

THE Portobello REPORTER

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The independent voice of Portobello Your Community Newspaper
produced by local people since 1980.

BEACH WINS 2ND SEASIDE AWARD



Photo by Peter Ross

AS visitors and locals alike made the most of cooling off during the exceptionally hot spell this summer the independent environmental charity, Keep Scotland Beautiful, once again awarded Portobello Beach a Resort Seaside Award. The award recognises excellent litter management, safety procedures and water quality, and this is the second year in a row that Portobello Beach has flown the Seaside Award flag.

ANOTHER GREAT LINE-UP FOR BOOK FEST

THE fifth Portobello Book Festival will get under way on the first week-end in October, from Friday 4th to Sunday 6th, with another attractive and varied programme.

Fifty years ago this October, Portobello Library moved into its current purpose-built premises in Rosefield Avenue, and the Festival is celebrating this anniversary with an opening night of readings, music, fashion and some surprises, from the 1960s.

Saturday and Sunday will feature an eclectic programme of talks, walks, discussions and events to suit all tastes. Highlights will include the launch of *Portobello and The Great War* by local historians Archie Foley and Margaret Munro. This will be followed by a talk by Prof. T C Smout, Scotland's Historiographer Royal, on his latest book *The Firth of Forth: an environmental history*.

Edinburgh's Makar (Poet Laureate) Ron Butlin will make what promises to be an entertaining contribution, alongside his Swiss-born wife and novelist Regi Claire, in McSwiss, and broadcaster and journalist Lesley Riddoch will discuss her life in books.

There will be sessions on the state of the game - football that is, and writers on Scottish independence will present their views on the state of the nation.

There will also be a writers' workshop, open to budding writers, as well as two sessions by emerging writers talking about their experiences and the impact they have had.

Children are catered for with storytelling sessions and readings from *Bash Street Dash* - published to raise funds for a new Toddlers Hut.

This is just to whet your appetite. The full menu will be

available in the library by early September and at the Portobello Book Festival book stall at the Village Show on Sunday 8th; copies will also be distributed locally. Tickets for all events will be available from the library by mid-September.

All contributors give their time freely, and there are no charges for events although we do appreciate donations. We would also welcome donations of books for our stall at the Village Show on 8th September. Please bring them to the stall or call 669 4283 to arrange collection.

Many thanks to Portobello Library and staff and to Portobello Old Parish Church Hall and volunteers, our two main venues. A café will also be open at the Church on the Saturday.

Please support your local Book Festival. We hope to see you there.

Bill Jameson

JOIN THE FUN AT THE VILLAGE SHOW

JUST skirting the end of summer, the Portobello Village Show is an eagerly anticipated diary date. On Sunday 8th September in Rosefield Park, from 2-5pm, ducks can be raced, dogs can be shown, cakes can be baked and veg can be well crafted into the celebrity of your worst nightmares.

As always, the familiar is there - tea, trains, stalls, beer, live music and plenty of games and sport for the whole family. This year we will also be welcoming Mischief Las Bas, one of Scotland's much loved and internationally renowned street theatre companies, and there are also a few new competitions to spice things up, including build your own boat and a home brew challenge. So make it a date and we'll see you all there.

The Village Show is organised by Portobello Open door (POD). If you are interested in lending a hand on the day or providing some baking, please drop us a line at info@the-pod.org Further details are available at www.the-pod.org and on Facebook.

Jane Hogg (POD)

PRIVATE BILL HEARINGS TO BEGIN

THE Scottish Parliament Committee set up to consider the Private Bill will hold its first meeting on 11th September to hear general evidence from the City of Edinburgh Council, to hear from experts on Common Good and the Council's current powers, and to decide a work programme and timetable. Further meetings are scheduled for 9th and 30th October. The Committee of four members is chaired by Siobahn McMahon MSP. The date for hearing objections has been set for 25th September. Petitions, one against and one in favour of the proposal, have been drawn up by local campaign groups. For more information see <http://ow.ly/obXX7>

KILN DELAY

AS readers may have seen, work on the bottle kiln in Bridge Street has stopped. Unfortunately, after making excellent progress and producing first-class brickwork, the contractors, C. R. Crane & Son Ltd., have gone into liquidation. The Council are negotiating with another contractor to complete the contract and work will recommence as soon as possible.

NEW GYMNASTICS VENUE

EDINBURGH Leisure has invested over £500,000 in a new gymnastics and soft play facility in the former Portobello Indoor Bowls Centre. Tumbles at Portobello, which opens on Saturday 5th October, will, they say, give thousands of children, from beginners to elite athletes and gymnastics clubs, the opportunity to access state-of-the-art gymnastics equipment and coaching. The facility, which has received funding from sportscotland, will be the only venue in Scotland to provide Freestyle gymnastics equipment and training.

It will also house Edinburgh Leisure's largest open-plan soft play centre, with a 6m high play-frame offering "a variety of fun and exciting features, games and distinct zones for babies, toddlers and juniors".

Chair of sportscotland Louise Martin CBE said: "Glasgow 2014 is less than a year away, and facilities such as Tumbles are crucial so that we can capitalise on the surge of interest in sport and encourage people of all ages and abilities to take part in sport and physical activity across Scotland."

For more information see www.edinburghleisure.co.uk/venues

PORTY PROFILE No. 51
SHEILA BEGBIE

AS head of girls' and women's football at the SFA, Sheila Begbie has recently returned from the UEFA Women's EURO in Gothenburg laden with souvenirs from her hosts. She was there as match delegate which, she says, was "an exciting but big job". It was a satisfying trip too, as the event has raised the profile of the game which has underpinned her life.



