

Find your dream date at the Edinburgh International Science Festival

Research reveals what your sleeping position says about your relationship

Research carried out at the **Edinburgh International Science Festival** has discovered what people's preferred sleeping position reveals about their relationships and personality, in the **first survey of its kind** to examine couples' sleeping positions.

The work, carried out by University of Hertfordshire psychologist **Professor Richard Wiseman**, involved asking over 1000 people to describe their preferred sleeping position and to rate their personality and quality of their relationship.

The research revealed the most popular sleep positions for couples, with 42% sleeping back to back, 31% sleeping facing the same direction and just 4% spending the night facing one another. In addition, 12% of couples spend the night less than an inch apart whilst 2% sleep over 30 inches apart.

'One of the most important differences involved touching,' noted Wiseman, '94% of couples who spent the night in contact with one another were happy with their relationship, compared to just 68% of those that didn't touch'.

In addition, the further apart the couple spent the night, the worse their relationship, with 86% of those who slept less than an inch apart from their partner being happy with their relationship, compared to only 66% of those who slept more than 30 inches apart.

The work also revealed that extroverts tended to spend the

night close to their partners, and more creative types tended to sleep on their left hand side.

‘This is the first survey to examine couples’ sleeping positions, and the results allow people to gain an insight into someone’s personality and relationship by simply asking them about their favourite sleeping position’ noted Wiseman.



Professor Richard Wiseman is the author of *Night School*, which examines the science of sleep and dreaming after a 2-year study into dream control which was launched at the Edinburgh International Science Festival in 2012.

He returns to the Science Festival on Thursday 17 April, 2014 to talk about his findings in *Richard Wiseman’s Night School*, sharing with the audience insights into the power of the sleeping mind, and how they can improve their quality of life through sleep. The event involves live EEG projection, a demonstration of mass suggestion, and several pairs of yellow glasses.

Pet rats abandoned in West Lothian



The Scottish SPCA is appealing for information after up to 21 pet rats were abandoned in two separate incidents in West Lothian.

Scotland’s animal welfare charity was first alerted at around 2pm on Saturday afternoon when a group of female rats was

discovered huddled by the side of the B8084, a single track road just off North Street in Armadale leading to Eastoun Road in Bathgate.

The charity was then called to rescue 13 male rats found loose in the garden of an empty property at 3.30pm on Dean South Road in Livingston.

The rats are now in the care of the Scottish SPCA's Edinburgh and Lothian's Animal Rescue and Rehoming Centre.

Inspector June Chalcroft said, "We believe these abandonments may be linked given the close proximity of both locations and the fact all the rats are white with grey markings.

"Although eight rats were initially reported in Armadale, when I arrived they had scattered and only three remained. There was woodland nearby so, sadly, it's possible they have run in there and likely they will never be found.

"We are very keen to trace whoever is responsible for these cruel and irresponsible abandonments and we would urge anyone with information to contact us.

"All the rats are friendly and in good condition and we'll soon find them loving new homes with responsible owners."

Abandoning an animal is an offence under the Animal Health and Welfare (Scotland) Act 2006 and anyone found guilty of doing so can expect to be banned from keeping animals for a fixed period or life.

Anyone with information is being urged to contact the Scottish SPCA Animal Helpline on 03000 999 999.

Man sentenced for culpable homicide, Dalkeith



A 21 year old man has been sentenced to 10 years six months in prison for culpable homicide following the death of a 28 year old man in Mayfield, Dalkeith in November last year.

Dean Williams, who was sentenced at Glasgow High Court today(16th April), also received a further three years on licence.

28-year-old Craig Don Essen, also known as Craig Don Klark, was fatally stabbed following a disturbance outside The Rowantree Inn on the evening of Sunday 24th November 2013.

Following extensive inquiries, Dean Williams was arrested and charged with murder. He pled guilty at Glasgow High Court on Friday 21st March 2014.

Detective Inspector Scott Cunningham from the Major Investigation Team, who led the investigation, said: "I acknowledge this sentence which has been handed down to Dean Williams.

"My thoughts are with Craig's family and I pay tribute to them for their dignity and strength shown throughout this tragedy and I sincerely hope this brings some form of closure to them."

Man charged with importing drugs into Edinburgh



A man has been arrested and charged under the Misuse of Drugs Act as part of a Police Scotland investigation into the importation of cannabis into the UK.

Detectives in Edinburgh seized over 8.2kg of cannabis from two parcel delivery depots in February and established the drugs had been shipped from Canada.

Further enquiries were carried out and revealed that similar packages had been sent to other depots across Britain.

Officers from the Capital then travelled to London on Friday 11th April and detained a man at a hotel in the centre of the city.

At this time a further 15kg of cannabis was recovered from a parcel depot in the Soho area.

In total, cannabis worth over £100,000 was seized along with around £2,500 in cash.

The 49-year-old was transferred back to Edinburgh and was due to appear in court yesterday.

Detective Inspector John Kavanagh said: "As this arrest demonstrates, Police Scotland are committed to tackling drug crime wherever it arises and however far it stretches beyond our borders.

"Anyone responsible for the production or distribution of drugs in and out of Scotland will be robustly pursued by our officers."

Concern for missing Hebburn man



Police in the north east of England are appealing for the public's help in finding a missing man who may have travelled to Scotland.

Richard Bennett was reported missing on Wednesday 9th April after not being seen by his neighbours on Lumley Court in Hebburn, South Tyneside, for more than a week. Officers have carried out enquiries and believe he may have gone to Scotland.

The 44-year-old, who had been expected to return home on Friday 11th April, is described as 5ft 8 to 5ft 10, stocky build, with dark short hair and facial hair. He may have been wearing a red waterproof jacket, dark walking trousers with green gaiters and walking boots and carrying a rucksack.

Anyone with information on Richard's whereabouts is urged to contact Northumbria Police on 101.

Two in court following drugs seizure



Two people have been arrested and charged under the Misuse of Drugs Act after police in Edinburgh recovered a large quantity of cocaine in the west of the city.

Officers carried out a stop and search of a 52-year-old man in Fowler Terrace and found him to be in possession of a quantity of heroin.

A subsequent search of his home address in the Fountainbridge area resulted in more heroin being seized along with over £14,000 in cash. A 50-year-old woman was also arrested at this time.

In total, the recovered drugs amount to around £48,000.

The pair are expected to appear at Edinburgh Sheriff Court today.

DI John Kavanagh said: "We are committed to tackling drug crime across the city and removing those responsible from our communities.

"Whenever we identify criminal activity or receive information from the public relating to ongoing offences we will respond accordingly.

"Anyone wishing to report crime in their area can contact us on 101 or speak with their local policing team."

**Witness appeal following
suspicious fire in**

Dumbiedykes



Police in Edinburgh are appealing for witnesses following a suspicious fire at a block of flats in Dumbiedykes Road which broke out around 4am this morning.

Officers responded along with colleagues from the Scottish Fire and Rescue Service after a stairwell was reported alight.

A number of residents were evacuated from the block and some were treated for minor smoke inhalation at the scene. However, no one was injured.

It is believed the fire was started deliberately and anyone who can assist police with their investigation is asked to come forward.

Chief Inspector Richard Horan said: "We are investigating the cause of the fire and are keen to hear from anyone who was in or around Dumbiedykes Road in the early hours of Wednesday morning."

"Police officers will remain in the area while we continue with our enquiries and members of the public who have information that may assist this investigation can speak to these officers, call our non-emergency 101 number, or make an anonymous report via the charity Crimestoppers on 0800 555 111."

Five things you need to know today



New bus service to Barnton – Big Beach Clean Up – Shakespeare at the King's – POP 2014 – Cadbury Easter Egg Trails

From 22 April Lothian Buses are running a new number 43 service from Waterloo Place to Barnton. Will you use this bus? Will this be a big change for you? It will run every 15 minutes along Queensferry Road.

