



Let's Talk
about
corstorphine

ASIAN ADVENTURES

NORTH POLE

NUISANCE CALLS

CORSTORPHINE AND THE GREAT WAR

A magazine produced by **St Ninian's Church**, Corstorphine

ISSUE 32 WINTER 2013

Welcome to Corstorphine Churches

Carrick Knowe Parish Church
Church of Scotland Saughton Road North
www.ckchurch.org.uk
 Main Sunday Service: 11am
 July-August: 10.30am
 Evening Services as intimated
 Minister: Rev. Fiona Mathieson

Corstorphine Old Parish Church
Church of Scotland Kirk Loan
www.corstorphineoldparish.org.uk
 Main Sunday Service: 10.30am
 Minister: Rev. Moira McDonald

Corstorphine Craigsbank Parish Church
Church of Scotland (One Church 2 centres)
www.craigsbankchurch.org.uk
 At East Craigs Church Centre
 (Bughtlin Market)
 Main Sunday Service: 9.45am
 Craigsbank Church
 (North of Glasgow Road)
 Main Sunday Service: 11.30am
 Minister: Rev. Stewart McPherson

St Andrew's Church
Church of Scotland
 Clermiston View
www.edinburghstandrewsclermiston.org.uk
 Main Sunday Service: 10.30am
 6pm first Sunday of Month at Clermiston
 House Residential Care Home, Parkgrove Terr.
 Minister: Rev. Alistair Keil

St Anne's Church
Church of Scotland
 St John's Road
www.stannescorstorphine.org.uk
 Main Sunday Service: 11am
 Minister: Rev. James Griggs

St John the Baptist
Roman Catholic
 St Ninian's Road
www.stjohnthebaptist.rcstanded.org.uk
 Saturday Vigil Mass: 6pm
 Sunday Morning Mass: 11.30am
 Holy Days of Obligation:
 Vigil Mass at 7.30pm & 9.00am
 Parish Priest: Father George Suszko SAC,

St Ninian's Church
Church of Scotland
 St John's Road
www.corstorphinestninians.org.uk
 Main Sunday Service: 10.30am
 Evening Services as intimated
 Minister: Rev. Alex T Stewart

St Thomas' Church
Scottish Episcopal
 Glasgow Road
www.saintthomas.org.uk
 Main Sunday Service: 10.30am
 Rector: Rev. Ian Hopkins

United Free Church of Scotland
 Glebe Road
www.sacred.scotland.org.uk/church/corstorphineunited-free-church-edinburgh
 Sunday Service: 10.30am

St Kentigern's Roman Catholic
 Parkgrove Avenue
www.stkentigernsedinburgh.co.uk
 Sunday Morning Mass: 10.15am
 Holy Days of Obligation:
 Vigil Mass at 7.30pm and 9.15am
 Mass on M, W, Th, F, S at 10am and on
 Tuesday at 7pm
 Parish Priest: Father Marcin Motyka SAC

SPECIAL CHURCH SERVICES FOR ADVENT, CHRISTMAS AND NEW YEAR

Carrick Knowe Parish Church

Sun 1 Dec 11am Gift Service
 Sun 8 Dec 11am Worship
 Sun 15 Dec 11am Lessons and Carols
 Thurs 19 Dec Carrick Knowe Primary
 School Christmas Service
 Sun 22 Dec 11am Nativity
 Tues 24 Dec 6.30pm Christingle
 11.15pm Carol Singing
 11.30pm Watchnight Service
 Sun 29 Dec 11am Worship
 Sun 5 Jan 11am Worship in Hall

Corstorphine Craigsbank Parish Church (One church, Two Centres)

East Craigs Church Centre
 Sun 1 Dec 9.45am 1st Sunday in Advent
 Sun 8 Dec 9.45am 2nd Sunday in Advent
 3pm Bereavement Service
 Sun 15 Dec 9.45am Gift Service
 Sun 22 Dec 9.45am Family Nativity
 Wed 25 Dec 10am Family Communion
 Sun 29 Dec 10 am Joint Service

Craigsbank Church

Sun 1 Dec 11.30am 1st Sunday in Advent
 Sun 8 Dec 11.30am 2nd Sunday in Advent
 Sun 15 Dec 11.30am Gift Service
 followed by Christian Aid Lunch
 Sun 22 Dec 11.30am Family Nativity
 Tues 24 Dec 6pm Family Christingle Service
 11.30pm Watchnight Service
 Sun 29 Dec 10am Joint Service in East Craigs

Corstorphine Old Parish Church

Thurs 28 Nov 6.30pm 'Switch On' of the
 Christmas Lights outside the Old
 Parish
 Sun 1 Dec 8.30 am Holy Communion
 9.40am 'Wee Service' in Church
 Hall for families with young children
 10.30am Holy Communion