Photo by Karen Combe

Sheila says that as a young child she loved playing football and played at every opportunity with her sister and brother and their friends in the fields behind their home at Drylaw. "We would start off playing football and end up playing cricket and golf, and we were as good as any of the boys," she says. Her sister went on to study music but Sheila stuck with sport and, after finishing at Groathill Primary, she attended Craigroyston High and joined the Edinburgh Dynamos as well the Edinburgh Athletic Club. "One of my school mates was Gordon Strachan. It's funny, now he's gone off and done his career and I've gone off and done mine and we've both ended up at the SFA," she says. At 15 she made her international debut and won her first cap playing against England. She went on to win a total of 25 caps and became team captain.

After leaving school, Sheila trained as a PE teacher at Dunfermline College and then began teaching in West Lothian. At the same time she was offered numerous professional contracts to play abroad. She considered them, but decided to remain in Scotland and says she has never regretted her decision: "Football has been fantastic because I've travelled to almost every country you can conceivably think of and it's given me great opportunities."

After an injury forced her to retire, Sheila began coaching with the national team under-17s and under-19s, and soon became a driving force in girls' and women's football. In 2001 she was awarded an MBE for services to women's football and went with her parents to receive her award from Prince Charles. "It was amazing and really exciting. It was a big privilege to get that honour", she says.

Sheila has been in her current role since 1998, promoting the game and developing pathways to bring on players through programmes and training centres including the Women's National Performance Centre at Stirling University.

One of her biggest dreams now, she says, would be for Scotland to qualify for a major tournament and the "big goal" is to qualify for the 2017 Women's European Championship. "If we could do that and grow the game at the same time, then we would be absolutely delighted," she says.

With her work based at Hampden, Sheila says her colleagues ask her why she doesn't just move to Glasgow from Portobello, where she has lived for 17 years, but she says: "When I drive down the street and see the sea, it feels like being on holiday all the time." And with the feline star of her household, Dulcie, thoroughly at home in her territory, she says she won't be going anywhere soon.

Karen Combe

ON THE BEAT

THE recently launched telephone number 101 gives the people of Portobello and Scotland a new way to contact the police to seek advice, speak to a local officer or report a crime that does not need an emergency response, such as: car theft, damage to property, a minor traffic collision, suspected drug use or dealing, or information about crime in your area.



You should continue to call 999 in an emergency, however: when a crime is in progress, when someone suspected of a crime is nearby, when a life is in danger or when violence is being used or threatened.

The 101 non-emergency number is available 24 hours a day, seven days a week. It costs 15p per call and connects you to a police service centre in your local area. The number is already widely used in England and Wales.

The key reasons for introducing 101 in Scotland are:

- To help keep people safe by giving them one easily remembered, easy to dial number for contacting the police, wherever they are in Scotland;
- To make the police more accessible, while reducing pressure on the 999 system;
- To help the police cut crime by making it easier for the public to pass on information;
- To support the creation of a more efficient and effective police service;
- To increase inter-operability with England and Wales, with 101 becoming the nationally recognised non-emergency number for contacting the police across the UK.

Follow us on twitter, or if you have a question you would like to ask the Police, why not log on to www.askthe.scottish.police.uk

The Community SafetyTeam

SWIM CENTRE ROOF LEAD THEFT

PORTOBELLO SWIM CENTRE has joined the list of Edinburgh buildings that have suffered the theft of roof lead. The theft is thought to have taken place earlier this summer, but was not noticed until the spell of exceptionally dry and sunny weather ended with downpours in late July and water poured into the building.

At the time of going to press, Police Scotland were still appealing for witnesses to help catch the perpetrators. If you have any information and wish to contact the local Police call 101.

In recent years Edinburgh buildings, including schools and churches, have suffered a plague of lead and other metal thefts. The City of Edinburgh Council has been installing motion detection alarms linked to CCTV on its buildings, which has significantly reduced them. Councillor Paul Godzik, Education Convener said: "With lead theft it is not simply the value of the lead or the cost to replace it that is the issue, but in certain circumstances damage to buildings can increase the cost of repair and lead to school or building closures for repairs to take place."

NEWS IN BRIEF

PARKING ON PAVEMENTS: A Responsible Parking Bill has been introduced to the Scottish Parliament. This is intended to restrict parking at dropped kerbs and on pavements, and double parking. If enacted, the Bill would have an impact on the parking on pavements that narrows roads like Regent Street and Marlborough Street in Portobello, for example. For details see <http://ow.ly/nLYfo>

TODDLERS HUT: Portobello Toddlers Hut has been granted a long-term lease for the Council ground, on the corner of the Promenade and Beach Lane, which it has occupied since it opened in 1929. It is believed to be the oldest children's playgroup in the UK. A design for a new building by local architects Konishi Gaffney has already received planning permission; the challenge now is to raise the funds to build it.

THE JUNE TROPHY: This annual competition at Brunstane Bowling Club was held on 17th June, in glorious weather, and raised £527 for St Columba's Hospice.

