#Portobello

Quarterly: AUTUMN 2015

Delivered in and around Portobello; circulation 12,500 Also available online on www.porty.org.uk

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

SEEDS OF DOUBT SOWN AT ALLOTMENTS

THE site of the Craigentinny & Telferton Allotments, Portobello, was sold to property developers in the early 1990s and is now under threat of development by Avant Homes, the current owner.

Despite the refusal of previous applications to build on the site, the company is to submit another planning application this autumn. This includes a very small site for allotments which they propose to give to Edinburgh Council, although previous suggestions to sell the site to the Council were declined.

These proposals would see the loss of some 70% of allotment space, while there is a recognised lack of allotments in Edinburgh and long waiting lists. Plot holders and the local community support retaining the entire site as allotments.

They were established in



Craigentinny & Telferton Allotments plot holders show their solidarity in opposition to the developers.

1923 by a local man, who approached Edinburgh Corporation for permission to use an area of land as allotments. For over 90 years they have been worked and managed by people from the surrounding area as an independent allot-

ment site. The site is protected as open space in the City of Edinburgh Council Local Development Plan, and is strategy.

Craigentinny & Telferton

Allotments are a valued and well-used community asset and open space. Please sign our online petition at www. you.38degrees.org.uk and

> Rachel Purnell, allotment holder.

designated as allotments in follow us on Facebook. Edinburgh Council's allotment

ROYAL VISITOR TO PORTOBELLO



CHILDREN from Towerbank Primary School gave HRH the Duchess of Rothesay an enthusiastic reception when she came to Portobello on 23rd of June during Holyrood Week. Her visit marked the contribution of Portobello Sailing and Kayaking Club and The Beach House Café to the revitalisation of Portobello Promenade over the last six years.

Standing out from the crowd in a deep pink coat, the Duchess visited the boatyard before meeting café staff, club members and representatives of community groups, local businesses and organisations at a reception in the café. Club member Max Blinkhorn says: "The visit was very exciting for the club. Jonathan Bendit's vision and energy has gifted us

ROLL UP, ROLL UP FOR THE VILLAGE SHOW

THIS year's Village Show, organised by Portobello Open Door (POD), will be held on Sunday 6th September from 2pm-5pm in Rosefield Park. The entertainment will include a brass band, lots of varied stalls, the celebrated Duck Races and the Train tent, which is making a welcome return. Then there is the Tea tent, where you can enjoy refreshments and lovely nibbles.

Scratch your competitive itch by entering one or more of several competitions. Some new categories this year include a Savoury Pie, Lego model, Dressed Superhero fruit or vegetable, and a Fabulous Hat competition for which you create a hat or fancy piece of headwear and take part in a wonderful parade before the judging. See our <u>Facebook</u> page or <u>www.the-pod.org</u> for details.

So come along to Rosefield Park and enjoy a fabulous family day. Joe Madden

a great foundation from which people of every ability now benefit. The Duchess was very interested to hear about the club and its work and talked with all our young sailors who named one of our club boats Camilla in her honour."

The Duchess also visited Breadshare, the not-for-profit community bakery on Seafield Road East, which promotes

the health benefits of nutritious real bread. Breadshare engages with all members of the community: customers, volunteers, employees and educational workshops. It also collaborates with other social enterprises and community groups. HRH watched bread being made before meeting bakery staff and members of the local community. Karen Combe

BOOK FESTIVAL LAUNCHES 2015 **PROGRAMME**

THE seventh Portobello Book Festival will take place from Friday 2nd to Sunday 4th October, and will be the usual interesting mix, with contributions from both famous and emerging writers, from Portobello and beyond. There will be sessions on cookery, the outdoors, crafts, espionage, politics, culture and contemporary issues both fact and fiction, and a very special guest star talking about their 'inheritance books'. Events will run across four venues and there is something for everyone; all readers and writers are welcome.

The programme will be available at the Village Show on Sunday 6th September, and thereafter at the library, along with tickets for all events which, as always, are free.

This year, as well as a 'fringe festival' at Portobello High School, there will be two fringe events at The Dalriada.

The theme for the Opening Night is 'Inheritance', and here's your chance to get writing. What does inheritance mean to you? Have you inherited something that's precious, peculiar, painful? It can be real or imaginary. How about writing up to 500 words – a poem, a rap, a story or a song? You can perform it yourself on the night or somebody else will do it for you.

It doesn't matter if this is the first thing you've ever written or you are an accomplished writer. We'd love to hear from you. Please leave your contributions, with your name and contact details, with Paul Hudson at Portobello Library by Friday 25th September.

Mae Shaw

PORTY PROFILE No. MARJORIETHOMAS

LONG before she came to live in Portobello, Marjorie Thomas knew and liked the place, having spent several enjoyable family holidays here during her childhood.