[For the timetable click here.](#)

The Marine Conservation Society want you to join in their Big Beach Clean up at the end of this month, 24 – 30 April 2014.

Join us this Easter for the third Big Beach Clean-up, and help clean your nearest beach ready for the summer. Marine litter is a problem that we can all play a part in solving, and what better way to start than with a day at the beach.

So much more than just picking litter, you'll be contributing to a national survey, and meeting others from your community who want to protect the local environment.

More details of how to get involved [here.](#)

From today at the King's you can get a taste of Shakespeare. The all-male company staging this production has produced a trailer:-

[Tickets here.](#)



Remember that POP 2014 takes place on 26 April 2014. Cyclists wanting to tell the government that they have to make changes to allow Scotland to become a cycle friendly nation should get involved. You can also walk the short route from The Meadows to Holyrood on foot. Last year there were thousands of cyclists along the route.

The eight-point plan includes demands for

1. Proper funding for cycling.
2. Design cycling into Scotland's roads.
3. Slower speeds where people live, work and play
4. Integrate cycling into local transport strategies
5. Improved road traffic law and enforcement
6. Reduce the risk of HGVs to cyclists and pedestrians
7. A strategic and joined-up programme of road user training
8. Improved statistics supporting decision-making and policy

More information [here.](#)

Eggsplore some of Edinburgh's heritage gems this Easter with the National Trust for Scotland and Cadbury as a series of Easter Egg Trails get underway.

Over the Easter weekend the Georgian House in Charlotte Square and Gladstone's Land on the Royal Mile are running Cadbury Easter Egg Trails.

For 2014, the theme is adventurers – children will receive a make-it-yourself pith helmet, a Trail Journal containing all

the clues needed to complete the trail and an Eggsplorer Passport to be stamped along the way. On completing the trail they will be rewarded with a delicious Cadbury Egghead.

Marketing Manager, Carly Lamberty, says the properties are looking forward to this fantastic family event. She said:- "It's fantastic to be working with Cadbury again to bring Easter fun to Edinburgh! This year, we'll be encouraging young people to eggsplore Scotland's heritage and uncover all of the secrets that our properties hold.

"This is just the start of a packed programme of family events here and at Trust places all over the country, which will help turn Scotland into your playground in 2014."

Cadbury Easter Egg Trails take place as follows:

Georgian House, 7 Charlotte Square, Edinburgh, EH2 4DR

Wed 16 – Tue 22 April 10am-4.30pm

Also running on 16, 17 & 22 April same times

Gladstone's Land, 477B Lawnmarket, Edinburgh, EH1 2NT

Fri 18 – Sun 20 April, 10am-4.30pm

Usual entry prices

Cadbury Easter Egg trails take place at sites all over Scotland on selected dates from Friday 18 – Monday 21 April – for full details visit www.nts.org.uk/Easter.

Zoo hopeful over panda pregnancy



Edinburgh Zoo announced earlier today that they carried out an artificial insemination procedure on the female giant panda Tian Tian ('Sweetie') last weekend. This followed a drop in the female panda's hormone level during the very short 36 hour breeding window, which meant that natural mating was unlikely to be successful.

The pandas have been off show for a day or two but the public will get back in to have a look at them tomorrow.

The ten year-old pandas have both bred before, although not with each other, but last year Sweetie was definitely pregnant but did not carry the pregnancy to term. Tian Tian previously had twins in 2009 while she was still in China.

The two pandas are living in a climate which is broadly similar to the area of China where they came from, but this is the most northerly place that giant pandas have ever been kept.

These two animals are a big attraction for the zoo, but more importantly they carry with them the hopes of a successful breeding outside China to allow research into breeding methods and the continuation of the species. The zoo say that Scottish expertise in veterinary medicine was one of the main drivers in ensuring that the pandas came here in 2011. Tian Tian and her male companion, Yang Guang, are the only two adult pandas to come out of China and are now on loan to Scotland for 10 years at a cost to the zoo of \$1m per annum.

The Edinburgh Reporter was among a handful of media allowed in to see the pandas today, although Tian Tian was asleep inside

and we were not able to see her. Yang Guang came straight out into his enclosure after it had been cleaned by his keepers and headed for his food. Pandas eat about £70,000 of bamboo each year, most of which is grown in Germany. Some is grown in the grounds of Edinburgh Zoo and there is a display nursery right next to the panda enclosure which visitors can walk around.

We spoke with Iain Valentine about the chances of a successful pregnancy this year.



Police issue ‘Ringling The Changes’ warning



Police in Edinburgh are urging retail staff to remain vigilant for a scam known as ‘Ringling The Changes’ following an incident in the city-centre on Sunday.

A man entered a store on the Lawnmarket at around 4pm and asked a member of staff to exchange a sum of cash. During this time the suspect used distraction tactics and left the shop with an additional four-figure sum.

Officers are appealing for assistance in tracing this man and anyone who recognises his description is asked to come forward. He is described as white, 30-years-old, 5ft 7ins tall with a slim build and black hair. He was wearing a black shirt and grey trousers.

Constable Steven Skirving said: "This scam is often used in busy premises where staff have access to large sums of cash.

"The suspect then tries to confuse employees into handing over more money than they came in with.

"We would urge all staff to beware of this ploy and report any suspicious activity in their store to police immediately.

"In addition, anyone with information in relation to this incident is also asked to get in touch."

Those with information can contact Police Scotland on 101 or alternatively, the charity Crimestoppers on 0800 555 111.

Edinburgh Airport maintenance will mean more noise for some



People living in certain areas near the airport may experience additional noise during the maintenance which Edinburgh Airport are carrying out on one of their runways.

They are to carry out essential maintenance work on the main runway over the next three weeks.

The work will be carried out during the weekends of 19-20 April, 26-27 April and 03-04 May between 2300hrs and 0530hrs.

This is required to ensure safety on the main runway. During this time, aircraft will use the airport's secondary runway which of course means that the planes will use a slightly different route on approach and take off.

The airport promise that only a very small number of flights will operate during the time of work and these will be using an alternative take-off and landing route. The main runway will reopen before 6am each morning so flights can then operate without disrupting local residents and passengers.

✖ Gordon Dewar, Chief Executive of Edinburgh Airport, said:
“Our runway is subjected to very heavy loads and forces and can degrade over time. This work will involve resurfacing a number of areas on the runway, particularly at the aircraft touchdown zones.

“As we will be operating a different take-off and landing route some areas around Edinburgh may experience an increased level of aircraft noise between the hours of runway maintenance. Although this runway maintenance work may cause some minimal inconvenience in the short term, it is essential that we continue to invest in and improve our facilities.”

Areas potentially affected include:

Bonnyrigg Loanhead Fairmilehead Colinton Sighthill South Gyle
Oxgangs Kirkliston Bo'ness

Racing for The Edinburgh Cup this summer



Combining the thrill of horse racing and capital celebrations, one of the most prestigious dates on the Scottish racing calendar, The Edinburgh Cup, is set to return for its fifth year at Musselburgh Racecourse on Saturday 7 June 2014.

Set to draw in crowds of more than 7,500 from across the country, The Edinburgh Cup is renowned as the capital's premier raceday, with 'live' top quality horseracing at Musselburgh and coverage of the Epsom Derby meeting on the big screens and racecourse televisions.



For the first year ever, Musselburgh Racecourse will be adding to the already delectable hospitality on offer by showcasing some of the capital's most exciting producers and artisan food outlets. The likes of Edinburgh Gin, Well Hung and Tender, Union of Genius, Big Blu Pizza and Country Refreshments will be making mouths water with their culinary creations. All this plus 13 bars lined up to quench racegoers' thirsts with top tipples including the all-important celebratory Pommery fizz!

Making his Musselburgh debut, DJ and television presenter Scott Mills will be taking the party to the next level as the racing draws to a close. Whether celebrating or commiserating their mixed fortunes, racegoers will be able to party into the evening at the *After Racing Party*, ensuring that this year's event, the first of Musselburgh's two *Super Saturdays*, will definitely be a day to remember!