Sun 8 Dec 9.40am 'Wee Service' in Church
 Hall for families with young children
 10.30am Service at the Old Parish
 Wed 11 Dec 7pm Torchlight Procession
 from St. Margaret's Park
 7.30pm Carols and Stories
 Sun 15 Dec 9.40am 'Wee Service' in Church
 Hall for families with young children
 10.30am Children's Nativity and
 Christmas Gift Service
 Sun 22 Dec 10.30am Festival of Nine
 Lessons and Carols
 (followed by mince pies and coffee)
 Tues 24 Dec 6pm Family Service
 11pm Carols in Church
 11.30pm Watchnight Service
 Wed 25 Dec 10.30am Family Worship

St. Andrew's Church

Sun 22 Dec 6pm Carol Service with
 Broxburn & Livingston Brass Band
 Tues 24 Dec 11.30pm Watchnight Service
 Wed 25 Dec 10.30am Christmas Day Service

St. Anne's Church

Wed 27 Nov 7pm Advent Book Course Begins
 Sun 1 Dec 11am Advent Sunday Service
 Wed 4 Dec 7pm Advent Book Course
 Wed 11 Dec 7pm Advent Book Course
 Wed 18 Dec 7pm Advent Book Course Concludes
 Sat 21 Dec 6.30pm Longest Night Service
 Sun 22 Dec 11am Sunday School Nativity Service
 7pm Lessons and Carols Service
 4pm Christingle Service
 11.30pm Watchnight Service
 Wed 25 Dec 10.30am Family Christmas Service
 Sun 29 Dec 11am Service of Hymn/Poems
 and Reflections

St. John the Baptist RC Church
 Tues 24 Dec 7.30pm Christmas Eve Mass
 Wed 25 Dec tba Mass

St. Kentigern's RC Church

Tues 24 Dec 6.30pm Carol Service
 7pm Christmas Eve Mass
 Wed 25 Dec 10.15am Christmas Day Mass

St. Ninian's Church

Sun 8 Dec 10.30am Sunday School
 Gift Service
 Sun 15 Dec 10.30am Family Service
 Sat 21 Dec 10.30am-3.30pm Quiet Day
 - Church open for prayer and
 meditation
 Sun 22 Dec 10.30am Morning Service
 6.30pm Lessons & Carols
 Tues 24 Dec 8pm Christmas Eve Candle
 Light Service
 Wed 25 Dec 10.30am Christmas Day Service

St. Thomas' Episcopal Church

Sun 1 Dec 10.30am 1st Sunday of Advent
 Sun 8 Dec 10.30am 2nd Sunday of Advent
 Sun 15 Dec 10.30am 3rd Sunday of Advent
 Sun 22 Dec 10.30am 4th Sunday of Advent
 6.30pm Carol Service
 Tues 24 Dec 11pm Christmas Eve Communion
 Wed 25 Dec 10.30am Christmas Day
 Family Communion
 Sun 29 Dec 10.30am All Age Service

United Free Church of Scotland

Sun 22 Dec 10.30am Christmas Service

Let's talk about

Corstorphine

Welcome to the thirty-second issue of 'Let's Talk'- the magazine produced by the Enterprise Committee of St. Ninian's Church. The magazine is distributed to over 7,000 homes in the area.

The magazine contains stories of local interest and articles on clubs and organisations. Please regard it as your local magazine. Contributions and suggestions for articles are welcome. The next issue of this magazine will be published in May/June 2014 for which the copy date is 1 April.

There are a number of adventurers in Corstorphine. Maggie Wheeler recounts her Asian Adventures and Michael Laird tells us of his expedition to the North Pole.

Annoyed by nuisance telephone calls? Our Member of Parliament for Edinburgh West, Mike Crockart outlines the actions that he is taking.

On 4 August 1914 the British Government declared war. Grant Donaldson in Corstorphine and the Great War informs us how our area was affected by World War I.

We are a small group of volunteers from St. Ninian's Church, and accept advertisements

and feature material in good faith. The opinions expressed by contributors and advertisers may not be those of the Enterprise Committee of St. Ninian's Church.

Many thanks to our advertisers, to those who contribute articles and photographs and to the volunteers who produce and distribute the magazine.

Should you wish to enquire about advertising in 'Let's Talk', please contact the number below.

Best wishes.

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(Cover picture – Roseburn Path passes under Ravelston Dykes)

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ASIAN ADVENTURES

In October 2012 I embarked on a Charity Trek in Vietnam for the Moira Anderson Foundation. It was an amazing trip with the travel to Sapa, where we began walking, turning out to be an adventure in itself. I and three friends flew down to London the night before we met our fellow travellers (6 other ladies and a gentleman guide) at Heathrow for the long flight to Kuala Lumpur. After a short stop over, we flew on to Hanoi where we were greeted by our Vietnamese guide, Zan, who accompanied us throughout our trip. The next stage of the expedition began that night with an overnight train journey to Lao Cai (in Northern Vietnam close to the Chinese Border) followed by mini bus ride to Sapa. The railway stations in both Hanoi and Lao Cai were teeming with life, the trains were old and rattled along throughout the night as we tried to sleep in our bunks. Health and Safety was minimal as we crossed the tracks with our luggage to reach the appropriate platform.