Marjorie was born in Stewarton, Ayrshire and went to Kilmarnock Academy then, after "flirting with the idea of librarianship", she joined the Civil Service as a visiting officer at the DHSS in Glasgow, visiting people who had applied for grants to see if they were eligible. "As a young woman of 21, it was a real eye-opener to see the



poverty on the east side of the city", she says. She got married in 1969, and became a training officer at Argyle House, training other visitors.

From 1973-79 Marjorie and Ray lived in Longniddry, where their first son was born. Their second was born after they moved to Portobello, and both boys went to Towerbank and Portobello High School.

Finding she had some spare time, Marjorie helped to form the Portobello Seaside Co-operative which opened The Refreshment Room at the baths in 1986; this enabled her to combine child care with a business. "We saw the potential for a café at the baths", she says. "There was a big space upstairs, all closed up, which we renovated ourselves with help from our husbands". The café with its home-cooked food was hugely popular; "some people came from Corstorphine, just for the carrot cake", Marjorie recalls. The co-operative also expanded into outside catering. Then the baths closed for renovation, and when it reopened in 1998 the city council did not renew the contract. Marjorie and another member of the group then did the catering at the Poppy Factory in Canonmills until 2003.

Marjorie has always enjoyed tennis. "So when, in the early 80s. a group of us realised there were courts on our doorstep, we decided to get them renovated for use by the community", she says. Joppa Tennis grew from that and is still going strong, "with the ethos of encouraging children from all walks of life to take up tennis".

With an interest in politics, sparked by her experiences in Glasgow, Marjorie served as the Liberal Democrat councillor for Leith Links then for Leith from 2003-2011. "I enjoyed helping people and being part of the bigger picture, helping to shape Edinburgh", she says.

Since 2013 Marjorie has represented Joppa Tennis Courts on Portobello Community Council, which brings her full circle, as she was elected to the first PCC in 1982.

"I love Portobello with its diverse and evolving community" Marjorie says, "and its accessibility to East Lothian and beyond, as well as to the city and all its places of interest".

Brenda Molony

ON THE BEAT

OVER the summer months, as part of Operation Drift, we carried out joint patrols with Edinburgh Council Community Safety Team around the Promenade and public spaces, to keep people safe and to tackle any anti-social behaviour.

As people use their gardens more and visit parks or open spaces it is important that they remember to protect their property and prevent crime.

At this time of year we regularly notice a rise in the number of 'slip in' thefts. These are committed in a number of ways, the most common being when the thief slips into your house through an insecure door or window while you are in the garden, and steals your valuables. If you are in your back garden, make sure that your front door is locked and secured, not just on the Yale lock, as these are easy to overcome, and open windows can be an invitation to thieves.

Always remember to keep your car keys safe; modern cars are virtually impossible to steal without the true key, so don't leave them lying around in vulnerable areas. Keep them with you or secure them in a safe place, not on a key hook or near the front door. Please also remember not to leave valuables in sight when leaving vehicles unattended.

For information on the local Multi-Member Ward Plan visit the Police Scotland website and click on **Your Community**.

We also have a community policing Twitter account @ EdinEastPolice that provides information on crime appeals, updates and matters affecting the local community.

The Community Policing Team

BRIGHTON PLACE RE-SURFACING

THE resurfacing of Brighton Place will start this financial year. After a mixed response to local consultations, the Council's roads team recommended that the setts should be relaid, and if that

is approved by lead Council members, the work is likely to start next January. Scottish Gas Networks are bringing forward planned work to October 2015 to avoid digging up the new surface.

BORDERS RAILWAY OPENS

THE Queen will officially open the new Borders Railway at Waverley Station on 9th September then take a steam train journey along the route.

The UK's longest newly-built domestic railway for over 100 years opens to the public on 6th September and local people will be able to take a train from Brunstane or Newcraighall stations to Tweedbank in the Scottish Borders, on this scenic route. Trains will also stop at Shawfair, Eskbank, Newtongrange, Gorebridge, Stow and Galashiels. The new line is expected to boost tourism and local businesses, and reduce the number of car journeys.

There will be a half-hourly service and the journey between Edinburgh Waverley and Tweedbank will take under an hour. For details see <u>www.bordersrailway.co.uk</u> Steam trains will also run on the line for six weeks from 10th September; for details see the Scotrail website.





NUMBERS 26 AND 44 BUS USERS will be pleased to hear that Lothian Buses say the longawaited shelter at the bus stop on the exposed site at the side of Jenner's will be in place "before the winter".

ST JAMES CHURCH AND HALL in Rosefield Place have been put on the market by the Church of Scotland at offers over £400.000.