NEECAG - North East Edinburgh Care Action Group - gives older people the opportunity to discuss Health and Community Care issues, to help them make their views known to relevant bodies. Anyone over 50 is welcome to attend Forum meetings, in Portobello Baptist Church Hall, 185 Portobello High St, from 3-4.30pm on the last Tuesday of the month. The next dates are: 24th Sept., 29th Oct., 26th Nov. For more information call Anne Munro / Parveen Haider on 0131 553 2559 or e-mail pilmenyproject@btconnect.com

The Portobello Reporter
is produced by volunteers, with contributions in this issue from 29 local people. If you have something you would like to see in print call **669 3466** or email us at portyreporter@btinternet.com
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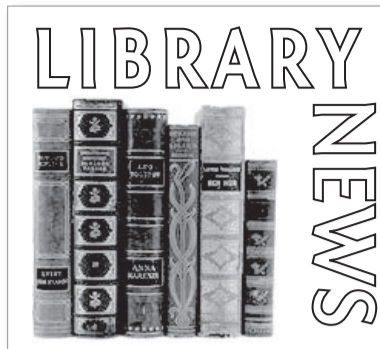
Sheila Gilmore MP
Your Member of Parliament in Edinburgh East

MONTHLY SURGERIES (from April 2012)
On the **second Friday** of each month
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Please contact the constituency office for details of additional surgeries or to arrange an appointment *Sheila*

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T: 0131 661 7522
E: sheila.gilmore.mp@parliament.uk
W: www.sheilagilmore.co.uk

WE are delighted to be hosting a number of events organised by the Portobello Book Festival, which is back in October for its fifth year. We are especially looking forward to the opening event, which will celebrate the 50th anniversary of the opening of our present building. A programme of events will be available from the library in mid-September.



As part of the build-up to her Family Storytelling Ceilidh at the Book Festival, storyteller Beth Cross will run some warm-up sessions in the library on Saturday 21st and 28th September from 2pm. Families are welcome to come along and enjoy a fun-filled couple of hours of storytelling and song.

Are you elderly or disabled, love reading but struggle to get to the library? Do you know someone who is? We might be able to help. We have a fortnightly service that will bus you into the library for books, a cup of tea, and a chat. We can also deliver books to your home. If you are interested, give us a call on 529 5558 and ask about our Library Link and Housebound services.

HomeInstead Senior Care will run two drop-in Dementia Awareness sessions in the library on the mornings of 26th September and 10th October. If you are concerned, or feel that you need to know more about this condition, representatives from HomeInstead will be there to help.

Interactive Harmony by Anne Dignan will be on display in our gallery area from 19th October to 11th November. This photography exhibition showcases a multisensory experience which includes visual, tactile and audio representations of photographs of the world as seen through the artist, who has vision and hearing loss.

Critically acclaimed author Chris Dolan will talk about his work on the evening of Tuesday 26th November, to mark Book Week Scotland. His latest novel *Redlegs* was described as "a fine novel" in *The Scotsman* and "a powerful, disturbing tale" in *The Independent*, so this promises to be a fascinating evening.

The Portobello Book Group meets on the first Tuesday of every month, when we will be discussing the following books:

- 1st October – *The Hitch-Hikers Guide to the Galaxy* by Douglas Adams
- 5th November – *Status Anxiety* by Alain De Botton
- 3rd December 2013 – *My Epileptic Lurcher* by Des Dillon. All books will be available from the library. Ask staff for details.

We also have a teenage book group that meets on the last Thursday of every month, and a Chatterbooks children's book group that meets on the first Saturday. Ask staff for details.

For up-to-date information on what is happening in the library, check our Facebook page www.facebook.com/PortobelloLibrary

Paul Hudson

SAD LOSS OF MAN OF VISION

THE founder of Portobello Sailing and Kayaking Club, Jonathan Bendit, has very sadly died. When he founded the club on the Promenade in 2008, Jonathan brought water sports back to our seaside and made an enormous contribution to the community. The club is also the home of Rowporty. Before it opened Jonathan told *The Reporter* that he wanted to make Portobello 'Sportobello', and his vision has been largely achieved in the hundreds of people who now enjoy going out on the water. He also opened The Beach House Café nearby which, together with the sailing, kayaking and rowing, has helped to revitalise the Promenade.

COMMUNITY COUNCIL ELECTIONS

THERE are 14 places on Portobello Community Council for individual members and seven for representatives of local groups. Elections are now due and the nomination period starts on 2nd September.

Individuals seeking election must be on the electoral register for the community council area and should be nominated by a proposer and seconder, both of whom must also be on the register. Each elector may propose one nominee and second one nominee. Nomination forms will be available from 2nd September from the Council website below, or The Elections Office, City of Edinburgh Council, Waverley Court, 4 East Market Street, Edinburgh EH8 8BG. Tel: 0131 469 3126, email: elections@edinburgh.gov.uk

They must be returned by 4pm on 23rd September. If there are more than 14 candidates, an election will be held in October, the arrangements for which will be advertised.

Groups wishing to nominate a member should have a publicly-available constitution and must register with the Council. Registration forms are available from the Council website or Election Office, and must be returned by 4pm on 23rd September to the Community Council Liaison & Development Officer, at the address on the form. If there are more than seven nominees, places will be allocated by ballot at a special meeting.

For more information on the elections, and what is expected of community councillors, see www.edinburgh.gov.uk/communitycouncils

REDUCE, RE-USE, RECYCLE

THE Scottish Government requires local authorities to provide a food waste collection service to all residents by 2015. Concern has been widely reported in the media, however, about the amount of food that people throw out, because it pushes up prices and has knock-on effects on the environment, as well as being a waste of money: the latest figure for Scotland alone is 566,000 tonnes a year, costing an average of £430 per household.