By this time it was day 3 since leaving home and after a wash and brush up at a hotel followed by a hearty breakfast we enjoyed a short trek (3hrs/8miles) to acclimatise us (although rain and mist/drizzle was nothing new to the Scots) and stretch our limbs after travelling for some 30 hours.

Next day trekking began in earnest when we encountered very muddy, narrow and difficult paths at times along the edges of the terraced rice fields. However, if we were in difficulty we were assisted by the women traders of the Black Mong tribe, dressed in their traditional black outfits, who attached themselves to us as soon as we began our trek, urging us to buy their hand crafted goods. At lunch time we made our purchases: I acquired a bright pink woollen square for use as a scarf or table covering, probably paying over the odds even though the price was agreed by bartering. After lunch we had a very steep descent for about 40 minutes on slippery terrain which I found extremely difficult as my vision was impaired by my varifocal sunglasses slipping down my

nose with the heat and humidity. However eventually we all arrived at the river side where a power station was under construction. The final part of that day's excursion, during which we covered 12 miles in total, was on a wide firm road until we turned off on a footpath to our first "homestay" accommodation for the night.

Overnight stops at the "homestays"/farm houses were another interesting experience as they were very basic, but luckily all had flushing toilets and only the first one had no shower. We ladies were billeted in the loft of the wooden building and each of us had a colourful mat surrounded by mosquito nets as our "private" space on which we slept in a sleeping bag (with our own liners) surrounded by our possessions. These were minimal as only essential equipment was taken on the trek, packed in a blue waterproof kit bag and transported to each stop by mopeds piled high. Access to the loft was by a rickety set of steps which UK Health and Safety would definitely have condemned.

The local Vietnamese guide who joined us in Sapa was the cook at each establishment and provided a hearty meal each evening consisting of soup, beef or pork, plenty of vegetables and sticky rice followed by fruit, mainly apples and bananas. Dishes were Chinese style but with Vietnamese flavours which I found less spicy and more to my taste – spring rolls were my favourite food. The host of each venue made his own rice wine and offered a glass each evening which was consumed as a toast. It was rude to decline but fortunately the glasses of fire water were very small/thimblefuls although top ups were available to those who wished, and strangely enough those who drank several slept better than the rest of us!

This northern region of Vietnam is mountainous and Mount Fansipan (3,143m), the highest peak in Indo China, could be seen when we had a clear day but frequently a heat haze, due to the high temperatures and humidity, obscured distant views. Also, due to the climatic conditions, lush growth of vegetation covered the mountains right to the top.

As well as walking through primitive villages (like the crofts of our ancestors), we trekked through jungle type paths where much bamboo grew and on parts of wide roads being constructed to develop and modernise the country along with the building of power stations and water works to bring electricity and sanitation throughout. The war torn history of Vietnam over many, many years obviously hindered development so the government are now working hard to introduce modern facilities and develop tourism. At this stage mopeds were the main form of transport for the locals who piled them high to move their wares from place to place. When this was not possible due to the size of the item it was harnessed to the vehicle and dragged along.



The total distance we covered was no more than 50 miles over 5 days but provided many varied and interesting experiences seeing the way of life of the different tribes still resident there. After our encounters with the Black Mong peoples we met members of the Red Dao tribe whose women wear distinctive red head dresses and also wished to trade their wares with us. Members of the Tay tribe also resided in this area. The village of Xapo was the one with the most contrasts – inside a Bamboo house harbouring the animals underneath was a TV, music system and telephone. The older ladies of the community obviously thought we had come from outer space as they stared at our modern dress, hiking boots, walking poles etc while they wore knee length black dresses and went barefoot or wore flip flops.

I thoroughly enjoyed my adventure among the Hill Tribe peoples of Vietnam who lead a very simple life compared to our sophisticated western ways, and seemed content with their lot. However it will be interesting to see if the influence of TV etc will change the outlook of the younger people and they migrate to the cities in due course.



Apart from adventure, the main purpose of the trek was to raise funds for the Moira Anderson Foundation and I am happy to say that I raised £2,800 thanks to the generosity of my relatives, friends and many people in Corstorphine.

Maggie Wheeler

Alison gets animated about her new coaching and learning consultancy business.



Edinburgh: Arran: Glasgow: Ayrshire



Alison Page (Krzyzanowska) was an active member of St Ninian's church where she enjoyed leading the Beginners Sunday School for many years before heading west to Glasgow and the Isle of Arran when she married John in 2009. Alison is still a regular visitor to Corstorphine where her Mother lives in The Cedars.

Having recently taken early retirement from the Civil Service, Alison is passionate about the benefits of coaching and is keen to share her vast experience in Organisational Development.

"Anyone at any age and stage of life can benefit from coaching and it works!!! Whether it's building your confidence, looking at things from a different perspective or just giving you renewed energy and focus. It's such a joy when your client experiences a 'light bulb' moment.