Mary-Ann Sandercock, commercial manager at Musselburgh Racecourse, said: "The Edinburgh Cup has everything; top quality horseracing combined with a great social day out, fantastic food and great entertainment – and racegoers can *party on* after racing with DJ Scott Mills."

With race day prize money in excess of £140,000, the Edinburgh Cup remains one of Musselburgh's richest flat races and racegoers can enjoy a slice of the action with tickets starting from £25 per person, providing access to all public areas of the racecourse including 13 bars as well as numerous

food outlets.

For a more exclusive experience, a host of packages offer an extra touch of luxury to the day. The Picnic Pavilion package (from £50 per person) takes you close to the action as the horses battle their way to the finishing line with a reserved picnic table by the winning line.

Providing an elite marquee facility with a real members club feel, the Edinburgh Cup Club package (from £60 per person) offers VIP access with reserved tables, a dedicated bar with garden area. The Club is located next to the Winning Post, alongside the final half furlong in the centre of the racecourse – you can't get closer to the action.

All day access to 'the place to be and be watched', you'll be sipping on a glass of champers in the Pommery Champagne garden as you take a flutter on your favourites with tote vouchers in the Champagne package (£48.25pp).

For further information or to book please visit www.musselburgh-racecourse.co.uk or call 0131 665 2859.

The lovely photos are courtesy of Rob McDougall.

Tian Tian undergoes artificial insemination procedure



One of our pandas could be pregnant! And yes that is the female panda Tian Tian in the photo.

The Royal Zoological Society of Scotland (RZSS) can confirm that artificial insemination was carried out on female giant panda Tian Tian on the afternoon of Sunday 13 April. Introductions between the pair were attempted but unsuccessful.

Artificial insemination was also carried out on Tian Tian last year but the pregnancy did not carry on till full term.

Iain Valentine, Director of Giant Pandas for RZSS, said:- “Although it often varies from year to year and from panda to panda, this spring Tian Tian came into oestrus 13 days after the crucial hormone crossover, whilst last year she took us to day 14.

“From the start, when the pandas started to show breeding behaviour early this spring, both were showing very positive signs. We were hopeful natural mating would occur this year, but in the end Tian Tian’s hormones started to fall quickly which meant her breeding window could be much shorter. Although our Chinese expert Doctor Wang Chengdong, from the China Conservation and Research Centre for Giant Pandas (CCRCGP), was confident the pair would mate naturally, after the first unsuccessful introduction attempt time restrictions meant we needed to move quickly to artificial insemination.

“The artificial insemination procedure was undertaken by reproduction specialists Professor Dr Thomas Hildebrandt, Dr Frank Göritz and Dr Robert Hermes, from the Leibniz Institute for Zoo and Wildlife Research (IZW) in Berlin, along with RZSS’s veterinary and panda teams. Samples were used from Yang Guang only.

“The procedure would not have been possible without the dedication of our RZSS team and collaboration with a network of academic, scientific and environmentally-based institutions – everyone has played a crucial and invaluable role.

“Both pandas recovered well from the procedure and were up and

about shortly after, in fact Yang Guang was enjoying honey and bamboo some 15 minutes later. The panda enclosure will remain closed to the public until Wednesday, but both pandas have been out and about, are eating well and are in good health.

“As giant pandas experience pseudo pregnancies and delayed implantation, it is very likely we will not 100% know if Tian Tian is pregnant until she gives birth. This is usually August to September but can continue much later, as we saw last year.”



Chris West, CEO of the Royal Zoological Society of Scotland, said:-“As a conservation organisation, we believe giant pandas are too important a species to be allowed to become extinct. Although the breeding window is incredibly brief, pandas are in actual fact not poor breeders, they existed on the planet for many millennia before man intervened and deforestation caused the increasing fragmentation of populations.

“As a result of a partnership with the China Wildlife Conservation Association (CWCA), a non-profit national organisation dedicated to giant panda conservation and the largest conservation organisation in China; we are bringing our skills in genetics and animal husbandry to ensure a genetically healthy and diverse population exists ex-situ, as well as in the wild. We are also in the position to aid a fellow conservation body financially, with this money being targeted towards the restoration of bamboo habitat in China.

“If we can successfully assist Tian Tian and Yang Guang to breed, we will be adding to the total number of pandas in zoos around the world and in breeding centres in China. The more there are, the greater and more diverse the gene pool is from which pandas can be selected for re-introduction.

“In the last two years, a male and female panda have been re-introduced into the bamboo forest reserves in Sichuan

Province. They are being closely monitored using tracking devices so we will know if they survive, mate and breed, either with wild pandas or each other. It's a slow process but the experience gleaned from experts around the world in caring for pandas in captivity has shaped the form of release and hopefully over time, more will be suitable for re-introduction."

In 2013, RZSS successfully performed the first artificial insemination procedure to take place on a giant panda in the UK. The team have since been able to confirm that Tian Tian did become pregnant, however most likely reabsorbed the foetus late term – a common occurrence in giant pandas both in zoos and the wild.

The Edinburgh Reporter interviewed Chris West recently about the likelihood of a pregnancy this year:-

Gunn portrait up for auction in Edinburgh today



CHARMING PORTRAIT BY GLASGOW BORN SCOTTISH SOCIETY PAINTER JAMES GUNN AT BONHAMS SCOTTISH SALE

A charming informal portrait by the Glasgow born Scottish society painter, Sir James Gunn (1893-1964), is to be sold at Bonhams Annual Scottish Sale in Edinburgh today. It is estimated at £7,000-10,000.

The Green Necklace demonstrates Gunn's great gifts of elegance and precision even though he was famous for working at speed and rarely used under-painting preferring, as he put it himself, to "just bash it on."

The ninth of ten children, Gunn was encouraged in his ambitions to become a painter by his father, Richard, who took him to London and arranged a meeting with Sir Edward Poynter, the President of the Royal Academy. With Poynter's endorsement, Gunn then trained in Edinburgh before following in the footsteps of so many Scottish artists before him and moving to Paris.

He became one of the leading society portraitists of his day and was in great demand to paint establishment figures. His Conversation Piece of 1932 which depicts the three great men of letters of the time – Hilaire Belloc, G K Chesterton and Maurice Baring – was a great success. It is now housed in the Royal Lodge at Windsor and several of Gunn's portraits are in UK national collections.

Head of Pictures at Bonhams Scotland, Chris Brickley said, "Sir James Gunn is famous for his official portraits but as The Green Necklace shows he was equally at home with less formal, more intimate subjects."

The Scottish Sale, which is now in its 15th year, has traditionally been held in the autumn but has now moved to its permanent new date of late Spring. All the major names in Scottish art are featured in the sale which also includes a huge range of objects related to Scotland from highland dress, to silver and glass; from books and furniture to whisky and ceramics.

The sale will take place at Bonhams Edinburgh saleroom, 22 Queen Street, Edinburgh, EH2 1JJ over two days, today and tomorrow 15-16 April 2014.

Five things you need to know today Edinburgh!



Jazz Festival tickets on sale today – Streams of Story: An evening of water tales – Inverleith House open weekend – National Library of Scotland shows off the book sculptures – Film at the Botanics

Some tickets for the Edinburgh Jazz and Blues Festival go on sale today. Big names including Van Morrison and Jools Holland along with Mel C will be coming to Edinburgh. Get ready to go online or phone in for your tickets!

[More details here.](#)

Thursday 24 April 2014, 6.30-8.30pm. £5/£4 conc. Free for water collectors.

Refreshments included.


To celebrate Tania Kovats' *Oceans*, [The Fruitmarket Gallery](#) presents a fun evening of water tastings, poetry and a chance to hear stories from the water collectors who helped Tania Kovats bring the world's seas to The Fruitmarket Gallery.

