 19. She combines her acoustic-alternative style with a classic rock edge, pairing often sad or angry lyrics with a soft and uplifting vocal to create a refreshingly different sound. 12 noon-3pm (with breaks), [City Art Centre](#), Market Street.

The Highland Malawi Trust Coffee Morning: come along and find out more about this worthwhile charity whilst enjoying home baking and refreshments. The Trust is especially appealing for **knitters** who could make **new-born baby clothes**, particularly blankets, hats and 'fish and chip' jumpers, for the **Mzuzu General Hospital**. Feel free to use your own patterns

or ask your local library for some: completed items may also be dropped off at your local library. 11am-1pm, [Gilmerton Library](#), 13 Newtoft Street. Contact Maria on 0131 258 8052 for more information.



Five things you need to know today Edinburgh!



Juniper Green Farmers Market

Christmas Market

Hopetoun House

Many in Lothians need Flu Vaccine – get yours now

Community Energy Scotland Conference in Edinburgh next week

The Farmers Market at Juniper Green Village Hall is indoors, cosy and warm! It runs from 9.00am till 1.00pm loads of time to get your FairTrade goods, chocolates from Belter and Cole who are new to the market, or have your face painted by Carlene Ritchie.

Other stalls today include:

Stortebaeker breads, pretzels, sweet and savoury continental baking.

Cedar Cottage meats, pies, slices, sausages, poultry, bacon and eggs.

Heavenly Homemade preserves, marmalades and chutneys

Scoff-it for a tasty snack with your coffee
MaRoberts spicy and fruity Tanzanian cooking sauces

Today you can go along to the Christmas Market at Edinburgh Printmakers 23 Union Street EH1 3LR and meet the Edinburgh Sketcher! He will be selling his wares and others will be selling their hand made gifts for you to give this Christmas.

Just in case you have not seen his work this is one of his Christmas card designs:

[Post](#) by [EdinburghSketcher](#).

Visit **Hopetoun Estate** and explore the annual **Christmas Shopping Fair** at a stately home from **Friday 28 November** until **Sunday 30 November**. Take shelter from the busy high street and choose a wonderful gift for your loved ones this Christmas from the extensive range of high quality choices available, all whilst soaking up the festive atmosphere.
www.hopetoun.co.uk

People in Lothians who are eligible for the flu vaccine are being urged to get protected before the end of the year.

New uptake figures for the region show the percentage of people yet to be vaccinated, and the call has been issued to ensure those with underlying health conditions and parents of children aged 2-5 contact their GP practice to arrange their vaccination to reduce the risk of catching flu.

The figures, revealed today, highlight those still to receive the vaccine include:

- 64 per cent of people under 65 with underlying health problems such as asthma

- 62 per cent of pregnant women
- 68 per cent of 2-5 year olds

People with conditions such as asthma, diabetes, cystic fibrosis, those with lowered immunities and women who are pregnant, can be hit harder by flu and suffer more serious complications, even if they are generally fit and healthy.

This year's vaccination programme has been extended to include 2-11 year olds, as they are two to three times more likely to be ill with flu than adults.

Approximately 550,000 children will be given the nasal flu vaccine this year. Parents of children aged 2-5 who are not yet in school should contact their GP practice to arrange their vaccination. Children aged 5-11 are being offered the vaccination in school.

Dr Nicola Steedman, Senior Medical Officer for the Scottish Government Flu campaign, said:

"Flu can strike suddenly and it's important to be prepared. If you have a long-term medical condition, the best way to protect yourself against the serious effects of flu is to get vaccinated, even if you are feeling perfectly well. The flu vaccination is quick and easy – it only takes a few minutes to get, but will offer protection for around a year.

"It is vital we ensure that children are also protected from flu as youngsters are two to three times more likely to be ill with flu than adults. Children aged 2-5 who aren't yet at school can be vaccinated by their doctor, whilst 5-11 year olds are being vaccinated at school to make it even easier to get the vaccine. Every year we see examples of how serious flu can be for children – they may have little immunity to the infection and the virus can develop into more serious health complications for them including pneumonia."

Dr Lorna Willocks, Flu Immunisation Co-ordinator at NHS Lothian, added:

“It’s very important that children aged 2-5, pregnant women and people with underlying health conditions get vaccinated to reduce the risk of catching flu and suffering serious complications. I urge all those who are eligible for the flu vaccine to speak with their GP practice to arrange their free vaccination. Remember to contact your GP practice to arrange for 2-5 year olds not yet at school to be vaccinated at their local GP surgery.”

“Catching flu can cause unnecessary worry for friends and family as well as posing a risk of spreading the virus to more vulnerable members of society. It is much worse than a bad cold and survives better when it is chilly outside. Flu viruses will circulate across Scotland as we move further into winter so make sure you get protected as soon as possible.”

If you would like to find out more information about the flu vaccine, contact NHS Inform on 0800 22 44 88 or log on to www.immunisationscotland.org.uk.

Edinburgh is a big conference city and next week the Community Energy Scotland conference 2014 will be held in the city’s Capital Hotel.

This is the programme they will be discussing:

<http://www.theedinburghreporter.co.uk/wp-content/uploads/2014/11/Scotlands-Community-Energy-Conference-2014-Published-Published-Programme-Version-w.pdf>

Get ready for Edinburgh's winter events



Edinburgh – Get Ready for what's on this weekend

The Scottish Government launched its Get Ready for Winter campaign a few weeks ago. Even though the weather has been mild since then there are many outdoor events coming up, and they would like to offer a timely reminder of how to prepare for them. Even if you're going to something indoors there is travel to think about, so read on to find out what you might think about before a night out.

Renowned across the world for its welcoming spirit and outstanding winter backdrop, Edinburgh is also a city full of festive fun and activities throughout the months of November and December.

The fun begins at [Light Night](#) on Sunday 23 November when a dramatic extravaganza will take place on George Street ahead of the city light switch on followed by live music and a spectacular firework display.

For something more traditional, celebrate St Andrew's Day with a Scottish ceilidh on 30 November in St Andrew Square. Then it's time for the big one – no winter in Scotland, or more specifically, Edinburgh is complete without [Hogmanay](#)! Events include a Torchlight Procession through Edinburgh's Old Town on 30 December, followed by the famous street party, the Keilidh, a concert in Princes Street Gardens and a spectacular fireworks display on 31 December.

As well as its events, Edinburgh has some of the most famous landmarks in Scotland right. Don't miss the sightseeing opportunities with panoramic views of Edinburgh from the top

of the Christmas Wheel, or spin around on the charming carousel or brave a twirl on the 60-metre-high Star Flyer, all in East Princes Street Gardens.

New for this year, St Andrew Square will host a brand new, oval Ice Rink looping around the Melville Monument – hire a pair of skates and spin across the ice behind a gorgeous backdrop of the glittering city.

And it wouldn't be Christmas without a festive pantomime to enjoy with the kids – or adults. Aladdin will run at The King's Theatre from 29 November until 18 November and the Scottish Ballet's *Nutcracker* at [The Festival Theatre](#) from 13 December – 3 January.

But, if it's shopping that you are really after then Edinburgh is famed for its boutique stores to large department stores meaning there is something for everyone – and time to do it, with most stores having extended festive shopping hours until 8pm at least on some nights.

Or, if it's something more unique then the festive markets throughout the city centre are a highlight for you whether you are a visitor or a local. With everything from crafts to food and drink, don't miss the Scottish Market in St Andrew Square, the European Market at the Mound Precinct and the Children's Market in Princes Street Gardens.

