

Theatre review: The Artist Man and the Mother Woman, Traverse Theatre (****)

Morna Pearson's bold and unsettling new play at the Traverse Theatre at times has the feeling of a fairy tale, with a pretty improbable set-up, larger-than-life (some might say grotesque) characters and an inexorable unfolding of its strangely compelling story. It's a feeling emphasised by the brightly coloured and pacey production from Traverse artistic director Orla O'Loughlin (her first at the theatre), which is more than happy to flaunt its own artifice – usually to great comic effect, and at key moments to remind us that what we're watching is very much a human creation.

But by its suddenly shocking conclusion, it feels more like some grand, ancient myth of sexual and familial love that's being worked through before us. To be fair, though, the clues to its cataclysmic denouement are there from the start, and the copious laughter that O'Loughlin's knowing production generates grows increasingly uncomfortable as the evening progresses.

The Artist Man of the title is Geoffrey, a 30-something art teacher still living with his overbearing mother Edie. Discovering from a newspaper report that his twin disciplines of art and teaching rank him high up the sexiness scale, he resolves to find a wife, subjecting a handful of unfortunate women to toe-curling interviews before realising that the true love of his life might actually lie closer to home.

Pearson's rugged yet terse Doric text deftly conveys character and emotion with a few simple turns of phrase, seemingly casually thrown together but beautifully crafted. There are plenty of killer lines that almost bring the house down, but

there's also a searing poetry to it all, and O'Loughlin makes the most of that in the declamatory performances she calls for, finely balanced between poignant naturalism and grotesque stylisation.

Garry Collins holds the whole spectacle together – he's rarely off the stage – as a grinning, gurning Geoffrey, still an over-eager kid with his unstoppable optimism and gangly movements. Just a glance to the audience is enough to raise laughs – albeit slightly unsettled ones, maybe. Anne Lacey is a powerful presence as the subtly controlling Edie, and although her part is perhaps a little underwritten, there's a constant sense of needy threat when she's around – never more so than when she refuses to speak to her son for a week. And Molly Innes gives a delightfully quirky performance as Geoffrey's sometime love interest Clara, dance-obsessed yet big-hearted.

Anthony Lamble's intricate set is detailed and full of visual jokes (revealed when kitchen cupboards are opened), and it copes well with the quick cuts between Pearson's 29 short scenes – at times the play feels like it could have been written for television.

In the end, though, it's O'Loughlin's searing production and the strange beauty of the play itself that stand out. Its sudden plummet into darkness might seem a little too speedy, but it's entirely in keeping with the disturbing themes hinted at throughout the play. And the way Pearson neatly balances mythic universality with an endearing localness makes the production at once hilarious and appalling.

[The Artist Man and the Mother Woman](#) continues at the **[Traverse Theatre](#)** until 17 November

D & G Autocare come to Edinburgh



CAPITAL GROWTH STRETCHING OVER THE FORTH – D&G AUTOCARE – EXPANSION OF THE FRIENDLY GARAGE AS NEW OUTLET OPENS IN THE CAPITAL

It's been eight years since the first D&G Autocare opened for business in Fife. An independent garage co-owned by Fifiers, George Simpson and David Hunter, D&G quickly made a name for itself in this highly competitive price led industry. The marketing and branding strategy presented [D&G](#) as "The Friendly Garage" with customers seeing the same faces every time they brought in their vehicles. The customer was always central to the services offered – as well as offering extremely competitive prices in the teeth of a recession, [D&G](#) recognised that it was the little things that contributed to customer loyalty – hence taking clients back to their homes after they had dropped off their cars for repair and making sure that customers had detailed feedback from one point of contact on what repairs a vehicle actually needed before they were carried out. Pricing initiatives designed to help the motorist out during the recession included the highly successful Cost-U-Less policy as well as MOT's from just £25.

The concept was a success and the business grew quickly to cover nine locations across the Central Belt with four garages in Fife including a Fast Fit Garage at Pitreavie Industrial Estate in Dunfermline. An online tyre company, Net-A-Tyre, was formed in 2008 whereby customers could order tyres online and opt to have them fitted at one of D&G's UK wide network of independent fitting agents.

"We recognised early on in the business that online tyre

retailing was a growing market and a quick and convenient way of buying everything from food to insurance,” said D&G’s George Simpson. “Net-A-Tyre is more personal however as it also has a Dedicated Tyre Team at the end of the line, offering impartial help and advice to potential buyers who can then order over the phone instead of the web if they prefer. They may not have ordered tyres before on the internet or they may be unsure of what their requirements are. The Tyre Team advises customers and works within their budgets.”

The D&G Group now employs nearly sixty staff and has a turnover of £4 million. Recent highlights have been winning a trademark battle with Italian fashion giants Dolce & Gabbana and the launch of a Mobile Tyre Fitting Service for the ultimate convenience.

Now the garage group has just entered the competitive Edinburgh market with a new garage at Stevenson Road, Murrayfield. Entering this lucrative but tough market is expected to boost turnover by a further half million in its first year of operation. Much of the first year’s turnover and profits will be absorbed by start up costs and high running costs with rent and rates being far higher in the Capital. The second year of trading is expected to turn over £600,000 with year three’s figure being over £750,000.

“The exposure during this three year period will be a catalyst for the rest of the Group to increase turnover,” said George. “A highlighted marketing effort from Edinburgh will compliment our other sites in the Central Belt, hopefully increasing turnover in the Group by 5 to 10%.”

Although both David & George are ex-Kwik Fit Managers and learned their trade with what was the premier fast fit garage group at the time, they now do not see Kwik Fit as a competitor to their own business. Says George Simpson:- “We don’t see Kwik Fit as a direct competitor as we differ from them in many ways, chiefly our staff structure and working

operations. We are not restricted to a Fast Fit operation as we operate a “one stop shop” garage with fully trained motor mechanics – not just fitters – that operate in all areas of vehicle maintenance and repairs.”

“We don’t hold with regimented working practises either and have a very low staff turnover rate so that our customers do get to know the staff they see every time they visit us. It’s a flexible work ethic that works well for us.”

Added George: “ And unlike some of the larger chains we don’t have a bonus system to pressurise staff into making sales for financial gain, there is no such culture here at D&G.”

And with the recession lingering, does George believe that his company is expanding at just the right rate?

“We are happy with how we have grown, it’s very much organic growth. We choose our new locations carefully by doing market research and then finding the best location. We then make sure our marketing strategies are effective and bring in enough leads to sustain a new garage as it grows and builds a customer base.”

George is keen to stress the importance of the team at a local level: “It’s the team that makes the whole thing come together. [D&G Autocare](#) is a very proactive company – we are very active in the local community where our garages are – we use local tradesmen, businesses and professionals. Through organisations such as the BNI and other business networking groups we have weekly meetings with local business people and companies. We are here to be part of the local community for the long haul and we put a lot of good back into the communities through sponsorship and other charitable work. It works well for us.”

The move into the Capital is an exciting one for D&G.

“The new Edinburgh garage is in a good location and will

really help the D&G brand which we have protected in our recent trademark battle with Dolce & Gabbana – to get noticed at a much higher level and over a bigger spectrum of people and businesses,” said George’s partner David Hunter. “We will be easier to access and be more convenient for our customers in Edinburgh that already use our Fife and Livingston garages ,also for the legions of Fifers who work in Edinburgh. The introduction of our Mobile Tyre service will also mean that we have a great “Base and Station” to cover the whole of the Capital!”

For further details on D&G Autocare check out the website at www.dangautocare.co.uk

Five things you need to know today



CHAS – The one that didn’t get away – Lennoxlove Book Festival – Can you write a play?

TV personality Carol Smillie will be adding sparkle to the CHAS ‘Fawkes-y’ Ladies Lunch on Friday 2 November 2012 as over 400 guests gather for a fundraising event in aid Children’s Hospice Association Scotland (CHAS), Scotland’s only charity providing hospice services to children and young people with life-shortening conditions.

The event includes auctioneer Andy Nicol and sports presenter and reporter Alison Walker as after-lunch speaker, who is

fresh from covering the London 2012 Olympics. The organising committee are Sue Lawrence –presenter and author of 13 cookbooks, Carol McGregor – film producer and mother of long-standing CHAS supporter Ewan McGregor, Christine Bryden – a busy Perthshire farmer's wife who has spent 15 years working with children with behavioural problems and learning difficulties and Sue Hadden – a radiographer working in the NHS, and wife of former Head Coach of the Scottish rugby team Frank Hadden.

The event is supported by Artemis Investment Management.

If you would like to support CHAS please contact the Edinburgh fundraising office on 0131 444 1515 or go to www.chas.org.uk

Rubbish problems continue in little pockets of the city. Further to his email to the Transport and Environment Convenor earlier in the week Jon Chase of Fettes Grove Proprietors Association told us they were still having problems getting proper information from the council. It was still continuing notwithstanding an email of assurance from Councillor Hinds. It seems that this is less of a problem than it was but if you are still having issues about recycling or refuse collection then please let us know!

At Bonhams Sporting Sale next week in Edinburgh, a huge chunk of fishing history goes under the hammer – a magnificent carved wooden model of the biggest salmon ever landed in Britain.

This 64-pound monster was landed by a woman angler, Georgina Ballantine, adding interest to the history of this record catch. It is estimated to sell for £4,000-6,000.

Georgina Ballantine caught the largest salmon ever recorded in British waters one evening while fishing with her ghillie father and using a Malloch rod and reel. Mallochs took a plaster cast of the fish and there have been later facsimile glass models. This fish would appear to date from the 1920s and is a wooden block model.

A Malloch block model of Miss Ballantine's fish carved and naturalistically painted on a wooden backboard by P.D. Malloch, Perth, and inscribed: '64lb caught 1922 Miss G.W. Ballantine, River Tay Scotland' and within an oak frame 142cm wide.

Henry Baggott, of Bonhams Sporting Department, comments:- "This model must represents one of the most saught after fishing memorabilia items for anyone who has ever caste a line in the water hoping for a bite. It is top of the tree in terms of fishing collectables."

Edinburgh author JK Rowling is headlining the book festival at Lennoxlove this weekend. The festival starts today, and as you would expect the session with the creator of Harry Potter is sold out, and the live streaming version is also just too popular to get a last minute place. But there may be other things on the agenda which you would like to go to – and for which there might be some tickets!

[Lennoxlove Book Festival 2012](#)

Next year is the fiftieth anniversary of The Traverse Theatre. To celebrate that they are inviting 50 brilliant writers of any age from anywhere to submit 500 word plays about Edinburgh to them. The Traverse [explain on their website](#) how to go about it (but you have to have the idea of course!)

How to apply

Submit a 500 word 'Play for Edinburgh'.