Shetland poet Jen Hadfield will be travelling over sea and land reading work resonant with the themes of the exhibition. Water sommelier Ericka Duffy will also be bringing her tasting skills to the Gallery, giving you a flavour of different mineral waters from around the world.

Supported by The Scottish Book Trust Live Literature Fund.

Inverleith House at the Botanic Gardens is hosting an Open Weekend on Saturday 10 and Sunday 11 May from 10am to 5pm. There will be events including talks by exhibition staff, performance, live music and special offers on limited edition exhibition catalogues and posters.

Events are free but booking is essential. Email ihouse@rbge.ac.uk to reserve a place.

 Just a reminder that some of the seventeen book sculptures are on display at the National Library of Scotland. They are all wonderful and very much worth a look!

This is one delivered only last summer.

A film is being shown at the Botanic Gardens tonight which they say will change your life. Here is a trailer.

Part of the Edinburgh International Science Festival. [Book your tickets here.](#)

[PROJECT WILD THING – official trailer](#) from [Green Lions](#) on [Vimeo](#).

Hibs' U20s back in action

tonight



Hibernian under-20s are back in action tonight against Hamilton Academical at Livingston's Energy Assets Arena, kick off 6pm.

With three games remaining, James McDonough's (pictured) side are three points clear of Celtic in the race for the SPFL U20s League title although the Hoops have two games in hand. Rangers are also in contention sitting seven points behind with three games in hand.

Whatever the final outcome, it has been a successful year for the Hibs' youngsters who have also gained promotion from the Central Taxi's East of Scotland First Division.

Tom Gardiner, who moved to Hibs from Tottenham Hotspur in the summer has established himself in defence and is enjoying his life north of the border.

The 19 year old told Hibernian TV: "This season has been a great challenge and playing week in, week out with the 20s and playing alongside older players, who have been in and around the first-team has been great.

"It's a great level and we've been doing well in the league and it's been a great journey throughout the season."

Tom's father, James, travelled to Greenock from London last week to watch his son play against Celtic at Cappielow a round trip of 452 miles and the players rewarded him with a fine 2-0 win.

Tom continued: "It was pleasing, he was in two minds whether to come up or not, so it was a good game for him to come up and see.

“It was great to get the second win of the season against Celtic as well and to get the clean sheet. I was pleased for my dad to see it.”

“Playing against Celtic was good, it was what we want to deal with, it’s hard and it’s always a challenge playing Celtic. We dug deep throughout the match and we got the reward at the end of it.

He said: “We’ve always got the chance. If we just kick on with the last three games then you never know what will happen but it was a good win (over Celtic) and we will see what happens come the end of the season.”

Supporters are reminded that admission is via donation to a bucket collection around the ground. If you can head through to Livingston to cheer on the under-20s your support would be greatly appreciated by the players.

Photo by John Preece

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

Hibs’ keeper Shannon Lynn joins Swedish side Vittsjö GIK



Hibernian Ladies’ and Scotland international goalkeeper Shannon Lynn has joined Swedish side Vittsjö GIK on a three-

month contract whilst Jenna Fife has been recalled from her loan spell with Hutchison Vale.

Manager Willie Kirk told Hibernian TV: "Losing Shannon is obviously a blow but we have two quality keepers waiting in the wings.

"Hannah (Reid) and Jenna are both capable of coming into the side and doing well and the fight for the number one jersey starts this week at training."

Meanwhile the on-form Ladies easily secured their place in the semi-finals of the Scottish Women's Premier League Cup with a comprehensive 7-0 victory over Buchan at Albyn Park on Sunday.

Kirk continued: "The referee [Erin Cunningham] wanted to postpone the match due to the extreme weather conditions.

"Thankfully, we were able to make her see sense given Buchan had paid out £600 to hire a bus to get here and the rearranged fixture would've been played in midweek.

"The weather was horrible and there were a couple of daft periods where the ball just wouldn't stay still for set pieces, but I felt it was a decent performance from the girls in the end.

"It wasn't the nicest performance for us and in the first half, with the wind behind us, I felt we didn't make the most of it and instead kept playing the wrong ball.

"We tried to play it in behind Buchan too often and persisted even when it was evident it wasn't working.

"We changed it at half time and in the second half we kept the ball better, making more of our opportunities. The two goals just after the break killed the game and we were quite comfortable."

Van Morrison and Jools Holland to headline Edinburgh Jazz and Blues Festival



Van Morrison, Jools Holland with special guest Mel C, Bill Wyman and a Mandela Day Concert are all confirmed for the Edinburgh Jazz & Blues Festival 18 – 27 July 2014 and tickets for four headline acts will be released today at noon.

The full programme will be launched in May, set to include a host of exciting Festival firsts and one-off specials that will delight enthusiasts and entice new audiences.

The four acts whose tickets are released today will all perform at the Festival Theatre.

Tickets are available to the general public from today at 12 noon

Online at www.edinburghjazzfestival.com and via Festival Theatre on 0131 529 6000 or in person.

The Festival's opening day, July 18, is recognised worldwide as Mandela Day and has a special resonance this year. The Festival presents three of South Africa's greatest musical acts

Revered pianist, **Abdullah Ibrahim**, opens the show. In the late 50s and early 60s, his group made the first South African jazz record and, for many years in exile, he was a torchbearer for South African music. He played at Nelson Mandela's

inauguration, and now in the year he celebrates his 80th birthday, he will headline at Carnegie Hall in New York and The Royal Festival Hall in London. Following up are **Freshlyground**, the high-energy band whose official song of the World Cup in 2010 underlined their status as the musical voice of a nation's adolescent democracy; and closing the show are the legendary **Mahotella Queens** who have been South Africa's most popular singing group for 50 years. They have played all the major world stages and were featured in London's Hyde Park for the Queen's Jubilee Celebrations in 2012.

On **Sunday 20 July at 7.30pm** the undisputed king of boogie-woogie, swing, and R'n'B, **Jools Holland** is back with his **Rhythm & Blues Orchestra** and an all-star line-up including long time vocal partners **Ruby Turner** and **Louise Marshall**, and this year a much-anticipated guest performance by **Spice Girl, Melanie C**.

Legendary singer-songwriter **Van Morrison** will light up the stage on **Tuesday 22 July at 8pm**. Morrison grew up listening to artists such as Ray Charles and Solomon Burke, as well as Woody Guthrie, Muddy Waters and Charlie Parker, courtesy of his father's record collection. These artists made a real impact on his work, and much of his music has been influenced by the Celtic tradition and jazz as well as soul music and R'n'B. He'll play music from across his huge back catalogue, plus blues classics, an odd jazz standard, and music from his recent CD, *Born To Sing*.

Rock 'n' roll icon, former **Rolling Stones** bassist **Bill Wyman** brings his star power to Edinburgh on **Sunday 27 July at 8pm**. His musical rebirth as the driving force behind the fabulous Rhythm Kings sees him return to his musical roots, bringing back to life the kind of classic rhythm and blues that first inspired Wyman to pick up the guitar as a teenager. Wyman's all-star band will be joined by the **original Average White Band singer and guitarist, Hamish Stuart**, featured for many

years with Paul McCartney.

The packed programme of world-class acts to be released in full in May includes an international jazz supergroup the **Mike Stern/Bill Evans Band** featuring **Dennis Chambers**; the Edinburgh debut of Grammy-nominated trumpeter and composer **Christian Scott**; the popular return, with his exceptional big band, of **Chris Barber**; and getting the party started with their old style jazz and blues-fuelled stage presence, **Davina and the Vagabonds**.

There will be a programme of special projects funded by the Scottish Government's EXPO fund and a reprise of the Tron Kirk Festival Club, which proved to be a big hit in its introductory year last year. The two free events organized by the Jazz & Blues Festival – The Mardi Gras and the Edinburgh Festival Carnival – will take place on the 19 and 20 July respectively.

Witness appeal after indecent assaults in Leith



Police are appealing for witnesses following two indecent assaults in the Leith area of the city in the early hours of this morning (14th April), which are being treated as linked.