EDINBURGH GARDEN PARTNERS matches people who want to garden with others who have space to share, focussing on those who need the most help, often older or disabled people or carers. partnerships Garden help vulnerable people remain in their own home and reduce social isolation. while the volunteers benefit from access to gardening, befriending and food growing. The produce is shared between the garden owner and the volunteer.

More information from sue@ edinburghgardenpartners.

EDINBURGH TRUSTED TRADER, an online directory, has been launched to help residents choose reliable contractors for services such as home repairs. Contractors vetted by the Council's Trading Standards team before their details are included. See www.trustedtrader.scot

CITY CAR CLUB: There is now a third Club car in Portobello, at Windsor Place. City Car Club is a pay-as-you-go way of driving a car without the hassle and expense of owning one. To find out more, call 0845 330 1234 or see www.citycarclub.co.uk

LOOPS is a service to help people aged 65 and over, living in North East and South West Edinburgh, find groups, clubs, social events and services in the local area. Call 0131 603 8311 and an adviser will discuss your needs, then call you back with suggestions and details on how to travel to activities. For more information call the above number or go to www.nwse.org.uk

THE JUNE TROPHY: This year's event at Brunstane Bowling Club, held on 6th June, raised £377 for St Columba's Hospice.

COCKENZIE POWER STATION CHIMNEYS: The 149m tall chimneys will be demolished by controlled detonation on Saturday 26th September. For details see www.eastlothian. gov.uk and search for 'chimneys'.

OCTOBER will be ONE Super Surgery 23rd 4pm- 6pm at Willowbrae **SURGERIES CRAIGMILLAR PORTOBELLO** 1st Saturday 11am-12pm 1st Friday 5pm-6pm The Library **WILLOWBRAE** CENTRAL 3rd Saturday 11am-12pm

3rd Friday 5pm-6pm **Quaker Meeting House** 7 Victoria Street

Tommy Sheppard MP 🔀 tommy.sheppard.mp@parliament.uk 🚺

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33 local people contributing to

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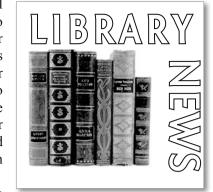
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WE would like to say a big "well done" to all the children who completed this year's Summer Reading Challenge; we know it's not always that easy to read your six books over the summer with so many other distractions! We hope everyone had as much fun at our summer activities as we did and are looking forward to our autumn and winter activities.



We are delighted to once again

host a number of events organised by the Portobello Book Festival, which is back for a seventh year, on the first weekend of October. A full programme will be available from the library from 7th September. Tickets for all events will also be available from the library.

If you are looking for something for the kids to do over the October holiday week, we will be running craft activities with an autumnal feel. Ask in the library for more information nearer the time, or check our Facebook page.

Kenny Welsh will be exhibiting his amazing Corkatures in our Gallery throughout the month of September. This is Kenny's fourth display of his hand-made cork models in the library, and we are looking forward to admiring the craftsmanship and attention to detail that go into every model.

Do you know that brisk walking for just 30 minutes a day, five days a week has recognised health benefits? To help you with this you could borrow one of the pedometers that are available for loan from the library. If you are wondering where to walk, ask staff for the medal routes leaflet, with three short walks round Portobello that start at the library.

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

1st September: *How to be a Woman* by Caitlin Moran.

6th October: Intrusion by Ken MacLeod

3rd November: The First 15 lives of Harry August by Claire North

1st December: H is for Hawk by Helen MacDonald

All books will be available from the library.

We also have a Teenage Book Group that meets on the last Thursday of every month and a Chatterbooks children's book group on every third Saturday.

For any up-to-date information on what is happening in the library, check our Facebook page.

Paul Hudson

HELP NAME AND SHAPE NEW PARK

A NEW park is expected to be open by 2018 on part of the present Portobello High School and St John's Primary site. Edinburgh & Lothians Greenspace Trust (ELGT) is leading a local consultation to help name and shape the design of the park. Local people are being asked what they would like to see in the park, what they would use it for, and to suggest a name. £1million has been allocated for the design and delivery.

Consultation will include: a door-to-door survey of homes surrounding the new park; talks to the four local community councils, community organisations. resident's groups, Friends of Parks, and Neighbourhood Partnership sub-groups. We will also encourage young people and others who may have difficulty attending meetings or events to get involved. Ideas will be gathered in the three local libraries, in parks, shopping areas, street stalls and through our

PORTOBELLO COMMUNITY COUNCIL Let's Get Our Railway Station Back!

PORTOBELLO Community Council are leading the charge to get our station back - with a five minute journey time to Waverley, 10 minutes to Haymarket and 15 minutes to Edinburgh Park, never mind connections south to the Borders and East Lothian. And, of course, it would be a station not just for commuters, but also for visitors to Portobello with all the good things that we have to offer.