Coaching is not about giving advice and it's certainly not therapy, although many people do find it therapeutic."

Alison created a short animation to help explain... <http://youtu.be/B-BEC8-sbTk>

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Corstorphine and the Great War

The summer of 1914, seen by many as the high point of the Edwardian period, where Britain ruled an empire on which the sun never set and life was ideal is a post Great War delusion. The truth was much more mundane for the great majority of the population. According to the records, even the weather in and around Edinburgh was not as good as people remember. Unless you were one of the wealthy elite, or growing middle-class, life was hard. For a lot of the people in Corstorphine who were employed in the market gardens and on farms, life comprised long days of hard work in the fields.

The summer of 1914 was probably like any other for the people in Corstorphine. The main item of interest for them was the zoo, opened on the south side of Corstorphine Hill the previous year. For members of the Corstorphine community there was the chance of a trip to the coast for a few days or perhaps even to Fife for a holiday.

Those who followed the news would have been aware of the possibility that a home-rule bill could be introduced in Parliament. It is unlikely that much attention would have been paid to reports of a developing situation in the Balkans following the assassination of Archduke Franz Ferdinand in Sarajevo on Sunday, 28 June 1914. The general attitude was probably one of mild interest but of no real concern, as they could not see how it would have any impact on them. Attitudes may have started to change, with a growing sense of unease, when it became obvious that Germany was going to mobilise and thus threaten Belgium, which Britain was obliged to protect under the terms of the Treaty of London signed in 1839.

For the men of Corstorphine who were members of the newly established Territorial Force the big event of the year was their annual summer camp. So unexpected was the rush to war that in some cases the soldiers had to be called back home so they could be mobilised.

Once the British Government declared war on August 4 1914 there was a growing sense of excitement. People across the country supported the government and there was a rush of men to join the Army and Navy, as they feared it would all be over by Christmas.

For the men of Corstorphine who wanted to “do their bit” there was a recruitment office in Cockburn Street where they could volunteer. Those men in Corstorphine who had previously served in the armed forces



and were still on the reserve list, would be waiting for their call-up papers, detailing where and when they would have to go to fulfil their obligations. For them, particularly if they had seen active service before, the enthusiasm may have been tempered with apprehension compared to those who thought it would all be a bit of a lark.

It would be at this point as the men went off to serve that there would be an appreciable change in the village. As Corstorphine, at this time, was home to a number of market gardens and farms, large numbers of male labourers would disappear and women had to take over some of their jobs. Farms at this time were still heavily dependent on horses for many tasks and these heavy horses, along with those used by businesses, would soon be requisitioned by the military for their own use.

Later, as the number of casualties mounted following battles such as Ypres or the Somme, more and more injured troops could be seen around the village as a number of houses were donated to, or taken over by the military, to be used as hospitals. Injured soldiers would be distinctive around the village in their blue uniforms with white shirts and red ties.

A number of people from Corstorphine contributed to the war effort including Margaret Wood who joined the WAAC (Women's Army Auxiliary Corps) in 1917 and worked in France as a clerkess as well as those who joined the armed forces.

A major change to the area around Corstorphine came in 1915 when the Royal Flying Corps (RFC) established an aerodrome on fields to the west of the village near to Turnhouse Farm. From this date the people of Corstorphine would be familiar with the sight and sound of planes in the air above them. The aerodrome became known as RAF Turnhouse when the Royal Flying Corps (RFC) and the Royal Naval Air Service (RNAS) merged to form the Royal Air Force on April 1, 1918. It was the most northerly British



air defence base of World War I and home to 603 (City of Edinburgh) Squadron. Another manifestation of the growing importance of air power came with the location of a large calibre gun on Corstorphine Hill at the Rest and be Thankful.

The introduction of the Defence of the Realm Act (DORA) by the Government was an attempt to control all aspects of people's lives. There was a wide range of restrictions introduced and amongst the things banned were:

- The discussion of naval or military matters in public places
- The spreading of rumours
- The purchase of binoculars
- The giving of bread to horses or chickens
- The use of invisible ink when writing abroad
- The purchase of brandy or whisky in a railway refreshment room
- The ringing of church bells
- The buying of a round of drinks by pub customers

Factors that would have an impact on people in Corstorphine particularly included:

- The taking over of any land required by the government
- The introduction of British Summer Time by the government to give more daylight for extra work

Other acts introduced to impose more control on the people included the censoring of newspapers, particularly following a major battle, in an attempt to limit people's awareness of the casualty lists. Also introduced were cuts in pub opening hours and the legal watering down of beer.

The introduction of rationing in Britain in February 1918 came about as a result of a number of factors. Unrestricted submarine warfare by the Germans starting in 1917 meant that much of the food imported from the USA and Canada was lost. At the same time imports of fertilisers were reduced due to the loss of ships. The government had tried voluntary rationing by hoping people would stick to a self-imposed limit, but those with enough money

could buy extra food on the black market. As Corstorphine already had a large amount of land under cultivation and was surrounded by farmland, it is likely that most villagers would know somebody who could supply them with extra food. It is also likely that any spare bits of land in the village area would be used to house chickens or perhaps a pig. A more immediate problem for those who had land under cultivation was the shortage of manpower to work on it. This resulted in the introduction of the Women's Land Army and the use of Conscientious Objectors to carry out the work. Ultimately the use of rationing meant that no one in the country starved and in some cases, particularly in poor areas, the diet improved.