The first incident happened around 12:15am on Easter Road when a 30 year old woman was putting a rubbish bag out onto the street. She was approached by the suspect, who then grabbed her and followed her back to her flat. He ran off after the

victim raised the alarm, and was lost to sight as he headed onto the cycle path behind Leith Academy.

The second incident happened around 1am on Henderson Street when a 23 year old woman was alighting from a bus. As she walked towards Giles Street, the suspect approached her, grabbed her with both arms and indecently assaulted her. She managed to scream for help and he was disturbed by a witness in a neighbouring property.

The suspect is described as white, 6ft tall, slim to medium build, 20 to 30 years old, short blond hair, wearing a dark grey coloured jacket, possibly with a hood, dark jean and a German or Easter European accent.

Detective Inspector Morag Bruce said: "Incidents like these are extremely rare, but the victims were left shaken and distressed.

If anyone has any information or recognizes the description of the suspect, they are urged to contact police immediately."

Police are appealing to anyone with information that can assist their inquiries to contact Police Scotland on 101, or Crimestoppers in confidence on 0800 555 111.

Costa Coffee Masterclasses celebrate UK Coffee Week



COSTA MORNINGSIDE TRIALS EXCLUSIVE COFFEE MASTERCLASS LED BY
INTERNATIONAL COFFEE CONNOISSEURS

- To celebrate UK Coffee Week 7-13 April 2014, Costa, the nation's favourite coffee shop, launched an exclusive Coffee Masterclass programme at selected stores across the nation
- Costa Morningside store in Edinburgh held a Coffee Masterclass for its customers on Friday evening
- Portuguese barista extraordinaire Gisela Dos Santos, led the hour-long taster session alongside colleagues from Gibraltar and Italy

For many coffee lovers, UK Coffee Week is considered as an annual highlight – and this year is no different. Thankfully, coffee connoisseurs didn't have far to go for the ultimate experience to indulge their coffee passion.

To celebrate UK Coffee Week, the nation's favourite coffee shop, Costa, has launched an exclusive Coffee Masterclass trial for a handful of customers in Morningside, Edinburgh

Customers who attended the Coffee Masterclass at Costa's Morningside store were treated to a hands-on tutorial with Gisela Dos Santos, who joined Costa in Edinburgh having relocated from a store in Portugal. Tipped as one of Costa's brightest stars, Gisela Dos Santos treated her guests to an exclusive behind-the-scenes look at Costa; hints and tips on crafting the perfect drink as well as providing guests with the opportunity to brush up on their knowledge of Costa's famous Mocha-Italia blend.

Gisela Dos Santos also rounded up the evening by teaching her guests to make their favourite drink. Gisela was joined at the coffee shop by Gibraltar store manager Arcon Patron and Italian barista Enrique Servrse.

Gisela Dos Santos said: "It was fantastic that we had the opportunity to share our knowledge with our customers. It was a real privilege to speak to our guests about our world famous Mocha-Italia blend – some were astounded as to how much work goes into creating the perfect blend, from sourcing our beans


to the serving process, it's our expertise which make a cup of coffee, a Costa cup of coffee!"

Costa's Master of Coffee, Gennaro Pelliccia said: "We're delighted to have created an opportunity to share our passion for coffee with our coffee loving customers. At this stage we wanted to trial our Masterclasses at select stores, but given its success we'll hopefully look to roll this out on a larger scale for next year's UK Coffee Week."

Submitted by [Nathalie Agnew](#)



Edinburgh Zoo invites 96 children to become Zoo explorers

 This Easter Edinburgh Zoo's Discovery and Learning department is working in partnership with Edinburgh City Council to provide a unique day out for children from Edinburgh's Drylaw, Wester Hailes, Sighthill, Craigmillar and Leith communities.

The Zoo Explorers programme offers children aged between eight and 12 years old the chance to spend a day at the Zoo, combining a fun day out with extended access to educational facilities. The Council worked with youth groups, community centres and development workers within four key areas of Edinburgh to invite a total of 96 children to take part in Zoo Explorers.



As part of their day out, the children will make enrichment for the Zoo's animals, such as sun bears, banteng, monkeys and big cats, and then watch as the animals enjoy their treats. They also get to experience a hands-on meet and greet with some presentations animals including Dillon the three-banded armadillo and the Zoo's group of giant African land snails.

Amy Cox, Senior Education Officer for the Royal Zoological Society of Scotland (RZSS), the charity that owns and operates Edinburgh Zoo, said:

"We are delighted to work with Edinburgh City Council to bring children to the Zoo who otherwise may not have the opportunity. This is the second year we have run Zoo Explorers and the feedback we receive from the kids is fantastic. They especially love the hands on element, where they get to make various types of enrichment for our animals, like filling boxes with scented hay, and then watching the animals forage and play. Our giant African land snails, which can be longer than a child's hand, and Dillon the armadillo are star attractions during the animal meet and greets.

Councillor Paul Godzik, Education Convener for The City of Edinburgh Council, said:

"The Council's partnership programme with Edinburgh Zoo has enabled these children to have a unique day out. Across the year, the Council provides young people from different communities with access to a range of positive experiences such as learning about the life of a zookeeper. We support this service through contracts and grants and the Capital Coalition is determined to provide fair access to the best that Edinburgh has to offer, helping to ensure every child has the best start in life."

RZSS runs a variety of educational workshops and outreach programmes with schools and groups all around Scotland with

the aim of increasing awareness about the importance of conservation as well as to inspire the next generation into action. Funding received by players of People's Postcode Lottery assists in the Society's educational aims, including the Zoo Explorers programme.

Hazel Johnstone, Trusts Manager at People's Postcode Lottery, said:

"I am pleased that the funding received from players of People's Postcode Lottery is helping to further expand the Royal Zoological Society of Scotland's educational projects both onsite and around Scotland."

Zoo Explorers runs until Thursday 17 April.

Pout is back at the Corn Exchange



LADIES' LIFESTYLE EVENT POUT RETURNS TO THE CORN EXCHANGE

The award-winning ladies' lifestyle event Pout is returning to the Corn Exchange in September.

The annual event, launched in 2012, has proven a huge success with a range of Edinburgh retailers – with national brands such as Debenhams and SemiChem and local bespoke, boutique retailers such as Odyssey Boutique, wo:mankind and Norton House Spa.

The weekend event, being held on September 27th and 28th,

welcomed 3000 women last year and is targeted at aspirational women living in Edinburgh and the Lothians.

Neil Rudram, Sales and Marketing Manager at the Corn Exchange, said:

“Pout is a fantastic event which, despite its brief history, has already become a key date in the calendar for women of all ages in the region. In 2012, 2000 women enjoyed the weekend and this figure jumped to 3000 in 2013. We are confident this year will be even bigger and better than ever.

“It is great to be able to showcase the vast array of beauty and lifestyle businesses Edinburgh and the Lothians has to offer and bring them all under one roof for a weekend of indulgent pampering.

“This is a great opportunity for businesses of all sizes to connect with thousands of women who are eager to hear how they can treat themselves and their friends and family locally.”

The Corn Exchange is currently building its menu of exhibitors and treatments for the September weekend as well as exploring sponsorship and partnership options.

For more information, contact Neil on neil.rudram@ece.uk.com or 0131 477 3500.

Edinburgh celebrates 100 days to go till the Commonwealth

Games



With only 100 days to go until the start of the Commonwealth Games, the City of Edinburgh Council and Dance Base are urging residents to show their online support for Scotland's second teams for the chance to win tickets to Glasgow 2014 events.

The [Support a 2nd Team](#) programme, which is led by **sportscotland**, aims to encourage local communities to engage with the cultures of the Commonwealth and develop links with their nations and territories.

The City of Edinburgh Council and Active Schools is encouraging everyone to join in the fun by learning and performing the first ever 'virtual flashmob Haka'.