Brunstane is officially a station with a "high growth trend". A station serving Portobello itself would surely do just as well. if not better.

The Scottish Government require a study to be carried out of various options to meet our desired objective of speedier and better transport links for Portobello. This would cost around a quarter of a million pounds.

East Lothian Council have committed funds for such a study for stations at East Linton and Reston, and also to help build these stations. We know that the City of Edinburgh Council are keen to promote sustainable ways of getting Edinburgh moving - so let's hope that they follow the good examples being set by the other Lothian councils in recent years.

We'll keep you posted!

Max Blinkhorn and Lawrence Marshall

online survey.

Keep up-to-date with the process on the Portobello/ Craigmiller Neighbourhood Partnership page at www. edinburghnp.org.uk To receive regular updates, or get more involved, please join our e-mail list, contact yoursay@ELGT.org.uk or ring 0131 445 4025.

The Neighbourhood Part-

nership wants your input. You can attend meetings, or join one of the sub-groups which help drive progress by developing more effective local solutions. Contact us by phone, e-mail, social media or through your local councillors or community council.

Mary Dunbar

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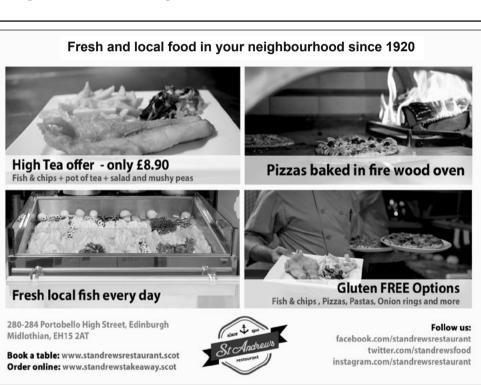
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DIRTY WEEKEND

I LIKE camping, but if I'm completely honest, it's my husband who is the real enthusiast. With teenagers to entertain, I decided a music festival to see one of their father's favourite bands, Mumford and Sons, in the beautiful highland estate of Rothiemurchus would keep everybody happy this summer.

If you have never been to a festival and wonder what the fuss is all about, I can tell you: it's noisy, it's dirty and it's wet, but it's fun. In fact, it turned out to be one of the best trips we ever had as a family, because there wasn't one tear shed, and not one argument, which is a record for us.

I really don't know why, as we had to carry all our camping equipment over a mile to our tent, it started raining a few hours after we arrived and didn't stop. As a result we, along with 25,000 other people, had to wade through mud to get to the Portaloos, the arena - everywhere.

But the happy atmosphere was infectious and the music was great, and there wasn't any 'trouble' despite the amount of alcohol I could see being carted in. Perhaps it was being free from all the normal campsite rules and regulations, nobody shushing you from the next tent at 10pm or pistols at dawn over a foot of turf between tents. And it quickly became apparent to me, that as long as you have waterproofs, wellies and a brolly, all you really need is one outfit. So, hardly any washing to do when you get home. Rock n' roll!

THE community orchard is producing a bumper apple crop this year as the trees mature. Some are producing more than others, possibly because of how much wind there was when the blossom was



setting in spring. Different varieties blossom at slightly different times, leading to variation in yield. It is a good example of how we are affected by the vagaries of the climate. On a wider scale it reminds us that we should continue to work towards reducing our collective emissions of harmful gasses that are having such a dramatic effect in weather patterns.

There is also an abundance of ripening pears, black and red currents, and cherries on the branches, if the birds don't get them first, and even our first fig. There are always windfalls, but it is sad when un-ripe fruit is deliberately picked off the tree and just thrown around. This happens occasionally and is a risk as the orchard is always open for all to enjoy, which many people in the local community and from further afield do. More and more people are using the orchard for a picnic when walking the John Muir Way, for quiet thought or for an event such as the recent successful singing workshop held by Portobello Community Choir.

Our plans for community-owned wind turbines have unfortunately been knocked back, as planning permission has been refused because of intrusion into views and the effects on radar and air traffic safety at an airport. An appeal is being prepared at present, but after so many years of effort and such wonderful support from the communities of Portobello and Leith, this refusal was disappointing.

It was heartening to hear a small mention of the monthly Portobello Market on the BBC Radio Four Food Programme as part of its coverage of our local baker Breadshare, who had been coming to the market before their move into premises at the top of King's Road. They are just one of the loyal producers of quality products who come to the market month after month. Maybe see you there first Saturday of the month.

Stephen Hawkins, PEDAL

PORTOBELLO TIMEBANK

PORTOBELLO Timebank will be taking a stall at the Village Show on Sunday 6th September. Timebanking is a way of giving and receiving time and skills to build supportive networks and a stronger community. One hour helping another earns one timecredit; spend that timecredit with another member and keep the ball rolling.