The ultimate measure of the impact of WW1 on Corstorphine can be seen outside the parish church where the names of nearly 80 men who paid the ultimate price are inscribed on the war memorial as a lasting tribute to their sacrifice.

Grant Donaldson

Christmas Word Search

Find the following –

Christmas	Mary	Holly
Carols	Joseph	Ivy
Shepherd	Stable	Reindeer
Kings	Rejoicing	Santa Claus
Angels	Song	Tinsel
Bethlehem	Gold	Snowman
Manger	Frankincense	Donations
Star	Myrrh	Turkey



X	N	A	M	W	O	N	S	D	H	D	A	S
R	S	G	N	I	K	S	R	L	L	C	U	N
E	P	I	N	E	N	E	E	O	E	A	G	O
J	O	S	E	P	H	G	G	R	L	G	R	I
O	C	R	O	P	L	N	N	C	O	L	N	T
I	G	E	E	E	E	U	A	O	T	M	E	A
C	C	H	R	I	S	T	M	A	S	Y	L	R
I	S	A	V	Y	N	E	S	T	A	R	B	O
N	L	Y	R	A	I	D	S	L	O	R	A	C
G	R	A	S	S	T	R	E	U	Q	H	T	E
N	M	E	H	E	L	H	T	E	B	U	S	D
O	A	H	O	L	L	Y	E	K	R	U	T	E
L	F	R	A	N	K	I	N	C	E	N	S	E

A Local Walk

The walk is along the former track bed of the Caledonian Railway branch line from Roseburn to Leith (ending west of the road leading to Ocean Terminal). It is approximately 4.75 mile long, is downhill and surfaced and should take about two hours to walk.

Bus Service 21 from Ferry Road/Great Junction Street will you take back to Corstorphine

At Roseburn the path may be accessed from Balbirnie Place, Wester Coates Terrace and Russell Road.

Branches off the path to Leith go to Davidson's Mains, Granton and Goldenacre.

The Caledonian Railway entered Edinburgh in 1848 when the Edinburgh branch opened from Carstairs to a terminus at Lothian Road. This was the first line to operate between England and Scotland.

Seeking a share of the lucrative goods traffic generated by Leith and Granton docks, a freight line to Granton was opened in 1861. Leith Docks were reached in 1864 with a branch from Crewe Junction.

Passenger stations were added on this branch line in 1867. Services to a new passenger terminus at North Leith commenced in 1879; this station was in Lindsay Road just to the west of the entrance to Ocean Terminal

The temporary station in Lothian Road was replaced by another temporary wooden station further up Lothian Road in 1870 which was partly destroyed by fire in 1890. A permanent station was built and brought into use in 1893.

The Caledonian Hotel (originally opened as Princes Street Station Hotel) was built above the main three archways entrances of the station and opened in 1903.

Standard Life House now occupies much of what was the site of Princes Street Station.

For over half a century, trains were a popular way to get round most parts of North Edinburgh,

The last train to North Leith ran in 1962 and Princes Street Station closed in 1965.

The present path network was developed in the 1980s using the former Granton, Barnton and North Leith lines. Had Edinburgh's tram network developed as originally planned, the path of this walk would have been a tram line by now!

On the way, you will pass the retail park at Craighleith. This was built on the site of a quarry which supplied stone to



build much of Edinburgh's New Town. Craighleith Quarry was the largest and best known of Edinburgh's sandstone quarries with a worldwide reputation for producing building stone of the highest quality.

It exported stone to London, Europe and the United States The quarry was active for 300 years.

The last major project for which Craighleith stone was used was for Leith Docks in 1895.

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Sense Scotland. Be part of the Bigger Picture



Sense Scotland has been around for over 28 years providing support for children and adults who suffer from deafblindness, sensory impairment, learning and or physical disabilities. We believe everyone has a story to tell. Alongside its core support to help people live more independently, Sense Scotland uses arts as a tool for communication and creative

expression.

I'd like you to meet Brian. He was the inspiration for our new awareness campaign the Bigger Picture and is supported by us to live independently in Forfar. Part of Brian's story is illustrated in a short film where he creates a self-portrait in an arts session; this can be viewed at www.sensescotland.org.uk/biggerpicture Art is a powerful and vital part of Brian's life along with outdoor pursuits, supported by Sense Scotland's Outdoor Activities programme.

The voice of people with communication support needs should be heard loud and clear during these challenging times in the social care sector. The pace and challenge of welfare reforms combined with the introduction of self directed support means that we need to think creatively about how the people we support can express themselves. How can we help them tell us what their bigger picture is? We share families' concerns that this is a group of people in society, who now run the risk of becoming even more marginalised as all these changes take hold. We must not let this happen!