The play can be about anything you like, for example: a real or imagined event, an experience of, or tribute to, the city, or any idea stimulated by it. Most importantly we are looking for writing that embraces the spirit of invention, adventure and risk taking that has come to define the Traverse over the last 50 years.

Please include a 250 word covering letter outlining why the attachment would be beneficial to you.

All submissions must go through our [online submissions manager](#).

The deadline for submissions is 12pm, 14 November 2012.

The Traverse Fifty writers will be announced on 19 December 2012.

To submit your script please go to www.traverse.submittable.com

In order to cast our net as wide as possible, there will be a limited number of small travel bursaries available.

Centipede project – your community needs you!

A fantastic opportunity to get involved and make a real difference in your very own community.

On Friday 9 November 2012 from 1pm – 3pm the Centipede Project in partnership with North Edinburgh Arts and The City of Edinburgh Council is holding two drop-in bulb planting sessions on vacant land off Muirhouse Avenue.

You are invited to come along and join local artist, Natalie Taylor, plant some of the 9,000 bulbs. These will include snowdrops and dwarf narcissi which will blossom in the spring making the area look fantastic.

Pupils from local school Craigroyston primary and Oaklands School will join others from Muirhouse Millenium Centre start this project off on Friday morning.

Hot drinks and biscuits will be available for anyone who joins in.

For more information telephone 0131 315 2151

Submitted by [Robert Pearson](#)



Sick Kids Friends Foundation Postcard Event



This weekend, the Sick Kids Friends Foundation Postcard exhibition will take place at Lyon and Turnbull Auctioneers at 33 Broughton Place.

This is one of the Foundation's most prestigious events, and is held every two years. Many leading and up and coming

artists from across the UK contribute works of art on postcard sized boards which are then exhibited anonymously. The challenge for visitors is to identify a piece of work by a current master or an artist of the future and potentially snag a great bargain!

The event has been running since 1999, and during that time has featured many outstanding artist contributions, including Dame Elizabeth Blackadder, Quentin Blake and Mary Fedden.



by Mary Fedden

Sadly, Mary who regularly contributed to the event, passed away earlier this year in London, aged 96, and as a small tribute, some of her outstanding work will be exhibited, although will not be for sale.

After last year's event, the Foundation pledged that the funds raised would be used to fund Artists in Residence at the hospital, and since then, short term residencies have been based in A & E, the wards, the Playrooms, the Plaster room, Outpatients, Physio and Occupational Therapy and Children and Adolescent Mental Health Services. The artists, who are skilled in sculpture, music and dance, design, photography, colour and texture and new technology have worked with the children to create new art in the hospital and proposals for inclusion in designs of the new hospital.

In June 2012 they were joined by Writer in Residence Linda Cracknell who is spending time by bedsides, in wards and waiting rooms throughout the hospital 'playing with words'. Linda plans to develop emerging themes and the Foundation is currently seeking an illustrator to work alongside her. This arts programme, KreativkidS will bring opportunities for creativity to every corner of the hospital.

This year sees the 20th Anniversary of the founding of the

Sick Kids Friends Foundation, and during that time they have provided extra innovation and support for children in the Royal Hospital for Sick Children and other healthcare centres in the East of Scotland.

This year the foundation purchased state of the art medical equipment, provided extra support for families, specialist research and training and a huge range of comforts and treats for the children.

The exhibition runs from tomorrow until Sunday and is free to all. The opening times are as follows:

Friday 2nd November from 10am – 4pm

Saturday 3rd November from 10am – 4pm

Sunday 21st November from 12 noon – 4pm

Anyone wishing to contribute to this charity can do so at

<http://www.edinburghsickkids.org/donate.html>

Five things you need to know today



Edinburgh's Christmas is launched – Batsheva Dance – Postcards for Sick Kids Friends Foundation – Vivaldi at The Usher Hall – Wine tasting at Le Di-vin

Notwithstanding that it is only just after Halloween, the organisers of Edinburgh's Christmas were at the Castle yesterday to launch all the fun and games that will be on

offer during the festive season. The city will come to life with a Light Night ceremony on Thursday 29 November 2012 on the Mound. A combination of projection, aerial performance and pyrotechnics will then build excitement through a specially commissioned show – *Christmas Dream Machine*. Revealing the enchanting dreams of a child at Christmas, the performance will culminate in the lighting of Edinburgh's Norwegian Christmas Tree; a gift from the people of Hordaland. A Brazilian Samba Band will lead revellers to St Andrew Square, where the festivities will continue with a live after show, featuring an array of local artists, entertainers and a fire show.

The Herald reports today on the continuing disruption to the Batsheva Ensemble's performance, this time at the Festival Theatre. We reported on the protests by a variety of different groups to the Israeli dancers performance at The Playhouse Theatre [during the Festival here](#).

From tomorrow at Lyon and Turnbull you can help the Sick Kids Friends Foundation and you may be making an investment in art at the same time.

This is one of the Sick Kids Friends Foundations most prestigious events, held every two years at the impressive buildings of Lyon and Turnbull Auctioneers. Many leading and up and coming artists from across the UK contribute works of art on postcard sized boards which are then exhibited anonymously. The challenge for you is to identify a piece of work by a current master or an artist of the future and potentially snag a great bargain!

The exhibition runs from tomorrow till Sunday 4 November 2012 and is free to all, so please drop in and see some wonderful postcard sized works of art by some of Britain's most talented

and up and coming artists.

For more information please contact Vicki on 0131 668 4949 or
at Victoria.e.watson@nhslothian.scot.nhs.uk

Times:

Friday 2nd November 10am – 4pm,

Saturday 3rd November 10am – 4pm

Sunday 4th November 12pm – 4pm

Venue:

Lyon and Turnbull

33 Broughton Place

Edinburgh

EH1 3RR

ACADEMY OF ANCIENT MUSIC : Vivaldi at Christmas at The Usher
Hall on Friday 7 December 7.30pm

Tickets cost £27.50, £24.50, £21, £16 and £10

Over the past four decades the Academy of Ancient Music has
performed live on every continent except Antarctica and
reached millions with its acclaimed array of over 300 Brit and
Grammy Award winning CDs.

Celebrate Christmas with a joyful programme of festive music
by Vivaldi featuring the Choir of the Academy of Ancient Music
.

Elizabeth Watts: Soprano

Daniela Lehner: Mezzo-Soprano

Richard Egarr: Director & Harpsichord

Vivaldi Concerto in E major RV270 'Il riposo per il Santissimo
Natale

Vivaldi Dixit Dominus RV594

Vivaldi Gloria RV589

Tickets now on sale. Visit usherhall.co.uk or call 0131 228 1155

Time to get your tickets for a wine tasting at Le Di-Vin in Randolph Place which is on 13 November 2012.

Le Di-Vi Wine Bar at Randolph Place part of La P'tite Folie restaurant in Edinburgh is holding a wine tasting then from 7pm with Paul O'Donoghue from Enotria and will include the selection of wine shown below as well as nibbles of their delicious charcuterie for £25 per person.

Le Di Vin is the Wine Bar beside La P'tite Folie restaurant. It provides an elegant setting for a light meal or where you can learn and experiment as most are sold by the glass.

The chic and classy venue offers a few intimate corners and a magnificent mezzanine floor where you can enjoy platters of cheese, charcuterie, smoked fish, terrines, and salads with complementing wine.

To book tickets or for further details please contact [Le Di Vin Wine Bar](#) direct – 0131 538 1815

The wine selection on the evening is:

Champalou, Vouvray Sec, France

Urlar, Organic Pinot Gris, New Zealand

Urlar, Organic Pinot Noir, New Zealand

Hart Hunter, Shiraz, Australia

Iona, 'The Gunnar', South Africa

Domaine Brusset, Gigondas, France

Humberto Canale, Gran Reserva Malbec, Patagonia

Domaine Pijeade, Muscat de Beaumes de Venise, France

Kitchen raising funds for Cookers for Christmas



MICHELIN starred chef Tom Kitchen has rolled up his whites and ignited Fresh Start's Cookers for Christmas appeal to buy recently homeless people a cooker for their new home.

The top Scottish chef launched the 2012 campaign by promising a donation of £1 from every bill for a month, as Fresh Start becomes one of The Kitchen's Charity of the Month recipients.

Now, he's asking the people of Edinburgh to get behind the appeal and make a donation via the charity's website.

The Cookers for Christmas appeal allows Fresh Start to buy cookers to pass onto Edinburgh families and individuals who have been homeless but recently housed. It gives them the opportunity to make a fresh start by offering them one of the most important tools to help them.

The appeal launched this week when Tom Kitchen made a special trip to the Fresh Start warehouse to unwrap a Christmas Cooker himself.

Tom Kitchen said:- “This campaign is one close to my heart. Scotland boasts some of the best local produce available and eating well can be incredibly affordable. Giving people the tools to allow them to support themselves and their families is vital.

“A kitchen should be at the heart of a home and what better way to help families who have been homeless than giving them the means to cook in a secure and safe environment.”

✖ Fresh Start Managing Director Keith Robertson explained:-
“The people who receive the appliances have just been allocated a property are starting out with nothing and don’t have the means to buy such an expensive item. Clearly, the most economical way to eat well is to cook at home. So by providing them with a cooker we will be taking an important first step in helping them financially and physically.”

To find out more, or donate to this year’s Cookers for Christmas appeal, visit the Fresh Start website at www.freshstartweb.org.uk

The Cookers for Christmas appeal will also be going ‘social’ this year through the charity’s social media sites. So if you’re on Facebook or Twitter, please share or retweet the appeal. For Twitter, the hashtag is #cookerforchristmas

Find out more on the [website](#).

And here is a video of Tom Kitchen explaining more:-

Shona's Kilimanjaro Adventure for Cancer Charity



When a friend suggested to Edinburgh woman Shona Pryde that they should spend their next holiday climbing Mount Kilimanjaro, her reply was, to be honest, less than positive or polite. After giving the matter some thought however, the 29-year-old specialist physiotherapist (working with people with brain injuries) eventually came to the conclusion that she did not have a sufficiently good reason not to do it, and accepted the challenge. Amazingly she even continued after her friend had to withdraw.

Shona is originally from Murrayfield, where her parents still live, (and she still calls home), but now lives in Belfast. She loves nothing more than accepting a good challenge, especially when she can raise vital funds for worthwhile causes like Fight Against Cancer Edinburgh (FACE). As a health care professional, and having had cancer diagnosed in her family, she knows the value and importance of the work that this charity does, but in particular, Shona wanted to raise money to help send sick children to visit Santa Claus in Lapland.

Here is her remarkable story, in her own words:

“When my traveling buddy first suggested climbing Kilimanjaro for a holiday, my response was less than polite. Let’s be honest, I hate hills. I’m not exactly fit. I throw up trying to climb the Mourne. I’m ginger and freckly, so don’t have a great relationship history with the sun. Or mosquitoes for that matter. I’m never seen with un-straightened hair. I get stage fright having to wee in bushes. Why on earth would I want to spend a week climbing the highest mountain in Africa

for a holiday?