Scottish Government Ready for Winter? campaign

This year The Scottish Government launched it's Ready for Winter? campaign to encourage all Scots to think now about getting prepared for whatever the winter months may throw at us. Whilst extreme weather can happen at any time of the year, winter still remains the time of greatest risk.

In the last two years Edinburgh has been fortunate to have

experienced relatively mild winters, although some parts of Scotland have experienced severe weather. Recent research, by The Scottish Government and the British Red Cross, revealed that the milder conditions mean that people are now less worried about the ever present threat of severe weather, and many remain unprepared for a harsh winter.

The full research report can be found here:
<http://readyscotland.org/are-you-ready/ready-for-winter-2014/>

With so many events going on in and around Edinburgh, the campaign offers advice on how to stay safe whilst out and about, reminding us of the simple actions we can all take to get ready: in the home, before a journey, at our place of work and in our communities. This will serve us well not just throughout the winter months, but all year round and will help you cope with a range of emergency situations.

Top tips

Out and about

Tips for a safe night out:

Have a fully charged mobile phone

Ensure your In Case of Emergency (ICE) number is stored safely in your contacts

Have the contact details of your local taxi company stored safely in your contacts

Be aware of transport timetables – bus, train etc.

Pay attention to the weather forecast for the night, don't be caught out

Drink aware – alcohol can dull your senses. It really is that cold!

Wrap up warm – have a hat, scarf and gloves ready to put on

and carry them with you

Take a change of sensible footwear

Always wear a jacket – most establishments will provide a cloakroom for you to store it in

Stay in a group – it is better to face the elements together!

Have fun, but be aware of your surroundings

Look out for black ice and take your time walking

Have fun, and be safe!

Travel

Before travelling in bad weather, you should:

Consider whether you need to travel right now, or if you can wait until the weather improves

Check the weather forecast and road conditions

Think about alternative routes and modes of transport

Allow extra time for your journey

Tell someone your destination and when you expect to arrive

Make sure your car is ready for a journey in poor weather

Fully charge your mobile phone

Make sure you have appropriate clothing, equipment and food

Pack an emergency travel kit if you are travelling by car

In winter, think about getting winter tyres

See also Transport Scotland's guidance on driving in bad weather <http://www.transportscotland.gov.uk/ready-winter>

Where to get travel info

For real-time journey information, visit www.TrafficScotland.org or follow them on Twitter via @trafficscotland

For public transport information, visit www.TravelineScotland.com, or their twitter feed @TravelineScot

Listen to your local radio station for travel updates

Pay attention to Met Office warnings for weather updates and advice

Keep up to date with local transport updates, e.g. @on_lothianbuses for Edinburgh

Police revisit Meadows area seven days after attack



Officers from Police Scotland will be stopping motorists and pedestrians in the area of The Meadows in Edinburgh tomorrow morning, exactly a week after a 19-year-old woman was raped.

Officers will be in The Meadows from 6.15am asking pedestrians if they were in the area at the same time last week and handing out e-fit pictures of the man they want to trace in connection with the crime.

In addition, a large picture of the man will be displayed on

police vehicles which will be in the area.

Following an excellent response from the public to an earlier appeal, the detective in charge of the enquiry now believes the rapist made off in a southerly direction towards the Edinburgh Sick Childrens' Hospital, and the streets beyond in the Sciennes area.

Detective Chief Inspector Alwyn Bell said: "We will be stopping motorists in the Sylvan Place and Sciennes Road areas of the city and asking them if they were in these roads last Saturday morning. In addition I would appeal to everyone who lives in, or was in this area, last Saturday, to cast their minds back to see if they have any recollection of seeing the man.

He is described as being between 20 and 30, 5'4" to 5'9" in height and of medium build. He was wearng a black beanie hat, black zip-up tracksuit top and dark trousers."

Police warning after Calton Hill robberies



Police in Edinburgh have warned people to take care in the Calton Hill area of the City following two men being assaulted and robbed in similar circumstances over the last week.

One of the men was a tourist who was punched in the face and had his mobile phone and wallet stolen in the incident, the other man was knocked to the ground and robbed.

Both incidents happened in the early hours of the morning on

Wednesday and Friday this week.

Letter from Scotland



Don't drink and drive in the new Scotland

Our new leader Nicola Sturgeon may not yet have declared Scottish independence but we are setting out on a different road from the rest of the United Kingdom in one important respect – drinking and driving. Amid all the [comings and goings at Holyrood](#) this week, a quiet reformation was under way. MSPs give final approval for the drink driving limit to be reduced from 80mg of alcohol to 50mg per 100ml of blood. It means just one drink could put you over the limit.

In effect, we now have a no-alcohol policy on the roads in Scotland. Warning signs are going up next week and the new law comes into effect on 5 December 2014. Scotland's infamous relationship with alcohol will have to change. Out goes the old Burns-inspired jolly camaraderie with the demon drink and in comes the new European code of sobriety. Not "one for the road" but none for the road. It should cut road deaths by 10 per cent and lead to new traditions.

Less alcoholic drinking perhaps. Or one person in the party staying sober to drive everyone else home. Or the bus or taxi becoming the common mode of transport for a night out. It may even send out a message that a car is a dangerous thing, not to be driven recklessly, while under the influence of drink or drugs or while suffering from a serious illness, sudden blackouts or simple old age.

There have been two shocking court cases involving unforgivable driving this month. One was a 93 year-old woman in Caithness, with a history of blackouts, who drove into a young couple from England enjoying a cycling holiday. One was killed and the other seriously injured. Another involved a middle-aged man in Glasgow, who failed to disclose his blackouts, but continued to drive his Range Rover around the city and killed two female students. Scotland's whole relationship with cars needs to change.

We've been changing our relationship with our first minister this week. Alex Salmond bowed out with a gracious speech in parliament saying it had been "the privilege of my life" to serve as First Minister for the past seven and a half years. His last duty was to watch Scotland being beaten by England 3-1 at a "friendly" match at Celtic Park. But he was confident that better times lie ahead.

On Wednesday Nicola Sturgeon was formally elected as First Minister and on Thursday she took the oath of office in front of a row judges in splendid red gowns at the Court of Session. Her first outing at First Minister's Questions followed immediately afterwards when she went out of her way to be kind and considerate to her opponents. Nothing was too much trouble. Yes, she would meet the relatives of cancer patients who had been caught in a postcode lottery of costly drugs. Yes, she would listen to ideas from all sides about police reforms or prison policy. She wanted to be First Minister for the whole of Scotland, not just SNP supporters.

It will have to be a careful balancing act because it won't be easy to satisfy everybody – even over the next few weeks. Today she appointed [her new cabinet](#). Next week the Smith Commission on further devolution is due to make its first report. Then she'll be outlining her programme for government, and early next year there's the budget and the UK general election campaign.

This week there also emerged another difficult balancing act for Scotland: do we allow fracking for shale gas ? Ineos, the owners of the Grangemouth refinery, have announced plans for a £640m investment in fracking in the UK to supply its new shale gas facility. It's already been awarded two licences to begin prospecting for shale gas in Central Scotland. But there's a cross-border issue here with licences being awarded by the UK government and planning permission decided by the Scottish government. Will this be part of the Smith Commission negotiations ? And which side – in the fracking debate – will the Sturgeon government come down on ?