To kick off the celebrations, a flashmob of young people took to the streets of the Grassmarket this afternoon to demonstrate their support for Edinburgh's second team New Zealand in the 100 day run up to Glasgow 2014. The flashmob members, who performed their own version of the famous Maori 'Haka' dance and chant outside Dance Base, joined from Edinburgh Active Schools and community sports hubs.

Schools, community groups, clubs and businesses are encouraged to learn the moves and chants with a simple follow-along [tutorial video](#). Groups can film their flashmob and send it to haka@dancebase.co.uk for inclusion in a final 'virtual flashmob' video which will be launched in July in time for the Commonwealth Games. The Virtual Flashmob Haka has been created by Dance Base and New Zealand dance company Taki Maori as part of the nationwide dance project Get Scotland Dancing, supported by Culture 2014.

Running alongside the virtual Haka competition, Edinburgh

Council's ActivCity hub for sport and physical activity is putting residents' Commonwealth knowledge to the test by encouraging people to guess the name of the Capital's 'other' second team for the chance to win further Commonwealth tickets. Social media followers can enter the competition by sending their responses as a direct message with the hashtag #Edinburgh2ndTeams to the [@ActiveEdinburgh](#) Twitter account, the social media hub for sport and fitness news in Edinburgh.

Edinburgh's Festival and Events Champion, Councillor Steve Cardownie, said: "The countdown to the games is on and with just 100 days to go, I hope people will feel motivated to get involved and show their support for the Games and Edinburgh's second teams.

"The Council's team of Active Schools Co-ordinators encourage young people across the city to be excited by sport and more physically active. Based in schools across the Capital, they provide opportunities and motivation and it's fitting that we have teamed up with Dancebase to offer everyone the chance to join in Edinburgh's build up to the Commonwealth Games fun."

The Cabinet Secretary for Culture and External Affairs, Fiona Hyslop, said: "With just 100 days to go until the Commonwealth Games begin, everyone has a role in making Scotland shine even brighter this summer – when Scotland takes centre stage and we can show the world it's a great place to live, work and invest.

"Get Scotland Dancing is one of the government-supported legacy projects for the 2014 Commonwealth Games and a cornerstone of the Cultural Programme. It aims to create a lasting dance legacy for communities across Scotland, widening access to dance and strengthening the sector for the long-term.

"The Virtual Flash Mob is a fantastic way for local people to get involved in dance, get active and try something new while

learning about New Zealand culture at the same time. It's an innovative way of local people coming together and creating and celebrating their own legacy from the Games, and I'm pleased that through legacy programmes such as Community Sports Hubs, Get Scotland Dancing and Support a Second Team have inspired this to happen."

Pagan Osborne appoints new property Sales Director



Leading legal, financial and property specialist Pagan Osborne has announced several key promotions and appointments as it continues to develop its business and operations throughout Edinburgh and Fife.

The company has appointed Karen Turner as its Property Sales Director. Karen has over 20 years' experience in the property industry previously holding senior positions at Balfour & Manson and Morton Fraser. Her role will include strategic and operational management of Pagan Osborne's property shops and services in Edinburgh, Cupar, St Andrews and Anstruther. She said:

"I am looking forward to working with Pagan Osborne and using the skills and experiences I have built to date channelling those into its great property business.

"Pagan Osborne is a dynamic legal company and there is already a fantastic team in place who I will relish the opportunity to work alongside while we continue to develop the property

offering.”

Also joining the board of directors is Audrey Dishington, previously an associate at Pagan Osborne. Audrey has been appointed Client Development Director and Partner and is tasked with managing the delivery of legal services. She will further develop the client-focussed, knowledgeable team with an emphasis on new client service innovations. Audrey joined Pagan Osborne 18 years ago in the letting department and has developed her career within the business since then. She said:

“I am delighted to take on the challenge of my new position at Pagan Osborne. Throughout the course of my career I have been part of the business evolving to meet the needs of our clients and my new position will allow me to lead our great team of specialists with that expertise and knowledge.”

Private Client Partner Elizabeth Calderwood will join Audrey and Karen on the board as Shareholder Representative, alongside Alan Irvine as Non-executive Director. Alan has been working as a consultant with Pagan Osborne supporting the management team with an organisational and strategic review of the business and will continue to deliver his external insight in this new role.

Alistair Morris, Chief Executive of Pagan Osborne, said:

“As part of a wider review of our business operations, we are delighted to announce these key appointments to our senior team. Karen Turner has built a stellar reputation in the property industry over two decades and brings with her fantastic knowledge and insight. The additional appointment of Alan Irvine, alongside Elizabeth Calderwood’s new position, will bring invaluable client service experience and balance to our management board.

“As a company, we have a strong belief that people are our greatest asset and Audrey’s rise through the business is a shining example of this commitment to everyone at Pagan

Osborne .”

As part of the organisational review further key promotions have also been made throughout other teams. In the property team, Lyndsey Beckwith and Stuart Brown of the Edinburgh sales office have been promoted to Senior Negotiator and Valuer respectively. Linda Black has been promoted to Head of Property Sales and Letting Fife, Elspeth Rhind to Letting Supervisor, Jen Montgomery to Letting Agent and Katy Lee to Trainee Negotiator.

In addition, Elaine Del Valle is now an associate and Alex Reynolds has been promoted to Senior Marketing Executive.

Alistair Morris added:

“These positive changes are a great way for us to develop our business and continue to evolve so as to best respond to our clients’ needs.

“In an ever-changing marketplace we know we cannot rest on our laurels but need to keep pace with and exceed our clients’ expectations. That is why I am delighted we are in a position to be able to expand and diversify our top level management with a mixture of home grown talent and outside expertise.

“I am confident that these additions and promotions, along with developments in the wider business, will give us the strategic momentum needed to continue providing a first class service to our clients.”

A further six appointments have been made recently. Isla Horsburgh and Helen Moist join the Fife team as Open Letting Agents. Amy Alexander joins Pagan Osborne as a newly qualified solicitor and Rebecca Marshall and Helen Nicoll as paralegals in the conveyancing department. The business has also appointed Chris Duff as IT Systems Analyst.

Pagan Osborne recently moved its Edinburgh office to a new

location on George Street and has invested in significant improvements to its property branches in in St Andrews.

Pagan Osborne has six offices across Edinburgh and Fife and over 100 members of staff.

For more information visit www.paganosborne.com.

Edinburgh Riding of the Marches partners with PoppyScotland



The Edinburgh Riding of the Marches will this year commemorate the 100th anniversary of the outbreak of the First World War. In partnership with leading veterans' charity Poppyscotland, over 300 riders led by the Edinburgh Captain, Captains Lass and the First and Second Officers will inspect the city boundaries emblazoned with poppys on their saddlecloths. At the conclusion of the ride, a minute silence will be held at the Mercat Cross and wreath laid at the war memorial at the City Chambers.

The Edinburgh Riding of the Marches takes place on Sunday 7 September 2014 and will involve representatives from the 30 riding towns of Scotland from as far afield as Shetland in the north to Annan in the south. The event attracts around 15,000 spectators throughout the city.

The contribution to the First World War by horsemen and horses alike was profound. In the region of 6,000 horsemen lost

their lives in cavalry attacks and a further 16,000 were injured. A total of 1 million horses were sent to the front with only 65,000 returning to Britain. To this day, horses are still used within the military in ceremonial parades and in the rehabilitation of ex-servicemen.

Newly elected Edinburgh Captain Stuart Mitchell said “In this the 100th year since the outbreak of the First World War, it is extremely important that we mark the contribution to the war effort by horsemen and their mounts and we are honoured to remember them at this years annual Riding of the Marches. We hope that the people of Edinburgh will be able join us as we mark this solemn occasion”


The Riding of the Marches commemorates the tradition of inspecting the city’s boundaries first recorded in 1579, although the tradition is likely to have been carried out for centuries before. In times of peace after the Union of Parliaments in 1707, the annual inspection ceased until 1946 when a ride was held to celebrate peace after the Second World War. It returned in 2009 and has grown into one of the city’s major annual events.