“Then I thought about it and decided I didn’t really have a good enough reason not to. A few months later and a lot of talking myself into it, my travel buddy was no longer able to go, I put a plea on Facebook for moral support, and next thing I knew, myself and two lads I hardly knew were booked to climb Kilimanjaro. Just for fun. I thought my mates would be amazed, astounded, but apparently they were expecting this as some point as I’m always getting up to madness for charity. Everybody wanted to know what charity I was doing it for, and when I read somewhere that it is easier to be brave for other people than it is to be brave for yourself, I decided that the kids of FACE’s Lapland trip are some of the bravest people I know, so it was a no brainer that I would raise money for their trip.

“So training began. To an extent. The more I read, the more I realised it’s not so much about physical fitness, more so mental attitude, and how well or otherwise the altitude treats you. There was talk of one of the boys buying some sort of gas mask-esque contraption from eBay and running up and down the fire escape stairs at work to train for the altitude, I went for the easy option and got a prescription for anti-sickness drugs, although the side effects made me think that running up and down stairs breathing through a straw may have been more fun.

“It was only when my friends started putting ridiculously generous donations on my just giving page, that I realised the perceived enormity of what I was taking on, and, that stubbornness alone, of which I have bucketfuls, may not be all that was required. I had amazing support, both through their donations, and my friends coming walking in the Mournes and up Cavehill with me every weekend.

“Even the walks home from the pub when there were no taxis to be had and the hangovers from the ‘Shona’s big nights out just

in case she doesn't make it home' nights stood me in good stead for the effects the mountain had in store for me.

"So on the 16th September, I left this image as my Facebook status update, and off I went. Three flights later and in the middle of a most enjoyable mid-flight nap, the lads woke me to look out the aeroplane window. There sprawling out above the level of the clouds like some sort of fairy-tale palace, were two of the peaks of Kilimanjaro. In 6 days' time I was going to be higher than that aeroplane. And I was going to have walked up all that way.

"Our tour group were a great bunch; there were nine of us altogether from Scotland, Ireland, Wales, England and Canada. This was the youngest member of our group at 25, Dave's first adventure out of Canada and very first mountain. Victor, who we affectionately named 'Babu' (Swahili for granddad) was the oldest, at 68. We bonded well, as did we with our 'staff' of 32 locals who helped us every step of the way.



"The first couple of days on the mountain went quickly as we got to know each other, and admire the views. The walk takes in 5 different climate zones, each with their own wildlife and vegetation. We began walking through meadow, through rainforest, moorland and alpine desert before touching the ice cap at Gilman's. We learned some essential Swahili – the phrases for 'nae bother' – Hakuna, – Matata (think Lion King), and 'I'll have a cold beer please' – which was put to good use the moment we got off the mountain, and appropriate responses to 'How are you?' – roughly translated as 'pure dead brilliant' and 'powerful like a chicken'. This positivity and the rule that we weren't allowed to talk about summit night until summit night, were going to be the secrets to our success.

"Our first camp, just above 2700m was guarded by a man with an

AK47, just in case there were any unwanted animal visitors during the night. After arriving at camp, we rested before leaving our belongings and walking for another hour or so to gain more elevation before coming back down to sleep. This nightly ritual apparently helped with our acclimatisation. The starry skies of the Southern Hemisphere were a breath-taking sight.

“From day 2 we were walking above the level of the clouds. It was amazing waking up every morning seeing the sunrise out the tent door, and the sea of clouds below. Wake up call was around 6am, the porters would bring a mug of ‘bed tea’ (black tea with about 6 sugars) to the tent and ask you how well you’d slept. ‘Like a fat baby’ was the acceptable answer! This was swiftly followed by 10 minutes ‘washy wash’ time with a bowl of hot water, then into the mess tent for a feast of porridge, bacon, eggs, fruit and Milo energy drinks.

“The walking was varied; some days were long and flat, while others were short and steep. I’d been dreading day 2, as on paper it looked the longest at 13km and the most uphill at 1027m to gain. I actually enjoyed that day, and I wonder now did it make me complacent for the next couple of days in front of me.

“As the days went on, and the scenery became more barren, it began taking us all our energy to put one foot in front of the other. Eating became a real chore. Even the lads who had been asking for thirds the first couple of days struggled to finish one small portion. Not only does the altitude diminish your appetite, a few of us were struggling with nausea and vomiting. It has to be said the food was amazing when we could manage it though. Three course dinners of amazing soups, pastas, stews, even fish and chips and the group’s favourite: bananas and custard.

“I needn’t have worried about the lack of playing cards for the evenings’ entertainment. We were struggling to stay awake

past 7pm. At the campsite, the headaches got worse; the naps got more frequent but less productive, as we constantly woke ourselves up during the night for breath. As we climbed to higher altitudes, taking the 10 metre return trip to the toilet tent was an exhausting experience, and even rolling over, or crawling the few centimetres back uphill if the sleeping bag and I had slid down during the night took it clean out of me. We heard tales of people who took 20 minutes to lace up their boots on summit night, just because of the fatigue and coordination problems caused by low oxygen pressures. We witnessed this ourselves, when one of our team mates was completely unable to get his waterproof trousers or his boots on himself, and unfortunately spent the night of our final ascent confined to his tent.

“Day four probably hit me hardest. Difficult to believe as it was only 9.5km and an elevation of 382m. It took us four hours. That’s the fun of being at 4600m above sea level. We could see the entire path and our destination of Kibo Huts the whole time. Maybe in the back of my head was the fact I’d be setting off again around midnight and walking through the night for our final ascent to the summit.

“Despite the unwanted physical effects, I actually enjoyed the walking, the guides and the rest of the group kept us in good banter, and the views down through the clouds of Tanzania and Kenya were amazing. After lunch, we took a nap at Kibo, before being woken dinner, then back to bed before getting up to start our ascent at midnight. I knew eating was going to be a necessary, but pointless exercise for me. I had no appetite and it was 24 hours since I had managed to keep anything down, but I knew I needed every last ounce of energy I could force into myself.

“Summit night is by far the hardest thing mentally and physically I’ve ever done. We set off shortly after midnight. Apparently we take off in the middle of the night so that the walkers can’t see how soul destroying the never ending uphill

shale path is. We were the last group to take off, and although we couldn't see the path, we could see the headlights of 100 other walkers in front of us snaking their way up the hill, not only in front, but far above up in the distance. Even in the dark, it was soul destroying. Luckily the lads and I had the same mentality, it didn't matter how long it took, we would make it eventually.

"I couldn't be sure if it was altitude or pure exhaustion, we had to stop to catch our breath every 5 or 6 steps, 2 of those we lost as we frequently slid back on the unsecure shale, and when we stood still, we started drifting off to sleep. It brings a whole new meaning to the word sleep walking! I struggled with simple tasks like changing the batteries in my head torch and trying to unscrew the top on my water bottle, the tube on my Camel pac had long since frozen over in the -9 degrees cold. And true to my form the last couple of days, my body refused to accept any of the fuel I was trying to get into me. Our amazing guides had seen it all before and helped us with everything, even carrying our daysacks (and rubbing my back!) by the end of the climb.

"After six hours we stopped to admire the sunrise below over Mawenzi peak, where we'd camped on the third night. And another two hours later, at 8am, we were the last people to hit Gilman's point at 5681m above sea level. I thought there might have been tears, but turns out I was either too exhausted or too dehydrated to cry! I absolutely love the fact there are photos at the top of me with my sunburnt red nose and frost nipped purple cheeks.

"We stopped for a cup of tea and to get our photos taken, then began the four hour walk/slide/ski back down to Kibo camp. At this point I just wanted to be off the mountain, it was a long descent. Back at camp, I was too tired to speak, I passed out face down spread eagle in the tent, and although I couldn't even contemplate taking my boots off, at least I had the decency to leave the tent door open with my legs and feet

sticking out. A lovely sight I'm sure. I thought I could easily sleep for a month, but after two hours, we were up, fed and watered and (as) ready (as we'd ever be) for the five hour descent to our final camp at Horombo.

"On the final day and a half descent, we discussed what training advice we would give to anyone thinking of doing it. Our combined answer would be '8 hours on a stair master at the gym, breathing through a straw, with the worst hangover ever, with the air conditioning at full blast, having eaten a dodgy take away the night before, having not slept, every day for a week'.

"As demanding as it was, my photos at the top would tell a different story, wrapped in my Saltire with a huge smile, the sense of pride and achievement oozing out of me. I even smile when I write and tell people about the sickness, the hallucinations, and the sheer exhaustion. Would I do it again? Definitely. I imagine it's something like childbirth; the end result is worth the journey 100 times over.

"It's great that the trip raised so much for FACE, but doing it for them definitely pushed me to the top. About 100m off the summit, when I had no idea how I thought I had nothing left, my friend puffed and panted sat me 'do it for the kids, Shona' and I did."

FACE was founded in 1990, and originally stood for Fighting Against Cancer in Edinburgh but has come to represent the activities of a group of people working throughout the South East of Scotland.

They are a charity based in the Western General Hospital in Edinburgh which raises money to improve the facilities for the benefit of patients there and the peripheral clinics in Fife, Edinburgh and the Lothians, the Borders and Dumfries

The main aim of FACE. is to raise money to support and make possible a series of small improvements to patient care and

comfort.

To donate, visit <http://www.justgiving.com/faceclimb>

Strange Theatre put across the message about fireworks



An informative play about the dangers of misusing fireworks is being performed for pupils in several Edinburgh secondary schools in the run-up to Bonfire Night.

‘TOAST’ is a powerful 30 minute drama which shows pupils how dangerous fireworks can be, as well as airing issues such as peer pressure, bullying and managing aggression.

It was originally commissioned by the Royal Society for the Prevention of Accidents (RoSPA) in Northern Ireland, was adapted for Edinburgh and is being staged by the Strange Theatre Company.

The production involves two actors playing 11 different characters, with the scene shifting between a hospital, a home, a school and a housing estate. The principal character is drawn into an ill-fated escapade with stolen fireworks, with ultimately tragic consequences.

The weeks leading up to Bonfire Night are traditionally a time of increased complaints to police about antisocial behaviour and noise relating to fireworks.



Vice-Convener of

Health, Social Care & Housing – Cammy Day

Councillor Cammy Day, Community Safety leader, said: “Bonfire Night is great fun and families enjoy the spectacle of fireworks as the nights get darker. However, fireworks can be extremely dangerous if handled improperly.

“The play ‘Toast’ is an excellent way of helping young people understand the risks and dangers of misusing fireworks.”