Balancing is not easy for any first lady, as Judy Murray (Andy's mother) found out last weekend. Scotland's first lady of tennis tumbled out of Strictly Come Dancing. Her waltz to "Let's Go Fly a Kite" just wasn't good enough to save her from the judges' final verdict.

So it was left to a mere man to show that Scotland could still excel in the art of balancing. The stunt cyclist Danny MacAskill, fresh from his ride over the Cuillin ridge, did a loop-the-loop in a giant ring set up on a barge in the River Thames. From a distance, it was to show him apparently riding around the London Eye.

You'd need a few drinks to appreciate that...but please don't try to drive home !

Edinburgh wave energy company Pelamis in administration



Leith-based wave energy company, Pelamis, have published an announcement on their website today that the company is in administration and Blair Nimmo and Gary Fraser of KPMG have now been appointed as Joint Administrators of Pelamis Wave Power.

The company was founded in 1998 by Dr Richard Yemm and their latest wave energy converter is being tested at EMEC in Orkney.

The directors of Pelamis regret to announce that they have been unable to secure the additional funding required for further development of the Company's market leading wave energy technology. As a result of this the board has reluctantly moved to appoint an administrator to assess the options for securing the future for the business and employees of Pelamis.

Pelamis is the world's most advanced wave energy technology and company. It recently received a strong endorsement of this leading position from independent consultants following a series of due diligence exercises. This work included detailed assessments of the onward commercial viability of the technology and designs. The combination of over 350 man-years of experience in the team, some 15,000 hours of real grid connected test data and intensive parallel R&D work gives Pelamis a unique platform from which to develop and demonstrate the viability of its technology for commercial deployment at scale.

The directors and employees of Pelamis are dedicated to the success of this revolutionary technology, and are committed to working with the administrator when appointed, the Scottish and UK Governments and any future partners to ensure its success.

A Scottish Government spokesperson said:

“This is a sad day for Pelamis and an anxious time for employees and their families.

“Clearly the news that PWP has gone into administration is a matter of real regret. Scottish Enterprise and Scottish Government have been working closely with the company and its shareholders to try and find a way forward and help support the company in its current form.

“The Scottish Government stands ready to engage with the company and we will support affected employees through our initiative for responding to redundancy situations Partnership Action for Continuing Employment (PACE).

“Early stage technologies such as this can be difficult, but the development of wave energy has been blighted by the uncertainty facing the energy sector more widely, following reforms of the UK’s electricity market. Our belief in the future success of wave energy is undiminished.”

New exhibition at Castle Fine Art



The works of critically acclaimed abstract artist, Alex Echo, will be on display at an Edinburgh gallery this weekend.

Alex Echo’s latest collection, comprised of original and limited edition pieces, will be on display at Castle Fine Art with the artist himself making a guest appearance at the

gallery on Sunday 23rd November, between 1-4pm.

The collection, which features abstract canvases painted using bright and colourful Dulux paint, will also showcase a collection of water-inspired artwork, with royalties of each piece being donated to international charity WaterAid, in what Echo describes as *“a small attempt at giving a little something back to this beautiful earth.”*

Echo has already raised over £500,000 in funds from the sales of his artwork to support and benefit various charities across the world, such as his 1999 ‘Imagine Love’ SWATCH watch, which sold 153,000 units worldwide and had royalties given to paediatric AIDs charities.

In his 35 years as an art professional, Echo has used his knowledge and expertise – specifically in art history – to edify inner-city kids as well as children with handicaps and mental disabilities.



Echo uses a unique perspective and palette of colour to create complex and extraordinary works of contemporary art. In a mélange of intricate brush stokes, his work brings together the beauty and history of impressionism with a new language of technique and style. The vibrancy and softness of Turner and the structure of Rothko is evident in his work.

David Gill, Castle Fine Art, Edinburgh’s Gallery Manager said: “It’s fantastic to have the works of international talent, Alex Echo, on display at our gallery. When viewing Echo’s collection, his journey is evident. He’s grasped life and celebrated it, and we are delighted to have his work on display; it’s a real asset to the UK’s art scene.

Echo’s work has been exhibited all over the world and has a famous fan following including Oprah Winfrey, Robert Downey Jr and Cindy Crawford. In 2010, Echo’s colourful designs even

inspired fashion designer Sir Paul Smith, who used his painting, 'Classic with a Twist', to create a fabric pattern for his 2011 Spring/Summer collection.

Last year, a Fender Stratocaster designed by Echo for guitar legend Eric Clapton CBE was auctioned off to raise thousands of pounds for The Crossroads Centre, an addiction recovery facility founded by the musician in 1998.

Speaking about his art, Echo said: "I don't need to say anything with my art – but hopefully my artwork will inspire people to look at the world as a place to be loved and protected. It's my attempt to capture a small part of the miracle of nature."

Echo's paintings aim to find the balance between history and contemporary art, resulting in visually striking pieces that appeal to a varied audience.

The exhibition is free of charge to view at Castle Fine Art and Alex Echo will be at the gallery on Sunday 23rd November from 1-4pm.

Limited prints of Alex Echo's work are available to buy and start from £295.

For more information visit Castle Fine Art, Edinburgh, telephone 0131 261 9181 or visit www.castlefineart.com

Community groups and trade

unionists against council cuts



Anti-cuts campaigners say that The City of Edinburgh Council's draft budget proposals for 2015/6 will significantly damage services for those most in need.

They say they are also in fear of a steep deterioration in terms and conditions for council employees. Resistance to the budget will be organised at a public meeting to be held by community groups and trade unionists at the end of the month.

The Council is proposing cuts of £22m, as part of a three-year strategy that will inflict further cuts of £55m and £77m in the next two financial years. Campaigners will identify reductions to services for vulnerable people in the capital.


They say that they will challenge councillors on how they can support such cuts and still claim to be fulfilling their pledge when they took office in May 2012 to reduce poverty, inequality and deprivation in the city.

The meeting, which has been organised by a coalition of organisations including Edinburgh Anti Cuts Alliance, Edinburgh TUC, East Edinburgh Save our Services and UNITE Edinburgh Not For Profit Branch, will be held at 7.00pm on Thursday 27 November 2014, at the Augustine United Church, George IV Bridge.

Everyone is welcome to attend.

More information from www.edinburghagainstcuts.org.uk

First Minister appoints new Cabinet

 The Scottish Government's new Cabinet has today been announced by First Minister Nicola Sturgeon, subject to the necessary parliamentary approval.

As the First Minister unveiled her new Cabinet, she made it clear she was taking the opportunity to make progress on equal representation for women by achieving it first in her own Cabinet appointments. In a Cabinet comprising the First Minister and nine Cabinet Secretaries, half will be women.

The First Minister said:

“This new Cabinet is a team of all the talents, which will take forward this Government's priorities for Scotland.

“The aims of my Government are clear: to create a nation that is both socially democratic and socially just, a nation that is confident in itself and governed effectively and a nation which will address poverty, support business, promote growth and tackle inequality.

“The new Cabinet team I have announced today will pursue these priorities with verve, vigour and determination.

“Every member of the Cabinet is part of this Government's top team on merit, on the basis of the excellent work they have already done as ministers. The Cabinet line-up is also a clear demonstration that this Government will work hard in all areas to promote women, to create gender equality and it sends out a strong message that we will start the business of redressing the gender balance in public life starts right here in

Government.

“I said earlier this week that we will leading by example on equal representation, and encourage others to follow by addressing low pay and improving childcare. The Cabinet appointments I have made today will ensure these issues have the highest priority.