The City of Edinburgh Council reported in June that 4,390 tonnes of food waste had been collected for recycling in the past year, representing an increase of 3,243 tonnes or 283% on the previous year. Although it is better for waste to be used to generate fuel and fertiliser, rather than go to land fill via the green bins, the Council now recognises the need to provide information on reducing the amount wasted. Advice on buying and storing food, and making use of left-overs, for example, should help.

Meanwhile, many people like to use compostable liners in their kitchen caddy, rather than newspaper, or the ordinary plastic bags that can now be used. Compostable liners are expensive to buy in supermarkets, at up to £3.99 for 20, so the Council is making them available in all public libraries for £1 for a roll of 25.

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ENTERTAINMENT
Friday 27th September - Personality male vocalist **Robert T. Leonard**
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Run for the Hills

WITH the beginning of a new school term, it's also the start of a season full of training and games. All this activity centres on my youngest son, who loves sport and has the boundless energy needed for countless sessions of rugby and football.

In order to keep up with him, the rest of us have embarked on a punishing exercise programme. My daughter goes to the gym, my eldest son goes for rigorous hikes and my husband and I rashly decided to try running. This was probably because we were on holiday, the sun was shining and we had forgotten how tiring running around after the children is when the term is in full swing.

The most convenient place for us to train is Arthur's Seat, which is a bit of a challenge for misshapen beginners like us. Nevertheless, we are religiously following a programme from a running magazine and have even bought a sports watch to accurately complete the run/walk cycles stipulated.

After a few weeks of grueling training we have broken our five-minute barrier. The watch makes a cheerful chirping sound when we have finished our lap, and it's like music to our ears. We walk for a few minutes to get our breath back and best of all, have a bit of time to talk, about the children of course. Our goal now is not to run a marathon or even a 5K, but to run to the Prom for a coffee, and get back home before anybody even notices we're gone, and that's what's keeping us going. It's a marvelous programme!

THE need for a vibrant Portobello High Street with a range of shops that meet our everyday needs has been dominant in the open work-

shops held by PEDAL over the years. This is a theme of the transition movement - to re-localise, as much as possible, growing, distribution and shopping for food, thereby reducing our dependence on oil for transport. Unless we use our independent local shops we will lose them, and there is no better example of this than the loss of our hardware store, Woodwares. The effect has already been felt in our house: we had to take a trip up town for vacuum cleaner bags instead of getting them along the road - and they cost more.

PEDAL started the monthly market in Brighton Park not to compete with the established traders in the high street, but to offer something different that would attract shoppers to Portobello. The term often used is 'linked trips', whereby people can do several things in the one journey, the more variety the better, encouraging more shoppers and then even more traders. The market has been relatively successful, although we do suffer from the odd trader not turning up at the last minute.

Our high street traders come and go, but we still have an excellent butcher, fishmonger, wine shop, greengrocer, bakers, an organic produce purveyor and a new delicatessen, along with specialist shops, hairdressers and cafés. It is wrong to think they will always be here just for that special occasion or when, as happened two years ago, heavy snow prevents people from going to the hypermarket. Besides often being cheaper for the same quality, local traders use more local suppliers, keeping more wealth in the community. They also employ, per square metre of shop, up to twice as many assistants as a supermarket.

Portobello's traders have supported many events over the years in schools and the wider community, often without much recognition, as they feel this is just being part of the community rather than a chance to market themselves. Your support is needed to keep them going. Will you? And, as an afterthought, are you interested in helping out for the odd hour at PEDAL's monthly market? If you are, please contact me on 669 4981, or I maybe I'll see you on the high street.

Stephen Hawkins

RECIPE: EASY COURGETTE SOUP

3 medium courgettes (sliced), 1 onion (chopped), 1 medium carrot (chopped), 1 clove garlic (finely chopped), 1½ pts vegetable stock and a splash of olive oil.

Sauté the onions and garlic in the olive oil. Add the remaining ingredients. Bring to boil, then simmer for 25 minutes or till carrot is soft. Liquidise before serving. A swirl of cream and some croutons can elevate this to a starter for entertaining.

SUSTAINABLE PORTY

GROWING ORGANIC



with Susan Burns



I MAKE no apologies for repeating some advice over the years; after all, gardening is seasonal. On harvesting apples: there are so many ways not to waste them - storing, juicing, cooking then freezing, making jelly or jam. If collecting seeds to save some special variety of tomato, poppy or pea, for example, always collect on a dry day and keep in marked paper bags (never plastic) in an airtight container in the fridge. Use those annoying envelopes you get through the post and label them.

If you have a camellia, this is when the buds start forming, so soak well every three or four days, over a few weeks in the autumn, to be sure of wetting the whole root-ball.

Order garlic and grow in pots, then plant out in spring on a ridge, if on wet cold clay; if on lighter sandy warmer soils, just plant in October. The health value of garlic is well known, and it can also be made into a spray to use against greenfly: crush a few cloves and put into a half litre of water. It gets washed off in rain, but is safer than using a commercial insecticide.

Watching the swallows and bats pond-dipping is a delight, so we need insects, just not on all our prized plants. So spray a chosen few and leave the rest as sacrifices to "bee-nefit" and "beautifly" our gardens. Try to leave a section of long grass along the edge of the lawn; I discovered lots of chrysalids waiting to emerge into moths or butterflies as I was tidying an overly-grown bit.