The Timebank are looking for volunteers to spend a session on the stall demonstrating something that could be offered via the Timebank - maybe simple knitting, a few words in a foreign language or your musical skills.

We shall also be running our popular Really Free Market, so bring along something you don't need for the sharing table, and take away something that takes your fancy.

For more information see www.edinburghtimebank. org.uk or call 07968 090 530. Kirsty Carver





LEAVE in the ground anything that will keep over the winter, such as leeks, beetroot, carrots, parnsips, etc. Harvest pumpkins and marrows, let the outer skin dry off and they will keep well into the winter. If you have space, store unblemished apples - under the bed in a cool room, in a box will do. Pears only ripen off the tree, so pick and store and they'll keep for a few months. Check any stored fruit and veg regularly and use immediately if there are any signs of rot. Of course you will have eaten the sweetcorn as soon as it was ready, for the sweetest sensation with butter dripping off the chin. I digress.... tomatoes and plums can be frozen in a plastic bag (or reuse a fast food container), then stones from plums are easy to remove when defrosted. Do something if you can with even a few apples, or give away, rather than letting the birds have them all.

SEEDS WORTH SAVING

Seeds are worth saving too, especially if you didn't pick all the beans or peas. It's surprising how just a few pods can mean a row of veg for next year. I save any seeds that have dried well on the plant. In wet seasons you may not get that many, so it's worth having a few from back years just in case. Keep them cool and dry in a sealed container, adding a few silica gel sachets to reduce damp, and store in the bottom of the fridge. Label every envelope, as when sowing you'll never remember which ones are which; I record date, common name and Latin name.

Something to ponder on: nature's generosity is what some genetically modified seed companies are after, and if they succeed they will charge a lot for them; they are not in business to feed the world but to feed the pockets of their shareholders. I've never heard yet of a GM company saying they will give poor farmers seed for free. Rant over!

Give hedges a last trim now to keep their shape throughout winter, for an architectural look. Leave anything that's looking good, especially tall grasses and teasels, as in winter things can be a bit flat, but clear away anything that isn't.

Some readers may know of my involvement many years ago with the Craigentinny/Telferton Allotments and it would be greatly appreciated if you could sign the petition, mentioned on the front page, to save them from development.

It was lovely to see everyone who came to our open days at the beginning of August.



problem or an issue they yould like to raise with Kenny MacAskill are elcome to attend his MSP Surgery'.

Alternatively you can contact Kenny MacAskill sing the address and letails below.



KENNY MACASKILL MSP

Member of the Scottish Parliament **EDINBURGH EASTERN**

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CIIr MAUREEN CHILD, Labour:

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CIIr 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

PORTOBELLO CALLING CARDS









THERE had been professional photographers operating in Britain since about 1841, but their numbers soared rapidly in the 1860s and studios sprang up in every city and town in the country. The most important driving force was the introduction from France in 1858 of cartes de visite. These were small, paper prints pasted on to stiff card measuring 2½ by 4 inches and were originally designed to be used as illustrated calling

cards. Specially modified cameras made it possible for up to eight images to be placed on one plate, thus reducing production costs. Priced in shillings rather than pounds, cartes de visite brought photographs within the reach of millions of ordinary families and quickly created a vast new market for photographers.

William Kyles was one of the early Portobello photographers. He operated in Bath Street and the High Street from 1863 until moving to Ayr around 1879. Between 1863 and 1867 he was in partnership with James Law and between 1877 and 1879 partnered W S Moir. In between he worked on his own account.

The example of the serious little boy in his best clothes was taken in the Kyles and Law studio. The setting is formal, with only a table and heavy draped cloths as props and is typical of studio

photography in the 1860s. When Kyles photographed two children in the 1870s he reduced the formality somewhat by placing his subjects 'outside' in a small boat against a painted studio backcloth of Portobello beach and promenade. Although he put the children into holiday costumes there are still no smiling faces.

Most cartes de visite were photographed in a studio, as cameras and equipment were heavy

and cumbersome to take out on location. Local historians are always on the lookout for the all too rare topographical shots of Portobello, such as the Kyles and Law photograph of their studio on the corner of Bellfield Lane and the High Street, and the view of the beach looking east from the pier taken by Kyles and Moir. Usually in landscape format, they are a valuable resource, despite their small size.

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What's On

BIG BEACH BUSK: Sat. 29th Aug. from 12 noon, Portobello Prom.

SANDCASTLE COMPETI-

TION: Sat. 29th Aug. starting 1.00pm, on the beach opposite the Swim Centre. Registration 12.15-12.45 on the Prom. Organised by Portobello Community Council and The Toddlers Hut. Judging at 2.00pm by local MP Tommy Sheppard. Entry by donation to The Toddlers Hut.