“I also want to take the opportunity to thank outgoing cabinet secretaries Kenny MacAskill and Mike Russell for their sterling work in government.

“I am confident that we are now equipped with the men and women who will go forward and deliver on these aspirations to create a better Scotland.”

The full list of Cabinet appointments are:

Deputy First Minister and Cabinet Secretary for Finance, Constitution and Economy – John Swinney MSP.

Deputising for the First Minister – the constitution – the National Performance Framework – government strategy, reform, delivery and outcomes across portfolios, cross government implementation of Scotland’s Digital Future and relations with other UK administrations.

Scottish Public Finances and their sustainability – the Scottish Economy, fiscal policy, the Scottish Budget, public spending, taxation, budgetary monitoring and reporting, public service reform, public bodies policy, efficient government, public sector pay and pensions.

Business and Industry – enterprise, trade and inward investment, energy and renewable energy, innovation, tourism, business regulation, accountancy and insolvency.

Securing the Government’s parliamentary business – liaising with the parliamentary bureau and MSPs of the government party, open government, including Freedom of Information.

Resilience

This portfolio will include a Minister for Business, Energy & Tourism and a Minister for Parliamentary Business.

Cabinet Secretary for Infrastructure, Investment and Cities – Keith Brown MSP

Infrastructure and capital investment – European structural funds, government procurement, Scottish Futures Trust, Scottish Water, Scotland's cities, transport policy, public transport, air, rail and ferry services. Scotland's roads.

Responsibility for veterans.

This portfolio will include a Minister for Transport.

Cabinet Secretary for Fair Work, Skills and Training – Roseanna Cunningham MSP

Fair work – employment policy, women's employment, youth employment, the living wage, skills and employment training, implementation of the Wood Commission's recommendations, Skills Development Scotland.

This portfolio will include a Minister for Youth & Women's Employment.

Cabinet Secretary for Education and Lifelong Learning – Angela Constance MSP

Education – science, higher education and universities, further education and colleges, educational attainment, school standards, quality and improvement, the teaching profession, school infrastructure and staffing, behaviour, measures to combat bullying, qualifications, modern languages, Scottish studies, children's rights, children's services, early years, adoption and fostering, child protection, looked after children, children's hearings, protection of vulnerable groups, social services workforce, youth work, non-advanced

vocational skills, the Gaelic and Scots languages, cross-government co-ordination on Scotland's islands.

This portfolio will include a Minister for Children & Young People and a Minister for Learning, Science & Scotland's Islands and Languages

Cabinet Secretary for Health, Wellbeing and Sport – Shona Robison MSP

National Health Service – acute and primary services, patient services, patient safety, medical records, quality strategy, dentistry, allied healthcare services, national service planning, NHS performance, NHS staff and pay.

Health and wellbeing – public health, health protection, child and maternal health, health improvement, sexual health, problem alcohol use and recovery, healthy working lives, adult care and support, carers.

Sport – physical activity and securing the legacy of the 2014 Commonwealth Games.

This portfolio will include a Minister for Public Health and a Minister for Sport and Health Improvement.

Cabinet Secretary for Social Justice, Communities and Pensioners' Rights – Alex Neil MSP

Social justice – democratic renewal, elections, community empowerment, community planning, local government, planning, building standards, business improvement districts, town centres, housing, welfare, measures against poverty and homelessness, the third sector and the social economy, equality, social and human rights, religious and faith organisations, cross-government co-ordination on pensioners' rights and welfare.

This portfolio will include a Minister for Local Government & Community Empowerment and a Minister for Housing & Welfare.

Cabinet Secretary for Justice – Michael Matheson MSP

The Justice system – security, access to justice, criminal law and procedure, civil law, the police, the legal profession, courts, sentencing, prisons and prisoners, victims and witnesses, reducing reoffending, youth justice, criminal justice social work, community safety, fire and rescue services, anti-social behaviour, drugs policy, violence reduction, anti-sectarianism, liquor licensing.

This portfolio will include a Minister for Community Safety & Legal Affairs

Cabinet Secretary for Rural Affairs, Food and Environment – Richard Lochhead MSP

Rural Scotland – land reform, the physical and marine environment, agriculture, forestry, fisheries, aquaculture, food and drink, crofting, sustainable development, biodiversity, natural heritage, environmental protection, flooding, water quality, national parks, environmental and climate justice.

This portfolio will include a Minister for Environment, Climate Change & Land Reform

Cabinet Secretary for Culture, Europe and External Affairs – Fiona Hyslop MSP

Culture and the arts – national records, national identity, built heritage, architecture, broadcasting, cross-government co-ordination on European Union and international relations, international development, fair trade, the Scottish diaspora, cross government co-ordination on bringing major events to Scotland.

This portfolio will include a Minister for Europe & International Development

Law Officers

Lord Advocate – Frank Mulholland

Solicitor General – Lesley Thompson

The First Minister has confirmed that the Lord Advocate and the Solicitor General will continue to serve.

Police Launch Festive Safety Campaign



Police in Edinburgh have today launched their annual campaign to keep people safe during the festive season.

As part of Operation Greenland, (formerly Operation Astrodome) officers in the city centre will each day issue a special 'Countdown to Christmas' photo on social media. The image will relate to a specific theme of festive safety or update the public on policing activity being carried out over Christmas and New Year.

The public can receive these images and updates by liking the Edinburgh Division Facebook page and by following the @EdinCityPolice Twitter account.

Social media users can also join in the discussion about the campaign by using the hashtag #OpGreenland.

As always, officers within the Capital will provide a high-visibility presence across the city in the coming weeks to offer a range of crime prevention and personal safety advice.

In addition, police will specifically target busy areas and destinations during the holiday season to distribute specially designed leaflets that inform the public on how to 'Shop Safe' and 'Party Safe'.

Chief Superintendent Mark Williams, Divisional Commander for the City of Edinburgh said: "Edinburgh is one of the most beautiful, vibrant and safe cities in the world, and the policing plans we're announcing today means this is set to continue into the festive season and beyond.

"The city is already getting busier, with locals and visitors taking full advantage of the shopping and attractions on offer, and many people will soon be out enjoying festive nights out in the restaurants, pubs and clubs.

"We are keen to ensure people can have a safe and enjoyable time whilst soaking up the fantastic atmosphere that the city has to offer."

Community Safety Leader of the City of Edinburgh Council, Councillor Cammy Day, said: "Edinburgh is a safe place to visit and to live in, and our winter festival attracts people from around the world each year.

"We want to make sure that everyone will enjoy themselves and stay safe. I urge revellers to keep an eye on their belongings during a night out and to act responsibly.

"Working closely with the police and other agencies, our community safety wardens will be conducting high visibility patrols. Starting at the end of November, extra patrols will be out on Friday and Saturday evenings, and there will be a daily focus on the winter festival area."

Ch Supt Williams said there are a number of simple steps you can take whilst enjoying the festive season. "Make sure you are always aware of your surroundings and keep your property safe when out and about. If you're enjoying a night out in

town then please drink responsibly and don't let excessive alcohol consumption ruin your evening.

"This will also be our most interactive festive season yet and through social media we will issue a new 'Countdown to Christmas' photo each day with further information and advice. Members of the public can view these images by liking the Edinburgh Division Facebook page and following our @EdinCityPolice Twitter account.

"Updates on all Operation Greenland activity will also be available on these sites, as well as our @EdinburghPolice Twitter account, which covers the entire city."

Castleview plays a big part in Book Week Scotland launch

Castleview Primary School had some visitors, and they arrived with free gifts.