As the summer has been dry, give the compost heap a few soakings to encourage it to rot down a bit quicker, which will enable the mulching of a few new autumn perennials, like rudbeckias that give long-lasting colours in yellows and reds. If rose petals are falling off too quickly to enjoy, place some in a shallow bowl and the perfume will fill a room; some will even dry and last without further treatment, and adding a few bright blue delphinium petals to the mix looks good too.

Hyacinths will be in the shops now, so plant them up as soon as possible for that great scent around Christmas and New Year. I tried forcing crocus in little pots, which were very successful for Christmas presents, flowering in January.

Many thanks to those who came to our garden's open days for their generous donations for Garden Organic

One of the Telferton Allotments plot-holders has asked me to mention that the allotments celebrated their 90th anniversary this year. They were originally intended for the workers at Portobello Power Station, which was opened on 11th July 1923 by King George V, and are still being put to very good use by local people.

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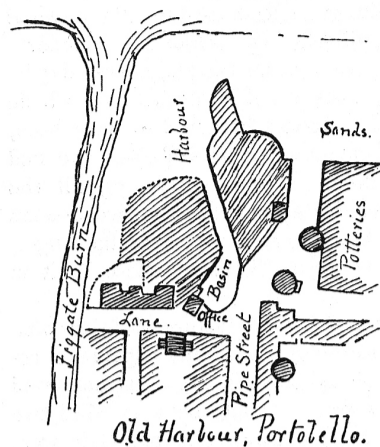


Photo by Margaret Munro

THE open evening on Thursday 27th June, held at the archaeological dig excavating the harbour walls, at the former fairground site on the prom, proved very popular. Many people took the opportunity to get a closer view of the exposed walls. Martin Cook, AOC Archaeology Group, said that hundreds of people walking past had watched the daily progress of the dig through the fence.

The archaeological works were commissioned by MNM Developments Ltd as part of the residential development of the site. The exposed walls outlined the area of the harbour and it is believed that approximately another two metres of wall lie under the ground, but the archaeologists were unable to dig deeper because they had reached the water table. The stoneware and

creamware found provided further evidence of what was produced at the potteries in the area. The results of the excavation have been recorded to provide a permanent record of the dig.

In his *Annals of Duddingston and Portobello*, William Baird writes: "To meet the requirements of the growing trade of the place, and with an enterprise truly commendable, betokening his entire confidence in its ultimate success, Mr Jameson, about the year 1787-88, projected the erection of a harbour at the mouth of the Figgate Burn. The import of coals and whiteware clay from Cornwall for the potteries, and other commodities, was now considerable, while the export of bricks, tiles, etc., was also increasing, so that the prospects of a harbour being needful and likely to pay the outlay

necessary for its completion was not unreasonable. Hitherto sloops, brigs, and other small craft, bringing or taking away goods, had to be beached in order to receive or discharge their cargoes, which on an unprotected shore was not always possible or safe ... The contractor employed by him was Mr Alexander Robertson, the lessee of Joppa Quarry, who undertook to cart to the harbour a thousand loads of boulder stones, in addition to the large squared stones necessary for facing the pier and harbour walls ... The pier, with a rough kind of breakwater in front of it, on the north side of the harbour, was carried out in a northerly direction, directly from the foot of Pipe Street. The entrance to the harbour was narrow and the basin small, and certainly it would not accommodate more than

three or four small vessels at a time. On the east was the "harbour green" which did duty as a dock-yard. On the west side the sea wall took a turn from facing the north inwards toward the burn, and was built in a substantial manner; but years of neglect, and repeated inroads of the sea, soon told upon the work".

Sections of the walls will be covered again by an underground car park, which will preserve them, and it is hoped that some of the stonework that has to be removed will be incorporated into the landscaping round the development. Even if we cannot see the harbour walls, we now have evidence of their existence and where they lie. This is surely a positive outcome for the history of our community.

Margaret Munro

SCHOOL-MATES FROM THE 60s

THOMAS ROSS left Portobello Senior Secondary School 50 years ago, in 1963. He would like to catch up with any of his school-mates still in the area. He remembers Sheila Mackenzie; Brenda Woods, whom he recollects got 100% for algebra; Sheila McIver; Colin Pratt, who sang for an Edinburgh choir and became a school teacher; Donald Ball, who became a director of a paint company in Leith Walk; Louis Byres and Liz Moore, whose parents belonged to a mind-reading act called Madame Marina. If you would like to contact Thomas, please phone 629 0159.

READERS RESPOND

WE printed a request from Eric Simpson in our last issue for information about two brothers from Portobello, Joey and Bill Hunter, who were evacuated to live with his parents in Buckie at the beginning of the war. This brought a very quick reply from their sister, Irene: "This refers to my two brothers who were evacuated to Buckie and lived very happily with the Simpsons. Joey died in 1941 aged 12 after contracting Diphtheria but Bill (now aged 87) lives in New Zealand. He visited me here in Portobello last year and would have liked to pay a visit to Buckie but his health would not allow it".

We have given Eric Simpson's contact details to Irene Hunter.

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SUMMER FESTIVAL AT ST MARK'S

AS part of its Summer Festival in the first week in September, St Mark's Church will host an exhibition to include photography, painting, sculpture and glass work by people who live, work and worship in Portobello and Musselburgh. This free exhibition will be open from 12-6pm on Monday 2nd-Friday 6th.