CAR BOOT SALES: (Rotary Club of Portobello). Sundays 30th Aug, 27th Sept, 25th Oct. Newcraighall Station car park, 9am-2pm. Cars arrive 8am, double pitch £10 - all fees to charity. Enquiries to 07789220583.

PORTOBELLO MARKET:

Sat.5th Sept, 9.30am-1.30pm, Brighton Park. Organic fruit, veg, plants, meat, bakery, crafts, coffee, snacks etc. For more information or to book a stall, contact portobello.market@live.co.uk Future dates: Sat.3rd Oct, 7th Nov, 5th Dec.

PORTOBELLO COMMUNITY CHOIR: Weds, 7.15-9.30pm, Baptist Church Hall, 189 Portobello High St. £6/£4 concess. All welcome. Sing in harmony in a fun and relaxed environment.

www.portobellocommunitychoir.org

AFTERNOON DANCING: Ballroom, sequence, line dancing, to the sound of Duncan McBain, Weds/Fridays, 1-4pm, £3 incl.

to the sound of Duncan McBain, Weds/Fridays, 1-4pm, £3 incl. refreshments. Beach Lane Social Club (behind Police Station).

BRIDGE CLUB: Mondays 9.30am, St Mark's Church. Space for two people. Call Bert on 669 8040

POD FILMS: See <u>www.the-pod.</u> org or <u>Facebook</u>.

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AMNESTY - LOCAL NEWS

OUR street and pub collection in June raised over £300, enabling the Group to send £600 to Amnesty's Human Rights office for worldwide campaigning.

At our stall at Portobello Market in June, over 60 signatures were added to a petition supporting Amnesty's concerns over the drowning in the Mediterranean of people seeking refuge from conflict and poverty. An appeal was also supported on behalf of a doctor tortured and imprisoned for 10 years in the United Arab Emirates for his involvement in upholding human rights. Our next stall is at the market on 5th September.

In July the Group responded to an appeal for solidarity with a Russian environmentalist imprisoned for direct action to save an endangered forest; another appeal concerned Amnesty's support for Palestine's right to refer Israel to the International Criminal Court over war crimes committed during the last Israeli assault on Gaza. The UK is blocking referral and representations were made to the Foreign Secretary to change this policy.

Our letter-writing sub-group has sent some 50 letters recently on behalf of victims of human rights abuses in 15 countries. It will meet again at The Dalriada at 7pm on the first Wednesday of each month from 2nd September to November.

The Group meets at 7.30pm on the third Monday of each month in the former church hall or café in Bellfield Street. Visitors are most welcome. Our speaker in September will be Nigel Watson, Chair of Freedom from Torture; Alex Jackson, country co-ordinator for Eritrea, likened to North Korea for its appalling human rights record, is expected in October/ November.

David Turner

NEW SUPPORT GROUP FOR THOSE AFFECTED BY CANCER

A NEW cancer support group meets on the third Thursday of each month in Craigentinny Community Centre, Loaning Road, from 6.30-8.30pm. It aims to support anyone who has been affected by cancer, directly or within the family. Supported by Macmillan, Topic of Cancer representative Marian Anderson set up the group to make support more easily accessible for people living in and around Craigentinny. For more information contact: Marian at ra.scotland@topicofcancer.org.uk or the community centre on 0131 661 9404.

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THE Wash House in Adelphi Grove has lots on offer for this autumn, with a diverse range of activities for the young, the old and the in-betweens.

Here's a snapshot of a week in the life of The Wash House: Gentle exercise classes, dog and puppy training, art classes, Fun Fiddle,



BeeSpanish, yoga, badminton, Enjoyaball and soccer academy, to name but a few of the activities. And watch out for The Big Coastal family Ceilidh to celebrate St Andrews day on Sunday 29th November.

The Wash House office is open Monday to Thursday from 7.30am to 12noon. Telephone: 0131 669 8275

For more information telephone: 0131 669 8275 or see our website: www.thewashhouse.org or find Porty Wash House on Facebook.

Gica Loening

LUNCH CLUB HONOURED

DUDDINGSTON Kirk Lunch Club has been honoured with the Queen's Award for Voluntary Service, the highest award a voluntary group can receive in the UK to recognise outstanding work in their community. The club provides a vital lunch service for elderly and frail people in east Edinburgh, on an entirely voluntary basis, by a dedicated group of volunteers many of whom are themselves elderly. Repre-

sentatives from the club were invited to the garden party at Holyrood Palace.

The club was recommended for the award by Edinburgh's Lord Provost and Lord Lieutenant, Donald Wilson, who is also volunteering champion for the city.

The awards were created in 2002 to celebrate the Queen's Golden Jubilee and winners are announced each year on 2nd June, the anniversary of her Coronation.