The campaign aims to help us all understand that everyone has a voice and that they should be listened to. For Brian and adults like him, it's especially important to be understood and supported when it comes to making decisions about how they want to live their life. People with complex communication support needs often have different ways of expressing themselves, this could be through speech, signing, subtle gestures or a variety of individual communications. It's therefore really important that we explore new ways and alternative means to understand their aspirations and needs - their bigger picture, if you like.

Brian's mum Jean always encouraged his passion for drawing: "I used to draw with him a lot. That's the way I used to communicate with him...through drawing."

So we're urging people to go online or to visit one of our shops and share their pictures.



What would a better world look like?

Sense Scotland believe there should be a world without barriers for people like Brian. We want to ensure that people with complex communication support needs and their families are given real control over how they choose their care and support.

Submit your own picture or drawing at www.sensescotland.org.uk/biggerpicture or at one of Sense Scotland's shops across Scotland; and please encourage others to share their Bigger Picture. For more information about Sense Scotland visit: www.sensescotland.org.uk/ Or email: info@sensescotland.org.uk

Erin Leggate

Sense Scotland will be one of the beneficiaries of the Christmas Fair at St. Ninian's Church on 23 November from noon to 3pm.

CHRISTMAS FAIR AT ST. NINIAN'S CHURCH

There will be a Christmas Fair at St. Ninian's Church on Saturday 23 November from 12 noon to 3pm. Enter from St. John's Road or St. Ninian's Road.

Christmas Hampers – draws will be made at intervals throughout the Fair. Draw tickets will cost £1.

There will be stalls for Home Bakery and Jams, Crafts and Toiletries, Flower Arrangements, The Bling Thing, Scarves and Gifts, Tombola, Books and Water or Wine.

There will be activities for Children.

Music will be played in the Church. A donation may be made for a request.

Lunches will be served till 2pm followed by Afternoon Teas.

Admission will be £1 for adults and 50p for children.

Half the proceeds will go towards Church Funds and half will be divided equally between Sense Scotland and Teenage Cancer Trust

Sense Scotland has been working with children and adults who have communication support needs because of deafblindness, sensory impairment, learning and physical difficulties.

The Teenage Cancer Trust focuses on the needs of teenagers and young adults with cancer by providing specialist units in NHS hospitals.

About Teenage Cancer Trust

Teenage Cancer Trust is the only UK charity dedicated to improving the quality of life and chances of survival for the seven young people aged between 13 and 24 diagnosed with cancer every day. We build specialist units within NHS hospitals bringing young people together to be treated by teenage cancer experts in a place designed just for them. We want every young person with cancer to have access to this specialist support, no matter where they live.

Traditionally treated alongside children or elderly patients at the end of their lives, young people can feel extremely isolated during treatment, some never meeting another young person with cancer. Being treated alongside others their own age can make a huge difference to their whole experience.



We know providing a place that feels 'normal' and not like an institution helps young people cope with cancer and its gruelling treatments. Our units are designed to feel like a home from home, where young people will be comfortable. The walls are bright, the furniture is funky, there might be pool tables

and a jukebox, and there's always a place to watch films and surf the net.

Within our units we fund specialist staff, including nurses and youth support coordinators. Experts in teenage and young adult cancer care, they provide the best possible clinical care.

Teenage Cancer Trust also educates young people about cancer, providing talks to schools, colleges and universities. Cancer in young people is rare but young people need to know the common signs so they can seek medical advice if they are worried.

Five common signs of cancer in young people aged 13 to 24 years include unexplained and persistent:

- Pain
- Lump, bump or swelling
- Weight loss
- Tiredness
- Changes in the size, shape and colour of a mole.

We rely solely on donations to fund our vital work. You can help transform the lives of young people with cancer. Visit www.teenagecancertrust.org to find out how.

Sharon A Sheridan
Regional Fundraiser - East of Scotland

Teenage Cancer Trust (Western General Hospital) will be one of the beneficiaries of the Christmas Fair at St. Ninian's Church on 23 November from noon to 3pm.

Notices to make you smile

On the grounds of a private school:
NO TRESPASSING WITHOUT PERMISSION.

On an Athi River highway:
TAKE NOTICE: WHEN THIS SIGN IS UNDER WATER, THIS ROAD IS IMPASSABLE.

On a poster at Kencom:
*ARE YOU AN ADULT THAT CANNOT READ?
IF SO, WE CAN HELP.*

In a City restaurant:
OPEN SEVEN DAYS A WEEK AND WEEKENDS.

In a cemetery:
*PERSONS ARE FORBIDDEN FROM PICKING
FLOWERS FROM ANY BUT THEIR OWN GRAVES.*

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Nuisance Calls

Mike Crockart is Member of Parliament for Edinburgh West. He is a Member of the Business, Innovation and Skills Committee and the Scottish Affairs Select Committee. He is also Chair of the Parliamentary Group on Nuisance Calls.