Community Safety Manager for Lothian and Borders Fire and Rescue Service, Steve Harkins, said: “As the service gears up for one of their busiest nights of the year we are urging parents and carers to be mindful of the potential risks from fireworks and the need to heed fire safety advice to ensure this year’s Bonfire Night celebrations stay safe.

“We work closely with partners including the City of Edinburgh Council to deliver fire safety advice to schoolchildren across the area and TOAST, which highlights the dangers associated with fireworks, is an excellent example of this type of initiative.”

The play will be performed at Holyrood RC High School and Broughton High School tomorrow Thursday 1 November and Leith Academy and Castlebrae High School on Friday 2 November 2012.

Photos from Haddowfest



Haddowfest took place over the weekend offering a positive

wealth of live music at six city centre venues. If you missed it then you may have to wait till next year. [More information here.](#)

These lovely photos from Haddowfest are by Kat Got the Cream Photography and you can see more of her work [on her website.](#) Kat is a photography student and we are sure you will agree she shows lots of promise!



Five things you need to know today



Edinburgh's Christmas! – Grants for Community Councils – Man identified – New novel from Marianne Wheelaghan – Halloween at The Balmoral

Edinburgh's Christmas is launched this morning at the Castle. Although we cannot be at the launch we hope to bring you news of the delights in store for you later today. Media attending at the castle this morning are promised a giant Santa Claus on stilts, along with an elf, Scottish pipers and illuminated Christmas apparatus, to brighten up Edinburgh Castle at the launch of Edinburgh's Christmas 2012 – bigger and better than ever before.

This year's festive programme will see the return of live reindeer to St Andrew Square, a Christmas-tastic 3D showing of 'Rocket the Reindeer' in a special cinema booth in East Princes Street Gardens and a spectacular mixture of live performance, projection and aerial theatre at the top of the Mound for Light Night on 29 November 2012. So that is a date for your diary!

Community Councils needing funding are invited to apply to the Climate Challenge Fund. More details here

[Climate Challenge Fund Grants Available for Community Councils](#)

Lothian and Borders police can now confirm the identity of a man found dead on Gullane beach on Tuesday 23 October 2012.

He is 64-year-old James McLardy of Leamington Road, Edinburgh.

Mr McLardy's death is being treated as non-suspicious.

A new crime writer is in our midst. Marianne Wheelaghan who wrote The Blue Suitcase has turned her pen to crime writing for this book which comes out next week.

[Press Release Fog](#)

It's Halloween....will you be going out guising or will you be trick or treating? When did we allow the Americanism to take over what started as an Irish tradition? And what can you do to have fun today if you are just a little beyond dressing up and going round the doors?

Rocco Forte's The Balmoral will be offering a bewitching treat

to celebrate Halloween and what better time to visit this landmark hotel than during its 110th anniversary.

Guests at The Balmoral can get into the spirit of the occasion in the rich surroundings of the hotel's Palm Court with a special Halloween Afternoon Tea. Created to tickle the taste buds and appeal to families and adults alike, guests can indulge in pumpkin tarts and Raspberry Blood Chocolate Brownies before selecting their fate from the 'Trolley of Treats' including devilish delights such as midnight red velvet gateau, all souls' fruit cake and skeletal rock candy.

The Halloween Afternoon Tea is accompanied by a frighteningly wide range of loose leaf teas including silver needle, gunpowder green and black tea or for those who like to appeal to their wicked side, a bubbling glass of Bollinger Champagne.

Halloween Afternoon Tea is £25 per person or £39 per person with a glass of Champagne and will be served from 12noon to 5.30pm on All Hallows' Eve – Wednesday 31st October. Booking is recommended. To make a reservation call 0131 556 2414 or email palmcourt.balmoral@roccofortehotels.com

7 up! Broughton Women's Rugby teach Glasgow Students a lesson

❌ Broughton Women's Rugby maintained their unbeaten record with a 0-45 win on the road v Glasgow University.

After a traumatic drive across the M8 in the rain (and wrong turnings in town), the convoy of cars made it to Glasgow for

this Premier C game at Garscube Sports Centre.

The rain had made conditions underfoot difficult however thankfully, for the travelling support, the weather was kinder during the 80 or so minutes of rugby.

It only took the Wardie foxes three minutes to open their account. A run by Deans broke the line of Uni defence and when Greer popped the ball to Kinghorn who went over the line from 5 metres. 0-5.

Broughton's second try was of breathtaking quality. Candy stole the ball in a tackle and Gaskell made the initial hard yards to put the Students on the back foot. Billie switched play across the park and when Kinghorn put the gas on, she opened up the Uni back line before passing to Mad Dog who went in under the posts. Deans converted from bang in front. 0-12.

The scrum went uncontested after a 15th minute set-piece collapsed, forcing the Uni hooker to leave the field with a knackered shoulder.

Broughton continued to pressure the young Uni side and the pack bossed much of the play in the Uni 22. Gaskell was causing all sorts of problems in loose play and she made the space for Deans who showed tremendous upper-body strength to twist her way over the line for a try. Deans, in her first season of playing rugby, got up and slotted the extras. 0-19.

Half-time Glasgow Uni 0-19 Broughton

Both teams emerged from their half-time teamtalks keen to continue the good spirited game.

Broughton's spirits were high when Mad Dog Neill secured a bonus point try early in the second half. 'Candy' Brindley went on a rampaging run, bouncing students to the ground, leaving a trail of destruction in her wake. A quick offload to the supporting Cooper 5 metres out almost set up the back

rower however as she was stopped in her tracks, the ball went to Neill who had the easy task of falling over the line. 0-24.

Laing piled on the points in the 63rd minute when she latched on to a loose ball and she blasted her way up the middle of the park to run in unopposed. Deans converted. 0-31.

With 10 minutes to go, Broughton were back on the scoresheet. Kinghorn went on a mazy run before kicking through an almost undefendable grubber in the soggy conditions. Kinghorn's pace saw her win the foot race and the try was awarded once the Ref caught up with play! Deans the kicking machine converted. 0-38.

The game was almost done as the sun made an audacious attempt to breakthrough however there was still time for Broughton to have one final attack at the home tryline.

A Broughton forwards special saw Fleming take the ball up and once the pack had made the hard yards, it was up to the backs to take the glory once again! It was that girl Nuala Deans who capped a fine performance by running in from the 22 to slide between the posts to score her second and Broughton's 7th of the afternoon. Her conversion was the last kick of the game.

Full Time: Glasgow Uni 0-45 Broughton

Post-match, both teams – well, almost all of the Broughton mob as some got lost – went to Campus, a bar in the City's Sauchiehall Street. A big thank you to our hosts for fantastic hospitality, some of the finest experienced in recent times.

Man of the Match Awards:

From the Uni team – They selected Nuala Deans

From the Broughton team – It was Megan Greer

The least said about the drink-off the better....

Submitted by [Mark Brown](#)

Cyclists asked to light up at Streets Ahead roadshows



More than half of Edinburgh's cycle casualties in November, December and January happen during the hours of darkness.

Meanwhile, almost 50% of serious injuries sustained by cyclists in the Capital between 2006 and 2010 were linked to other vehicles carrying out turning manoeuvres. So while cyclists should take extra care to be seen, it is equally important that motorists take extra care to look out for cyclists as they turn at junctions.

This week a new campaign and series of roadshows run by the [Streets Ahead](#) partnership will reinforce these messages in a bid to cut the cycle casualty rate this winter.

The visibility campaign urges cyclists to make sure they are seen on the roads during the winter months by wearing high visibility clothing and ensuring their bikes are fitted with lights and reflectors.

Councillor Jim Orr, Vice Convener of the Transport and Environment Committee, said:- "[Cycling](#) is a safe and healthy way to travel and as a Council we are committed to encouraging bike use. However, too many Edinburgh cyclists are still taking a cavalier approach to visibility, in particular by cycling without lights. Apart from being unsafe, this contravenes the [Highway Code](#) and undermines the goodwill of the motorists we cyclists share the roads with.

"As a keen cyclist, I'm always properly kitted out with high

visibility kit and lights. This new joint campaign will reinforce the visibility message with free samples and timely tips on how cyclists can keep themselves safe. My message for all road users – motorists and cyclists alike – is to take special care to look out for each other during the darker winter months and make sure you are visible and brightly lit.”

In addition to a marketing and advertising campaign launched last week, a cycling safety roadshow aimed at both cyclists and motorists will tour University of Edinburgh and NHS buildings this week to coincide with the clocks going back at the weekend.

Cyclists will be given free bike lights and information leaflets and advice. Free bike checks by The Bike Station and bike security marking by Lothian and Borders Police are also on offer.

Superintendent David Carradice of Lothian and Borders Police said:- “Edinburgh, like many cities in the UK has numerous cyclists travelling on the road network as they make their way to work, school, or who use their bikes recreationally.

“The road conditions change dramatically during the autumn and winter months, with increased hours of darkness and more challenging road conditions to face.

“It is therefore extremely important for cyclists to take the appropriate steps to ensure their safety.

“The cycle safety road shows will provide cyclists with all the necessary advice and guidance on keeping themselves safe while out on the road.

“Lothian and Borders Police and their partner agencies are committed to promoting cycle safety and reducing the number of casualties on our roads.

“Anyone wishing further information on keeping themselves or

their bike safe can contact their local policing team or visit the Lothian and Borders Police website at www.lbp.police.uk."

[Cycle Safety Visibility Leaflet](#)

New Musical from South Park creators coming to the UK

Book of Mormon: New Musical from the Creators of South Park to Come to the UK

One of the top 5 best-selling shows on Broadway, the Book of Mormon is now bringing its shockingly hilarious humour to the UK. From the winning team of South Park creators, Trey Parker and Matt Stone, and Avenue Q writer, Robert Lopez, the Book of Mormon sheds a different light on Mormonism, taking the audience on a laughter filled adventure along the way. With larger-than-life characters and award winning musical numbers, Book of Mormon tickets look set to be in huge demand in the UK in 2013 and beyond.

Expected to carry on the success of the Broadway production, the talented and entertaining cast promise a show-stopping performance that jestingly questions the role of religion. Coming to London's West End all the way from the Big Apple, the Book of Mormon previews will be opening on the 25 February 2013.

The Humourless Need Not Apply

The Book of Mormon takes a light-hearted look at the importance of organised religion in our lives. Debuted on Broadway in March 2011, the musical follows handsome, star

missionary-to-be Elder Kevin Price and his less popular partner, Elder Arnold Cunningham on their two year mission in Uganda. Met by a robbery and a group of unsuccessful missionaries, the two are shocked to find that the dictator-led village turn to blasphemy to make light of their situation.

Price sees the heathen-populated village as an opportunity to improve his station and attempts to convert the villagers by regaling tales of the religion's founder, Joseph Smith. Price's narcissistic nature shines through as he confuses Smith's story with his own, drawing the Ugandans to form the opinion that he is annoying. Price and Cunningham find their mettle tested as they are pressured to prove the success of their work and need to find a way to liberate the village from its paranoid General at the same time.