IMAGINE PORTOBELLO

THE recent vibrant event held by Big Things on the Beach gave rise to many ideas for enhancing the cultural life of the area. There were calls for: 'more community control over the future of the Prom', the Pipe Street toilet block site to be developed as a tourist information and heritage hub and the parish halls, Bellfield Street kept for community use and performance space. A full report will be circulated and follow-up meeting held in the autumn.

www.bigthingsonthebeach.org.uk and Facebook.

Jan Killeen

The Portobello Reporter

is looking for local people who would like to take photos or write for our community publication. If you are interested in finding out more you can email us at portyreporter@btinternet.com

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ART WALK PORTY

ART Walk Porty is a new art event celebrating the public space and artistic activity of Portobello. It is taking place from 3rd to 6th September, in an area extending along the Prom from King's Road to Joppa, back along the High Street and down King's Road.

Artists who work in or have some connection with Portobello were invited to submit proposals for temporary artworks that respond to the public space of the beach, Prom or High Street. The three themes are: the act and art of taking a walk and the different ways in which we relate to our outdoor space, the ever-changing landscape of sea and land and thirdly the cultural or social history of Portobello's seaside.

The artworks could include installation, performance, film, research, participation, objects and textile based works. Site-specific works will be located in hidden and under-used parts of the Prom and beach as well as established locations such as Porty Light Box at the corner of Portobello High Street and Bellfield Street.

Local artists will open their studio doors to show and sell their work to the public. There will be small pop-up style indoor markets with work displayed in some local shops and businesses. For more information see www.artwalkporty. co.uk

TOWERBANK CATCHMENT REVIEW

DETAILS of representations received during the Towerbank Catchment Review consultation were issued to Education Scotland for their consideration of the educational effects of the proposals. Their findings will be included in a report on the Outcomes of the Consultation which will be presented to a full Council meeting on 22nd October. This report, to be published on 1st October,

will also include a summary of issues raised by letter/email/questionnaire or at the public meetings held at Towerbank, Duddingston, Brunstane and the Royal High Primary Schools, with the Council's responses. The Council will notify those who responded when the report is available and provide everyone with a link to it online. It will also be available in print on request.

GREEN FLAG FOR ROSEFIELD PARK

ROSEFIELD PARK has been awarded a Green Flag in recognition of the hard work of the community, volunteers, partners and staff in raising the quality of this community park.

The judges were particularly impressed by the range of features in such a small space: a play area, seating, walks, a river, picturesque meadows and petanque court.

Rosefield is the third park in Portobello to achieve Green Flag status, joining Figgate Park and the Community Garden on the Promenade.

The Green Flag Award Scheme is the benchmark national standard for parks and green spaces in the UK.

ONE PLANET PICNIC



PUPILS at Duddingston Primary School enjoyed a fabulous outdoor picnic and food market on 11th June, focusing on celebrating local, seasonal and healthy foods. The wholeschool event brought together learning about sustainable living. As part of the Keep Scotland Beautiful initiative, the children concentrated health and wellbeing learning around growing their own produce. They explored food journeys of some local Scottish products and reducing food and packaging waste at lunch times. The One Planet Picnic was a very successful event that provided pupils with many rich learning experiences and allowed them to explore the increasing importance of sourcing sustainable foods in today's society.

Anne MacDonald

HEADS UP

THERE have been one or two changes to senior posts in our local schools recently. The heads and depute head teachers, at the time of going to press, are as follows:

Primary schools: Brunstane, Head - Mr K Brack, Depute -Miss Carol Morwood; Duddingston, Head - Mrs Karen Morris, Depute - Mrs Sara Webster; Parsons Green, Head -Mrs Susan Cochrane, Depute - Ms Jennifer McGowan; Royal High: Head -Mr Willie French, Depute - Ms Eileen Forrest; St John's, Head -Miss Barbara Service, Depute -Ms Jackie Kelly Towerbank, Head - Mrs J Gilmour, Deputes - Mrs P Morrison, Mrs S McCart.

Secondary schools: Holy Rood, Head - Mrs Lorraine Legrix, Deputes - Mr Mike Williams, Mr Martin Connelly, Mr Chris Moore; Portobello, Acting Head Teacher - Ms Alison Fotheringham, House Heads - Mr P Saddler, Mrs M Williamson; Acting House Heads, Ms MHume, Mr K Walker.

ARCHITECTURAL AWARDS

CONGRATULATIONS to local architects for winning prestigious awards for their work. Matt Johnson of A449 won a Royal Incorporation of Architects in Scotland (RIAS) award and a Saltire Society Housing Design award for his innovative renovation of a former coach house and stable in Rosefield Avenue Lane. Makiko Konishi and Kieren Gaffney of Konishi Gaffney also won a RIAS award for their Regent Street dormer design.