The pupils got their hands on their Book Bug Packs with three free books, ahead of Book Week Scotland – which runs from 24th to 30th November.

Every P1 primary school child across Scotland will receive free books as part of the national celebration of reading.



Pictured with their Book Bug books are (from left) Logan Munro, Benjamin Sek, Nikolaos Tsolakis and Fathia Imanudin.

Photographs by

Colin Hattersley Photography

Public Relations – Press – Corporate – Charities –

Arts & Entertainment

07974 957 388

colinhattersley@btinternet.com

www.colinhattersley.com

Friday in Edinburgh – What's On Today



Bon Papillon Winter Exhibition: Ingrid Nilsson with Senja Bownes, Lynne Harkes and Melanie Williamson. Open preview 5.30pm tonight, then 10am-5pm Wednesday to Sunday, closed Mondays and Tuesdays, [Bon Papillon](#), 15 Howe Street. Read The Edinburgh Reporter's choice of the Top Five Scones in Edinburgh [here](#) – and see why Bon Papillon won!

Jamboree Fundraising Ceilidh: a family night to help raise funds to send five Young Explorer Scouts to the **World Scout Jamboree in Japan** in 2015. The scouts all belong to **Craigentinny Scout Unit**: this will be a fantastic opportunity and a once in a lifetime experience for them, and part of the event's proceeds will also be used to assist scouts in developing countries to attend the Jamboree. A professional ceilidh band will play and supper is included in the ticket price; a bar service will be available. 7-11pm, [Portobello High School](#), 10 Duddingston Road. Tickets £7 (£5 for ages 5-15), £20 for a family of 4. Email joan.m.thomson@btinternet.com for more information.

Storytime: for young children. 10.30am today and every Friday, [Piershill Library](#), 30 Piersfield Terrace.



Lunchtime concert: **Gordon Bragg** (violin) and **James Willshire** (piano) perform Mozart *Sonata for Violin and Piano in G major K301*, Respighi *Sonata for Violin and Piano in B minor* and Bartok *Romanian Folk Dances*. 1.10pm, [Reid Concert Hall](#), University of Edinburgh, Bristo Square. Free and unticketed.



Freeze Frame Film Club: an informal evening of flickering images from classic old favourites. This month: **Billy Wilder's *Some Like It Hot***, with **Jack Lemmon**, **Tony Curtis** and **Marilyn Monroe**. Come early and enjoy a three course meal before the show, or simply come for the film. Doors open 6.30pm, film starts 8pm, [Out of The Blue Drill Hall](#), 36 Dalmeny Street. Film £2.50/£2, payable on the door or in advance from the cafe: meal £15 per person, **must be booked in advance** via the Drill Hall Cafe on 0131 555 7100.

Crafty Friday: arts and crafts afternoon for children aged 4+. 2pm, [Blackhall Library](#), 56 Hillhouse Road. Free, no booking required – just turn up!

University of Edinburgh Postgraduate Open Day: an opportunity to learn more about the university's postgraduate programmes and meet staff and current students. General information (funding, accommodation, facilities, life in the city, employability, etc) plus special sessions in each School: see [website](#) for details and full programme. Coffee from 9.30am; drinks reception 5-6.30pm, and lots of events in between. Booking required: click [here](#). For more information contact **Student Recruitment and Admissions** on 0131 650 4360, on Facebook or via online form.

Bookbug: songs and rhymes for very young children and their families. 10.30-11am, [Oxgangs Library](#), 343 Oxgangs Road North.

Edinburgh College of Art Friday Lecture Series: Lucy Soutter, contemporary art photographer. 11.30am – contact [College of Art](#) for venue. All welcome.



Fiddle 2014: the Scots Fiddle Festival starts today! Recitals, ceilidhs, sessions, workshops, concerts, stalls and talks at two venues, the **Queen's Hall** and **Summerhall**. You can go on a Fiddle Walk and delve into the fiddle history of Edinburgh, try step dancing, learn some tunes from Shetland, see top fiddlers perform, ceilidh the night away or learn some Gaelic with last year's winner of the An Comunn Gaidhealach Gold Medal for Ladies Solo Singing – and there's plenty more! For full programme see the [festival website](#). Opening concert tonight; **Orkney Folk: The Fiddle Gathering**, 7.30pm, [Queen's Hall](#), 85-89 Clerk Street. Festival continues on Saturday 22nd and Sunday 23rd November. All tickets available from Queen's Hall box office, in person, by phone (0131 668 2019) or [online](#).

War Poets Collection Guided Tours: Catherine Walker leads a guided visit and talk about the many interesting characters who have had links with Napier's **Craiglockhart** campus over the years. (The exhibition is open during usual campus hours and all are welcome to visit). 11am-12 noon or 2-3pm, War Poets Collection Exhibition Area, Edinburgh Napier University, [Craiglockhart Campus](#), EH14 1DJ. Free but booking required (max. 12 people per tour): call 0141 455 4260 or email events@napier.ac.uk.

Edinburgh Napier University Campus Tours: come along, view the fantastic facilities and meet the Student Ambassadors. Tours will run simultaneously at 2pm at each of the **Craiglockhart**, **Merchiston** and **Sighthill** campuses. [Online booking](#) is required

and early booking is highly recommended as tours fill up fast. For further information contact studentrecruitment@napier.ac.uk.



Royal Botanic Garden Photography Competition Exhibition: see the work of the winners and finalists in this competition, run by the Friends of RBGE. 10am-3.45pm, Gateway Gallery, upstairs at the John Hope Gateway, [Royal Botanic Garden of Edinburgh](#), Inverleith Row. Free. Closes 8th February 2015.



What Nourishes Us?An Inter-faith Evening. Sharing in a nourishing supper, sharing thoughts on what nourishes us spiritually, and sharing a common path of contemplation (walking the labyrinth). Please bring some food to share. 6.30pm, [Polwarth Parish Church](#), 36-38 Polwarth Terrace. For more information contact Margaret at labyrinth@polwarth.org.uk. Part of Scottish Inter-Faith Week.

Easel Sketching in the Gallery: November. Sketching in the Gallery, led by artist **Damian Callan**. A different subject each month, sometimes with a model. All materials supplied. 2-4pm, Main Gallery Floor, [Scottish National Gallery](#), The Mound. Free and unticketed.

***Landscape with Apollo and the Muses* by Claude Lorrain (1652):** Lorrain was a pioneer of the classical or idealised landscape of the 17th century, and *Landscape with Apollo and the Muses* is a grand, definitive statement of his supremely poetic style. Art historian **Andrew Paterson** considers the qualities that made Claude so influential on later landscape painters such as **Turner** and **Constable**, and even on the origins of rural tourism. 12.45-1.30pm, (gallery floor) [Scottish National Gallery](#), The Mound. Free and unticketed.



Collette Rayner: *Access As Idiot Distraction*. A new film created by the artist based on research into the **Principality of Sealand**, a former World War II sea fort located six miles off the port of Felixstowe, claimed by its owners as a sovereign micro nation in 1967. Working with digital animation, sound and text, Collette reclaims an unsuccessful attempt to gain access to Sealand in 2013. Preview 6-8pm tonight, then 10am-4pm Tuesday to Sunday until 25th January 2015, [Collective Gallery](#), City Observatory and City Dome, Calton Hill.



transFORM: a new exhibition drawing together a group of four artists, **Nathalie Cortada, David Henderson, Robert Mach** and **Keiko Mukaide**, who produce diverse work with a shared underlying passion, a fascination with the human made world – the things people make, the processes used to make them and how an object's life affects how we see it and react with it. Open preview 6-8pm tonight, then 12 noon-7pm Tuesday to Friday, 11am-6pm Saturday and 11am-5pm Sunday until 30th November 2014, [Patriothall Gallery](#), Wasps Studios 1d Patriothall, off Hamilton Place, Stockbridge.