Further information can be found at www.edinburghridingthemarches.co.uk



VIDEO – Edinburgh Trams are

almost there

 The final date for the tram launch is not yet officially set, and it seems clear that much more testing needs to be done before the drivers and the vehicles will deal with the public.

The Edinburgh Reporter was lucky enough to go on a journey from the city centre to the airport this morning to find out how near the launch date is.



Five things you need to know today Edinburgh!



Red Bull Hillchasers – Portraits of Italian Cinema – Granton Community Gardeners – Leith Community Crops in Pots – Easter Egg Hunt

On Saturday there was a great buzz about The Mound when the Red Bull Hillchasers took place. Our photo shows the winner, Michal Prokop, who cycled up the hill from bottom to top in 27.759 seconds. Just remember that when your bus is going up there today or you are on foot trying not to stop halfway to catch your breath.

[More photos and video here.](#)

✘ At the Italian Cultural Institute, 82 Nicolson Street, EH8 9EW Edinburgh College of Art is presenting Portraits of Italian Cinema, a collection of original portraits of some of the most famous figures in the history of Italian cinema.

People such as Sophia Loren and Federico Fellini feature in the art by students of ECA and a selection of Italian artists in Edinburgh.

Open from today till Wednesday 9-5pm [Additional information here.](#)

Granton Community Gardeners need a name for their new patch of garden opposite Lidl – Any ideas add them to their [Facebook](#) page please!

[Leith Community Crops in Pots](#) say that they were inspired by this video of a TED talk. Their Mission Statement is **“To encourage and support the people and organisations of Leith to grow food vegetables, and flowers for bees, in urban spaces, in order to improve health and well-being, community cohesion and environment.”**

Maybe it will inspire others across the city to get growing!

A bit of an unusual venue for an Easter Egg hunt – the Maid of the Forth plies up and down from the Hawes Pier in South Queensferry to Inchcolm Island and beyond. Book now!

2014 Easter Egg Hunt

As usual we will be holding our annual Easter Egg Hunt on Inchcolm over the Easter Weekend, lots of eggs hidden around the Abbey for you to find so make sure you book your tickets online [here](#) so you can join in the fun.

This is RHS National Gardening Week



Thousands of volunteers across Scotland will be sowing golden sunflower seeds in public spaces throughout National Gardening Week which begins today to launch the 50th anniversary celebrations of Britain in Bloom, which has been organised by the Royal Horticultural Society (RHS) since 2001. The thing is that there are no registered events in Edinburgh! So if you have grown some lovely plants in your garden or allotment then please add photos of them [to our photo board here!](#)

Keep Scotland Beautiful, Scotland's environmental charity, is a member of the Royal Horticultural Society's Britain in Bloom Federation, delivering the community engagement campaigns – Beautiful Scotland and It's Your Neighbourhood – in Scotland.

Sowing events are being held by community gardening groups across the country, reinforcing the 'Growing for Gold' theme of this year's campaign.

The RHS is providing 500,000 pollinator – friendly sunflower seeds to RHS Britain in Bloom, It's Your Neighbourhood and Campaign for School Gardening groups across the UK to start sowing during the week to brighten up public spaces. There are 148 Bloom groups (Beautiful Scotland and It's Your Neighbourhood) in Scotland and 1,065 Campaign for School Gardening Schools.

RHS Community Horticulture Manager, Stephanie Eynon, said: "What better way to celebrate this huge anniversary for Britain than a mass planting of beautiful golden sunflowers. These gorgeous and uplifting plants have been known to grow an astonishing 20 feet high, which reflects the sort of spirit and drive we associate with RHS Britain in Bloom volunteers."

Carole Noble, Head of Environmental Services at Keep Scotland Beautiful, said: "It is wonderful that the RHS is providing all of the Beautiful Scotland and RHS It's Your Neighbourhood groups in Scotland with the opportunity to brighten up their local areas with golden displays, as part of the 50th anniversary celebrations. It is a great way to thank these groups which work tirelessly to clean up and green up their local areas. Communities in Scotland can still register for this years' campaigns until the end of April, and they can do this by emailing beautifulscotland@ksbscotland.org.uk for more details."

Hundreds of events are taking place across Scotland throughout the week and many are designed to encourage children, parents and communities across the country to get together and plant the seeds in and around the school grounds, in local parks and community gardens.

There are a number of events taking place across Scotland throughout National Gardening Week.

- Powis Residents Group in Aberdeen is inviting partners and residents in the local community to get involved in a

community clean-up day which will incorporate planting the sunflower seeds. The City of Glasgow College Transitions will be holding a public sowing event at Townhead Village Hall to add a touch of gold to a new community centre in Glasgow, with a new community orchard and garden.

- On 15 April a spring collection of rare and threatened trees are to be planted in parks and other important public open spaces in Perth & Kinross, beginning with a commemorative planting in Crieff's McRosty Park

- Every spring the Friends of the Barnhill Rock Garden, Dundee arrange a spring clean-up in the Garden which involves a litter-pick (usually by local Cub Scouts), a major tidying up of areas for which the group is responsible. This year the event will include planting snowdrops-in-the-green in the Snowdrop Wood, now part of the national Snowdrop Trail, and sunflower seeds in a bed beside the railway. It will start at 10am and finish at 2pm and the event includes refreshments provided by the Friends – a coffee break and soup and sandwiches at lunch time.<http://www.barnhillrockgarden.org.uk>.

RHS Britain in Bloom volunteers work all year round to make the UK a clean, green and beautiful place. Planting sunflowers across the country in celebration of RHS Britain in Bloom's 50th year will bring colour to the streets as well as provide vital food for pollinators this summer.

The story of Britain in Bloom began in 1964 when the tourist board wanted a way to market the country through floral displays. Since the RHS took over as the organising body in 2001, the focus of the campaign has widened to include helping the environment, strengthening communities and inspiring more people to get involved.

For more information on RHS Britain in Bloom visit www.rhs.org.uk/communities

More about the events taking place throughout National Gardening week can be found [here](#).

The Edinburgh Reporter's Weekly Sports Roundup



Rugby by John Preece

As reported in the Sports section, Cardiff Blues beat Edinburgh on Friday 29-22 to climb up to ninth in the RaboDirect PRO12 table. However, the losing bonus point, gained by Edinburgh raised them by one place to seventh and in with a chance of European Cup rugby next season. With four matches left in the current season, they cannot now qualify for the play-offs, but can still move up a place, to sixth, if results go their way.

The 124th running of the Melrose Sevens took place on Saturday and The Edinburgh Reporter's rugby man was nearly there. A ruptured piece of radiator hose prevented a live attendance so a summary will have to do...

As has been mentioned previously, all six of Edinburgh's top rugby sides were playing and Watsonians, by dint of being second in the Border's 'King of the Sevens' series, had a bye through to the second round.

Currie, Boroughmuir, Heriots and Edinburgh Accies all won through, with Stew-Mel going down to Currie.

The second round saw wins for Boroughmuir and Heriots, both

beating invitational sides, while Currie were beaten by eventual winners, Glasgow Warriors. In the second last tie, Edinburgh Accies beat Watsonians to end the Myreside men's hopes of getting further.

The quarter-final saw Heriots drawn against Boroughmuir and Accies playing Clermont. Heriots fought past 'Muir in a thrilling 24-17 match, whilst the result of the day had to belong to Edinburgh Accies who put Clermont away to the tune of 35-12.

The semi-finals lined up with the Warriors against Heriots and Accies against home side, Melrose. Heriots started well, keeping their professional opponents in sight for all of a couple of minutes with an early try, before class, fitness, size, etc. won through and Glasgow went on to take the win 38-10, Heriots scoring another try late on.