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IN THE SADDLE



Portovelo club members at the ready for the start their tour of Mull at Craignure.

IT has become a tradition for local cycling club, Portovelo, to have an annual weekend trip away in June. We have a great choice of routes on our doorstep, but it's good to venture occasionally further afield. Previous trips have been to Stirling and Aviemore, but this year a group of 14 riders went up to Oban for two days of great cycling in some stunning scenery. On the Saturday we got the ferry over to Mull and rode most of the way round the island, enjoying some beautiful coastal scenery.

After a very brief diversion into picture-postcard Tobermory it was heads down for the ride back to the ferry terminal at Craignure. One group punctured, in the rain, and it was touch and go for a while

whether everyone would make it back in time for the 5pm ferry. Luckily, the last rider got there with minutes to spare, so the prospect of having to hang around on Mull for another couple of hours was narrowly averted.

A slap-up Italian meal in downtown Oban proved to be the ideal preparation for Sunday's ride on the mainland, on narrow and undulating minor roads near Loch Awe, with a cafe stop in Taynuilt. Altogether, it was a great trip.

Since then, we've done our usual, varied rides on Sunday mornings, with the occasional family ride and social evening thrown in. Full details of the club's activities are on our website: www.porto-velo.com
Andrew Mylne

ON THE GREENS

Jessfield host blind and partially sighted bowlers



JESSFIELD Bowling Club in Adelphi Grove hosted the Scottish Ladies Finals for Partially Sighted and Totally Blind Bowlers from 6th to 9th July. The winner Irene Edgar, pictured second from left on the back row, won a Silver Medal at the 2014 Commonwealth Games.

The club also hosted a Scottish War Blinded Centenary Tour match versus the Scottish Association for Blind Bowlers on 23rd July, which resulted in a draw. Both events were organised by the Scottish Association.

BRUNSTANE Bowling Club's annual Open Pairs competition was held on Saturday 18th July.

The finalists were George Johnston and Bob Clark from Brunstane Bowling Club who played Jake Gordon and Derek Feeley from Wallyford Bowling Club, who were crowned the winners.

Keith Young, Junior Co-ordinator at Brunstane Bowling Club, said: "It was a very successful day and we were fortunate with the weather. A good day was had by all, with great local support from our sponsor, James Scott Funeral Directors."

Gemma's Gym FX

HOPEFULLY, after the last issue, you have been thinking about your diet and looking at where you could improve. I mentioned not restricting your food groups. There is a reason for this, as each group – carbohydrates, fats, protein, vitamins and minerals – has a role and a purpose. Where it gets confusing is that there are good and bad sources in each group.

For example, carbohydrates (carbs) are split into two sources, simple and complex, and knowing the difference is crucial to including them in your diet. Simple carbs are usually white, such as pasta, rice and potatoes. Once these enter the bloodstream they turn into a quick-acting sugar, which spikes the blood sugar and makes you feel hungry more quickly. Complex carbs, such as sweet potatoes and anything with oats, are slowly released into the blood stream and don't have the same spike effect, so you will feel fuller for longer. .

It has been suggested in some 'fad diets' that carbs can make you fat. This is a myth. If you exercise and avoid the simple carbs, then you will see the results. The body uses carbs and fats as an energy source, so if you exercise regularly it makes sense to eat these beforehand, and sometimes during exercise if exercising for more than an hour.

Diet alone can make a massive difference to your body, whatever the goal. Remember, it's not a 'diet' you want, but a healthy balanced lifestyle, which includes exercise and a wide variety of foods.

Gemma Hopewell

PORTOBELLO GOLF CLUB

PORTOBELLO Golf Club would like to congratulate James Heatlie who won the Harry Lauder Trophy on Saturday 18th July on Portobello Golf Course, Stanley Street, playing against Mathew Craigie. Congratulations also to Brian Odlum who won the Brand Cup, an internal club competition, on the same day against Gary McDowall, winning on the first extra hole.

New members are always welcome at nine-hole Portobello Golf Club. Membership fees for 2015/2016 are £40, which includes SGU membership, qualification for national handicap, monthly weekend and mid-week medals and other ad hoc competitions. Golf Course Green Fees are not included, but are paid on the day or through Edinburgh Leisure Golf Season Tickets at www.edinburghleisure.co.uk

For more information contact Portobello Golf Course or see our <u>Facebook</u> page.

Lyall Scott

JOPPA TENNIS TALENT



The Joppa Tennis Junior Tournament was held on 6th August. The finalists, seen here from left, were Claire Paterson (Senior runner-up) and Jamie Sutherland (Senior winner), both of Portobello, with Jack Egan (Junior winner) and Mickal Tansy (Junior runner-up).

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