Julius Koller: *Galeria Ganku*: book launch. Ganek Gallery or *Galeria Ganku* is the name of an inaccessible rock formation in the **High Tatras**, a mountain range on the border of Slovakia and Poland. Koller co-opted this as a site for a fictive institution, initially beginning in 1971 by drawing on pages from the natural history magazine *Vysoke Tatry* (High Tatras). Ganek Gallery grew up around a small group of members, had a constitution and a set of articles, and served as an umbrella for the imaginative activity of the group. This book, written and edited by art historian and writer **Daniel Grun** in Slovak and English, includes magazine papers, photographs, photomontages and textual documents by Koller, an essay on the

origins and context of the gallery, and interviews with the key participants. 6-9pm, [Rhubaba](#), 25 Arthur Street.

Laurel Gallery Christmas Exhibition: works by gallery artists in 2D and 3D media, with new glass work by **David Flower**. From today until 10th January 2015, [Laurel Gallery](#), Stephen Street, Stockbridge. Closed Sundays and Mondays.

✖ **Nitekirk: a welcoming sacred space for all**, ‘a place of welcome, a space for stillness, a pause on your journey, an open door’. This month: *Threads of Memory*, with music by **Justin Nash**. Come and go as you like, join in songs, create art, read poems, have quiet conversations – or just sit in silence and enjoy the space. 8-11pm (drop-in), [Augustine United Church](#), George IV Bridge. This ministry is rooted in Greyfriars Kirk and supported by its ecumenical friends. A different venue each month; all welcome. More information [here](#).

Five things you need to know today Edinburgh!



‘Imagine there’s no Hunger’

Postgraduate evening at QMU

Scottish Art Sale

Blackhall Library competition

Video selfies

From today you can go along to Hard Rock Edinburgh and donate £5 to hang a wish on their Christmas Tree. The money will be donated to WhyHunger and The Salvation Army. Hard Rock supports The Salvation Army by providing Christmas Dinner for 60 homeless men and women.. The charity drive is part of the 'Imagine There's No Hunger' campaign which aims to turn John Lennon's dream into reality.

A proportion of the cash raised from the Imagine merchandise will benefit WhyHunger's campaign against childhood hunger and poverty.

Fans worldwide are encouraged to share their IMAGINE experiences by posting messages, photos and videos via the official social media channels for the 2014 IMAGINE THERE'S NO HUNGER campaign: [Facebook.com/HardRock](https://www.facebook.com/HardRock) or [Twitter.com/HardRock](https://twitter.com/HardRock), and hashtag **#IMAGINENO HUNGER**.

Prospective students looking to find out more about postgraduate study opportunities are invited to attend the Queen Margaret University (QMU) Postgraduate Opening Evening on Wednesday 26th November from 5.30pm to 7.30pm.

QMU's team of academic staff will be on hand to talk people through over 40 postgraduate courses and the University's campus-based Careers and Employability team will present the options for enhancing career prospects by achieving a postgraduate qualification.

For those looking to hear more about postgraduate study at QMU from a student perspective, QMU postgraduate student, Des Quinn, will be talking about his experiences. Des studied MSc International Management and Leadership at QMU and is due to graduate in 2015. He is currently working as a Hospital Manager for The Huntercombe Group, running a mental health hospital for adolescents.

People can also take the opportunity to have a one-to-one chat about developing their personal skills and knowledge, enjoy a tour around the campus or tap into advice on everything from applications to funding.

QMU offers a niche range of postgraduate degree courses, including Business Management and Enterprise; Creativity and Culture and Public Relations to Hospitality, Gastronomy and Education; Dietetics and Nutrition; International Health; Nursing; Occupational Therapy and Arts Therapies; Physiotherapy; Podiatry and Diabetes; Radiography and Speech and Hearing Sciences.

Details of QMU's new postgraduate qualifications in Dispute Resolution and Public Services Governance will be of interest to professional complaint handlers and current managers of public services in public, private or third sector organisations.

The MSc Public Services Leadership has been designed in collation with learning and development professionals from City of Edinburgh Council, Dundee City Council and Orkney Islands Council. It is the only course in Scotland to offer public service managers masters' level learning in leadership that is embedded in practice.

QMU's new Masters in Research may be of interest to graduates in psychology, sociology, film and media, performing arts and business, consumer, events and hospitality management.

The University's new Masters in Clinical Research may be of interest to graduates in medicine, nursing and allied health professionals.

For those who are unable to attend the Postgraduate Open Evening in person, but are still interested to learn more about postgraduate study opportunities at QMU, there is a special 'virtual' Postgraduate Open Day taking place online between 9am and 7.30pm on Wednesday 26th November. QMU's

academic team will be talking online, throughout the day, about a range of postgraduate courses available at the University.

To register your interest for the QMU Postgraduate Open Evening, and for more information on the 'virtual' Open Day online, go to <http://www.qmu.ac.uk>

✘ Two paintings by the Scottish artist Robert MacBryde feature in Bonhams Scottish Art sale in Edinburgh on Thursday 4 December. *Woman by a Fireplace 2* is estimated at £10,000-15,000 and *Still Life* at £7,000-10,000.

Robert MacBryde and his life-long partner Robert Colquhoun were the toast of London throughout the 1940s earning themselves the nickname of 'The Darlings of Bond Street'. The 'two Roberts' as they were known were both born in Ayrshire and met as students at Glasgow School of Art. Finding the social climate in Scotland at that time repressive they left for London in 1937 – famously saying they'd only return in a wooden box – and in the early 1940s established a studio at 77 Bedford Gardens, Kensington where their riotous parties drew the great and the good of the artistic community.

Francis Bacon, Lucian Freud, Michael Ayrton, Prunella Clough, Ian Hamilton Finlay, Hugh MacDiarmid and Dylan Thomas were frequent visitors. John Minton shared the studio and lodged with the pair.

Close neighbours Jankel Adler, an old friend from Glasgow with direct experience of avant garde advances on the Continent, and Wyndham Lewis, one of the elder statesmen of British art, offered invaluable encouragement and guidance to the Roberts during this period.

When they were eventually evicted from the studio in 1949, the year *Woman by a Fireplace 2* was painted, MacBryde's talent and

fame were approaching their high point. The Museum of Modern Art in New York had pre-purchased pictures by MacBryde, Colquhoun, Edward Burra, Bacon and Freud from the Lefevre Gallery's Modern British Painting exhibition in 1948, and Patrick Heron's subsequent review of the show, which also included Hepworth, Nicholson and Lewis, placed MacBryde in pole position on this occasion.

Colquhoun and MacBryde were further inspired to pursue figure subjects in the 1940s due to their friendship with Adler and a major Picasso retrospective at the V & A in 1945. While the former continued in this vein, MacBryde gradually came to focus on the still life themes for which he became best-known and of which Still Life from around 1955 is a good example.

We love this competition!! Blackhall Library are running a competition where you have to match your face and a book...Oh here they are to tell you all about it!

[Post](#) by [Blackhall Library](#).

Edinburgh parents are asked to share what they love about being a parent in a 'video selfie' to be shown at The Scottish Parliament later this year.