In the other semi-final, Melrose were probably favourites to win, but Accies took a 17-0 lead before Melrose could answer with a score of their own. However, it was Accies all the way and the Raeburn Place men took the win, 22-5.

Accies v Warriors in the Final. Could they....? Well... no. Warriors scored an early try, which Alex Blair replied to by selling an outrageous dummy to the Glasgow defence, but once Matawalu and his mates got into their stride, it was all but over by half time at 33-7. The second half was a bit of a, relative, disappointment with only one try apiece – Accies scoring first – to see the final whistle blown on a 40-14 scoreline.

So, at the end of the day, class won through and Glasgow Warriors were worthy Winners on this, their first year at Melrose.

Football

Hearts' wait for a possible route to exit administration

continues as creditors of major shareholder UBIG have agreed to transfer their 50% holding to BIDCO, but no deal has yet been reached regarding the 29% shares held by Ukio Bankas, which holds a charge on Tynecastle Stadium.

Talks will continue between lawyers representing the failed Lithuanian bank and Hearts' administrators are expected to continue this week.

Hearts U20s saw off Kilmarnock U20s with a 3-0 win at Tynecastle on Saturday to advance through to the Final of the Scottish Youth Cup where they will face either Rangers or St Mirren.

A first half double for Dale Carrick and a goal from Sam Nicholson secured the victory in front of 1578 supporters.

Hearts: Hamilton; Paterson, Gordon, McGhee, L. Smith; King, Scott, Beith (Simpson, 88'), Nicholson (Flanagan, 85'); Oliver (Buchanan, 80'), Carrick. Subs: Sneddon, Ford.

Scottish Sun Lowland League

Spartans made another huge step towards the title following a 2-1 win away to Whitehill Welfare.

Steven Manson gave the home side the lead in the 24th minute then just before half time Willie Bremner was brought down inside the box by Mike Bruce who was shown a yellow card rather than a red one despite denying an obvious goal scoring opportunity.

The prolific Keith McLeod fired the resultant penalty high into the net to level the scores with what was to be the last kick of the first half.

In the 71st minute Jack Beesley's free kick found Willie Bremner at the back post. His header found John Grant who netted what proved to be the winner.

With time running out, Whitehill's Gareth Thom was shown a straight red card for foul and abusive language towards the stand-side Assistant Ref.

Spartans held on for the win which means that only Vale of Leithen can prevent them winning the inaugural Lowland League title on goal difference.

Malt & Hops Man of the Match: Willie Bremner.

Elsewhere

Edinburgh City 4-0 Selkirk

Gretna 2008 1-2 Gala Fairydean Rovers

Vale of Leithen 4-0 Threave Rovers

Scottish Sun Lowland League Cup, Semi-Finals

Dalbeattie Star 1-3 Preston Athletic

East Kilbride 0-1 University of Stirling

East of Scotland League Central Taxis Premier Division

Heriot-Watt University 1-2 Coldstream

Lothian Thistle HV 3-2 Craigroyston

Stirling University 0-1 Civil Service Strollers

Tynecastle 3-2 Leith Athletic

East of Scotland League Central Taxis First Division

Berwick Rangers Reserves 1-1 Burntisland

Easthouses Lily MW 2-0 Kelso

Hawick Royal Albert 0-3 Hibernian

Peebles Rovers 1-1 Eyemouth United

Speedway

Scotwaste Monarchs scored a big win over Workington Comets at Armadale on Friday night by 55 to 38. Comets held in close during the first half of the meeting and Monarchs were just two points up after heat 8. Craig Cook scored a paid maximum and Josh Grajczonek top scored for the Comets. Derek Sneddon withdrew from the meeting after his second ride with a back injury.

Basketball

Clark Eriksson Fury retained their league title having gone all season unbeaten to be crowned Senior Men League winners for two years running.

Clark Eriksson Fury the U18 Men league title.

City of Edinburgh Kool Kats won both the Senior Women and U18 women league titles.

St Mirren West College Scotland won their third consecutive U16 women league title.

Dunfermline Reign took the U16 Men's league title.

Hockey

As part of Scottish Hockey's Legacy campaign, Hockey Generation, we are pleased to announce a new club element – Have a Go @ Hockey.

To assist clubs to take advantage of the increased interest anticipated around the Commonwealth Games, Scottish Hockey is offering club grants to support the delivery of introductory hockey events in July & August. This project is made possible due to support from the Award for All Lottery Funding.

Grants of £100 can be used for facility and coach costs at either adult or junior introductory events. All successful

applicants will also receive publicity materials to help promote their event locally. The events must be separate to normal club activities and provide specifically for those new to the game (or with very limited experience). Adult sessions can incorporate 'back to hockey' as well as newcomers. The sessions should then provide a link to regular club activity.

Clubs may apply for up to 2 grants for 2 separate events where adults and juniors are being targeted separately. Multiple grants will only be provided where demand allows.

The grants are open to affiliated clubs, development groups and Districts. Applications for support must be submitted by Friday 2nd May and grant notifications will be made by 16th May. Where the number of applications received is greater than the grants available, support will be allocated based on a geographic balance and the strength of applications against the following criteria.

Proposed events should meet the following criteria:

- Must take place in July or August 2014.
- Must be delivered by qualified coaches.
- Preference will be given to clubs who cater for male, female and juniors (or who can provide linked activity in conjunction with other clubs).
- Provide a link to appropriate follow-on club activities.
- Must be aimed at newcomers to hockey.
- Must be new activity (not replacement funding for existing training or open day).
- Sessions should include skills introduction and games elements in a fun and relaxed environment. Junior sessions should follow the STIX model.

- Clubs must promote sessions locally (template resources will be provided).
- Clubs must provide session details to Scottish Hockey by 6th June for national promotion. All events will be listed in a national calendar on Scottish Hockey's website.
- Successful applicants must complete a short online report following the activity.

In order to apply, download the short application form by Friday 2nd May and send it through to jamie.frail@scottish-hockey.org.uk

Photograph by John Preece

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

Review Lunch at STEAK



STEAK restaurant for lunch? No, this is not where you would immediately think to go in the middle of the day, so it was with a little trepidation that we ventured forth. It was, as it turns out, quite a good idea.

Yes, you have to be hungry, as the portions are fairly large for this time of the day, and the sides just too tempting to be ignored. We set about the lunch menu looking for the light meal we are perhaps used to, but failed. That said, both of us had a first course and a main course, but simply could not sample the puddings as it would have been one step too far for

mankind. But what we had was very good indeed.



The chicken and leek terrine was a bit of a surprise as I had not anticipated it would be served warm, but it was a lovely variation on a traditional combination. The apple and walnut salad was a little too large for my dining companion (who is a big eater!). The walnuts were candied which he found unusual though rather a nice compliment to the cheese.

True to say that the rump steak on offer on the fixed price menu is not the cut I would usually order, but nonetheless with its in-house seasoning (top secret so I have no idea what was in it!) it was really tasty, and although a rump steak is never 'melt in the mouth' in the way that a fillet steak is, it was actually quite tender.

We had a choice of main course here but it seemed wrong somehow to choose anything other than steak and chips (beautifully presented in a little saucepan of their own and piping hot). As a side dish we were both very enamoured with the parsnip macaroni cheese : something to try at home! The peas and leeks also served in a little long-handled saucepan were mouthwateringly fresh and delicious.

✗ There is however a drawback to eating in an environment which is dimly lit with candles on the tables. It feels like evening, and you will not want to rush back to the office. So this makes Steak an ideal lunch venue for a group lunch where you may wish to linger (they have huge tables), or maybe the restaurant can do something to make the lighting more lunchtime friendly for those who do have to return to their desks?

Steak restaurant is offering a lunch menu every day from 12-2.30pm 2 courses, starter & main, for what is a real bargain price of £9.95 . You can add a dessert for £3.50 or add a glass of house red/white for £3.50. A sample menu is

shown below.

(Main photo courtesy of Chris Mackenzie Photography)