The Festival will launch on Sunday 1st at 8pm with a night at the silent movies - Chaplin, Laurel and Hardy, etc., with musical accompaniment by Lawrence Dunn and friends. (Doors open 7.30pm).

On the Monday, Portobello daughter and father ensemble, Sally and David Simpson, will give a concert of music through the ages - folk, classical and jazz.

On the Tuesday, St Mark's former organist, Andrew Morley, will give a recital of music from Germany, France and Scotland.

On the Friday, one of the UK's top brass bands, the Dalkeith and Monktonhall Colliery Brass Band, conductor James Chamberlain, will present an evening of music for all ages and tastes.

The Festival will close on the Saturday with afternoon tea and music by Spurtle, the Portobello Children's Fiddle Group, from 2-4pm. The event will include St Mark's Summer Bake-off Competition, open to all. See website for details.

Concerts start at 7.30pm, doors open from 7pm. Tickets for evening entertainments are £4 (£3), children free (all four concerts for £15), available on the door or from the congregation. Further details from: www.stmarksportobello.org or rector@stmarksportobello.org or 0131 629 1219.

EXHIBITION OF QUILTS

THE Milton Quilters, well-known for their beautiful creations, will hold another exhibition of their work on Friday 18th and Saturday 19th October in Portobello Old Parish Church Hall, Bellfield St. from 10am to 4pm. There will also be a Charity Raffle in aid of the Richmond's Hope bereavement project for children, and a trader's sales table. Admission and refreshments £3.

WORLD MASTERS MEDALS WIN

LOCAL man Colin Hepburn has just returned from the World Masters Games in Turin, Italy with a gold and two silver medals in the over 60s and 65s Badminton open category, along with three other international players from Scotland. "This is the most difficult category, and we won 15 medals between us, which I don't think has been done before by Scottish Vets", he said.

AMNESTY - LOCAL NEWS

THE Group's stall at Portobello Market in June focussed on the plight of Europe's Roma peoples, the most stigmatised and harassed of minority communities in the EU, suffering forced mass evictions in six states and multiple deprivations. More than 50 people signed a petition at the stall to the EU President on ending evictions. This campaign will be developed over coming months, and local faith community leaders are being asked to actively support it.

Requests from Amnesty's Activities Section led to actions in May and June: on the elections in Zimbabwe (appeals to Southern Africa leaders on avoiding the violence of the 2008 elections), and the reversal of an unfair trial decision in Cambodia.

In addition to our work over many years on human rights abuses in Turkey, the Group has begun a relationship with Amnesty's Central America region, focussing on Mexico and Guatemala.

Our annual Amnesty street collection raised well over £200, encouraging us to send £300 as our first 2013 contribution to human rights work worldwide.

Our major fundraising event this year will be held at the Bongo Club in the Grassmarket on Saturday 12th October, 7pm to 10pm. This will feature Samba and the Diwan band that were so popular in 2011. Tickets cost £8 at the door, or £7 if ordered in advance from Theresa McMurtry at smiley.loughran@gmail.com or Mary Jane Elton at maryjcamell@gmail.com

The Letter-writing Group resumes on Wednesday 4th September in the Dalriada Bar at 7.30pm, and we will have a stall at the Portobello Market on 7th September.

Monthly meetings are held in Portobello Old Parish Church Hall at 7.30pm; the next is on Monday 16th September. Visitors are always welcome. For more information please call 0131 669 1308.

David Turner



WHEW, we've something for everyone this autumn! Come along to Porty Wash House and check out what's on offer.

Our long-standing classes and activities continue: Enjoyaball, Zumba, Badminton, Gentle exercise, Computing, Soccer Academy, daytime and evening Art Classes, Fun Fiddle, Singing, Drama, Youth club and more.

Our all-new activities include:

Jo Jingles, singing for under 5's - Tues. 9.15- 12.15.

Hula Honeys, fitness and fun for age 13+ - Wed. 5.30-6.30, from 4th September.

Baby Sensory, massage for babies - Thurs. 1.15- 3.45, from 5th September.

Must be Spanish, Spanish language class - Wed. 6.30- 8.30, from 18th September.

Rhodes to Safety, 1st Aid for dogs - 30th Sept & 6th Oct, 6.00-9.00pm.

Raising Children with Confidence, a free 7 week course run by the Community Education and Learning group - Wed. 6.00- 8.00pm, from 23rd October.

For information on all our classes and activities, or to let us know about other community issues and initiatives, to enquire about hall hire, or to show interest in becoming a volunteer or board member, you can either telephone on 669 8275, drop by at 3 Adelphi Grove, or check our website www.portobellocc.org.uk. See our Facebook page, 'Porty Wash House'.

Sooz Glen, Chair

What's On in Portobello

PORTOBELLO MARKET: 1st Sat. each month, 9.30am-1.30pm, Brighton Park. Organic fruit, veg, meat and more. For info. or to book a stall contact info@pedal-porty.org.uk Next date Sat 7th Sept.

THE TROTTERS Skittles Club meet at 7pm on the 1st Sat. of the month, from Sept. to June, at The Sheep Heid Inn, Duddingston. New members very welcome. If you can gather a team of up to 12 and would like to arrange a challenge match, please call the secretary on 660 9243.

CAR BOOT SALES: (Portobello Rotary Club). Sundays 22nd Sep. & 27th Oct., Newcraighall Station car park, 9am-2pm. Cars arrive 8am - double pitch £10 - all fees to charity. Enquiries to 07789 220583 or see www.portobellorotary.com

PORTOBELLO COMEDY NIGHT: Fri. 4th Oct, 8.30pm, The Dalriada, on the Prom. Tickets from www.brownpapertickets.com/

[event/418262](http://www.portobellocc.org.uk) or the venue and on the door. For info. call 07552762063.