The charity Parenting across Scotland (PAS) will be marking its ten year anniversary with the special showing of parents' voices at a Parliamentary Reception on December 4.

The charity, an umbrella body for a number of high profile charities (1), is marking a decade of its work by celebrating the people at the centre of its work.

Parents posting their 'video selfies' to the charity's Facebook page will automatically enter themselves for a special prize draw to win £100 of vouchers – but with the closing date for video entries on November 28, there is just

over a week left to celebrate parenting.

Clare Simpson, Project Manager, Parenting across Scotland, said: “For the past decade Parenting across Scotland (PAS) staff and partners have worked together towards a Scotland where all parents and families are supported and valued to give children the best possible start in life. We want to celebrate the people at the centre of PAS’ work – mums, dads, carers and families.

“We want to focus on the positives of being a parent and are asking parents and carers who live in Edinburgh to make a video ‘selfie’ sharing what they love about being a parent. You can make a video yourself or ask a friend or colleague to do it for you.”

Some of the videos will be used to compile the short film for the charity’s 10th anniversary event at the Scottish Parliament – videos will also be used for individual ‘selfies’ on social media channels and its website.

Minister for Children and Young People Aileen Campbell said: “My warmest congratulations to Parenting across Scotland (PAS) on their 10th anniversary. Parents are the strongest influence on their child’s life and they deserve quality, expert support like that provided by PAS. Our National Parenting Strategy reflects this view and we will continue working with PAS and other partners to ensure parents can get help when they need it most.”

The draw will be picked randomly and the winner will receive £100 of vouchers for a store/shop of their choice. For full details

visit <http://www.parentingacrossscotland.org/news-events/10th-anniversary-celebration.aspx>

Videos can be posted on the Parenting across Scotland Facebook Page

<https://www.facebook.com/pages/Parenting-across-Scotland/15444>

Hibs' supporter board representative bids closes Friday 5pm



Hibs have reminded fans that the window for nominations for the two positions of supporter board representatives closes Friday 21 November at 5pm.

Any supporter aged 18 and older with a Season Ticket Membership for seasons 2012/13, 2013/14 or 2014/15 (as of Thursday 23 October 2014) are eligible to nominate themselves for election.

Current shareholders (as of Thursday 23 October 2014) are also eligible.

Hibs announce partnership with Capital Cars



Hibs have announced a new partnership with Capital Cars and

the Edinburgh-based taxi company will provide a priority service to supporters which will create an additional revenue stream for the club.

Starting with Saturday's away game at Dumbarton, supporters can obtain fixed-price tariffs for Hibs' fans for all away games in the Scottish Championship. That means fans travelling together can enjoy door-to-door service for away matches for just a fraction more travelling to the game by train.

Capital Cars will then also donate a portion of the metered fare (up to 20% depending on the destination) to Hibs when bookings are made over the phone quoting "HIBS 1875".

In order to help supporters to stay on the ball, Capital Cars have also launched smart phone apps (for both iPhone and Android) to enable fans to book and track their taxi online.

The app, which is available for iPhones and Android devices, alerts Capital Cars to each booker's location and shows where the nearest taxis are to pick them up. It will also send details of the taxi and estimated arrival time.

Clan Fleming Association is looking for... Flemings

A plea for help from a National Association of the Fleming Clan!

For those who are members of Clan Fleming, an Amigerous Clan listed under Murray.

We support Scotland's aims of independence within the U.K. TO HAVE A TRUE PARLIAMENT. You may also be of any combination of

Brit/Scot/Irish descent. we support ALL things Scottish, and Celtic in nature. We welcome all Fleming's, regardless of age, culture, place of national origin, colour, faith path or sexual orientation. WE also support the "YES" vote for a true independence of Scotland.

[The Fleming Clan](#) has not had a Chieftain since 1724. It's beyond time to correct that.

We desire to have the Fleming name represented before, and recognised by the Lyon Court in Scotland, having a modern Chieftain, and world-wide recognition. We will have a constitution and By-Laws as set by the membership in Scotland, and abroad.

Submitted by [Mel J. Fleming II/ Trace Fleeman](#)



Review – Marco's Pool Hall and Pizza Bar

Having recently opened Marco's Pool Hall and Pizza Bar is a boutique pool hall in Edinburgh, and is the latest project from Paul Demarco, Managing Director of Marcos Leisure. Paul said: "It has been an honour and a labour of love to restore and reinvent Marco's for a new generation. This isn't pool as we've come to know it, it's stylish and cool.

"What we're offering is different from anything else happening in Edinburgh just now so it's an exciting time. Marco's on Grove Street was always a big part of Edinburgh life so it's great that we'll be able to offer that to a new generation of

people looking to try something a bit out of the ordinary.”



The Bar Area

This is a real attempt to give pool a makeover in a similar way that bowling and ping pong have been reinvented in recent years. It's a real departure from the slightly scuzzy pool halls you usually expect (sorry to any pool hall owners!). The décor is really unusual and stylish with lots of exposed copper and vintage memorabilia including an old pool table with a glass top revealing loads of pool and snooker balls signed by famous players.

To give you a wee bit more info on the food offerings, authentic stone baked pizzas start with a margarita base which you can customise with a choice of 10 toppings including all the usuals like pepperoni, chicken, mushroom and so on. Beers on tap include Caledonian Three Hop Edinburgh Lager and Heineken. There is also a wide selection of bottled beers, wines and spirits including local favourite Edinburgh Gin. They also offer screenings of all the main sporting fixtures on in the main bar and you can also request a table near the screens downstairs if there is something you wish to watch.

Downstairs, far from the dingy surroundings people have come to expect, it's rather like walking into a sci-fi movie with pillars of multi-coloured LED light and 18 state of the art American Pool tables in the dedicated space.



The Pool Hall

We went on a Tuesday when there were a few people there playing pool. The pool tables are well lit and there's plenty of room to walk around to play your shots. We were put on one in front of the TV screen which for us was a bit annoying as people kept coming to check the score of the match and getting in the way, so a top tip is to request one further away if

possible. The vibe is very relaxed and friendly with people chatting to you about shots and sharing tips which I really liked. Our pizza was good too – we had pepperoni, jalapeno and mushroom with a couple of beers to wash it down.



Pizza Time

After a couple of games we wandered up and grabbed a seat in the bar for another drink and to watch the match which was a great end to the evening!

If you fancy a game of pool you can head down any day of the week and they also take bookings to guarantee you a space.

Marco's Pool Hall and Pizza Bar, 79 Grove Street, Edinburgh, EH3 8AB

Find Marco's online:

www.marcos.uk.com

twitter.com/marcospoolhall

facebook.com/marcospoolhall

Some images are courtesy of Verity Productions

Winter Wellness Event in Muirhouse

Tenants and Residents In Muirhouse is delighted once again to work in partnership with Energy Scotland.

Many residents may recall Dagmara from Energy Scotland in the community shop a few months back, giving out free advice and arranging home visits etc.

For the past few months we have been in talks about bringing the advice sessions back and we want them BIGGER.

So why not pop in to North Edinburgh Arts for free advice on all things home related, how to keep your home warm the cheapest way, what is the best deals out there, can you get support for your fuel, Is out of date food really that bad for you and it is hoped that Fire Scotland will also be in attendance

10th December 2014

10am till 2pm

FREE Refreshments provided

Submitted by [Robert Pearson](#)



New Edinburgh tourist attraction #canyouescape

Can you beat the clock? New tourist attraction launches in Edinburgh

Edinburgh's newest tourist attraction launches at the beginning of December with an exciting marketing stunt where you can win free tickets. If you see a golden key in the city, be sure to take a snap and share it on twitter using #canyouescape. Twenty lucky tweeters will be invited, with their team of agents, down to Can You Escape HQ to see if they can solve the mystery and escape the room.