I am fed up with nuisance calls to my landline and mobile, as well as unsolicited texts. And by nuisance calls I mean unwanted live marketing calls, as well as silent calls, abandoned calls, spam texts and recorded messages. I'm pestered day in, day out and I know I am not alone.

You have contacted me in great numbers to share with me your stories of unscrupulous callers, as well as to complain about the companies that call you at all times of the day.

In July 2012, the Independent regulator for the UK communications industries, Ofcom, recorded 10,000 complaints. That is a huge increase from the 3,000 recorded complaints just six months earlier. Payment Protection Insurance and accident claims companies were responsible for more than half of all unwanted sales calls and are frequently blamed for the rise in nuisance calls.

These are an annoyance for most people, but for many vulnerable and elderly people, they are also a menace, and one that puts them at risk of fraud just as much as though a crook or a pushy salesman turned up at their door.

Many of you complain about nuisance calls despite being registered with the Telephone Preference Service - a scheme designed to block most cold calls from telemarketing firms. The problem is that the calls just keep coming - and coming. I'd like to know how these cold callers know about me and my constituents. How did they get our details?

With Nineteen million phone numbers registered with the Telephone Preference Service - around three-quarters of all landlines in the UK - something clearly isn't working.

I want one single, simple point of contact - one regulator - to take in all forms of unsolicited contact, and a single, simple process for any individual who wishes to protect their privacy from unwanted calls, texts and faxes.

But for now, I'll settle for a change in the laws around how personal data is used as well as more powers for regulators to tackle companies which break the law.

So when I was drawn in 11th place in the Private Members Ballot to bring a Bill of my own to Parliament, it was an easy decision what to do. I introduced The Communication (Unsolicited Telephone Calls and Texts) Bill at Westminster to attempt to end, or at least lessen, this nuisance.

The Bill includes proposals to standardise the language used when asking for consent to use your phone number to ensure that proper consent is given. It requires companies to demonstrate that they can prove they have that consent rather than the onus being on the regulator to prove that they don't and it puts an expiry date on the use of that data to prevent your number being sold on forever if you forget to tick (or untick) a box!

It will also reduce the burden of proof for the Information Commissioner's Office to only have to prove that 'nuisance' has been caused rather than the present 'distress'. Taken together, they may not solve the problem but they may protect the house-bound and vulnerable in

society from what we might regard as a nuisance but they regard as much, much worse.

I also set up the All party Parliamentary Group on Nuisance Calls and Co-Chair it with my colleague Alun Cairns MP. It was agreed at the Group's first meeting that we would launch an inquiry into the unsolicited marketing industry. We issued a call for evidence and have received a hugely positive response. People across the country have shared their experiences with us and have let us have their thoughts on the best ways to deal with the problem.

Later this month, the APPG will hold oral evidence sessions with telephone providers, the Direct Marketing Association and others to hear their views on the way ahead for the industry. What's clear is that the present system isn't working. So of all the potential solutions to this problem, doing nothing is not one of them.

My Bill will receive its second reading on Friday 1st November and I am confident that with your continued support we can get the industry to think again about the way it handles your data.



Third Age Computer Fun (TACF)

Third Age Computer Fun's Corstorphine Club has moved up in the world – literally.

Previously based at The White Lady in Corstorphine, the club has moved up Corstorphine Hill to the brand new purpose built facilities of the Drumbrae Library Hub.

The club continues to meet every Monday afternoon from 2pm to 4pm. The combination of spaciousness, light and quiet provided by the new building create an ideal environment in which to develop your computer skills. A willing army of volunteers of all ages is available to help the over fifties to keep up to date with technologies which the younger generation seem to take for granted. Learn to log on (and off), email, Skype, shop, bank, take (and organise) photos, listen to the radio, watch TV, read an electronic book (or borrow a real one while you are at the library), research your family tree - these are just a few examples of a world which can be opened up to you through the window of your desktop, laptop or tablet.



Your library card (we can show how to get one if you don't have one) gives you access to the Internet via The Hub's excellent wi fi network.

The Hub also provides coffee and cakes from its cafe, of which we take advantage with a half time break for a drink, a snack and some social chat (no 'Silence!' signs in libraries these days).

The Hub is well serviced by bus routes – Lothian Region Numbers 1, 21 and 26 stop right at the door, giving you easy access. So jump on the bus, come along and try a free taster session, and find out how you can learn what you want at your own pace.

TACF is also expanding outwards as well as upwards, with a club opened in Bathgate and two more in the pipeline for West Lothian.

So, if your family are struggling for ideas for Christmas presents, why not suggest TACF membership, perhaps accompanied by a new laptop or tablet computer – why should the children or grandchildren get all the good presents? Get a TACF gift card either from the website (www.thirdagecf.org.uk) or by popping in to the Hub on any Monday.

Derek MacGillivray



Corstorphine Art Group



JOIN TODAY...

Monthly evening events including:-

Live demonstrations by Artists, using a variety of media.