TABLE TOP SALE: Sat. 16th Nov. 2-4.30pm, St Philips Church Hall, Brunstane Rd N'th. Organised by the Guild. Free admission. Proceeds to charity. Refreshments on sale. To book a table call Ann on 669 5002 or email billanmilne@yahoo.co.uk.

AFTERNOON DANCING: ballroom, sequence, line dancing, to the sound of Duncan McBain, Weds/Fridays, 1.30-4pm, St James Church Hall, Rosefield St. £2.50 incl. refreshments.

BRIDGE CLUB at St Mark's Church, Mondays 9.30am-noon. Players with some experience welcome. Call Bert on 669 8040.

A CONCERT of Poetry, Prose and Song "The Garden in Autumn", Sun. 6th Oct, 2.30pm, Duddingston Kirk. Tea and cake afterwards. Tickets £10. Final event for Dr Neil's Garden Golden Jubilee.

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Cllr MICHAEL BRIDGMAN, SNP:

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1st Monday of month:

Bingham Community Complex, 6pm

Magdalene Community Centre, 7pm

2nd Monday of month:

Portobello Library, 6pm

St Francis Primary School, 7:00pm

OR call 529 4233 or email michael.bridgman@edinburgh.gov.uk

Cllr MAUREEN CHILD, Labour:

Portobello Library, most Mondays, at 7pm. To check availability or make a different appointment, call 529 3268

or mob 07718666481 or email maureen.child@edinburgh.gov.uk

Receive regular Reports by email or view on www.porty.org.uk

Cllr DAVID WALKER, Labour:

2nd and 4th Mondays of the month at Magdalene Community Centre, 5.30-6.15pm

Cllr Walker may also be contacted at: City Chambers, High Street, Edinburgh EH1 1YJ, tel: 529 4972, or e-mail: david.walker1@edinburgh.gov.uk

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BRUNSTANE BOWLERS COACH THE UP-COMING GENERATION



Photo by John Webster

PRIMARY 7 pupils from Brunstane Primary School received their Basic Skills Certificates at Brunstane Bowling Club after five weekly coaching sessions. The pupils are seen here with PE teacher Susan Niven, the club coaches, and the club's Lady President Helen Spence (front row, centre). This was the fifth year of coaching for Primary 7s by the club, as part of the school curriculum. For more information about the club see www.brunstanebowling.btck.co.uk

POD FILM

POD FILM's Autumn screenings at the Wash House Community Centre, Adelphi Grove, will be on the second Saturday of the month at 7pm. The first two films will be: *Up* on 14th Sept followed by *Skyfall* on 12th Oct.

For POD Film news and ticket information follow Portobello Open Door on Facebook or check our website www.the-pod.org. If anyone is interested in getting involved with POD Film, please email info@the-pod.org

TALENTED YOUNG WRITERS



Photo by Francesca Morton

P5 TOWERBANK pupils (LtoR) Athena Oliver who wrote the story *Seal Songs*, Grace Bickmore who wrote *Escape* and Cleo Forbes who wrote *Chalk* were all runners up in this year's National Young Writers Competition. The three talented young writers each received a medal and were among 15,000 entries to the competition.

MONEY WORRIES? LOCAL HELP IS AVAILABLE

TIMES are tough and many people are struggling to cope with unemployment, reduced hours at work and higher food, housing and energy costs.

At Citizens Advice Edinburgh we have seen a 40 per cent increase in demand for help with debt problems this year alone. The type of debt people are seeking help with is also changing. We now see many more people trying to resolve a short-term financial crisis by taking out a payday loan.

The bad news is these loans often come at a hefty price and can become impossible to repay. The good news is there are many realistic and accessible alternatives to payday loans. These include local credit unions and advice on maximising your income, budgeting and affordable repayment plans.

If money worries are getting you down please come and see us. The sooner you seek advice, the sooner we can work to improve your situation.

Citizens Advice Edinburgh - Portobello is a charity based at 8a&b Bath Street, Portobello. All advice is free, confidential and impartial. You can make an appointment to see an adviser on 0131 669 9503.

DOORS OPEN DAYS

BUILDINGS open in Portobello on Saturday 28th/Sunday 29th September will be:-

Baptist Church, 189-193 Portobello High St. Open Sat.11am-3pm. Designed as the Town Hall in a Franco-Flemish style. Completed 1863. Modified to early 20th century cinema, and finally a church in 1919. Many original features.

www.portobellobaptist.co.uk

St Mark's Episcopal Church, 287 Portobello High St. Open Sat.10am-4pm. A Neoclassical villa style building, consecrated 1828. One of the first Episcopal Churches to be built in the Edinburgh Diocese after the repressions of the Penal Laws. The graveyard contains many monuments to military and naval officers based in Portobello during the 19th century.

www.stmarksportobello.org

St Philip's Church, Brunstane Rd. N'th, Joppa. Open Sat.10am-4pm; Sun 1-5pm. Designed by John Honeyman in an early decorated style, with 165ft spire. Completed 1877. Ravaged by fire in 1998, the restored interior mixes old and new, with stained glass windows designed by Douglas Hogg, which won a Saltire Award in 2003.

www.stewartweaver.org

The Ramp House, 9E Bellfield Lane. Open Sat/Sun.10am-6pm. An architect's own two storey, wheelchair-accessible family home on a tight urban site based around an unfolding 28m long ramp, creating a varied living landscape of different levels to support everyday activity.