Escape games have become increasingly popular in the US, Europe and Asia over the last year. The concept is based on

'escape the room' video games and venues are starting to pop up across the UK.

Can You Escape Edinburgh is a real life escape game for 3 – 6 players and is based at 5 Holyrood Road, just off the Royal Mile. Willing agents will be given exactly one hour to solve a range of clues, cryptic puzzles and riddles in order to solve the mystery and escape. The venture is a great day out for families, friends and companies looking for a team building activity. Can you and your team beat the clock, solve the mystery and make it on the leader board?

The venue currently has one room with plans to open a second room early next year.

The business was made possible by Business Gateway Edinburgh funding and support.

Founder, Alastair Watson, said: "We are very excited to welcome our very first agents along to HQ at the beginning of December. Make sure you keep an eye out on our Facebook and twitter pages for clues as to where our golden keys will be hidden to be in with a chance of winning tickets to our VIP weekend. Let the searching and clue solving begin..."

If you're not lucky enough to win tickets, don't worry you can now book tickets online at <http://www.canyouescape.co.uk>, bookings are available from 5 December.

In the run up to Christmas a Can You Escape gift voucher makes a great gift, to buy a unique gift for someone this Christmas get in touch with Can You Escape direct.

You can also follow Can You Escape on twitter (@CanYouEscape) and Facebook.

Submitted by [Lauren Pluss](#)





The Real Super-foods: Oily Fish

Here in Scotland we have an abundant and varied natural larder of produce – in particular oily fish such as salmon, mackerel and trout. Although in days gone by oily fish was a staple part of the Scottish diet nowadays research has indicated that – in spite of being one of Europe’s primary fishing nations – we consume much less fish than other countries in Europe, such as Spain, Finland and Norway. Despite the media coverage regarding the positive health benefits of fish, the majority of us are struggling to consume the Food Standard Agency’s recommendations of two portions of fish a week, of which one portion should be oily.

So what makes oily fish so good for us? Not only is oily fish packed with protein, low in saturated fat and high in vitamins and minerals such as iron, calcium and iodine, it also contains the essential polyunsaturated fatty acid Omega-3 which can only be obtained from a very few foods. Omega-3, and in particular the bioactive components eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), have been associated with a number of health promoting qualities ranging from alleviating rheumatoid arthritis to boosting mental health.

The effects on cardiovascular health have received particular attention, with numerous studies suggesting that an increased consumption of oily fish can lower blood pressure and raise levels of “good” HDL cholesterol, while reducing “bad” LDL cholesterol. There’s increasing evidence that since oily fish

makes the blood less sticky it can reduce blood clots and fatty build-ups in the arteries which can lead to cardiovascular disease, heart attacks and strokes.

Furthermore, the Omega-3 fatty acids found in oily fish may also play a role in brain health and, in particular, ensuring mood stability. Research has found that some cultures which consume a lot of omega-3 have lower levels of mental health conditions in comparison to those who consume less. Evidence has indicated that oily fish can help improve the mood of people who are suffering from depression and has also been linked with boosting memory and improving concentration. Adequate intake of omega-3 fatty acids is not just important in adults but is essential during childhood and is particularly important in promoting healthy brain development in babies during pregnancy and breastfeeding.

Oily fish not only has great effects on our heart and mental health but is also fantastic in providing numerous vitamins and minerals and is one of the best and most concentrated dietary sources of vitamin D. With the winter nights drawing in it can be difficult to get the recommended amount of vitamin D as the majority of our vitamin D is derived during the summer months when sunlight hits our skin. Including oily fish in our diet is an easy way of boosting our vitamin D. For example a portion of salmon contains roughly 360 international units (IUs), essentially a days' recommended intake for an adult! Vitamin D plays many important roles in the body including helping to maintain normal levels of calcium and phosphate and it helps aid in the absorption of calcium, something which is vital for healthy bones and teeth.

So which fish are oily? Sardines, mackerel, trout, herring, salmon, anchovies and fresh tuna all count as oily fish whether they are tinned or fresh. The only exception to this is tinned tuna, which does not count as an oily fish: when it is tinned the amount of long-chain omega fatty acids is reduced to levels similar to other white fish such as cod and

haddock.

Incorporating oily fish into your diet regularly in an affordable way may seem difficult. However, getting your weekly quota of oily fish doesn't need to cost the world. Tinned oily fish, such as sardines and mackerel, are much cheaper than fresh salmon and still contain the essential polyunsaturated fatty acids EPA and DHA. Tinned fish is a great way of stocking up your store cupboard and can be used in a variety of ways, including on toast as a quick and nutritious snack or part of a meal. As oily fish already contains a certain amount of fat, it is best to use a cooking method which doesn't require the addition of oil such as shallow frying and deep-fat frying. The best options for cooking oily fish are grilling, baking, steaming or simply added to pasta, stovies, curries and stir-fries for a no-fuss nutritious dinner option.

Authentic Mackerel Curry (Ayala Meen)

Ingredients:

- *Fish Fillets (preferably mackerel but any strong-tasting fish will do) – 500 gr*
- *2 small onions, chopped*
- *4 green chillies, slit and deseeded*
- *Ginger – thumb-sized piece, finely sliced*
- *Garlic – 5 cloves, sliced*
- *Chilli powder – $\frac{1}{2}$ tsp*
- *Turmeric powder – $\frac{1}{2}$ tsp • Grated coconut – $\frac{1}{2}$ cup*
- *Coriander leaves – 1 sprig, chopped*
- *Coriander powder – 1 $\frac{1}{2}$ tsp*

- Tamarind – small golf ball-sized (or you can use 3-4 pitted prunes)
- Cumin seeds – $\frac{1}{2}$ spoon
- Water – as required
- Aniseed powder – $\frac{1}{4}$ tspn
- 2 fresh tomatoes, chopped/ $\frac{1}{2}$ tin whole tomatoes, roughly chopped

Method:

1. Clean the fish, remove bones and drain off excess water
2. For the marinade: in a bowl mix $\frac{1}{4}$ tsp chilli powder, $\frac{1}{2}$ tsp turmeric , $\frac{1}{4}$ tsp aniseed powder (optional) and a little water. Rub onto the fillets and leave aside for 10-15 minutes.
3. In a mixer, put the grated coconut, $\frac{1}{4}$ tsp turmeric, $\frac{1}{4}$ tsp chilli powder, tamarind/prunes, $\frac{1}{2}$ tsp cumin seeds, and a little water. Grind to a thick paste (if you don't have a blender you can simply mix by hand)
4. Heat a splash of oil in a pan and quickly fry the slit chillies, 1 $\frac{1}{2}$ tsp coriander powder, $\frac{1}{4}$ tsp chilli powder, onions, ginger and garlic
5. Add the coconut paste from step 3, briefly fry, then top up with $\frac{1}{2}$ cup water to make a 'gravy'
6. Once boiling, add the marinated fish pieces, cover and simmer for 5-10 minutes. Then add tomato chunks and simmer until they are heated through
7. Garnish with coriander leaves and serve with brown rice or naan bread

Submitted by [Gail Hutchison](#)