Grammy Award Winning Musical from South Park

The Book of Mormon was first conceived on a 2003 trip to New York during which Stone and Parker met Avenue Q creator Lopez. Discovering that all three shared a love of musicals and Mormonism, the trio began working on their new musical performance that would take around 8 years of planning to finally realise on stage.

Its success on Broadway made moving the musical to the UK an easy decision for its creators, who could see its over-the-top, witty humour appealing to a British audience. Opened on 24th March 2011 at the Eugene O'Neill Theatre in New York, the musical went on to win a multitude of Tony, Drama Desk and Grammy awards, and is now expected to repeat the same success in the UK.

The Book of Mormon opens on 25th February 2013 for previews and publicly on 21st March the Prince of Wales Theatre. You can find Book of Mormon tickets listings for these dates on your go-to marketplace, StubHub UK. Don't miss out on this

critically acclaimed piece of theatre – buy tickets for the Book of Mormon today to ensure you don't miss out on this acclaimed new theatre sensation.

Here is a taster for you of a show you may have to take a trip to London to see unless it becomes so successful it comes to Edinburgh!:-

Richard Holloway to read at CD launch event

Writer, broadcaster and former Bishop of Edinburgh, Richard Holloway, is to participate in a pre-Christmas event which will launch a brand new CD of Christmas music by Cadenza, one of Scotland's finest amateur choirs.

'Bright Star' is a unique collection of Christmas music, mainly from Scotland, which includes 10 world premiere recordings.

The event, which takes place at St Peter's Church, Lutton Place on Friday 16 November 2012 at 7 pm, will give a taster of music from the CD, interspersed with readings of and reflections on Christmas poetry by Richard Holloway.

The event is free of charge with a collection in support of Waverley Care, Scotland's leading HIV and Hepatitis C charity. One of the carols ('There's a Song in the Air' – John Hearne) was the winner of the audience prize in the charity's Sing a New Song Christmas carol writing competition and has subsequently been published by Oxford University Press.

Richard Holloway said:- "As a long-term supporter of Waverley

Care, I am delighted to be participating in this event to launch 'Bright Star' and welcome the opportunity to read some inspirational poems to complement this fascinating collection of carols."

A number of the composers will be in attendance, including Ken Johnston, John Hearne and Ben Parry, co-founder of The Dunedin Consort, whose carol gives its name to the title of the CD. The launch event includes the world premiere live performance of Ben's carol, 'Bright Star'.

'Bright Star' is already being well-received in the musical community. John Rutter, the UK's most popular composer of Christmas music, who is also a supporter of Waverley Care, has said of the CD "This is the perfect album to refresh your Christmas celebrations. Cadenza have truly captured a new Christmas spirit."

For further information please contact: Karen Docwra at Waverley Care 0131 556 9710 karen.docwra@waverleycare.org

Submitted by [Karen Docwra](#)

Number of Scottish bankruptcies is falling



Bankruptcy and other insolvencies fell in second quarter

Official insolvency figures for Scotland show a sharp fall in the number of people entering bankruptcy and other formal insolvency solutions between July and September.

The data from the [Accountant in Bankruptcy](#) (AiB) – Scotland's insolvency service – showed that there were 4,063 personal insolvencies overall during the second quarter of 2012-2013. This marks a drop of 27.5% on the previous quarter, and a fall of 24.5% on the same period in 2011-12.

[Wilson Andrews](#), who commissioned this article, have taken a closer look at the figures and what they reveal.

Bankruptcy: why has it fallen?

According to the AiB, the fall in total insolvencies was largely due to a drop in the number of borrowers applying for bankruptcy. This is probably a result of fees for this form of bankruptcy being raised on 1 June 2012 – prompting many borrowers to apply for bankruptcy before this date.

There were 1,859 bankruptcies awarded in total in the second quarter, marking a 43.8% fall on the previous quarter (3,310) and a 34.9% fall on 2011/12's second quarter (2,857).

A look at Trust Deeds and the LILA route

The number of Protected Trust Deeds totalled 2,204. This marked a 3.8% drop on the previous quarter (2,291) and a 12.7% drop on the same time last year.

Protected Trust Deeds are a form of insolvency available only in Scotland. They are designed to help borrowers with a substantial amount of unsecured debt, who can't repay what they owe in a reasonable timeframe.

The LILA (Low Income, Low Assets) route into bankruptcy is another approach that is only available to borrowers north of the border. Although it is not a debt solution in itself, the LILA route can provide an alternative way into bankruptcy for borrowers on a low income whose lenders have not taken legal action yet.

Of the 1,443 bankruptcy applications made by borrowers in the

second quarter, 653 of these were made through the LILA route. This shows a fall of almost 60% (58.2%) on the previous quarter, when 1,563 people went bankruptcy through the LILA route.

DAS debt payment programmes on the rise

DAS – the common name for the Debt Arrangement Scheme – is a formal debt management solution backed by the Scottish Government.

Although DAS is not a form of insolvency, it has become an increasingly popular way for borrowers with unaffordable unsecured debt repayments to get back on top of their finances since its introduction in 2004.

During the second quarter of 2012-13, there were 1,110 Debt Payment Programmes (DPPs) approved under the scheme. This represents an increase of 29.7% on the same quarter last year. However, compared with previous quarter, the number of DPPs approved under DAS fell by 24.9%.

According to the AiB, the number of approved DAS cases was higher than during any quarter of the previous financial year, perhaps due to promotion of the Scheme to highlight its benefits for some borrowers.

Cuckoo's Bakery goes spooky for Halloween



Cuckoo's Bakery launches six monstrous cupcake treats to celebrate Halloween

Cuckoo's Bakery, Edinburgh's quirkiest cupcake shop, is feeling seasonal yet again, and is kicking off Halloween with a selection of irresistible yet frightening cupcakes available for purchase in the run-up to Halloween.

Until Thursday 1 November 2012, owners Graham Savage and Vidya Sarjoo will be offering a whole range of devilishly delightful Halloween cupcakes:

- **Buried Deep:** What lies beneath... Belgian chocolate chip sponge buried below baked vanilla cheesecake and an earthy grave scene. 'Relish in Peace'...
- **Trick or Treat:** Spiced pumpkin sponge filled with gooey butterscotch and finished with a caramel cinnamon pumpkin patch. Happy Halloween!
- **Witches' Bru:** Black magic inspired Irn 'Bru' cupcake adorned with a sleek witch's hat... sure to cast a spell on you!
- **The Ghost:** Dark chocolate sponge filled with ghoulish white chocolate ganache. Let your teeth get too close and the ghost will vanish... Beware!
- **The Creature:** This monstrous apple cupcake with a purple custard heart is sure to send shivers through your taste-buds!
- **The Red Devil:** Don't stare too long... Dive in and devour this devilishly delicious red velvet delight.

These delicious Halloween treats will also be used by The Edinburgh Dungeon to tempt visitors inside. The first 30 visitors on both Tuesday 30th and Wednesday 31st (Halloween itself) will be greeted with a free babycake version of the full-size cupcakes that Cuckoo's is selling.

Graham Savage said:-

“It has been so much fun coming up with this year’s Halloween cupcake creations and we’re really looking forward to selling these quirky treats come Halloween”

The cupcakes are available in-store for £2.75 (take-away) or £2.95 (eat-in), or if you’re buying as a gift they offer a giftbox which includes 6 cupcakes and a card with a personal message, all in a box and tied with ribbon. Individual cupcakes and giftboxes are also available to order online for collection or delivery in Edinburgh.

See the website at <http://www.cuckoosbakery.co.uk/>

Five things you need to know today



Rubbish – Fireworks safety advice – Potholes – Blogging – 4G

Residents in North Edinburgh plonked their rubbish on the doorstep of their Neighbourhood office yesterday to draw attention to the ongoing problems they are having with their refuse collection. Under the headline A rubbish protest or a protest about rubbish? the [North Edinburgh News](#) explains the argument that has broken out between residents and the Environment convener.

Reader, Jon Chase, who lives in the Fettes area has sent us a copy of the letter he has sent by email to his local councillor and also the Transport and Environment Convener, Councillor Lesley Hinds. He has explained to the council that the new regime of collecting refuse was not actually explained

to the residents in the street where he lives until he contacted the council for clarification. As a result there has been some confusion.

He established that the ordinary rubbish was to be collected each Sunday and recycling each Thursday. But on Sunday last two bin lorries arrived at different times to collect general rubbish, and Mr Chase has indicated to the council that this is simply not good enough. What about you? Are you still experiencing any difficulties? Then do let us know.

You can get an automatic reminder by email about when your recycling will be collected. Sign up here at [Green Box Day](#).

Police have issued fireworks safety advice just ahead of Halloween and Guy Fawkes night next week. [You can read more here](#).

Today's photo is of Dublin Street and we think it shows only too well the condition of the road surface. The council say that they inspect each and every street in Edinburgh each year, but they also take reports of potholes [on their website here](#). Do you have a street which needs some attention? Then let us know and we will pass on the details to the council's Transport convener. There is also [Fix my Street](#) which is supposed to alert the council automatically, although we have been told that sometimes it does not work. If you know of another reporting service like this which is reliable then you might tell us about that too.

Some of our local councillors have blogs. Notably our Council Leader, Andrew Burns, has his [Really Bad Blog](#). Conservative Leader, Cameron Rose, has two blogs, one devoted to [Ward](#)

[matters here](#) and his rebuttal of the climate change argument [is to be found here](#). Lib Dem group leader, Paul Edie, has a blog which is perhaps given a little less attention by its author in opposition rather than administration [which you will find here](#). Ricky Henderson, Labour councillor for Pentland Hills [has a blog here](#) where he writes about council matters, and the Edinburgh Greens have a [blog here](#) for all six of their councillors.

And the Lord Provost [has a blog here](#) to tell us all what he is up to. (There is a fabulous display of objects he brought back from Abu Dhabi just outside the main council chamber.)

Who have we forgotten? Do let us know and we will then add the details to our Edinburgh bloggers list which [is a living list here](#). Again we need help from you if you are an Edinburgh blogger and you would like to be included.

History is being made today as EE, who claim to be the UK's most advanced digital communications company, launches the UK's first 4G network in Edinburgh, one of the first eleven cities to benefit from the rollout of the UK's first ever 4G network.

As of today, residents of Edinburgh will be among the first in the UK to experience EE's pioneering superfast mobile service, with speeds typically five times faster than 3G, and 4G Fibre Broadband for the home and office. The service includes a range of state-of-the-art devices to ensure all customers get the most out of the superfast network.