Chance to have your art work assessed by an Artist.

Opportunity to exhibit and sell your work in our Annual Summer Exhibition.

Opportunity to meet and exchange views/techniques with other members.

All demonstrations are projected onto a large screen to ease viewing for all.

If you would like to find out more about the Corstorphine Art Group contact

corstorphineartgroup@yahoo.co.uk or phone Sheila Paton on 339 4690

We look forward to welcoming you

Corstorphine Art Group Syllabus 2013/2014

26 November 2013	Assessment by Jean Stewart for those whose surname begins A - L – poster competition
28 January 2014	Demo -Anthea Gage – a printing demo, mono prints, press prints followed by soft cut lino
25 February 2014	Demo - Senja Bownes – 'Painting a Seascape' – Oil
25 March 2014	Demo – Chris Rutterford – 'Dynamic Portraiture'
29 April 2014	Assessment by Senja Bownes for those whose surname begins M – Z
27 May 2014	Demo – Allan McNally – 'Spring-Bluebell Wood' -Water Colour Open meeting – Please bring along a friend
23 July to 2 August	Preview night and Annual Exhibition 2014



NORTH POLE

For some people to reach 'A Pole' is a life long ambition. For me though it was something that really only came onto my radar two years ago. Those two years since have been wholly necessary to build on existing skills and to fill gaps where the required skills simply did not exist. First Aid, gun handling, navigation and general camp craft were easy and just the beginning. Satellite Communications, polar bear psychology and frost bite treatments all added to the arsenal of skills needed to keep me and those with me in one piece and ensure our safe return.

Flying from Edinburgh to London and on to Ottawa was easy. After that though the terrain seen from the plane window became considerably more rugged, the outside temperatures dropped ever colder and the planes that transported us grew smaller in size as the flights landed and took off from Iqaluit, then Iglulik, Arctic Bay and then finally Resolute Bay. Stepping off the last plane at Resolute the temperature was below -30C and the biting arctic air gave us its first taste of the torments that lay ahead. Down jackets were hastily put on over fleeces, everyone was suddenly wearing two layers of hats and gloves and coming to terms with the fact their nostrils were frozen. Arctic shock is a very real condition that can set in when expeditionists first come to these regions and can dash all hopes for some before people even venture out onto the ice. Thankfully none of us suffered such a fate.

Four days were spent in and around the South Camp Inn at Resolute. In a town of just over 200 people (which I believe is the most northerly, permanently inhabited town in the world) it was the place we chose to use as 'Base' and where we tested kit, finalised logistics, used the pump-action shotguns and bagged up food rations for the weeks ahead. It was a place which offered simple comforts but they were comforts none the less. Soon we would miss not just the warmth, but beds, clean clothes, toilets, showers and privacy. Despite having visited 73 countries and taken part in countless expeditions across the globe this was a trip that would test me further than any other had so far done.



The day that we left Resolute and set out across the ice was deceiving. The sun shone for us, the wind abated, we unzipped our wind suits, we only wore one or two layers of gloves. It seemed like a dream but the serenity was short lived and brutally broken only two days later. Plummeting temperatures, fierce winds and swirling snow soon enveloped us. Some blue-skied days were magnificent and sunny, yet others were harsh and soul destroying in the way that they attacked us. You just never could tell what any particular day would bring when you first ventured out from the tent each morning. There were in fact three days where venturing from the tent would have been so dangerous that we decided to stay under 'canvas'. In themselves these were difficult days because staying in the tent was boring, stressful and cold. Even though all of my new found friends were great guys we were still effectively strangers and small tensions could easily arise. The required skill was to ensure though that none of these tensions manifested into anything greater. It never did.



For yourself try to imagine existing on top of a double bed with two other men with roll mats, snow covered boots, wet sleeping bags and all your kit. You sleep there, cook and eat there, wee into bottles in front of each other and forego all privacy. Above your heads you have gloves, balaclavas and mitts all trying to defrost and dry. As they do the droplets of water drip onto your clothes and sleeping bag. This then freezes and adds to your daily torment. Over the coming days and weeks the accumulated wetness mounts yet you work out how best to exist with it, each other, cook and to do all you can to keep your clothes and sleeping bag as comfortable as possible.

One great and incredibly brave guy on our expedition was extracted with severe frost bite to three fingers. When he boarded the plane and left us we really thought he would lose them. The rest of us finished but felt sad for he who did not. -40C and -50C has a nasty habit of damaging the human body no matter how good the kit or how hardy you believe you are. A diet of well over 5,000 calories seemed fine initially but significant weight loss caught up with us all. I lost 20 pounds in less than a month but one of our team lost 29 pounds. Pulling a 50-60 kg sledge for 10-12 hours per day and existing in the Arctic is a very real challenge.

The Magnetic North Pole is a place that will continue to lure many an explorer and expeditionist for decades to come. To have enjoyed it makes me feel very privileged yet leaves me with an outstanding question no doubt also faced by those who reached it before me. 'What next?'

Mike Laird

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