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PORTOBELLO GOLF CLUB LADIES



Photo by Kathleen Byron

AFTER a round of golf the Portobello Ladies have tea and biscuits in the quaint original 1911 Clubhouse on Stanley St. The wood-panelled changing room has wooden lockers with heart-shaped insets, the original mantelpiece and a Belfast sink.

The ladies play on Wednesday and Friday mornings and have a draw to see who plays with whom, which they find helps the friendliness of the club by encouraging sociability. At present they have 44 playing members aged 50 upwards, five social and five honorary members the oldest of whom is nearly 102.

The ladies section was formed in 1893, which makes it one of the oldest ladies golf clubs in existence. They initially played in the original Portobello Park and Golf Course, which was on land bounded by Brunstane Road,

Argyle Crescent, Hope Lane and the railway tracks and is now beneath Sir Harry Lauder Road. They moved to Stanley Street in 1897. In their inaugural match in May that year was Portobello girl Maud Titterton, who went on to win the British Ladies Amateur Championship at St Andrews in 1908.

Once a season the members play against the Probus Club of Portobello, a group for retired gentlemen, and at the end of each season they play together in mixed teams. They have an outing once a year to play different golf courses and their annual dinner and presentation of trophies is in November.

There is no waiting list at present and the club would like interested local ladies to get in touch via the course starter on 661 4361.

Kathleen Byron

ROWPORT FOURTH IN THE WORLD

THE St Ayles Skiff World Championships, opened by HRH Princess Anne, were held in Ullapool from 8th to 14th July. Rowporty took 32 rowers and lots of supporters, specially bedecked in green T-shirts and hoodies matching their skiff, *Jenny Skylark*. They finished fourth out of the 32 Scottish and foreign teams, behind winners Achiltibuie. A few of the foreign teams had their own boats shipped over, including *Sephira*, a skiff from America designed to play music as she moves through the water. Emma Griffith from Rowporty said of the occasion: "There was a great spirit and atmosphere."

For relaxation afterwards, Rowporty held a friendly regatta on 24th July to which only local teams Cockenzie/Port Seaton with skiff *Boatie Blest*, Newhaven with *The Wee Michael* and South Queensferry with *Ferry Maid* were invited. Seventy seasoned rowers were mixed with novices to form teams, choosing the skiff and the cox by drawing names from a hat.

Serena Park, from Rowporty said: "One guy had never rowed before and he was there all day as his boat kept winning."

The weather started fair with calm seas, but conditions worsened as the day progressed.

The final was a close race, in fairly choppy water, between *Jenny Skylark* and *Ice Breaker*, the two Portobello skiffs. It was won by Icebreaker, crewed by Stuart Mack of Port Seaton, Dave Cooper and Fiona Richardson of Rowporty and John Michell of Newhaven, and coxed by Sean Watters.

Kathleen Byron

IN THE SADDLE



Photo by John Dickie

A group of Porto-Velo cyclists make sure they're on the right road as they head south to Braco on one of their rides in June.

OVER the summer months, local cycling club Porto-Velo has been making the most of the good weather and expanding its range of activities.

The first weekend in June saw the club's first weekend excursion to Stirling. The Sunday rides have included

routes in Perthshire and Fife, of which a few were longer ones of up to 85 miles, as well as the more usual distances of 50-60 miles. Founding member Andrew Mylne said: "Quite a few new cyclists have joined our Sunday rides this year, and it's particularly encouraging to see more women and younger riders getting involved. We've also had shorter rides for beginners, and a couple of very successful family rides for children and their parents."

More information can be found on the club website - www.porto-velo.com

AUTUMN AQUATHON

THE Portobello Autumn Aquathon will take place on the morning of Sunday 29th September at Portobello Swim Centre at the foot of Bellfield Street. There will be three races: a round of the TriathlonScotland Kid's Aqua-

thon League and a Novice Adult's Aquathon which are both pool-based, and a 750m Open Water race in the sea off Portobello beach. For full information and to enter see www.edinburghracing.co.uk

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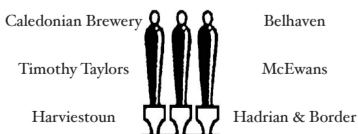
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WHAT do you say to yourself when you decide to join a gym? Is it something like: "I am going to come here six times a week and not leave until I have done at least two hours"? There is nothing wrong with that, apart from the fact that for most people it is not realistic, and with that kind of thinking people will put barriers up like: "I don't have the time to go to gym."

Exercise needs to be planned specifically for each person. Having an exercise regime designed for you, which takes into account your life style and preferences and makes it fun is the only way you will stick to it.

I have found people take exercise on at extreme levels. They set goals and targets but don't think about how they will get there. For example: "I am going to run a marathon" or "I am going to lift what the guy next to me is lifting". Why not set smaller goals that are realistic and that will help you attain results that you want.

To be able to achieve these goals, break it down and think SMART: Be Specific in what you want to achieve, making it clear what the goal is. Make sure you can Measure your progress. Ask yourself is your goal Achievable and Realistic for you? And lastly give yourself enough Time to succeed.

Fitness professionals are there in your gym, so if in doubt about where to start, just ask them. Good luck and remember, you can do it!

Gemma Hopewell,
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