Derek Smith, Regional Manager East Scotland, at the EE store on Princes Street commented:-"We are hugely excited about being one of the first cities in the UK to launch a mobile and fibre broadband 4G service. Customers signing up to the new

service will be able to download media and access the internet at phenomenal speeds. We are looking forward to switching on Edinburgh's 4G and welcoming our first customers through the doors at 9am this morning."

EE is investing £11 million in its network in the region. All eight Orange and T-Mobile stores in Edinburgh will have a full store refurbishment to become EE stores, offering services from Orange, T-Mobile and EE from today.

EE is the UK's most advanced digital communications company, providing mobile and fixed line services to 27 million customers, and from today, will become the first company in the UK to provide 4G mobile services, as well as Fibre Broadband.

Let us know if you manage to access 4G and how good it is?

Edinburgh Filmhouse launch online player



EDINBURGH'S FILMHOUSE JOINS FORCES WITH GLASGOW FILM THEATRE TO LAUNCH NEW ONLINE PLAYER

Edinburgh's Filmhouse and Glasgow Film Theatre (GFT) have joined forces with shareable video-on-demand inventors Distrify to offer online streamings of curated films. In a pioneering move, two of the UK's top independent cinemas will be the first venues in the UK to work together to make

available a specially selected online film programme.

Each cinema will host a new online viewing platform on their website – the GFT Player and the Filmhouse Player. The Players will be available as part of an innovative trial, supported by a £90,000 grant from Nesta's Digital R&D Fund, Scotland. The Digital Research and Development Fund for Arts and Culture, Scotland is a partnership between Creative Scotland, Arts & Humanities Research Council (AHRC) and Nesta to support arts and cultural organisations across Scotland who want to work with digital technologies to expand their audience reach and engagement and/or explore new business models. This project has been devised so that these two popular cinemas can reach beyond their walls and engage with audiences in other areas, with those who cannot visit in person and with people who have an interest in curated cinema with a Scottish, UK and international focus.

✖ Films will be available to stream 24/7 and can be watched on computers, tablets and mobiles anywhere in the UK or Ireland. Streaming prices will start at £3.49, great value for those watching as a group.

A dynamic slate of films will be offered online from November, carefully chosen by experienced GFT and Filmhouse programmers, to complement their cinema screenings. The Players will feature new releases (available to stream alongside their screenings in the cinema) such as music documentary *Sound it Out* and Japanese comedy-drama *Rent-a-Cat*; favourite films that audiences may have missed on the big screen like enjoyable French comedy *The Women on the 6th Floor*; and exclusive additional content, including films that haven't yet been picked up by UK distributors but merit a wider audience, of which *Morgen*, winner of four awards at the Locarno Film Festival, is a perfect example.

Allison Gardner, Head of Cinemas at GFT said:- "Our reasons for pioneering the curated programme online model are two-

fold. There are an ever-growing number of films available to us and with our screens already working very hard, we needed to find a way to ensure that great films were not missing out on the exposure we can give them. Secondly, not everyone has access to cinemas like GFT and Filmhouse, or indeed time to go to the cinema when it suits them.”

Rod White, Head of Filmhouse added:- “The Player gives us the opportunity to provide an extra screen – open all hours – showing films that we would not otherwise have the room to screen, or audiences simply couldn’t make it along to, or may have missed on the big screen.”

Teaming up with video-on-demand providers Distrify is key to the success of this project. This will allow both cinemas to utilise digital technology to research best practice in broadening total audience figures. Analysis of digital metrics will offer valuable information on geographic location of audiences, the routes to purchase and the relationship between Theatrical and Home Entertainment. Sharing this data with rights holders will then inform and improve future relationships between exhibitors and distributors.

A unique feature of the Distrify Player is that anyone can embed it on their website or on their Facebook page or Twitter feed, thereby extending the reach of each cinema’s brand and broadening their audiences. An affiliate’s share of 10% is available to anyone who shares the film in this way, creating an exciting and original way of sharing and talking about film.

Andy Green, COO of Distrify said:- “Audiences are finding films they want online and we want to offer cinema tickets as well as VOD, the idea is that a choice increases sales of both. Adding the curatorial voice of GFT and Filmhouse creates trust for an audience and adds an extra revenue stream for the cinemas.”

While Nesta's Digital R&D Fund offers an excellent opportunity to launch the Players and undertake valuable research, both cinemas hope to gain further funding to be able to extend the project beyond the initial trial period and offer the Players to audiences on a more permanent basis.

The Films:

Sound it Out is a funny and intimate documentary portrait of the last surviving vinyl record shop in Teesside, North East England. Described as 'hilarious and incredibly heartwarming' by *NME*, the film will be available simultaneously in cinema and online. Also available for streaming and on the big screen at the same time will be engaging Japanese comedy *Rent-a-Cat* (*Rentaneko*), in which a young woman hires out friendly felines to lonesome people in need of a little companionship. The film proved popular at this year's Edinburgh International Film Festival and will be available from Monday 3 December at GFT and Friday 7 December at Filmhouse.

Jeanie Finlay, Director of *Sound It Out*, commented:- "I'm very excited that *Sound It Out* is going to be available in so many ways. Watch an independent film about an independent place in the way you want – big screen or at home, it's up to you."

To coincide with the French Film Festival UK, which takes place at Filmhouse and GFT in November, raucous rom-com *The Women on the 6th Floor*, a favourite from last year's Festival, will be offered on both Players. While *Morgen*, a Romanian New Wave gem from writer/director Marian Crisan, will screen at Filmhouse on Wednesday 14 November, followed by a live Q&A with Crisan.

New films will be added to the Players each month. For full programme details please visit www.glasgowfilm.org/player and www.filmhousecinema.com/player.

n0tice and the #myhighstreet project



We told you recently about n0tice, which is a virtual community notice board, [and the project which the people behind n0tice had started to celebrate or change our high street](#) (where high street means locality or neighbourhood.) The film below is an overview of the project, a short documentary of stories and projects that are currently happening across the UK, and also involving online activity such as the hyperlocal websites across the UK.

n0tice sent a film crew to Edinburgh to speak with The Reporter, and this is the first of the films to be released. They also filmed groups of activists who are trying to make a difference across Edinburgh, and that will, we understand, be the subject of a second film. Meantime you can check out what people have been n0ticing: <http://highstreet.n0tice.com>.

Primary School's PE lessons a study for University



Flora Stevenson Primary School is taking a new approach to

physical education which is being studied by university researchers. Over the past 2 years extra training has been provided for teachers and pupils have been given opportunities to be active daily. This approach has made a significant impact on pupils who are showing an increase in confidence, motivation and self-esteem, as well as physical ability.

Since 2011 the school has been working with Winning Scotland Foundation and The City of Edinburgh Council who have provided a variety of support and funding for the initiative.

Pupils receive P.E. lessons three days a week and an active class challenge for their 'non-P.E.' day. The week culminates with the opportunity for them to participate in an optional hour of physical activity on a Friday – incredibly nearly 80% of all pupils now choose to participate in active options which include a wide variety of activities from fencing to football and hip-hop to tae kwon do.

Edinburgh University has been so impressed with this approach it is studying the impact it is having on training teachers within their own school.



Convener of
Education – Paul
Godzik

Councillor Paul Godzik, Education Convener said, “This project has really had remarkable results so far. Alongside the great uptake of activities at school and the positive impact this is having on pupils, many are now choosing to partake in sports outwith school time. This means they are more likely to be physically active regularly and continue to be so in the long-run; this is an invaluable lifestyle change for them. This is a great example of how working with other organisations can lead to positive change.”

The project has allowed Flora's to work closely with parents and other schools within the local community, one of which is Broughton High School (one of three school based Community Sports Hubs in Edinburgh). Sport can play an extremely important role in assisting children's transition from Primary School to Secondary school.

Angela Hutt, P.E. Specialist at the school is delighted that her initial idea was developed and came to fruition thanks to the support and commitment of Shelagh Dow, Depute Head Teacher and her fellow teachers. Angela said; "The Curriculum for Excellence had given us the flexibility to provide pupils with opportunities to be active daily. As Friday's activities are a reward for good behaviour we are seeing a positive impact on behaviour throughout the week. This is an ambitious project and wouldn't be possible without support. A big thanks to everyone who has worked with us on this."

Morag Arnot of Winning Scotland Foundation said, "This project has had a remarkable affect on the children involved and believe it could act as a blueprint for getting every child in Scotland active every day. We have been pleased to be able to support the project since its inception. We look forward to seeing how the project continues to develop across other schools and the impact it can have on more children."

Cath Morrison, Senior Health Policy Officer, NHS Lothian said, "The advantages of children being physically active are well known but what Flora's has done is package it up in such a way that it becomes part of their everyday life and influences behaviour outwith that time also. We are proud to be able to fund this programme and look forward to working with new schools on future projects also."

Additional funding from Winning Scotland Foundation & the NHS has allowed the project to continue this year at Flora's and be introduced to Stockbridge Primary. It is hoped to further extend it to the remaining 2 cluster schools in August 2013.

Safety First on Bonfire night

Lothian and Borders Police are joining Lothian and Borders Fire and Rescue Service and The City of Edinburgh Council in putting across the message that they want people in Edinburgh to enjoy fireworks responsibly this year.

The lead up to bonfire night is a busy time for all emergency services, and while the emergency services want everyone to have fun, police will be working alongside colleagues in the fire and rescue service to highlight the nuisance and dangers associated with the illegal use of fireworks.

In the run up to November 5th, police and Trading Standards officers will be visiting retailers to remind them of the legislation surrounding the sale of fireworks.

In addition fire safety talks will be given at schools across the city, and joint patrols will be carried out to dismantle any potentially dangerous bonfires.

Chief Inspector Andy McLaughlin, from Lothian and Borders Police, said:- “Young people and the community should look forward to bonfire night, and be able to enjoy it fully and safely. Although it is an exciting time, the risks involved in playing with fireworks should always be remembered.

“This is traditionally a busy time of year for all emergency services, but many calls could be avoided if people were more aware of the safety of themselves and others. It should be remembered that fireworks are, in essence, explosives, and should only be bought from reputable retailers and used in a

safe, controlled environment.

“We have seen a reduction in these types of incidents in recent years, and we hope that our work with school children and shop owners will help continue this trend.”

Community Safety Manager for Lothian and Borders Fire and Rescue Service, Steve Harkins said:-

“We want people to enjoy themselves safely this year. We recommend attending an organised bonfire night display to reduce the risk of accidental injury from fireworks.

“Be aware that bonfires must be supervised by an adult at all times. If they are not we will extinguish them. We will also put out any bonfires we believe may pose a risk to people or nearby buildings.

“Lastly we ask that people respect firefighters as they respond to these calls. Any incidents of anti-social behaviour or violence to crews will be reported to the police. We are there to keep communities safe from fire so please let us do our job safe from interference or harm.”



Vice-Convener of
Health, Social
Care & Housing –
Cammy Day

Councillor Cammy Day, Community Safety leader for the City of Edinburgh Council, said: “The proactive approach taken by our community safety teams in dismantling unauthorised bonfires in previous years has been really successful and this work will continue leading up to November 5th.

“We would remind people to only attend organised displays, remember the dangers involved in handling fireworks and enjoy their celebrations responsibly. It’s one of the busiest nights

of the year for the fire service and it's important they can carry out their vital role without the threat of anti-social behaviour."

Anyone with any concerns regarding dangerous bonfires, or the illegal sale of fireworks, should contact their Safer Neighbourhood Team on 0131 311 3131.

Talk by US Super Bowl producer today at Queen Margaret University open to the public

US Super Bowl producer to talk to students in the capital

Dr Frank Supovitz, producer of the US Super Bowl, the largest annual sports event in the USA, is coming to Queen Margaret University today to talk to first year event management students and the public.

Dr Supovitz, who is Vice President of Events at the US National Football League (NFL), flies into the capital from Wembley, London where he has just produced the annual UK American Football event. His only Scottish engagement will be at Queen Margaret University where he will talk to event management students about her career in the special events industry. Whilst at the University, he will discuss his involvement with large scale events including the American Super Bowl, the Olympic Games opening ceremonies, the Goodwill Games and other major events across the globe.

Professor Joe Goldblatt, Director of the International Centre for Planned Events at Queen Margaret University said:-“We are extremely privileged to have an events’ specialist of Frank’s standing. His talk presents an excellent opportunity for our students to learn from one of the most honoured professionals in the industry. Frank has worked on some of the world’s most significant large scale events and will be sharing some of this experience of those with our students today. Aside from his own fascinating career, he will offer useful advice and tips to help students develop their career aspirations and their understanding of the industry. Someone like Frank, who is able to demonstrate success on a global scale, helps encourage our students to think big and is an excellent role model for them to aspire to.”

The free talk is also open to the public and takes place at 4.15pm.

Rings stolen in theft from Western General Hospital



Lothian and Borders Police are appealing for witnesses following a theft within the Western General Hospital.

The incident happened around 3.15pm on Tuesday 23 October 2012 when a 33-year-old woman was within one of the bathrooms and had taken her wedding ring and eternity ring off to wash her hands.

After leaving the bathroom, she realised she had left her

rings inside and when she returned to retrieve them, she found they were gone.

Neither item had been handed in to security, so the woman contacted police to report them stolen.

✖ The wedding ring is a platinum band with a single one carat diamond while the eternity ring is platinum with around 24 diamonds around the circumference. They have a combined value of around £10,000.

A police spokesman said: “The woman has been left devastated at the loss of her rings and is desperate to have them returned to her as soon as possible.

“Anyone who comes into possession of the rings is asked to hand them in to their local police station. We would also ask that anyone who can assist with our enquiries into this theft contacts police immediately.”

Anyone with information can contact Lothian and Borders Police on 0131 311 3131, or the charity Crimestoppers in confidence and complete anonymity on 0800 555 111.

Five things you need to know today



Do we need to market Edinburgh? – This week at Holyrood – Photography – Food waste allows plastic bags – – Edinburgh Tram Project

The Scotsman’s Arts Correspondent, Brian Ferguson, has made

his views about the new city marketing campaign well known on Twitter over recent weeks, but has now taken time to write a very entertaining opinion piece about the [Incredinburgh panto.....](#)

Although we were not invited to the Marketing Edinburgh launch of Winter in Edinburgh last Tuesday evening, we do have thoughts about spending public money on expensive marketing campaigns.

Perhaps we could add our own views into the marketing mix. We believe that to a large extent a city such as Edinburgh sells itself. We should not need to spend millions of pounds, which might be spent on essential services elsewhere in the city, telling people what the best things about this city are, and particularly we do not need to pick out one Edinburgh chef chasing lobsters and do so in a rap animated film. We believe the film does not do justice to our city's unique allure. We have many restaurants, bars, theatres, wonderful people and wonderful sights. We have our many festivals which are a draw for people from across the globe. And we have our 500,000 inhabitants all of whom are able to tell their own story about Edinburgh, and who can perhaps do so better than this?

One of the more ingenious and useful marketing campaigns we would suggest, has been the sponsorship of a yacht emblazoned with Edinburgh's Inspiring Capital which has sailed around the world in the Clipper Round the World Race, giving those on board a memorable experience, but also a marketing return which is far greater than the £55,000 which the council spends on it. The largest part of the cost, admittedly, has been underwritten by an anonymous donor.

We suggest that the council uses its many Twitter accounts to launch a Twitter and Facebook marketing campaign involving everyone in the capital. It would be absolutely free and easy for anyone to join in. Well maybe we should just start? We

would like you to tell us the best thing about Edinburgh for you. Is it a place or the people? Or one person? Feel free to tell us here with a short article through [our Submit a Story feature](#) or tell us on [Twitter](#) using the hashtag #bestofedinburgh.

We will very soon be able to show you the exclusive film about Edinburgh projects about changing parts of our city. This was made here only two weeks ago by the people [celebrating our high streets](#) through the notice campaign which is backed by the Guardian Media Group. Take a look there are many photos of Edinburgh up there!

So have our council paid £1.2m setting up Marketing Edinburgh and around £300,000 for a bunch of catchy slogans for a city that does not need any? What do you think? Let us know by adding your comment below.

This week at Holyrood only one of our Edinburgh MSPs has already lodged written questions for answer.

S4W-10609 Jim Eadie: To ask the Scottish Government how many disabled people receive discounted travel under the national concessionary travel scheme.

S4W-10610 Jim Eadie: To ask the Scottish Government what proportion of people eligible for a concessionary bus pass has one.

S4W-10611 Jim Eadie: To ask the Scottish Government how much on average the national concessionary travel scheme saves people who use it each year.

S4W-10612 Jim Eadie: To ask the Scottish Government whether it will carry out an assessment of the physical and mental health benefits of the national concessionary travel scheme for (a) disabled people, (b) older people and (c) veterans.

And motions lodged include the following:-

S4M-04552 Christine Grahame: Help Keep Animals Safe this Firework Season— That the Parliament commends the work of the Scottish SPCA and, in particular, its campaign to keep animals safe during the firework season; notes that, although the sound of a typical pneumatic drill measures around 100 decibels and people are advised to wear ear protectors when exposed to anything above 80 decibels, the current legal noise limit for a firework is 120 decibels; understands that a dog's hearing is twice as sensitive as a human's and a cat's three times, which means that the sudden bang from a firework could terrify them and cause extreme distress; believes that anyone holding a firework display should warn their neighbours in advance so that they can make adequate provisions for their pets, and considers that, to allow pet owners and farmers to make adequate provisions for their animals, the use of fireworks should be limited to major festival periods and licensed displays.

S4M-04549# Kezia Dugdale: Living Wage Week—That the Parliament is committed to promoting a society where work pays; finds it unacceptable that in-work poverty continues to be a scourge, perpetuating societal ills such as poor health and child poverty, with six out of 10 children in poverty from families where at least one parent is in work; welcomes recent analysis, which it considers encouraging, by the IPPR and the Resolution Foundation, which estimated for the first time the wage bill for UK companies listed on the London Stock Exchange when paying staff a living wage; acknowledges what it considers the tireless work of the Scottish Living Wage Campaign and the trade union movement to make a living wage a reality for many public sector workers in Scotland; welcomes the advent of the annual Living Wage Week, taking place from 4 to 10 November, and looks forward to events promoting the benefits and ideals of a living wage for all; congratulates those local authorities that have delivered a living wage to

their employees and notes the commitment of other councils, including the City of Edinburgh Council, to do so; welcomes the Scottish Government's commitment to maintaining the relevance of a living wage for staff covered by its pay policy by uprating it; understands that it has committed to continuing to do so and notes the work outstanding to make the living wage a reality for all public sector employees, and hopes that the tide of support for the living wage will set a precedent too strong for private employers to ignore.

S4M-04547 Marco Biagi: Putting Scotland on Track for Business—That the Parliament welcomes the publication by the sustainable transport charity, Transform Scotland, of On track for business: Why Scottish businesses should try the train, regarding the economic and environmental benefits of travel by rail; commends the work of Transform Scotland with the rail industry and Scottish business to raise awareness of the importance of rail travel to business competitiveness and productivity in Scotland, and calls on politicians of all parties, as well as Scottish businesses, to take steps toward improving the efficiency of business travel and the reduction of emissions through the promotion of rail for business travellers.

S4M-04524◆ Christine Grahame: Big Energy Saving Week—That the Parliament supports Big Energy Saving Week, which runs from 22 to 27 October 2012 with the aim of helping consumers “Check, Switch, and Insulate” to help them save money on their energy bills this winter; notes that the recent rises in energy prices by four of the big six energy companies are a serious worry for people looking for ways to cut their costs in Midlothian South, Tweeddale and Lauderdale and across the country, and congratulates Citizens Advice Scotland on coordinating the week, which includes 30 events in local communities run by Citizens Advice bureaux.

S4M-04522 Alison Johnstone: More Evidence that Pesticides are Killing Bees— That the Parliament notes new research published

in the peer-reviewed scientific journal, *Nature*, on the effects of exposure to pesticides on bees; understands that the study explored the effects of pesticides on bee colonies, tested the so-called cocktail effect of neonicotinoid and pyrethroid chemicals and found that exposure leads to greater bee deaths, reduced ability to collect food and a greater likelihood that colonies will fail; notes the essential role that bees and other pollinators play in ecosystems, food production and the economy; believes that this study adds further weight to the already strong case for a ban on pesticides containing neonicotinoids and other compounds that might harm insect pollinators, and supports the Scottish Wildlife Trust's campaign for a moratorium on the use of neonicotinoids on crops in Scotland.

S4M-04517 Alison Johnstone: Fair Access to Education for Looked-after Children—That the Parliament recognises what it considers to be the continued good work of the Care Leavers Foundation and its initiatives such as National Care Leavers Week, which runs from 24 to 30 October 2012; commends the work and achievements of similar organisations in Scotland, such as Buttle UK and the Centre for Excellence for Looked After Children in Scotland, and their continued efforts in promoting and enhancing the rights of looked-after young people and care leavers; understands that 9 of Scotland's 17 universities have, or are working toward, the Buttle UK Quality Mark and encourages the others to aspire toward this; expresses dismay that, in its view, care leavers continue to be hugely under-represented in higher education, with just 2% of young people who enter higher education directly from high school coming from a looked-after background; endorses NUS Scotland's view that, while universities cannot do everything to achieve fair access, they can do a great deal more, especially for those from a looked-after background, and calls on the Scottish Government to work with all stakeholders to improve access to further and higher education by care leavers.

And the Government's Economy, Energy and Tourism Committee will meet to hear more evidence on the government's renewable energy targets this Wednesday morning at an especially early time of 8:00am.

The Reporter is an amateur when it comes to photography, but in the true sense of the word: someone who loves to take photographs and play with cameras! We are running a free photography tuition evening on 5 December 2012. Watch this space for more details but there will be only 20 spaces so feel free to apply now by email theedinburghreporter@gmail.com. It will be first come first served. You can also add your own photos to the [Edinburgh Reporter Flickr Pool](#). And today's photo is taken with the new lens....

Councillor Maureen Child tells us she has had many enquiries about food waste and how to do it. "I have been asked to explain why the advice has changed about what to use for lining your food waste bin. Plastic bags are now allowed. This is because the Council's contractors now have bag splitters, at the front end of their recycling process, which first separates the food waste from the bags. Biodegradable bags, or food wrapped in newspaper are still fine. Some people don't want to use plastic bags and work hard to avoid using them. Other people were unhappy about the cost of buying bio bags. For the latter, recycling officers suggest reusing any plastic bags they have so as not to produce yet more plastic waste e.g. old supermarket carriers or sleeves from magazines. The additional technology, added by the contractors, means that residents have options. With the changes made to refuse collection so that the 'landfill collection' is now once a fortnight instead of weekly, have reduced the tonnage going to landfill by 25% compared to the

month before, and reduced the landfill tax burden by that amount. There are still some difficulties with refuse collection, but I get the impression things are working out in more areas each week."

Edinburgh Trams appear to be making some progress, although that does mean that parts of the New Town have become a dual carriageway with increased traffic. From today there is some resurfacing in the city centre on North and South St David Street, and the council say this will last for approximately three weeks.

Two-way traffic will be maintained on North and South St David Street during these works, although St Andrew Square / George Street junction will be closed over approximately four nights to allow for essential night-time working on that area.



Convener of
Transport &
Environment –
Lesley Hinds

Councillor Lesley Hinds, Transport Convener, said:- “The carriageway surface on North and South St David Street is in a poor condition, so I’m pleased that we’ve been able to take advantage of this ‘window of opportunity’ before Princes Street reopens fully to get this sorted. It’s also sensible to get the work completed now before winter arrives. I know from personal experience that the uneven road surface has made bus journeys on North and South St David Street pretty uncomfortable of late, so I’m sure all road users – motorists, bus passengers and pedestrians – will be glad to see the road resurfaced.”

The resurfacing work has been financed through the Council's Capital Roads Programme.

George McKendrick, Lothian Buses Operations Manager, said: "We appreciate the City of Edinburgh Council's endeavours to improve the city centre road surfacing, which will enable Lothian Buses to improve the quality of our journeys for our passengers."

For an update on progress with the tram line from the airport to York Place, watch the video below.

Police warn about mobile phone theft

✖ Police in Edinburgh are urging the public to take steps to secure their mobile phone against thieves.

Officers working on Operation Arable, an ongoing initiative aimed at tackling street robberies in the Capital, are asking mobile phones users to sign up to the Immobilise database.

Immobilise is a free service where users register their mobile phone IMEI number. In the event that the phone is lost or stolen, the database can be immediately updated, and a notification sent to the National Mobile Property Register.

This means that police are better able to identify if a phone that comes into their possession is lost or stolen, and can return it to its rightful owner.

Detective Chief Inspector Gary Cunningham, from Lothian and Borders Police, said:- "Mobile phones, especially smart

phones, are particularly attractive to thieves, and all contain personal and private information that makes their theft particularly worrying for victims.

“At present, there are potentially around 9000 lost or stolen phones in circulation in the Force area, and we are aware of criminal operations that provide an income for those who target mobile phone users.

“In recent weeks we have been successful in returning stolen devices to their rightful owners as a result of them being registered on the Immobilise database, and we are keen that as many people as possible take advantage of this service, which is completely free.

“Of course, you should always report the theft or loss of a mobile phone to the police, but by registering with Immobilise you are giving yourself a far better chance of your phone being returned to you, if it is recovered by officers.

“We would encourage anyone with a mobile phone to register their device on the Immobilise database, which can be accessed at www.immobilise.com.”

Spend This Halloween At The Overlook Hotel

The Shining

Everybody knows The Shining. The story of a man driven to madness and murder while working as the winter caretaker at an isolated hotel in the Rocky Mountains is one of the most famous and influential horror films ever made. And now you get

to see it the way you were meant to.

For the first time, cinemas across the country will be showing the US edit of the film, with an extra 25 minutes of previously removed footage. The BFI is behind the release of this new digital transfer, which gives us a deeper look into the tale of Jack Torrance and his psychic son, Danny.

This longer cut of The Shining has never been released in the UK before, either in cinemas or on home video (as it was called back then!) but if you have watched the film on ITV in recent years then the extra scenes will be familiar. Even so, this is an event that is not to be missed. Edinburgh's Filmhouse will be screening The Shining from this Friday, November 2nd, with special Halloween previews on 31st October. What better way is there to enjoy the spookiest night of the year than with the perfect scary movie?




Shine on, you crazy diamond

Directed by Stanley Kubrick from Stephen King's novel, The Shining stars Jack Nicholson as the iconic Jack Torrance, with Shelley Duvall, Scatman Crothers and Danny Lloyd.

The Filmhouse is also the only cinema in Scotland showing the fantastic documentary film Room 237, which explores some of the theories about hidden meanings within The Shining. Sounds like a perfect double feature to me.

Hit and run on Kirk Brae

 Lothian and Borders Police are appealing for information following a hit and run accident on Kirk Brae, Edinburgh in

the early hours of this morning.

A 21-year-old man is currently in the city's Western General Hospital where he is being treated for serious injuries following the collision which happened just before 2am today.

He was on his own at the time and crossing Kirk Brae after being dropped off by a taxi when he was struck by another vehicle which did not stop.

Shortly after, another taxi driver came upon the young man lying on the road.

Police are appealing for any witnesses or anyone who has information about this incident to contact them.

Inspector Keith Denholm added:- "This pedestrian is suffering from possibly life-changing injuries. He was crossing Kirk Brae from west to east when he was hit by a vehicle between 1.50am and 2am today.

"Anyone who was in the area or who knows someone who was driving on Kirk Brae at that time is asked to get in touch"

The injured man was taken initially to Edinburgh Royal Infirmary before being transferred to the Western General Hospital.

Those with information should call the Lothian and Borders Police on 01313113131 or the charity Crimestoppers on 0800555111


Heavy Horse on the M8 decorated with a poppy



The Heavy Horse statue on the M8 at Baillieston is wearing a specially-designed poppy to celebrate the 2012 Scottish Poppy Appeal, organised by veterans' charity Poppyscotland.

At an unveiling event at Glasgow Business Park, Army veteran and Scottish Poppy Appeal area organiser Ian Forsyth, 88, from Hamilton, inspected the Heavy Horse to check it will be properly attired before being visible to thousands of drivers every day over the next few weeks.

Following the success of the initiative in 2011, Poppyscotland was keen to display the poppy on the Heavy Horse again this year in order to enable as many people as possible to see the iconic emblem during its key fundraising period. The poppy has been created by the original sculptor, Andy Scott.

 Ian Forsyth, who served with the 15-19th Hussars in the Second World War, said: "I am very pleased to see this magnificent statue proudly wearing a poppy. The combination of a well-recognised landmark and an iconic symbol provides a great opportunity to raise awareness and support for the Scottish Poppy Appeal."

Poppyscotland uses money raised from the Scottish Poppy Appeal to provide year-round support to veterans and their families in Scotland, who may find it hard to make the adjustment from military to civilian life, struggling with issues such as finances, housing and employment.

Photos by Mark Owens

Edinburgh v Scarlets, RaboDirect PRO 12, 26th Oct. 2012



Report and Photos – John Preece

A much better performance from a heavily criticised Edinburgh came within two minutes of securing the win in their latest RaboDirect match against league second place side, Llanelli Scarlets. 23 points from the boot of Man-of-the-Match, Harry Leonard, just failing to out-trump the four tries from the Welsh visitors.

Llanelli came close in the first few minutes, but a knocked-on ball stopped them getting too close to score the opener. Getting organised themselves, Edinburgh drove up the field from the restart and a fine display of passing and driving left the ball in the capable hands of Tim Visser who battered his way over from five metres out to score his ninth try of the season under the posts. Leonard slotted home his first kick of the evening and Edinburgh were 7-0 ahead after nine minutes. The Scarlets weren't to be outdone, however, as it took them less than five minutes to even the score. Getting the ball out wide inside the Edinburgh 22, they won a line-out close in and from the ensuing ruck, George North drove over to score the visitors opener. Aled Thomas scored with the kick to draw them level, but only for a few minutes as Leonard took the home side back into the lead with a penalty.

Straight from the restart, the Welsh team got hands on the ball and a break from scrum-half, Gareth Davies, handed the ball to Nick Reynolds who beat Tonks to the line to score their second. Another successful kick and it was 14-10 to Llanelli.

Not to be outdone in the kicking stakes, Leonard took the home team back into the lead with two more penalties before North appeared to don his 'Cloak of Untouchability' and ghosted through a flailing Edinburgh defence to score his second try of the night. It was a marvellous thing to see on the big screen – if you were Welsh – as three successive Edinburgh players completely missed touching, never mind pulling down, the giant winger. 19-16 to Llanelli. Another penalty from the on-form Leonard drew Edinburgh level again, before a final seconds' disaster struck the hosts. Fighting to keep the Scarlets out from close in, Ross Rennie ripped the ball clear, but the ensuing fumbling left the ball in the hands of Davies, who scrambled through to touch down. The referee went 'upstairs' for confirmation – which he received – and the kick put the Scarlets 26-19 ahead at the break.

✘ The second half started well for Edinburgh, coming close on a couple of occasions, but failing to get through the Welsh defence. Again, the boot was to dominate the scoring for the hosts, with Leonard missing his first, fairly long range kick, but scoring with another two to draw Edinburgh to within a point at 25-26, before, late on, the referee carded Llanelli's Davies for a ruck infringement in the 22. Sean Cox, captain on the night, choose to go for the kick rather than the lineout and again, Leonard came up with the goods. 28-26 to Edinburgh with 15 minutes of the match left.

The final period was littered with penalties for each side until, with two minutes to go, a bit of home team ruck mis-handling left Rhys Priestland with a relatively easy shot at goal. Job done and 29-28 to the Scarlets.

And that was it, game over. A better overall performance from Edinburgh, with far fewer handling errors, but loose tackling 'gave away' at least two of the tries. So, still a 'work in progress', but they are building the makings of a very good team and the arrival of South Africa's Izak van der Westhuizen can only help matters. With both Scottish teams having the

'burden' of being National side feeder teams removed, the potential is now there to progress up the order. Only if they can nail the tackles, though...

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